



Naturopaty

terme di
SATURNIA

NATURAL DESTINATION

Naturopathy

LAURA QUINTI

Expert in Nutrition, Energy Medicine, Homeopathy and Bio-Energy.

Naturopathy investigates a person's equilibriums, considered as the body in its entirety of mind, body and spirit, and employs natural methods to improve the quality of life.

NATUROPATHIC CONSULTING • 25 min **€ 130**

The **iridology check-up** tackles conditions of dysbiosis, candida, dietary intolerances and discomforts, stress, chronic tiredness, states of anxiety and emotional disorders, anti-ageing and various types of aches. The treatment is always personalized to discover and maintain complete psychophysical equilibrium.

BIO-ENERGETIC HEALING • 50 min **€ 130**

An effective technique to resolve emotional traumas and blocks caused by unwanted indispositions and behavior. It acts directly at the biological level, instantly eliminating the most harmful blocks dating back to the prenatal phase, as well as recent or historical trauma. The trauma occurs after the event by staying in the body's physiology.

FAMILY CONSTELLATIONS • 50 min **€ 130**

A systematic method with an efficient variety of actions relating to the family, relationships, health, work and business relationships. Family constellations discover and resolve hidden dynamics that block our well-being and success. During the meeting the real root of the problem emerges allowing recuperation and reactivation of the one's potential in each aspect of one's life.

KRISTAL REIKI • 50 min **€ 130**

An energy technique which balances and harmonizes at the physical, mental and spiritual level. Reiki becomes more effective with the use of crystals to act your deepest needs relating to stress, increasing mental clarity and accelerating every process of psychophysical healing.

QUANTUM TEAM **upon request**

Precious tools and techniques, specific for groups, to transform stress into vital energy, increasing productivity, communication effectiveness, charisma and to strengthen health, lightening routine through regaining your psychophysical balance.



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183 ISO 14001:2015
184 ISO 45001:2018