



MEDICAL

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Specialist medical advice and therapies in the fields of Western medicine, natural medicine, osteopathy and physiotherapy. The offer also includes a wide range of specific checkups aimed at identifying the difficulties which may affect the body.

01.

NATURAL MEDICINE

ENERGY MEDICAL EXAMINATION

A seventeenth-century document described this as the song of the 10 questions since the energy doctor makes enquiries regarding certain characteristics of the body that range from dreams to digestion, trying to perceive any small changes in energy in the body before these changes develop into a disease. The doctor also observes the colouration of the skin, listens to the tone of the voice, asks about favourite foods and feels the radial pulses. This sequence allows an energy diagnosis to be made, according to which specific treatments, based on the changes encountered, are applied.

MON / THU**€ 95,00**

(60 min.)

FRI / SUN***€ 105,00**

(60 min.)

ACUPUNCTURE

The human body is crossed by particular lines known as meridians, along which vital energy Qi flows. Poor Qi circulation is considered the cause of pain and illness. The energy balance of our body and therefore our state of well-being can be restored through acupuncture.

MON / THU**€ 140,00**examination and
acupuncture session
(60 min.)**FRI / SUN*****€ 154,00**examination and
acupuncture session
(60 min.)**MON / THU****€ 110,00**acupuncture session
(40 min.)**FRI / SUN*****€ 121,00**acupuncture session
(40 min.)

MOXIBUSTION

Moxibustion is a Chinese therapeutic technique, whose name derives from the Japanese term Moe Kusa, which means "burning herb". The treatment involves the application of heat to areas of skin near acupuncture points or energy pathways and its purpose is to boost the result of an energy treatment or massage.

MON / THU**€ 45,00**

(20 min.)

FRI / SUN***€ 50,00**

(20 min.)

CUPPING

Therapeutic method used since ancient times. The application entails placing cups on acupuncture points, creating a suction effect to dispose of excess fluid and reactivate the energy flows throughout the body and is considered a "reflex-stimulating" therapy because it works on the so called reflex zones, improving the flow of energy and unlocking blockages. This aids respiratory and cardiovascular diseases, digestive and the osteoarticular system issues and headaches.

MON / THU**€ 45,00**

(20 min.)

FRI / SUN***€ 50,00**

(20 min.)

ACULIFTING

The Aculifting treatment uses ancient methods of Chinese medicine to prevent and reduce the signs of ageing. Very thin needles are inserted in acupuncture points along the face's mimetic muscles in order to stimulate collagen production and blood circulation. After just one treatment skin appears firmer and rejuvenated, lines are reduced and the pores are tightened.

MON / THU**€ 115,00**

(30 min.)

FRI / SUN***€ 127,00**

(30 min.)

NUTRITIONAL ENERGY CONSULTATION

This consultation is aimed at changing food habits by educating guests on the nutritional characteristics of various foods and the psychological processes that determine our attitudes towards food. The menu is particularly suited to people who are overweight, but also to those who want to choose a flavoursome, light, detoxifying and healthy way of eating. According to each one's energy constitution the doctor will select a personalised dietary programme.

MON / THU
€ 95,00**

FRI / SUN*
€ 105,00**

PHYTOTHERAPY CONSULTATION

According to the energy examination carried out by the Doctor to determine the individual energy syndrome and constitution, a specific healing herbal infusion is prescribed. Western provenance medical plants are offered both because of their intrinsic characteristics (for example, the birch for its diuretic and anti-inflammatory properties) and their energy qualities.

MON / THU
€ 90,00**

FRI / SUN*
€ 99,00**

02.

MASSAGE AND PHYSIOTHERAPY

This physiotherapeutic practice employs massages in order to improve physiological activities of specific body regions. It consists of a series of different techniques carried out to relieve muscle or joint pain, reduce tension and muscle fatigue, tone the volume of certain tissues and improve the person's psychological well-being.

POSTURAL EVALUATION

MON / THU
€ 90,00**

FRI / SUN*
€ 99,00**

MASSOPHYSIOTHERAPY TREATMENT

Improves circulation, accelerate the supply of oxygen and nutrients and the removal of metabolic waste. It has an antispasmodic action on the muscles, relieves muscle, back and neck pain.

MON / THU
€ 105,00**

FRI / SUN*
€ 116,00**

MYOFASCIAL RELEASE POSTURAL MASSAGE

The massage is particularly effective for treating stiffness and contractures of muscles, also in chronic situations. The benefits include improved posture, and resolving muscle and joint pain.

MON / THU
€ 100,00**

FRI / SUN*
€ 110,00**

03.

OSTEOPATHY

The ultimate objective of this therapy is good health, achieved by reducing pain, improving joint function, treating physiological dysfunctions and removing obstacles for optimal nerve transmission.

It is a type of alternative medicine that uses manipulation techniques aimed at restoring the overall balance of the body, its functions and its well-being. Osteopathy treats the individual as a whole, as a system composed of muscles, skeletal structures and internal organs connected in the nerve centres of the spine. Each constituent part of the person (psyche included) depends on the other ones and their correct functioning ensures the well-being of the entire organism.

OSTEOPATHY CONSULTATION

Consultation with a manual diagnostic and therapeutic approach that treats the dysfunctions of joint mobility and tissue injury.

MON / THU
€ 55,00**

FRI / SUN*
€ 61,00**

OSTEOPATHIC CERVICAL MASSAGE

A treatment for people who suffer from cervical muscle tension and would like to get rid of it while enjoying a relaxing massage. The session aims primarily to rebalance the postural alignment, followed by a fascial release of the neck muscles and an osteopathic correction of the unaligned vertebra, that often cause various forms of neck and shoulder pain. Finally, a relaxing massage to soften the muscles and release all residing tensions.

MON / THU
€ 115,00
(45 min.)

FRI / SUN*
€ 127,00
(45 min.)

OSTEOPATHY MANIPULATIVE TREATMENT

This is a process by which the body is guided to find harmony and integration between body, mind and spirit, which restores the self-healing powers of the individual. Because it acts primarily on bone and skeletal structures, it is more suitable for issues such as sports injuries or back pain.

MON / THU
€ 115,00**

FRI / SUN*
€ 127,00**

CRANIOSACRAL TREATMENT

The name "craniosacral osteopathy" comes from the bone structures around our nervous system (skull and sacrum), protecting the brain and spinal cord. The manipulation of these parts works on the connection between the body and the skull, harmonising our functions and our psychological state. This treatment is relaxing and ideal in cases of headache, stress and neck tensions.

MON / THU
€ 130,00
(50 min.)

FRI / SUN*
€ 143,00
(50 min.)

04.

HEALTH CHECK-UPS

FOOD INTOLERANCE TEST

Test ImuPro

Many studies have shown a relationship between food intolerances, excess weight, skin conditions and digestive disorders. This test, performed using the ELISA methodology, highlights any hypersensitivity to 90 or 180 foods, creating a personalised nutritional profile. It is recommended for the overweight, those suffering from shortness of breath or sleep apnoea, and before beginning a responsible weight-loss programme. The test is carried out by sampling the capillary blood.

ImuPro Basic 90 € **185,00**

ImuPro Basic 90 (vegetarian) € **185,00**

ImuPro Basic 180 € **245,00**

INSOMNIA CHECK-UP

Buonanotte Hormonal Profile

This helps to determine the evening concentration of melatonin, an essential neurohormone that regulates the sleep-wake cycle. Recommended for those who have difficulty falling asleep, insomnia, severe psychophysical stress and anxiety. The test is carried out on a sample of saliva.

€ **105,00**

INTESTINAL CHECK-UP

Test microflora

Dysbiosis is a state of altered ecology of the microflora that may be present in the oral cavity and gastrointestinal tract. In cases of dysbiosis, organisms with low intrinsic virulence, such as bacteria, yeasts and protozoa, can induce disease by manifesting themselves through alterations in nutritional or immune status.

€ **195,00**

05.

MEDICAL CONSULTATIONS

GENERAL PSYCHOSOMATIC CONSULTATION

Why do diseases arise and how can we drive them away? When we experience an illness, we can lose clarity and control over our emotions. This makes us more vulnerable to inner fears and doubts. Looking at the disease from the point of view of the body, on a physical level, can restore clarity and help us to find the logical and natural source of what we are going through, helping us overcome it. Interview carried out by a psychotherapeutic doctor.

MON / THU

€ **195,00**

(60 min.)

FRI / SUN*

€ **215,00**

(60 min.)

PSYCHOTHERAPEUTIC MEDICAL CONSULTATION

A time for dialogue between the psychotherapist and the Guest, who can share personal physical and psychological conditions that manifest themselves in emotional experiences, significant biographical episodes, dreams and personality traits. Using an overview that combines Chinese Medicine with deep psychology, it is possible to expand our diagnostic understanding of an individual's condition and, consequently, determine the most appropriate therapeutic approach.

MON / THU

€ **100,00**

(50 min.)

FRI / SUN*

€ **110,00**

(50 min.)