

MEDICAL CENTER



PALAZZO DI VARIGNANA

HERITAGE OF ITALIAN LIFESTYLE

1705

A MEDICAL SPACE FOR YOUR WELLBEING AT PALAZZO DI VARIGNANA

Under the guide of Dr. Annamaria Acquaviva - project manager and creator of the scientific method practiced at Palazzo di Varignana - activities and treatments dedicated to stimulating the immune response, promoting metabolic activity and fighting oxidative stress are launched: personalized nutrition, Oxygen Ozone therapy, IV Therapy, Nature Therapy, Aesthetic Medicine and Physiotherapy are just some of the activities offered thanks to a pool of professionals.

Immersed in the green hills near Bologna, Palazzo di Varignana is the ideal place for holidays that combine nature, sports and psychophysical wellbeing. In this beautiful location, complete well-being programs are offered for multiple needs. Within the programs functional nutrition is combined with specific physical activities, spa beauty treatments and services from the medical center



Dr. Annamaria Acquaviva

PREVENTION & NUTRITION

Check up Longevity

120 €

Analysis carried out with an innovative BIA-ACC medical device, for the assessment of body composition and psychophysical performance. Useful for evaluation of oxidative stress and inflammation, bone and metabolic health. During the visit, an anamnesis of the patient's metabolic parameters and lifestyle will be carried out.

General medical visit

120 €

Thorough medical history in which the current state of health is taken into consideration, as well as the clinical and family history of the patient. During the visit, the main parameters are then checked and any tests previously carried out are checked.

Nutritional paths

da 60 a 160 €

Personalized diet programs are prepared for:

- Weight gain or loss
- Celiac disease, food allergies and intolerances
- Irritable bowel syndrome and FODMAP protocol
- Pregnancy, breastfeeding, menopause
- Pediatric age
- Anti-aging, purifying, draining and detoxifying programs
- Vegetarian diets
- Any disturbance related to nutrition

At each nutritional check, the progress of dietary therapy, the problems detected, any changes to be made to the therapeutic program are assessed, all accompanied and supported by indications of sport activities.

Nature therapy with Dr. Acquaviva

85 €

Exposure to natural stimuli through all five senses and to substances present in native vegetation allows for beneficial effect on the parasympathetic nervous system, promoting relaxation, rest and immune function. At Palazzo di Varignana the benefits demonstrated by science have been declined in Green Bathing, a sensory journey that aims to Mindfulness, in which guests will be guided through the rooms of the park of Villa Amagioia, which is one of the 100 most beautiful gardens in Italy.

Mindful lunch with Dr. Acquaviva

105 €

Three courses lunch with Dr. Acquaviva to learn and experiment the Mindful Eating.

Blood analysis

a partire da 150 €

Tests may be required depending on the patient's needs and what has to be more investigated.

Hypnoproductive training with bineural stimulations

100 €

Psychophysical relaxation technique guided by Dr. Acquaviva to induce sleep. It takes advantage of the behavioral therapy of autogenic training, which positively affects the physiological and mental mechanisms involved in insomnia. It is combined with the activity of theta bineural waves, an auditory phenomenon stimulated by listening to specific and different tones in each ear, through earphones that recreate the frequency detected during deep sleep.

GAET

200 €

Oxygen - Ozone therapy is based on the administration of a mix of oxygen and ozone injected intravenously. It can be used in numerous pathologies, as there are different routes of administration and different concentrations of oxygen and ozone.

GAET with vitamin C

220 €

Great Autohemotherapy with intravenous drip of vitamin C

IV Therapy Detox

220 €

It consists in the intravenously introduction of vitamins and minerals. In this way, these substances are injected directly into the blood flow, resulting in an almost immediate increase in well-being. It is a natural cure to support the defenses immune systems, this allows our body to better fight the pathogens of the various annual seasons, such as bacteria or viruses.

AESTHETIC MEDICINE

Nose filler

500 €

The non surgical rhinoplasty is a highly advanced procedure. Premium hyaluronic acid nose filler is used to shape nose and balance the profile.

Middle third filler | chin and mandibular profile

700 €

Hyaluronic acid modern application in the correction of the defects and in the aesthetic enhancement of the middle third in the face.

Filler |

da 350 €

cheekbones, cheeks, periocular, nasogenie, periorals, temples, eyebrows, lips

Injections with cross linked hyaluronic acid that raise the volume of the area and provide the illusion of a more defined bone structure. Fillers can also smooth out wrinkles and fine lines. Periocular filler helps to reduce eyes dark circles.

Botox

370 €

Injections of botulinum toxin, which activates the muscles and softens the lines and contours of the skin, giving a fresher appearance.

Bio-restructuring

280 € | one treatment **660 €** | package of 3

Hyaluronic acid with patented technology, has a bio-regenerating function from double effectiveness: on one hand, it stimulates the production of collagen and elastin, on the other hand it has a slight lifting and tensor effect that reshapes the face and counteracts skin laxity.

Biorevitalization

180 €

It triggers the skin's natural collagen production and cell rejuvenation through the injection of hyaluronic acid. The result is younger looking skin with reduced wrinkles and improved elasticity.

Medical chemical peeling

150 € | soft **180 €** | advanced

It exfoliates and removes the top layer of dead skin cells so that new skin cells can replenish.

Intralipotherapy

300 € per area

These injections can effectively reduce the volume and thickness of fat by inducing adipocyte necrosis. Areas that can be treated are abdomen, hips, thighs, back, arms and chin.

Body Mesotherapy | using Mesogun

150 € | **170 €**

A technique that uses injection of combinable active ingredients to rejuvenate and tighten skin, as well as remove fat excess. It can be done using a very advanced device, the Mesogun, which allows a fast and painless treatment, to rejuvenate and firm the skin.

Elasticizing body treatment

500 €

Latest generation fillers to help improve skin tone, texture, hydration and overall radiance. Any area of the body can be treated, from the knee area to the upper arms and décolleté.

Hair biorevitalization treatment **180 €** | one treatment **750 €** | package of 5

The infiltration of active ingredients stimulates the development of new cells and the production of proteins in the dermal matrix. This results in regrowth and thickening of the hair.

Microdermoabrasion + peeling

230 €

Strong exfoliation treatment. The tool used is the dermapen, which with microcrystals removes dead cells, stimulating the production of collagen and elastin to target fine lines and also improve color and texture.

PHYSIOTHERAPY

Lymphatic drainage technical massage 50 min | 80 min **100 € | 140 €**

It helps to improve mental and emotional wellbeing by relieving the state of stress and obtaining a result of relaxation and rest. Others advantages are: the reduction of muscle tension, promote blood circulation and drainage.

Total body sport massage | 50 min **100 €**

Widely used in sports, it involves the manipulation of specific areas according to the area affected by the contracture. The objectives are: relieve muscle tension, reduce the pain induced by them and speed up recovery. Muscle contractures are not prerogatives of athletes only, they can also affect people who don't practice any sport but who are subject to repeated movements or incorrect postures.

Anti- fatigue sports massage for legs | 25 min **60 €**

Ideal for athletes and non-athletes who want to dispose of lactic acid and toxins after returning from an intense workout. Speed up recovery for return to the field and improve the venous circulation.

Visceral manual therapy session with focus on the digestive system | 50 min **110 €**

It's a manual therapy technique that aims to mobilize the internal organs with a particular focus on the digestive system. By improving mobility, benefits are obtained in digestion, awakening the lazy intestine if necessary.

Mixed session of manual therapy and decontracting back massage | 50 min **110 €**

Session which, by combining two effective methods such as manual therapy and massage, helps relieve skeletal muscle pain and return to live life without thoughts.

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