



**CHENOT**

ESPACE



ONE&ONLY PORTONOV  
MONTENEGRO

## The Chenot Method®

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.

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

Henri Chenot

## PROGRAMMES

### Advanced Detox

6 Days / 7 Nights  
EUR 3.790

Benefits:

- Inducing a deep purification and detoxification of the body
- Elimination of metabolic waste and toxins
- Restoring hormonal balance

This is the pillar programme of Henri Chenot, it includes medical consultations, advanced diagnostic tests, a low-calorie plant-based nutritional plan, and targeted therapeutic treatments, all carried out under strict medical supervision.

### Fundamental Detox

6 Days / 7 Nights  
EUR 3.450

Benefits:

- Inducing a deep purification and detoxification of the body
- Elimination of metabolic waste and toxins
- Restoring hormonal balance

Follow-up programme for those who have already experienced the 'Advanced Detox Programme' within the last six months.

### Detox

3 Days / 4 Nights  
EUR 1.690

Benefits:

- Effective stimulation to the body to detox physically and mentally

Combining Chenot Method® treatments with the diet plan, it is the perfect programme for those who want to begin a lifestyle overhaul.



## PROGRAMMES

### De-Stress & Re-Charge

4 Days / 5 Nights  
EUR 3.150

Benefits:

- Stimulating the body to recover and to restore its vitality and energy levels
- Elimination of toxins

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

### Fitness Programme

3 Days / 4 Nights  
EUR 2.050

Benefits:

- Understanding your fitness potential
- Learning how 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.

### Weekend Spa Deluxe

2 Days / 3 Nights  
EUR 1.300

Benefits:

- Recharging your energy reserves
- Elimination of toxins

Ideal for those who wish to have a weekend break to relax, it combines the Chenot Method energising treatments with the delicious and healthy Chenot Diet.

## PROGRAMMES

### Chenot Day Spa

1 Day  
EUR 450

Benefits:

- Elimination of toxins
- Anti-stress effect

Treat yourself to a day of total Spa relaxation and rejuvenation to restore your sense of wellbeing.

### Complete Facial Care Programme

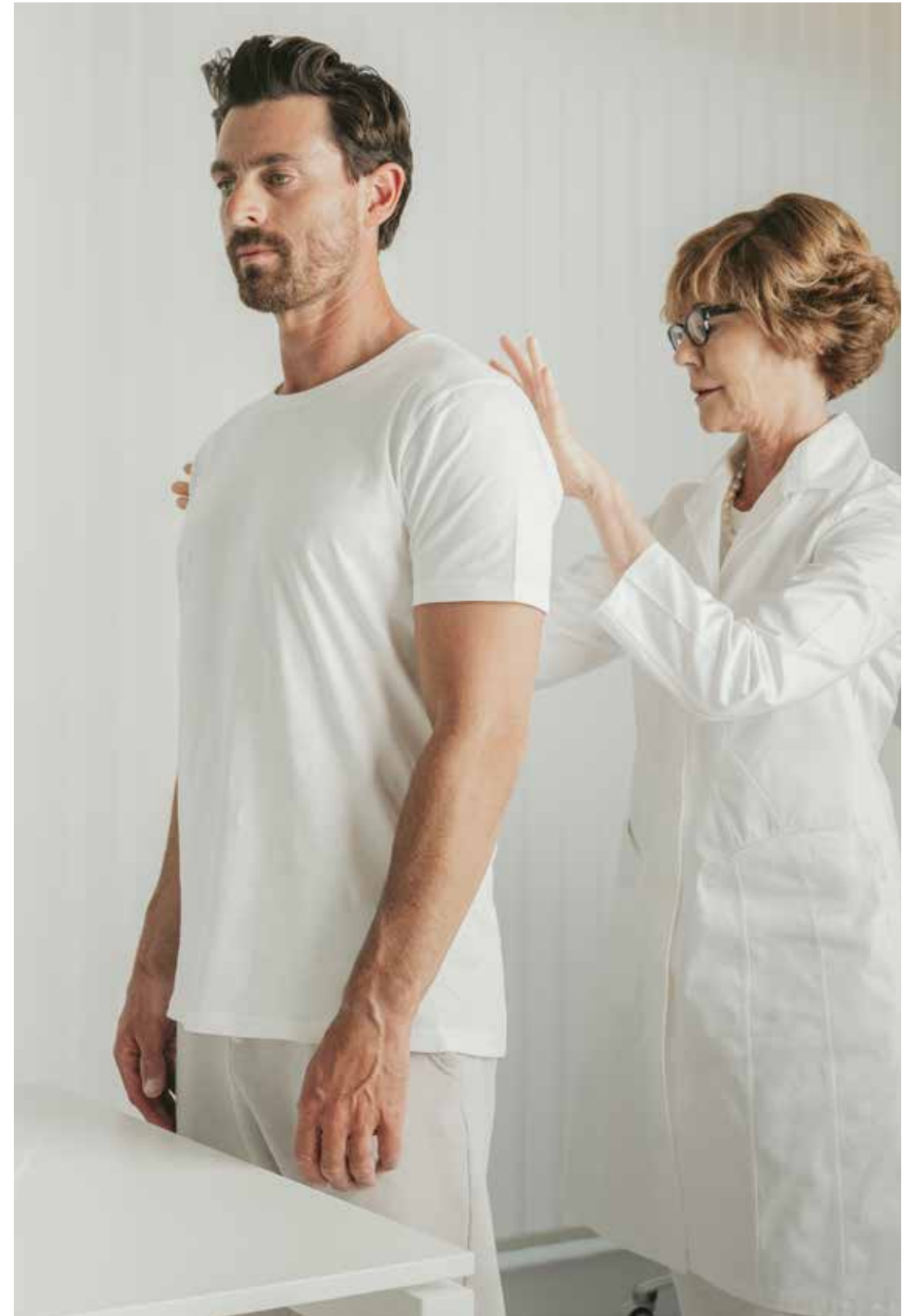
1 Day  
EUR 390

Benefits:

- Purifies the skin
- Hydrates and nourishes

A powerful targeted programme with carefully tailored Facial Treatments.

**MEDICAL  
CONSULTATION**



### Medical Consultation

30 Minutes  
EUR 145

A medical doctor will review your current health status and medical history and discuss your needs and goals, prescribing you all the necessary treatments to detoxify your body and promote your wellbeing.

### Nutritional Consultation

30 Minutes  
EUR 80

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 130

The diagnosis involves a hi-tech bio-energetic screening, providing information about the energetic state of the internal organs and bodily functions in relation to defined parameters of health.

### Laboratory Diagnostic Tests

15 Minutes  
EUR 90

A complete series of blood, urine, and saliva tests and analysis are available.

### Food Intolerance Tests

15 Minutes  
EUR 250

These tests are designed to detect food intolerances that can cause inflammation of the bowel and numerous other problems throughout the body.

### Oxidative Stress Assessment

15 Minutes  
EUR 80

An innovative diagnostic test measures the level of biological oxidation in the body against the efficacy of its own antioxidant defense systems to balance the presence of oxidized toxic compounds.

### Arterial Stiffness Assessment

15 Minutes  
EUR 80

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

### Measurement of Advanced Glycation End Products

15 Minutes  
EUR 80

A highly technological diagnostic test that measures the accumulation of advanced glycation end products in the tissues in real time as these products play a key role in the development of age-related chronic diseases.

## DIAGNOSTICS

### Minerals and Heavy Metals Analysis

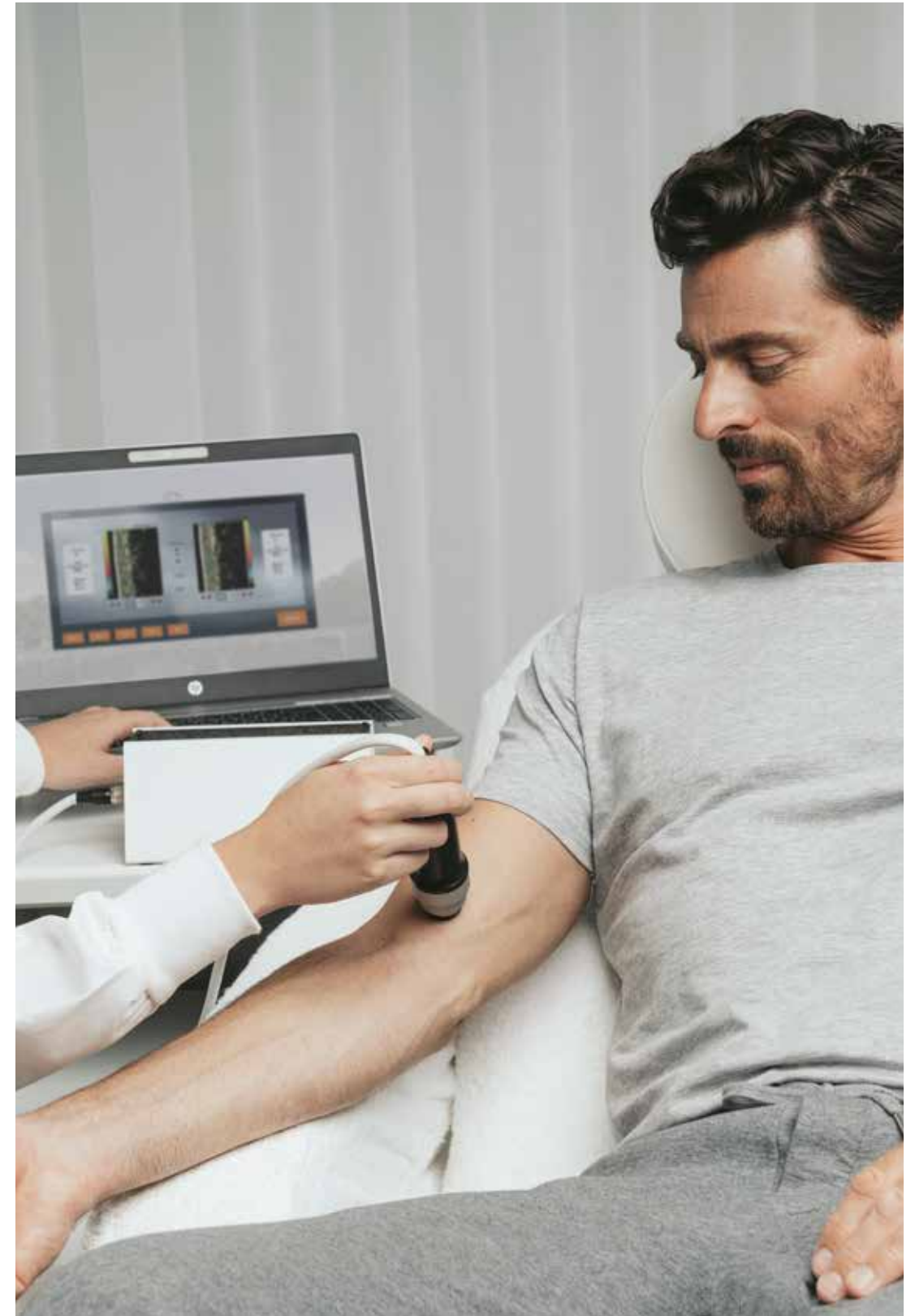
15 Minutes  
EUR 155

A highly technological diagnostic test that measures the accumulation of advanced glycation end products in the tissues in real time as these products play a key role in the development of age-related chronic diseases.

### Skin Collagen Thickness Assessment

15 Minutes  
EUR 80

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.





## TREATMENTS

### Bio-Energetic Chenot Treatment

30 Minutes  
EUR 80

Benefits:

- Restoration of body's energetic balance
- Rejuvenation in cellular processes

The treatment consists of personalised bio-energetics signals administered to the body to assist the restoration of its energetic balance.

### Acupuncture Treatment

30 Minutes  
EUR 100

Benefits:

- Ease joint and muscle pains
- Helps with gynecological and gastro-intestinal disorders

Helps with stress, anxiety, and sleep disturbances

A traditional needle treatment prescribed to treat various concerns, usually a combination of body acupuncture points and points on the ear provides optimal results.

### Ozone Therapy Systematic Application

30 Minutes  
EUR 155

Benefits:

- Strengthening the immune system
- Providing an overall rejuvenating and anti-ageing effect

The treatment consists of enriching your own blood with ozone to fight fatigue and improve detoxification.

## TREATMENTS

### Intravenous Nutrient Therapy

30 Minutes  
EUR 155

Benefits:

- Supports the body's defenses
- Improves the body's mechanisms of damage removal
- Supporting the anti-ageing process

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

### Acupuncture Treatment

30 Minutes  
EUR 100

Benefits:

- Ease joint and muscle pains
- Helps with gynecological and gastro-intestinal disorders

Helps with stress, anxiety, and sleep disturbances

A traditional needle treatment prescribed to treat various concerns, usually a combination of body acupuncture points and points on the ear provides optimal results.

### Hydro-Colon Treatment

60 Minutes  
EUR 130

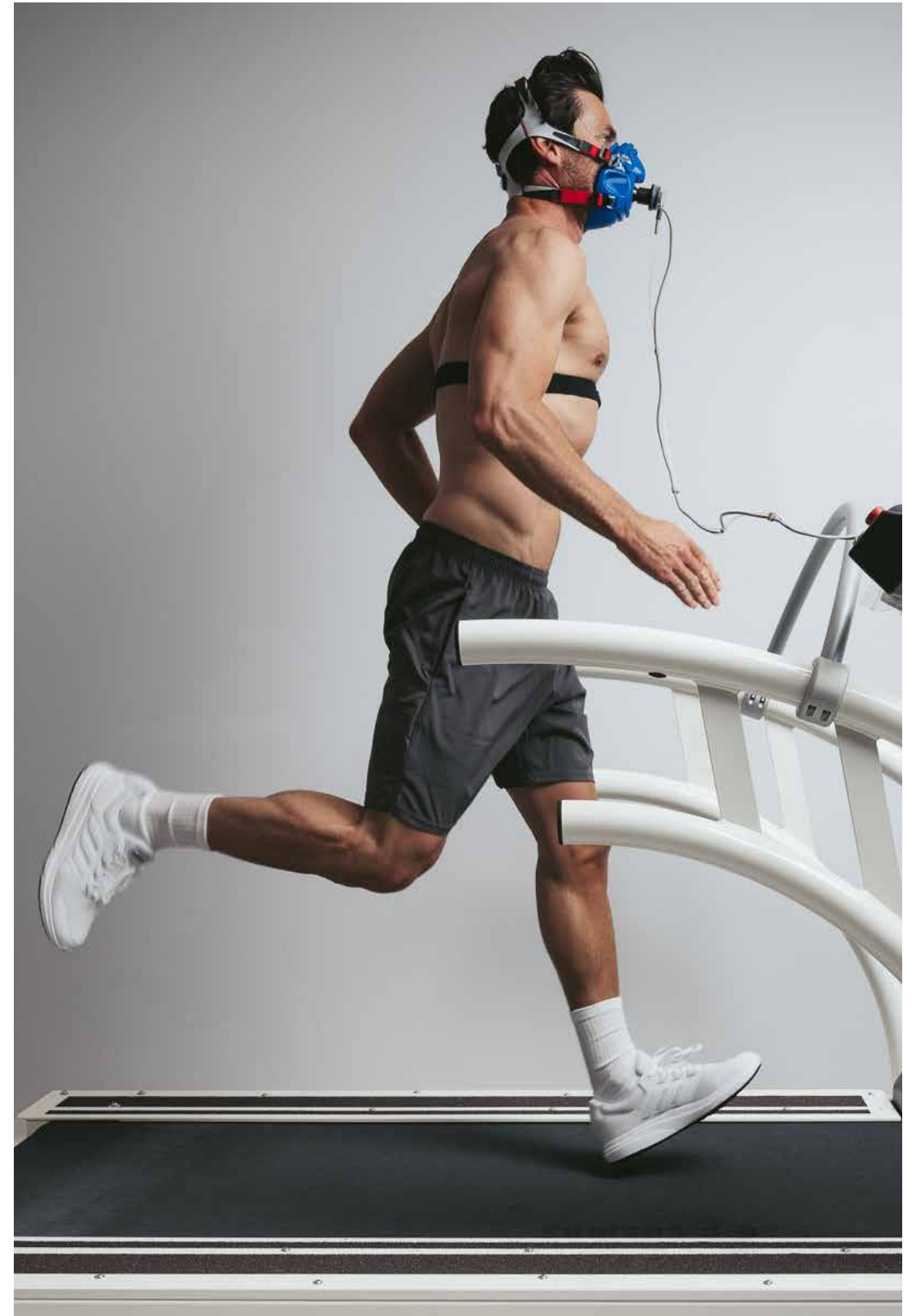
Benefits:

- Removes the toxins
- Boosting energy levels
- Enhancing the immune system

This treatment consists of irrigating the large intestine (colonic irrigation) to flush out impurities and toxins from the colon.



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 145

This assessment accurately and instantaneously measures the body's energy requirements at rest.

## Stress Test (HRV Analysis)

30 minutes  
EUR 130

A unique test that provides a lot of information about how the body reacts to different causes of stress, mental and emotional loads.

## HRV Biofeedback Training

5 Sessions  
EUR 100

Benefits:

- Strengthens the parasympathetic nervous system
- Bringing calmness and relaxation into the body
- Strongly boosting health and vitality

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

## Stress Test (HRV Analysis) with HRV Biofeedback Self-Training

30 minutes  
EUR 220

## Body Composition Analysis

30 minutes  
EUR 80

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.

## Postural and Movement Assessment

30 minutes  
EUR 160

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.

## TREATMENTS

### Neuromuscular Activation Treatment

60 minutes  
EUR 140

#### Benefits:

- Restoring movement patterns and muscle coordination
- Assessing 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°C

15 minutes  
EUR 60

#### Benefits:

- Performance enhancing and pain relieving
- Reduction of chronic inflammatory diseases
- Improves your skin's glow, your recovery, and sleep

When indicated by the medical doctor, the whole body is progressively exposed at -110°C in the cold chamber for a maximum of 3 minutes, this short-lasting physical treatment has a long-lasting effect.

### Neuro-Acoustic Deep Relaxation Treatment

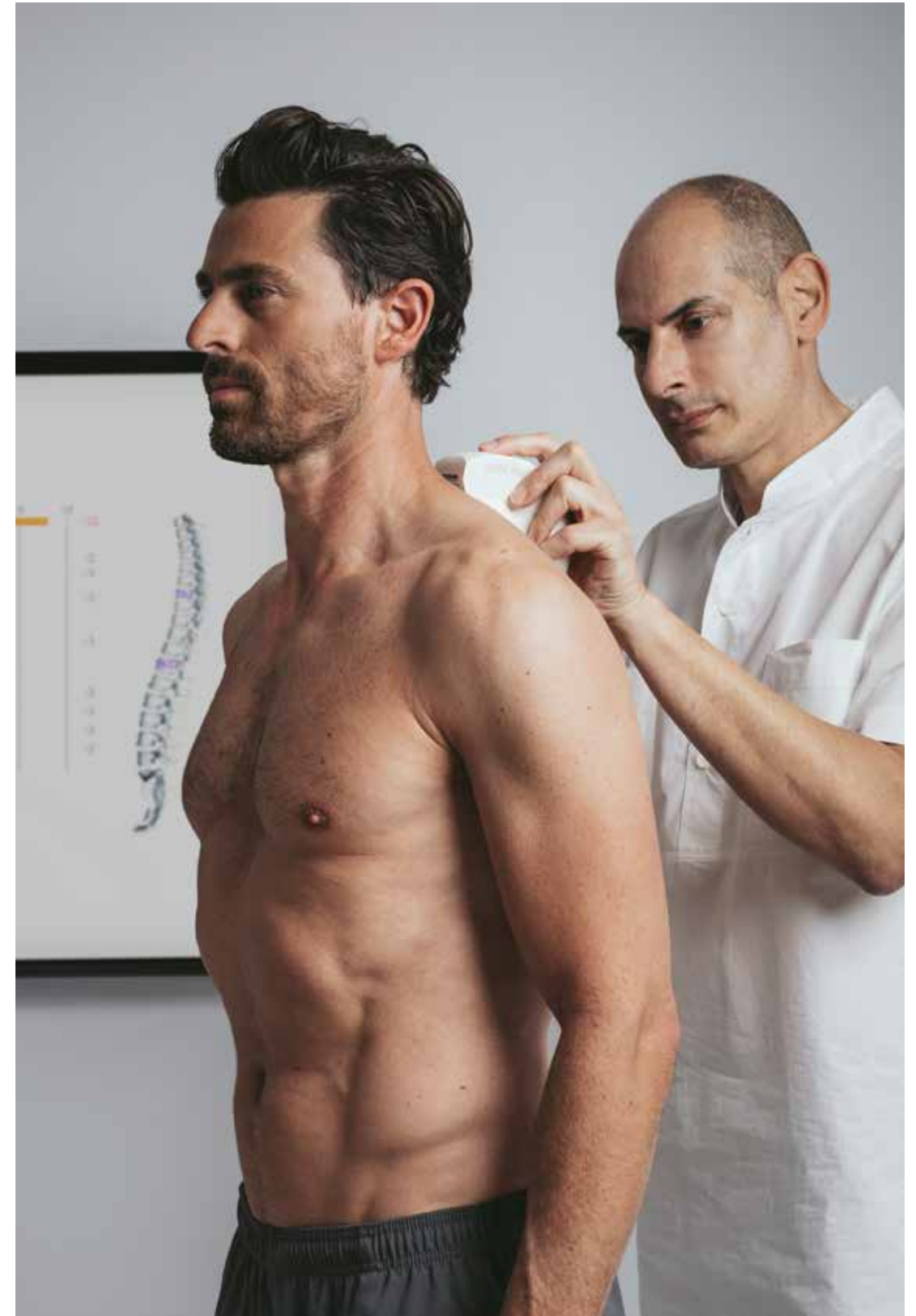
30 minutes  
EUR 60

60 minutes  
EUR 110

#### Benefits:

- Brings deep relaxation and calmness into the body

A neuroscience technology that presents the brain with the chemistry, signaling, and patterns it typically interprets as triggers to deep relaxation and recovery.



**HYDROTHERAPY  
DEPARTMENT**



## TREATMENTS

### Hydro -Aromatherapy

20 minutes  
EUR 75

#### Benefits:

- Skin appearance (Tones and strengthens the skin)
- Improving peripheral blood and lymphatic circulation
- Balancing the body fluids and energy

This is a particular type of hydro-massage in which a special mixture of essential oils is added to the bath water.

### Phyto-Mud Treatment

20 minutes  
EUR 85

#### Benefits:

- Drains, detoxifies, and revitalizes the body.
- Helps to eliminate physical/muscular tension
- Helps to eliminate psychological/stress tension

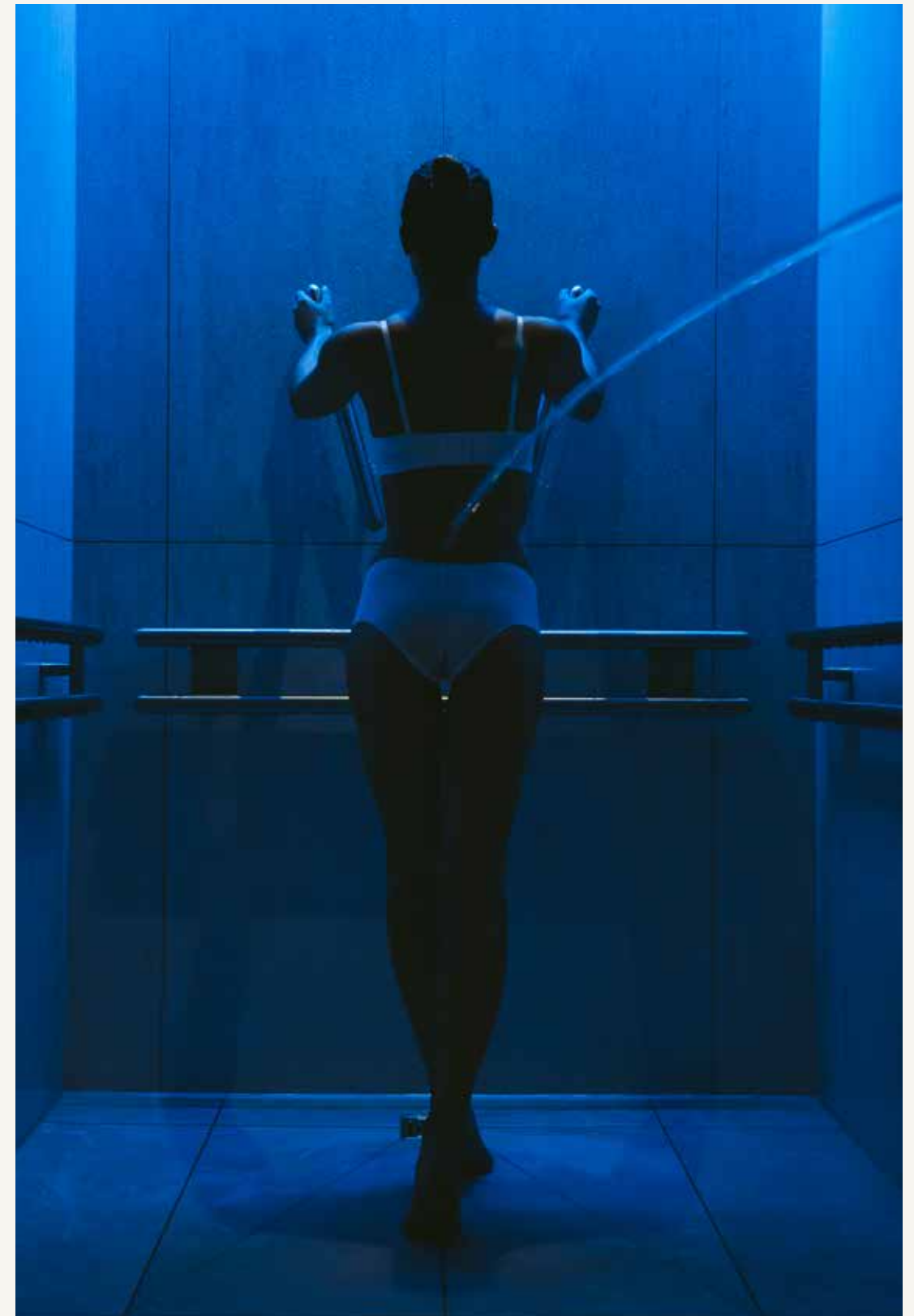
The treatment involves the application of a body wrap that consists of a mixture of white or green clay, enriched with minerals, microalgae, and pure essential oils.

### Hydro-Jet Treatment

#### Benefits:

- Improving toning and firming actions on the skin
- Increasing the metabolic rate
- Further improving the peripheral circulation

In this final treatment, a pressure-jet adds a cold mechanical action to the thermal stimulus, restoring energy and vitality to the body.





TRADITIONAL  
AESTHETICS



## Body Scrub

50 minutes  
EUR 130

Benefits:

- Hydrated, visibly healthy skin
- Restoring natural balance and inducing relaxation.

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

## Hammam Ritual

60 minutes  
EUR 140

Our signature hammam treatment blends luxurious pampering as you lay on heated marble that soothes the senses.

This time-honoured cleansing technique incorporates olive oil Black Soap to nourish the skin, and exfoliating techniques using a Kessa mitt. Mineral-rich rhassoul clay is applied to detoxify and re-energize the body during this purifying ritual. Finishing by hydrating your body with Bio Argan oil. The result is silky smooth skin, a healthy glow, and an overall feeling of wellbeing.

## Depilation With Hot Wax

Arms	25 minutes	EUR 40
Full-leg + Bikini-line	45 minutes	EUR 80
Half-leg	25 minutes	EUR 40
Half-leg + Bikini-line	25 minutes	EUR 50
Underarm	20 minutes	EUR 30
Bikini-Line	15 minutes	EUR 40
Brazilian	25 minutes	EUR 50
Lips or Side face	20 minutes	EUR 20
Back Wax for Men	25 minutes	EUR 50
Chest Wax for Men	25 minutes	EUR 60
Eyebrow Shape	25 minutes	EUR 40





**AESTHETIC  
DEPARTMENT**



## I. BODY TREATMENT

50 minutes  
EUR 130

### Chenot Detox Body Massage

Benefits:

- Elimination of toxins
- Stimulating cellular regeneration

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

Benefits:

- Re-equilibrates the energetic circulation & lymphatic system
- Improves blood circulation

This treatment aims to relieve and clear the energy flow in the meridians with the help of suction cups.

### Chenot Relaxing Massage

Benefits:

- Muscle relaxation
- Balancing hormones
- Anti-stress effect

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

### Chenot Connective Tissue Massage

Benefits:

- Muscle relaxation
- Unclogging stiffness
- Improving posture, joint flexibility and circulation

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

### Chenot Head and Shoulders Massage

Benefits:

- Release muscle tension
- Very effective for migraine, headaches, neck and facial stress.
- Improves blood and energetic circulation

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

### Chenot Regenerating Treatment

Benefits:

- Deep breathing stimulation
- Deconstructing the tensions and relieves stress,

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.

### Chenot Feet Reflex Treatment

Benefits:

- Improves blood circulation to the feet
- Reducing stiffness and maintaining flexibility in the foot joints
- Anti-stress effect

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

### Chenot Lymphatic Manual Massage

Benefits:

- Reduces swelling and water retention
- Elimination of toxins
- Strengthens the immune system

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.

## TREATMENTS

### Chenot Cellulite Treatment

#### Benefits:

- Promotes blood circulation and lymphatic flow for youthful and even skin
- Connective tissue receives a flexible, soft, and healthy structure

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

### Chenot Abdominal Treatment.

#### Benefits:

- Frees the abdomen from swelling and bloating
- Helps to mobilize fat into the lymph
- Providing a feeling of lightness

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 Tonic Massage

#### Benefits:

- Increasing energy levels
- Extraordinary stress relief throughout the whole body.

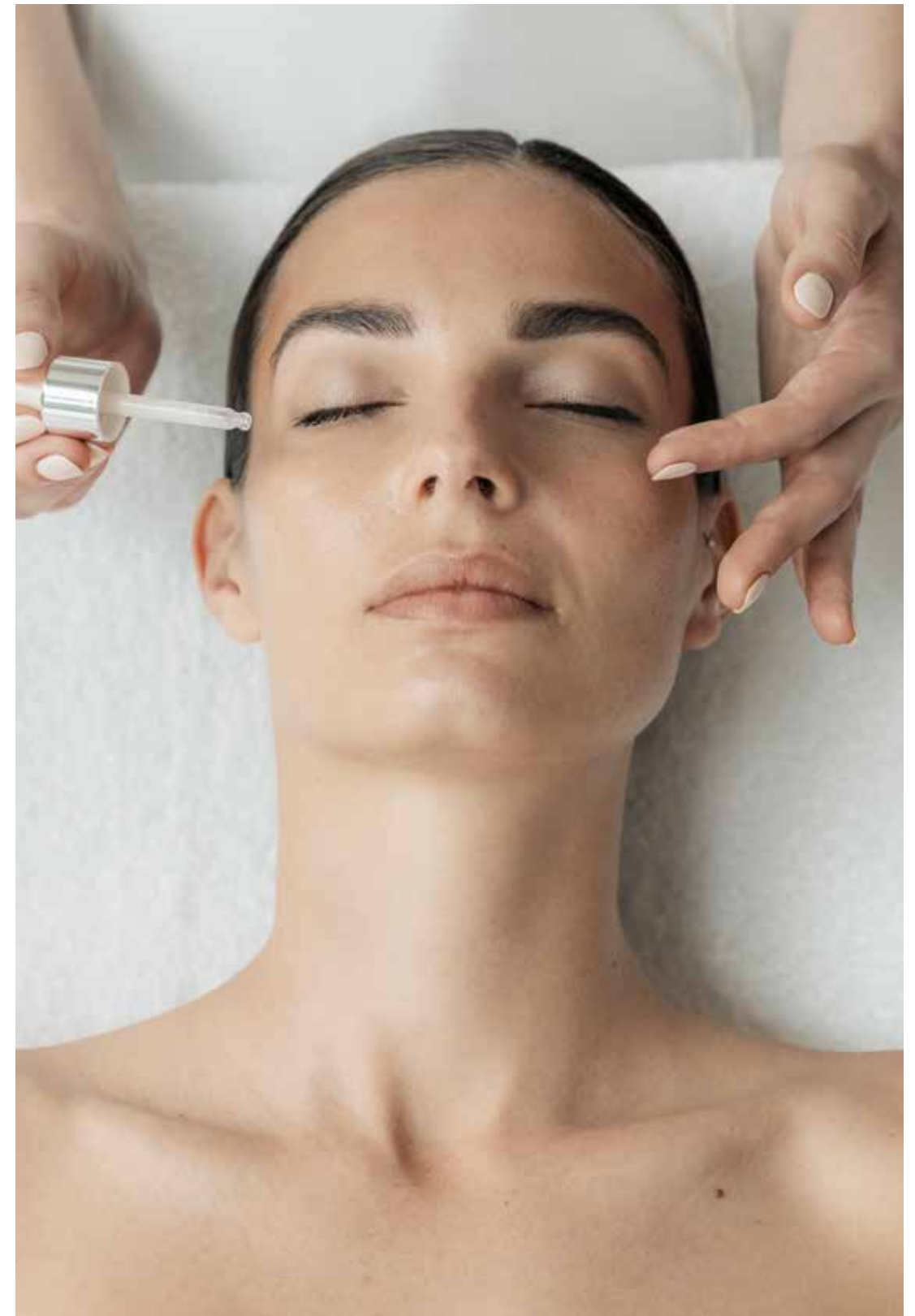
Effective pressure applied to energy points combined with stretching techniques tones the body, relieves mind tension, and erases physical fatigue.

### Chenot Prenatal Massage

#### Benefits:

- Reduces tension and stiffness of the body
- Relaxes the legs and feet
- Improves blood and lymphatic circulation

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



## II. FACIAL TREATMENT

55 minutes  
EUR 135

### Chenot Purifying Detox Facial

Benefits:

- Removes impurities, dead cells, and metabolic waste
- Energise the skin so it becomes healthy, radiant, and fresh

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

### Chenot Illuminating and Nourishing Treatment

Benefits:

- Stimulates connective tissue and improves circulation
- Skin Hydration
- Brings vitality and radiance to the skin

This facial infuses skin with nourishment and hydration using specialized products that balance the tissue with the vitamins and minerals it needs.

### Chenot Anti-Aging Regenerating Treatment

Benefits:

- Improves skin elasticity and firmness
- Immediate lifting effect that visibly rejuvenates
- Invigorates the skin

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 defense and to neutralize free radicals.

### Chenot Facial Drainage Treatment

Benefits:

- Reduces swelling
- Contouring of the face

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

Benefits:

- Toning and firming actions
- Nourishes and hydrates the skin

This treatment uses vibration with a specialized device to restore tone and firmness to the tissues of the neck, décolleté and arms.

### Chenot Face and Head Treatment

Benefits:

- Improves blood circulation
- Strengthens the hair
- Restoring the skin's elasticity.

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.

### Chenot Eye Treatment

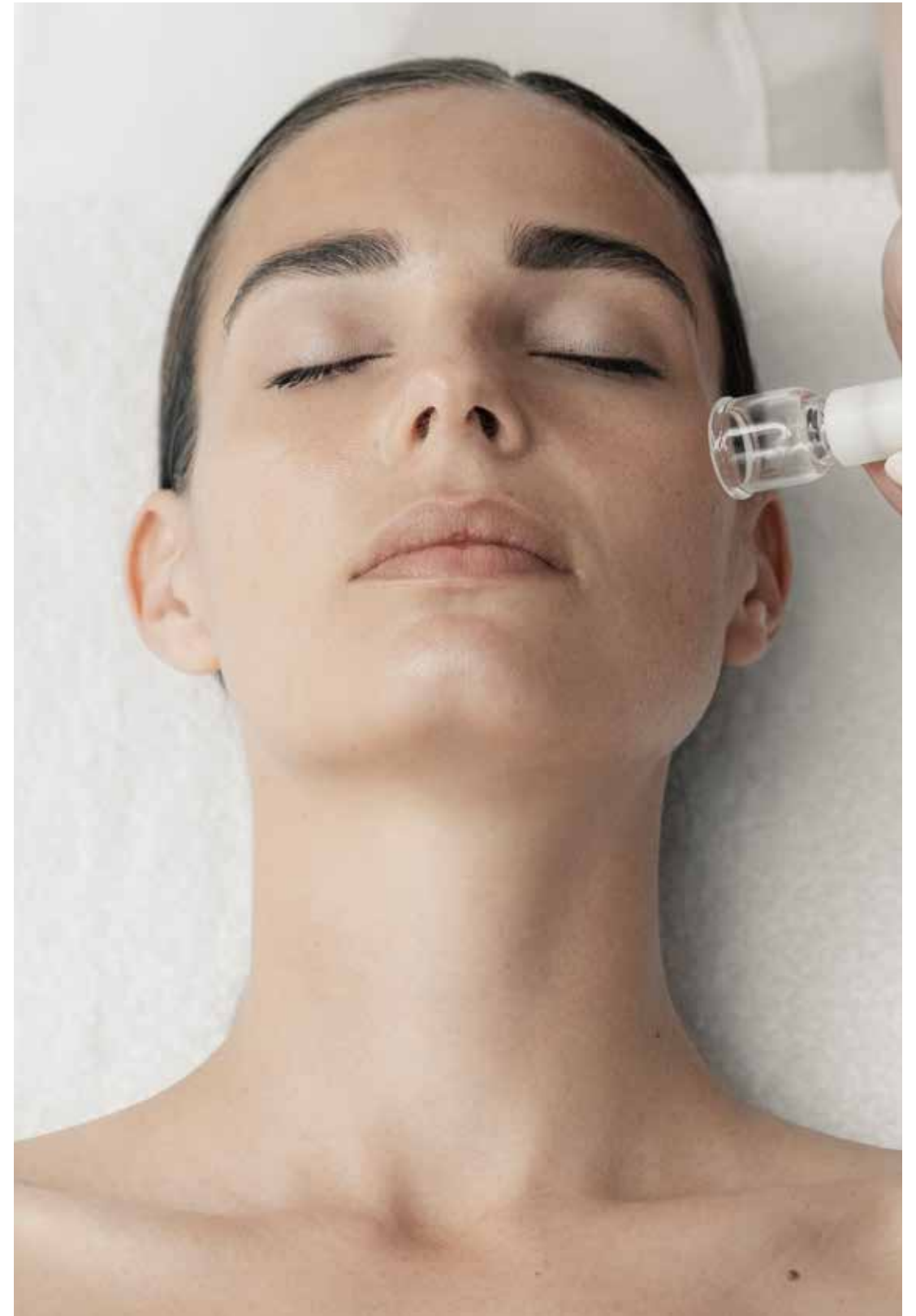
25 minutes  
EUR 95

Benefits:

- Optimal hydration
- Alleviates signs of fatigue, swelling, bags and dark circles under the eyes
- Reduces fine lines.

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

**MEDICAL  
AESTHETIC  
DEPARTMENT**



## I. SKIN HEALTH

### Photobiomodulation Treatment

25 minutes  
EUR 90

Benefits:

- Reducing swelling and intensity of redness,
- Supports cell regeneration
- Increases the effect of cosmetic products applied to the face

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 Basic	30 minutes	EUR 140
Platinum	60 minutes	EUR 230
Signature Basic plus Booster	30 minutes	EUR 215
Platinum plus Booster	60 minutes	EUR 300

Benefits:

- Improves texture and fine lines
- Removes impurities
- Deep hydration

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.

## II. SKIN TIGHTENING AND BODY CONTOURING

### SKINeo – Ultrasound and Electrotherapy

(per area)  
from 30 minutes  
EUR 150

Benefits:

- Skin firming
- Tissue tightening

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.

### INDIBA – Proionic System

(per area)  
from 30 minutes  
EUR 180

Benefits:

- Deep tissue regeneration
- Improvement of skin elasticity and tightening
- Improves the appearance of red stretch marks

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.

## II. SKIN TIGHTENING AND BODY CONTOURING

### Kimatur DUO – Acoustic Waves

(per area)  
30 minutes  
EUR 200

Benefits:

- Improves the appearance of cellulite
- Improves connective tissue elasticity and firmness

In this non-invasive Acoustic Wave Therapy (AWT), acoustic waves are used to improve the appearance of cellulite by combining short, high-energy focused waves with long, low energy radial waves.

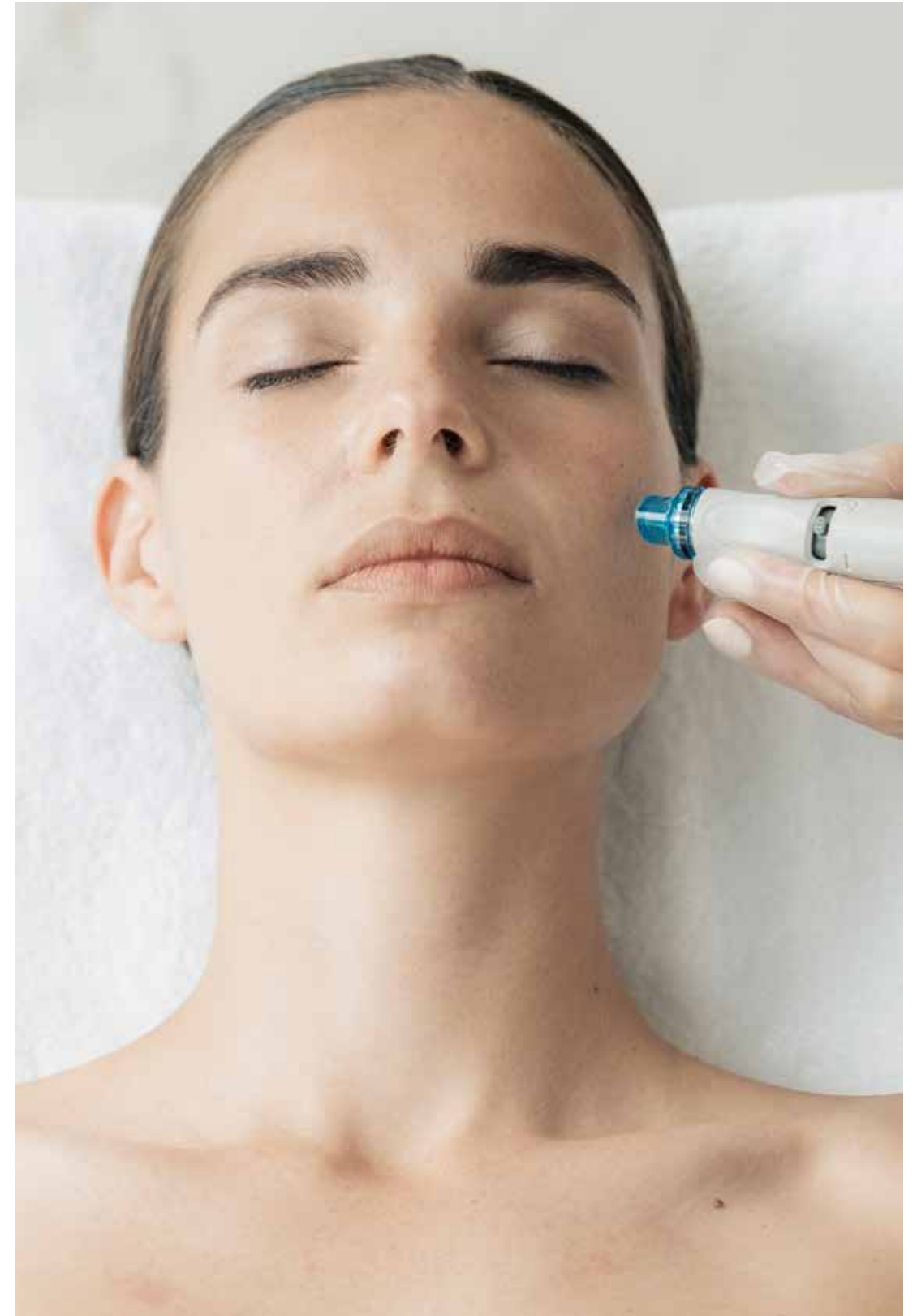
### LymphaStim – Compression Therapy System

30 minutes  
EUR 130

Benefits:

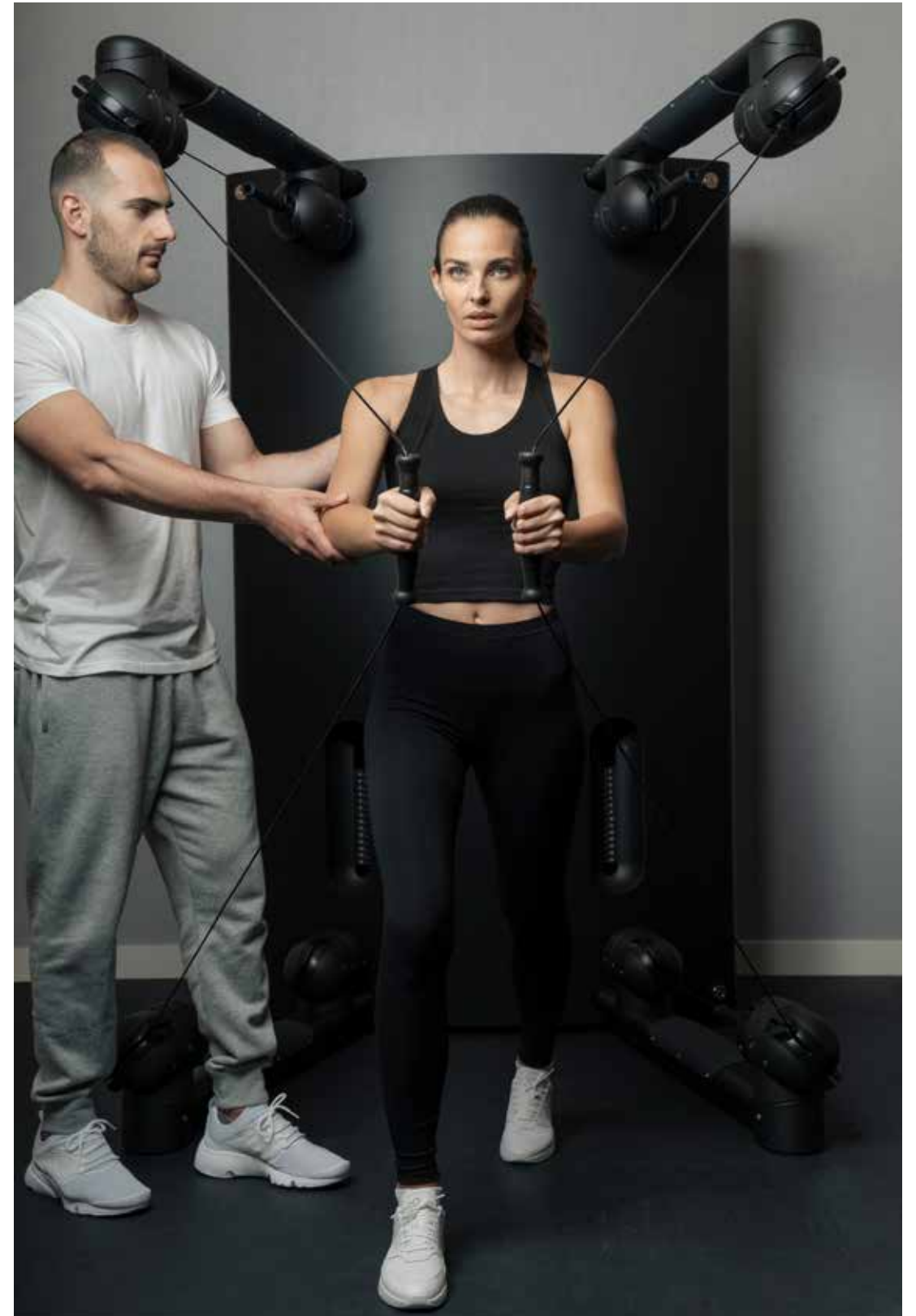
- Encourages the natural circulation of the lymph through the body
- Reduces swelling and oedema
- Improves the appearance of cellulite

This treatment uses a lymphatic drainage device based on the pneumatic pressotherapy principle.





SPORT & FITNESS  
DEPARTMENT



# INDOOR & OUTDOOR ACTIVITIES

## Personal Training

Benefits:

- Improve your posture
- 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 by working one-to-one with a coach.

## Yoga Classes

Benefits:

- Increased flexibility, muscle strength and tone
- Improved respiration, energy and vitality

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.

## Pilates

Benefits:

- Building muscular endurance
- Improves posture

Pilates is a system of exercises designed to improve physical strength, flexibility, and posture as well as enhance mental awareness.

## Aqua-Fitness

Benefits:

- Improving muscle tone
- Improving stamina and strength

Aqua fitness covers a range of exercises you can do in the pool while every move is working against the resistance of the water.

## Functional Training

Benefits:

- Increases stability
- Increasing overall strength
- Decreased risk of injury

Functional training is a type of strength training that prepares your body for daily activities, it is helpful for athletic performance, injury prevention, and other everyday fitness tasks.

## PRICE FOR INDIVIDUAL LESSON

30 minutes	EUR 60
45 minutes	EUR 90
60 minutes	EUR 105

## CLASS FOR TWO OR MORE PEOPLE

30 minutes	EUR 45 / per person
45 minutes	EUR 65 / per person
60 minutes	EUR 75 / per person

## YOGA CLASSES INDOOR & OUTDOOR

Price for individual lesson:

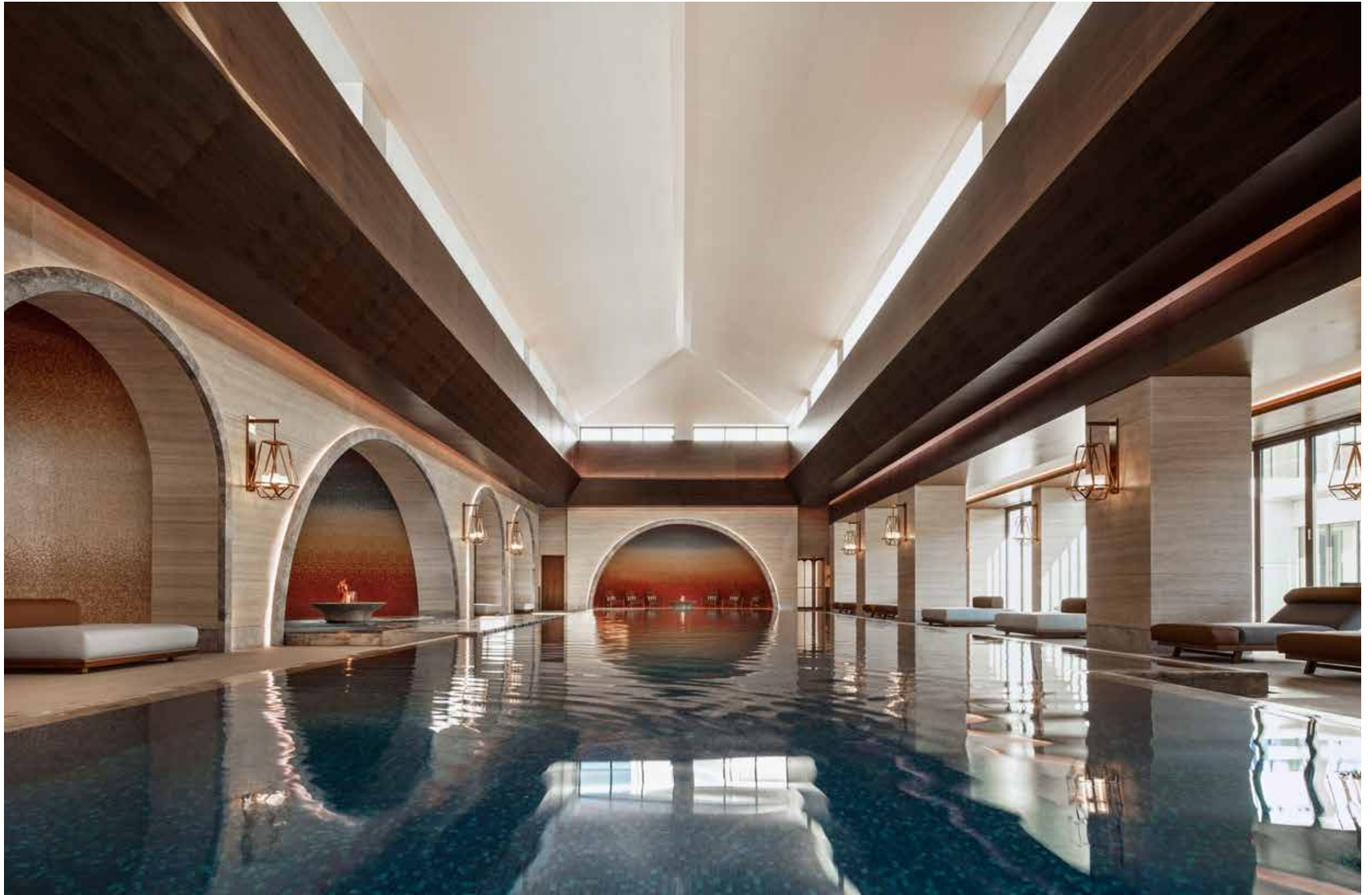
60 minutes	EUR 105
90 minutes	EUR 140
120 minutes	EUR 190

Lesson for two or more people:

60 minutes	EUR 75
90 minutes	EUR 90
120 minutes	EUR 130







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