



SPECIFIC
HEALTH
PROGRAMMES

WEIGHT MANAGEMENT

03.

SPECIFIC HEALTH PROGRAMMES

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

Being overweight is one of the most significant health risks and there are no “magic” solutions for weight loss. Western studies have shown that programmes based on the idea of diet as a “deprivation” or “constraint” is not only ineffective, but also detrimental to health, as some considerable weight fluctuations can be harmful to health itself. Lefay SPA philosophy underlines the importance of “consciousness” within a diet and more in general in one’s lifestyle. Therefore it aims to modify your eating habits in your regular daily life. Lefay SPA Method programme features a nutritional consultation with the prescription of a “sustainable” and personalised diet, draining and detoxifying treatments together with physical and energy rebalancing activities with the aim to restore the free flow of energy around the body, assisting you to return to your ideal body weight.

WEIGHT MANAGEMENT

Armonia del Corpo from 5 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Food intolerance test* (Test ImuPro)
- Nutritional consultation and determination of specific diet
- Breakfast, lunch and dinner with personalised Menu (for 5 days)
- Personalised phytotherapy
- 1 energy body scrub
- 1 Lefay SPA draining or anti-cellulite energy body massage
- 2 slimming tuina massages *L'Armonia*

- 1 Lefay SPA pyhto – specific aromatic mud wrap
- 2 moxibustion treatments
- 2 individual acupuncture sessions
- 1 Lefay SPA energy specific foot reflexology treatment
- 1 personalised session with personal trainer (30 min.)
- 1 energy aroma-hydrotherapy session with essential oils
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 guided walk in the energy and therapeutic garden
- 2 activities for rebalancing physical energy (Qi Gong, Stretching of Meridians)
- Entrance to the Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 2.290,00 (excluding accommodation)

*Optional, not included in the price

WEIGHT MANAGEMENT INTENSIVE

Armonia del Corpo from 10 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Food intolerance test* (Test ImuPro)
- Nutritional consultation and determination of specific diet
- Breakfast, lunch and dinner with personalised Menu (for 10 days)
- Personalised phytotherapy
- 1 energy body scrub
- 1 Lefay SPA draining or anti-cellulite energetic body massage
- 1 Lefay SPA detoxifying energy body massage *La Luce oltre La Nebbia* (face & body with cupping)
- 2 slimming tuina massages *L'Armonia*
- 3 Lefay SPA pyhto – specific aromatic mud wraps
- 2 moxibustion treatments
- 2 individual acupuncture sessions
- 2 Lefay SPA energy specific foot reflexology treatments
- 3 personalised sessions with personal trainer (30 min.)
- 2 energy aroma-hydrotherapy sessions with essential oils
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 guided walk in the energy and therapeutic garden
- 2 activities for rebalancing physical energy (Stretching of Meridians)
- Entrance to the Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 3.290,00 (excluding accommodation)

*Optional, not included in the price