



LEFAY SPA "NOURISHING LIFE" PREVENTION

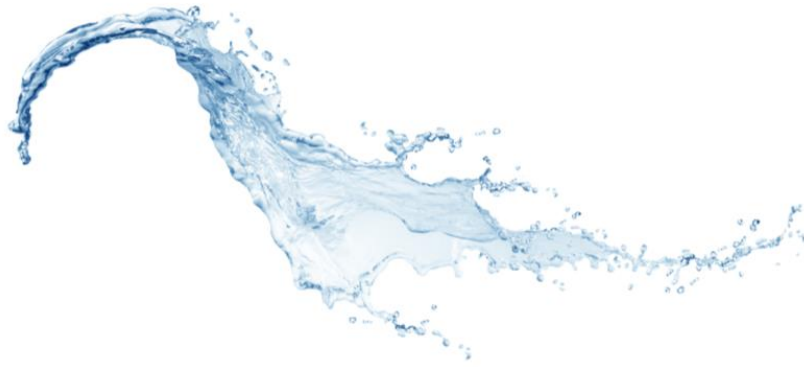
As part of the "Lefay Care" protocol, created by the Group to ensure a healthy and safe holiday for Guests and Staff in compliance with national and international regulations, the Lefay SPA Scientific Committee has introduced the "Nourishing Life" Prevention at Lefay Resort & SPA Lago di Garda to increase and strengthen the immune system.

INTRODUCTION

By Dr. Carlo Barbieri, President of the Lefay SPA Method Scientific Committee

During the health emergency we activated "social" forms of defence to limit the spread of COVID-19. Besides that, it is important to adopt individual measures to take care of ourselves. Developing a healthy ground for our body does not only mean defending ourselves against viral infections with a more effective immune system, but also pursuing a health condition so that we always feel at our best, with the aim of maintaining a good physical shape, taking particular care of our respiratory tract.

This document provides support in understanding how the variables composing our "lifestyle" are connected and can lead to the development of pathologies according to Classical Chinese Medicine, which offers a picture of extraordinary correlation and interpretation between psychic characteristics, individual heredity, environment, nutrition and resistance to disease.

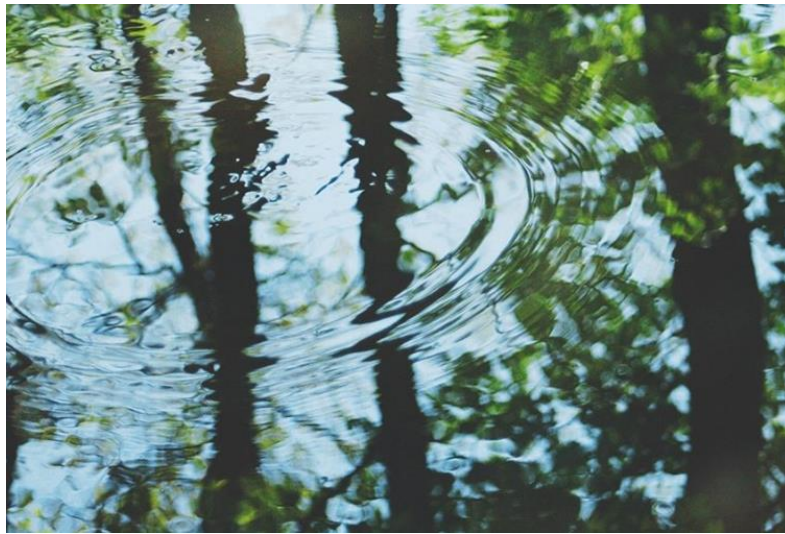


養生

YANG SHENG "NOURISHING LIFE"

养(Yǎng) means "taking care", "nourishing", while 生(Shēng) means "giving birth", "living", "growing". In the Chinese interpretation, therefore, it refers to nurturing our own vital potential, trying not to affect it. Rebalance our strengths as we spend them, understand in advance whether the life we lead is damaging our body or mind, strive to make our mental skills more powerful, our muscles more elastic and resilient, our joints more flexible. Not only: feeding the body is not enough; it is essential to recover strengths in the calm of our mind. The psyche must play its part and, in this case, refrain from having aims; taking a defined direction would lead us to develop expectations and anxieties that would limit our vital potential: it is not a question of progressing towards something with a planned direction, but of continuous renewal. What matters is to feel good here and now, ready to live what life offers, without forcing it in a specific direction.

THE TEN PRINCIPLES OF CLASSICAL CHINESE MEDICINE FOR A HEALTHY "LIFESTYLE"



These 10 principles, an essence of the Yǎng Shēng “art of living”, aim to enable people to grow old and stay healthy for as long as possible:

1. Manage emotional feelings
2. Follow a healthy and regular diet
3. Alternate mental and physical activity
4. Focus your mind on the present
5. Adapt to the weather and seasons of life
6. Surround yourself with beautiful things
7. Have a rich and fulfilling sexual life
8. Meditate
9. Be aware of your limits and potentials
10. Continue to educate yourself by being curious and open-minded

“NOURISHING LIFE” ACCORDING TO LEFAY SPA

Based on these principles of Classical Chinese Medicine, Lefay SPA integrates its holistic wellness offer with a series of recommendations for Guests who wish to strengthen their immune system:



1. OUTDOOR REBALANCING ACTIVITIES. The relationship with nature and spending time in the open air become a "medical prescription". The Energy and Therapeutic Garden "The Symbol of Life", created by the Lefay SPA Method Scientific Committee in collaboration with landscape architects according to the principles of Classical Chinese Medicine, is the place where Guests can take physical-energetic rebalancing classes with therapists specialised in different holistic disciplines:
 - *Stretching of the Meridians, Qi Gong, Tai Chi and Stress-relieving Breathing*, ideal for reducing the stress component, stimulating the immune system and ventilating the lungs by allowing as many alveoli as possible to participate in the breathing;
 - *Perception Walking*, a walk to consciously rediscover all senses;

- *Conscious full-body walking*, to reprogram the entire body and re-emerge in fluid form;
- *Mindfulness Meditation*, to focus on the here and now at sunrise, eliminating debilitating thoughts;
- *Zazen Meditation*, to awaken to True Life and overcome attachments affecting the real human existence;
- *The White Tiger Path*. With the aim of using the therapeutic properties of the relationship with nature for the health of the person, among the Natural Wellness "Trails of the Five Elements", Lefay SPA suggests **"The White Tiger Path"**: it combines movement and meditation activities with massages dedicated to the individual energetic constitution, in symbiosis with nature, its parts and phases. Suggested for people experiencing weakness and tiredness, it includes *Yoga* and *Stress-relieving breathing* sessions, the *Guided Walk through the Energy Therapeutic Garden*, as well as the *Massage of The White Tiger*, which involves the entire organism and works specifically on its energy points "that give orders to the body". It is connected to sadness, determined by the great emptiness of the lung's "Qi", and is aimed at curbing feelings such as self-closure and melancholy.



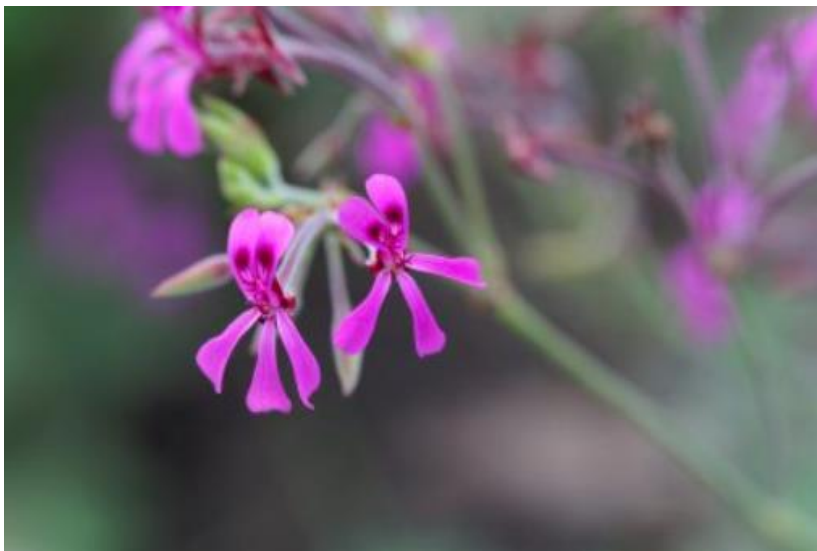
2. NUTRITION: THE LEFAY SPA MENU. Diet plays a fundamental role in preventive medicine. Lefay SPA enhances a detoxifying and marginally low-calorie dietary approach, whose purpose is to ensure energy supply through foods selected for their quality and treated with cooking methods that do not put excessive strain on the digestive system. In particular, it is important to underline that the suggested diet nourishes the intestinal microbiota, which is essential to have good immune defences. The goal is to stay healthy and help our body to have all resources it needs to feel good, while at the same time changing eating habits through education on the nutritional characteristics of various foods and the psychological processes that determine attitudes towards food. Besides that, to strengthen our immune defences we also recommend you pay some attention at the table:



- *To avoid.* Sugars and saturated fats must be reduced. Simple sugars, especially to be found in industrial food, produce inflammation and oxidative stress, decreasing the function of immune cells. In addition to this, a consumption of saturated fats

(like beef and pork) might afflict them, increasing the risk of infections. Also, it is good to limit processed and packaged products, fried food and all refined vegetable oils. Last, overly strict diets or fasting are definitely to be excluded because they can weaken our body.

- *To be preferred.* Seasonal fruit and vegetables, spices and aromatic herbs provide our organism with vitamins, trace elements and antioxidants, reducing oxidative stress. Also, make sure you get your fill of vitamins C and D, activating our inner resources against pathogenic germs and contrasting inflammations. Some selected supplements are also very useful, such as acetylcysteine and zinc, which helps the functioning of more than 300 enzymes.



3. PHYTOTHERAPY AND AROMATHERAPY. Phytotherapy is a medical science that uses plants for preventive purposes and also a key part of the Lefay SPA Method philosophy. Here the South Africa geranium (*Pelargonium Sidoides*) is suggested, as it is a very powerful phyto medical natural product, perfect for the prevention and therapy against bronchitis. Elderberry has also demonstrated antiviral effectiveness because of its flavonoid content, as an extract and as a drink.

A great help also comes from aromatherapy which, thanks

to its psychotropic actions deriving from the olfactory perception, has purifying, toning and calming effects on the nervous system. Lemon essential oil has a rebalancing power on metabolic rhythms (sleep/wake), while Lavender is an excellent relaxant in case of anxiety and agitation.



4. TREATMENTS

- *New Lefay SPA "Nutrire la Vita" Massage.* All Lefay SPA treatments aim to completely rebalance body, soul and spirit and work on specific meridians and points, releasing energy blocks. The new **"Nutrire la Vita"** massage (40 min total - 10 of moxibustion and 30 of massage) starts with the stimulation of energy points that contribute to the strengthening of the immune system through the moxibustion, in particular, of spleen and pancreas - Triple Burner, which provides the body with the "fuel" for the optimal functionality of each individual part (mind, body and spirit). Sometimes energy fluctuations are the common reason behind every change: this massage treats all cases of energy emptiness, tiredness, awakening trouble, lack of appetite, drowsiness and post-prandial swelling.

- *Stress-relieving Health Programme “Il Recupero dell'Energia Originale”*. For those requiring a more complete health path, we suggest this programme from 5 nights. 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 spheres, especially in this historical period.

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.



5. **PSYCHOLOGICAL SUPPORT.** The stress of this last period has mainly influenced our mind, which was not used to live in such conditions of tension and information crowds. Why do certain disorders develop and how do we overcome them?

When we suffer from a disease or a difficult situation, we lose lucidity and control of our emotions. This makes us more vulnerable to fears and inner doubts. Lefay SPA offers two types of consultations to better deal with these challenges: the *Psychosomatic Consultation*, which helps us to logically look at what we are going through and the *Psychotherapeutical Consultation*, to share personal physical and psychological conditions that manifest themselves in emotional experiences, significant biographical episodes, dreams and personality traits. In this regard, the “**Lightness of Being**” wellness path is suggested: here the *Psychotherapeutical Consultation* is combined with a rebalancing activity and two stress-relieving massages, to reduce physical and mental symptoms related to states of anxiety and restlessness.