



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.



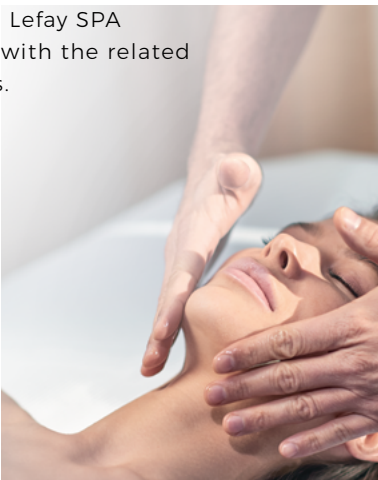
03 | LUNCH

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.



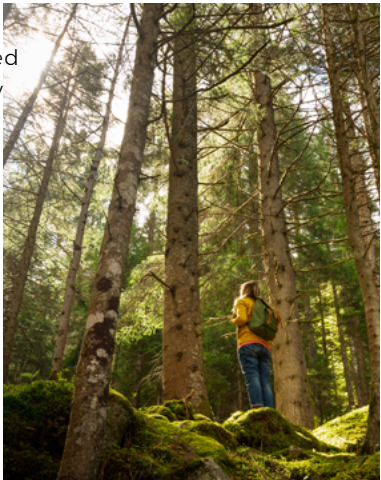
06 | PHYTOTHERAPY

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

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 NEW 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 the surrounding nature as a source for wellbeing and rebalancing energy flow (*Qi*). The Lefay SPA Method Scientific Committee has created the brand new “Active & Balance” programme, which blends the therapeutic power of alpine nature and the five movements from Classical Chinese Medicine, combining the indoor experience at Lefay SPA Dolomiti with regenerating activities outdoors. The programme re-establishes the vital functions, harmonising the individual energy constitution, detoxifying the body and reawakening the body and muscles.

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

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 the Meridians, use of mid-temperature biosauna area amongst rosemary and oranges aromas, 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 teas.

- White Tiger Day: 1 themed outdoor activity, 1 White Tiger energy massage, 1 Yoga lesson, use of the humid area with a high percentage of steam, mallow and blackcurrant herbal tea.
- Black Tortoise Day: 1 themed outdoor activity, 1 Black Tortoise energy massage, 1 Black Tortoise short path (Saltwater lake, Salt Grotto relaxation, scrub e mud therapy), elder and equisetum herbal tea.
- The Centre: 1 Centre energy facial massage, rest in the Centre before moving on to the day specific path, 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

OUTDOOR ACTIVITIES*

Green places regenerate us and contact with nature is a kind of immersive healing experience, 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 maximum Yang energy and thus to the Red Phoenix. The focus of the White Tiger is meditation and breathing, ideal for gathering energy. 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 Lefay SPA Method Energy-Therapeutic World 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. These are distinguished by different levels of temperature and humidity and dedicated phytotherapy.

MEDICAL EXAMINATION

The Lefay SPA medical expert makes an energy diagnosis, drawing upon his 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 pain and 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, sharing information with the mountain guides.

LEFAY SPA TREATMENTS

The treatments have been developed by associating the principles of Classical Chinese Medicine with Western techniques, thanks to a combination of traditional 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 energy balance, *Stretching of Meridians* for example is a discipline whose movements relax tendons and muscle fibres along the meridians, 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. For breakfast, energy-rich foods are recommended to get you through an active day. For lunch, the recipes are designed to restore your energy and reduce inflammation. At dinner, dishes promote restorative sleep, bringing back energy into the body.

PHYTOTHERAPY

The Lefay SPA Method uses the oldest form of phytotherapy: herbal tea. The Scientific Committee has studied 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.

For information and reservations:
Lefay SPA Dolomiti
+39 0465 768887
spa.dolomiti@lefayresorts.com

Central Reservation Office
+39 0465 768800
res.dolomiti@lefayresorts.com