



THALASPA
CHENOT

GRAND RESORT LAGONISSI
TREATMENT GUIDE

Learning to listen to your biological rhythm is the first step to a universal harmony

We have a holistic vision of the body that supports the view of how important it is to invest in both our daily physical and mental health, in order to obtain the optimal health in any age, with an active, complete and satisfying social life.

We live in an environment that is continuously changing that may be hostile to our lives. The environmental pollution, consumption of processed and non-organic food, lack of physical activity, stress, and above all, the unhealthy habits and lifestyle, all combined, force the body and the mind to constantly battle to adapt to these environmental conditions. As a result, the body accumulates “toxins” with time, and gradually reduced functions and increased body damage settle in.

In our company, we recognise this all, and the bad impact that it imposes to life, particularly when one carries on living in the same way, doing very little to change.

We adopt a multidisciplinary therapeutic approach to our method of work, known as the Chenot Method. We have designed personalized powerful and effective treatments, therapies and products with the intention to detoxify the body and the mind, improve the vitality, the spirit and the wellbeing whilst promoting the beauty and aesthetics in the years to live through a strong, healthy body and mind. With over forty years of experience we have developed a unique Method of treatments.

We strongly believe that our fully integrated approach, our powerful treatments combined with our guests' positive attitude towards life and their will power to a healthier lifestyle, will ultimately support them to obtain the optimal health and beauty in any age.







Departments

Hydro Biontology

Aesthetic

Wellness

Hydro Biontology Department

Stimulate your circulatory and lymphatic systems through the alternation of water pressure and temperature.

The therapeutic value is enhanced with the help of essential oils, plant extracts and marine algae. This treatment is ideal for the blood vessels, the lymph and to tone and firm the body.



Hydro Biontology Department

Hydro - Aromatherapy

20min - 55€

This is a particular type of hydro massage in which a special mixture of essential oils is added to the water bath. The variations in the water temperature and pressure are critical and combined with the thermodynamic effect of plant extracts causes 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, improves skin appearance and its overall peripheral blood and lymphatic circulation. The hydroaromatherapy 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 Therapy

20min - 65€

This involves the application of a body wrap that consists of a mixture of white or green clay, enriched with microalgae and pure essential oils and it is the second step of the hydro-energetic treatment. The combined effect of essential oils and minerals further drain, detoxify and revitalise the body depending on the application time, and is helpful to eliminate physical/muscular and psychological/stress tension.

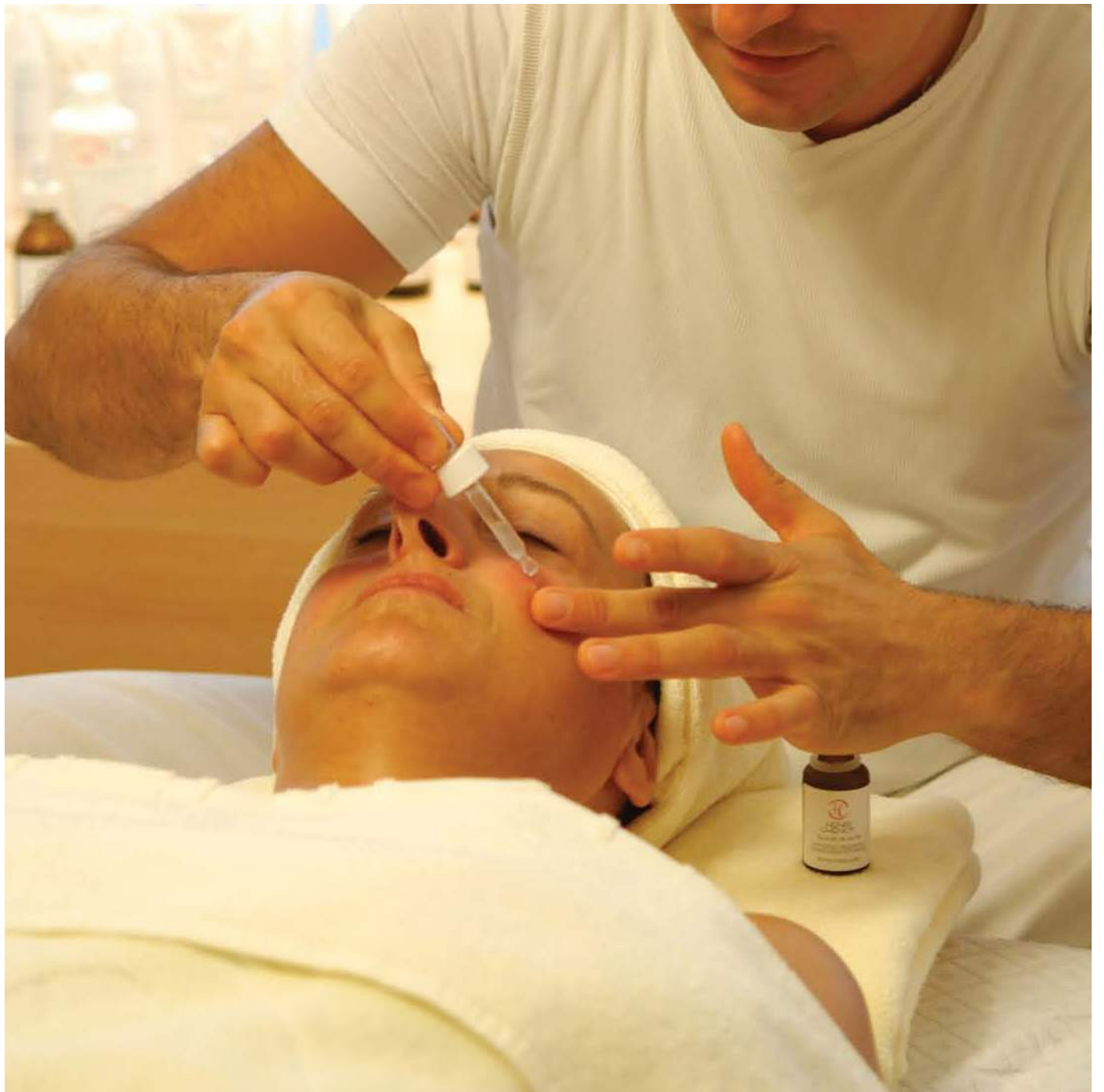




Aesthetic Department

Detoxify, revitalize and rejuvenate yourself with a selection of personalized aesthetic body and face and treatments.

Rediscover the beauty that is within you through specific treatments that use the latest available non-invasive aesthetic technology devices in the world



Aesthetic Biontology Body Treatments

Chenot Detox Treatment

55min - 150€

In this fundamental first-step treatment, 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 manual techniques and a specific suction cup-device accelerate in a wave-like movement the body fluids, thereby facilitating the elimination of toxins and consequently stimulating cellular regeneration.

Benefits: Draining and detoxifying. Stimulating, rejuvenating and energizing.

Chenot Energetic Massage

55min - 150€

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 well-being.

Benefits: Draining and detoxifying. Stimulating and regenerating.

Chenot Relaxing Massage

55min - 150€

This unique body massage promotes physical and mental relaxation for a profound feeling of wellbeing according to the energetic concept that is founded in the Chenot Method. This helps relax muscles and frees the mind, helping to recuperate after extensive physical or mental effort.

Benefits: Deconstructing and anti-stress effect.

Chenot Connective Tissue Massage

55min - 150€

A deep massage of muscular tissue designed to release deep, chronic tensions that are often due to muscle inflammation. This helps to relax muscles, unclog tissues and promote oxygenation.

Benefits: Improves body's posture by restoring the length and alignment of the muscles and tissues.

Chenot Foot and Hand Reflex Treatment

55min - 150€

This energizing therapy allows your body to rebalance itself through deep massage and stimulation of acupuncture points of the hands and feet and also helps to reduce stiffness and maintain the flexibility of the foot and hand joints.

Benefits: Improves the blood circulation to the hands and feet and energizes the internal organs through the activation of meridians. Pain relieve and anti-stress effect.





Chenot Indulgence Prenatal Massage

55min - 150€

This relaxing massage is specially designed for pregnant women. It reduces muscular pain in the lower back, relaxes the legs and feet, and also improves blood and lymphatic circulation.

Benefits: Eases muscular discomforts in areas such as the lower back and neck, calf cramps, and also helps with tension and tightening of the body.

Chenot Lymphatic Manual Massage

55min - 150€

Lymphatic drainage is a delicate, soft harmonious treatment that is performed in a rhythmic way. It is exceptionally relaxing, it improves the circulation of fluids in the body, it promotes the elimination of stagnant lymph tissues and strengthens the immune system.

Benefits: Feeling of lightness, reduced leg edema and water retention.

Chenot Scalp Treatment

55min - 150€

This treatment involves manual stimulation of the scalp, through 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 and tension in the cranial, neck and shoulder areas, that alleviates stress and pain.

Benefits: Excellent relaxing and soothing anti-stress treatment and cervical-facial stress. Helps those suffering from migraine and headaches.

Chenot Cellulite Treatment

55min - 150€

This treatment involves drainage and a deep massage of the targeted areas with the aid of Cellutec; this allows a better absorption of the essential oils and algae that are used to accelerate the removal of the deposited cellulite.

Benefits: Increases blood circulation and improves the elimination of toxins and metabolic wastes that cause cellulite.

Aesthetic Biontology Face Treatments

Chenot Purifying Detox Facial Treatment

55min - 150€

This is a detoxifying and exfoliating treatment that promotes cell renewal and restructure in the epidermis. This deep-cleansing treatment removes impurities and helps to energize dull skin by removing metabolic waste that has accumulated over time in the tissues. The skin becomes healthy and radiant.

Benefits: Purified, invigorated, smooth and fresh skin.

Chenot Illuminating and Nourishing Treatment

55min - 150€

This treatment is aimed to provide the skin with nourishment and hydration with the use of specialized products that balance the tissue with the vitamins and minerals that it needs. The energetic massage stimulates the connective tissue and improves the flow of energy to bring vitality and radiance to the skin.

Benefits: Zero imperfections, a relaxed face with a moisturized complexion.

Chenot Anti-Aging Regenerating Treatment

55min - 150€

This treatment consists of special massage techniques combined with electrical stimulation that work in synergy at the cellular level in order to stimulate the skin's natural defence and to neutralize free radicals. It improves skin elasticity and firmness and prevents sagging. This treatment is excellent for mature and dehydrated skin.

Benefits: Fresher, fuller, toned and firmer skin.





Chenot Neck, Arm and Decollete Treatment

55min - 150€

This treatment restores tone and firmness to the tissues of the neck, decollete and arms due to the action of a specially formulated blend of pure and natural essential oils that is combined with the Chenot drainage technique and electrical stimulation. Vibration with a device helps to tone up the tissues.

Benefits: Improved tone and hydration in the treated areas.

Chenot Face and Head Massage

55min - 150€

This treatment stimulates the energy points and zones of the head in a very effective method in order to alleviate tension and relax the scalp and facial areas, to remove the lymph from the head, to smooth wrinkles and to restore the skin's elasticity.

Benefits: Improves blood circulation to reduce wrinkles and restore tone in the face.

Chenot Eye Treatment

25min - 95€

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

Benefits: Improves blood circulation to reduce wrinkles and restore tone in the face.

Traditional Aesthetic Treatments

Chenot Body Scrub Peeling

55min - 150€

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

Carefully blended essential oils have been combined with exfoliating agents to help remove dead skin cells and improve tonicity.

Benefits: Bright, elastic and silky soft skin.

Spa Manicure

55min - 70€

An arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage incorporating the aromatherapy blend of pure oils. Hands and nails are dipped in a warm envelopment of paraffin wax wrapped in warm mitts to nourish and condition the skin. An ideal therapy recommended for dehydrated hands and nails.

Spa Pedicure

55min - 80€

A foot and nail treatment including gentle skin softening exfoliation, and a relaxing aromatherapy acupressure point massage. The feet are then enveloped in a warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth.

Express Manicure

40min - 40€

This is a classical manicure procedure. It includes shaping of nails and softening of the cuticles with a choice of color for the varnish to finish.

Express Pedicure

50min - 55€

This is a classical pedicure procedure. It includes shaping of nails and softening of the cuticle with a choice of color for the varnish to finish.

Re - Paint

15min - 25€

Nail reshaping and color nail polish.

Shellac Manicure

1h 30min - 60€

Shellac Polish Remover

15min - 15€

This is a true innovation of extended-wear nail color. The formulation of Shellac consists of half nail polish and half gel maintaining the natural nails. Shellac technique is cured by UV light giving your nail great flexibility and durability for weeks to come.

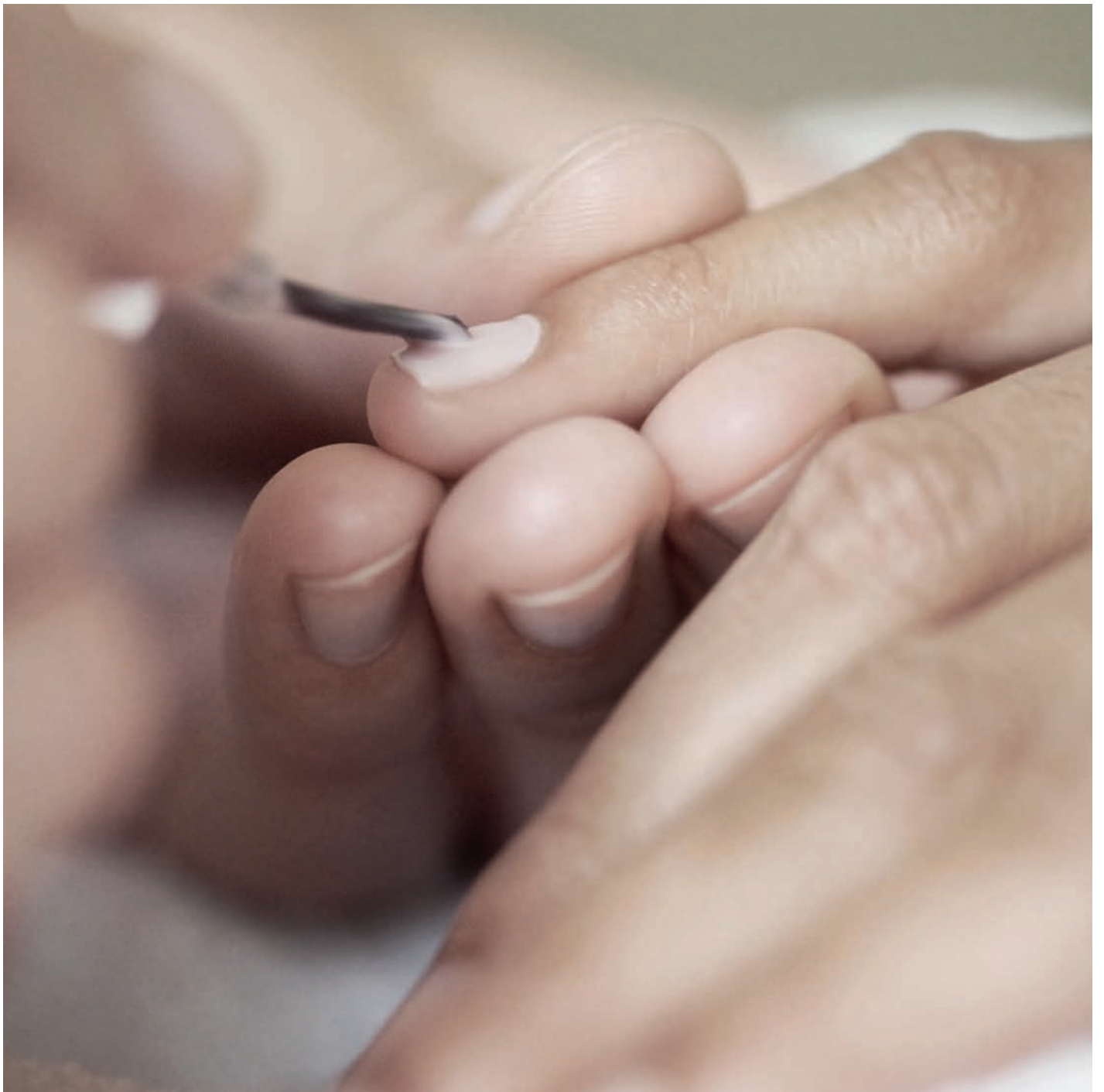
Make - Up

50min - 80€

Whether you are in need of inspiration or planning a special occasion, enhance your features with our make-up session.

Depilatory

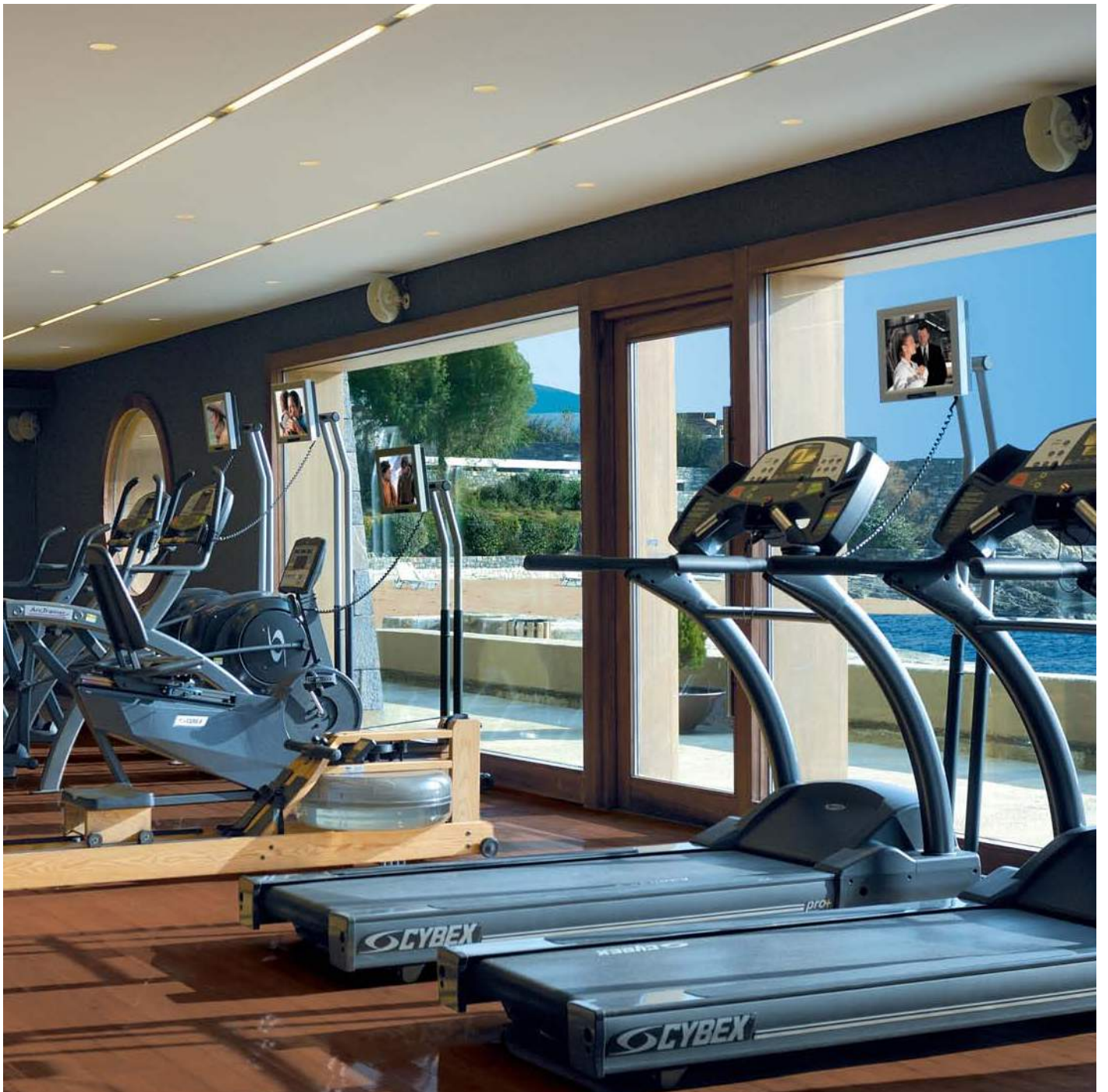
Brow Shaping	<i>10min - 20€</i>
Upper Lip	<i>10min - 20€</i>
Underarm	<i>10min - 25€</i>
Half Arm	<i>10min - 25€</i>
Full Arm	<i>20min - 45€</i>
Back and Shoulders	<i>40min - 75€</i>
Half Leg	<i>30min - 40€</i>
Full Leg	<i>45min - 70€</i>
Bikini Line	<i>30min - 40€</i>



Wellness Department

The Wellness Department is dedicated to supporting physical activity and improving the purification, rebalancing and harmonization processes in the body.

With the expert advice of a personal trainer, clients are offered suitable programs with the aim to achieve the optimum level of personal fitness.



Wellness Department

Personal Training

Private lessons with final assessment and advice for carrying out proper training at home too.

Yoga

Yoga is about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits

Pilates

Emphasizes on your body's core: the abdomen, obliques, lower back, inner and outer thigh and bottom and develops strength, flexibility, muscular endurance, coordination, balance, and good posture.

Aqua Gym

Aqua Gym is also an excellent way to improve athletic ability by using the water's natural resistance to build strength and improve muscle tone, with low impact on joints.

Aqua Gym for Pregnant

Maintenance of good health and physical fitness. Preparing the body for easier birth. Maintenance of wellness.

Stretching

Stretching is a form of physical exercise to improve the muscle's elasticity and achieve comfortable muscle tone.

Swimming Lessons

The swimming lessons serve to develop swimming technique and confidence in the water.

Baby/Preschool Swimming

For infants aged 4 months and older. Ideal way for constructive use of leisure time. It offers health, joy, teaching swimming, exercise, socialization.

Group Fitness Activities

These activities are complimentary and available daily at the fitness studio with access to sauna and steam bath.



SPA ETIQUETTE

Opening hours

The Thalaspas Chenot is open every day from 9am to 8pm.
(The hotel reserves the right to alter time-schedule, according to the season, without any prior notification.)

Appointments and advance bookings

We highly recommend to book in advance to ensure that your preferred time and treatment is available.

From your room dial: 6750

From outside dial: +30 22910 76750/76000.

Please address your email to: thalaspachenot@grandresort.gr

To confirm your appointments, you will kindly be asked to provide your credit card details (for non-resident guests).

Treatments

If you wish to have more information or any advice, our team will be at your entire disposal. To schedule an appointment please speak with our specialist Spa reception who will guide you to the right choice.

Arrival time

We recommend that you check in Thalaspas Chenot at least 20 minutes prior to your scheduled appointment. This allows us to welcome you and introduce you to the facilities and have a brief discussion about your treatment expectations. Please 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.

Dress code & lockers

A locker will be at the disposal of each guest. We will provide abundant towels, a robe, a pair of slippers, a shower cap and all amenities while you are visiting the Spa facilities.

Restriction of the use

The Spa is a retreat for your body, mind and spirit. For the consideration of others we request that visitors keep noise to a minimum. We request that you respect other guests' privacy by speaking softly. The use of cellular phones and electronic devices, as well as alcohol and tobacco, are strictly prohibited.

Health Conditions

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

Age requirements (Kids and Teenagers)

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult

Loss or damage

We regret that we cannot be held responsible for any loss or damage to personal belongings.

Payment & cancellation policy

Major credit cards are accepted. Payments in cash or with foreign currency are accepted. Payments could be charged directly to your room. A 50% cancellation charge will apply for any treatment or Spa programme cancelled 24 - 12 hours prior to appointment. A 100% cancellation charge will apply for any treatment or Spa programme cancelled less than 12 hours prior to appointment. All pre-paid programmes are not refundable or transferable.

Gifts certificate purchasing

Gifts Certificates for our Spa treatments are available at the Spa Reception.

Spa Boutique

The Espace Vitalité 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 Chenot products in our Spa boutique. Our therapists are highly trained and knowledgeable and can advise you on your choices.

Accident and injuries

The Espace Vitalité Chenot shall not be liable for accidents or injuries suffered by guests using the facilities.

Valuables

No jewelry should be worn in the spa/gym and pools. Lockers are provided in the changing room as well as safety boxes in the hotel reception for your use. The client is responsible for his/her locker key whilst in the Spa area.

Prices

All prices are quoted in Euro and are subject to change at any time.

*Special appointments beyond time schedule are available upon request. Treatments are available in Guest's accommodation with a surcharge.

To continue your Spa experience
and maintain the benefits at home,
the full range of Chenot Cosmétique products is
available at the Spa Reception.





40th km Athens-Sounion Avenue, 190 10 Lagonissi, Attica, Greece.
Tel. +30 22910 76 000, Fax +30 22910 24 534
www.grandresort.gr, E-mail: grandresort@grandresort.gr