



CHENOT

SPA



ONE&ONLY DESARU COAST
MALAYSIA

Introduction

The First Step in Your Wellness Journey

Chenot Spa is a nurturing introduction to health wellness. Chenot Spa at One&Only Desaru Coast offers you the opportunity to step into a holistic experience that extends beyond the walls of the spa, helping you flourish both inside and out.

Chenot Spa at One&Only Desaru Coast creates a unique and symbiotic wellness interaction that extends far beyond traditional spa services and elevates your experience from an act to an art. Prepare to open your senses, unify your mind, body and spirit and discover an introduction to absolute health wellness.

With Chenot's holistic approach to wellness at its core, Chenot Spa at One&Only Desaru Coast invites you to unwind, rebalance and enrich your spirit.

CONTENTS



Introduction

2

The Journey to Wellness

6

Aesthetics

10

Emotional Wellbeing

23

Nutrition

27

Sports & Physical Activities

32

The Chenot Programmes

39

Spa Guide

49





One&Only and Chenot share a common passion for living well. One&Only, providing playgrounds for active and mindful discovery, and Chenot with almost 50 years of research applied to the science of wellness. Beautifully carved into the Malaysian jungle and gently lapping the South China Sea, the resort provides the perfect backdrop for your journey into wellness.

We invite you to calm, purify and pamper yourself – to awaken your inner spirit and become active with an extensive choice of sports and fitness activities. We also offer a wide range of aesthetic treatments to help restore natural beauty. Ultimately, our aim is to leave you feeling fully recharged and full of vitality.

**THE JOURNEY
TO WELLNESS**



The Journey to Wellness

The Pillars

AESTHETICS
EMOTIONAL WELLBEING
NUTRITION
SPORTS & PHYSICAL ACTIVITIES

The pillars above are the building blocks of our approach to wellness at One&Only Desaru Coast. To create your programme, and help you achieve your specific goals, we start with a diagnosis as the basis for developing a finely balanced range of treatments.

Alternatively, guest may simply sample Chenot with a specific diagnostic or treatment. We try to help wherever we can - whether that is an introduction to mindfulness, an aesthetic treatment, a sports related massage or advice on nutrition.

The Journey to Wellness

Initial Diagnostic

BIO-ENERGETIC CHECK-UP

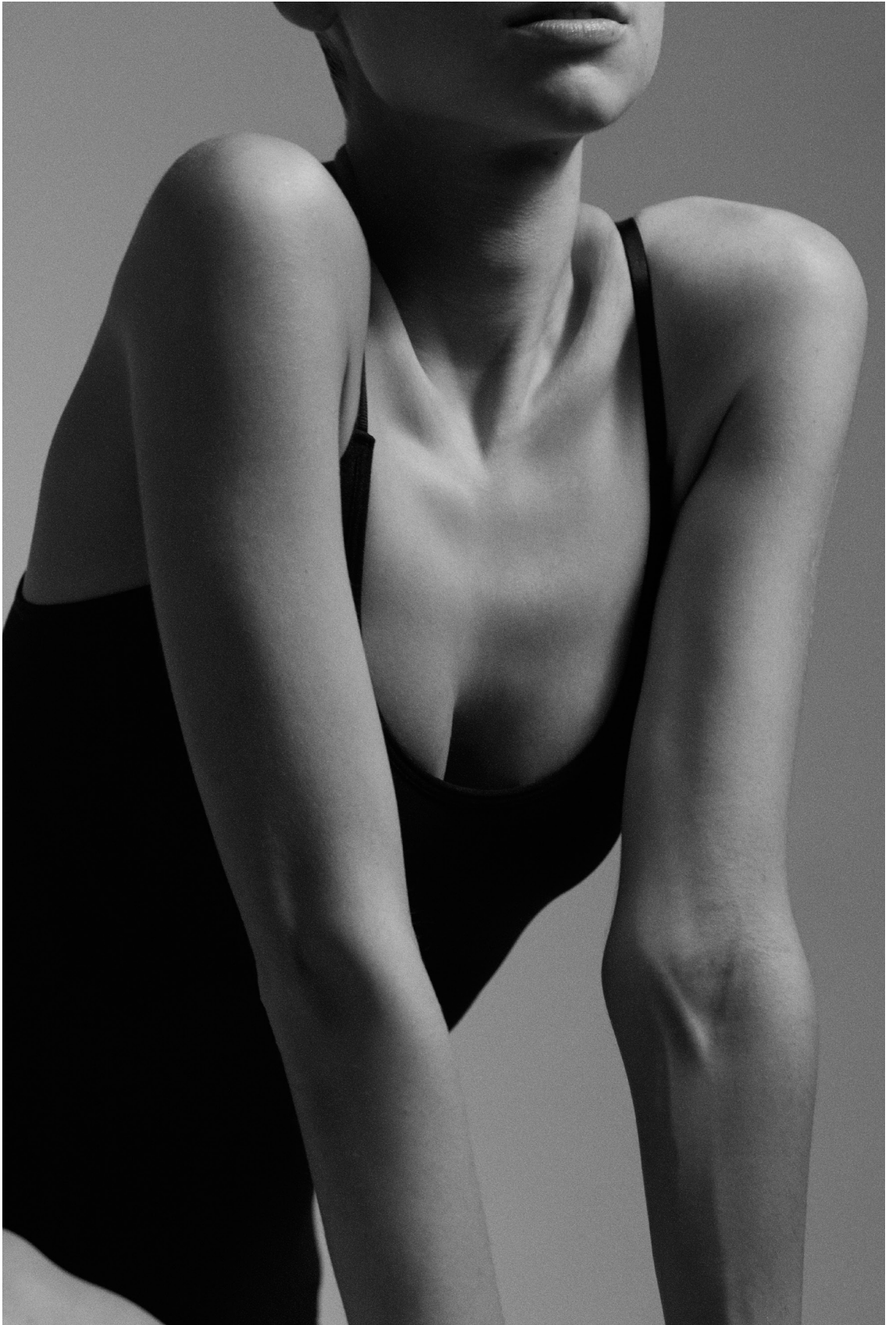
We recommend that your journey begins with a Bio-Energetic Check-up. This enables us to gain insight and information about your energetic state, recommend a treatment or a programme and ultimately provide you with a personalised and effective spa experience.

This unique Bio-Energetic Check-up provides us with information about how the body reacts to different types of stress - physical and emotional.

RM 450 (30 minutes)



AESTHETICS



Chenot Actifs

Chenot Actifs are super-charged emulsions infused with plant-based essential oils - extracted with a traditional steam process.

They are 100% pure, effective and natural. By only harvesting the plants when they are at their best, we ensure optimal results. Chenot Actifs deliver high grade benefits to specific organs and body functions.

They have a wide ranging impact from reducing or eliminating the build-up of toxins to relieving pain, stress and fatigue. A critical part of our mission to build mental and physical vitality.

The Actifs collection has four products – Yin, Yang, Relax and Solvant – each delivering a specific result. Chenot actifs are fragrance free. Their natural scents are a powerful part of the sensory experience and healing.



Aesthetics

BODY MASSAGES AND TREATMENTS

Chenot Detox Body Massage

In this fundamental 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.

Benefits

Drains and eliminates waste and toxins.

RM 520 (55 minutes)

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.

Benefits

Improves posture, joint flexibility, circulation and oxygenation and reduces spasms and cramps. Improves the appearance and condition of the skin.

RM 520 (55 minutes)

Aesthetics

BODY MESSAGES AND TREATMENTS

Chenot Head & Shoulders Massage

This treatment 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.

Benefits

Relaxes and releases tension providing a feeling of calmness within the body. Very effective for migraines, headaches, neck and facial stress.

RM 520 (55 minutes)

Chenot Relaxing Massage

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

Benefits

Relaxes, reduces stress and balances the hormones.

RM 520 (55 minutes)

Aesthetics

BODY MESSAGES AND TREATMENTS

Chenot Abdominal Treatment

This treatment consists of a gentle but deep manual massage in the abdomen area that moves toxins out of the body and improves bowel function. It frees the abdomen from swelling and bloating and helps to mobilise fat into the lymph.

Benefits

Improves bowel function and eliminates toxins and metabolic wastes, providing a feeling of lightness.

RM 520 (55 minutes)

Chenot Feet Reflex Treatment

This energising massage allows the body to rebalance itself through deep massage and stimulation of acupuncture points of the hands and feet. It 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 energises the internal organs through the activation of meridians. This has a stress relieving effect.

RM 520 (55 minutes)

Chenot Regenerating Treatment

This treatment is designed to stimulate deep breathing by opening the diaphragm, ultimately deconstructing any tensions and relieving from stress, allowing energy to flow within the body. When the body is tensed it develops constraints, the muscles get tight and breathing becomes shallow. When breathing is shallow, you are not getting the amount of oxygen that you need.

Benefits

Promotes deeper breathing, re-energises and regenerates.

RM 520 (55 minutes)





Aesthetics

BODY MESSAGES AND TREATMENTS

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.

Benefits

Skin looks youthful and even. The connective tissue receives a flexible, soft and healthy structure.

RM 520 (55 minutes)

Phyto-mud Treatment

This involves the application of a body wrap that consists of a mixture of green clays, enriched with minerals, micro-algae and pure essential oils.

Benefits

Drains, detoxifies and revitalises the body, and it is helpful to eliminate physical (muscular) and psychological (stress) tensions.

RM 300 (30 minutes)

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.

Benefits

Smooth, luminous, elastic and silky soft skin.

RM 420 (55 minutes)



Aesthetics

FACIAL TREATMENTS

Chenot Purifying Detox Facial Treatment

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

Benefits

Purifies, energises, smooths and freshens up the skin.

RM 540 (55 minutes)

Chenot Illuminating & Nourishing Facial Treatment

This treatment provides nourishment and hydration to the skin with the use of specialised products that give tissue the optimal balance of vitamins and minerals. The massage stimulates the connective tissue, improves circulation and the flow of energy to bring vitality and radiance to the skin.

Benefits

Nourishes the face with a glowing effect. It pampers the skin leaving it exceptionally energised and hydrated.

RM 540 (55 minutes)

Aesthetics

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.

Benefits

Decongests the skin, reduces swelling and contours the face.

RM 540 (55 minutes)

Chenot Eye Treatment

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 eye contour area. The result alleviates signs of fatigue, swelling, and bags and dark circles under the eyes.

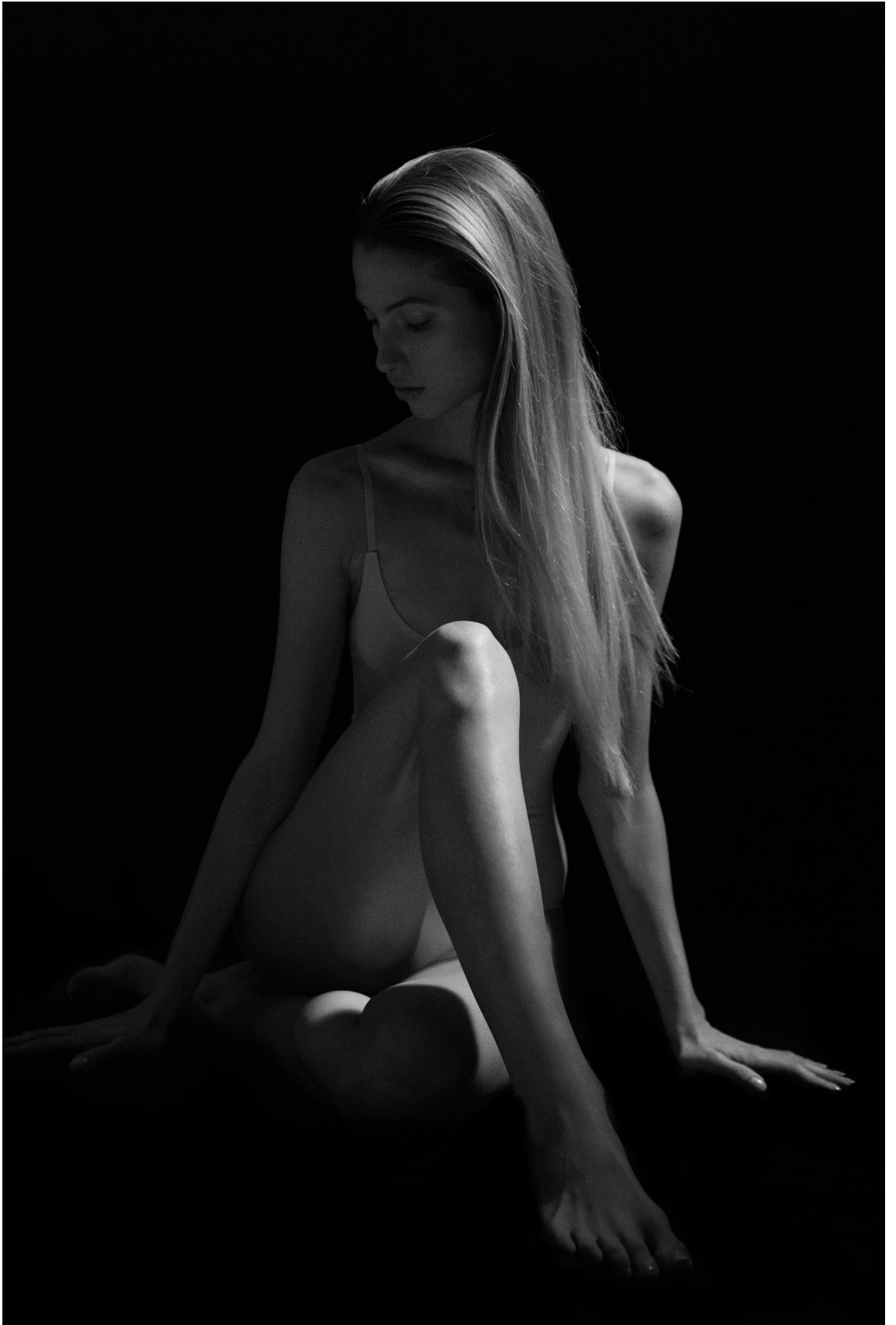
Benefits

Brightens, decongests and reduces swelling, fine lines and wrinkles.

RM 340 (25 minutes)



**EMOTIONAL
WELLBEING**





Total Relaxation

A stress-free atmosphere is a key part of the Chenot experience. Our guests are invited to calm, purify and pamper themselves.

The Chenot experience goes beyond the walls of the spa. There are a number of treatments and classes that take place within scenic spots around the resort. For instance, yoga on the beach or meditation in the zen garden.

The aim of our treatments is to create a balanced body and mind, using non-invasive methods, leaving guests feeling peaceful and in harmony with their surroundings.

Emotional Wellbeing

TREATMENTS AND CLASSES

Neuro-Acoustic Deep Relaxation Treatment

A neuroscience technology that presents the brain with the chemistry, signalling and patterns that the brain 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.

RM 255 (30 minutes) or RM 480 (60 minutes)

Mindfulness

Mindfulness is a way of maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. It is easy to stop noticing the world around us - to lose touch with the way our bodies are feeling and to end up living in our heads, without stopping to notice how those thoughts are driving our emotions and behaviour. By allowing ourselves to see the present moment clearly, we can positively change the way we see ourselves and our lives.

RM 350 (55 minutes)

Yoga

We have a variety of yoga techniques available: AcroYoga for Beginners, Aerial Yoga, Hatha Yoga, Power Yoga, Ashtanga, Bikram Yoga, Iyengar, Kundalini, Pre & Post Natal, Restorative Yoga, Vinyasa Yoga, Yin Yoga, Yoga for Athletes and Yogilates. Please ask at reception for more detail.

RM 350 (55 minutes)

NUTRITION



Nutrition

Chenot Diet

Eating is to meet a physiological need. Satisfying this need is the basis of physical and mental health. A diet adapted to your lifestyle gives energy, concentration and even resistance to various diseases and improves physical and mental performance.



Nutrition

BIO-LIGHT MENU

Bio-light Cooking

Available at participating restaurants in the resort, the Bio-light menu is based on Chenot's cooking principles. These involve selecting, preparing and processing a wide variety of ingredients in order to produce healthy, nutritious, well balanced and tasty meals.

Bio-light cooking is a lifestyle choice that promotes awareness of healthier food and the benefits of better nutritional habits.

Meals are based on fresh ingredients with anti-inflammatory and alkaline properties. This protects cells and structural proteins from the damage of oxidative stress and an acidic environment. Our meals are also prepared in low temperatures using moist cooking and acidic marinades. This maintains the integrity of the ingredients and protects them from glycotoxins and other harmful compound formations that occur during normal cooking.

**SPORTS
& PHYSICAL
ACTIVITIES**



Sports & Physical Activities

Energy, Fitness & Vitality

Unwind and exercise in world class environments with swimming pools, golf courses, tennis courts and a fitness centre. In addition to the range of active offerings, coaches are available to design a personalised programme around your needs and goals. We aim to help you achieve your optimum level of physical fitness.





Sports & Physical Activities

INDIVIDUAL AND GROUP CLASSES

Personalised Fitness Training

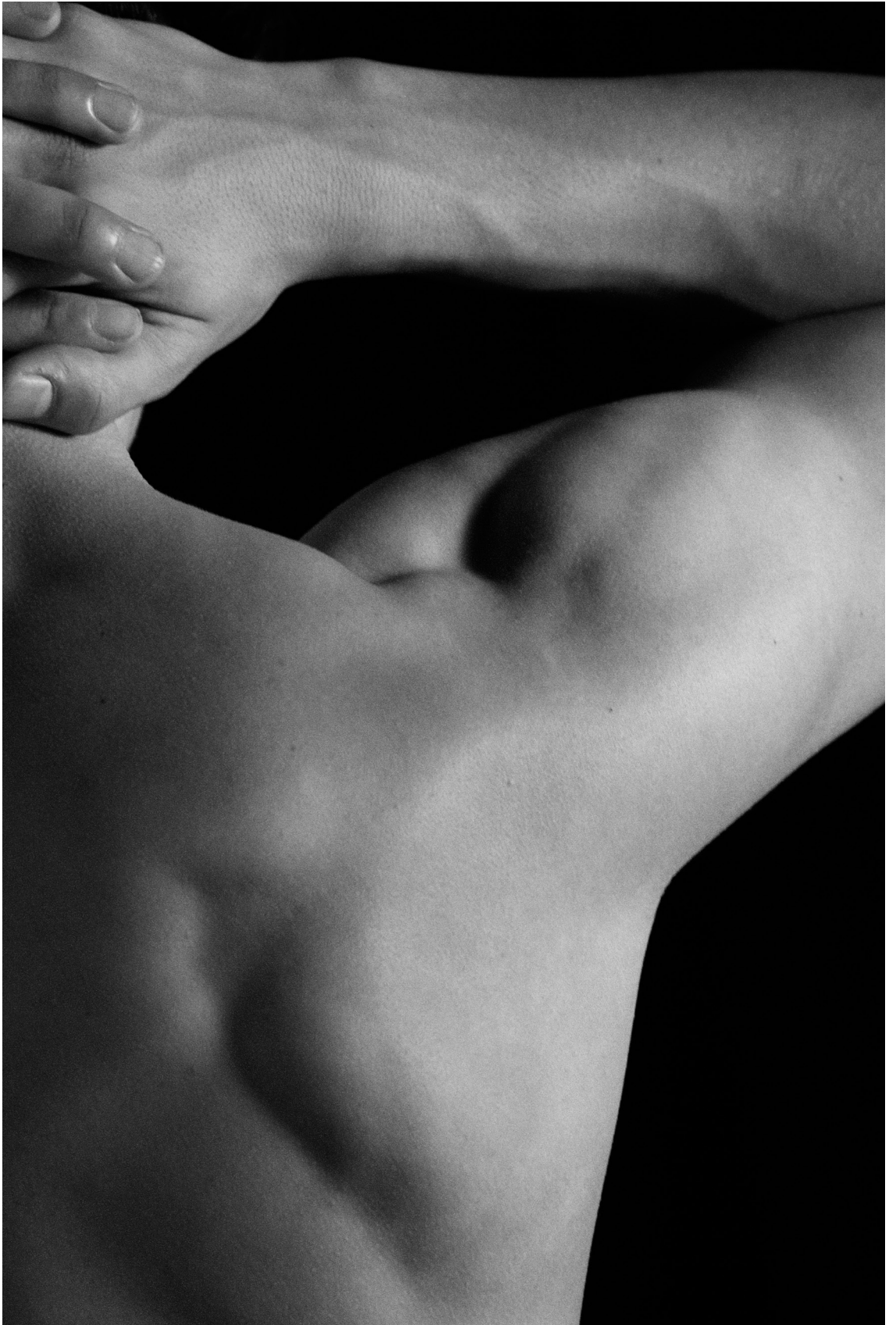
The aim of our personalised training is long-term, sustainable fitness. Together, you and your trainer work to realign your muscles. This involves a scientific approach to maintaining posture, building strength and increasing performance. Our emphasis is on helping you to do things the right way so that you have a fitness model for life.

RM 350 (55 minutes)

Pilates

Pilates is a system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness. The founder was a passionate physical trainer, Joseph Pilates. Pilates' method uses equipment, such as a mat and machinery, and the goal is to build muscular endurance, improve posture and balance skills, as well as improve and restore natural body functions.

RM 350 (55 minutes)



CHENOT SPA PROGRAMMES



Chenot Spa Programmes

Chenot Relax Programme 3 Days

This programme is designed to help you relax and recharge your energy reserves. The programme combines three powerful elements: a light check-up, the delicious and healthy Bio-Light menu and a carefully blended mix of relaxing and energising treatments – all from the Chenot Method.

The programme includes:

- Bio-Light Menu
- Bio-energetic Check-up
- 1 Chenot Detox Body Massage
- 2 Chenot Relaxing Massages
- 1 Chenot Head and Shoulders Massage
- 1 Chenot Feet Reflex Treatment
- 3 Phyto-Mud Treatments
- 1 Neuro-Acoustic Deep Relaxation Treatment
- 3 HRV Biofeedback Training Sessions per day
- 3 Yoga Sessions

Chenot Spa Programmes

Chenot Golf Programme 3 Days

Designed for keen golfers to support body posture and imbalance, release tension and enhance post recovery. This programme aims to combine your golf practice with specialised recovery treatments.

The programme includes:

- 1 Bio-Energetic Check-up
- 1 Postural and Movement Assessment
- 1 Chenot Connective Tissue Massage
- 1 Chenot Head and Shoulders Massage
- 1 Chenot Feet Reflex Treatment
- 1 Chenot Relaxing Massage
- 3 Body Stretching Sessions
- 3 Golf Entrances
- Transfers to and from the Golf Course

Chenot Golf Programme can be customised and adjusted in length and treatments. Please contact our Chenot Spa team to discuss your personal preferences.

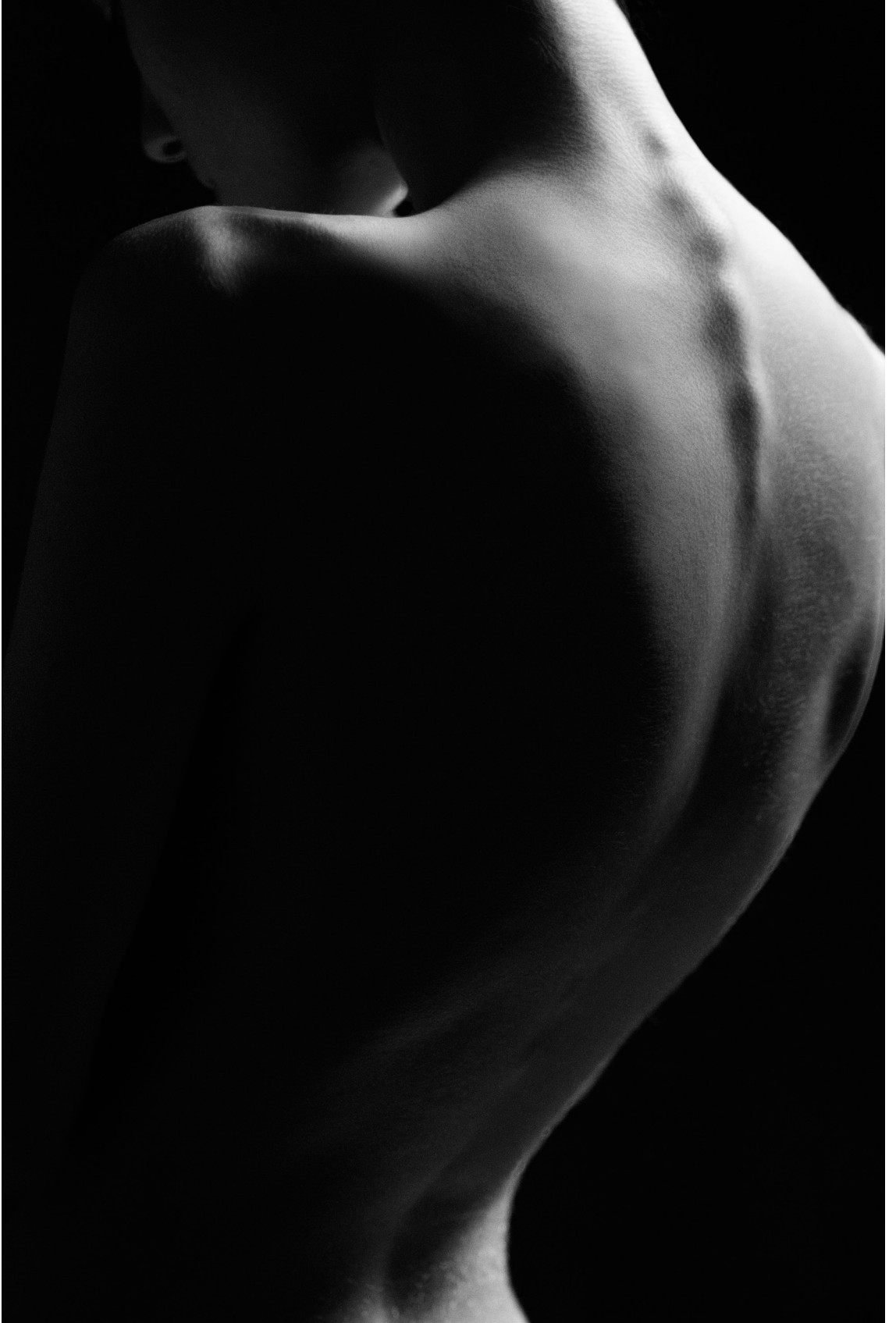
Chenot Spa Programmes

Chenot Body Sculpture Programme 3 Days

The programme is designed to realign and start to sculpt your muscles. We take a scientific approach to reducing the appearance of cellulite and improving skin elasticity and firmness.

The programme includes:

- Bio-light Menu
- 1 Chenot Detox Body Massage
- 2 Chenot Connective Tissue Massages
- 3 Phyto-mud Treatments
- 3 Chenot Cellulite Treatments
- 1 Chenot Purifying Detox Facial Treatment





Chenot Spa Programmes

Chenot Day Spa 1 Day

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

The programme includes :

- Bio-Light Lunch
- 1 Chenot Detox Body Massage
- 1 Phyto-Mud Treatment
- 1 Chenot Illuminating and Nourishing Facial Treatment with application of Chenot Customised Mask and Booster

Chenot Spa Programmes

Chenot Complete Facial Day Care Programme 1 Day

A personalised face-care programme that cleans, hydrates, nourishes and refreshes the skin.

The programme includes:

- 1 Chenot Purifying Detox Facial Treatment
- 1 Chenot Illuminating and Nourishing Facial Treatment with application of Chenot Customised Mask and Booster



Spa Guide

OPENING HOURS

Chenot Spa is open daily from 10am to 7pm. (The resort reserves the right to alter the time schedule according to the season without any prior notification).

APPOINTMENTS AND ADVANCE BOOKINGS

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

TREATMENTS

If you require further information or advice, our team is at your full disposal. To schedule an appointment or discuss your options, please contact the Spa reception.

LOCKERS

A locker will be at the disposal of each guest. We will provide a robe, slippers, towels, in-shower cosmetics, and other essential items while you are visiting the Spa.

ARRIVAL TIME

We recommend that you check in to Chenot Spa at least 15 minutes prior to your scheduled appointment. This allows us to welcome you and introduce you to the facilities, while also allowing time to briefly discuss your treatment expectations. In the event that you are running late for an appointment, a courtesy call would be greatly appreciated. When possible, we will try to ensure full treatment time for late arrivals, but to accommodate the next scheduled guest, your treatment time may be reduced.

HEALTH CONDITIONS

When making your spa reservation, please advise us of any health conditions, allergies or injuries that could affect your Spa experience.

GIFT CERTIFICATE

Gift certificates for our spa treatments are available upon request.

SPA BOUTIQUE

Chenot Spa prides itself on providing exceptional results, and with a range of Chenot products available in our Spa Boutique, you can also achieve them in the comfort of your own home. Our therapists are highly trained and knowledgeable, and will advise you in selecting the appropriate products.

PRICES

All prices are quoted in MYR and are subject to 6% tax.

PAYMENT / CANCELLATION

Major credit cards are accepted. Payments can be charged directly to your room. A 100% cancellation charge will be incurred for any spa programme or treatment cancelled up to less than or within 6 hours before an appointment. All pre-paid programmes are non-refundable and non-transferable.

AGE REQUIREMENTS

We are delighted to offer treatments for guests from 16 years old and above.

LOSS OR DAMAGE

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

VALUABLES

No jewellery should be worn in the Spa, Fitness Centre and pools. Lockers are provided in the changing room as well as safety boxes in the hotel reception for your use. You are fully responsible for your personal belongings.

RESTRICTION OF USE

Chenot Spa is a retreat for your body, mind and spirit. For the consideration of others we request that you turn all cell phones and electronic devices to silent. Smoking in the spa area is strictly prohibited.

ACCIDENTS AND INJURIES

Chenot Spa shall not be liable for accidents or injuries suffered when using the facilities.

CONTACT DETAILS

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One&Only

DESARU COAST

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