

LEFAY  
SPA  
METHOD®

The logo features a stylized graphic of two overlapping, curved lines in shades of blue and teal, resembling a leaf or a wave, positioned above the text. The text "LEFAY SPA METHOD" is written in a clean, sans-serif font, with "LEFAY" on the top line, "SPA" on the second line, and "METHOD" on the third line. A registered trademark symbol (®) is located at the end of the word "METHOD".

# LEFAY SPA METHOD

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The Lefay SPA Scientific Committee has created a method that combines the principles of Classical Chinese Medicine with Western scientific research to target individual wellbeing and health. Classical Chinese Medicine is one of the oldest diagnostic and therapeutic sciences in the world. It considers man as a combination of matter, energy and spirit in continuous evolution. Since its conception, Classical Chinese Medicine has focused on stress as one of the main causes of complaints and ill health. From the Western world, Lefay SPA Method utilises scientific research about stress, inflammation, nutrition, the ageing process and emotional status. This tried and tested union is the basis of the Lefay SPA Method and its innovative treatments.



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# THE PHILOSOPHY

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Since the very beginning, the aim of the Lefay SPA Method has been to fully restore the balance between body, mind and spirit through the search for conscious health. This means taking care of your body in a responsible, natural and healthy way, every day.



*Lefay SPA Method: when  
Classical Chinese  
Medicine meets  
Western scientific research*

- THE PHILOSOPHY -

# Health-Conscious Living

The Lefay SPA Method Health Programmes are designed to provide you with the right tools to embark on a journey of change and learn to listen to yourself, to find your own path. Choosing one of the Lefay SPA Method programmes, the journey of change begins before your arrival at the Resort, with a survey sent to determine your physical and emotional condition and lifestyle.

After arriving, you will be guided on your journey of treatments, advice and activities that help you rediscover yourself and set specific goals to become the conscious protagonist of your life. The journey of change continues after the stay with follow-up counselling to evaluate the achievement and maintenance of the goals and to help you integrate the changes in your daily life.





- THE PHILOSOPHY -

# Introduction to Classical Chinese Medicine

The development of Chinese scientific and medical thought is the result of the Taoist philosophy which, together with Confucianism and later Buddhism, marked the millennial development of Chinese culture.

In the Taoist cosmogonic view, the Tao was at the origin of time. It was described in terms similar to those used by Judeo-Christian religions to talk about God, and is well described in the Chinese classic book, Tao Te Ching: "There was something formless and perfect before the universe was born. It is serene. Empty. Solitary. Unchanging. Infinite. Eternally present. It is the mother of the universe. ". The Tao begets the One: this is the Qi (气), the fundamental energy of the universe as described in the Huangdi Neijing (黄帝内经 Inner Canon of the Yellow Emperor): 'Qi energy is the cause of everything'. The One then condensing into the Yin 阴 (Earth) and rarefying into the Yang 阳 (Heaven) begets the Two. Earth and Heaven, for their part, coming into contact, beget the Three, that is, all

things that exist, including man.

Man is therefore between heaven and earth and receives from heaven all the Qi types that constitute his mental and spiritual aspect and from earth his body structure, blood and body fluids. Man is a microcosm inside an energy system that is closely connected to the external environment (macrocosm) and shares the same laws with it: the laws that govern Nature as a whole.

In Chinese Medicine, Qi is the result of the relationship between an organ (Yin) and its functions (Yang), between the information stored in the DNA of a cell and its biochemical production. It is interesting to point out that even mental activity and emotions are rooted in the organs of the body, so there is no division between mind and body as in our culture. On the contrary, there is a sophisticated mechanism that links diseases to emotions.

Over the years, the Yin/Yang (matter/energy) division has developed into the Five Phases or Five Movements Theory (五行 Wu Xing): Wood, Fire, Earth,



Metal and Water. This theory aims to explain the phases that regulate the continuous transformation of Yin into Yang, both in the universe and in our bodies.

In this classification, everything that exists is related to one of the five main phases, and thus shares the same energy root.

The world is thus divided into four elements: Wood-spring (energy organs liver and gallbladder), Fire-summer (energy organs heart and small intestine), Metal-autumn (energy organs lung and large intestine) and Water-winter (energy organs kidney and urinary bladder). The Earth is placed in the centre and represents the element of cohesion that allows the passage from one element to another in the cycle of the Five Movements: from the Yang (Wood and Fire) to the Yin (Metal and Water).

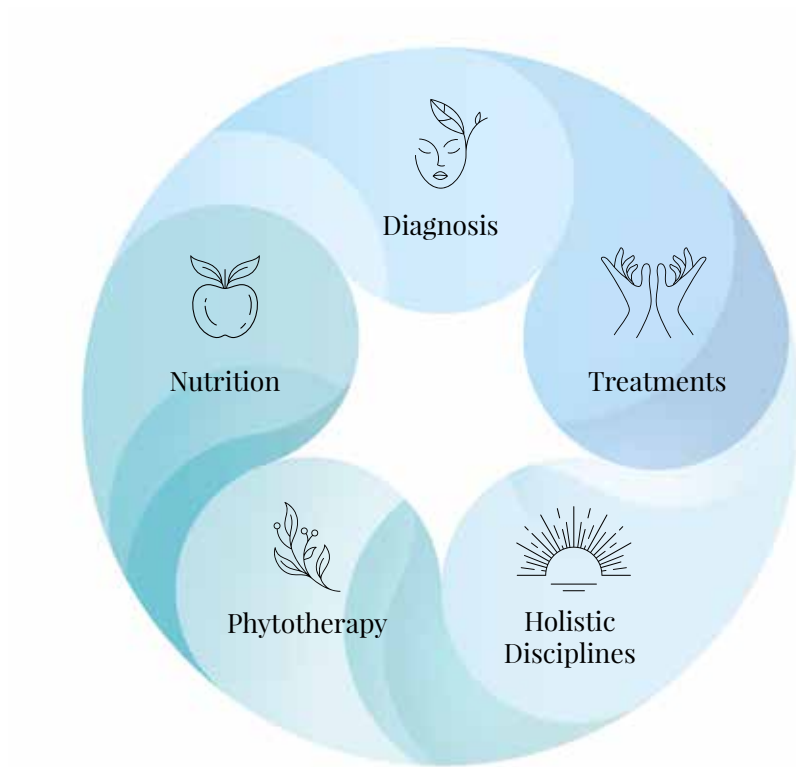
Each element, depending on the season and the part of the day, activates its own sector (e.g. in winter all those aspects linked to that season will be strong and active). All these forces together,

dominating one over the other in a continuous and infinite cycle, guarantee the harmonious balance of the world and of life. As it is written in the Huangdi Neijing (黄帝内经), since everything that exists is related to these Five Phases and reflects their continuous and infinite transformations, they can also be associated with seasons, colours, movements, directions, parts and organs of the human body.

From these principles, the pillars of the Lefay SPA Method programmes have been developed to guide Guests in the process of becoming aware of their own state of health, by rebalancing the two Yin and Yang forces.



# THE PILLARS OF LEFAY SPA METHOD



The pillars of the Lefay SPA Method are the five principles on which the programmes are based and that characterise the main phases of the change experience.



-1-

## Medical Energy Examination



The energy doctor makes enquiries regarding certain characteristics of the body that range from dreams to digestion, trying to perceive any small changes in energy in the body before these changes develop into a disease. The doctor also observes the skin tone, listens to the tone of the voice, asks about favourite food and takes the radial pulse. For this examination he also uses scientific instruments that reflect both Eastern and Western principles, consistent with the philosophy of Lefay SPA Method. This procedure allows an energy diagnosis that can be used to provide specific treatments for any detected changes.



-2-

## Treatments of Chinese and Western Tradition

The treatments aim to reactivate energy channels as well as rebalance the energy of body and mind, and are personalised according to the individual psycho-physical state. They have been developed by combining the principles of Classical Chinese Medicine with Western techniques. They combine traditional massage techniques with the stimulation of “points and meridians” that activate the “energy” function, thus ensuring a deep and long-lasting result. This method enhances the effects of a traditional massage, because the body receives an “energy message” which will be remembered and elaborated over time.





- 3 -

## Holistic Disciplines and Breathing



Physical and energy rebalancing activities, such as Qi Gong and Meridian Stretching, are techniques that embody an ancient philosophy and help restore a healthy energy balance. Qi Gong is a Chinese practice that in its simplicity teaches us to go deep within ourselves by momentarily closing the doors to the outside world; this allows us to learn, through body, mind and breath, all about us.

The Stretching of Meridians is a discipline in which the movements relax the muscles along the meridians, loosen the tendons, open up the joints and remove energy and mental blockages.



- 4 -

## Phytotherapy and Nutritional Supplements

The Lefay SPA Method uses the oldest form of phytotherapy within its programmes: the herbal tea. The Scientific Committee has studied mixtures of organic Western plants created by combining the principles of Classical Chinese Medicine with Western scientific research. The herbal teas have been formulated both for their inner properties and for their energy function in line with the values of Lefay Spa Method. During the initial examination a specific herbal tea is recommended to be taken during and after the stay.







- 5 -

## Healthy Eating

Nutrition plays a fundamental role in preventive medicine. Lefay SPA Menu is a detoxifying and marginally low-calorie dietary approach whose purpose is to ensure energy supply through selected foods. For Classical Chinese Medicine, the taste of food is of great importance. For this reason, in order not to change the properties of foods, seasonings are reduced by using small amounts of extra virgin olive oil, little salt and alternative sugars that do not affect the glycaemic index such as erythritol, xylitol and trehalose. The main aim is to enhance the “Sheng” of the food, i.e. its intrinsic properties that according to both Western and Eastern philosophies can deeply nourish the body. The gifts of nature, i.e. local products from our region, seasonal fruit and vegetables, are fundamental for us. The Lefay SPA menu is particularly tasty, does not put excessive strain on the digestive system and follows the principles of a healthy and balanced diet. The aim is to help people improve their eating habits by educating them about the nutritional properties of different foods and the psychological processes that determine attitudes towards food.







# HEALTH PROGRAMMES

## *I Flussi dell'Energia*

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Lefay SPA offers its Guests the innovative programmes *I Flussi dell'Energia* personalised according to individual needs, to achieve a complete sense of physical wellbeing and pursue different objectives: stress relieving, curing insomnia, strengthening the immune system, body detoxification, weight loss, getting back into shape, reducing the signs of aging and longevity. Each programme includes a pre-stay survey to get you ready for your self-awareness journey, as well as a post-stay consultation to help maintain the goals achieved.

# DISCOVERY

The Discovery Programme is an introduction to the Lefay SPA Method:  
three days to approach change and be inspired by a healthier  
and more conscious lifestyle.

3 nights

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- Initial medical examination to determine energy levels
- Personalised phytotherapy
- Lefay SPA energy facial massage *Derma di Luce*
- Lefay SPA personalised energy body massage
- Cryotherapy
- Activity for rebalancing physical energy (Stretching of Meridians)
- Final examination with targeted recommendations for maintenance

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INCLUDED

Access to Lefay SPA World  
Breakfast, lunch and dinner with Lefay SPA Menu

**€ 890,00**

(excluding accommodation)

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# RELAX

The programmes in this section are dedicated to all those who wish to find deep peace, slow down the rhythm of their life, take a break, meditate and relax their body and mind in order to establish a new, deep connection with themselves.

## ANTISTRESS

### Recupero dell'Energia Originale

The human body is a collection of energy flows in continuous activity, in an effort to strike a balance between the stimuli of the outer world and the inner emotional sphere. This is how we stay healthy and feel good. A condition of prolonged stress can undermine the harmony of these two aspects, creating a state of general malaise. The programme "Il Recupero dell'Energia Originale" aims to reset the body by helping to stimulate the necessary resources for this exchange of forces, and regain a dynamic equilibrium. Its methodology is based on the integration of the most recent discoveries of neuroscience, re-integrated within the more complex vision of Classical Chinese medicine. The effectiveness of the treatments is continually overseen through heart rate monitoring, according to mathematical models that interpret the variability of the autonomic nervous system as a stress state detector.

#### INCLUDED

Access to Lefay SPA World  
Breakfast, lunch and dinner with Lefay SPA Menu

**€ 2590.00**

(5 nights excluding accommodation)

**€ 3890.00**

(10 nights excluding accommodation)

	5 nights	10 nights
• Introduction to the programme	1	1
• Welcome ritual salt-water pool <i>La Luna nel Lago</i>	1	1
• Initial medical examination to determine energy levels	1	1
• Personalised phytotherapy	1	1
• Intermediate medical interview	1	1
• ANS monitoring with anti-stress breathing exercises	2	3
• Intestinal check-up*		
• Nutritional supplement Uno cardio 1000=Vitamin D 1000*		
• Lefay SPA energy head massage <i>La Finestra del Cielo</i>	1	2
• Acupuncture session	2	2
• Cryotherapy session	1	3
• Cellular repair treatment (NanoVi device)	2	3
• Moxibustion treatment	1	2
• Specific anti-stress Tuina <i>L'Essenza</i>	1	2
• Lefay SPA energy stress-relieving body massage	1	2
• Lefay SPA foot reflexology treatment	1	2
• Activity for rebalancing physical energy (Qi Gong)	2	2
• Activity for rebalancing physical energy (Stretching of Meridians)	1	2
• Guided walk in the energy and therapeutic garden	1	1
• Final examination with targeted recommendations for maintenance	1	1

## SLEEP

### Il Sentiero di Hypnos

According to Classical Chinese Medicine, insomnia is the manifestation of an imbalance of energy due to various causes of physical nature (such as hormonal changes, digestive disorders or physical hyperactivity) and of mental nature (such as stress and intellectual hyperactivity). The treatments in this programme stimulate the energy lines and specific acupuncture points, thereby promoting sleep.

#### INCLUDED

Access to Lefay SPA World  
Breakfast, lunch and dinner with Lefay SPA Menu

**€ 2590.00**

(5 nights excluding accommodation)

**€ 3890.00**

(10 nights excluding accommodation)

	5 nights	10 nights
• Introduction to the programme	1	1
• Welcome ritual salt-water pool <i>La Luna nel Lago</i>	1	1
• Initial medical examination to determine energy levels	1	1
• Personalised phytotherapy	1	1
• Intermediate medical interview	1	1
• Intestinal check-up*		
• Nutritional supplement Uno cardio 1000=Vitamin D 1000*		
• Lefay SPA energy facial massage <i>Derma di Luce</i>	1	2
• Moxibustion treatment	2	3
• Lefay SPA energy massage <i>L'Abbraccio di Morfeo</i>	2	2
• Cryotherapy session	1	3
• Cellular repair treatment (NanoVi device)	2	4
• Lefay SPA foot reflexology treatment	2	3
• Acupuncture session	2	3
• Energy body tuina massage <i>I Colori dell'Uomo</i>	2	2
• Activity for rebalancing physical energy (Qi Gong)	2	4
• Guided walk in the energy and therapeutic garden	1	1
• Final examination with targeted recommendations for maintenance	1	1



# REBALANCING

These programmes are suitable for those who want to improve the wellbeing of their body by strengthening their immune system and their body in general. They are for those who need to rebalance their physical and mental health by lowering the level of inflammation.

## IMMUNE SYSTEM AND INTESTINE

### Il Chiaro e lo Scuro

Prevention is the best way to take care of ourselves. Developing a healthy ground for our body does not only mean defending ourselves against viral infections with a more effective immune system, but also pursuing a health condition so that we always feel at our best. It is important to choose a diet that nourishes the gut microflora, which is essential for a good immune system. The goal is to stay healthy and ensure that the body has all the resources to keep itself healthy. When the gut is in good condition, it guarantees a pleasant feeling of general well-being, for both body and mind.

#### INCLUDED

Access to Lefay SPA World  
Breakfast, lunch and dinner with Lefay SPA Menu

**€ 2590,00**

(5 nights excluding accommodation)

**€ 3890,00**

(10 nights excluding accommodation)

	5 nights	10 nights
• Introduction to the programme	1	1
• Welcome ritual salt-water pool <i>La Luna nel Lago</i>	1	1
• Initial medical examination to determine energy levels	1	1
• Personalised phytotherapy	1	1
• Intermediate medical interview	1	1
• Intestinal check-up	1	1
• Nutritional supplement Uno cardio 1000=Vitamin D 1000*		
• Nutritional consultation and prescription of special diet	1	1
• Lefay SPA energy body scrub	1	1
• Lefay SPA massage <i>Nutrire la Vita</i>	1	2
• Lefay SPA foot reflexology treatment	1	2
• Acupuncture session	1	2
• Lefay SPA facial cleansing ritual <i>Unico Cielo Short</i>	1	1
• Specific energy tuina massage	2	3
• Moxibustion treatment	1	2
• Lefay SPA detoxifying energy massage <i>La Luce oltre la Nebbia</i> with cupping	1	1
• Cryotherapy session	1	3
• Cellular repair treatment (NanoVi device)	2	3
• Anti-stress breathing exercises	1	1
• Activity for rebalancing physical energy (Qi Gong)	1	1
• Guided walk in the energy and therapeutic garden	1	1
• Final examination with targeted recommendations for maintenance	1	1

## DETOX

### Purezza ed Equilibrio

Any physical or mental activity produces waste in the body: the persistent presence of these substances is toxic. Prolonged stress, bad eating habits or frequent use of alcohol and tobacco create an imbalance between the production of toxins and the detoxifying ability of the body. The result is an accumulation of toxins that progressively acidifies the body, ageing it prematurely. This programme is ideal for removing toxins accumulated during periods of stress and re-establishing better functioning of the organs responsible for toxin elimination, turning back the body's biological clock and assisting the body to disperse toxin accumulation.

#### INCLUDED

Access to Lefay SPA World  
Breakfast, lunch and dinner with Lefay SPA Menu

**€ 2590,00**

(5 nights excluding accommodation)

**€ 3890,00**

(10 nights excluding accommodation)

	5 nights	10 nights
• Introduction to the programme	1	1
• Welcome ritual salt-water pool <i>La Luna nel Lago</i>	1	1
• Initial medical examination to determine energy levels	1	1
• Personalised phytotherapy	1	1
• Intermediate medical interview	1	1
• Intestinal check-up	1	1
• Nutritional supplement Uno cardio 1000=Vitamin D 1000*		
• Nutritional consultation and prescription of special diet	1	1
• Lefay SPA energy body scrub	1	1
• Lefay SPA foot reflexology treatment	1	1
• Lefay SPA facial cleansing ritual <i>Unico Cielo</i>	1	1
• Lefay SPA phyto - specific aromatic mud wrap	2	2
• Specific energy tuina massage	1	2
• Moxibustion treatment	1	3
• Acupuncture session	1	2
• Lefay SPA detoxifying energy massage <i>La Luce oltre la Nebbia</i> with cupping	1	1
• Cryotherapy session	1	3
• Lefay SPA draining energy massage <i>La Rugiada del Mattino</i>	1	2
• Cellular repair treatment (NanoVi device)	1	2
• Activity for rebalancing physical energy (Stretching of Meridians)	2	3
• Guided walk in the energy and therapeutic garden	1	1
• Final examination with targeted recommendations for maintenance	1	1

# RESHAPE

For those who want to take care of their body and improve their body awareness. For those who realise or would like to realise that the body is the place where we will live a lifetime, that accompanies us through life and moves us through the world.

## WEIGHT

### Armonia del Corpo

Being overweight is one of the most significant health risks and there is no “magic” solution for weight loss. Western studies have shown that programmes based on the idea of diet as a “deprivation” or “constraint” is not only ineffective, but also detrimental to health. Lefay SPA philosophy underlines the importance of “consciousness” within a diet and in one’s lifestyle. Therefore, it aims to modify your eating habits in your regular daily life. This programme features a nutritional consultation with the prescription of a “sustainable” and personalised diet, draining and detoxifying treatments together with physical and energy rebalancing activities with the aim to restore the free flow of energy around the body, assisting you to return to your ideal body weight. This is a process that starts during the stay and will continue at home.

## INCLUDED

Access to Lefay SPA World  
Breakfast, lunch and dinner with Lefay SPA Menu

**€ 2590,00**

(5 nights excluding accommodation)

**€ 3890,00**

(10 nights excluding accommodation)

	5 nights	10 nights
• Introduction to the programme	1	1
• Welcome ritual salt-water pool <i>La Luna nel Lago</i>	1	1
• Initial medical examination to determine energy levels	1	1
• Personalised phytotherapy	1	1
• Nutritional consultation and prescription of special diet	1	1
• Intermediate medical interview	1	1
• Intestinal check-up	1	1
• Nutritional supplement Feed and fit plus*		
• Lefay SPA energy body scrub	1	1
• Lefay SPA draining or anti-cellulite energy body massage	1	2
• Energy tuina massage <i>L'Armonia</i>	2	2
• Lefay SPA phyto - specific aromatic mud wrap	2	4
• Moxibustion treatment	2	2
• Cryotherapy session	1	2
• Cellular repair treatment (NanoVi device)	1	2
• Acupuncture session	1	2
• Lefay SPA foot reflexology treatment	1	2
• Personalised session with personal trainer (30 minutes)	1	2
• Activity for rebalancing physical energy (Stretching of Meridians)	1	2
• Guided walk in the energy and therapeutic garden	1	1
• Final examination with targeted recommendations for maintenance	1	1

## FITNESS

### Leggerezza e Plasticità

The energy that defends us from the outside world and from tensions and stress, passes through our muscles. A correct posture helps our body to counter the effects of gravity and maintain an upright position, thereby balancing our movements and revealing our personality. The different treatments, sports and physical energy activities in this programme aim at relieving muscle tension, revitalising and toning atonic muscles, correcting alterations to posture and bringing the body back to global wellbeing, even making improvements on an aesthetic level.

#### INCLUDED

Access to Lefay SPA World  
Breakfast, lunch and dinner with Lefay SPA Menu

**€ 2590,00**

(5 nights excluding accommodation)

**€ 3890,00**

(10 nights excluding accommodation)

	5 nights	10 nights
• Introduction to the programme	1	1
• Welcome ritual salt-water pool <i>La Luna nel Lago</i>	1	1
• Initial medical examination to determine energy levels	1	1
• Personalised phytotherapy	1	1
• Intermediate medical interview	1	1
• Intestinal check-up*		
• Osteo - kinesiology consultation	1	1
• Lefay SPA tension-relieving energy body massage <i>La Brezza accanto al Confine</i>	1	2
• Tuina massage for posture <i>La Cima della Montagna</i>	1	2
• Moxibustion treatment	1	2
• Lefay SPA foot reflexology treatment	1	2
• Craniosacral osteopathy treatment	1	2
• Acupuncture session	1	2
• Cryotherapy session	2	2
• Cellular repair treatment (NanoVi device)	2	3
• Tension-relieving neck and back massage	1	2
• Sky Fitness with personal trainer (30 minutes)	3	3
• Activity for rebalancing physical energy (Stretching of Meridians)	1	2
• Guided walk in the energy and therapeutic garden	1	1
• Final examination with targeted recommendations for maintenance	1	1

# RENEW YOURSELF

These programmes are intended for those who feel the desire to intensely recharge their batteries and take care of their body. This concerns both appearance, in order to accept oneself deeply, and to approach a peaceful life.

## BEAUTY OF BODY AND MIND

### Luminosità dello Spirito

The radiance of the spirit (Shen) manifests itself particularly on the skin. This programme is dedicated to those who wish to reduce the damage caused by premature ageing or who wish to heal their "spirit" in order to improve their physical appearance. It is a beauty programme that is based entirely on a holistic concept, in which rebalance of the nervous system, nourishment of the spirit and deep relaxation are able to bring new luminosity to the skin, smoothing out wrinkles and making the body more toned.

#### INCLUDED

Access to Lefay SPA World  
Breakfast, lunch and dinner with Lefay SPA Menu

**€ 2590,00**

(5 nights excluding accommodation)

**€ 3890,00**

(10 nights excluding accommodation)

	5 nights	10 nights
• Introduction to the programme	1	1
• Welcome ritual salt-water pool <i>La Luna nel Lago</i>	1	1
• Initial medical examination to determine energy levels	1	1
• Personalised phytotherapy	1	1
• Intermediate medical interview	1	1
• Intestinal check-up*		
• Face and body beauty consultation	1	1
• Nutritional supplement collagen chocolate*		
• Lefay SPA facial cleansing ritual <i>Unico Cielo</i>	1	1
• Lefay SPA energy facial massage <i>Derma di Luce</i>	1	1
• Facial aculifting with Gua Sha massage <i>Farfalla di Seta</i>	1	1
• Lefay SPA energy body scrub	1	1
• Lefay SPA phyto - specific aromatic mud wrap	1	3
• Lefay SPA energy body massage <i>Massaggio di Giada</i>	1	1
• Specific energy tuina massage	1	2
• Cryotherapy session	1	2
• Cellular repair treatment (NanoVi device)	2	3
• Moxibustion treatment	1	2
• Lefay SPA energy beauty face ritual	1	2
• Lefay SPA foot reflexology treatment	1	2
• Face training Fit & Face	1	1
• Activity for rebalancing physical energy (Qi Gong)	1	2
• Guided walk in the energy and therapeutic garden	1	1
• Final examination with targeted recommendations for maintenance	1	1

## LONGEVITY

### La Via da Seguire

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“Yang” means to feed, to care. “Sheng” means to give birth, to live, to grow. In the Chinese interpretation, “Yang Sheng” means to nurture one’s personal potential. Rebalancing your strengths, realising in advance whether your lifestyle is damaging your body or mind, striving to sharpen your intelligence, making your muscles more supple and resistant, and your joints more flexible. And that’s not all: it’s not enough to nourish your body, it’s also important to recharge one’s batteries in the tranquility of the spirit.

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#### INCLUDED

Access to Lefay SPA World  
Breakfast, lunch and dinner with Lefay SPA Menu

**€ 2590,00**

(5 nights excluding accommodation)

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(10 nights excluding accommodation)

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	5 nights	10 nights
• Introduction to the programme	1	1
• Welcome ritual salt-water pool <i>La Luna nel Lago</i>	1	1
• Initial medical examination to determine energy levels	1	1
• Personalised phytotherapy	1	1
• Intermediate medical interview	1	1
• Intestinal check-up	1	1
• Nutritional consultation and prescription of special diet	1	1
• Nutritional supplement Uno cardio 1000=Vitamin D 1000*		
• Heal probiotic and probiotic mix*		
• Osteopathy / Postural consultation	1	1
• Moxibustion treatment	1	2
• Lefay SPA massage <i>Nutrire la Vita</i>	2	3
• Lefay SPA foot reflexology treatment	1	2
• Acupuncture session	1	2
• Specific tuina massage <i>L'Essenza</i>	1	2
• Lefay SPA energy beauty face treatment <i>Senza Tempo</i>	1	1
• Cryotherapy session	1	3
• Cellular repair treatment (NanoVi device)	2	3
• Postural training	1	1
• Anti-stress breathing exercises	1	1
• Activity for rebalancing physical energy (Qi Gong)	1	2
• Guided walk in the energy and therapeutic garden	1	1
• Final examination with targeted recommendations for maintenance	1	1







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