



COREOD  
CARE

COREOD CLINIC

**COREOD CLINIC**  
EXCLUSIVE CARE CENTER

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**COREOD CLINIC**

# THE CLINIC

## A CONFIDENTIAL PSYCHOLOGICAL CARE CENTER

### THE FIRST ONE IN FRANCE

Within the Aor Castle, our residents are individually taken care of by a fully dedicated team of practitioners, therapists, and coaches in a most exclusive place.

Our stress relief treatments' protocols are the result of our International Spatial Neuro-psychological Research Laboratory, the LIRNAS, which works on the Astronauts stress management in the space.

This global offer of cares, unprecedented on the current French market, is a constellation of ultra-confidential and personalized treatments, programs, and cures on a psychological, mental, and physical level.

The Aor Castle is a psychological care center, not a psychiatric one, a first in France. We confidentially practice and receive, with the promise of a full support (between 7 and 12h by day)



# THE AOR CASTLE

## AN EXCLUSIVE PLACE

### A UNIQUE, COMFORTING, AND COCOONING ENVIRONMENT

The Aor estate is a medieval castle built in 1290, surrounded by a French-style garden and a luxurious park offering the best setting for our care clinic.

The luxurious rooms and suites have been renovated keeping the authentic castle spirit while respecting the latest modern comfort and French luxury codes. We also run a gastronomic restaurant exclusively dedicated to our clientele.

The walls and the moats enclosing the castle ensure the authentic atmosphere to create the optimal conditions of confidentiality and cocooning for a full letting go.

We offer our guests activities in the forest, in the water or in the air, with a heliport within the estate. You will be able to relax in the winter by the fire reading a book that you will have borrowed in one of our bookcases or during the summer on one of the deck chairs while enjoying a detox juice in the shade of a centenary tree.



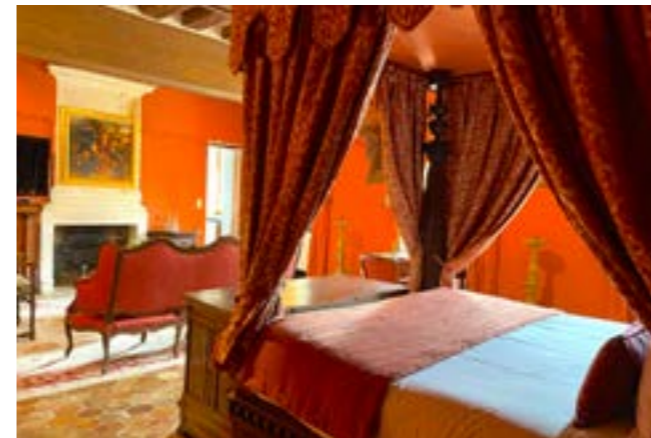
# SERVICES AND FACILITIES

## A CASTLE LIFE

### FRENCH AUTHENTICITY AND SOPHISTICATION

- 25 luxurious rooms and suites
- Several lounges
- A tearoom
- A bar in 20s style
- A 25 seats theater
- A tennis court, an equestrian center and a petanque court
- A pool and a spa
- A park of more than 250 hectares and one pond of 10 hectares





## ROOMS & SUITES

In the East wing, the castle features two particularly atypical suites : The King Suite and the Queen suite. Each one gathers wood sculptures' treasures, impressive bathrooms, and delicate wall coverings. Both are designed in the tradition's respect and were reserved for the King of France exclusive use if his Majesty were to visit the castle. Live an experience more than immersive in the castle life thanks to rooms and suites magnificently decorated, unique in terms of color, style, and furniture.





## POOL & SPA

Enter in a soft and relaxing cocoon thanks to the Spa. Located in the castle previous orangery, you will have access to the entire space equipped with:

- 5 treatment rooms
- One solarium
- One hammam
- One sauna
- a covered and heated 25 m pool all year long

*Treatments available upon reservation*



## GASTRONOMY

Be awed by the creations of our Japanese Chef.

Each meal becomes a moment of awakening of the senses. Dishes with perfectly balanced flavors. A tasty cuisine with seasonal products mainly from the vegetable garden, picked up by our residents, and tailor-made recipes created according to your dietary preferences.

For even more culinary awakening, we can also offer you to meet with starred chefs, internationally renowned and invited to the castle to offer you an exceptional moment.

*Meeting with the starred chefs upon reservation*

## **MENTAL HEALTH**

## TREATMENTS

# PSYCHOLOGICAL CARES & MENTAL HEALTH

*Treatment length: as of 8 days + possibility of follow-up teleconsultation*

Our treatments of Mental Health, addictions, and eating disorders include a systemic and holistic care (body and psyche) with a 24h available therapist during your stay at the Aor castle.

A site which allows a full letting go and a complete rest with innovating and very high-end therapies.

## TREATED TROUBLES IN OUR CLINIC

- Depression
- Burn-out
- Addictions (drug, alcohol, tobacco, medication, games, ...)
- Cumulative and post-traumatic Stress
- Anxiety/ Panic Attacks
- Couple / Family
- Sleeping disorders
- Eating disorders
- Phobia
- Borderline
- Bipolar disorders

*From 15000 euros - Personalized proposition on demand*



## TREATMENTS OBJECTIVES

- ✓ Lead to the mentioned disorders healing
- ✓ Help to find oneself
- ✓ Change the daily behaviors which nurture some of these disorders
- ✓ Define or redefine own life's objectives
- ✓ Acquire new tools to regain a healthy day-to-day life
- ✓ Improve the daily stress management
- ✓ And more generally, the well-being and the personal development: better self-esteem and more precise knowledge of own needs

## PROVIDED THERAPIES

- ✓ Psychological evaluation tests use
- ✓ Intensive Psychotherapy
- ✓ EMDR Therapy
- ✓ NLP
- ✓ CBT
- ✓ Gestalt psychology
- ✓ Hypnosis
- ✓ Systemic therapy
- ✓ Epigenetic
- ✓ Therapy with avant-garde molecules



# THERAPIES

## INTENSIVE PSYCHOTHERAPY

This therapy takes the form of a face-to-face dialogue, based on 5h / week, during which the specialist allows you to identify your disorders and blockages' source. Thus, he guides you to empower you to restore yourselves the identified hurt parts. A powerful, in-depth, and intense approach.

## EMDR THERAPY

The "Eye Movement Desensitization and Reprocessing" is a cognitive therapy aiming at curing the psychotraumatic disorders by staccato eyes movements and tactile or hearing stimulations. The person is sought for several exercises' series, lasting approximately one minute each. The eye, tactile, and sound gymnastics operates on the brain to release the harmful emotions.

Renowned in the post-traumatic stress treatment by the OMS (2013), the INSERM (2004 and 2015) and the Health High Authority (2007)

## NLP

The Neuro-Linguistical Programming is a range of communication and transformation technics focusing rather on our reactions than on our behaviors' origins. It prioritizes the how to the why and provides an observation grid to improve our perception of ourselves and others. It also allows to set goals and to achieve them.



## CBT

The Cognitive-Behavioral Therapies are taking care of the psychological suffering based on a methodology directly issued from the experimental method applied to the case of a person. The therapy aims by a new learning, to replace the inadequate behavior by a more adapted one matching the patient's wish. The therapist defines an appropriate therapeutic strategy.

## GESTALT PSYCHOLOGY

The Gestalt psychology is a humanist and existential approach integrating how we create meaning and, the existing in the present moment, which is to say our body, thoughts, and emotions entirety. This therapy allows to create choices for a better life.

## HYPNOSIS

The medical hypnosis allows to relieve patients of many problems. It can enable to fight not only against addictions but also depression and anxiety, stress, cure phobias, or even support the personal development. The therapist suggests to the patient to focus his attention on one element. By dint of absorption, the patient experiences a modification in his perceptions.



## SYSTEMIC THERAPY

The systemic therapy is part of a "systemic" general theory, considering the importance of the systems interaction between them. Thus, the systemic therapy directly arises from the Palo Alto school works : the person is taken in his relationships with his environment. In the context of a therapy, the systemic will therefore consider all the systems interacting with the patient within the scope of the problem to heal.

## EPIGENETIC

The epigenetic science consists in repairing the genome expression. During our life, we experiment positive or negative situations. When these are intense, our genes' expression can be temporary or permanently affected. In other words, living these intense experiences can modify our body at the molecular scale and transform our day to day by altering our cells' function. The science studying these phenomena is called epigenetic.



**ELITE MIND®**

# EXECUTIVE ELITE MIND®

*As of 4 days*

This program is especially dedicated to Leaders, Liberals, Senior Executives, and CEOs. Our exclusive protocol studies your personality thanks to a unique Matrix, specific to the corporate world, registered and developed by our experts for over 10 years. This Matrix analyses your professional potentials and identifies your improvement and development axis to reach your highest possible mental and managerial level.

## PROGRAM OBJECTIVES

- Enhancing your leadership and managerial abilities
- Setting a personality improvement and action plan : set own personal and change targets to improve professional relationships
- Tools and methods to establish assertiveness in daily functioning
- Understand and overcome emotional dysfunctions
- Anticipation ability: the strategic vision
- Priorities matrix Management

*From 15000 euros - Personalized proposition on demand*



## POSSIBILITY OF PSYCHOLOGICAL COUNSELING ON THE FOLLOWING CONCERNS

- ✓ Stress, burnout
- ✓ Addictions: alcohol, tobacco, drugs, medications, games...
- ✓ Sleep disorders management
- ✓ Immune system strengthening

## PROVIDED TOOLS

- ✓ The Personality Matrix/ coping: Elite Coreod®
- ✓ Intensive professional coaching
- ✓ EMDR
- ✓ Medical treatments control
- ✓ Hypnosis
- ✓ Therapy with avant-garde molecules
- ✓ Epigenetic





# ATHLETE ELITE MIND®

*As of 7 days*

This program is especially dedicated to high performance athletes to work on any psychological concern such as depression, addictions or any kind of ill-being linked to the performance pressure. We will run an individual analysis with highly innovating tools to assess your potential and your improvement and development axis. They will afterwards be worked with our practitioners, experts, and professional coaches to help you reach your highest possible mental and sports level.

## PROGRAM OBJECTIVES

- Setting sports performance action and improvement plan
- Understand and overcome emotional dysfunctions
- Anticipation ability: the strategic vision
- Career reconversion preparation
- Rediscover meaning in life after retirement

*From 10000 euros - Personalized proposition on demand*



## POSSIBILITY OF PSYCHOLOGICAL COUNSELING ON THE FOLLOWING CONCERNS

- ✓ Stress, burnout
- ✓ Addictions: alcohol, tobacco, drugs, medications, games...
- ✓ Sleep disorders management
- ✓ Immune system strengthening

## PROVIDED TOOLS

- ✓ High level sports coaching
- ✓ Mental trainer
- ✓ Specialized psychotherapists in high performance sports community
- ✓ EMDR in post-traumatic stress case
- ✓ Hypnosis to evacuate stress
- ✓ NLP
- ✓ Systemic therapy
- ✓ CBT
- ✓ Epigenetic to reinforce the mind and confidence



# YOUNG ELITE MIND®

*As of 7 days*

This program is dedicated to youths between 16 and 25 years old. It provides a specific support to develop the adolescents and young adults' maximum potential and help them to overpass the troubles they may face of which :

- Stress and school burn-out
- Trauma and phobias
- HPI /ADHD
- Addictions (video games, drugs...)

## PROGRAM OBJECTIVES

- Total care to prepare exams and entrance exams to schools
- Psychic and mental balance stabilization (school phobia)
- School performances' action and improvement plan
- Integration or reintegration in family life and social circles
- Understand and overcome emotional dysfunctions
- Anticipation ability: the strategic vision
- Identity strengthening towards the outside and work on self confidence

*From 8000 euros - Personalized proposition on demand*



## POSSIBILITY OF PSYCHOLOGICAL COUNSELING ON THE FOLLOWING CONCERNS

- ✓ Stress, burnout
- ✓ Addictions: alcohol, tobacco, drugs, medications, games...
- ✓ Sleep disorders management
- ✓ Immune system strengthening

## PROVIDED TOOLS

- ✓ Psychological evaluation tests use
- ✓ Mental trainer
- ✓ School success coaching
- ✓ Memory strengthening
- ✓ Intensive Psychotherapy for stress management
- ✓ EMDR in post-traumatic stress case due to school harassment or childhood trauma
- ✓ NLP
- ✓ Systemic therapy
- ✓ CBT
- ✓ Gestalt psychology
- ✓ Epigenetic to reinforce the mind and confidence



## **SOMA DETOX CURES**

## SOMA DETOX CURE

## VITALITY & WEIGHT LOSS CURE

*As of 7 days*

Sedentary lifestyle, lack of time, and fatigue result in toxins and kilos accumulation through the years. This cure is meant for people wishing to recuperate a healthy weight and a detoxified body.

### CURE OBJECTIVES

- Improvement of anxiety states causing weight gain
- Necessary tools acquisition for weight loss and stabilization
- Body detoxification
- Digestive issues improvement
- Reacquire healthy eating
- Daily stress management improvement
- Immune system strengthening
- Learn letting go

*From 8000 euros - Personalized proposition on demand*



## PROPOSED PROGRAM WITH A COMBINATION OF THE FOLLOWING TOOLS

- ✓ Patient medical file review by our medical team
- ✓ Bioenergetic assessment and interpretation
- ✓ Nutritional detox re-balance according to metabolism
- ✓ Food re-apprenticeship
- ✓ Meditation
- ✓ Fitness
- ✓ Specific yoga for body and joints flexibility
- ✓ Energetic massages
- ✓ Cellu M6 massages
- ✓ Lymphatic massages
- ✓ Hydro-aromatherapy
- ✓ Fasting cure supervised by our medical team
- ✓ Bioenergetic treatments
- ✓ Psychotherapy support sessions with :
  - Hypnosis
  - NLP



## SOMA DETOX CURE

### ZEN SOMA DETOX CURE

*As of 4 days*

To disperse the mental load, rest the body and rekindle the mind flame. This cure offers a Space – Time of cares to find oneself and better restart. The life constant race and the daily stress result in toxins accumulation in our body and especially our liver and digestive system that may be dangerous. This cure is intended for people who wish to disconnect from their daily stressful environment and calm their mind restlessness. We propose them to reach a homeostasis Body-Mind-Psyche thanks to a healthy detoxified body and a rested mind.

#### CURE OBJECTIVES

- Improve your stress management on the long term
- Learn letting go
- Improve your sleep quality
- Eliminate toxins accumulated in the body
- Strengthen the immune system

*From 5000 euros - Personalized proposition on demand*



### PROPOSED PROGRAM WITH A COMBINATION OF THE FOLLOWING TOOLS

- ✓ Meditation
- ✓ Pranayama (yogic breathing)
- ✓ Yoga
- ✓ Mind-fullness and letting go
- ✓ Relaxing and revitalizing massages
- ✓ Hydro-aromatherapy sessions
- ✓ Fitness
- ✓ Fasting cure supervised by our medical team
- ✓ Energetic assessment
- ✓ Bioenergetic treatments
- ✓ Psychotherapy support sessions with :
  - Hypnosis
  - NLP





## COMPLEMENTARY CARES A FULL SUPPORT

### A PROGRAM TO RECOVER

According to your preferences and the chosen program, you will have access to the following healings :

#### BODY

- Hammam - Pool
- Sport with personal trainer
- Nutritionist
- Bioenergetic treatment
- Massages
- Naturopathy
- Ayurveda
- Phytotherapy
- Qi Gong
- Osteopathy /Etiopathy
- Shiatsu

#### MIND

- Art therapy
- Hypnosis
- Coaching
- Chromotherapy
- Meditation
- Sound-therapy

#### SPIRIT

- Meditation
- Yoga
- Pranayama
- Mind fullness
- Sound-therapy
- Chromotherapy
- Tai Chi
- Qi Gong
- Ayurveda



## OUR ACTIVITIES



## OUR INDOOR ACTIVITIES

### A PROGRAM TO ESCAPE

According to your appeal, you will be able to practice activities among the following selection :

- Watercolor
- Calligraphy
- Floral workshop
- Cooking class
- Olfactive experience (perfume creation)
- Films and documentaries Projection
- Origami
- Hair stylist
- Relooking
- Makeup Class
- Esthetic medicine





## OUR OUTDOOR ACTIVITIES

### A PROGRAM TO ESCAPE

According to your appeal, you will be able to practice activities among the following selection :

- Horse riding
- Archery
- Walk in the forest
- Golf initiation
- Helicopter flight
- Tennis
- Gardening
- Botanic
- Petanque
- Footing

## HERMES FLYING TEAM

# HERMES FLYING TEAM

## YOUR FAVORITE PROTOCOLS ABROAD

### THE DESTINATIONS' CHOICE

Named after the first European Rocketship, the Hermes Cell is a flying team including a doctor, a psychologist, a corporate coach, a chef de cuisine, a personal trainer, and a butler who will be at your service 24/7 during your stay.

This flying team enables you to benefit from Coreod Clinic innovating protocols in exclusive and confidential locations for you or in small group.





## MARRAKESH

*Number of available suites : 5*

A peaceful and serene oasis. Among the palm trees and surrounded by the Atlas majestic mountains, our ultra-confidential estate welcomes you away from the bustle of the city. Your body and mind will be soothed by the eternal snow view.

You will be able to experience exclusive immersion with meditations under the starry vault.

**This destination includes the following services and activities :**

- Concierge service
- Oriental Spa cares : hammam, exfoliation, sauna
- Outdoor pool
- Fitness room
- Tennis court
- Balloon ride above the Atlas Mountains
- Access to an internationally renowned 18-hole golf

**Other à la carte activities are provided :**

- A unique and authentic 2 days experience : a round trip in helicopter for an ultra-luxury stay in the Moroccan desert, Palace tents and services under the starry vault and in total immersion in the Atlas silence
- A 2 days-experience facing the ocean beauty : for an exotic stay Palace tents and services to the rhythm of waves, a time in communion with the nature



*For reservation and information, our client experience coordinator team will be at your service to build with you your individualized program.*





## THE MALDIVES

*Number of available suites : 10*

The dream destination! Time is suspended, between the sky and the sea you float in a cloud of well-being and serenity.

**This destination includes the following services and activities :**

- Palaces services
- Art therapy path
- Private pool with a view on the Indian Ocean
- Spa and Fitness room
- Yoga
- Meditation
- Snorkeling
- Tailormade tea Experience according to your personality

**Other à la carte activities are provided :**

- Scuba diving
- Discovery of the nearby islands by seaplane



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## THE HIMALAYA

*Number of available suites : 5*

A holistic experience reflecting the nature and oneself respect Nepalese ancient philosophy. A 20 hectares domain offers a panoramic view on the Himalaya and the surrounding valleys. The property is designed in the spirit of a traditional Nepalese village, with trails, clearings, and farms with terrasses perfectly integrated in a verdant forest. It is a place made to explore and live with the nature.

**This destination includes the following services and activities :**

- Yoga
- Meditation
- Pool & fitness center
- Himalaya rock salt room
- Himalaya rock crystal room
- Meditation Labyrinth
- Chakra sound Therapy room
- Nine planets Garden
- Ping area (oscillation)

**Other à la carte activities are provided :**

- Private consultation with an ayurvedic doctor
- Ayurvedic body treatments
- Himalayan sound bowls Therapy
- Painting / pottery classes
- Private consultation with an ayurvedic doctor



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## THE COMO LAKE

*Number of available suites : 13*

You are welcomed in our our ultra-confidential Italian palace. An enchanted place dating back to the 16th century overlooking the mythical Lake Como.

A Spa, swimming pool, and a fitness room are nestled in a 38-hectare park, inviting you to wander around or to practice all the physical activities your heart yearns for.

Arrival is possible by helicopter or by road, but it is by boat that you can fully appreciate the beauty of this unique site.

**This destination includes the following services and activities :**

- Concierge service
- Access to the Spa area
- Billiard room
- Grand piano at your disposal
- Nautical activities : water skiin, paddle
- Crossing the Como Lake by traditional boat
- Mindfulness meditation initiation with the lakeside fishing (immediate release technic)

**Other à la carte activities are provided :**

- An evening at the Milano Scala with a helicopter round trip from the Villa
- A private musical evening at the Villa



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## THE SWISS ALPS

*Number of available suites : 3*

Our luxurious refuge in the heart of the Swiss Alps to allow you stopping the race against the clock.

Between contemporary design and swiss tradition, our therapists' teams accompany you and organize for you a unique experience throughout your stay.

We notably offer beautiful slopes for skiers in winter and long hikes in summer, in one of the most prestigious Swiss resorts

**This destination includes the following services and activities :**

- Concierge service
- Access to the Indoor space: sauna, hammam, and heated pool
- Fitness Room
- Personal Ski instructor (Winter)
- Alpine trails Discovery: fauna and flora (Summer)
- Access to an 18-hole golf (Summer)

**Other à la carte activities are provided :**

- Heli-paragliding experience: transported by helicopter paragliding from one of the spectacular surrounding summits
- Night skiing (winter)



*For reservation and information, our client experience coordinator team will be at your service to build with you your individualized program.*





# COACHS, EXPERTS AND HEALTHCARE PROFESSIONALS



Catherine FARÇAT  
Psychologist  
Head of brief therapies



Élise JABÈS  
Doctor of psychology  
Head of the therapists Team



Roberta LORENZON  
Coordinating Doctor



Maïté LACROIX  
Head of Yoga Coaches



Bouchra COLLINI-ZRYOUIL  
Head of Personal Development  
Coaches



Lily TOURNIER  
Head of Personal Trainers



Eudes D'ORLÉANS  
General Manager  
Head of logistics and accommodation



Aurélie TABURET  
Clients Experience Coordinator



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