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SPECIFIC  
HEALTH  
PROGRAMMES

FITNESS

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## 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 guided walk through the energy therapeutic garden
- 2 activities for rebalancing physical energy
- Entrance to the Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 2.290,00 (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.

### FITNESS

Leggerezza e Plasticità from 5 nights

- Introduction to the programme
- Initial energy examination
- Breakfast, lunch and dinner with Lefay SPA Menu (for 5 days)
- Osteo - kinesiology consultation
- Personalised phytotherapy
- 2 Lefay SPA energy body massages *La Brezza accanto al Confine*
- 2 tuina massages for posture *La Cima della Montagna* (5 energy organs)
- 1 moxibustion treatment
- 2 Lefay SPA energy foot reflexology treatments for posture
- 2 osteo-craniosacral massages
- 2 session in the salt-water pool La Luna nel Lago
- 4 personalised sessions with personal trainer (30 min.)