



# CHENOT

CHENOT ESPACE  
ONE&ONLY PORTONOVÌ

HEALTHIER

*for*

LONGER



---

# CONTENTS

---

4	INTRODUCTION
8	THE CHENOT METHOD*
14	CHENOT ESPACE PROGRAMMES
20	OUR DEPARTMENTS

---

# 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.

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.





---

# ALWAYS THE PIONEER

---

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

Today, under the leadership of Dr. George Gaitanos, Chenot continue to inspire people to live longer, healthier, more fulfilled lives. While medical advances continue to increase life expectancy, not enough attention is paid to quality of life - living better for longer. We believe in the importance of investing in our health and wellness from the earliest possible age.

THE CHENOT  
METHOD®

---

"You need to live in harmony with yourself to be in optimal health." Henri Chenot

The Chenot Method® is a scientific and holistic approach that promotes wellness through preventative measures and healthy lifestyle advocacy. With over 50 years of research, the Chenot Method® utilises biomarkers known as Chenot Lifestyle Biomarkers® to assess how lifestyle factors impact the ageing process.

After uncovering your current state of health, a dedicated team will personalise your treatments, diet plans, and post-programme recommendations. The success of the Chenot Method® lies in its research-driven approach to diagnostics and the seamless integration of bespoke treatments and nutritional advice to rebalance the body inside and out.

---

# 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)



bejola

---

# THE CHENOT DIET®

---

Haute gastronomy meets cutting edge science.

An essential component of the Chenot Method®, the Chenot Diet® is a pivotal intervention in your programme, promoting cell rejuvenation and resistance to disease. Informed by half a century of ongoing research, the diet is created by a talented team of creative chefs, food scientists and nutritionists to work in perfect synergy with your medical treatments.

The Chenot Diet® consists of three appetising, multi-sensory, reduced-calorie and plant-based meals a day, each precisely formulated to combine good fats, low glycaemic index carbohydrates and limited amounts of plant proteins.

This composition of food triggers the body's fasting response whilst providing ample nourishment to the cells, stimulating the senses, and avoiding the unpleasant side effects and risks posed by strict, prolonged fasts.

Our chefs ensure the highest quality and use only the finest organic ingredients, each chosen for their anti-inflammatory, antioxidant, anti-glycating properties. The Chenot Diet® is designed to be repeated not only after periods of excessive food intake and stress, but also as a periodic lifestyle intervention to mitigate many of the detrimental effects of ageing, promoting your health and improving your health span, far beyond a classic detox. This is edible science.



CHENOT ESPACE  
PROGRAMMES

---

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

#### Overview

- Advanced Detox 6 Days / 7 Nights
- Cleanse & Rebalance 3 Days / 4 Nights
- De-Stress & Re-Charge 4 Days / 5 Nights
- Fitness Programme 3 Days / 4 Nights
- Weekend Spa Deluxe 2 Days / 3 Nights
- Chenot Day Spa 1 Day
- Complete Facial Care Programme 1 Day

---

# ADVANCED DETOX

---

**6 DAYS / 7 NIGHTS**  
**EUR 4,250**

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 Advanced Detox Programmes include:

- 2 Medical Consultations
- 2 Nutritional Consultations
- 1 Chenot Diet®
- 5 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
- 2 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

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

# DE-STRESS & RE-CHARGE

---

4 DAYS / 5 NIGHTS  
EUR 3,450

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

The De-Stress & Re-Charge Programmes include:

- 1 Medical Consultations
- 1 Nutritional Consultation
- 1 Chenot Diet®
- 3 Diagnostics with Chenot Lifestyle Biomarkers®
  - Minerals and heavy Metals Intoxication Analysis
  - Oxidative Stress Assessment
  - Stress Test with HRV Biofeedback Training
- 1 Body Composition Analysis
- 1 Bio-Energetic Check-up
- 2 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

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

# CLEANSE & REBALANCE

---

**3 DAYS / 4 NIGHTS**  
**EUR 2,220**

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.

The Cleanse & Rebalance Programmes include:

- 1 Medical Consultation
- 1 Nutritional Consultation
- 1 Chenot Diet®
- 1 Body composition analysis
- 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

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

# FITNESS BOOST

---

**3 DAYS / 4 NIGHTS**  
**EUR 2,250**

Enhance your physical strengths and weaknesses to optimise your health and wellbeing.

The Fitness Boost Programmes include:

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

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

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
- Sport & Fitness Department

---

# MEDICAL DEPARTMENT

---

## **MEDICAL CONSULTATION 30 MINUTES - EUR 145**

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 wellbeing.

## **NUTRITIONAL CONSULTATION 30 MINUTES - EUR 100**

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.

## **BIO-ENERGETIC CHECK-UP 30 MINUTES - EUR 150**

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.

## **LABORATORY DIAGNOSTIC TESTS EUR 45 - 250**

A complete series of blood or urine analysis are available, focusing in particular on inflammatory biomarkers, allergies, hormones, vitamins, free radicals, minerals, and heavy metals.

## **FOOD INTOLERANCE TESTS EUR 300-350**

These tests are designed to detect food intolerances that can cause inflammation and chronic health problems.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

**OXIDATIVE STRESS ASSESSMENT  
EUR 120**

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.

**ARTERIAL STIFFNESS ASSESSMENT  
EUR 90**

A non-invasive test that provides an accurate method for measuring arterial function and assessing vascular ageing.

**MEASUREMENT OF ADVANCED  
GLYCATION END PRODUCTS (AGES)  
EUR 90**

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.

**MINERALS AND HEAVY METALS ANALYSIS  
EUR 130**

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 procedures are implemented to detoxify the body.

**SKIN COLLAGEN THICKNESS ASSESSMENT  
EUR 90**

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.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

## TREATMENTS

### **CHENOT BIO-ENERGETIC TREATMENT 50 MINUTES - EUR 155**

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 50 MINUTES - EUR 155**

A key component of traditional Chinese medicine most commonly used for overall wellness including stress management.

### **OZONE THERAPY 30 MINUTES - EUR 200**

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.

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

#### **INTRAVENOUS NUTRIENT THERAPY**

Effective doses of specially-formulated nutrient solutions are administered intravenously, consisting of antioxidants, vitamins and minerals.

#### **INTRAVENOUS NUTRIENT THERAPY - VITAMINS 30 MINUTES - EUR 180**

Administered directly into the bloodstream to support health and well-being, this vitamin IV therapy improves energy, boosts metabolism, rehydrates, and even strengthens muscles and bones.

#### **INTRAVENOUS NUTRIENT THERAPY - GLUTATHIONE 30 MINUTES - EUR 280**

Known for repairing damaged cells in your body, glutathione IV therapy supports enzyme function, tissue repair and regeneration and creating DNA.

#### **INTRAVENOUS NUTRIENT THERAPY - VITAMINS + GLUTATHIONE 30 MINUTES - EUR 380**

Combining the benefits of vitamins and glutathione the IV therapy reduces the risk of oxidative stress cell damage and improves insulin resistance.

#### **HYDRO-COLON TREATMENT 60 MINUTES - EUR 250**

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.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

# HUMAN PERFORMANCE DEPARTMENT

---

## **CARDIORESPIRATORY FITNESS ASSESSMENT**

**60 MINUTES - EUR 180**

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.

## **RESTING METABOLIC RATE ASSESSMENT**

**30 MINUTES - EUR 150**

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

## **STRESS TEST (HRV ANALYSIS) WITH HRV BIOFEEDBACK SELF-TRAINING**

**30 MINUTES - EUR 220**

A unique test which provides 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.

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

## **BODY COMPOSITION ANALYSIS**

**30 MINUTES - EUR 130**

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.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

**POSTURAL AND MOVEMENT WITH  
STRENGTH AND BALANCE ASSESSMENT**  
60 MINUTES - EUR 180

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 locomotor system and if left untreated as we age, it can lead to postural deformity, loss of physical performance, reduced activity, and pain.

**NEUROMUSCULAR ACTIVATION  
TREATMENT**  
60 MINUTES - EUR 180

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 implications in a person's functional ability. This treatment assesses maximum muscular forces, symmetry, strength, endurance, and balance skills with high precision measuring systems.

**WHOLE-BODY CRYOTHERAPY TREATMENT**  
AT -110°C  
EUR 90  
EUR 240 PACKAGE OF 3 SESSIONS

This treatment is pleasantly refreshing, psychologically enlightening, performance-enhancing, and pain-relieving. It helps improve your recovery, sleep, and is a very effective treatment for the reduction of chronic inflammatory diseases, leaving your skin glowing.

**NEURO-ACOUSTIC DEEP RELAXATION  
TREATMENT**  
30 MINUTES - EUR 30  
60 MINUTES - EUR 60

A neuroscience technology that triggers deep relaxation and recovery in the brain. It uses neurochemistry and auditory signals to take the nervous system out of stress mode and put it into parasympathetic system dominance, which brings deep relaxation and calmness to the body.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.



---

# HYDRO-THERAPY DEPARTMENT

---

## HYDRO-AROMATHERAPY 20 MINUTES - EUR 85

A type of hydro-massage combining variations in the water temperature and pressure, with the thermodynamic effect of plant extracts added through essential oils, causing the dilation and constriction of the capillaries.

This action stimulates toxin elimination and removes fat deposits from the skin tissue, combating the effects of skin ageing by favouring spontaneous cell regeneration, improving skin appearance and overall peripheral blood and lymphatic circulation.

## PHYTO-MUD AND HYDRO-JET TREATMENT 30 MINUTES - EUR 95

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.

It drains, detoxifies, and revitalises the body eliminating physical/muscular and psychological/stress tension. Followed by a pressure-jet, which targets body meridians, restoring energy and vitality to the body, and increasing the metabolic rate.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

# AESTHETIC DEPARTMENT

---

## **CHENOT DETOX BODY MASSAGE** 50/80 MINUTES - EUR 175/255

The combined action of highly detoxifying products and manual techniques with a specific suction cup-device accelerates the body fluids in a wave-like movement, deep toxins are drained towards collection points in the excretory system.

## **CHENOT ENERGETIC MASSAGE** 50 MINUTES - EUR 175

This treatment aims to relieve and clear the energy flow in the meridians through the use of suction cups and the stimulation of their energetic points.

## **CHENOT RELAXING MASSAGE** 50/80 MINUTES - EUR 175/255

This unique body massage promotes physical and mental relaxation for a profound feeling of wellbeing.

## **CHENOT CONNECTIVE TISSUE MASSAGE** 50/80 MINUTES - EUR 175/255

A deep muscle tissue massage designed to release chronic tensions that are often due to muscle inflammation and pain.

## **CHENOT HEAD AND SHOULDERS MASSAGE** 50 MINUTES - EUR 175

The massage aims to release tension in the cranial, neck and shoulder areas and alleviate stress and pain.

## **CHENOT REGENERATING TREATMENT** 50 MINUTES - EUR 175

This treatment is designed to stimulate deep breathing by opening the diaphragm, allowing energy to flow within the body so you can re-energise and regenerate.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

**CHENOT ENERGETIC FEET TREATMENT**  
**50 MINUTES - EUR 175**

This deep energising massage allows the body to rebalance itself through stimulation of acupuncture points of the feet.

**CHENOT LYMPHATIC MANUAL MASSAGE**  
**50 MINUTES - EUR 175**

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.

**CHENOT CELLULITE TREATMENT**  
**50 MINUTES - EUR 175**

This treatment involves a deep manual massage of the targeted areas with draining action.

**CHENOT ABDOMINAL TREATMENT**  
**50 MINUTES - EUR 175**

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.

**CHENOT PRENATAL MASSAGE**  
**50 MINUTES - EUR 175**

This massage therapy is specially designed for the sensitive prenatal period.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

## FACIAL TREATMENTS

### **CHENOT PERSONALISED FACIAL TREATMENT 50 MINUTES - EUR 180**

Our signature facial treatment during which a personalised protocol is provided, perfectly adapted to individual needs. Preventing premature ageing and erasing fine lines and wrinkles, the skin gets replumed, smoothed and treated with the scientifically developed products to make the complexion fresh and radiant.

### **CHENOT PURIFYING DETOX FACIAL 80 MINUTES - EUR 240**

This is a detoxifying and exfoliating treatment that promotes cell renewal and restructure in the epidermis.

### **CHENOT ILLUMINATING AND NOURISHING TREATMENT 50 MINUTES - EUR 180**

This treatment is designed to oxygenate, moisturize and nourish the skin with the vitamins and minerals it needs. Connective tissue massage and energetic massage stimulate blood flow and movement of energy, thereby restoring the skin's vitality and radiance.

### **CHENOT ANTI-AGING REGENERATING TREATMENT 50 MINUTES - EUR 180**

Excellent for mature and dehydrated skin, this treatment consists of special massage techniques that work in synergy at the cellular level to enhance the skin's natural defence and help neutralise free radicals.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

**CHENOT FACIAL DRAINAGE TREATMENT**  
**50 MINUTES - EUR 180**

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 EYE TREATMENT**  
**ADD-ON EUR 60**

This exclusive treatment for the eye area uses a combination of active ingredients that are rich in minerals and vitamins.

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

# MEDICAL AESTHETIC DEPARTMENT

---

## PHOTO-BIOMODULATION TREATMENT 20 MINUTES - EUR 90

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

### HydraFacial MD for Deep Facial Rejuvenation

Signature	25 minutes	EUR 150
Signature Platinum	50 minutes	EUR 260
Signature + Booster	25 minutes	EUR 220
Signature Platinum + Booster	50 minutes	EUR 330

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.

## INDIBA - PROIONIC SYSTEM FROM 30 MINUTES - EUR 200 (PER AREA)

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.

## SKINEO - ULTRASOUND AND ELECTROTHERAPY 30 MINUTES EUR 100 PER SESSION EUR 250 PACKAGE OF 3 SESSIONS

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 body.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

**KIMATUR DUO - ACOUSTIC WAVES**  
**30 MINUTES**  
**EUR 130 PER SESSION**  
**EUR 330 PACKAGE OF 3 SESSIONS**

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.

**LYMPHASTIM**  
**FROM 30 MINUTES - 50 MINUTES**  
**EUR 100 - 150 PER SESSION**  
**50 MINUTES**  
**EUR 400 PACKAGE OF 3 SESSIONS**

This treatment uses a lymphatic drainage device based on the pneumatic pressotherapy principle. A key part of slimming and body contouring, encouraging the natural circulation of lymph through the body, reducing swelling and oedema, improving the appearance of cellulite.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

# TRADITIONAL AESTHETIC DEPARTMENT

---

## CHENOT BODY SCRUB 50 MINUTES - EUR 150

Micro-granules of Himalayan salt gently remove dead cells from the epidermis and stimulate natural skin renewal.

## HAMMAM RITUAL 75 MINUTES - EUR 290

Luxurious experience which opens your senses. These cleansing and exfoliating techniques include Black soap and Kessa mitt to help the renewal process of the skin. Mineral rich rhassoul is applied to detoxify and re-energise the body during this purifying ritual. The finishing touch will be the Bio argan oil application to nourish your skin and give back your natural glow.

---

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---



---

# SPORT 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.

## 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.

### Price for individual lesson

30 minutes	EUR 70
45 minutes	EUR 100
60 minutes	EUR 115

### Class for two or more people

30 minutes	EUR 50 / per person
45 minutes	EUR 70 / per person
60 minutes	EUR 80 / per person

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.

---

## YOGA

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

Yoga classes indoor & outdoor

Price for individual lesson:

60 minutes	EUR 130
90 minutes	EUR 160
120 minutes	EUR 210

Lesson for two or more people:

60 minutes	EUR 95 / per person
90 minutes	EUR 110 / per person
120 minutes	EUR 150 / per person

ALL PRICES ARE IN EURO AND SUBJECT TO 10% SERVICE CHARGE.





CHENOT.COM