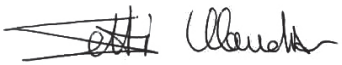

SPA VEDA
Ayurveda & holistic
Setti
METHODE

Dear Guest,

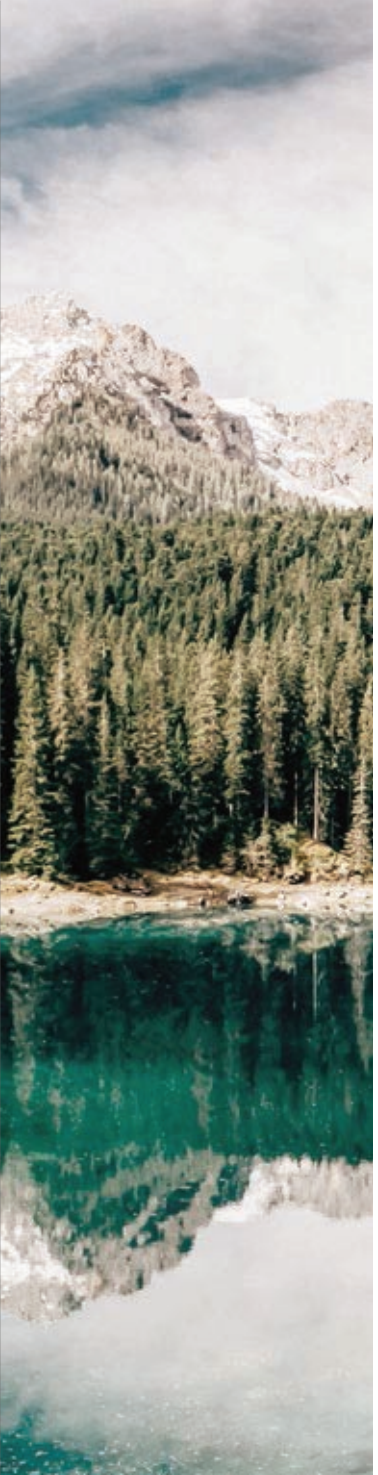
Relaxation and well-being have become treasures to be cherished. They are very important and rare moments in everyday life. They give us the possibility to regenerateand to seize the moments in which they arise …CARPE DIEM.

Enjoy this corner of paradise amidst spectacular nature where the scent of thedolomitic meadows blends with ancient traditions, whilst at the same time innovates our „AYURVEDA & HOLISTIC".

Sincerely yours,







Setti METHODE®

Index

Breathing 9

Bio-energy 11

Physiocare 13

Oriental Massage 17

The World of Ayurvedico 19

Tai yoga 25

The Temple of H_2O 27

Nutrition 31

Couple Treatments 33

Packages 35

Let's talk about the "Setti Methode®"

The Setti Methode® is an invitation to feel good, to rediscover that part of us that is "numbed" in the normality of everyday life. All that is perpetuated in time generates a sense of profound disequilibrium and, sometimes, profound discomfort and consequently the so-called "pathologies".

The method draws on ancient knowledge of Eastern disciplines, the "Canon of Medicine", an important book of "Traditional Chinese Medicine" dated 2000 years ago, and the precious books of "Veda", the "Traditional Ayurvedic Medicine", dating back 5000 years. This method has reworked, revised and customised this immense knowledge, creating a style of "wellness" more suited to western traditions and, therefore, more usable.

Treat yourself to a rehabilitation stay for a healthier life, a complete treatment for yourself, to say 'yes' to loving who you really are, in a perfect state of beneficial harmony.

The method is divided into several complex disciplines such as:

- Naturopathy, a set of natural holistic practices
- Orthomolecular Nutrition, an accurate nutritional philosophy, developed through precise hygiene and health choices.
- Iridology, a study based on the characteristics of the eye's iris
- Traditional Chinese Medicine, an ancient art of "preventive medicine" developed in imperial China.
- Traditional Ayurvedic Medicine, philosophical thoughts handed down to us by the precious book "Vedas" according to a vast knowledge developed in India millennia ago.
- Bio-energetic techniques, a complete set of breathing techniques aimed at achieving a profound awareness of one's body.
- Tai-Chi-Chuan, an exercise, a dance, but also a lifestyle of ancient China.
- Yoga, an art, nowadays widely practiced in its myriad of styles, which hasalways placed health at the centre of the person at all levels.
- Kundalini, a powerful, revitalising, cathartic energy enabling us to discover a newbody-energy awareness

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by Setti Methode®







Let's and out more …

The pillars of the Setti Methode® are rooted in a deep and lived awareness that man is one with mind-body and spirit. From this it is evident that not only is everything connected, but the human mind itself influences not only our lifestyle, but our whole body.

Claudio will work with each guest and apply the technique he considers the most appropriate and intimate for each individual, starting with a thorough iridological examination with a precise reading of the iris. Through this method, it is possible to extrapolate the exact type of treatment for each of us and from there one can undertake a "health" path, which of course will be absolutely unique and personal.
Every one of us is and rejects a small "world", let the Setti Methode® help you to create a healthy daily life with the most perfect respect for all that you are in your splendid uniqueness.

"The natural healing force within each of us is the greatest force in getting well."
(Hippocrates, 370 BC)


BREATHING
The inner calm
Setti
METHODE

We are all able to breathe, if we did not, we would not live! But we do not all know how to obtain the maximum benefits from breathing. To breathe properly you will need to perform a perceptual re-education to learn to perceive ourselves in a completely new way and in a different perspective.

Breathing evaluation and re-education

Through simple measures it is possible to obtain valuable information on the respiratory system and on potential diseases or disorders. Respiration re-education follows the "lobular" system, typical of yoga.

50 min € 75,00

Breathing techniques (Nadi Sodhana)

With practice, complete breathing becomes easy, spontaneous and natural. The gross breath (sthula) refines itself becoming more subtle and awakens the desire to extend the breathing rhythm and practice broader exercises.

50 min € 65,00

Guided relaxation

A guided visualisation technique that uses the imagination to induce a state of profound psycho-physical relaxation.

50 min € 65,00

Varna Pranayama

A very simple technique, by which you can transform your negative attitude into a positive one and recharge the batteries, leading the universal energy (prana) to revitalise the nervous system and the physical plane.

50 min € 65,00

Tala kriya

This practice uses the contraction and relaxation of the limbs and the whole body to remove tension and both superficial and profound contractions.

50 min € 65,00

Chakras therapy

A method to awaken the chakras through breathing and the alignment of the vertebrae to free psycho-physical blocks.

50 min € 75,00


BIO-ENERGETICS
The regenerating force
Setti
METHODE



Bio-energetics is a psycho-corporeal discipline, which uses breathing techniques, physical exercises, energy treatments, body contact and position, combined with a psychological and character analysis. Bio-energetics does not work towards an ideal posture but rather to attain the posture that is possible for us at that precise moment of our life.

Consultation and bio-energetic massage

Through a bio-energetic evaluation it is possible to create a path to finding our body awareness not only inside, but also physically through a specific massage.

45 min — € 80,00

Energy rebalancing

This treatment combines various techniques: Plantar Reflexology, Shiatsu and Reiki. Breathing becomes deeper and our Qi (Chi) life energy flows freely.

75 min — € 110,00

Tension Release and Polarity Therapy

A system based on manipulation and stretching exercises to restore balance and remove energy blockages between the two poles of the body: positive (the head) and negative (the feet).

50 min — € 75,00

Reiki

The energy is channeled through the hands of those who practice the discipline of Reiki and tends to flow spontaneously in the receiver's body at the points where it is most needed.

50 min — € 80,00

Watsu

The transposition of Shiatsu into water; a traditional oriental technique of bodily work conducive to psycho-physical well-being.

45 min — € 80,00

Plantar re•exology

Our body is reflected on the sole of the foot. Massaging certain points stimulates the corresponding organs

45 min — € 80,00


PHYSIOCARE
Total relaxation
Setti
METHODE



Myofascial massage

A body treatment technique that does not only work the muscles, but also through them. With a slow but very deep massage, you work the "warp" of your muscular weave, acting on the interstitial fluid, or the lubricant of the muscles and the cells immersed in it. The result is loose and pleasant fluidity of movement.

45 min € 72,00

Connective massage

An interesting and effective massage treatment much like "physiotherapy". It acts by dissolving the tension or the "adhesions" that are formed between the muscle groups. It acts very deeply, ensuring the relaxation of recent and even chronic contractures.

45 min € 72,00

Sport-Massage

This massage treatment is aimed, as the name suggests, at those who practice sport. It helps the process of "de-conditioning" not just the body. It relieves tensions and contractures caused by intense and prolonged activity, such as professional sport, as well as occasional sporting activity.

45 min € 72,00

Corpus sanum

A well-structured and really effective treatment in which a blend, according to personal needs, of glass-crystal cups, moxa or "Chinese cigar" and the pinda of the Ayurvedic tradition. It is therefore a great benefit to the skin, but also in the joints and in the whole musculature.

45 min € 72,00

Trigger points treatment

A body technique that through localised pressure creates an area of "ischemia" and, therefore, a hyperemia resulting from the moment of release. Effective for the "reoxygenation" of tissues and, consequently, a pleasant muscular relaxation.

45 min € 72,00

Decontracting treatment

A specific treatment, mostly located in areas where pain and suffering are present, such as: lumbar tract, trapezius, sternocleidomastoid, quadriceps femoris. It has the ability to provide relief from discomfort in the affected area.

45 min € 75,00

Pancafit

The so-called "Pancafit" is a tool that performs multiple functions. Although the mainand predominant purpose is the decontracting action of lengthening and the distension of the musculature, which compared to the active contraction phase does not happenin such an easy way as the spontaneous passive.

1 seduta di 45 min / 3 sedute € 75,00 / € 210,00

All types of massage can be performed with the following oils: Primrose, Mustard, Almond, Linseed, Sesame, Argan, Baobab, Moringa, Almond, Jojoba, Coconut, Grape Seed, Ghee, Shea Butter.






ORIENTAL
MASSAGE
Exotic well-being
Setti
METHODE



From all over the world, a selection of traditional and unique massages. The search for techniques handed down by word allow us to present this exotic mixture of treatments, in which body and spirit lose their limits and join as one.

Hawaiian

Hawaiian or Lomi-Lomi massage is a massage technique that comes from the shamans of the Hawaiian islands, who used it as a healing ritual and initiation rite of passage.

50 min € 80,00

Indonesian

Created with the aim of specifically rebalancing the three chakras that come into play in the dynamics of the emotional relationship: the second chakra (sensuality), the fourth (unconditional love), and the seventh (spiritual love that opens to the whole universe).

50 min € 80,00

Shiatzu

Manual treatment characterised by pressure applied with the thumbs, palms of the hands and elbows all over the body. It follows the energy paths of Traditional Chinese Medicine.

50 min € 80,00

Thai

Ancient oriental techniques of manipulation, stretching, palm-pressures and assisted breathing allow a pleasant feeling of psycho-physical well-being.

75 min € 120,00

Tibetan

Since ancient times it has functioned mainly as a treatment for disorders related to the nervous system, but it is also very effective for physical problems in general. Sound massage using singing bowls are used.

50 min € 80,00


THE WORLD OF
AYURVEDICO
Self-discovery
Sattvi
METHODE

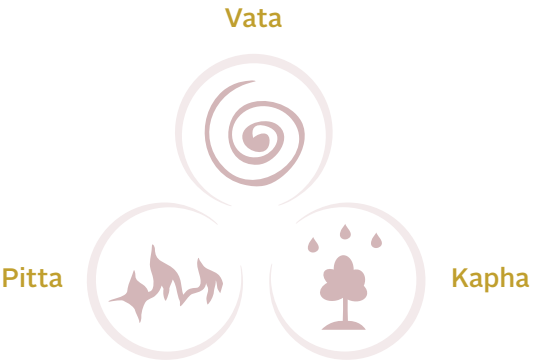


Dolomiti Ayurveda®

Ayurveda is a true philosophy and a way of life - it allows us to begin a new path, a new journey for one's own life.

It originated in India a few thousand years ago and has not changed over the centuries. It is essentially holistic and considers the spiritual and material dimensions of the individual inseparable, acting to restore an authentic and harmonious well-being and operates respecting all environmental and personal factors. It is based on the use of medicinal herbs, proper nutrition, correct breathing and on the purification of the body, but above all by observing a positive philosophy of existence.

Ayurvedic medicine covers not only therapeutic treatment, but also, and above all, the treatment of the person as a whole, with particular attention paid to prevention.



Ayurveda is a system of traditional medicine originating in India some thousands of years ago and it is still practiced in hospitals and clinics because it is still effective having never changed over the centuries. It is essentially holistic and considers the spiritual and material dimensions of the individual inseparable, acting to restore an authentic and harmonious well-being and operates respecting all environmental and personal factors. It is based on the use of medicinal herbs, proper nutrition, correct breathing and on the purification of the body, but above all by observing a positive philosophy of existence. Ayurvedic medicine covers not only therapeutic treatment, but also, and above all, the treatment of the person as a whole, with particular attention paid to prevention.

Ayurvedic consultation

This offers the possibility of having a complete and profound picture of one's state of health according to the Ayurvedic optics (vata, pitta, kapha or sub-components).

25 min / 50 min — € 50,00 / € 100,00

Udvartana (peeling)

The massage with Ayurvedic powders for every physical makeup, ideal before any type of massage. It is a traditional Indian peeling or simply put, an intense aesthetic treatment..

ca. 50 min — € 65,00

Garshan (anti-cellulite)

Treatment that counteracts the formation of fat, reduces adipose accumulation and improves lymphatic circulation and tissue oxygenation.

ca. 50 min — € 65,00

Mukhabhyangam (face)

Slow, delicate and skilful movements, result in a well-being both on a physical and mental level leading one to a deep state of relaxation.

25 min — € 45,00





Mukhashiroabhyangam (head-neck-face)

A special Ayurvedic traditional massage, which focuses on the head, face and neck. Often the state of tension that we feel throughout the body begins at the head. It is from here that anxiety and worry originate.

50 min — € 78,00

Abhyangam (basic massage)

Basic, full-body massage, specifically designed for all types of component; vata, pitta or kapha.

50 min — € 78,00

The Abhyangam massage can be adapted to any type of individual component, and therefore to every need. The Ayurvedic package runs alongside a specific nutritional plan formulated by the restaurant.

Kerala (head-neck-face-full-body)

Ayurvedic full-body base massage with particular attention to head-neck-face. Deep and complete psycho-physical massage.

75 min — € 115,00

Thandabhyangam (back massage)

The spine massage can release energy blockages and possible muscular tension. Hot medical bags are used for rubbing.

25 min / 50 min — € 45,00 / € 78,00

Marmabhyangam (chakras massage)

Stimulation and massage of the 107 energy points of our body. To promote health and longevity.

ca. 50 min — € 78,00

Kalari Tirumnu (sports)

Massage including stretching, traditional Ayurvedic oils and the use of warm herbal bags.

ca. 50 min — € 78,00

Ayurvedic Stretching

Massage without using oil, but benefiting from muscle stretching and assisted breathing techniques.

ca. 50 min — € 78,00

Atmabhyangam (soul massage)

Based on ancient traditional sequences of Snehana (sacred anointing) of northern Ayurveda, it constitutes a "two-way meditation".

ca. 75 min — € 125,00

Pinda Sweda (warm bags)

Massage with warm oil and bags of warm herbs. Relieves pain and brings warmth.

ca. 50 min — € 85,00

Chakradhara (hot oil on the chakras)

This consists of a total body massage with oil on certain Marma points, in accordance with our own energy needs.

ca. 70 min — € 125,00

Shirodhara (hot oil on the 6th chakra)

Snehana therapy (Ayurvedic sacred anointment) on the whole body, ending with a continuous drizzle of hot oil on the forehead.

ca. 70 min — € 125,00

Kundalini massage (experiential massage)

Opening and balancing chakras through breathing and listening to yourself during a deep and intense derivation of a Kashmiro Shivaism massage. A real physical-spiritual experience!

ca. 50 min / ca. 70 min — € 90,00 / € 125,00






TAI YOGA
At peace with oneself
Setti
METHODE



Man is not a foreign body on earth! Nature does not fight against humanity, it actually gives it all it needs. To stand up and have contact with the earth there is gravity. The more our skeletal-muscular system is free of tension, the less we suffer the weight of gravity. Through the slow and circular movement of the joints practicing TAI YOGA, our body absorbs and drains the gravitational force producing movement. If there are tensions that block a muscle or limb the body becomes unbalanced, causing difficulties that gradually spread throughout the body. This condition will trigger an endless series of attempts at alignment. Gravity can be our friend but if it becomes our enemy it will become a generalised and persistent discomfort. TAI YOGA is a blend of Traditional Chinese Medicine in Tai Chi Chuan and Ayurvedic Medicines in Yoga, resulting in a life without muscular tension and in full compliance of the principles that govern nature.

Personal Yoga (hata, power, iyengar)

Personalised lesson that aims to purify, tone and stretch the body, allowing you to breathe correctly.

45 min € 60,00

Personal Tai Chi / QI Gong

Personalised lesson that aims to balance our body and our psyche, moving our own energy through breathing and visualisation.

45 min € 60,00

Personal trainer

Personalised lesson with specific exercises for toning and strengthening the muscles or simply stretching.

45 min € 60,00

Personal Kundalini Yoga

The lesson are conducted through the control of breathing, posture, meditation, relaxation techniques and contraction of the urethral sphincter to activate the Kundalini.

45 min € 65,00


THE TEMPLE
OF H2O
Water, the source of life
Setti
METHODE



Watsu

Watsu is one of the most innovative "Arts of Wellness". It is practiced in water at body temperature. It has the peculiarity of uniting the benefits of ancient oriental practices, such as Shiatsu and bio-energetic techniques, exploiting the magnificent virtues of warm water.

45 min € 80,00

Watsu Reflex

This innovative practice in water at body temperature comes completed and integrated from plantar reflexology, thus creating a sweet and lulling harmony typical of the element of water.

45 min € 80,00

Watsu Kundalini

This interesting and innovative practice in water at body temperature, is supplemented and enriched by the activation of "Kundalini" energy techniques.

45 min € 80,00

Watsu massage

A set of oriental techniques and principles of bio-energy, they are marvellously fused in water, allowing you to feel your own body massaged in the absence of gravity.

45 min € 80,00

Water tai chi

Slow and circular movements, typical of Tai Chi Chuan, supported by modulated and controlled breathing. With the anti-gravity effect of the water one reaches a body awareness never experienced before.

45 min € 80,00

Water breathing

Breathing techniques of pranayama, kundalini, bioenergetics, as well as the practice of body awareness applied in water to increase the respiratory capacity.

45 min € 80,00

Water relax

Stretching and relaxation exercises with body mediation, coming from the ancient tradition of pranayama, practiced in water allow us to reach a state of profound consciousness and body awareness.

45 min € 80,00

Some of these practices can also be carried out in groups.






NUTRITION
Food & soul
Setti
METHODE



To change or improve your diet you must first change your way of thinking. There is no diet, no medical advice that is valid over time for everyone. However, healthy and correct nutrition exists for every individual. Going back to eating adhering to environmental and seasonal rhythms can be a good starting point for acting on our psycho-physical well-being. We should learn to to choose food considering not only the climatic factors, but also those related to individual conditions, to the environment
in which you live. In accordance with the cronodieta, a food strategy, utilised within the Setti Methode® based on the timing of food intake, the secret of well-being is to maintain the acid-base balance in our blood with an alkalizing diet, rich in fruits and raw vegetables. There will be situations in which it is essential, for a limited period, to take supplements or herbal remedies in order to maintain health or to solve small momentary disturbances.

Naturopathic Consultancy

Provides an as complete as possible investigation of the patient's psycho-physical condition using a vast scope of Naturopathy, reflexology and ear reflexology, floritherapy, fitocomplementi, muscle tests, nutritional advice and bio-energetic techniques. The naturopath Claudio Setti, in collaboration with the Michelin star chef Theodor Falser, offers the opportunity to stay at the Engel using a tailor-made nutritional plan. After naturopathic advice or choosing a package offered by the ENGEL Spa Veda, it is possible to benefit from a specific diet.

45 min € 100,00

Chef Theodor Falser offers the following possibilities:

- Ayurvedic nutritional lifestyle
- Basic nutritional lifestyle
- Detoxifying nutritional lifestyle
- Anti-aging nutritional lifestyle
- Anti-cellulite nutritional lifestyle
- Slimming nutritional lifestyle
- Fast assisted nutritional lifestyle

Iridology examination

The iridologist Claudio Setti will be able to evaluate existing problems of the iris and advise not only the best natural remedies, but also provide information leading to a natural lifestyle that brings balance and health. The naturopath Claudio Setti, in collaboration with Dr. Chiereghin, from the Chiereghin pharmacy of Bolzano, offers the possibility of using herbal remedies, essential oils and supplements direct from the pharmacy under the supervision of a qualified herbalist.

45 min € 100,00


COUPLE
TREATMENTS
The pleasures of sharing
Setti
METHODE



The SETTI Spa Veda couple treatments are ritual massages that allow a totally holistic and relaxing approach. Quality of contact, energy exchange, power of communication; during the massage all these factors merge. At each session, the correlation between the epidermis and the nervous system is made sacred and honoured; By touching a person it is possible to make contact with his mind and communicate in full with his body.
It is definitely suitable as an anti stress method, to help us overcome emotional blockages and muscle contractures.

Hawaiian

The Hawaiian massage (Lomi Lomi) has a very old tradition behind it, handed down in its original form, as one of the most efficient therapeutic practices of psychic and physical energy manipulation (women's massage is performed by a man and vice versa).

50 min / 50 min – 4 mani — € 160,00 / € 160,00

Indian bridal

This ancient massage of Ayurvedic derivation was practiced in antiquity before marriage to calm and relax the couple. The hand motions are slow, long and circular and continuous.

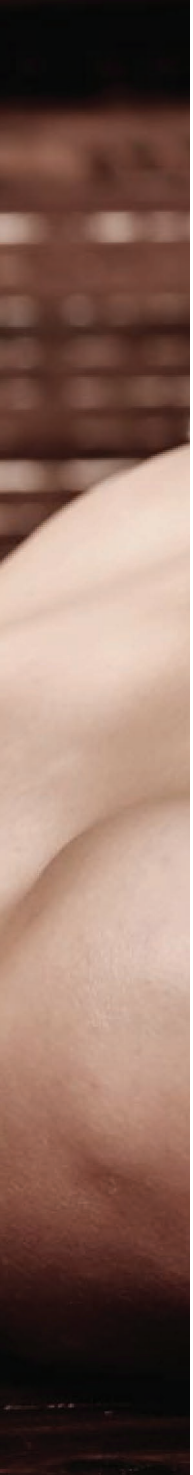
50 min — € 160,00

Caesar and Cleopatra Ritual

This treatment is designed to stretch the mind and physique through the 5 extremities of the body. It starts with a warm and fragrant bath, followed by reflexology, reflexology of the hands and a final Ayurvedic massage of the face and head.

80 min — € 190,00


PACKAGES
For complete well-being
Setti
METHODE



SETTI Ayurveda 4 days

Package details

This package has been designed for those who want get closer to the Ayurvedic world with traditional Indian massages and two yoga classes, without too much inconvenience to your wellness stay. During the massages, the client's energy and natural flow throughout the body will be taken into account, trying to move the prana wherever it may be blocked. This package also offers the possibility tasting traditional Indian cuisine.

Services included

- Ayurvedic consultancy and iridology examination in accordance with the Setti Methode®
- Ayurvedic diet for your own constitution and oneness
- 1 x Udvarthana, body peeling with Ayurvedic herbal powder
- 1 x Ayurvedic stretching (ancient massage to stretch the muscles, without oil)
- 1 x Abhyangam (body massage in accordance with the typology: vata-pitta-kapha)
- 1 x Kerala (Abhyangam massage focusing on the head and face)
- 2 x Personal yoga (yoga class adapted to each client's personal needs)
- 1 x Tai-yoga (body awareness lesson in accordance with the Setti Methode®)
- Final ayurvedic consultancy

€ 660,00

SETTI Ayurveda 6 days

Package details

This package has been designed for those who want get closer to the Ayurvedic world with traditional Indian massages and two yoga classes, without too much inconvenience to your wellness stay. During the massages, the client's energy and natural flow throughout the body will be taken into account, trying to move the prana wherever it may be blocked. This package also offers the possibility tasting traditional Indian cuisine

Services included

- Ayurvedic consultancy and iridology examination in accordance with the Setti Methode®
- Ayurvedic diet for your own constitution and oneness
- 1 x Udvarthana, body peeling with Ayurvedic herbal powder
- 1 x Muka-shiro-abhyangam, head massage face neck
- 1 x Abhyangam (body massage according to the own typology: vata-pitta-kapha)
- 1 x Kerala (Abhyangam massage focusing on the head and face)
- 1 x Ayurvedic stretching (ancient massage to stretch the muscles, without oil)
- 1 x Shiro-dhara (body massage with flowing oils on the 6th chakra)
- 3 x Personal yoga (yoga class adapted to each client's personal needs)
- 2 x Tai-yoga (body awareness lesson in accordance with the Setti Methode®)
- Final Ayurvedic consultancy

€ 950,00

SETTI Panchakarma 6 days

Package details

This detoxifying treatment requires a certain amount of available time as well as residency at the structure, to allow us to constantly monitor the client. Daily and rhythmic routines of personal cleansing in accordance with Indian traditions, repeated exercises of daily yoga, regular fomentations followed by ancient Indian massages, controlled breathing, purification of the whole organism, careful diet in the principles of Ayurvedic medicine will make you discover a new way to understand and listen to your body.

Services included

- Ayurvedic consultancy and iridology examination in accordance with the Setti Methode®
- Ayurvedic diet for your own constitution and oneness
- Therapeutic guide for the whole stay
- Treatment based on boiled water with ginger
- Intake of healing herbs throughout the stay (Morning, Afternoon and Evening)
- Digestive and laxative powders
- Virechana, day of body purification
- Natural marine sponge
- Tongue, nose and gums cleaning kit

Treatments according to medical history:

- 1 x Udvarthana, body peeling with Ayurvedic herbal powder
- 3 x Swedana heat therapy
- 1 x Thandabhyangam, massage along the spine
- 1 x Abhyangam massage in accordance with ones own constitution
- 1 x Pindasweda massage with warm herbal bags
- 1 x Kerala body massage focusing on the head and face
- 1 x Shirodhara body massage with flowing oils on the 6th chakra
- 4 x Personal yoga of the Sun.
- 2 x Tai-yoga, a lesson in body awareness in accordance with the Setti Methode®
- Final consultation and a copy of the Yoga del Sole CD and / or exercises of the Method

€ 1.220,00

SETTI Panchakarma 9 days

Package details

This detoxifying treatment requires a certain amount of available time as well as residency at the structure, to allow us to constantly monitor the client. Daily and rhythmic routines of personal cleansing in accordance with Indian traditions, repeated exercises of daily yoga, regular fomentations followed by ancient Indian massages, controlled breathing, purification of the whole organism, careful diet in the principles of Ayurvedic medicine will make you discover a new way to understand and listen to your body.

Services included

- Ayurvedic consultancy and iridology examination in accordance with the Setti Methode®
- Ayurvedic diet for your own constitution and oneness
- Therapeutic guide for the whole stay
- Treatment based on boiled water with ginger
- Intake of healing herbs throughout the stay (Morning, Afternoon and Evening)
- Digestive and laxative powders
- Virechana, day of body purification
- Natural marine sponge
- Tongue, nose and gums cleaning kit

Treatments according to medical history:

- 1 x Udvarthana, body peeling with Ayurvedic herbal powder
- 5 x Swedana heat therapy
- 1 x Detoxifying bath
- 2 x Thandabhyangam, massage along the spine
- 2 x Abhyangam massage in accordance with ones own constitution
- 1 x Pindasweda massage with warm herbal bags
- 1 x Kerala body massage focusing on the head and face
- 1 x Shirodhara body massage with flowing oils on the 6th chakra
- 6 x Personal yoga of the Sun.
- 3 x Tai-yoga, a lesson in body awareness in accordance with the Setti Methode®
- Final consultation and a copy of the Yoga del Sole CD and / or exercises of the Method

€ 1.720,00



SETTI Panchakarma 13 days

Package details

This detoxifying treatment requires a certain amount of available time as well as residency at the structure, to allow us to constantly monitor the client. Daily and rhythmic routines of personal cleansing in accordance with Indian traditions, repeated exercises of daily yoga, regular fomentations followed by ancient Indian massages, controlled breathing, purification of the whole organism, careful diet in the principles of Ayurvedic medicine will make you discover a new way to understand and listen to your body.

Services included

- Ayurvedic consultancy and iridology examination in accordance with the Setti Methode®
- Ayurvedic diet for your own constitution and oneness
- Therapeutic guide for the whole stay
- Treatment based on boiled water with ginger
- Intake of healing herbs throughout the stay (Morning, Afternoon and Evening)
- Digestive and laxative powders
- Virechana, day of body purification
- Natural marine sponge
- Tongue, nose and gums cleaning kit

Treatments according to medical history:

- 1 x Udvarthana, body peeling with Ayurvedic herbal powder
- 8 x Swedana heat therapy
- 1 x Detoxifying bath
- 2 x Thandabhyangam, massage along the spine
- 2 x Abhyangam massage in accordance with ones own constitution
- 2 x Pindasweda massage with warm herbal bags
- 2 x Kerala body massage focusing on the head and face
- 1 x Chakratherapy vibration therapy to unlock chakras
- 2 x Shirodhara body massage with flowing oils on the 6th chakra
- 9 x Personal yoga of the Sun.
- 4 x Tai-yoga, a lesson in body awareness in accordance with the Setti Methode®
- Final consultation and a copy of the Yoga del Sole CD and / or exercises of the Method

€ 2.430,00

SETTI Panchakarma 20 days

Package details

This detoxifying treatment requires a certain amount of available time as well as residency at the structure, to allow us to constantly monitor the client. Daily and rhythmic routines of personal cleansing in accordance with Indian traditions, repeated exercises of daily yoga, regular fomentations followed by ancient Indian massages, controlled breathing, purification of the whole organism, careful diet in the principles of Ayurvedic medicine will make you discover a new way to understand and listen to your body.

Services included

- Ayurvedic consultancy and iridology examination in accordance with the Setti Methode®
- Ayurvedic diet for your own constitution and oneness
- Therapeutic guide for the whole stay
- Treatment based on boiled water with ginger
- Intake of healing herbs throughout the stay (Morning, Afternoon and Evening)
- Digestive and laxative powders
- Virechana, day of body purification
- Natural marine sponge
- Tongue, nose and gums cleaning kit

Treatments according to medical history:

- 1 x Udvarthana, body peeling with Ayurvedic herbal powder
- 13 x Swedana heat therapy
- 2 x Detoxifying bath
- 2 x Thandabhyangam, massage along the spine
- 2 x Abhyangam massage in accordance with ones own constitution
- 3 x Pindasweda massage with warm herbal bags
- 3 x Kerala body massage focusing on the head and face
- 2 x Chakratherapy vibration therapy to unlock chakras
- 1 x Kalatirumnu ancient massage of Indian athletes
- 1 x Chakradhara body massage with hot oil poured on the marma points
- 3 x Shirodhara body massage with flowing oils on the 6th chakra
- 14 x Personal yoga of the Sun.
- 6 x Tai-yoga, a lesson in body awareness in accordance with the Setti Methode®
- Final consultation and a copy of the Yoga del Sole CD and / or exercises of the Method

€ 3.640,00





SETTI Basic 6 days

Package details

This package has been specially designed to alkalise the organism through an exclusive use of alkaline water, basic supplements, trace elements and wellness treatments with glycol extracts. During the stay a basic dietary food menu is proposed specially designed using the PRAL scores (potential renal acid loading). Through regular brushing all over the skin, saunas and a daily consumption of rich herbal tea mineral salts it is possible to maintain a healthy body.

Services included

- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Alkaline diet
- Treatment based on alkaline water
- Natural marine sponge
- Intake of healing herbs throughout the stay (Morning, Afternoon and Evening)
- Digestive and laxative powders
- Basic powder supplements
- Pro-biotics to re-balance the intestinal bacterial flora
- Oil elements
- Glycol extraction during treatments
- Himalayan salt peeling
- 4 x basic baths
- 2 x Basic massages
- 2 x Lymphatic massages
- 2 x Tai-yoga a lesson in body awareness in accordance with the Setti Methode®
- Final consultation and advice for the home

€ 1.050,00

SETTI Detoxifying 6 days

Package details

This package has been specially created to detoxify the body by restoring its acid-base balance and help the liver to eliminate toxins.

We use herbal products, detoxifying baths, glycol extracts, healing herbs, pro-biotics, specific massages and a specific diet. Through regular brushing all over the skin, saunas and a daily consumption of rich herbal tea mineral salts it is possible to maintain a healthy body.

Services included

- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Customised detoxifying diet
- Treatment based on boiled water
- Natural marine sponge
- Intake of healing herbs throughout the stay (Morning, Afternoon and Evening)
- Bitter for the liver
- Basic supplements
- Pro-biotics to re-balance the intestinal bacterial flora
- Sulfur cannula
- Gemmo derivatives for the liver
- Glycol extract during treatments
- 2 x Liver packs
- 1 x Himalayan salt peeling
- 2 x detoxifying baths
- 2 x Lymphatic massages
- 2 x detoxifying massages
- 2 x Tai-yoga, a lesson in body awareness according to the Setti Methode®
- Final consultation and advice for the home

€ 1.050,00





SETTI Anti-cellulite 6 days

Package details

This package has been specially created for those who wish to tackle the problem of cellulite through heat treatments, compresses and massages that stimulate circulation and which re-align the normal acid-base balance. Cellulite is also treated through baths, phytotherapics, supplements and an alkaline diet specially designed using the PRAL scores (potential renal acid loading).

Services included

- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Anti-cellulite diet
- Treatment based on boiled water and ginger or lemon
- Anti-cellulite herb intake for the duration of your stay
- Pro-biotics to re-balance the intestinal bacterial flora
- Basic powder supplements
- Gemmo derivatives
- Lymphatic drainage capsules
- Phytotherapeutic powder to aid the intestines
- Glycol extract during treatments
- Himalayan salt peeling
- 2 x Swedana with compression to combat cellulite
- 2 x Anti-cellulite baths
- 3 x Anti-cellulite massages
- Anti-cellulite aesthetic treatment
- Deep facial cleansing
- 2 x Tai-yoga, a lesson in body awareness according to the Setti Methode®
- Final consultation and advice for the home

€ 1.230,00

SETTI Anti-ageing 6 days

Package details

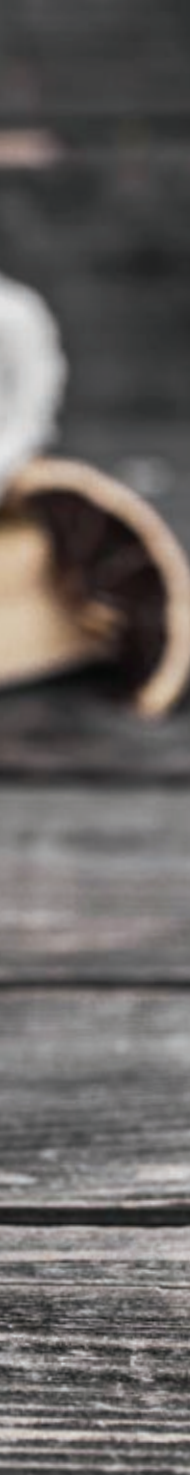
This package has been specially created to counteract free radicals and skin blemishes, both through aesthetic treatments and stimulating circulation massages, using herbal products, supplements, pro-biotics, trace elements, glycol extracts during baths and an alkaline diet specially designed using the PRAL scores (potential renal acid loading). Through regular brushing all over the body, saunas and a daily consumption of Anti-ageing herbal teas it is possible to maintain a healthy body.

Services included

- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Customised anti-aging diet
- Treatment based on boiled alkaline water
- Intake of anti-ageing herbs for the duration of your stay
- Natural marine sponge
- Basic powder supplements
- Pro-biotic anti-aging
- Liver supplements
- Oligo elements
- Cream, anti-ageing body oils
- Glycol extract during treatments
- Himalayan salt peeling
- 4 x Anti-cellulite baths
- 2 x Circulating massages
- Anti-ageing aesthetic treatment
- Anti-ageing facial treatment
- Eye contour treatment
- 2 x Tai-yoga, a lesson in body awareness according to the Setti Methode®
- Final consultation and advice for the home

€ 1.200,00





SETTI Slimming 6 days

Package details

This package has been specially created for those who wish to lose weight naturally, learning which foods to avoid and which strategies to use. Diet, theoretical lessons on nutrition, personal trainer, massages, food supplements and phytotherapeutic treatments work in synergy to help you to achieve your objectives.

Services included

- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Intermittent diet
- One hour basic theoretical lesson on orthomolecular nutrition in accordance with the Setti Methode®
- Treatment based on alkaline water
- Natural marine sponge
- Intake of slimming herbs for the duration of your stay
- Phytotherapic digestive-laxative powders
- Basic supplement powders to be taken in water before sleep
- Pro-biotics to aid slimming
- Slimming tablets
- Appetite suppressing capsules
- Phytotherapeutic treatment for weight loss
- Glycol extract during treatments
- Himalayan salt peeling
- 4 x Swedana heat therapy
- 3 x Personal slimming training
- 4 x Slimming massages
- 2 x Tai-yoga, a lesson in body awareness according to the Setti Methode®
- Final consultation and advice for the home

€ 1.350,00

SETTI Therapeutic fasting 6 days

Package details

This package has been specially created for those who, with awareness and knowledge, desire to face several days of complete fasting. Maximum collaboration and honesty is required from the guest to face days of complete fasting that are meant to detoxify not only in the body but also the mind. This is not for slimming purposes. A minimum of three people is required for this package.

Services included

- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Diet with assisted fasting
- Natural marine sponge
- Treatment based on alkaline water
- Intake of herbs for the duration of your stay
- Pro-natural biotics
- Natural supplements
- Nutraceuticals
- Intake of fibre to avoid intestinal blockages
- Trace elements
- 2 x Watsu group sessions (in water)
- 2 x Tai chi group sessions (in water)
- 1 x Ayurvedic stretching, massage with assisted breathing
- 1 x Abhyangam Ayurvedic massage
- 1 x Holistic Personal, customised energetic treatment
- 1 x Plantar reflexology
- 2 x Tai-yoga, a lesson in body awareness according to the Setti Methode®
- Final consultation and advice for the home

€ 1.100,00

SETTI Base breathing 6 days

Package details

This package teaches you how to breathe properly and as a result to acquire correct posture, increased concentration and freedom from stress. A greater awareness of the body and how it moves in the breathing space and rhythm is acquired.

Services included

- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Basic diet
- Treatment based on alkaline water
- Intake of herbs for the duration of your stay
- Phytotherapics to tone the lungs and increase elasticity
- Glycerine macerates to relax the nervous system
- Bioenergetic massage and posturology
- 1 x Relax bath
- 1 x Personal tai chi
- 1 x Watsu breathing in water
- 1 x Personal for breathing techniques
- 2 x Personal yoga
- 1 x Thai massage
- 1 x Energy rebalancing
- 2 x Tai-yoga, a lesson in body awareness according to the Setti Methode®
- Final consultation and advice for the home

€ 1.020,00

SETTI Anti-stress 6 days

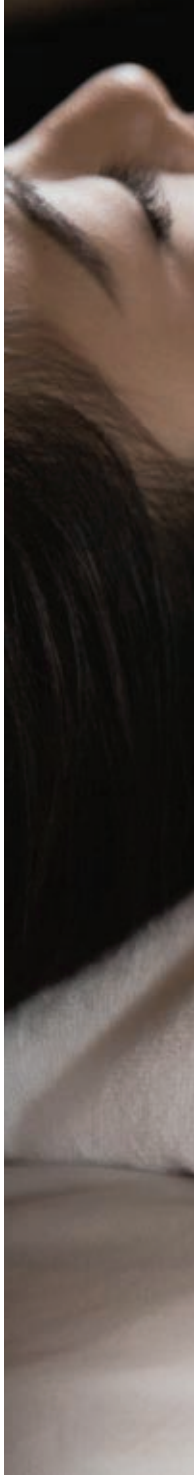
Package details

This package has been created for those who want to be pampered, to relax and forget the stress of everyday life. It offers a sweet new energy.

Services included

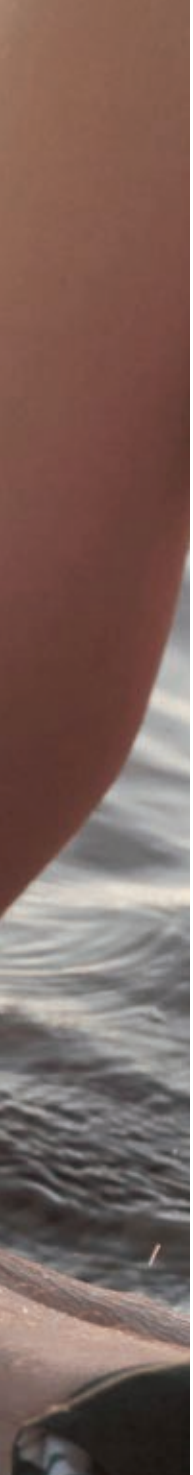
- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Basic diet
- Treatment based on alkaline water
- Intake of herbs for the duration of your stay
- Phytotherapeutic tablets for the nervous system
- Mother tincture to relieve stress
- Pro-biotics
- Bioenergetic massage
- Personal breathing
- Vibration treatment with Tibetan bells
- Watsu massage in water
- Personal Gi gong (Chinese relaxing gymnastics)
- Ayurvedic stretching
- Massage with scented candles
- Indonesian massage
- Hawaiian massage (4 hands)
- 2 x Tai-yoga, a lesson in body awareness according to the Setti Methode®
- Final consultation and advice for the home

€ 1.060,00









SETTI Burn-out 6 days

Package details

This package is dedicated to those who need to reset the mind by the reclaiming of one's breathing and awareness of one's own body. Applying various techniques, the therapist helps to relax the body and the mind without stimulating emotions, releasing one's own true health.

Services included

- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Basic diet
- Treatment based on alkaline water
- Intake of herbs for the duration of your stay
- Phytotherapic tablets for the immune system
- Mother tincture and glycerine macerate for the nervous system
- Pro-biotics
- Bioenergetic massage
- Personal Breathing
- Watsu, massage in water
- Guided relaxation
- Personal Gi Gong (Chinese relaxing gymnastics)
- Tuina, ancient Chinese massage
- Talakria meditation with Ayurvedic movements
- Vibration with Tibetan bells
- Pindasweda, massage with bags of warm herbs
- 2 x Tai-yoga, a lesson in body awareness according to the Setti Methode®
- Final consultation and advice for the home

€ 1.090,00

SETTI KUNDALINI

Package details

This package is designed for those who want to activate kundalini magnetic energy and increase one's own bodily perception through specific breathing, posture and energy treatments. Kundalini can be awakened and disciplined to improve energy and spiritually in one's own life.

Services included

- Naturopathic consultation and iridology examination in accordance with the Setti Methode®
- Alkaline diet
- Intake of healing herbs for the duration of your stay
- Kundalini yoga
- 2 x Watsu-tantra
- Vibration with Tibetan bell
- Bioenergetic massage
- Indonesian massage
- Ayurvedic stretching
- Two snakes massage (4 hands)
- Chakra-dhara
- 2 x Tai-yoga, a lesson in body awareness according to the Setti Methode®
- Final consultation and advice for the home

€ 1.070,00

Setti METHODE

Claudio Massimo SETTI
Naturopata-Iridologo
T +39 334 287 3526
www.metodosetti.com