



GENERAL
HEALTH
PROGRAMMES

ESSENCE

02.

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 ESSENCE

from 4 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Breakfast, lunch and dinner with Lefay SPA Menu (for 4 days)
- Personalised phytotherapy
- 1 energy body scrub
- 1 tuina massage of the seven emotions (5 energy organs)
- 1 personalised Lefay SPA energy body massage
- 1 Lefay SPA energy foot reflexology treatment
- 1 Lefay SPA energy facial massage *Derma di Luce*
- 1 energy aroma-hydrotherapy session with essential oils
- 1 guided walk in the energy and therapeutic garden
- 2 activities for rebalancing physical energy (Qi Gong, Stretching of Meridians)
- Entrance to Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 1.290,00 (excluding accommodation)