

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.

- 1 postural gymnastics lesson
- 1 guided walk through the energy therapeutic garden
- 2 activities for rebalancing physical energy (Stretching of the Meridians)
- Open-air activities along the 8 exercise stations of the *Shape and Colour* fitness path
- Entrance to the Lefay SPA World of Water and Fire
- Final examination with targeted recommendations for maintenance

€ 2.250,00 (excluding accommodation)

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 relaxing tense muscles, revitalising and toning atonic muscles, correcting alterations to posture and bringing the body back to global well-being, even making improvements on an aesthetic level.

SPORTS/POSTURAL

Leggerezza e Plasticità from 5 nights

- Introduction to the programme
- Initial energy examination
- Intermediate medical interview
- Breakfast, lunch and dinner with Lefay SPA Menu
- Postural-physiotherapy consultation
- Consultation with a personal trainer
- Personalised phytotherapy
- 2 Lefay SPA energy body massages *La Brezza accanto al Confine*
- 2 postural tuina massages
- 1 moxibustion treatment
- 2 Lefay SPA energy foot reflexology treatments for posture
- 2 osteo-physiotherapical massages
- 1 session in the salt-water pool *La Luna nel Lago*
- 2 personalised sessions with personal trainer 30 min.