



**CHENOT**

ESPACE



ONE&ONLY PORTONOV  
MONTENEGRO

“You need to live in harmony with yourself  
to be in good health.”

Henri Chenot

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# Welcome

## Riviera-style living meets the science behind wellness

One&Only Portonovi sits at the entrance of Boka Bay, a sheltered idyll on Montenegro's Adriatic coast. Within the resort lies Chenot Espace - a first-of-its-kind, world-leading wellness destination where you can embark on a more active, healthy, and balanced life.

Chenot Espace offers a transformative experience, optimising your physical and mental performance by detoxing and resetting the body and mind. This journey to wellness is delivered based on the principles of the renowned Chenot Method®, the practical framework combining the latest scientific advances in Western medicine and diagnostics with the best in Chinese and alternative healing.

The coming together of One&Only and Chenot presents you with an array of experiences from tranquillity and improved health to a more energetic and sociable riviera-style lifestyle. Chenot Espace at One&Only Portonovi revolutionises resort wellbeing, featuring state-of-the-art, industry-leading treatments combined with the extraordinary level of luxury and service that One&Only is renowned for.







## Henri Chenot

### The Founding Father of the Wellness Movement

Henri Chenot, the founding father of the wellness movement, has spent a lifetime devoted to integrating the latest scientific advances in Western medicine and diagnostics with the best in Chinese and alternative medicine.

While medical advances continue to increase life expectancy, Chenot firmly believes that not enough attention is paid to quality of life - living better for longer. An advocate of prevention rather than cure since the 1970s, Henri Chenot emphasised the importance of investing in our health and wellness from the earliest possible age.

Aside from reducing the risk of ill-health and associated age-related diseases, Chenot Method® can enhance your performance at any stage of life, helping you to maintain harmony with the body and live a fully active life - physically and mentally.



THE CHENOT  
METHOD®



# The Chenot Method®

## The Theory

With almost 50 years of study and continuous innovation, the Chenot Method® is the scientific and practical framework for achieving optimum health.

Each of us makes daily choices - some positive, some negative – that impact the way we feel, perform and age. Sometimes we are aware of the consequences, but often the effects are hard to see until a physical or mental crisis arises. In this regard we treat pre-emptively.

The Chenot Method looks with scientific accuracy at an important array of markers within the body to assess what is impacting your ageing process. These markers, called Chenot Lifestyle Biomarkers, are also used as an on-going measure of your performance or 'vitality'. The results are summarised in the Vitality Index.

This assessment allows us to deliver an equally sophisticated set of bespoke treatments and diet plans that, in synergy, work to support and stimulate the body. This includes the elimination of toxins, increasing energy levels and rebalancing the physiology of your body. The protocols of the implemented diagnostics and treatments are collectively known as the Chenot Method®.

# The Chenot Method®

## Application

The Chenot Method® is the scientific and practical framework within which our programmes are created. At its heart is the ethos that we do not treat disease; instead, we proactively promote wellness, not only from a repair perspective, but also through preventative measures and the advocacy of a healthy lifestyle. We take a holistic view of the body which is reflected in the Chenot Method's multidisciplinary approach.

The success of the Chenot Method lies in its research-driven approach to diagnostics and the way in which treatments are carefully interwoven, seamlessly layered and thoughtfully connected. With almost 50 years of scientific research to call on, Chenot Method is able to pinpoint an important array of biomarkers within the body, known as the Chenot Lifestyle Biomarkers®. These, together with lifestyle factors impacting the ageing process and your bespoke Chenot Vitality Index®, enable your treatments, diet plans and post programme lifestyle recommendations to be highly personalised.

Within Chenot Method's scientific and practical framework, bespoke treatments and nutritional advice work in synergy, stimulating the body to eliminate toxins, increase vitality and energy levels and be rebalanced inside and out.



THE CHENOT  
CONCEPT



# The Chenot Concept

## Building Vitality

Chenot is all about vitality.

Vitality is, by definition, the measure of your power of continuance of life. It describes what we all strive for. That state when you are full of life and energy – exuberant physical and emotional strength.

Vitality is achieved with our Chenot Method®. We work with you to set positive new pathways which are fundamental to improving performance for a longer and more 'vital' life.

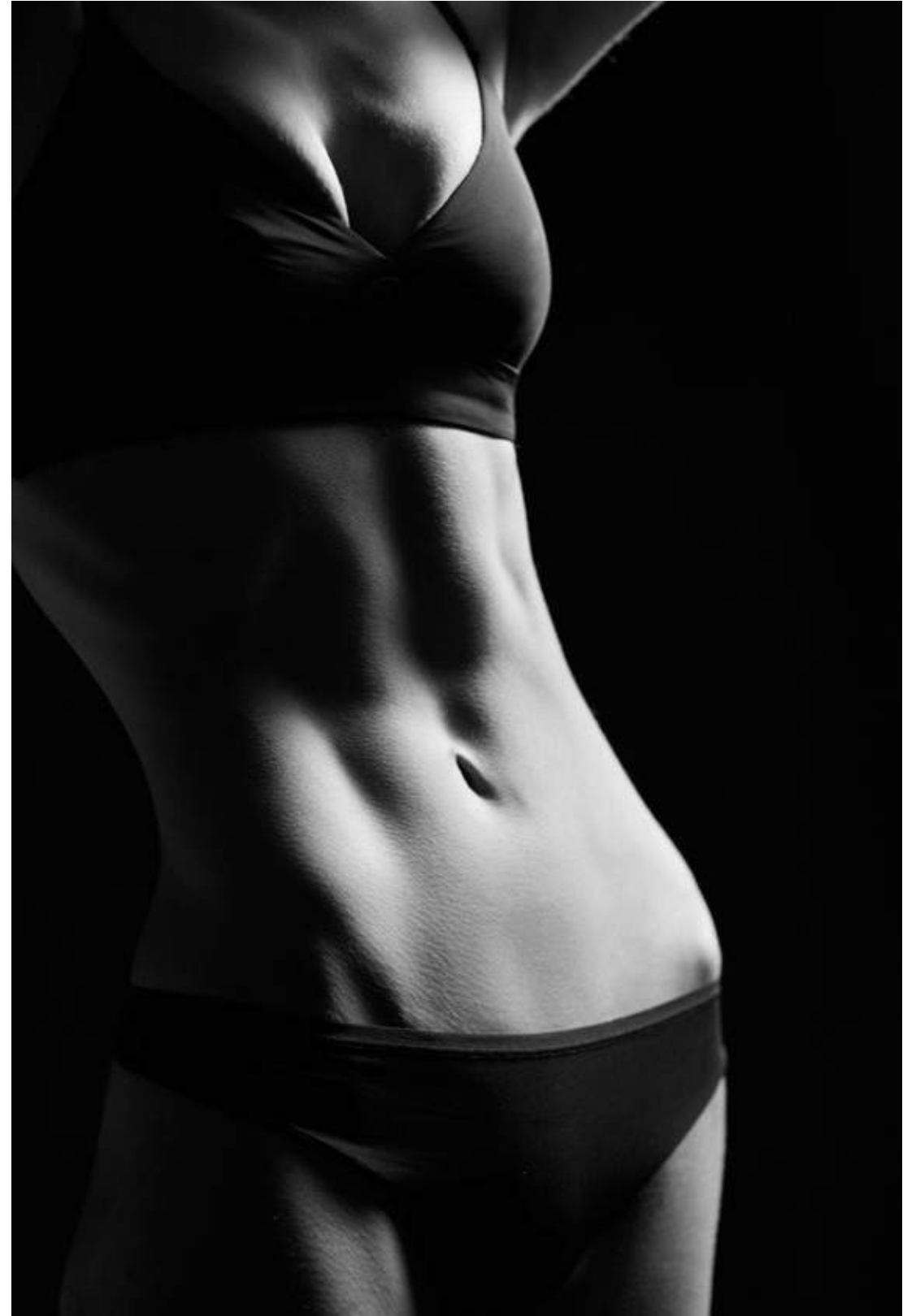
# The Chenot Concept

## The Chenot Lifestyle Biomarkers®

- Vascular age (arterial stiffness assessment)
- Intoxication (minerals and heavy metals analysis)
- Oxidation (oxidative stress assessment)
- Glycation  
(measurement of advanced glycation end products – AGEs)
- Skin collagen thickness (ultrasound assessment)
- Bone density, muscle, subcutaneous fat, visceral fat, body liquids content (body composition analysis)
- Emotional stress (HRV analysis)
- Endurance performance  
(cardiorespiratory fitness assessment)
- Resting metabolic rate
- Spine, stability & strength  
(postural & movement assessment)
- Bio-resonance (bio-energetic check-up)



THE CHENOT  
DIET



# The Chenot Diet

## The Concept

An integral component of the Chenot Method®, the Chenot Diet is a satisfying culinary experience crafted from reducing calories without compromising on taste, flavour or presentation.

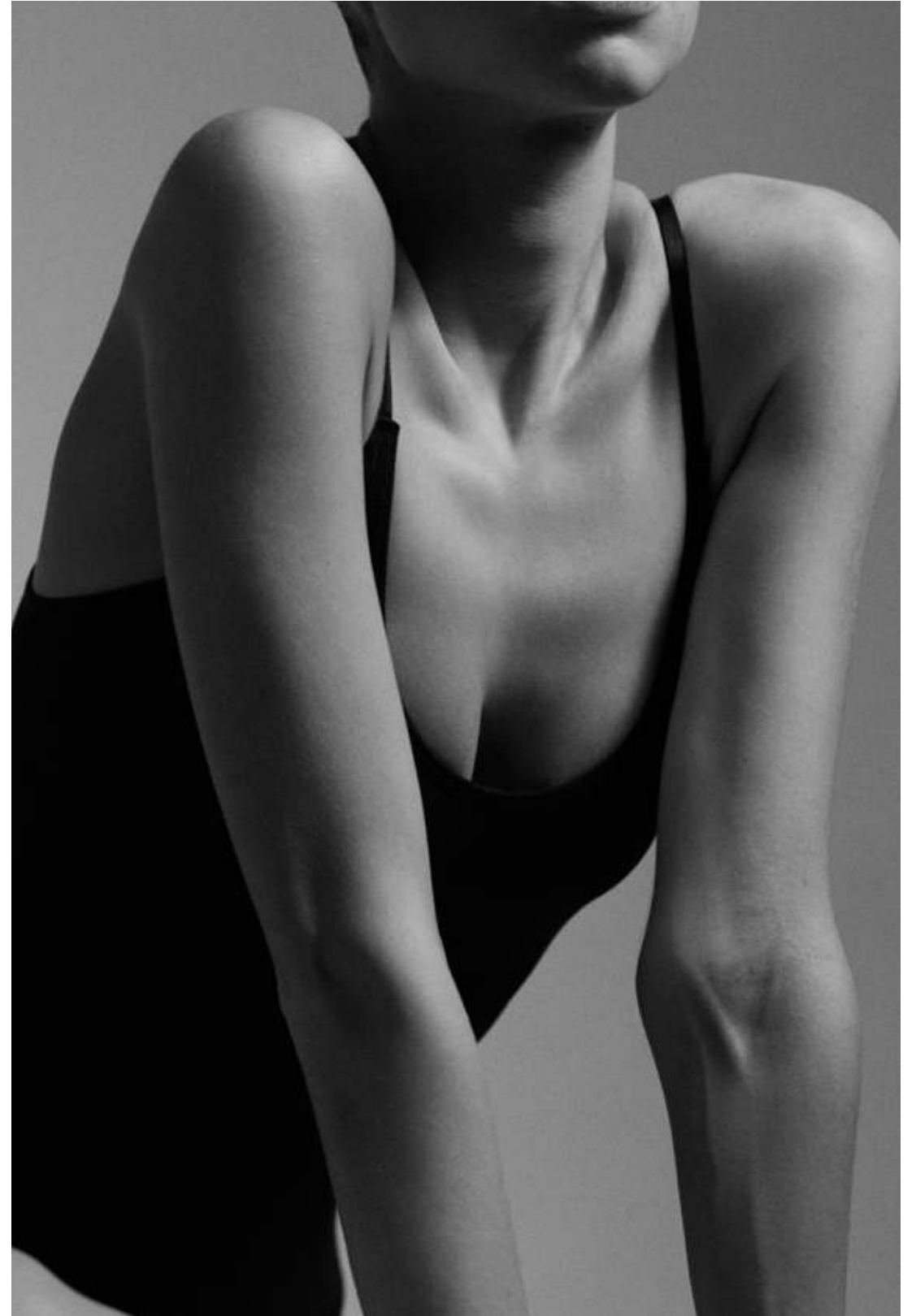
Scientifically designed to work in synergy with the medical treatments in supporting the body's self-healing mechanisms, the Chenot Diet cleanses the body at a cellular level, rebalances the metabolism, harmonises hormones, recalibrates gut flora and creates fresh energy and cells that keep us biologically young.

A balance of proteins, good fats and low glycaemic index carbohydrates is captured within uniquely formulated recipes based on fresh, organic whole foods with anti-inflammatory and antioxidant properties.





CHENOT ESPACE  
PROGRAMMES



# Chenot Espace Programmes

## Advanced Detox 6 Days / 7 Nights

This is the pillar programme of Henri Chenot and it aims to induce a deep purification and detoxification of the body. It supports the natural processes to excrete metabolic waste and toxins, to repair defective tissues, and to restore hormonal balance.

The programme includes medical consultations, advanced diagnostic tests, a low-calorie plant-based nutritional plan, and targeted therapeutic treatments, all carried out under strict medical supervision.

The treatments consist of cellular resonance therapies; special massage techniques using cupping, electrostimulation and essential oils; hydro-aromatherapies with plant extracts, salt minerals, and variations in water temperature and pressure; as well as plant-based mud wrapping applications enriched with pure microalgae and invigorating high-pressure showers. The treatments are tailored to meet individual needs and are designed for a one-week stay.

The programme is beneficial to everyone, in particular to those who follow unhealthy habits and a sedentary lifestyle.

# Chenot Espace Programmes

The Advanced Detox Programme includes:

- 3 Medical Consultations
- 2 Nutritional Consultations
- Chenot Diet
- Diagnostics with Chenot Lifestyle Biomarkers®
  - Arterial Stiffness Assessment
  - Minerals and Heavy Metals Intoxication Analysis
  - Oxidative Stress Assessment
  - Measurement of Advanced Glycation End Products (AGEs)
  - Skin Collagen Thickness Assessment
- 1 Body Composition Analysis
- 1 Bio-Energetic Check-up
- 4 Chenot Bio-Energetic Treatments
- 6 Chenot Energetic Massages
- 6 Hydro-Aromatherapy Treatments
- 6 Phyto-Mud Treatments
- 6 Hydro-Jet Treatments

Optional supplementary screening tests and treatments following initial medical consultation (at an additional cost):

- Laboratory Diagnostic Tests (blood and urine)
- Intravenous Nutrient Therapy
- Ozone Therapy - Systemic Application
- Hydro-Colon Treatment

## Chenot Espace Programmes

### **Fundamental Detox 6 Days / 7 Nights**

This is a strategic follow-up programme for those who have already experienced the 'Advanced Detox Programme' within the last six months and would like to maintain the effect.

## Chenot Espace Programmes

The Fundamental Detox Programme includes:

- 3 Medical Consultations
- 2 Nutritional Consultations
- Chenot Diet
- 1 Body Composition Analysis
- 1 Bio-Energetic Check-up
- 4 Chenot Bio-Energetic Treatments
- 6 Chenot Energetic Massages
- 6 Hydro-Aromatherapy Treatments
- 6 Phyto-Mud Treatments
- 6 Hydro-Jet Treatments

Optional supplementary screening tests and treatments following initial medical consultation (at an additional cost):

- Diagnostics with Chenot Lifestyle Biomarkers®
  - Arterial Stiffness Assessment
  - Minerals and Heavy Metals Intoxication Analysis
  - Oxidative Stress Assessment
  - Measurement of Advanced Glycation End Products (AGEs)
  - Skin Collagen Thickness Assessment
  - Resting Metabolic Rate
- Laboratory Diagnostic Tests (blood and urine)
- Intravenous Nutrient Therapy
- Ozone Therapy - Systemic Application
- Hydro-Colon Treatment

## Chenot Espace Programmes

### **Detox** **3 Days / 4 Nights**

This programme aims to provide a short but effective stimulation to the body to detox physically and mentally and to recharge with energy leaving a genuine feeling of wellness. Combining Chenot Method® treatments with the diet plan, it is the perfect programme for those who want to begin a lifestyle overhaul. Alternatively, it can be used as a regular cleanse undertaken 4 to 6 times during the year.

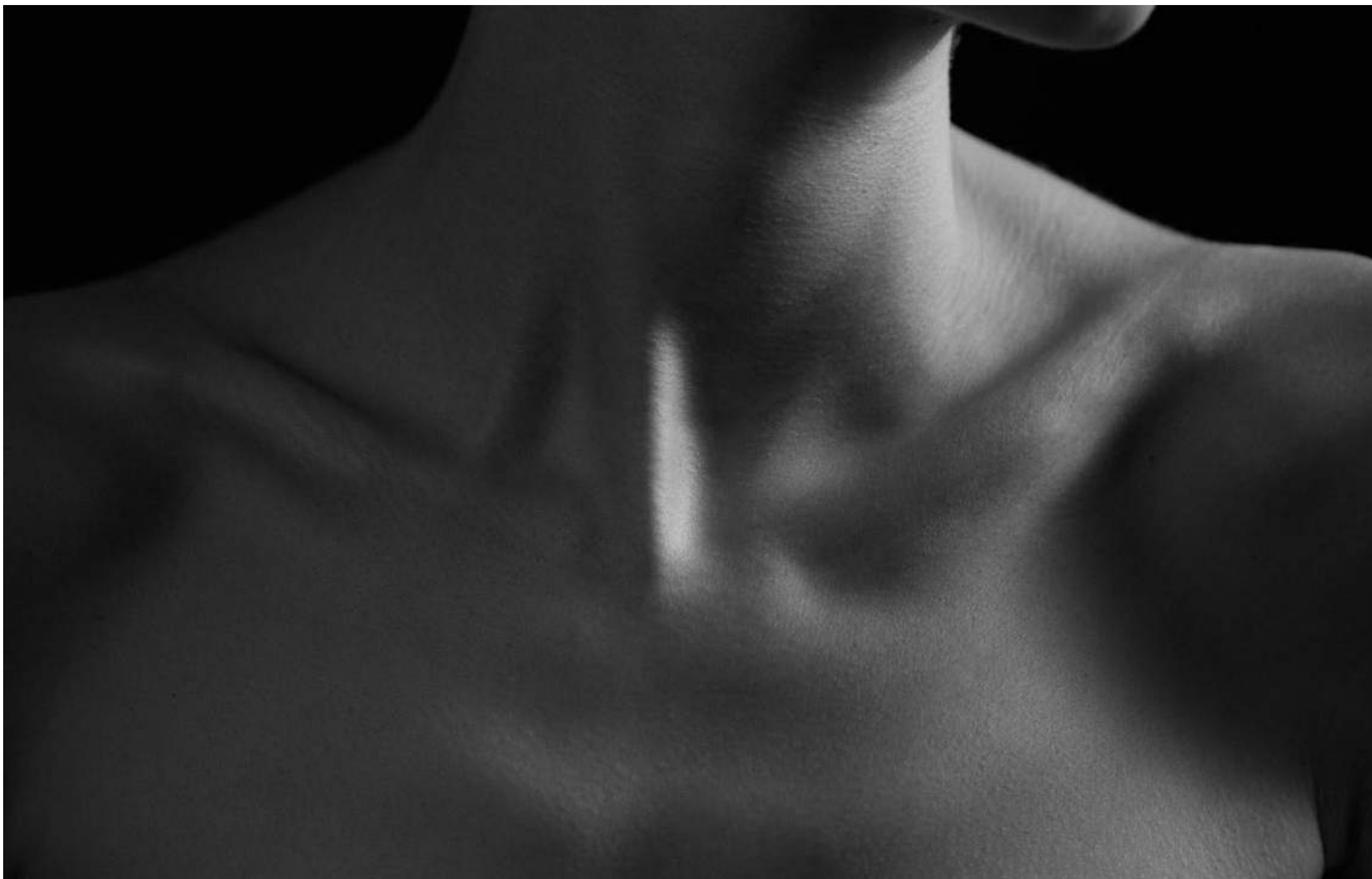
## Chenot Espace Programmes

The Detox Programme includes:

- 1 Medical Consultation
- 1 Nutritional Consultation
- Chenot Diet
- 1 Bio-Energetic Check-up
- 2 Chenot Bio-Energetic Treatments
- 3 Chenot Energetic Massages
- 3 Hydro-Aromatherapy Treatments
- 3 Phyto-Mud Treatments
- 3 Hydro-Jet Treatments

Optional supplementary screening tests and treatments following initial medical consultation (at an additional cost):

- Laboratory Diagnostic Tests (blood and urine)
- Diagnostics with Chenot Lifestyle Biomarkers®
  - Arterial Stiffness Assessment
  - Minerals and Heavy Metals Intoxication Analysis
  - Oxidative Stress Assessment
  - Measurement of Advanced Glycation End Products (AGEs)
  - Skin Collagen Thickness Assessment
  - Resting Metabolic Rate
- Intravenous Nutrient Therapy
- Ozone Therapy - Systemic Application
- Hydro-Colon Treatment





## Chenot Espace Programmes

### **De-Stress & Re-Charge 4 Days / 5 Nights**

This programme aims to stimulate the body to recover and to restore its vitality and energy levels. The constantly challenging world imposes a lot of stressors on our body, slowly reducing its resilience. This leads to increased vulnerability, fatigue, exhaustion, and burnout.

The specialised medical professionals evaluate individual needs and create a plan of effective, stress-reducing, and energy-enhancing treatments.

This programme is beneficial to those who seek to restore their inner balance and the body's natural rhythms.

## Chenot Espace Programmes

The De-Stress & Re-Charge Detox Programme includes:

- 2 Medical Consultations
- 1 Nutritional Consultation
- Chenot Diet
- Diagnostics with Chenot Lifestyle Biomarkers®
  - Minerals and Heavy Metals Intoxication Analysis
  - Oxidative Stress Assessment
  - Body Composition Analysis
  - Stress Test with HRV Biofeedback Training
- 1 Bio-Energetic Check-up
- 3 Bio-Energetic Treatments
- 4 Chenot Energetic Massages
- 4 Hydro-Aromatherapy Treatments
- 4 Phyto-Mud Treatments
- 4 Hydro-Jet Treatments
- 4 Photo-Biomodulation Treatments
- 4 Neuro-Acoustic Deep Relaxation Treatments

Optional supplementary screening tests and treatments following initial medical consultation (at an additional cost):

- Laboratory Diagnostic Tests (blood and urine)
- Intravenous Nutrient Therapy
- Ozone Therapy - Systemic Application
- Whole-Body Cryotherapy
- Yoga

## Chenot Espace Programmes

### **Fitness Programme 3 Days / 4 Nights**

This programme aims to familiarise you with your fitness performance potential, your physical strengths and weaknesses, and how you can improve those weaknesses to optimise your health and improve your wellbeing regardless of age. The treatments are personalised to your needs as an individual and constantly monitored by specialised medical personnel.

The Fitness Programme includes:

- 1 Medical Consultation
- 1 Nutritional Consultation
- Chenot Diet
- 1 Cardiorespiratory Fitness Assessment
- 1 Postural and Movement Assessment
- 1 Body Composition Analysis
- 1 Neuromuscular Activation Treatment
- 2 Chenot Connective Tissue Massages
- 3 Hydro-Aromatherapy Treatments
- 3 Phyto-Mud Treatments
- 3 Hydro-Jet Treatments
- 3 Personalised Fitness Training

## Chenot Espace Programmes

### **Weekend Spa Deluxe 2 Days / 3 Nights**

Ideal for those who wish to have a weekend break to relax, recharge their energy reserves, and feel well. It combines the Chenot Method energising treatments with the delicious and healthy Chenot Diet that is prepared using methods which preserve the nutritional value of the ingredients of food.

The Weekend Spa Deluxe Programme includes:

- 1 Medical Consultation
- Chenot Diet
- 1 Chenot Energetic Massage
- 1 Chenot Relaxing Massage
- 2 Hydro-Aromatherapy Treatments
- 2 Phyto-Mud Treatments
- 2 Hydro-Jet Treatments
- 1 Chenot Illuminating and Nourishing Facial Treatment
- 1 Chenot Feet Reflex Treatment

## Chenot Espace Programmes

### Chenot Day Spa 1 Day

Treat yourself to a day of total Spa relaxation and rejuvenation to restore your sense of wellbeing. Enjoy this one-day programme, with individually personalised Chenot treatments combined with the delicious and healthy lunch.

The Chenot Day Spa Programme includes:

- 1 Chenot Diet
- 1 Chenot Detox Body Massage
- 1 Hydro-Aromatherapy Treatment
- 1 Phyto-Mud Treatment
- 1 Hydro-Jet Treatment
- 1 Chenot Illuminating and Nourishing Facial Treatment

## Chenot Espace Programmes

### Complete Facial Care Programme 1 Day

A powerful targeted programme that purifies, hydrates, nourishes, and revitalises the skin.

The Complete Facial Care Programme includes:

- 1 HydraFacial MD Peeling for Deep Cleanse
- 1 Chenot Illuminating and Nourishing Facial Treatment with application of Chenot Customised Mask Booster
- 1 Photo-Biomodulation Treatment

## OUR DEPARTMENTS



## Our Departments

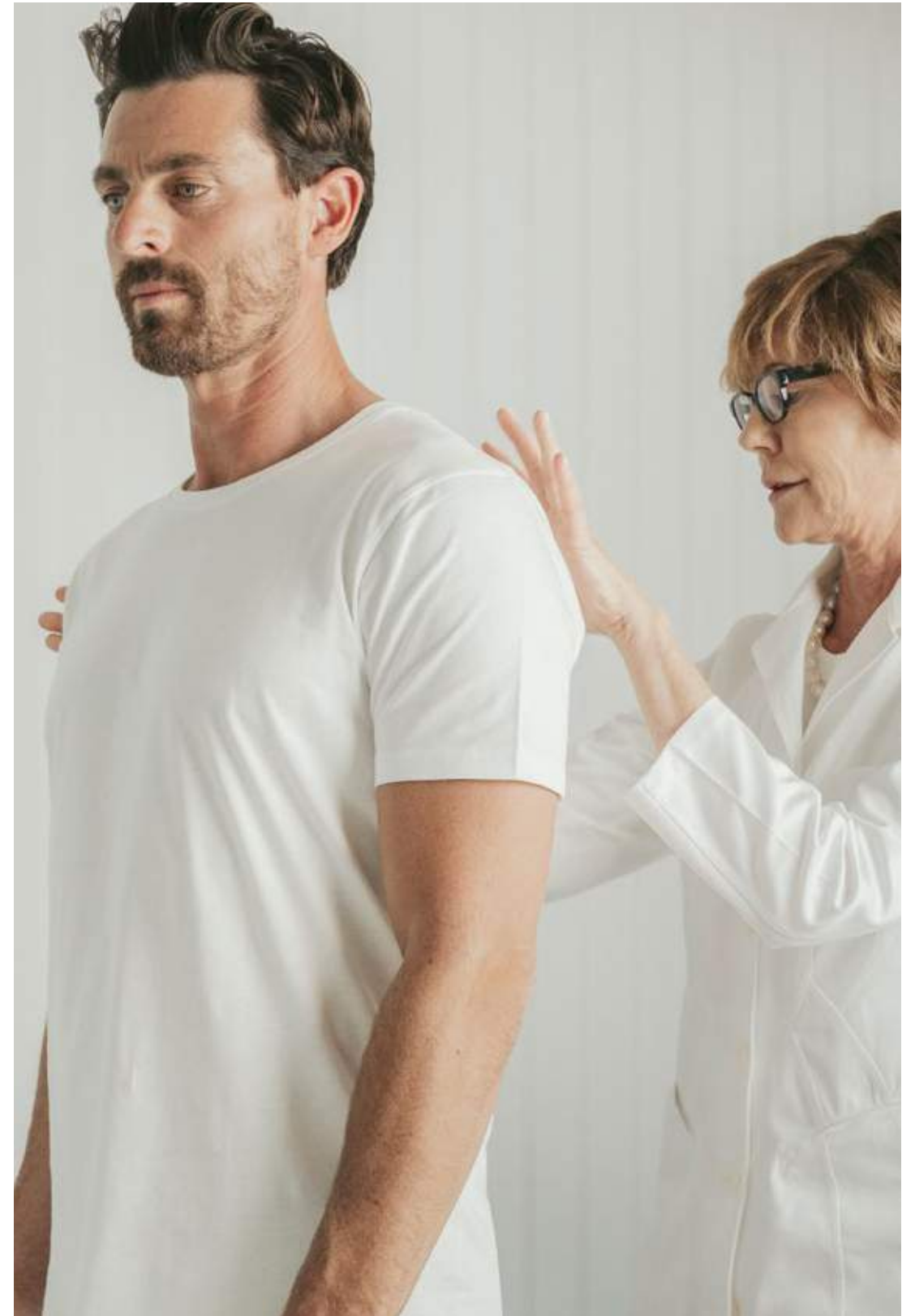
Our integrated holistic approach and world-class practitioners are vital in maintaining your wellness and functionality. Medical consultations, diagnostics, therapies, treatments, and physical exercise together with your active participation and commitment will all work in synergy for optimal results. These elements fall across the following specialisms:

- Medical Department
- Human Performance Department
- Hydrotherapy Department
- Aesthetic Department
- Medical Aesthetic Department
- Traditional Aesthetic Department
- Sports & Fitness Department





**MEDICAL  
DEPARTMENT**



# Medical Department

## DIAGNOSTICS

### Medical Consultation

A medical doctor will review your current health status and medical history and discuss your needs and goals. They will prescribe all the necessary treatments to detoxify your body and promote your health and wellbeing and, at the end of the programme, provide you with all the required lifestyle modifications to continue this journey.

### Nutritional Consultation

Based on anthropometric, metabolic, and diet-related data, a dietician determines your nutritional status and conducts an in-depth analysis of your daily dietary needs. The purpose is to highlight any nutritional deficiencies and help restore your overall health and wellbeing.

### Bio-Energetic Check-up

The diagnosis involves a hi-tech bio-energetic screening of the body's vital functions through Resonance Analysis Technology. It provides information about the energetic state of the internal organs and bodily functions in relation to defined parameters of health. Gaining insight and information into your personal needs, an effective tailored treatment plan is prescribed to restore the energy balance of the body.

All treatments and diagnostics are prescribed and supervised by medical professionals.

# Medical Department

## DIAGNOSTICS

### Laboratory Diagnostic Tests

A complete series of blood, urine, and saliva tests and analysis are available, focusing in particular on inflammatory biomarkers, allergies, neurotransmitters, hormones, vitamins, free radicals, minerals, and heavy metals. Specialists evaluate the results and treatments are recommended when required.

### Food Intolerance Tests

These tests are designed to detect food intolerances that can cause inflammation of the bowel and numerous other problems throughout the body. People with chronic health problems, indigestion and flatulence, as well as weight and skin problems might well benefit from testing, as shifting to a new diet plan may solve the problem.



Bio-Energetic Check-up

# Medical Department

## DIAGNOSTICS

### **Oxidative Stress Assessment**

An innovative diagnostic test measures the level of biological oxidation in the body against the efficacy of its own antioxidant defence systems to balance the presence of oxidised toxic compounds. When this balance is upset, a condition known as oxidative stress can greatly accelerate the aging process. The test offers an optimising antioxidant treatment, monitors its efficacy and, just as importantly, avoids the damaging effects of antioxidant misuse.

### **Arterial Stiffness Assessment**

A non-invasive test that provides an accurate and user-independent method for measuring arterial function and assessing vascular ageing. This is achieved through measurements of the stiffness of the arteries, central blood pressure, and pulse wave reflection returning from the arteries to the heart. The test is as simple as a blood pressure measurement and allows for individual treatments.

### **Measurement of Advanced Glycation End Products (AGEs)**

A highly technological diagnostic test that measures the accumulation of advanced glycation end products in the tissues in real time. These products play a key role in the development of age-related chronic diseases. Protein glycation, for example, is a widely acknowledged factor in aging that affects blood vessels, vital organs, alters skin quality, and is responsible for sunspots, cataracts, and more. The detection of increased AGEs enables us to prescribe appropriate treatments and lifestyle modifications including a diet plan.

# Medical Department

## DIAGNOSTICS

### **Minerals and Heavy Metals Analysis**

This revolutionary non-invasive method is used to detect the bio-availability of trace elements and heavy metals that exist within the tissues in real time. Re-mineralisation treatments and chelation procedures are implemented to detoxify the body.

### **Skin Collagen Thickness Assessment**

A high-sensitive ultrasound method which measures the quality and quantity of the thickness of the skin and connective tissue. It provides information about the actual age of the skin but also reflects the overall condition of connective tissue which is essential for the body's integrity. These results allow for targeted medical, medical aesthetic, and cosmetic treatments.



Measurement of Advanced Glycation End Products (AGEs)



# Medical Department

## TREATMENTS

### **Chenot Bio-Energetic Treatment**

The treatment consists of personalised bio-energetics signals administered to the body to assist the restoration of its energetic balance. It also offers a non-invasive cellular stimulation that promotes rejuvenation in cellular processes.

### **Acupuncture Treatment**

A traditional needle treatment prescribed to ease joint and muscle pains, headaches, migraines and neuropathic pains, certain respiratory illnesses and allergies, gynaecological and gastro-intestinal disorders, stress, anxiety, and sleep disturbances. Usually a combination of body acupuncture points and points on the ear provides optimal results.

# Medical Department

## TREATMENTS

### **Ozone Therapy**

This treatment aims to strengthen the immune system and the body's defence mechanisms, providing an overall rejuvenating and anti-ageing effect. The treatment consists of enriching your own blood with ozone to fight fatigue and improve detoxification.

### **Intravenous Nutrient Therapy**

Effective doses of specially-formulated nutrient solutions are administered intravenously, consisting of antioxidants, vitamins, minerals, and chelating agents. This supports the body's defences and improves its mechanisms of damage removal, supporting the anti-ageing process.

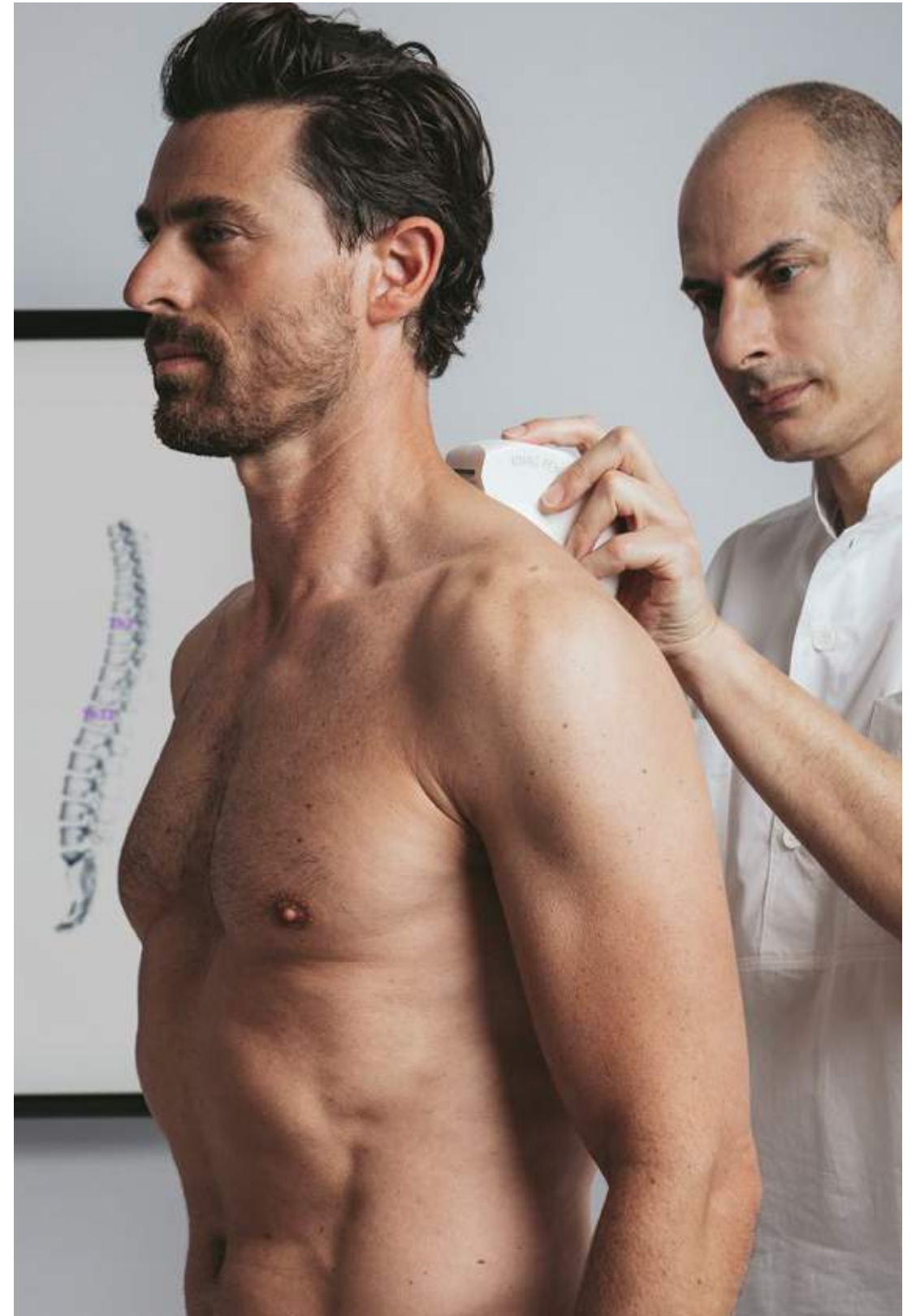
### **Hydro-Colon Treatment**

This treatment consists of irrigating the large intestine (colonic irrigation) to flush out impurities and toxins from the colon, boosting energy levels and enhancing the immune system.



Ozone Therapy

HUMAN  
PERFORMANCE  
DEPARTMENT





Cardiorespiratory Fitness Assessment

# Human Performance Department

## DIAGNOSTICS

### **Cardiorespiratory Fitness Assessment**

An exercise test with sophisticated equipment that analyses, breath by breath, how well the heart, arteries, veins, and lungs are able to work together to transport oxygen to the muscles. The results of this test provide useful information about the physiological response of the individual to exercise. We can identify the possible risk factors associated with health status and provide the base upon which a personalised fitness training programme is prescribed to improve health, fitness level, and weight loss.

### **Resting Metabolic Rate Assessment**

This assessment accurately and instantaneously measures the body's energy requirements at rest. It identifies metabolism substrate utilisation, allowing evaluation of nutrition therapies, dietary plans, and weight management.

### **Stress Test (HRV Analysis) with HRV Biofeedback Training**

A unique test that provides a lot of information about how the body reacts to different causes of stress, mental and emotional loads. The test examines how the heart is continuously adjusted by the autonomic nervous system to meet the demands (stressors) of daily life. In a way, it reveals the relationship between lifestyle and wellbeing and helps to identify the steps towards a healthier, fitter, and more productive life.

HRV Biofeedback Self-Training strengthens the parasympathetic nervous system, bringing calmness and relaxation into the body and strongly boosting health and vitality.

All treatments and diagnostics are prescribed and supervised by medical professionals.

# Human Performance Department

## DIAGNOSTICS

### **Body Composition Analysis**

The analysis provides precise data on soft tissues and bone composition in any part of the body, including lean- and fat-tissue mass, and body fluids. These variables are used to set and monitor health, weight, and fitness goals.

### **Postural and Movement Assessment**

This test assesses the curvatures of the spine, the mobility of the joints, the balance and strength of the body, as well as the weak links in the muscle chains. In time, all these factors can lead to altered activity of the entire locomotive system and if left untreated as we age, it can lead to postural deformity, loss of physical performance, reduced active life, and pain.





Arterial Stiffness Assessment

# Human Performance Department

## TREATMENTS

### Neuromuscular Activation Treatment

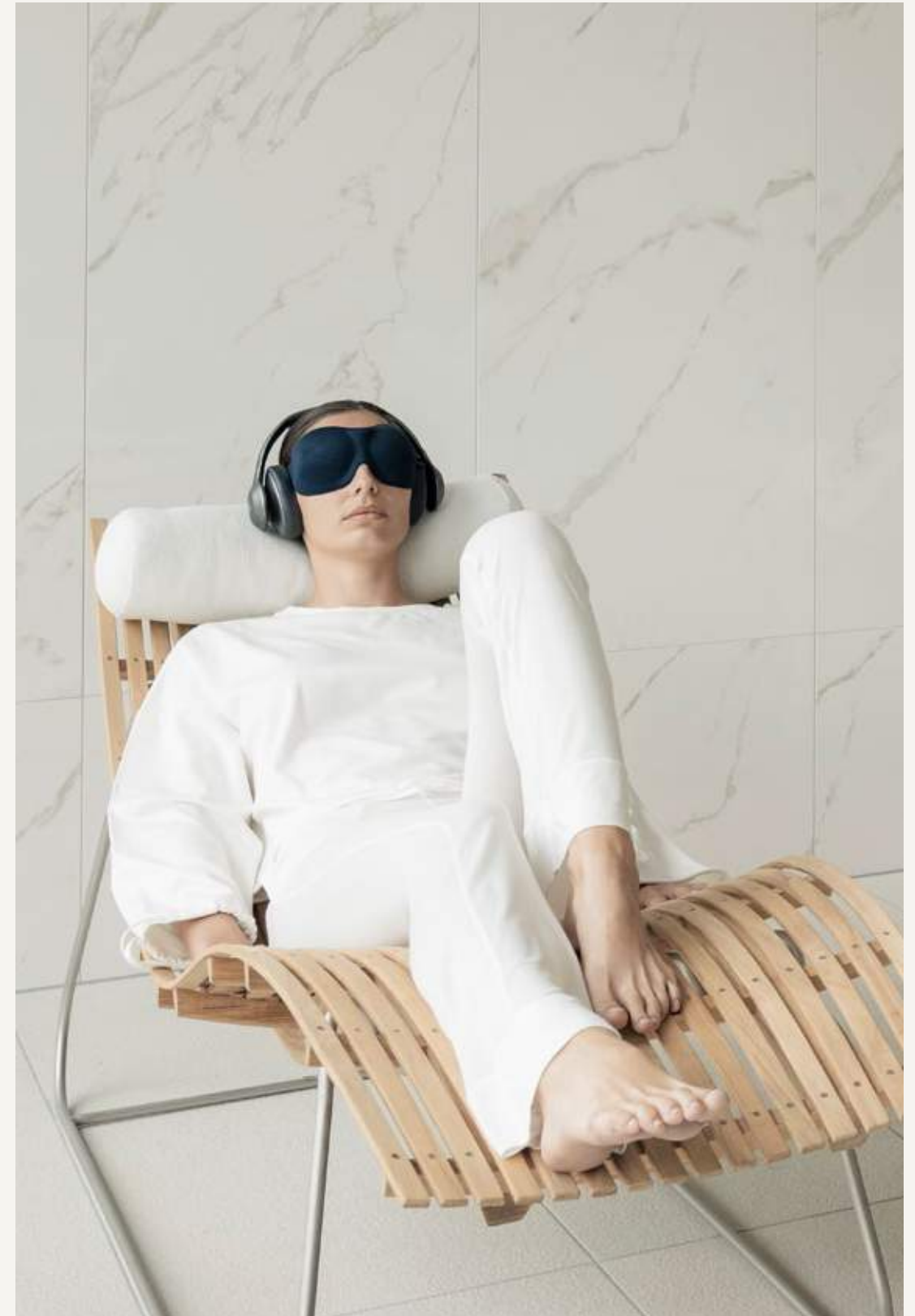
This treatment assesses maximum muscular forces, symmetry, strength, endurance, and balance skills with high precision measuring systems. Lean muscle mass naturally diminishes with age and strength training is a key component to preserve and enhance muscle mass at any stage of life, with important applications in a person's functional ability.

### Whole-Body Cryotherapy Treatment at $-110^{\circ}\text{C}$

This treatment is pleasantly refreshing, psychologically enlightening, performance enhancing, and pain relieving. It helps improve your skin's glow, your recovery, and sleep, and is a very effective treatment for the reduction of chronic inflammatory diseases. When indicated by the medical doctor, the whole body is progressively exposed at  $-110^{\circ}\text{C}$  in the cold chamber for a maximum of 3 minutes. This short-lasting physical treatment has a long-lasting effect and is often combined with other treatments to effectively maximise the wellness benefit.

### Neuro-Acoustic Deep Relaxation Treatment

A neuroscience technology that presents the brain with the chemistry, signalling, and patterns it typically interprets as triggers to deep relaxation and recovery. It uses neurochemistry and auditory signals to take the autonomic nervous system out of fight or flight mode and put it into parasympathetic system dominance that brings deep relaxation and calmness into the body.







Neuromuscular Activation Treatment

**HYDRO-  
THERAPY  
DEPARTMENT**



# Hydrotherapy Department

## TREATMENTS

### Hydro-Aromatherapy

This is a particular type of hydro-massage in which a special mixture of essential oils is added to the bath water. Variations in the water temperature and pressure are critical and, combined with the thermodynamic effect of plant extracts, cause the dilation and constriction of the capillaries. This action stimulates the natural physiological functions to remove toxins and fat deposits from the skin tissue. It also combats the effects of skin ageing by favouring spontaneous cell regeneration, improving skin appearance and its overall peripheral blood and lymphatic circulation. The hydro-aromatherapy is a genuine rehabilitative treatment that tones and strengthens the skin, balances the body fluids and energy, and relaxes both body and mind.

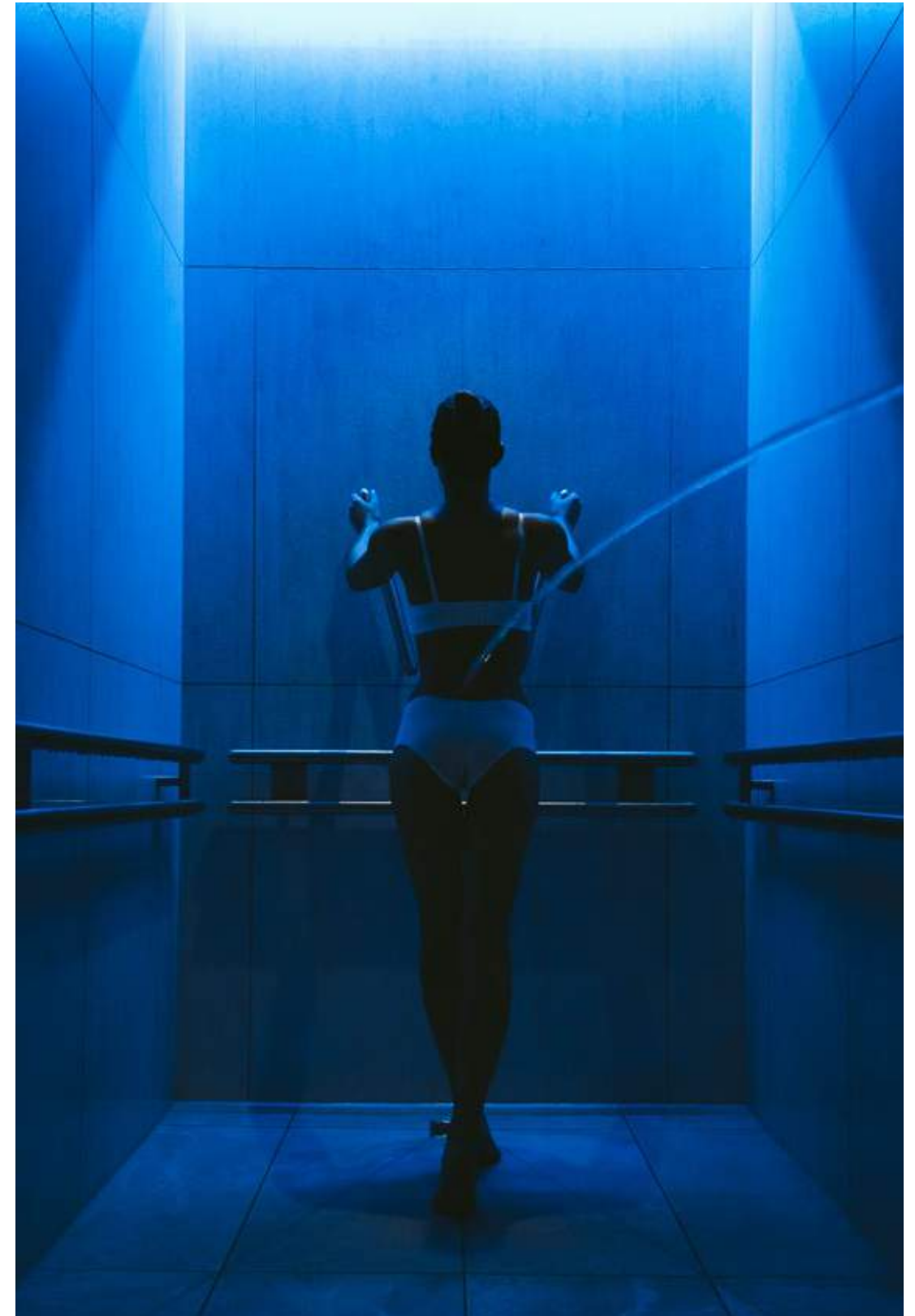
### Phyto-Mud Treatment

The treatment involves the application of a body wrap that consists of a mixture of white or green clay, enriched with minerals, microalgae, and pure essential oils.

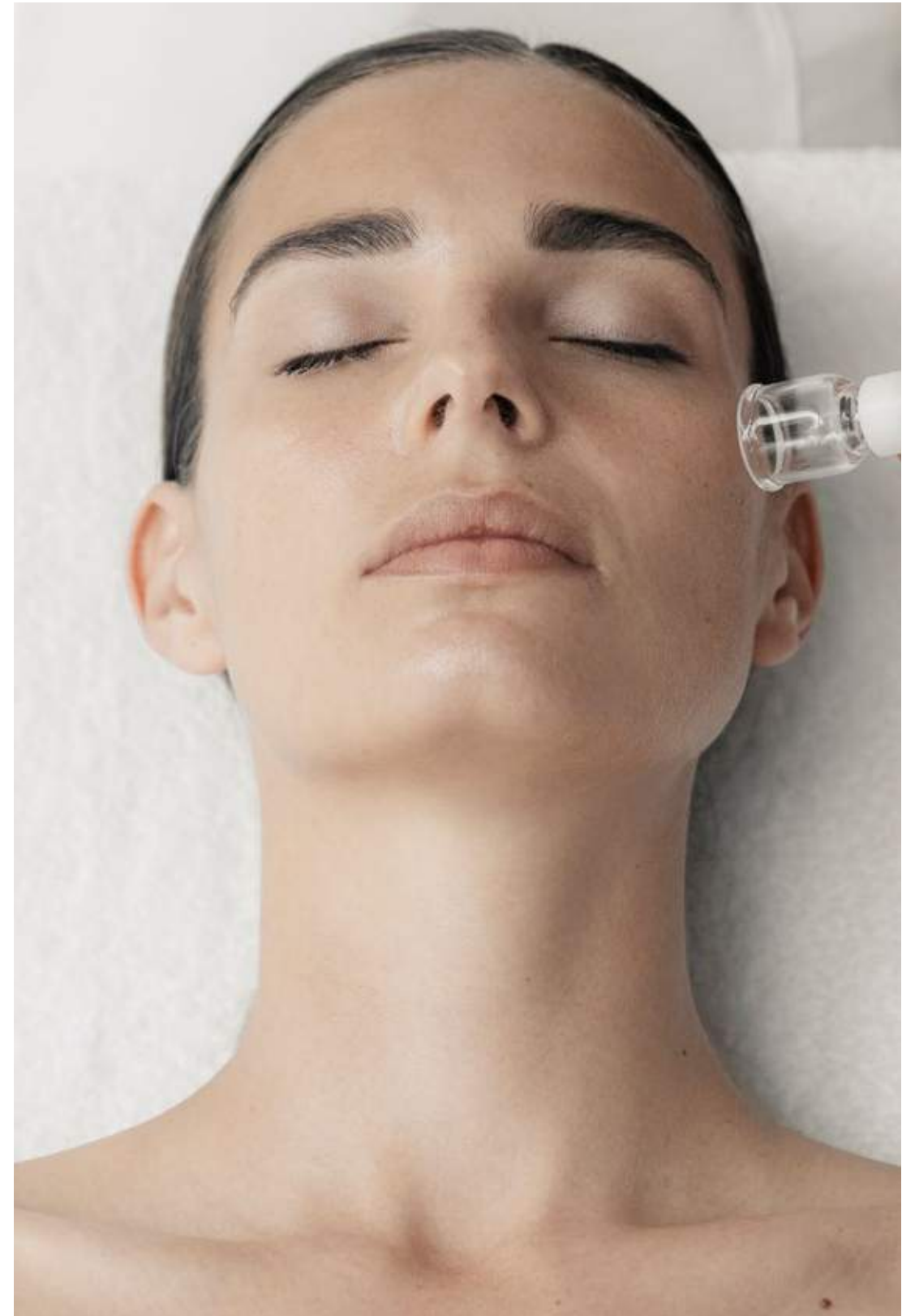
The combined effect of essential oils and minerals further drains, detoxifies, and revitalises the body depending on the application time, and helps to eliminate physical/muscular and psychological/stress tension.

### Hydro-Jet Treatment

In this final treatment, a pressure-jet adds a cold mechanical action to the thermal stimulus, to improve toning and firming actions on the skin, to increase the metabolic rate, and to further improve the peripheral circulation, all restoring energy and vitality to the body.



AESTHETIC  
DEPARTMENT





# Aesthetic Department

## BODY TREATMENTS

### **Chenot Detox Body Massage**

In this fundamental first-step treatment, with the aid of specific manual techniques and highly detoxifying products, deep toxins are drained towards collection points in the excretory system. The combined action of manual techniques with a specific suction cup-device accelerates the body fluids in a wave-like movement, thereby facilitating the elimination of toxins and consequently stimulating cellular regeneration.

### **Chenot Energetic Massage**

This treatment aims to relieve and clear the energy flow in the meridians. With the help of suction cups re-equilibrates the energetic circulation, lymphatic system, and improves blood circulation promoting extraordinary sense of wellbeing.

### **Chenot Relaxing Massage**

This unique body massage promotes physical and mental relaxation for a profound feeling of wellbeing. It helps muscles to relax, balances your hormones, and frees the body and mind to recuperate after extensive physical or mental effort.

# Aesthetic Department

## BODY TREATMENTS

### **Chenot Connective Tissue Massage**

A deep muscle tissue massage designed to release chronic tensions that are often due to muscle inflammation and pain. It helps muscles to relax, to unclog stiffness, and to promote oxygenation, which improves posture, joint flexibility, circulation and reduces spasms and cramps. It also enhances the appearance and condition of the skin.

### **Chenot Head and Shoulders Massage**

The massage aims to release tension in the cranial, neck and shoulder areas and alleviate stress and pain. It improves blood and energetic circulation and promotes greater tissue oxygenation, providing a feeling of calmness within the body. Very effective for migraine, headaches, neck and facial stress.

### **Chenot Regenerating Treatment**

When the body is tensed it develops constraints, the muscles get tight and breathing becomes shallow, meaning you are not getting the amount of oxygen you really need. This treatment is designed to stimulate deep breathing by opening the diaphragm, and ultimately, it deconstructs the tensions and relieves stress, allowing energy to flow within the body so you can re-energise and regenerate.



Chenot Energetic Massage

# Aesthetic Department

## BODY TREATMENTS

### Chenot Feet Reflex Treatment

This deep energising massage allows the body to rebalance itself through stimulation of acupuncture points of the feet. It improves blood circulation to the feet, helps to reduce stiffness and maintain flexibility in the foot joints, and energises the internal organs through activation of meridians which has an anti-stress effect.

### Chenot Lymphatic Manual Massage

Lymphatic drainage is a delicate, harmonious treatment that is performed in a rhythmic way. It improves the circulation of fluids in the body, promoting the elimination of stagnant lymph, waste, and toxins from the body tissues. This strengthens the immune system, reduces swelling and water retention, and is an exceptionally relaxing process.

### Chenot Cellulite Treatment

This treatment involves a deep manual massage of the targeted areas with draining action. It is combined with specific essential oils and vibratory applicators at certain frequencies, unrolling the fat deposits from the connective tissue. It promotes blood circulation and lymphatic flow so skin looks youthful and even and the connective tissue receives a flexible, soft and healthy structure.

# Aesthetic Department

## BODY TREATMENTS

### Chenot Abdominal Treatment

This treatment consists of a gentle but deep manual massage in the abdomen area that moves toxins and metabolic waste out of the body and improves bowel function. Combined with the electrical stimulation of energy points, it frees the abdomen from swelling and bloating and helps to mobilise fat into the lymph, providing a feeling of lightness.

### Chenot Tonic Massage

Effective pressure applied to energy points combined with stretching techniques tones the body, relieves mind tension, and erases physical fatigue. This deeply relaxing head-to-toe massage treats the body with powerful rhythmic sequences designed to rebalance and recharge, increasing energy levels and offering extraordinary stress relief throughout the whole body.

### Chenot Prenatal Massage

This massage therapy is specially designed for the sensitive prenatal and postnatal periods. It reduces muscular pain in the neck, shoulders, and lower back, reduces tension and stiffness of the body, relaxes the legs and feet, and also improves blood and lymphatic circulation, offering a relaxing and energising effect.



## Aesthetic Department

### FACIAL TREATMENTS

#### **Chenot Purifying Detox Facial Treatment**

This is a detoxifying and exfoliating treatment that promotes cell renewal and restructure in the epidermis. The deep cleansing element removes impurities, dead cells, and metabolic waste, helping to energise the skin so it becomes healthy and radiant, smooth and fresh.

#### **Chenot Illuminating and Nourishing Facial Treatment**

This facial infuses skin with nourishment and hydration using specialised products that balance the tissue with the vitamins and minerals it needs. The energetic massage stimulates connective tissue, improves circulation and the flow of energy to bring vitality and radiance to the skin, leaving it exceptionally energised and pampered with a glowing effect.

#### **Chenot Anti-Ageing Regenerating Treatment**

Excellent for mature and dehydrated skin, this treatment consists of special massage techniques combined with electrical stimulation that work in synergy at the cellular level to enhance the skin's natural defence and to neutralise free radicals. It improves skin elasticity and firmness and prevents sagging, with an immediate lifting effect that visibly rejuvenates, refines, volumises, and invigorates the skin. Skin's appearance is improved, signs of ageing are remarkably reduced.

## Aesthetic Department

### FACIAL TREATMENTS

#### **Chenot Facial Drainage Treatment**

This treatment has a lymphatic drainage action with a decongestant effect, leaving the face and the eyelids less swollen and the entire face illuminated and contoured.

#### **Chenot Neck, Arm and Décolleté Treatment**

This treatment uses vibration with a specialised device to restore tone and firmness to the tissues of the neck, décolleté and arms. The specially-formulated blend of pure and natural essential oils applied in combination with the Chenot drainage technique also nourishes, hydrates and improves the tone of these upper-body areas.

#### **Chenot Face & Head Treatment**

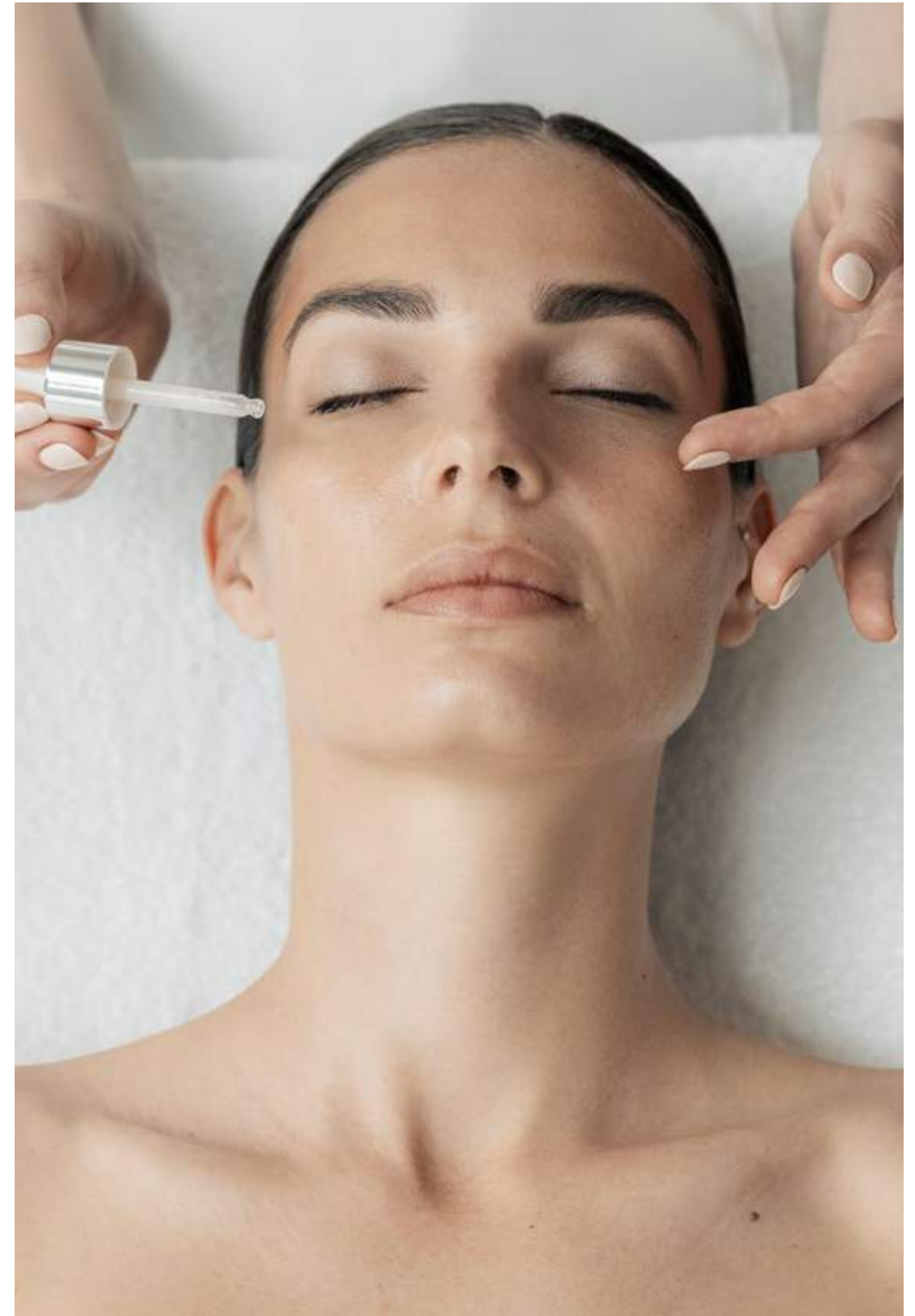
This treatment stimulates the energy points of the head with a very effective method in order to alleviate tension and relax the scalp and facial areas. It improves blood circulation, strengthens the hair, and decongests the lymphatic system, smoothing wrinkles, and restoring the skin's elasticity.

## Aesthetic Department

FACIAL TREATMENTS

### Chenot Eye Treatment

This exclusive treatment for the eye area uses a combination of active ingredients that are rich in minerals and vitamins. The application of decongestants and corrective actions ensures optimal hydration and multi-active protection of this delicate and sensitive skin. It alleviates signs of fatigue, swelling, bags and dark circles under the eyes, brightens, and reduces fine lines.



**MEDICAL  
AESTHETIC  
DEPARTMENT**



# Medical Aesthetic Department

FACIAL SKIN HEALTH TREATMENTS

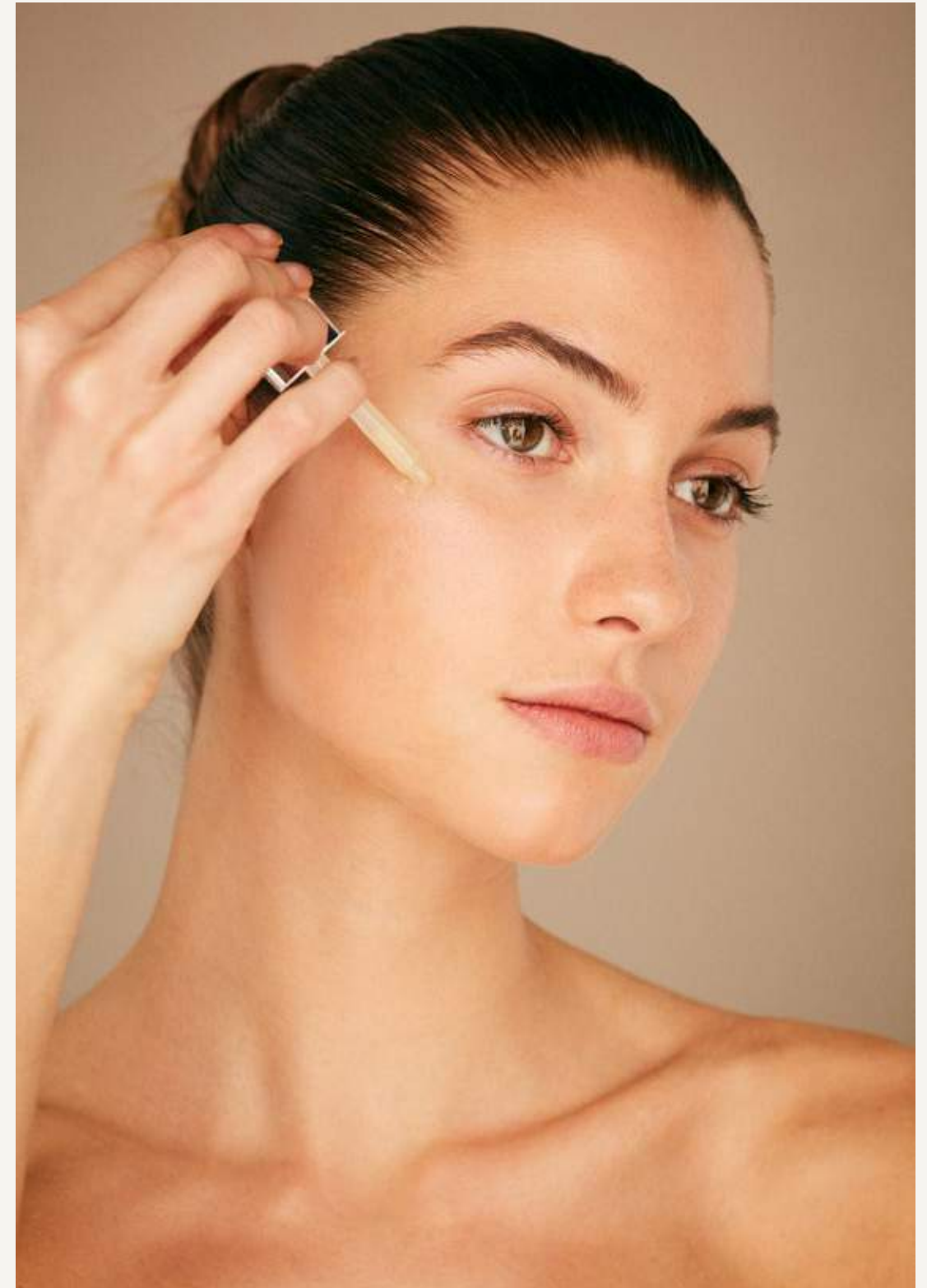
## **Photobiomodulation Treatment**

Specific light wavelengths are applied to deliver energy into the cells and thus promote enhanced skin condition, wound healing, and hair growth stimulation.

LED Phototherapy is highly recommended immediately after any medical aesthetic treatment. It enhances the results and the recovery, reducing swelling, the intensity of redness, and time to heal. It increases the effect of cosmetic products and masks applied to face, body, and hair. It is a 'must treatment' for overall skin health.

## **HydraFacial MD for deep facial rejuvenation**

This is a multi-step face treatment that cleanses, evenly exfoliates, extracts and removes impurities and dead skin cells while at the same time nourishing and protecting the skin with vital nutrients including antioxidants, peptides, and hyaluronic acid. It improves texture and fine lines, renews youthful glow, and delivers immediate results and long-term benefits without downtime or irritation. The process is safe for all skin types and totally painless.



## Medical Aesthetic Department

SKIN TIGHTENING & BODY CONTOURING

### **INDIBA – Proionic System**

The Indiba system provides a non-invasive treatment that delivers a specific monopolar radiofrequency wave to the skin cells and deeper tissues, promoting the synthesis of new collagen and elastin through heat and ion exchanging. The treatment is fast and painless, with deep tissue regeneration and visible results from the first session. The Indiba system is ideal for the improvement of skin elasticity and tightening on face, arms, and legs, in particular for fine line and wrinkle reduction. It works in synergy with all body contouring and circumference reduction treatments as it facilitates the mobilisation of local fat from small localised fat deposits. It dramatically improves the appearance of red stretch marks and is a highly rewarding solution to 'orange peel' or cellulitis.

### **SKINeo – Ultrasound and Electrotherapy**

The SKINeo system provides a non-invasive treatment that combines low intensity pulsed ultrasound and electrotherapy to stimulate natural skin firming for almost all areas of the face and body. Specialised products are used that are important for a successful and lasting effect. There are different applicators designed for different regions of the body which are anatomically adjusted to fit gently and provide a continuous active effect in the whole treatment area. In addition to skin firming and tissue tightening, the system is recommended for the treatment of cellulite.

## Medical Aesthetic Department

SKIN TIGHTENING & BODY CONTOURING

### **Kimatur DUO – Acoustic Waves**

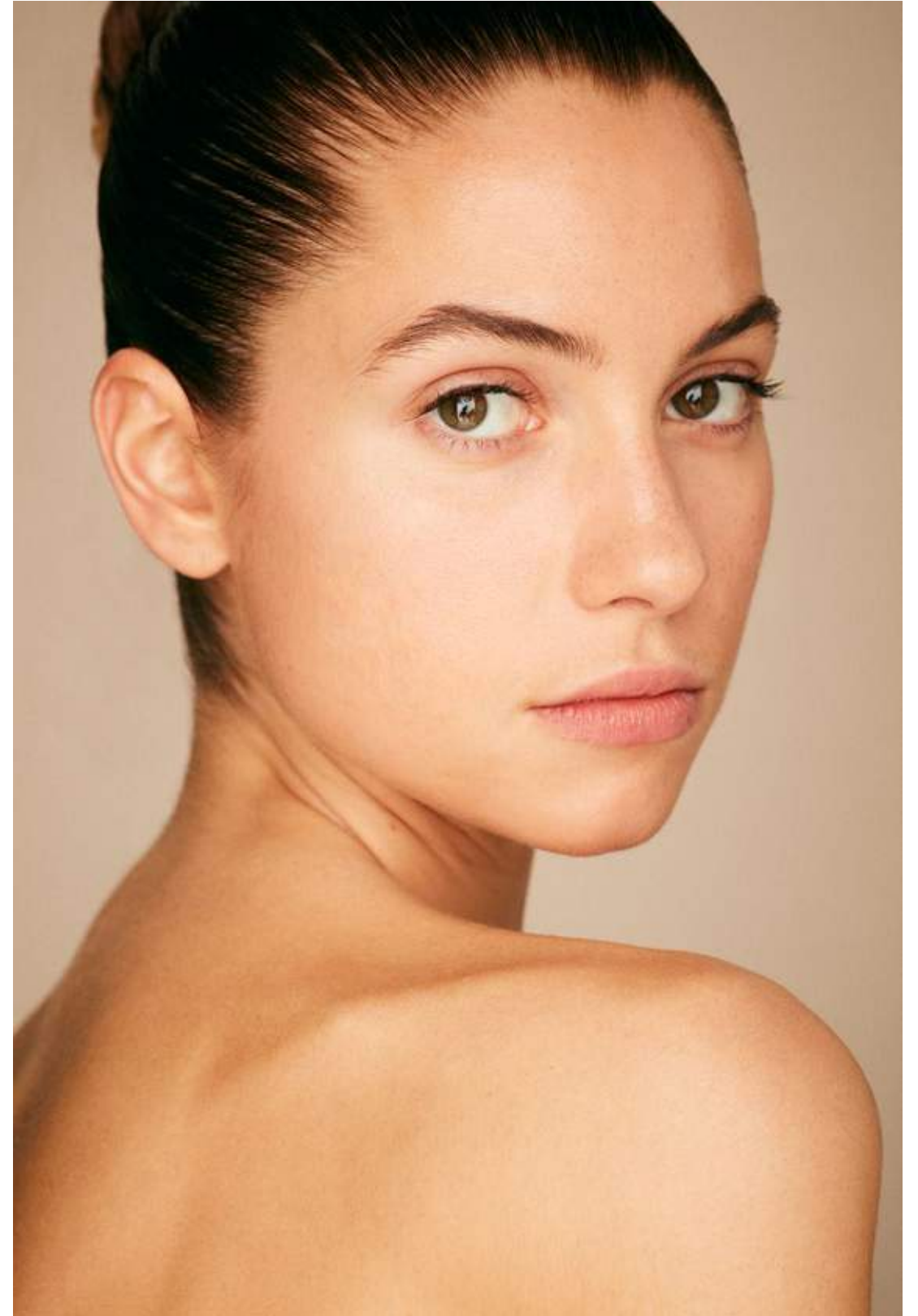
In this non-invasive Acoustic Wave Therapy (AWT), acoustic waves are used to improve the appearance of cellulite and connective tissue elasticity and firmness. This is achieved by combining short, high-energy focused waves with long, low-energy radial waves. This combination allows for the treatment of deep and superficial regions.

### **Lymphastim**

This treatment uses a lymphatic drainage device based on the pneumatic pressotherapy principle. Special applicator sleeves with multiple overlapping chambers provide a gentle massage that encourages the natural circulation of the lymph through the body, reduces swelling and oedema, and improves the appearance of cellulite. A key part of slimming and body contouring programmes.



TRADITIONAL  
AESTHETIC  
DEPARTMENT

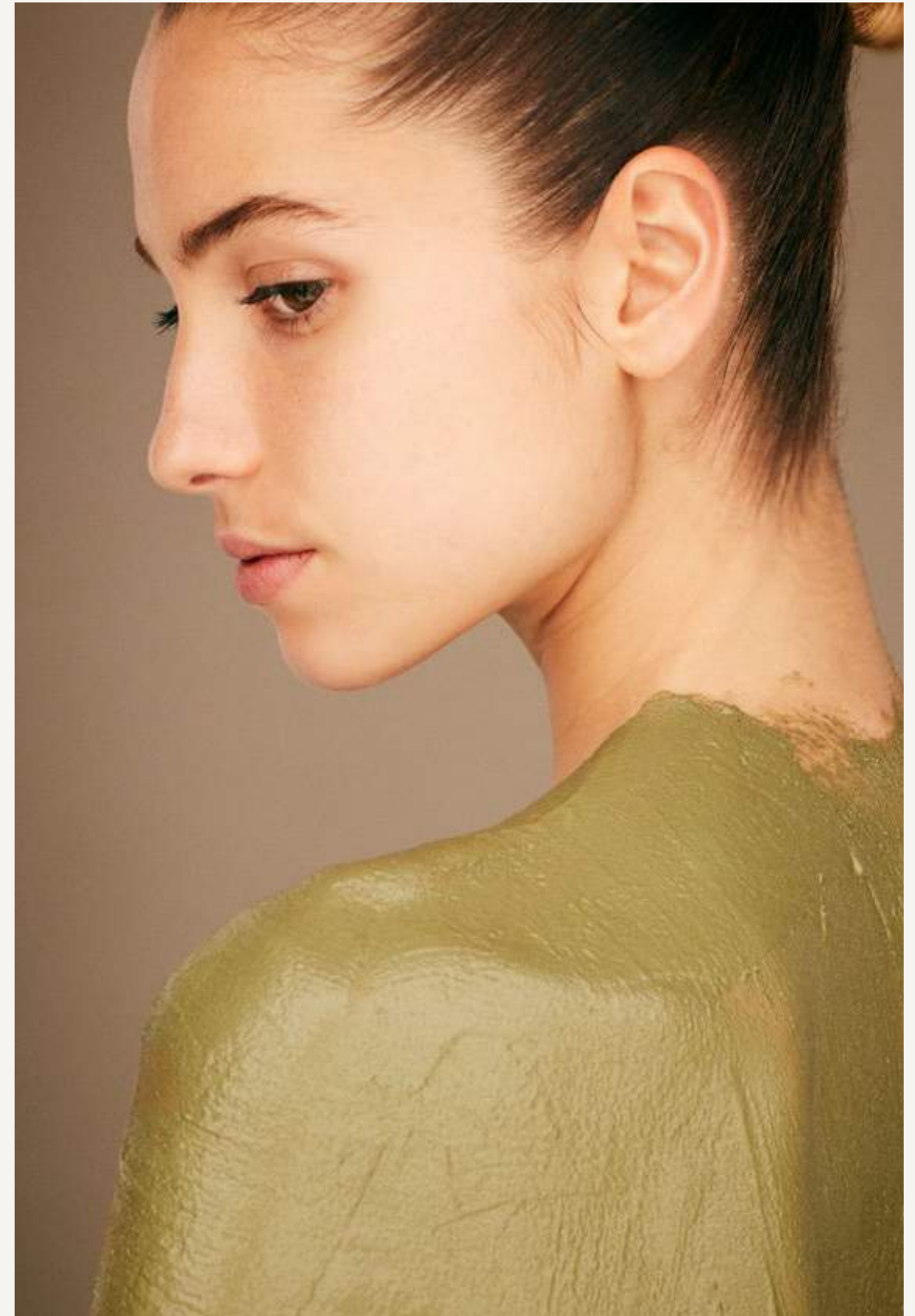


# Traditional Aesthetic Department

## TREATMENTS

### **Chenot Body Scrub**

Micro-granules of Himalayan salt gently remove dead cells from the epidermis and stimulate natural skin renewal. Expertly selected essential oils restore natural balance and induce relaxation. Finally, skin is hydrated to look visibly healthy, fresh, and velvety.





SPORTS AND  
FITNESS  
DEPARTMENT



## Sports and Fitness Department

### Energy, Fitness & Vitality

Unwind and exercise in top quality facilities with swimming pools, tennis courts and a fitness centre, not to mention the inspiring natural surrounds that flourish around One&Only Portonovi. Our expert coaches are available to design a personalised programme around your needs and goals with the aim of long-term, sustainable fitness. Together, you and your trainer work to realign your muscles, which involves a scientific approach to building posture, maintaining posture, and increasing performance. Our emphasis is on helping you to do things the right way so you have a fitness model for life.



# Sport and Fitness Department

## INDOOR ACTIVITIES

### Personalised Fitness Training

Work one-to-one with a coach to improve your posture and build strength, endurance, balance and flexibility. Our scientific approach is designed to give you a sustainable fitness model for life, helping with injury prevention and overall peak performance.

### Pilates

Pilates is a system of exercises designed to improve physical strength, flexibility, and posture as well as enhance mental awareness. The Pilates method uses equipment such as a mat and machinery, and the goal is to build muscular endurance, improve posture and balance skills.

### Yoga

Great for body and mind, we have a variety of yoga techniques available: AcroYoga for Beginners, Aerial Yoga, Hatha Yoga, Power Yoga, Ashtanga, Bikram Yoga, Iyengar and Kundalini, Pre & Post Natal, Restorative Yoga, Vinyasa Yoga, Yin Yoga, Yoga for Athletes, and Yogilates.







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