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SPECIFIC  
HEALTH  
PROGRAMMES

BEAUTY OF BODY  
& MIND

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## SPECIFIC HEALTH PROGRAMMES

The Scientific Committee has created six programmes aimed at solving specific problems such as: excess weight; damage due to ageing; stress relieving; physical shape; detox and insomnia.

The luminosity of the spirit (Shen) is manifested in particular on the skin. This programme is dedicated to those who wish to reduce the damage caused by premature ageing or who wish to heal their "spirit" in order to improve their physical appearance. It is a beauty programme that is based entirely on a holistic concept, in which rebalance of the nervous system, nourishment of the spirit and deep relaxation are able to bring new luminosity to the skin, smoothing out wrinkles and making the body more toned.

### BEAUTY OF BODY AND MIND

Luminosità dello Spirito from 5 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Anti-ageing checkup\* (Oxidative Stress)
- Breakfast, lunch and dinner with Lefay SPA Menu (for 5 days)
- Beauty consultation
- Personalised phytotherapy
- 1 *Unico Cielo* Short facial cleansing ritual
- 1 Lefay SPA energy facial massage *Derma di Luce*
- 1 aculifting with Gua Sha massage *Farfalla di Seta*
- 1 energy body scrub
- 1 revitalising and anti-ageing energy body massage *Alta Marea*
- 2 specific tuina massages
- 1 moxibustion treatment
- 1 Lefay SPA energy specific foot reflexology treatment
- 1 energy hydro-aromatherapy session with essential oils
- 1 Lefay SPA pyhto – specific aromatic mud wrap
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 Fit & Face activity
- 1 guided walk in the energy and therapeutic garden
- 2 activities for rebalancing physical energy (Qi Gong, Stretching of Meridians)
- Entrance to Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 2.290,00 (excluding accommodation)

\*Optional, not included in the price