

MEDICAL

Specialist medical advice and therapies in the fields of Western medicine, natural medicine, osteopathy and physiotherapy. The offer also includes a wide range of specific checkups aimed at identifying the difficulties which may affect the body.

01.

NATURAL MEDICINE

ENERGY MEDICAL EXAMINATION

A seventeenth-century document described this as the song of the 10 questions since 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 colouration of the skin, listens to the tone of the voice, asks about favourite foods and feels the radial pulses. This sequence allows an energy diagnosis to be made, according to which specific treatments, based on the changes encountered, are applied.

€ 95,00

ACUPUNCTURE

The human body is crossed by particular lines known as meridians, along which vital energy Qi flows. Poor Qi circulation is considered the cause of pain and illness. The energy balance of our body and therefore our state of well-being can be restored through acupuncture.

€ 140,00 examination and acupuncture session
(duration 60 min.)

€ 110,00 acupuncture session
(duration 40 min.)

MOXIBUSTION

Moxibustion is a Chinese therapeutic technique, whose name derives from the Japanese term Moe Kusa, which means "burning herb". The treatment involves the application of heat to areas of skin near acupuncture points or energy pathways and its purpose is to boost the result of an energy treatment or massage.

€ 45,00 (duration 20 min.)

CUPPING

Therapeutic method used since ancient times. The application entails placing cups on acupuncture points, creating a suction effect to dispose of excess fluid and reactivate the energy flows throughout the body and is considered a "reflex-stimulating" therapy because it works on the so-called reflex zones, improving the flow of energy and unlocking blockages. This aids respiratory and cardiovascular diseases, digestive and the osteoarticular system issues and headaches.

€ 45,00 (duration 20 min.)

ACULIFTING

The Aculifting treatment uses ancient methods of Chinese medicine to prevent and reduce the signs of ageing. Very thin needles are inserted in acupuncture points along the face's mimetic muscles in order to stimulate collagen production and blood circulation. After just one treatment skin appears firmer and rejuvenated, lines are reduced and the pores are tightened.

€ 115,00 (duration 30 min.)

NUTRITIONAL ENERGY CONSULTATION

This consultation is aimed at changing food habits by educating guests on the nutritional characteristics of various foods and the psychological processes that determine our attitudes towards food. The menu is particularly suited to people who are overweight, but also to those who want to choose a flavoursome, light, detoxifying and healthy way of eating. According to each one's energy constitution the doctor will select a personalised dietary programme.

€ 95,00

PHYTOTHERAPY CONSULTATION

According to the energy examination carried out by the Doctor to determine the individual energy syndrome and constitution, a specific healing herbal infusion is prescribed. Western provenance medical plants are offered both because of their intrinsic characteristics (for example, the birch for its diuretic and anti-inflammatory properties) and their energy qualities.

€ 90,00

02.

PHYSIOTHERAPY

POSTURAL EVALUATION

€ 90,00 (duration 40 min.)

PHYSIOTHERAPICAL TREATMENT

€ 115,00 (duration 40 min.)

MYOFASCIAL RELEASE POSTURAL MASSAGE

€ 100,00 (duration 40 min.)

03.

OSTEOPATHY

During the course of life, independently of age and a sedentary or active lifestyle, our body accumulates a series of aches, sprains and injuries that lead to deterioration in our physical health.

Osteopathy is a new science whose final objective is health, which is achieved by reducing pain, improving articular function, treating physiological disorders and removing obstacles to optimal nerve transmission. Considered as a form of alternative medicine, it is aimed at restoring our body's general balance and wellness functions through the use of specific manipulation techniques. Osteopathy considers the individual in his/her entirety as system made up of muscles, skeletal structures and internal organs that are connected via the nervous centres of the vertebral column. Each part making up a person (mind included) is dependent on the other parts, and the correct functioning of each ensures that of the entire structure.

CRANIOSACRAL BIODYNAMIC TREATMENT

Il Movimento Presente e la Quietè

By means of a method of contact aimed at deep listening, a connection is restored with natural rhythms – known as primary respiration – which is able to balance the psychophysical, emotional, energetic and spiritual sphere. To be precise, the practitioner touches the different parts of the body with precise and specific movements, helping to harmonise the functions of emotional and physiological self-regulation and stimulating immune system activity, thereby allowing a better and more effective self-healing process to begin. Indicated for: joint pains, emotional problems, rheumatism, sinusitis, spinal problems, physical and emotional trauma. A very delicate treatment, suitable also for children, the elderly and pregnant women.

€ 120,00 (duration 50 min.)

OSTEOPATHY CONSULTATION

€ 55,00 (duration 30 min.)

OSTEOPATHY MANIPULATION TREATMENT

€ 115,00 (duration 30 min.)

CRANIOSACRAL TREATMENT

€ 115,00 (duration 50 min.)

04.

CHECKUPS

FOOD INTOLERANCE TEST

Numerous studies have demonstrated that a relationship exists between food intolerances and excess weight, skin diseases and digestive disorders. This test is carried out according to the ELISA method and highlights hypersensitivity towards 92 or 184 types of foods, by outlining a personalised nutritional profile. Recommended in cases of excess weight, shortness of breath or night apnoea, before beginning an informed slimming plan.

Food intolerance Test 92 € **175,00**

Food intolerance Test 184 € **235,00**

NEW

METABOLISM CHECKUP

Metabolic Profile

It is used to assess possible damage caused by changes in metabolism. The increase in fat mass at the expense of muscle can in fact expose you to the risk of developing changes in regular metabolic function.

€ **125,00**

CELLULAR AGING FACTORS TEST

Ageing cannot be stopped, but much can be done to slow it down. Scientific research has discovered that the process of cellular ageing is influenced by four key processes in the body: methylation, inflammation, glycation and oxidation. The Cellular Ageing Factors test measures the level of cellular ageing by analysing specific markers that evaluate the state of these four processes.

€ **210,00**

NEW

ANTI-AGING CHECKUP

Cell Skin Profile

This test analyses the quality and quantity of fatty acids to give a complete view of skin health, together with the value of oxidative stress. A correct balance of fatty acids helps skin hydration, the conservation of elasticity and reduces inflammation.

€ **105,00**

HORMONAL PROFILE STRESS TEST

This test focuses on analysing the bioactive levels of two important stress hormones: Cortisol and DHEA. It is recommended in cases of general tiredness, acceleration of heart beat, difficulty in concentrating, sleep problems, premature skin ageing and anxiety.

€ **105,00**

INSOMNIA AND PSYCHOPHYSICAL TEST

Good Night Test

The test evaluates the evening concentration of melatonin, a fundamental neuro-hormone that regulates the sleep-wake cycle. It is recommended in cases of difficulty in getting to sleep, insomnia, intense psycho-physical stress, anxiety and for people with memory problems.

€ **105,00**

MEDICAL EXAMINATION

€ **70,00**