



THALASPA
CHENOT
ELOUNDA BEACH



P R I C E L I S T



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Welcome into the tranquil ambience of the elounda beach spa where time is forgotten.

Committed to the quality, purity and integrity of natural ingredients combined with progressive therapy techniques, Henri Chenot has created luxurious treatments with outstanding results.

As innovators we bring you the most effective treatment techniques from around the world, and then ensure that the benefits can be continued at home.

Allow our team of highly skilled and Henri Chenot trained therapists to select a sequence of therapies and programs to suit your specific and individual needs.

Restore inner balance and surrender your body to complete peace and harmony.



**LEADING
SPAS**

HYDRO-BIONTOLOGY DEPARTMENT

Hydro aromatherapy

This is a particular type of hydro massage technique in which a specific mixture of essential oils is added to the water. The variations of water temperature and pressure, combined with the effect of plant extracts, cause dilation and constriction of the blood capillaries. Is especially indicated for the cardio-circulatory system, for the nervous system (relaxing), for organic detoxification and for the lymphatic circulation.

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Hydro – energetic cure – Detox	25 min	70
Hydro - muscle relaxant	25 min	70
Hydro - energy booster	25 min	70
Hydro – energetic cure Yin & Yang	25 min	70

Phyto–mud therapy

The body wrap is the second phase of the treatment. 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.

Detoxifier	25 min	80
Sensitive skin	25 min	80
Body relax	25 min	80
Yin Yang	25 min	80

Hydro Jet / shower

10 min included

Is the last phase of the treatment. A non-manual massage using micro jet tones up the body, drains, stimulate and restore energy and vitality (can be selected after Phyto–mud therapy).

AESTHETIC BIONTOLOGY DEPARTMENT

BIO ENERGETIC BEAUTY TREATMENTS "Chenot Method"

FACIAL

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Chenot Purifying Detox therapy 55 min 150

This treatment is the essential first STEP that drains both superficial and deep toxins, promotes cellular renewal in the epidermis and helps to restore luminosity. When given before other treatments, it improves their effectiveness. These results are the outcome of a thorough drainage expertly executed with a unique Chenot device that combines a restructuring enzymatic exfoliating treatment and Actifs Detox in the form of essential oils.

Chenot Nutrigen Illuminating Therapy 55 min 150

The conditions necessary to allow a cell to achieve optimal regeneration are the excellent hydration, the sufficient supply of vitamins and minerals, combined with active peripheral vascular and oxygenation. The Nutrigen treatment is guaranteed to improve the luminosity of your face.

Energizing techniques and specially adapted products relax facial features, correct the earliest signs of ageing and reduce expression lines.

Chenot Anti-ageing Regenerating therapy 55 min 150

Combining specific products, specific massage techniques and energy stimulation providing real correction of skin (wrinkles, age spots, tissue thickening). The treatment helps to stimulate the skin's natural defenses, improve elasticity and tonicity and prevent sagging. Perfectly adapted to mature or dehydrated skin.

Neck décolleté and arm treatment 55 min 150

The neck/neckline area is very sensitive. It is therefore absolutely essential that you take care of it because it is more vulnerable to signs of premature ageing such as premature appearance of wrinkles and skin sagging. In this treatment, specific mixtures of essential oils are applied and energy points are stimulated; as a result, the neckline and neck areas are intensely revitalized and moisturized. Particular attention is given to toning the arm.

Facial Express 25 min 90

Chenot Face and Head energizing massage 55 min 150

Stimulating the energy points and zones of the head is a very effective method for relaxing the head and face areas, eliminating tension, relaxing wrinkles and restoring elasticity.

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Eyes Treatment	25 min	95
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Exclusive eye contour treatment, with decongestant and corrective action. This treatment ensures optimal hydration and multi-active protection of delicate and sensitive skin thanks to the actives gene-science Nutrigen and the actives complementariness Nutrigen. These agents' rich in minerals and vitamins and elements help reduce signs of tiredness, bloating and eye bags.

Benefits: eye contour appears smoother, relaxed and radiant with a clear decrease of small wrinkles.

BODY

Detox treatment	55 min	150
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This first step is fundamental because, with the aid of specific techniques and highly detoxifying products, deep toxins are drained towards collection points in the excretory system. The combined action of the manual techniques and a specific device accelerate undulant movement of liquids, thereby facilitating the elimination of toxins and, consequently, stimulating cellular regeneration.

Chenot Relaxing massage	90 min	225
	55 min	150
	25 min	90

A unique experience of a profound feeling of well being and physical and mental relaxation. Individualized body massages that will relax your muscles or help you recuperate after physical effort, eliminate stress and tension, and free your mind.

Chenot Connective tissue massage	90 min	225
	55 min	150

A deep massage of muscular tissue designed to release deep, chronic tensions often due to inflammation. Helps to relax muscles, unclog tissues and promote oxygenation.

Chenot Manual Lymphatic Drainage	55 min	150
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The lymphatic drainage gently and effectively stimulates lymphatic circulation. The lymphatic system is responsible for the transport of toxins in the whole body and this makes lymphatic drainage an essential part of the Chenot Method. It is indicated for people suffering from heavy legs and other oedematous conditions.

Chenot Energetic massage (meridians)	55 min	150
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Inspired by the traditional Chinese medicine this treatment is carried out manually using instruments, which can dissolve energy blocks, acting on muscle and tendon tissue and revitalizing it by acting on the lymphatic and blood circulation.

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Chenot Feet and Hand reflex massage 55 min 150

Acts on the reflex points located on the soles of the feet and the hands, and that, represent different parts of the body. Stimulates the organ corresponding to the reflex point.

Chenot indulgence pre-post natal massage 55 min 150

The total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contraindications and aid relaxation and tonicity of the skin during this very special time. It reduces muscular pain in the lower back, relaxes the legs and feet. It also improves blood and lymphatic circulation.

Pre-post natal treatment 85 min 215

(Peeling, neutro mud, massage)

The treatment avoids the use of essential oils and is a luxury treat using infused oil, various mud and creams and advanced massage techniques to safe areas. It leaves the skin toned and the client totally relaxed.

Scalp treatment 55 min 150

A complete treatment that eliminates neck tension, relaxes the shoulders and neck, stimulates energy points on the head and deeply treats blockages located anywhere on the entire scalp. Performed with mixtures of essential oils adapted to the problems encountered (dandruff, hair loss, excessive sweating).

Scalp Massage 55 min 150

This massage involves manual stimulation of the scalp, the use of a vibrating device and the application of essential oils, which are useful in improving blood and energetic circulation and promoting greater tissue oxygenation. The goal is to release the compression in the cranial, neck and shoulder area which alleviates stress and pain.

Benefits: eliminates stress and tension and promotes relaxation, it is also beneficial for those who suffer from migraine and headaches.

Cellulite treatment 55 min 150

A specific massage performed on infiltration zones where cellulite manifests as "orange peel" skin. The use of specific mixtures of essential oils and deep stimulation of tissues restores skin tonicity and elasticity (performed manually and with a vibro-massager).

Manual Abdominal treatment 55 min 150

Combining vibrating appliance with a slimming action and manual movements. It is focused on the part most affected by energy blocks and toxin deposits and consists of work along tendons-muscular meridians. It promotes reduction of stasis and toxin infiltration in tissues, slimming action, sensation of lightness, reduction of abdominal bloating and stimulation of intestinal motility.

DOMINIQUE CHENOT BEAUTY DEPARTMENT

HIGH TECHNOLOGY BEAUTY RESTORATION

Sonophoresis / Sonoderm

Lipolytic action

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Abdomen or hips or buttocks	25 min	150
(Package 5 sessions)		600

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 localizes fat. It acts to through low frequency electric impulses, which allow the active principles to penetrate and take effect on cellulite or fat deposits.

Electroporation – Mesoesthetic	25 min	150
(Package of 5 sessions)		600

Body and face. The system consists of the application of brief voltage impulses on the cells and tissues. Provides a new way of substances to penetrate the skin, a method, which is non-invasive, painless and rapid. Increases microcirculation against cell ageing and cetaceous relaxation.

Led Photo modulation	35 sec	40
(Package of 5 sessions)		160

It prevents ageing and the loss of collagen. It regulates all the cell functions of ageing. Preparing skin for exposure to the sun and ideal for repairing the harmful effects of the sun.

Muscle toning	45 min	150
(Package of 5 sessions)		650

Abdomen or hips or buttocks

Firming and Toning action. Deep muscle toning, remodelling. Lymphatic and venous drainage, treatment of cellulite and swelling.

Tripolar radio frequency	25 min	
(Maximum twice per week)		

A new method treating cellulite, localised adiposity and cetaceous relaxation.

For the face: It regenerates collagen. It improves the elasticity of skin and it has a tightening effect.

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

Face and Neck	150
Abdomen	150
Arms	150
Legs	150

TRADITIONAL BEAUTY TREATMENTS

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Body scrub peeling	55 min	150
	25 min	80

Smoothens and energizes the skin. An experience that will leave your body refreshed and cleansed with your skin smooth and revitalised.

Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity.

Chenot Manicure	55 min	85
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A hand and nail treatment that includes a skin refiner exfoliation and a therapeutic massage. The hands and nails are dipped into warm paraffin wax and wrapped in mitts to condition and nourish.

French-manicure	55 min	115
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Chenot Pedicure	55 min	95
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A foot and nail treatment that includes a softening exfoliation and healing massage. The foot is enveloped in warm paraffin wax to deeply nourish and condition leaving the feet soft and smooth.

French-pedicure	55 min	125
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Re-paint	15 min	40
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Body depilatory treatments

Includes a scrub to prepare the skin and application of soothing product at the end of the treatment.

Total leg	50 min	95
Half leg	40 min	65
Bikini line	20 min	50
Under arm wax	10 min	30
Lip	10 min	25
Chin	10 min	25
Eyebrow shape	15 min	40
Eye lash tint	20 min	40
Eye brow tint	15 min	40

HIGH-TECH COSMETIC CORRECTIONS

These corrections involve the use of state of the art non-invasive devices that facilitate aesthetic improvement of the body and face.

For personal consultation and information please contact the SPA Manager.

1. CELLULITE TREATMENT

Radio frequency

Chenot Cellulite treatment

Meso-Aesthetic

Training (with personal trainer)

2. TONING AND LIFTING

Radio frequency

(Double chin, inside of arms, inside of thighs, abdomen, buttocks)

Muscle toning

Chenot Neckline (Neck and Arm treatment)

Training (with personal trainer)

3. ABDOMEN TREATMENT

Radio frequency

Muscle Toning

4. SCALP TREATMENT

Chenot Scalp treatment

Chenot Face and Hand massage

5. DOUBLE CHIN

Chenot Decongesting Draining massage

Chenot Neckline (Neck and Arm treatment)

Training (with personal trainer)

6. LACK OF LUMINOCITY

Chenot Decongesting draining massage

Series of Photomodulation LED

Chenot Illuminating treatment

Chenot Head and Face massage

7. ANTI-AGEING TREATMENT

Chenot Anti-ageing Regenerating treatment

Series of Photomodulation LED

Chenot Neckline (Neck and Arm treatment)

Chenot Head and Face massage

Radio frequency

(Double chin, inside of arms, inside of thighs, abdomen, buttocks)

Meso-Aesthetic

HOW TO SPA

OPENING HOURS

MON-SUN 09:00 - 21:00*

ARRIVAL TIME

You are encouraged to arrive 15 minutes prior to your appointment time to enjoy the exclusive facilities at the Thalaspas. Please understand that late arrivals may result in a reduction of treatment time.

SPA TREATMENTS

The specialised Henri Chenot treatments are designed to care for your every need. All treatments and Spa Programmes will be available to residents of the Hotel.

All Spa Programmes are available for non-residential Day Spa guests and include use of the spa experiences. Non-resident guests wishing to book from the main treatment list may reserve a booking for a minimum treatment time of two hours.

Non-resident bookings must be confirmed or secured with a credit card.

SCHEDULING AN APPOINTMENT

To schedule an appointment please speak with our specialist Spa reception team who will guide you to the right choice. In-house guests can call the Hotel Spa dialling extension line 4486. From outside the Hotel please call 28410 63486 .

To ensure your preferred time and service is available, advanced booking is advised.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa Guests' right to privacy and serenity. In light of this, the Spa is a mobile phone, pager and smoking free zone.

The Spa will provide abundant towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age requirement for access and treatments in the Spa is 16.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

CANCELLATION POLICY

A 50% cancellation charge will apply for any treatment or Spa program cancelled 24 – 12 hours prior to appointment.

A 100% cancellation charge will apply for any treatment or Spa program cancelled less than 12 hours prior to appointment.

All prepaid programs are not refundable or transferable.

PREGNANCY

We have specially designed treatments for expectant and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

HOMECARE

To continue your Spa experience and maintain the benefits at home, all Henri Chenot products are available from the Spa Reception.

* Special appointments beyond time schedule, are available upon request.

Treatments are available in Guest's accommodation with a surcharge.

The hotel reserves the right to alter time schedule, according to season, without any prior notification.



elounda beach

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THE LEADING HOTELS
OF THE WORLD®

720 53 Elounda, Crete, Greece, Tel. +30 28410 63000 Fax +30 28410 41373
info@eloundabeach.gr www.eloundabeach.gr

www.helioshotels.gr