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GENERAL  
HEALTH  
PROGRAMMES

INTEGRAL

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## GENERAL HEALTH PROGRAMMES

The hectic pace of everyday life can put a great strain on the body, causing heart problems, stress, anxiety and depression. Lefay SPA Method programmes are aimed at completely rebalancing and rejuvenating the body, mind and spirit through the recovery of vital energy and the rediscovery of a healthy and sensible way of living. The treatments of the general programmes are personalised during the initial energy interview.

### LEFAY SPA INTEGRAL

from 5 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Breakfast, lunch and dinner with Lefay SPA Menu (for 5 days)
- Personalised phytotherapy
- 1 energy body scrub
- 1 personalised Lefay SPA energy body massage
- 2 tuina massages of the seven emotions (5 energy organs)
- 2 Lefay SPA specific energy foot reflexology treatments
- 2 moxibustion treatments
- 1 Lefay SPA energy facial ritual *Derma di Luce*
- 2 energy hydro-aromatherapy sessions with essential oils
- 1 guided walk in the energy and therapeutic garden
- 3 activities for rebalancing physical energy (Qi Gong, Stretching of Meridians)
- Entrance to Lefay SPA World
- 1 session in the salt-water pool *La Luna nel Lago*
- Final examination with targeted recommendations for maintenance

€ 1.990.00 (excluding accommodation)