



LEFAY SPA
METHOD
HEALTH
PROGRAMMES

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The Lefay SPA Scientific Committee created a method that 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 is one of the oldest diagnostic and therapeutic sciences in the world. It considers man as an infrangible complex of matter, energy and spirit in continuous evolution. Since its very origins, it has been concerned with the phenomenon known as stress, which is one of the main causes of complaints and ill health.

From the Western world, Lefay SPA Method utilizes the results of scientific research about the ageing process, stress, posture, nutrition as well as the emotional status. This tried and tested union is the basis of the Lefay SPA Method and its innovative treatments.

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HEALTH PROGRAMMES I FLUSSI DELL'ENERGIA

Lefay SPA offers its Guests the innovative programmes *I Flussi dell'Energia*, personalised according to individual needs to achieve a complete sense of physical wellbeing and pursue different objectives: weight loss, stress relieving, getting back into shape and posture correction, curing insomnia, reducing the signs of aging and body detoxification.

INITIAL ENERGY INTERVIEW

This interview is the first step of every programme. A specific analysis is carried out in order to identify the energy status and choose the most suitable personalized programme.

BALANCING TREATMENTS

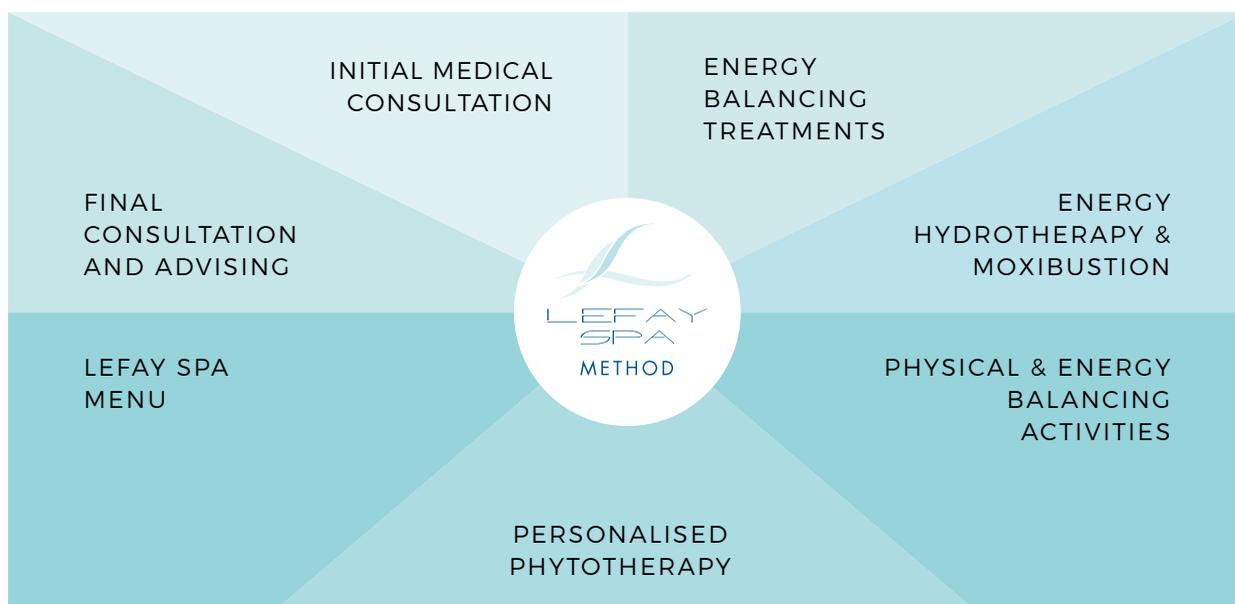
The energy treatments (tuina massages, energy foot reflexology treatments, acupuncture treatments, etc.) aim at reactivating the energy channels and are carried out according to the individual energy levels. They have been developed by associating the principles of Classical Chinese Medicine with Western techniques, thanks to a combination of traditional massages techniques with the stimulation of "points and meridians" which activate the "energy" systems, ensuring that the treatment is deep and long-lasting. This method enhances the effects of a traditional massage, because the body receives an "energy message" which will be remembered and elaborated with time.

MOXIBUSTION

Moxibustion is a therapeutic practice of Chinese Medicine which consists in heating the overlying skin areas of acupuncture points, strengthening the effects of specific treatments or massages. Its name comes from "Moe Kusa" which in Japanese means "burning herb".

ENERGY HYDRO-AROMATHERAPY

Whirlpool treatment with the addition of essential oils indicated during the energy interview. The jets of water aimed on the meridians improve the circulation and restore energy and vitality.



PHYSICAL AND ENERGY RE-BALANCING ACTIVITIES

Physical and energy re-balancing activities such as Qi Gong and Meridian Stretching are an integral part of Lefay SPA Method programmes and are techniques that embody an ancient philosophy. Their gentle fluid movements regulate the state of energy, tone the body and relax the mind.

PERSONALISED PHYTOTHERAPY

The Lefay SPA Method uses the oldest form of phytotherapy within its programmes: the herbal tea. During the initial examination and depending on the energy constitution of Guests, a specific medicinal plant is recommended to be taken during and after the stay.

DIETARY APPROACH

Lefay SPA Menu

Diet plays a fundamental role in preventive medicine and as such is included in the Lefay SPA Method programmes. Lefay SPA Menu is 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. This dietary approach is also aimed at changing eating habits through education on the nutritional characteristics of various foods and the psychological processes that determine attitudes towards food.

FINAL INTERVIEW

At the end of the programme each Guest receives a final checkup report containing maintenance recommendations – such as a specific diet and a personalized phytotherapy treatment – allowing Guests to also enjoy the benefits when they return home.