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SPECIFIC  
HEALTH  
PROGRAMMES

DETOX

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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.

Any physical or mental activity produces waste in the body: the persistent presence of these substances is toxic. Prolonged stress, bad eating habits or frequent use of alcohol and cigarettes create an imbalance between the production of toxins and the detoxifying ability of the body. The result is an accumulation of toxins that progressively acidifies the body, ageing it prematurely. This programme is ideal for removing toxins accumulated during periods of stress and re-establishing better functioning of the organs responsible for toxin elimination, turning back the body's biological clock assisting the body to disperse toxins' accumulation.

### DETOX

Purezza ed Equilibrio from 5 nights

- Introduction to the programme
- Initial energy examination to determine energy levels
- Intermediate medical interview
- Food Intolerance checkup\*
- Nutritional consultation and prescription of special diet
- Breakfast, lunch and dinner with personalised Menu
- Personalised phytotherapy
- 1 energy body scrub
- 1 *Unico Cielo* facial cleansing ritual
- 1 Lefay SPA energy specific foot reflexology treatment
- 2 Lefay SPA pyhto - specific aromatic mud wraps
- 1 specific tuina massage
- 1 moxibustion treatment

- 1 Lefay SPA detoxifying energy massage (with cupping) *La Luce oltre la Nebbia*
- 1 Lefay SPA draining energy massage *Rugiada del Mattino*
- 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 (Stretching of the 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

### DETOX INTENSIVE

Purezza ed Equilibrio from 10 nights

- Introduction to the programme
- Initial energy examination to determine energy levels
- Intermediate medical interview
- Food Intolerance checkup\*
- Nutritional consultation and prescription of special diet
- Breakfast, lunch and dinner with personalised Menu
- Personalised phytotherapy
- 1 energy body scrub
- 1 *Unico Cielo* facial cleansing ritual
- 1 Lefay SPA energy specific foot reflexology treatment
- 3 Lefay SPA pyhto - specific aromatic mud wraps
- 3 energy aroma-hydrotherapy session with essential oils
- 2 specific tuina massages
- 1 individual acupuncture session
- 3 moxibustion treatments
- 1 Lefay SPA detoxifying energy massage *La Luce oltre la Nebbia* (with cupping)
- 2 Lefay SPA draining energy massage *Rugiada del Mattino*
- 2 sessions in the salt-water pool *La Luna nel Lago*
- 1 guided walk in the energy and therapeutic garden
- 3 activities for rebalancing physical energy (Stretching of the 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