



03.

## SPECIFIC HEALTH PROGRAMMES

The Scientific Committee has created five programmes aimed at solving specific problems such as: excess weight; damage due to ageing; incorrect posture and physical shape; detox and insomnia.

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.

### SLEEP

Sogni d'Oro from 5 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Breakfast, lunch and dinner with Lefay SPA Menu
- Hormonal Profile Good Night checkup\*
- Personalised phytotherapy
- 1 Lefay SPA energy facial massage *Derma di Luce*
- 2 Lefay SPA energy massages *L'Abbraccio di Morfeo*
- 2 Lefay SPA tuina energy body massages *I Colori dell'Uomo*
- 2 individual acupuncture sessions
- 2 Lefay SPA energy foot reflexology treatments for insomnia
- 3 moxibustion treatments
- 1 energy hydro-aromatherapy session with essential oils
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 guided walk in the energy and therapeutic garden
- 3 activities for rebalancing physical energy (Specific

Qi Gong, Stretching Meridians, Holistic Season Acitivity)

- Entrance to Lefay SPA World of Water and Fire
- Final examination with targeted recommendations for maintenance.

€ 2.250,00 (excluding accommodation)

\*Optional, not included in the price