

TAO INTERNATIONAL PROGRAMME

7 DAYS, FROM SUNDAY TO SUNDAY



MEDICAL AND BIOENERGY CHECK UP

- Tao integrated medical examination, according to Western medicine and Chinese medicine
- Analysis of body weight and basal metabolism by bioelectrical impedance analysis
- Tongue Diagnosis in Chinese Medicine
- Analysis of meridians and of the extracellular matrix
- Screening of food intolerance by bioelectronic device

NUTRITIONAL THERAPIES TO REBALANCE

- Personalized Detox Menu and dietary Tao
- Draining, purifying, antioxidant chinese phytotherapy
- PH Rebalance with alkalizing integrators
- Juicetherapy: fruit and vegetables
- Snack Tao

ENERGETIC THERAPIES TO REBALANCE

1. Five Hearts Massage: Massage of the Water-Fire balancing points, of the 5 Elements
2. Energy awakening: cupping acupuncture points Shu and Mu
3. Tao Refitting massage: Treatment custom of the Chinese acupuncture points
2. Tao Reflex Treatment: foot massage by chinese medicine method
2. BEMER Rebalancing: heat-cold alternating stimulation on acupuncture meridians and acupoints
3. Hay Flower Therapy: wrap with hay hot on the kidneys in the acupuncture points
1. Acupuncture Heaven and Earth: Chinese abdominal acupuncture session
2. Power steam bath: thermal stimulation Yin-Yang and the Tuina massage of the meridians
5. Beauty New Life Body
5. Beauty Energy Tao Face

PHYSICAL REBALANCING

Private sessions with a personal trainer:

- Fit Cardio training: specific exercises for cellulite and localized slimming
- Metabolic Fitness: specific exercises for overweight
- Postural rebalancing, pilates mat work
- Tao Hydro Gym
- Oxygenating walking

CONCLUSION

- Final meeting with the doctor and naturopath
- Analysis of meridians and of the extracellular matrix by bioenergy device
- Comparison of the new data with the evaluation of the initial data
- Delivery of Tao folder with your medical records and custom nutritional planning
- Delivery of the Tao folder with the aesthetic results