

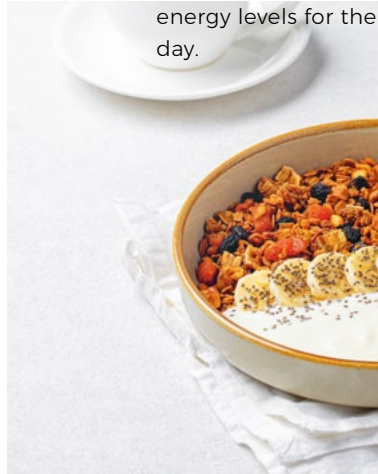


ACTIVE & BALANCE  
PROGRAMME

DOLOMITI

## 01 | BREAKFAST

In the morning, Yin turns into Yang: The Lefay SPA breakfast aims to empower energy levels for the whole day.



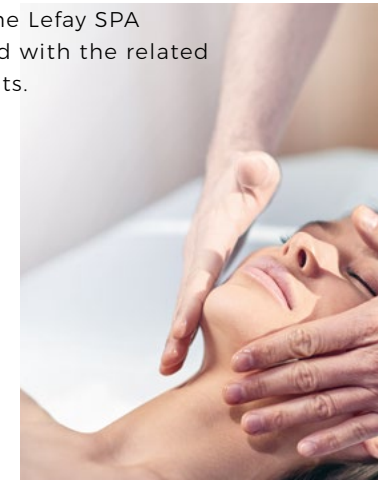
## 03 | LUNCH

The dishes on the Lefay SPA menu are designed to restore and rebalance your energy.



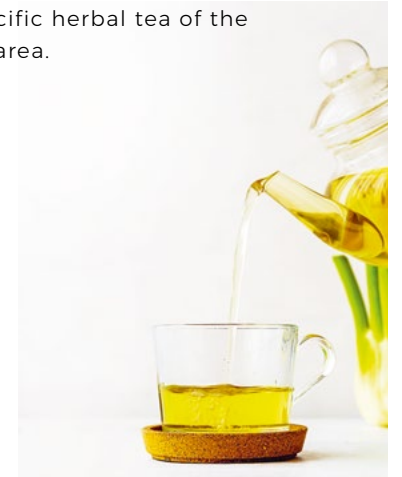
## 04 | AFTERNOON

Stay in the specific energy area of the Lefay SPA combined with the related treatments.



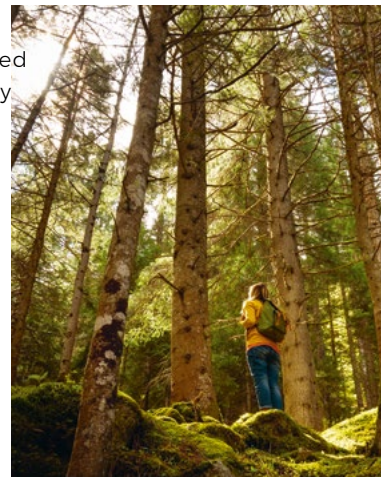
## 06 | PHYTOTHERAPY

A moment of relaxation with the specific herbal tea of the energy area.



## 02 | OUTDOOR ACTIVITIES

The day begins with an outdoor activity, selected according to the energy constitution the day is dedicated to.



## 05 | PHYSICAL-ENERGY REBALANCING ACTIVITIES

Body reactivation under the guidance of Lefay SPA experts.



## 07 | DINNER

In the evening, Yang turns into Yin. The dishes of Lefay SPA menu prepare body and mind for a restful sleep.



# ACTIVE & BALANCE: THE LEFAY SPA DOLOMITI PROGRAMME

A total rebalancing experience between surrounding nature and indoor Lefay SPA activities.

# ACTIVE & BALANCE: THE LEFAY SPA DOLOMITI PROGRAMME

Classical Chinese Medicine has always considered surrounding nature as a source of well-being and rebalancing energy flow (*Qi*). The Lefay SPA Method Scientific Committee has created the “Active & Balance” programme of Lefay Resort & SPA Dolomiti, which blends the therapeutic power of alpine nature with the theory of the five movements of Classical Chinese Medicine, combining the indoor experience within Lefay SPA Dolomiti with regenerating outdoor activities. This programme aims at restoring the vital functions, harmonising the individual energy constitution, detoxifying the organism and reawakening the body.

THE LEFAY SPA INDOOR & OUTDOOR DAY  
A five-night programme featuring outdoor activities followed by Lefay SPA treatments and balancing activities. Guests will also get a medical examination with acupuncture, and spa treatments based on the five movements of Classical Chinese Medicine.

- White Tiger Day: 1 themed outdoor activity, 1 White Tiger energy massage, 1 Yoga lesson, use of the humid area, mallow and blackcurrant herbal tea.
- Black Tortoise Day: 1 themed outdoor activity, 1 Black Tortoise energy massage, 1 Black Tortoise short path (Salt-water pool, Salt Grotto relaxation, scrub and mud therapy), elder and equisetum herbal tea.
- The Centre: 1 Centre energy facial massage, rest in the Centre, lemon balm and lemon herbal tea.
- Final examination

€ 2.290.00 (5 nights, excluding accommodation)

Starting from € 3.250.00 per person in Prestige Junior Suite (57 mq), double occupancy

## ACTIVE & BALANCE

Starting from 5 nights

- Breakfast, lunch and dinner with Lefay SPA Menu
- Introduction to the programme
- 1 Welcome ritual: Body scrub with chestnut flower, alpine salt and traditional alpine butter from the section “Scents of the Forest”
- 1 Medical examination with acupuncture session
- 1 Fitness consultation
- Specific phytotherapy
- Green Dragon Day: 1 themed outdoor activity, 1 Green Dragon energy massage, *Stretching of Meridians*, use of mid-temperature biosauna area, dandelion and bitter herb herbal tea.
- Red Phoenix Day: 1 themed outdoor activity, 1 Red Phoenix energy massage, Sauna Stretching, use of Finnish sauna area, lavender and passionflower herbal tea.

## OUTDOOR ACTIVITIES\*

Green places regenerate us and contact with nature is a form of healing, which improves personal psychophysical health. All planned outdoor activities are coordinated by experienced mountain guides. For the Green Dragon, participants are offered activities that allow their senses to experience the element of wood, such as forest bathing, immersed in the scents of resins. High-heart-rate activities, including vertical walking, are related to Yang energy and thus to the Red Phoenix. The focus of the White Tiger is meditation and breathing. Finally, the river landscape with its footbridges and turquoise streams, takes us where the Black Tortoise reaches the Yin.

## ENERGY-THERAPEUTIC PATH

The Energy (*Qi*) moves cyclically between *Yin* and *Yang*. Over the years, it has evolved into the theory of the five movements, which ensure the balance of world and life and are connected to seasons, colours, directions, parts and components of the human body, plants and emotions. The Energy World of Lefay SPA Dolomiti was developed according to these principles and is dominated by five areas; The Green Dragon, The Red Phoenix, The White Tiger, The Black Tortoise and the Centre which are distinguished by different levels of temperature and humidity and dedicated phytotherapy.

## MEDICAL EXAMINATION

The medical expert makes an energy diagnosis, drawing upon their knowledge of Classical Chinese Medicine and Western Medicine. Together with the Guest, the expert identifies any energy imbalances, which could lead to physical disorders. The aim is to give the Guest insight into their state of health and suggestions on what to do to pursue it. The examination ends with acupuncture treatment on the identified energy points.

## ACUPUNCTURE

The human body is crossed by lines, called meridians, along which vital energy, *Qi* flows. Poor circulation of *Qi* is considered to cause malaise. Acupuncture restores the body’s energy balance and well-being.

## FITNESS CONSULTATION

Carried out by Lefay SPA Fitness Trainers, it is aimed at establishing the Guest’s fitness level, so as to personalise indoor activities and offer maximum safety for outdoor activities.

## LEFAY SPA TREATMENTS

The treatments have been developed by associating the principles of Classical Chinese Medicine with Western techniques, thanks to a combination of massage 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 over time.

## PHYSICAL-ENERGY REBALANCING ACTIVITIES

Physical-energy rebalancing activities are ancient techniques that help to restore balance. *Stretching of Meridians* for example is a discipline whose movements relax tendons and muscle fibres, open joints and remove energy and psychic blockages.

## LEFAY SPA MENU

It reflects the combination of the nutritional concepts of Classical Chinese Medicine and Western science. The dishes are prepared following seasonality, high quality, the optimal ratio of carbohydrates, fats and proteins, the relationship between Yin/Yang, the harmony of the 5 flavours, not to mention the importance of fibre as food for our gut bacteria, with a high prebiotic content.

## PHYTOTHERAPY

The Lefay SPA Method uses the oldest form of phytotherapy: herbal tea. Mixtures of organic Western plants created by combining the principles of Classical Chinese Medicine with Western scientific research. The herbal teas have been formulated both for their inner properties and for their energy function.

\*Variations may occur depending on the season. Hikes are also recommended in case of light rain; indoor alternatives will be offered in bad weather conditions.



## ACTIVE & BALANCE YIN-YANG

A shorter version of the Active & Balance programme, which works on the two energy poles Yin and Yang, rebalancing body and mind by aligning these two dimensions. The schedule combines opposite energies of nature and the uniqueness of Lefay SPA Energy Therapeutic Path, with its dedicated treatments.

- 3 nights
- Breakfast, lunch and dinner with Lefay SPA Menu (soft drinks included)
- Entrance to the Lefay SPA World of 5,000 sqm with pools, saunas, fitness centre and relaxation areas
- Introduction to the programme
- 1 Fitness consultation
- Specific phytotherapy
- Red Phoenix Day: 1 themed outdoor activity, 1 Red Phoenix energy massage, Sauna Stretching, use of Finnish sauna area, lavender and passionflower herbal tea
- Black Tortoise Day: 1 themed outdoor activity, 1 Black Tortoise energy massage, 1 Black Tortoise short path (Salt-water pool, Salt Grotto relaxation, scrub and mud therapy), elder and equisetum herbal tea
- Final examination

€ 1.090,00 (3 nights, excluding accommodation)

Price per person starting from € 1.650,00 in Prestige Junior Suite (57 sqm), double occupancy



For information and reservations:  
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