



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

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**€ 160,00**

examination and
acupuncture session
(50 min.)

FRI / SUN***€ 175,00**

examination and
acupuncture session
(50 min.)

MON / THU**€ 120,00**

acupuncture session
(30 min.)

FRI / SUN***€ 130,00**

acupuncture session
(30 min.)

3 SESSIONS

MON / THU**€ 330,00****FRI / SUN*****€ 360,00**

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**€ 50,00**

(20 min.)

FRI / SUN***€ 55,00**

(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**€ 50,00**

(20 min.)

FRI / SUN***€ 55,00**

(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, the skin appears firmer and rejuvenated, lines are reduced and the pores are tightened.

MON / THU**€ 130,00**

(30 min.)

FRI / SUN***€ 145,00**

(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**€ 100,00****FRI / SUN*****€ 120,00**

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.

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**€ 110,00**

(40 min.)

FRI / SUN***€ 120,00**

(40 min.)

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**€ 110,00**

(40 min.)

FRI / SUN***€ 120,00**

(40 min.)

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.

OSTEOPATHIC CONSULTATION

Anamnestic analysis and evaluation aimed at defining a treatment plan where needed. It is recommended both prior to treatment and as independent consultation. Once all the information has been gathered, the Guest is taught exercises and practices that can benefit their health.

MON / THU**€ 65,00**

(30 min.)

FRI / SUN***€ 75,00**

(30 min.)

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
€ 125,00
 (45 min.)

FRI / SUN*
€ 135,00
 (45 min.)

OSTEOPATHIC 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
€ 120,00
 (40 min.)

FRI / SUN*
€ 130,00
 (40 min.)

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
€ 140,00
 (50 min.)

FRI / SUN*
€ 150,00
 (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.

€ 115,00

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

NEW

PSYCHO-PHYSIOLOGICAL-STRESS-TEST**Cortisol Curve Test**

Cortisol, better known as “stress hormone,” is the hormone released by our body throughout the day in response to stressful stimuli. Altered cortisol levels can put a strain on the body and lead to mood or metabolic disorders, chronic fatigue, blood pressure disorders and hyperactivity. Taking place at two different times of the day, this specific check-up precisely determines, whether the cortisol levels are normal or not.

This test is self-performed by taking two salivary samples.

€ 115,00

05.

**MEDICAL
CONSULTATIONS****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**€ 150,00**

(50 min.)

FRI / SUN***€ 165,00**

(50 min.)

NEW

THE SECRETS OF LONGEVITY

Our habits can either lead us to a healthy, long-lived life or expose us to health risk factors. Scientific research investigates how chronic inflammation can promote the occurrence and development of certain diseases, including obesity, cardiovascular disease, bone and joint disorders, autoimmune and neurodegenerative conditions. However, it is possible to slow down the ageing clock: The consultation examines how well a person lives, eats and sleeps, according to Longevity Medicine and the ancient principles of Classical Chinese Medicine. The doctor suggests changes that should be made in lifestyle to lengthen our life in a healthy way, increasing its quality.

MON / THU**€ 150,00**

(50 min.)

FRI / SUN***€ 165,00**

(50 min.)