SPECIFIC HEALTH PROGRAMMES

STRESS-RELIEVING

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.

· 2 specific anti-stress tuina *L'Essenza*
· 2 Lefay SPA energising stress-relieving body massages *La Quiete*
· 1 Lefay SPA foot reflexology treatment
· 1 session in the salt-water pool *La Luna nel Lago*
· 3 activities for rebalancing physical energy (Qi Gong)
· 2 breathing activities
· 1 guided walk in the energy and therapeutic garden
· Access to Lefay SPA World
· Final evaluation with ANS* monitoring

€ 2.290,00 (excluding accommodation)

*autonomic nervous system | **optional, not included in the price

The human body is a collection of energy flows in continuous activity, in an effort to strike a balance between the stimuli of the outer world and the inner emotional sphere. A condition of prolonged stress can undermine the harmony of these two aspects, creating a state of general malaise. *Il Recupero dell'Energia Originale* aims to reprogram the body by helping to stimulate the necessary resources for this exchange of forces, and regain a dynamic equilibrium. Its methodology is based on the integration of the most recent discoveries of neuroscience, re-integrated within the more complex vision of classical Chinese medicine. The effectiveness of the treatments is continually overseen through heart rate monitoring, according to mathematical models that interpret the variability of the autonomic nervous system as a stress state detector.

STRESS-RELIEVING
Recupero dell'Energia Originale from 5 nights

· Introduction to the programme
· Initial energy check-up with ANS* monitoring
· Intermediate medical evaluation
· Anti-ageing check-up (Anti-ageing Oxidative Stress)**
· Breakfast, lunch and dinner with Lefay SPA Menu (for 5 days)
· Personalised phytotherapy
· 1 Lefay SPA Massage *La Finestra del Cielo*
· 2 individual acupuncture sessions
· 1 moxibustion treatment