

# Lose weight in the Sannio

Personalized paths to find your balance  
in nature.

LA  
PAMPA  
RELAIS 



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## The scientific medical approach

**La Pampa Relais is a place where the balance between the surrounding environment and the activities of spirit and body lead to a healthy natural diet with surprising results.**

The path aims to restore the harmony of the individual through a return to their own biorhythms in the sphere of nutrition, movement and comparison with other patients in search of a right balance, even in the waking-sleep relationship.

To this end, a daily meeting with an experienced psychologist of psychosomatic disorders of mood and related stress is planned, integrating the use of devices working on electromagnetic frequencies.

## The Activities of Analysis

They include blood sampling for the main indicators, cardiac examination and echocardiogram with multidisciplinary ultrasound machine linear probe, convex and cardiac, body scan fit and genetic testing thanks to which it is possible to plan a customized path of remise en forme that goes beyond the duration of the stay.

## The Workouts

Gymnastics sessions with exercises with EMS suits that, through small electrodes placed on the entire skin or on the main muscle groups, mimic the action and central nervous system electrically stimulating the harmony of the physique.

## The Treatments

In the SPA of La Pampa, among the 3 heated pools, saunas, Turkish bath, emotional showers and water blades, you can follow much of the program of remise en forme with different body/ face treatments and massages designed specifically to restore your psychophysical balance.

## Food Education

It is the starting point of any path aimed at correcting bad eating habits that result in increased fat and its consequences. During the stay there will be a dietary cooking course and several meetings with the nutritionist to lay the foundations on the theme of experiential food education that allows you to achieve excellent results without ever giving up the pleasure of tasty and well cooked food.



## **The Natural/Alkaline Diet**

The alkaline diet is based on the principle that excess weight and water retention are attributable to the acidification of tissues. Nutrition has the function of strongly limiting the production of acids and favouring that of bases, thus preventing tissue acidification and helping to maintain the pH of the blood.

Adopting an alkaline diet therefore helps to purify the body from acidity, harmful to cells, through the use of food at basic pH/ alkaline.

The program is characterized by a natural diet based on the use of a wide variety of foods with high anti-acid power. It allows, together with the use of specially treated water, to pursue an optimal condition of acid/base balance, fundamental for the proper functioning of our organism.

Aimed at helping the body to purify itself, it is also suitable for people without particular problems of overweight. The food education learned at the Pampas during this course is a simple but valid and scientific tool for treatment and prevention.







## PATH INCLUDES:

- Stay
- Meeting and consulting with our medical Tutor and his Team for the creation of the treatment program and the diet
- Medical team assistance and supervision
- Targeted SPA treatments and massages
- Gymnastics EMS
- Water gymnastics - hydrotherapy
- Yoga sessions
- Weight control through a low-calorie and healthy diet with a focus on choosing seasonal and local raw materials
- Customized diet taken care of by the Nutritionist together with the Chef
- Administration of alkaline water

### Contact us for info and reservation

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