



THALASPA  
CHENOT

ELOUNDA BEACH



T R E A T M E N T   G U I D E



E L O U N D A B E A C H





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CHENOT

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## T R E A T M E N T   G U I D E

THALASPA CHENOT Elounda Beach:  
a highly qualified team, totally personalised  
treatments for rediscovering vigour and vi-  
tality and a new aesthetical wellbeing.

## 1. Bio-light cooking

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



H Y D R O - E N E R G E T I C C U R E

It is used to restore the proper circulation of liquids in the body. It consists of three steps:

## 1. Hydro-aromatherapy

The variations in temperature and water pressure as well as the addition of essential oils guarantees a fundamental benefit for capillary vessels and the peripheral circulation of blood.

**BENEFITS:** Hydrotherapy is especially indicated for the cardio-circulatory system, for the nervous system (relaxing), for cases of arthrosis, for organic detoxification and for the lymphatic circulation. It eliminates toxins and fats infiltrated into the tissues. It has a stimulating effect to tone muscles and tendons, to strengthen natural physiological functions and to combat and protect against damage caused by ageing.

## 2. Phyto-mud therapy

The smooth and pleasant-feeling mud used in the compresses is enriched with pure micro-algae, white or green clay, pure essential oils and mother tinctures.

**BENEFITS:** Eliminates stress and physical and mental tension, whether nervous or in the muscles. It acts on the lymphatic and blood circulation.  
Tones up the tissue.

## 3. Hydro-jet/shower

The third and final stage in the hydro-energetic cure: a jet of water directed with precision on the body restores energy and vitality.

**BENEFITS:** Tones up the body, drains and assists the elimination.



## 1. Tendon-muscle massage

Inspired by the traditional chinese medicine this massage is carried out manually using instruments which can dissolve energy blocks, acting on muscle and tendon tissue by toning and revitalizing it. The use of cupping glasses makes it possible to speed up the wave rhythm of the liquids and to stimulate the elimination of waste and cell regeneration.

**BENEFITS:** Drainage and detoxification. It's revitalizing, stimulating, regenerating and energizing. Stimulate the energy.

## 2. Facial treatment

This is notably different from conventional beauty treatments.

Thanks to the execution of drainage with cupping glasses and the use of specific products in the "Henri Chenot" line, cleaning is not restricted to removing visible impurities but also acts at deeper levels to stimulate the elimination of impurities and toxic residue in the cell metabolism. Energetic treatment of the face, carried out through micro-massages on the energy points, stimulates the activation, revitalization and regeneration of tissue.



### 3. Scalp treatment

Manual stimulation through the targeted application of essential oils improves the circulation in terms of blood and energy and stimulates greater tissue oxygenation.

**BENEFITS:** It is an excellent anti-stress treatment, providing relaxation for people with hair loss, dandruff or other scalp problems. Stimulates specific energy points on the head.

### 4. Cellulite treatment

Drainage and deep massage of the relevant meridians allow the specific essential oil-based products used to be absorbed more effectively.

**BENEFITS:** The treatment increases vascularisation, improving the elimination of toxins and metabolic waste which form cellulite.

### 5. Manual lymphatic massage

Lymphatic massage is a technique used to help increase lymph flow.

**BENEFITS:** Increase lymph flow removes harmful substances from the tissues, improves the metabolism, and increases immune function.



## 1. Sonophoresis

This treatment increases the permeability of the skin. Vibrations produced by ultra-sonic devices create in the tissue effects of compression and decompression for removing localized fat. It acts to through electric impulses (low frequency) which allow the active principles to penetrate and take effect on cellulite or fat deposits.

## 2. Electroporation-Mesoestetic

The system consists of the application of brief voltage impulses on the cells and tissues. Provides a new way for substances to penetrate the skin, a method which is non-invasive, painless and rapid.

**BENEFITS:** Increases microcirculation, against cell ageing and cutaneous relaxation.

**For the body:** enable the cutaneous penetration of active ingredients to correct the cellulite, the flaccidity, the cellular anti-ageing and the muscle tonus (abdomen, arms, legs).

**For the face:** anti-ageing treatment and firming treatment.



### 3. Led photo modulation

A non-ablative method for skin rejuvenation. The light from the Light Emitting Diode interacts with cells and stimulates them to produce new collagen and blocks the negative effects of collagenesis.

**BENEFITS:** It prevents ageing and the loss of collagen. It regulates all the cell functions of ageing. Suitable for healing wounds and reducing inflammation.

Ideal for preparing skin for exposure to the sun or for repairing the harmful effects of the sun.

### 4. Muscle Toning

Electrical impulses through muscles are used to cause muscle contractions in rapid succession. This innovative treatment gives immediate results, visible after the first application.

**BENEFITS:** Targeted toning only in the parts of the body which require it. Muscle strengthening and remodeling. Lymphatic and venous drainage, treatment of edema, cellulite and swelling. Prevention of localized flaws due to circulatory problems.



## 5. Tripolar Radiofrequency

For skin tightening, facial contouring, cellulite reduction and body reshaping. This is a new method for treating cellulite, localised adiposity and cutaneous relaxation. It is a non-invasive painless method which is both rapid and effective. It uses deep controlled heating of the skin to reduce the volume of the adipose cell. The result is immediately visible.

### **BENEFITS:**

**For the body:** It eliminates cellulite and fat deposits. It speeds up the metabolism and removes accumulated toxins. It reduces cellulite. It remodels the body.

**For the face:** It regenerates collagen. It improves the elasticity of untuned skin. It has a "cutaneous tightening" effect. Effective on all skin types, all year around.



## TRADITIONAL BEAUTY TREATMENTS

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1. Manicure
2. Pedicure
3. Body Peeling
4. Body depilatory treatment





**DOMINIQUE CHENOT BEAUTY DEPARTMENT**

**SUMMARY OF BEAUTY TREATMENTS**

**FACE**

CLEANING  
BIO-ENERGETIC TREATMENTS  
(DRAINAGE, DETOX, TONING, REJUVENATION)  
ELECTROPORATION - MESOESTETIC  
LED PHOTOMODULATION  
TRIPOLAR RADIOFREQUENCY

**BODY**

“CHENOT METHOD” TENDON-MUSCLE MASSAGE  
RADIO FREQUENCY  
ELECTROPORATION - MESOESTETIC  
SONOPHORESIS/ULTRASOUND  
MUSCLE TONING  
MANUAL LYMPHATIC MASSAGE

**CELLULITE**

MASSAGE, ANTI-CELLULITE TREATMENT  
MUSCLE TONING  
SONOPHORESIS/ULTRASOUND  
RADIO FREQUENCY  
ELECTROPORATION - MESOESTETIC

**SCALP**

“CHENOT METHOD” SCALP TREATMENT

**LEGS**

ELECTROPORATION - MESOESTETIC  
RADIO FREQUENCY  
MUSCLE TONING

**ABDOMEN**

MUSCLE TONING  
RADIO FREQUENCY  
ELECTROPORATION - MESOESTETIC  
SONOPHORESIS/ULTRASOUND

**ARMS**

ELECTROPORATION - MESOESTETIC  
RADIO FREQUENCY  
MUSCLE TONING

**TRADITIONAL BEAUTY TREATMENTS**

MANICURE  
PEDICURE  
PEELING  
BODY DEPILATORY TREATMENTS

## GENERAL INFORMATION

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### SPA ETIQUETTE

For the enjoyment of yourself and to other Spa guests we have put together some helpful tips and answered some frequently asked questions. If you have any further questions please feel free to call our spa reception (extension 4486) and we will be pleased to help you further.

### APPROPRIATE ARRIVAL TIME

We kindly ask that you arrive at least 15 minutes before your treatment time is due, to fill out a consultation/health questionnaire and familiarize yourself with the spa environment. If you are running late for an appointment, a courtesy call would be greatly appreciated. Where possible we will try to ensure full treatment time but to accommodate the next guest, your treatment, time may be reduced.

### WHEN ARRIVING

You will be welcome at reception and asked to fill in consultation/health questionnaire, if not done so already. If you would like to fill this in, prior to your arrival, please contact the Spa reception who will have one sent to your room. Please allow reasonable time to this service.

### WHAT TO WEAR

We will provide a robe and pair of slippers while you are visiting the spa facilities. These will be handed to you at reception. Suitable foot wear and workout attire must be worn in the fitness suite at all times.

### STORING VALUBLES

Lockers are available for storing valuables. We suggest you do not bring any valuables into the spa that you do not feel you will need.

### TREATMENT CHOICE

Our treatment list can be found on the website or a treatment and package list can be sent to you in the post or emailed when requested. We recommend calling our reception and talking through your treatment choices, we can advise you on the best treatments for you and the sequence they should be done. Please be aware that over our busy periods your preferred treatment time may not be available so please consider booking in advance of your stay. Some special health concerns may have to be taken into consideration when booking. To help you plan more effectively please feel free to mention any health concerns you might have that might effect your treatment choice. Alternatively these will only be noted at the time of filling in your health questionnaire before starting your treatment

### SHAVING

Generally shaving is not recommended before a treatment. However, men are recommended to shave if having a facial treatment at least 2 hours before the appointment time.

### CANCELLATION POLICY

We operate a 24 hour cancellation policy and regret that a fee may be charged if this is not adhered to.

### PRODUCT RANGE

The Thalaspas Chenot prides itself on the high caliber of treatments we provide. For the continuation of your treatment in the comfort of your own home we offer a range of Henri Chenot products. Our therapists are highly trained and knowledgeable and can advise you on your choices.



OPENING HOURS:  
09:00-21:00 MON – SUN \*

\*Hotel reserves the right to alter time schedule, according to the season, without any prior notification.

