



Guest name Shirin Karimi Hund
Consulting doctor Eleni Lykou
Energetic doctor Simone Gulino
Dietitian
Interpreter
 [+] Extra Not included

Programme dates 19/10/2021 - 26/10/2021
Programme Advanced Detox
Room 157
Programme duration 7 days
Printing date time 08/10/2021 17:55:54
 [B] Block Time

| Tuesday 19/10/2021 | Wednesday 20/10/2021 | Thursday 21/10/2021 | Friday 22/10/2021 | Saturday 23/10/2021 | Sunday 24/10/2021 | Monday 25/10/2021 |
|-----------------------|--|---|---|---|---|--|
| | 09:00 - 09:45 First Medical Consultation (45') | 15:00 - 15:30 Hydro-Aromatherapy | 15:00 - 15:30 Hydro-Aromatherapy | 12:30 - 13:00 Medical Consultation | 11:00 - 11:50 Chenot Bio-Energetic Treatment 50min | 11:45 - 12:00 Last Medical Consultation (15') |
| | 09:45 - 10:00 Advanced Technology Consultation | 15:30 - 16:00 Phyto-Mud + HydroJet | 15:30 - 16:00 Phyto-Mud + HydroJet | 15:00 - 15:30 Hydro-Aromatherapy | 15:00 - 15:30 Hydro-Aromatherapy | 12:00 - 12:30 Nutritional Consultation |
| | 10:00 - 10:30 Nutritional Consultation | 16:00 - 16:50 Chenot Energetic massage | 16:00 - 16:50 Chenot Energetic massage | 15:30 - 16:00 Phyto-Mud + HydroJet | 15:30 - 16:00 Phyto-Mud + HydroJet | 15:00 - 15:30 Hydro-Aromatherapy |
| | 10:30 - 11:00 Body Composition Analysis | | | 16:00 - 16:50 Chenot Energetic massage | 16:00 - 16:50 Chenot Energetic massage | 15:30 - 16:00 Phyto-Mud + HydroJet |
| | 11:00 - 11:50 Chenot Bio-Energetic Check up and Treatment | | | | | 16:00 - 16:50 Chenot Energetic massage |
| | 12:00 - 12:30 Chenot Lifestyle Biomarkers | | | | | |
| | 15:00 - 15:30 Hydro-Aromatherapy | | | | | |
| | 15:30 - 16:00 Phyto-Mud + HydroJet | | | | | |
| | 16:00 - 16:50 Chenot Energetic massage | | | | | |



Guest name
Consulting doctor Shirin Karimi Hund
Energetic doctor Elina-nefeli Zagkorontskagia
Dietitian Simone Gulino
Interpreter
 [+] *Extra Not included*

Programme dates 10/10/2021 - 17/10/2021
Programme Recover & Energise
Room 308
Programme duration 7 days
Printing date time 08/10/2021 17:58:15
 [B] *Block Time*

| Sunday 10/10/2021 | Monday 11/10/2021 | Tuesday 12/10/2021 | Wednesday 13/10/2021 | Thursday 14/10/2021 | Friday 15/10/2021 | Saturday 16/10/2021 |
|----------------------|---|---|---|---|---|---|
| | 09:00 - 09:30 Chenot Lifestyle Biomarkers | 08:30 - 09:00 Whole-body Photo-biomodulation Treatment | 10:30 - 11:00 Hydro-Aromatherapy | 10:30 - 11:00 Hydro-Aromatherapy | 10:30 - 11:00 Hydro-Aromatherapy | 10:30 - 11:00 Hydro-Aromatherapy |
| | 09:45 - 10:30 First Medical Consultation (45') | 09:00 - 09:30 Digital Infrared Thermal Imaging | 11:00 - 11:30 Phyto-Mud + HydroJet | 11:00 - 11:30 Phyto-Mud + HydroJet | 11:00 - 11:30 Phyto-Mud + HydroJet | 11:00 - 11:30 Phyto-Mud + HydroJet |
| | 11:00 - 11:50 Chenot Bio-Energetic Check up and Treatment | 11:00 - 11:30 Stress Test + HRV Biofeedback Training | 12:00 - 12:50 Chenot Energetic massage | 12:00 - 12:50 Chenot Energetic massage | 12:00 - 12:50 Chenot Energetic massage | 12:00 - 12:50 Chenot Energetic massage |
| | 12:00 - 12:15 Advanced Technology Consultation | 12:00 - 12:30 Body Composition Analysis | 14:30 - 15:00 Medical Consultation | 14:30 - 15:00 Neuro-Acoustic Deep Relaxation Treatment 30 min. | 14:00 - 14:30 Nutritional Consultation | 14:45 - 15:00 Last Medical Consultation (15') |
| | 12:30 - 13:00 Whole-body Photo-biomodulation Treatment | 14:00 - 14:30 Neuro-Acoustic Deep Relaxation Treatment 30 min. | 16:00 - 16:30 Whole-body Photo-biomodulation Treatment | 15:00 - 15:30 Whole-body Photo-biomodulation Treatment | 15:00 - 15:30 Whole-body Photo-biomodulation Treatment | 15:00 - 15:30 Whole-body Photo-biomodulation Treatment |
| | 14:00 - 14:30 Neuro-Acoustic Deep Relaxation Treatment 30 min. | 16:00 - 16:30 Hydro-Aromatherapy | 16:30 - 17:00 Neuro-Acoustic Deep Relaxation Treatment 30 min. | | 15:30 - 16:00 Neuro-Acoustic Deep Relaxation Treatment 30 min. | 15:30 - 16:00 Neuro-Acoustic Deep Relaxation Treatment 30 min. |
| | 14:30 - 15:00 Nutritional Consultation | 16:30 - 17:00 Phyto-Mud + HydroJet | | | 16:00 - 16:50 Chenot Bio-Energetic Treatment 50min | |
| | 16:00 - 16:30 Hydro-Aromatherapy | 17:00 - 17:50 Chenot Energetic massage | | | | |
| | 16:30 - 17:00 Phyto-Mud + HydroJet | | | | | |
| | 17:00 - 17:50 Chenot Energetic massage | | | | | |



Guest name
Consulting doctor Shirin Karimi Hund
Energetic doctor Stylianos Portaliou
Dietitian Simone Gulino
Interpreter
 [+] Extra Not included

Programme dates 10/10/2021 - 17/10/2021
Programme Prevention & Ageing Well
Room 403
Programme duration 7 days
Printing date time 08/10/2021 17:49:57
 [B] Block Time

| Sunday 10/10/2021 | Monday 11/10/2021 | Tuesday 12/10/2021 | Wednesday 13/10/2021 | Thursday 14/10/2021 | Friday 15/10/2021 | Saturday 16/10/2021 |
|----------------------|--|--|--|--|--|--|
| | 09:00 - 09:45 First Medical Consultation (45') | 08:00 - 08:25 Gym Fitness - 25 min. | 11:30 - 12:30 Cardiorespiratory Fitness Assessment | 08:00 - 08:25 Gym Fitness - 25 min. | 09:00 - 10:00 Neurac Treatment | 08:30 - 09:00 Hypoxic Exercise Training in an Altitude Room 30 min. |
| | 09:45 - 10:00 Advanced Technology Consultation | 08:30 - 09:00 Hypoxic Exercise Training in an Altitude Room 30 min. | 12:30 - 13:00 Osteopathy Treatment 30 min. | 08:30 - 09:00 Hypoxic Exercise Training in an Altitude Room 30 min. | 10:00 - 10:30 Nutritional Consultation | 09:00 - 09:25 Gym Fitness - 25 min. |
| | 11:30 - 12:00 Nutritional Consultation | 09:00 - 09:50 Chenot Bio-Energetic Check up and Treatment | 14:00 - 14:30 Hydro-Aromatherapy | 14:00 - 14:30 Hydro-Aromatherapy | 14:00 - 14:30 Hydro-Aromatherapy | 10:00 - 10:50 Chenot Bio-Energetic Treatment 50min |
| | 14:00 - 14:30 Hydro-Aromatherapy | 10:00 - 10:30 Postural and Movement Assessment | 14:30 - 15:00 Phyto-Mud + HydroJet | 14:30 - 15:00 Phyto-Mud + HydroJet | 14:30 - 15:00 Phyto-Mud + HydroJet | 14:00 - 14:30 Hydro-Aromatherapy |
| | 14:30 - 15:00 Phyto-Mud + HydroJet | 10:30 - 11:30 Neurac Treatment | 15:00 - 15:50 Chenot Energetic massage | 15:00 - 15:50 Chenot Energetic massage | 15:00 - 15:50 Chenot Energetic massage | 14:30 - 15:00 Phyto-Mud + HydroJet |
| | 15:00 - 15:50 Chenot Energetic massage | 12:00 - 12:30 Digital Infrared Thermal Imaging | 16:00 - 16:30 Medical Consultation | 16:45 - 17:00 Whole-body Cryotherapy Treatment at -110o C | 16:45 - 17:00 Whole-body Cryotherapy Treatment at -110o C | 15:00 - 15:50 Chenot Energetic massage |
| | 16:00 - 16:30 Chenot Lifestyle Biomarkers | 14:00 - 14:30 Hydro-Aromatherapy | 17:15 - 17:30 Whole-body Cryotherapy Treatment at -110o C | | | 16:00 - 16:15 Last Medical Consultation (15') |
| | 16:30 - 17:00 Body Composition Analysis | 14:30 - 15:00 Phyto-Mud + HydroJet | | | | 16:45 - 17:00 Whole-body Cryotherapy Treatment at -110o C |
| | 17:15 - 17:30 Whole-body Cryotherapy Treatment at -110o C | 15:00 - 15:50 Chenot Energetic massage | | | | |
| | | 17:15 - 17:30 Whole-body Cryotherapy Treatment at -110o C | | | | |