



## LEFAY SPA METHOD: REBALANCING OF BODY AND MIND AMONG THE DOLOMITES

*From 15 January, the medical experts of the Lefay SPA Method Scientific Committee will exceptionally be at Lefay Resort & SPA Dolomiti. Thanks to their presence, Guests will be able to discover the award-winning health method born on Lake Garda, surrounded by the winter atmosphere of the Dolomites.*

*Lefay SPA Method combines the principles of Classical Chinese Medicine with Western scientific research, which has the "global wellbeing" of the individual and their health as its goal. Classical Chinese Medicine, one of the oldest diagnostic sciences in the world, considers man as an infrangible complex of matter, energy and spirit in continuous evolution. From the Western world, Lefay SPA Method utilizes the results of scientific research, taking advantage of its latest achievements. This union is the basis of the Lefay SPA Method and its proposals. We invite you to discover the selection specially designed by our medical experts for Lefay Resort & SPA Dolomiti.*



## “DISCOVERY” HEALTH PROGRAMME



This introductory programme has been created to understand the logic and essence of Lefay SPA Method and is aimed at rebalancing and rejuvenating body, soul and spirit through the rediscovery of a healthy and conscious lifestyle.

- Initial examination to determine energy levels
- 1 Lefay SPA energy facial massage *Derma di Luce*
- 1 personalised Lefay SPA energy body massage
- 1 energy hydro-aromatherapy session with essential oils
- 1 activity for rebalancing physical energy
- Personalised phytotherapy

€ 410,00 (excluding accommodation)



In association with the “Discovery” Health Programme Lefay SPA dishes are suggested: their ingredients are rich in probiotics, useful in rebalancing the intestinal bacterial flora. Slightly low-calorie and low-sodium, they have detoxifying properties and are prepared with cooking methods that may not excessively stress the digestive system.

## “BEING HEALTH” PATH



The free flow of energy in the body's meridians is responsible for our well-being: when energy is in stasis, deficit or excess, the body can develop diseases. The therapies originating from Classical Chinese Medicine and suggested in this path, such as moxibustion, cupping and acupuncture, aim to restore the body's energy balance and a state of well-being.

- Initial examination to determine energy levels
- 1 moxibustion or cupping treatment (upon choice)
- 1 Lefay SPA relaxing energy massage *Scambio Nel Vento* or 1 acupuncture session (upon choice)
- 1 postural gymnastics class
- 1 session in the salt-water pool
- Personalised phytotherapy

€ 310,00 (excluding accommodation)



In association with the “Being Health” Lefay SPA dishes are suggested: their ingredients are rich in probiotics, useful in rebalancing the intestinal bacterial flora. Slightly low-calorie and low-sodium, they have detoxifying properties and are prepared with cooking methods that may not excessively stress the digestive system.

## MEDICAL CONSULTATIONS AND TREATMENTS

### 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 the doctor will suggest the most suitable therapeutic energy path for the Guest.



Each path, linked to seasons, colours, directions, organs, elements, moments of the day and phases of life, includes the recommended sequence within the dedicated energy area, two energy massages, a physical rebalancing activity and phytotherapy:



The Green Dragon – Bio-saunas area (for impulsive and nervous people): the renewing of nature, spring and the sunrise. Element: wood. Organ: liver. Phytotherapy: dandelion and bitter herbs.



The Red Phoenix – Finnish saunas area (for anxious people): summer, midday, the moment when energy reaches its peak. Element: fire. Organ: heart. Phytotherapy: lavender and passionflower.



The White Tiger – Steam baths area (for people experiencing weakness and tiredness): it represents the harvest, autumn and the sunset. Element: metal. Organ: lung. Phytotherapy: mallow and blackcurrant.



The Black Tortoise – Salt-water Lake and Salt Grotto (for people experiencing stress): the symbolic and physical stage of profound gathering, the winter, when nature begins to hibernate, it is the place of the end of the day and the peak of Yin. Element: water. Organ: kidney. Phytotherapy: elder and equisetum.



The Centre\*: It is the place that energetically connects all other areas. Element: earth. Organ: stomach, spleen. Phytotherapy: melissa and lemon.

*\* The Centre includes a stop in the magnesium salt-water whirlpool before moving from one place to another and an Energy Massage.*

Energy Medical Examination: € 95,00

The Green Dragon Path: € 260,00

The Red Phoenix Path: € 260,00

The White Tiger Path. € 290,00

The Black Tortoise Path: € 300,00

The Centre Path € 115,00





## 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.

€ 140,00 examination and acupuncture session  
(60 min.)

€ 110,00 acupuncture session  
(40 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 to stimulate collagen production and blood circulation. After just one treatment skin appears firmer and rejuvenated, lines are reduced and the pores are tightened.

€ 115,00 (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. Particularly suited to people who are overweight, but also to those who want to choose a flavoursome, light, detoxifying and healthy way of eating. Based on the individual's habits and tastes, the doctor suggests a dietary pattern that takes into account the energy constitution, with particular emphasis on the development of the microbiota.

€ 95,00

In addition to the Lefay SPA Method selection, all osteopathy and physiotherapy treatments are always available at Lefay SPA Dolomiti:

## PHYSIOTHERAPY

### POSTURAL EVALUATION

€ 70,00

### PHYSIOTHERAPICAL TREATMENT

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

€ 105,00

### 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.

€ 100,00

### INDIBA ACTIV THERAPY (TECAR THERAPY)

In physio aesthetics, Indiba Activ Therapy is used for rebalancing the cellular metabolism, it improves micro circulation, reduces swelling, favours the resorption of haematomas and prevents adhesions and fibrosis. It is highly effective in treating severe sport related injuries and for post-operative healing, ideal for muscle and joint pain.

### **Physiotherapy**

Cervical Pathology - Tendinopathy - Lumbago - Ligament injuries - Arthrosis

€ 60,00 (30 min.)

### **Sport**

Performance (before physical activity) - Recovery (after physical activity)

€ 120,00 (60 min.)



## OSTEOPATHY

### 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.

€ 115,00 (40 min.)

### OSTEOPATHY CONSULTATION

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

€ 55,00

### 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.

€ 115,00

### CRANIO SACRAL TREATMENT

Cranio sacral osteopathy is named after the bone structures that encompass the nervous system (the cranium and the sacrum), protecting the brain and spinal cord. Working on these structures can connect you to the cranial rhythm that echoes throughout the body, re harmonising the body's natural functions and emotional state. Gentle and relaxing, this treatment is especially suggested for treatment of headaches, cervical tension or stress-related problems.

€ 130,00 (50 min.)

*By Dr. Carlo Barbieri, President of the Lefay SPA  
Method Scientific Committee,  
and by the Lefay SPA Team*

The Lefay SPA Method offer will only be available at Lefay Resort & SPA Dolomiti on Saturdays and Sundays from 15 January to 7 March 2021. Moxibustion, cupping and all physiotherapy and osteopathy treatments are available every day of the week.

According to the Ministerial Decree on measures to contain the Covid-19 infection, circulation between regions and autonomous provinces for health reasons is always allowed. In case of reservation of the above-mentioned treatments, we will be pleased to send you a booking confirmation to attach to your individual self-certification, to be shown in case of control by the authorities while travelling. Please note that Lefay Resort & SPA Dolomiti is not responsible for confirming the reason of Guests' circulation when controlled by the authorities in charge.

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