

The background of the entire image is a dense, repeating floral pattern in a lighter shade of purple. The pattern features stylized flowers, leaves, and vines. The text "BELLA VITA" is centered in the middle of the image.

BELLA VITA

INTRODUCTION TO IN-ROOM TREATMENTS

The Universe and all beings are considered, by the Chinese Medicine, the result of a dynamic, changeable, interchangeable and inseparable union of two principles: Yin/Yang. They are the opposites but also the complementary of everything (the body and its shadow, light/dark, internal/external, high/low, static/dynamic, form/substance). Since the most ancient times, man began the conquests of progress through the knowledge of nature. From the status of nomadic hunter to that one of a resident farmer, the arts and sciences related to the rural world and the study of the bio-ecosystem were born.

Part of this study was the knowledge, although still rudimentary, of meteorological and astronomical phenomena and their influence on living beings, and through empirical observations over thousands of years, a system of classified sets was adopted: "Wood," "Fire," "Earth," "Metal," "Water."

In law of the five "sets," which from now on we shall call "Movements" or "Elements," it must first use their "static" disposition and vision, that is, putting the "dysfunction" under examination at the center: this will become the key concept of reference and its intrinsic reality, that is, its materiality, will be exclusively examined.

In a second time all possible actions and transformations of the problem in time and in its qualities will be examined, using the "dynamic" disposition and vision. The set of these "static" and "dynamic" physiological actions, marked by pre-established rhythms existing in nature, is called QI or Vital Energy.

QI flows in three intimately coordinated systems: in the nervous system and the vascular system (hormones) from a western point of view; in the meridian system also called energy channels. Any alteration in the rhythms and flow currents of the QI generates imbalance and consequently "disease".

Natural medicine with its philosophy and energy treatments with practice apply to three fundamental aspects of personal care: physical, psychic and spiritual.

The organs, for example, are directly connected to specific emotions that govern our daily state of health: Anger is bad for the liver and muscles; fear for the kidneys; sadness for the lungs; obsessive thinking in the spleen; disturbance in the heart, even to the mind and cause far more serious mental disorders.

The energy treatments, the TUI NA and this set of millenary techniques are intended to deal practically with an organic "corpus" of synergies, used to restore a homeostatic balance of the person's health. The treatments are carried out by the therapist on points and reflex zones of the body, touches, pressures, through stimulation maneuvers carried out mainly with fingers, hands and forearms.

NATUROPATHY

Also known as Naturopathic Medicine is a set of practices, which have as their objective the stimulation of the innate capacity of self-healing or return to balance of the human body, called homeostasis, through the use of techniques and remedies of different nature, or through the adoption of healthy lifestyles and in harmony with the "natural rhythms".

Naturopathy is not a substitute for allopathic medicine, but a complementary tool, considering that the approach to the disease may involve different modes of intervention, capable of acting synergistically.

The naturopath is, therefore, a professional figure who takes care of the well-being of the person integrated in his family, social and environmental condition.

Naturopathic practices are varied and include massage, plantar reflexology, hydrotherapy, chromopuncture/chromotherapy, flower therapy, climatotherapy, aromatherapy and many others.

The evaluation of the single clinical case is not based on the examination of the symptoms, but on the examination of the so-called "terrain" of the person, of the exogenous factors with which he or she continually comes into contact and the lifestyle of the subject, in order to identify and eliminate the causes of the imbalance. Naturopathy has neither diagnostic nor therapeutic purposes, but rather favors the person's capacity for self-healing as a whole.

TEDDY TREVISAN

Naturopath, Holistic Reflexologist, Specialized in Oriental Energy Activities.

His training as a plantar reflexologist began in 1996 and in 1999 he graduates in Holistic Plantar Reflexology at the European Institute of Naturopathy and Holistic Reflexology with which he actively participated as Lecturer and School Board Member and later in 2002 as a Naturopath with enrolment in the European Naturopathy Register at the British Complementary Medicine Association and the Italian Holistic Institute.

He has attended training courses in Traditional Chinese and Classical Medicine and Philosophy both with the Ricci Institute in Paris (E.Rochat de la Valle, Father C.Larre) and at Lefay Resort & Spa Garda, where he followed Dr.Maurizio Corradin and where he collaborated as Trainer Therapist and responsible for Energy Activities and Plantar Reflexology.

He also practises Karate since the age of 8 years, he has attended courses of Tai Qi Quan and Qi Gong, meditation techniques, Tui Na (Chinese energy treatments) with specializations in posture, insomnia, weight control.

He also uses Vibrational Flower Therapy with Australian Bush Flowers, Energetic Stretching according to the Chinese vision and Ayurvedic Massage.

WE KINDLY ASK YOU TO BOOK YOUR APPOINTMENT WITH OUR THERAPIST
AT LEAST 24HRS IN ADVANCE AT THE FRONT DESK,
FOLLOWING HIS AVAILABILITY

ENERGETIC SUMMER AT THE HOTEL

In the full vitality of Nature - in the summer season - Energy reaches its maximum power and vitality.

The Luminous Energy called "YANG" according to Chinese Medicine moves intensely, moving from the chest to the surface of the body ... which needs to be free to express itself, free from blockages, free from tensions that would keep it inside, causing symptoms such as excessive agitation, tachycardia, anxiety, hot flashes, disturbed sleep.

In Chinese Medicine the colour associated with Summer is red; emotion is joy (relating with others); the element is "Fire"; the main associated organs are the Heart and the Small Intestine.

In Summer it is recommended to drink a lot of water and eat a lot of fruits and vegetables, maintaining a healthy and balanced physical exercise not too intense. In all the Chinese Medicine treatments proposed and adapted to each single guest during the Summer season, the organs and their functions (through the Heart, as it mainly controls and orchestrates them), and the deep and hormonal immune system (through the Small Intestine, seen as an energetic organ and not only, able to regulate it) will be worked and energetically helped.

Welcome Massage

The treatment addresses postural issues, osteoarticular conditions, muscle tension, and digestive and circulatory problems. It involves specifically targeted movements for the back, shoulders and neck, complemented by the addition of hot moxibustion to enhance therapeutic effects.

**50 Minutes
90,00€**

Plantar Reflexology

The treatment may involve physical, postural problems - osteoarticular, muscle tension, digestive, circulatory (blood/lymphatic), and emotional (insomnia; stress). Through the manipulation of the lower limbs and the pressure of specific points, the body rediscovers its physiological and postural balance.

**50 Minutes
90,00€
+ 20 min. Moxibustion 20,00€**

Postural TUI NA

Ancient Chinese energetic treatment, deep and relaxing which follows the path of the Meridians in all of your body aimed to rebalance your whole system thanks to the pressure on the points of the static and dynamic posture.

60 Minutes
130,00€

+ 20 min. Moxibustion 20,00€

ABHYANGA

Ayurvedic massage of Indian origin that helps to harmonize the body and relieve tensions through warm, gentle and continuous oiling techniques.

This exerts its action on the person as a union of body, mind and spirit, restoring the balance between the forces that govern the psychic, energetic, physiological and structural levels, whose disharmony determines the onset of illness and existential discomfort.

The aim of Abhyanga is to harmonize the Doshas, the constitutive biological principles of every human being, to eliminate Ama, physical and mental toxins, and to create a positive emotional flow and elevate the spirit.

90 Minutes
150,00€

Deep Tissue

Slow and specific body treatment that acts on the deep muscles. Ideal for athletes pre and post workout.

50 Minutes
120,00€

+ 20 min. Moxibustion 20,00€

“Al Bellariva la Bella Vita” Massage

Specific treatment and consultation where our therapist and naturopath will take care of you and your needs by customizing the combination of Eastern and Western techniques, with the aim of providing and guaranteeing a 360° result: relaxation and tonicity of the muscles, and energy benefits for the organs that will allow you to face your day in a serene and centered way.

60 Minutes

130,00€

+ 20 min. Moxibustion 20,00€

Relaxing Body Massage with Essential Oils

Delicate, harmonious body massage that gives relaxation to the mind.

60 Minutes

100,00€

+ 20 min. Moxibustion 20,00€