



ESPACE VITALITÉ  
**CHENOT**

ELOUNDA BEACH HOTEL & VILLAS  
CRETE

SPA PROGRAMMES



## ESPACE VITALITÉ CHENOT

### Health and Well-being Programmes

The different programmes are based along the concept of organic detoxification and rebalancing of the body to achieve well-being.

Due to modern lifestyles and unhealthy dietary habits, the body accumulates toxins and blocks the vital energy flows.

The Spa team use techniques and treatments from the general health care programmes to target the particular requirements of the individual, to obtain the optimum equilibrium for health and vitality.

## ESPACE VITALITÉ CHENOT

### Intensive Health Programme *3 days*

- 3 Hydro-Aromatherapy
- 3 Phyto-Mud Therapy
- 3 Hydro-Jet Treatment
- 3 Chenot Detox Treatment
- 3 Chenot Energetic Massage
- 1 Chenot Abdominal Treatment
- 1 Chenot Cellulite Treatment
- 1 Chenot Scalp Treatment

€ 1.620 per person

### Intensive Detox Programme *3 days*

- 3 Hydro-Aromatherapy
- 3 Phyto-Mud Therapy
- 3 Hydro-Jet Treatment
- 3 Chenot Detox Treatment
- 6 Electroporation-Mesoesthetic
- 3 Tripolar Radio Frequency
- 6 Muscle Toning
- 3 Chenot Cellulite Treatment
- 3 Chenot Abdominal Treatment

€ 3.645 per person

### Wellness Programme *4 days*

- 1 Chenot Detox Treatment
- 3 Chenot Energetic Massage
- 4 Hydro-Aromatherapy
- 4 Phyto-Mud Therapy
- 4 Hydro-Jet Treatment
- 1 Chenot Purifying Detox Facial Treatment
- 1 Chenot Illuminating and Nourishing Treatment
- 1 Chenot Anti-Ageing Regenerating Treatment
- 2 Muscle Toning

€ 1.755 per person

### Anti-Stress Programme *4 days*

- 1 Chenot Detox Treatment
- 3 Chenot Energetic Massage
- 3 Hydro-Aromatherapy
- 3 Phyto-Mud Therapy
- 3 Hydro-Jet Treatment
- 2 Chenot Scalp Treatment
- 2 Chenot Foot and Hand Reflex Treatment
- 1 Chenot Purifying Detox Facial Treatment

€ 1.620 per person

## ESPACE VITALITÉ CHENOT

### Body Sculpture Programme *6 days*

- 1 Tripolar Radio Frequency
- 2 Muscle Toning
- 2 Electroporation-Mesoesthetic
- 2 Chenot Cellulite Treatment
- 6 Phyto-Mud Detoxifier Therapy
- 6 Hydro-Jet Treatment

*€ 1.375 per person*

### Rejuvenating Facial Programme *6 days*

- 2 Chenot Purifying Detox Treatment
- 2 Chenot Illuminating and Nourishing Treatment
- 2 Chenot Anti-Ageing Regenerating Treatment
- 3 Tripolar Radio Frequency
- 3 Electroporation-Mesoesthetic
- 4 Led Photomodulation
- 1 Chenot Face and Head Massage
- 1 Chenot Neck, Arm and Décolleté Treatment

*€ 2.035 per person*

## ESPACE VITALITÉ CHENOT

### Anti-Age Programme *7 days*

- 1 Chenot Detox Treatment
- 6 Chenot Energetic Massage
- 6 Hydro-Aromatherapy
- 6 Phyto-Mud Therapy
- 6 Hydro-Jet Treatments
- 1 Chenot Body Scrub Peeling
- 3 Tripolar Radio Frequency
- 1 Chenot Purifying Detox Facial Treatment
- 1 Chenot Anti-Ageing Regenerating Treatment
- 3 Electroporation-Mesoesthetic

*€ 2.970 per person*

### Health Benefit Programme *7 days*

- 1 Chenot Detox Treatment
- 6 Chenot Energetic Massage
- 7 Hydro-Aromatherapy
- 7 Phyto-Mud Therapy
- 7 Hydro-Jet Treatments
- 3 Personal Training

*€ 2.135 per person*

### Revitalizing Body Programme *7 days*

- 1 Chenot Detox Treatment
- 6 Chenot Energetic Massage
- 6 Hydro-Aromatherapy
- 6 Phyto-Mud Therapy
- 6 Hydro-Jet Treatments
- 2 Chenot Cellulite Treatment
- 2 Chenot Abdominal Treatment
- 3 Electroporation-Mesoesthetic
- 3 Tripolar Radio Frequency
- 1 Chenot Purifying Detox Facial Treatment
- 3 Muscle Toning

*€ 3.645 per person*

## ESPACE VITALITÉ CHENOT

### Day Spa Programmes

Enter the world of Espace Vitalité Chenot Elounda Beach. Experience one day of total indulgence and pampering. Treat yourself to a day devoted to you, of total Spa relaxation and rejuvenation, to restore your sense of well-being.

Enjoy one day escapes with programmes individually created for you with Chenot treatments and therapies combined with the use of the wellness, fitness and gym facilities throughout the day.

## ESPACE VITALITÉ CHENOT

### Day Spa Classic

The authentic Chenot 'remise en forme'.

1 Chenot Energetic Massage

1 Hydro-Aromatherapy

1 Phyto-Mud Therapy

1 Hydro-Jet Treatment

Free access to the Aqua-Fitness area assisted by our Personal Trainer:

Gym, Swimming Pool, Steam Bath and Kneipp Pool.

*€ 290 per person*

### Day Spa Visage

Focus on the face, which is the first sign of our health and our age. Let's pamper it!

1 Chenot Purifying Detox Face Treatment

1 Chenot Eye Treatment

1 Chenot Energetic Massage

1 Chenot Body Scrub Peeling

Free access to the Aqua-Fitness area assisted by our Personal Trainer:

Gym, Swimming Pool, Steam Bath and Kneipp Pool.

*€ 440 per person*

## ESPACE VITALITÉ CHENOT

### Day Spa Deluxe

Pamper yourself and give yourself the beauty to go with your new found sense of well-being.

- 1 Chenot Energetic Massage
- 1 Hydro-Aromatherapy
- 1 Phyto-Mud Therapy
- 1 Hydro-Jet Treatment
- 1 Chenot Illuminating and Nourishing Treatment
- 1 Chenot Scalp Treatment
- 1 Chenot Manicure
- 1 Chenot Pedicure

Free access to the Aqua-Fitness area assisted by our Personal Trainer:

Gym, Swimming Pool, Steam Bath and Kneipp Pool.

*€ 695 per person*

### Chenot Bio-Light Menu

Light and tasty food, prepared using healthy techniques and innovative cooking methods to preserve the nutritional properties of the ingredients.

*For information please contact the Spa reception.*





**ESPACE VITALITÉ CHENOT**

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