



LEFAY SPA
TREATMENTS

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Lefay SPA treatments have been created combining traditional massage techniques to stimulate energy points and meridians, and are tailor- made for the individual's physical and mental state, for a deep and long-lasting result. The Signature offer includes: energy massages, energy aesthetic rituals for the face and body and special treatments using perfumes and essences from the local area.

01.

FACE & BODY ENERGY BALANCING MASSAGES

The Lefay SPA massages aim to reactivate energy channels as well as rebalance the energy of body and mind, and are personalised according to the individual's psycho-physical status.

They have been developed by associating the principles of Classical Chinese Medicine with Western techniques, thanks to a combination of traditional massages techniques with the stimulation of "points and meridians" which activate the "energy" systems, ensuring that the treatment is deep and long-lasting. This method enhances the effects of a traditional massage, because the body receives an "energy message" which will be remembered and elaborated with time. All massages are carried out with natural certified products and are accompanied by aromatherapy with essential oils following the rhythm of the seasons.

BODY MASSAGES



RELAXING

Scambio nel Vento

Much of our daily tensions are embedded onto different areas of the body, especially the head, neck and shoulders. This massage uses Western techniques, including kneading and friction, on energy points in the body. Slow and medium pressure acts on the muscular tension and the stimulation of energy points allowing you to relax your entire body.

€ 115,00 (50 min.)



STRESS-RELIEVING

La Quiete

The anti-stress massage is performed with Western techniques on the energy functions. Leads to deep relaxation and helps our vital energy to repair itself from the stress to which it is subjected. Using slow movements with medium and enveloping pressure, this massage stimulates certain energy points that have the specific and intrinsic ability to ease muscle tension and, more generally, relax the spirit, mind and body. Other energy points are activated to nourish the whole organism, thereby eliminating stress. The rejuvenated body will be able to perceive lightness as the overwhelming feeling of relaxation, peace of mind and change.

€ 145,00 (65 min. + 5 of relaxation)



DETOXIFYING

La Luce oltre la Nebbia

According to Classical Chinese Medicine and Naturopathy, accumulated toxins must be removed before any treatment. This massage works on the meridians and specific points, preparing the body for the following treatments. (Not advisable for people suffering from capillary fragility).

€ 115,00 (body only, 50 min.)

€ 145,00 (face and body with cupping, 75 min.)



TENSION-RELIEVING

La Brezza accanto al Confine

Thanks to the stimulation of energy points, it has a specific effect on contracted muscles (especially in the back and legs). The dynamic and deep massage techniques, from the Western school of massage, help loosen hypertonic muscular areas.

€ 115,00 (50 min.)



ANTICELLULITE

Respiro Alchemico

A perfect fusion of Western techniques that acts on energy function and on blemishes, allowing you to “transform” the “shape of the individual”. This medium-intensity dynamic massage, combined with the stimulation of specific points, mobilises and eliminates water retention.

€ 115,00 (50 min.)



LYMPHATIC DRAINING

Rugiada del Mattino

This massage stimulates the lymphatic circulation and promotes the elimination of excess water in particular the lower limbs, activating specific points that increase drainage.

€ 130,00 (65 min.)



REVITALISING AND ANTI AGEING

Alta Marea

The purpose of this treatment is to nourish the body deep down, flooding it with a sea of vitality. The points involved in this treatment provide the organism with the energy it needs to function at its best. This massage, performed with Western techniques such as effleurage, envelopment and friction, is particularly pleasant and relaxing.

€ 115,00 (50 min.)



FOUR HANDS MASSAGE

Il Volo della Farfalla

The pleasant light sensation of four hands moving together over the body. This treatment reawakens a person’s more instinctive side by the targeted stimulation of specific energy points. It is particularly indicated for people who have stressful jobs, whose lifestyle is far removed from

their genuine needs. Suitable for people who need to cease bottling up their feelings.

€ 200,00 (50 min.)



EMOTIONAL MASSAGE

Il Volo dell’Angelo

The first example of a visualised treatment in which the different senses of man are stimulated - touch, smell, hearing, sight, but above all the sixth sense, known also as feeling or emotion. The latter is activated with music and a voice, which, during the entire massage, tells the story of the journey of an angel between the Heavens, the Earth and the Sea: symbols of a journey within the individual. Dextrous hands perfectly synchronised with the words take you on a journey to your inner self. This intense experience, which is suited to people with great sensitivity, helps you to listen to your inner voice.

€ 140,00 (45 min. + 10 of relaxation)



REBALANCING TUINA WITH MOXIBUSTION

I Colori dell’Uomo

According to classical Chinese medicine, wellbeing corresponds to the inner balance of two fundamental forces: Yin and yang. These untranslatable terms represent two opposing forces and complements present both in nature and in man. Depending on the energy constitution at hand, these massages restore the equilibrium between yin and yang, thereby determining the well-being of the body in its entirety.

White: regulates disorder in lifestyle. Massage with rhythmic and reactivating technique.

Black: regulates the strength and levels of stress in the body. Intense and vigorous massage.

Red: regulates energy blood, in other words, the ability to love oneself and be one’s own ally. Deep and enveloping massage.

Blue: regulates the body’s energy and fights fatigue. Dynamic, rebalancing and toning

massage.

Yellow: regulates anxiety and sadness, the centre of the individual. Enveloping massage that uses techniques to bring energy inside the body.

Green: regulates digestion and mental rumination. Dynamic and stimulating massage.

€ 135,00 (50 min. + 10 min. of moxibustion)



European Health & SPA Award 2019:
“Best Signature Treatment”

BODY AND HEAD MESSAGES



BODY RELAXING, HEAD AND NECK
Massaggio Dell'Imperatore

A global head and body treatment designed to revitalize the individual, following the flow of internal energy. The stimulation of specific areas of the body, the action on energy points in the back and the skull achieved with particular manual movements of medium pressure, melt away any tension and lead to a deep rebalancing of the organism.

€ 155,00 (80 min.)



INSOMNIA
L'Abbraccio di Morfeo

In Classical Chinese Medicine, insomnia is an imbalance of energy concentrated in the head, which is caused by different factors such as anxiety, stress, age, physical and psychological traumas, etc. The Embrace of Morpheus is an enveloping massage that aims to treat the symptoms of insomnia and rebalance the different energy mechanisms causing it.

€ 140,00 (60 min. + 10 min. of relaxation)



TO REBALANCE YIN AND YANG
Massaggio di Giada

In Chinese culture, jade is considered the most important and precious stone. It is the Emperor stone due to its dual purifying and healing properties. Massaggio di Giada is in harmony with the characteristics of this stone, being characterised by a light and delicate manual technique in which hand movements and those performed using *Gua Sha*, the ancient practice of Chinese medicine, alternate in perfect synergy, thereby following the directions Yin and Yang of acupuncture energy meridians. A massage that is characterised by lightness and delicateness in the upper layers of the skin and muscles, being a treatment with effectiveness that is intensely transmitted into the deeper layers of the body over the next few days. The essential oil used is derived from the rose, a flower that is traditionally associated with wholeness and nobility.

€ 145,00 (75 min.)

FACE AND HEAD MESSAGES



ANTI AGEING
Derma di Luce

A massage aimed at brightening the skin and relaxing the muscles of the face. The treatment begins with the application of essential oils onto your fingertips, where the energy lines that act on the muscles of the head and face originate. The classic draining massage combines with the stimulation of certain energy points on the head for a deeply relaxing experience.

€ 115,00 (50 min.)



European Health & SPA Award 2011:
Finalist “Best Facial Treatment”

02.

FACE AND BODY ENERGY BEAUTY RITUALS

Performed using the products of the Lefay SPA natural dermatological cosmetics line “Tra Suoni e Colori”, they take on the energy characteristic since they involve a massage that is aimed at stimulating specific points and meridians capable of treating skin blemishes.

For face treatments, the energising mask *Il Fremito d’Ali* is applied, while for body treatments, an aromatic mud pack called *Il Potere del Cielo e della Terra* is applied.

BODY RITUALS

PURIFYING

Ricordo

The ritual starts with a purifying peeling carried out with scrub *Ricordo*: hazelnut micro-spheres exfoliate the body, while lavender and burdock extracts purify the epidermis from toxins and impurities. Then a relaxing massage is performed by stimulating energy points that have a detoxifying effect on your skin.

€ 150,00 (90 min.)

ENERGY ROUGHAGE AND OLIVE-OIL BODY SCRUB WITH BRUSHING

Prima di Vera

A complete preparation treatment that combines the detoxifying and regenerating effect of a bran and olive oil peel with the “energising” action of brushing which, when performed along the meridians and specific acupuncture points, allows vital energy to flow freely around the body.

The quality of the skin improves immediately, it becomes more toned and vital and acquires a healthy glow.

€ 100,00 (60 min.)

WRAPS WITH LEFAY SPA AROMATIC MUD

Il Potere del Cielo e della Terra

In these rituals, the heavenly magic of the essences combines with an aroma and terrestrial power of various muds made using rich sulphate clays and morillonite. Stimulation of the facial energy points along Chinese medicine’s meridians moves the energy that starts to circulate freely, detoxifying and regenerating the body through the organs responsible. The osmotic action of mud combined with massage performed with specific products of the Lefay SPA body line helps to eliminate toxins and regenerate tissue.

TONING WRAP *Incanto*

€ 110,00 (60 min.)

CONTOURING WRAP *Carezza*

€ 110,00 (60 min.)

DRAINING WRAP *Torrente di colori*

€ 110,00 (60 min.)

MOISTURISING

Luce

A delicate initial exfoliation with the Lefay SPA extra-virgin olive oil and thermal salts scrub and an Lefay extra-virgin olive-oil-based wrap hydrate and regenerate the skin. To follow, an acupressure massage on the face and on the points of relaxation to detoxify the head and clear the mind, in addition to sponging with warm cloths. Finally, a brief relaxing massage with the hydrating emulsion *Luce* rich in soya protein, alcea rosea and mallow restore the correct hydration level of the skin that appears softer and extraordinarily hydrated.

€ 150,00 (90 min.)

SHAPING**Abbraccio**

The exfoliating action of the Lefay olive-oil scrub and Lefay SPA thermal salts prepares the skin for the contouring aromatic mud wrap. During the application, the face energy points are stimulated to reactivate blood circulation and improve the transport of oxygen and energy to the tissues. To finish, a massage with cupping on the slimming energy channels with the thermally active contouring emulsion *Embrace* with a base made of ivy, red algae and chestnut extract that sharpen the figure with a regenerating and slimming effect on the body.

€ 150,00 (90 min.)

FIRMING**Gioia di Vivere**

The ritual starts with a delicate exfoliation with the Lefay SPA olive oil and thermal salt scrub, followed by a wrap with specific aromatic mud and a toning and relaxing massage performed with *Gioia di Vivere* emulsion rich in olive oil and currant that stimulate the production of collagen and elastin. The skin immediately gains compactness and vitality.

€ 150,00 (90 min.)

FACE RITUALS

FACIAL CLEANSING**Unico Cielo**

Unblocking the pores and eliminating impurities means letting our skin breathe, stimulating cell turnover and making it fresher, radiant and smooth. The *Unico Cielo* facial is ideal for preparing the skin for subsequent treatments. The hazelnut beads exfoliate the skin; the lavender and burdock extracts purify, while the precious olive oil deeply nourishes. The cells are renewed and the skin experiences an immediate feeling of well-being, thereby looking revitalized.

€ 140,00 (75 min.)

FACIAL CLEANSING**Unico Cielo Short**

A facial cleansing treatment suitable for those who do not need a full treatment or have little time available.

€ 80,00 (45 min.)

FACIAL CLEANSING***Extra Purifying Treatment**

Ideal for particularly impure skin needing a deep detoxification or for those who have not subjected their skin to cleansing for a long time.

€ 25,00 (20 min.)

*Available only when combined to a Face Ritual.

FACIAL CLEANSING**Unico Cielo under 18**

Treatment for oily skin, aimed at radically combating excess sebum levels and the formation of blemishes resulting therefrom, which often turns into acne. Sebum-regulating properties of *vitis vinifera* and burdock create a purifying and mattifying effect that allows the skin texture to be refined and purified.

€ 100,00 (60 min.)

MOISTURISING**Acqua Vitale**

Treatment performed with a precious serum rich in vitamin E and F and in hydrating substances that give the skin a profound sense of well-being. The ritual of the treatment, the contouring facial massage and acupressure on reflex energy points allow you to indulge in complete relaxation, resulting in a fresher, younger and more radiant looking skin.

€ 140,00 (75 min.)

PURIFYING**Rivivere**

The reactivation of the three fundamental meridians for purification and regulation of the interior with the exterior of the body and the purifying and mattifying properties of aloe and burdock, in synergy with the balancing sebum action of the mask deeply detoxify the skin, giving it luminosity and vigor, thereby making the complexion uniform in nature.

€ 140,00 (75 min.)

SOOTHING

Colore

Treatment intended for delicate and sensitive skin, also ideal after exposure to the sun. The face regains balance, becoming hydrated and elastic thanks to calendula and panthenol. The mask rich in witch hazel and mucilages of algae deeply rehydrates the skin. The face regains an innate splendor thanks to the synergy between the contouring facial massage and energy stimulation of reflex zones, opening eyes and returning the magic of a bright face.

€ 140,00 (75 min.)

FIRST WRINKLES

Senza Tempo

Treatment aimed at preventing premature ageing of the skin, provoked by stress incurred by the environment and lifestyle. The hot sponging combined with the enveloping manual technique of the contouring facial massage and acupuncture on the energy points guarantee vitamin A for restructuring the dermis, beechwood buds for regenerating cellular vitality. Olive oil, extracts of hibiscus maintain hydration and smoothness for a delicious new fresh face.

€ 160,00 (75 min.)

Senza Tempo Man

For men that want to regain healthy, rested and clean skin. This treatment is comprised of diverse phases and is performed using products from the Lefay SPA Men cosmetics line. The initial cleansing, the massage with energy acupuncture and final mask with a base made up of triglycerides, illuminating hydroxyacids and vitamins help to prevent premature ageing of the skin, giving it vitality and brilliance.

€ 130,00 (60 min.)

ANTI-AGE TREATMENTS

During the ageing process, the skin is the centre that is primarily affected by genetic and environmental factors bringing about morphological changes expressed in wrinkles, discolouring, slackening and dryness of the skin. These innovative treatments are conducted using products from the Lefay SPA Anti-Age Triple Action Cosmetics Line - at a high concentration of hyaluronic acid, regenerating vitamins, potent antioxidants and precious active ingredients that penetrate the deeper layers of the skin - modulate oxidative processes, support the natural mechanisms of defense and protect the gene pool. The use of these cosmetics is combined with manual firming and draining techniques and the use of devices that help tone the tissues like cupping and massage. An extraordinarily effective union, which restores the skin's firmness, freshness and energy.

TRIPLE-ACTION ANTI-AGE FACIAL TREATMENT Il Cerchio della Luna

Dynamic and deep treatment that acts on the muscular tonicity, on the oxidation processes and on the natural defence mechanisms of the skin, thereby protecting genetic heritage. Like a proper lifting, the synergy between using the products of the Lefay triple-action Anti-Age line that restructures damage caused by genetic and environmental aging as well as the vacuum technique combined with the face, neck and shoulder massage, stimulates the process of regeneration and firms the tissues. The use of hot lava stones triggers the action of Stomach energy meridian traveling away from the face, restoring radiance to skin, as if it were mirroring the proper functioning of the body. The oval of the face appears fleshy, firm and smooth, wrapping itself in a new light.

€ 190,00 (80 min.)



European Health & SPA Award 2018:
"Best Signature Treatment"

EYE MASK

Aurora di Luce

Innovative treatment which combines the stimulation of energy points with the application of the precious serum rich in hyaluronic acid and the use of *I Beauty* which helps the penetration of vitamin complexes and hibiscus to outstretch the expression lines and wrinkles. Anti-age eye mask soothes and decongests the skin, preparing it for a draining and energising massage performed using the innovative electronic digital system, Eye Concept Massage. The area around the eyes immediately appears nourished and regains its original freshness.

€ 150,00 (50 min.)

BUST FIRMING AND DÉCOLLETÉ

Riflessi di Onde

Thanks to the exceptional lifting effect of hibiscus combined with the strength of *I Beauty – Youth Activator* acting on the connection points of the muscles in the chest, this ritual is ideal for regaining firmness and tonicity in the zones located at the neckline and chest, especially following a period of breastfeeding.

€ 160,00 (60 min.)

03.

PERFUMES OF THE LAKE

Everything that makes us feel good can be found in the nature around us. Lefay SPA dermatological cosmetics bring together perfumes and essences that are characteristic of the local area: extra virgin olive oil, lavender, citrus fruits and grapes from the vineyards of the lake. A unique sensorial experience for rediscovering the *Perfumes of the Lake*.

“ODE” TO THE FACE WITH PERFUMES OF THE LAKE

Il Tempo e l'Emozione

Like an ode to the land, this ritual is an alchemy between a lake and the vegetation that surrounds it. A sensory journey through ambient fragrances: small pouches of lavender and sage give sweet sensations to the face, completely renewed by a spearmint scrub that regenerates the skin. This is followed by a mask containing the essence of mint, accompanied by a leg wrap massage. A finale with intoxicating fragrances and emotions that accompany even after.

€ 190,00 (1 h, 40 min.)



PURIFYING AND REGENERATING BODY RITUAL WITH VOLCANIC STONES

La Vita nei Sensi

A sensory journey that starts with a roughage scrub and a Lefay olive oil wrap to regenerate, energize and make the body's skin soft and smooth. This is followed by a massage using hot volcanic stones along the body's energy points and meridians of the body with a rebalancing and relaxing effect. The essences of lemon, rose,

rosemary, orange and lavender envelop the senses and body, bringing serenity to heart and mind.

€ 260,00 (2 h, 30 min.)



European Health & SPA Award 2014:
"Best SPA Treatment in Italy"

REBIRTH FOR HANDS AND FEET

Il Passo e la Carezza

A ritual dedicated to the care of the hands and feet, the two parts of the body that are our contact with mother Earth and with the people and things that surround us. The ritual begins with a pleasant foot bath containing small slices of lemon and soap flakes enriched with mint essential oil; this is accompanied by gentle digital pressure on the face and head using the aromatic and relaxing notes of lavender oil. This is followed by a scrub with salt and extracts of pomegranate and fig, and to end, a moisturising pack and relaxing massage of the reflex zones of the hands and feet with precious Green Tea and Vitamin E cream.

€ 170,00 (1 h, 30 min.)



SALT AND CAPER BODY SCRUB WITH LEFAY EXTRA-VIRGIN OLIVE OIL PACK

A scrub massage performed with natural local products such as capers, with antioxidant properties, Lefay extra-virgin olive oil and the addition of salt. This combination of ingredients is gently massaged over the body for a soothing, nourishing effect. The trace elements contained in the salt regenerate the body while the emollient properties of the oil, which is rich in polyphenols, restructure the skin.

€ 110,00 (50 min.)



LEFAY MASSAGE

Gocce di Lago

An aromatic anti-stress massage, which combines the anti ageing effect on the skin of the precious Lefay olive oil with the characteristic aromas of Lake Garda, such as lemon and lavender.

€ 100,00 (50 min.)



HEAD MASSAGE

La Finestra del Cielo

A nurturing massage with Lefay extra-virgin olive oil which, by stimulating energy points, releases tension in the muscles of the head and neck, promoting deep relaxation. The olive oil deeply nourishes the hair, the window to the soul, and makes it healthy and glossy.

€ 75,00 (25 min.+ 5 min. of relaxation)

LAVENDER RELAXING AND MOISTURIZING FACE RITUAL

A face ritual with contouring, toning and draining action achieved through precise manual movements along all the facial muscles, which is combined with the emollient and firming action of olive oil. To finish, an anti ageing mask is applied.

€ 95,00 (45 min.)



HYDRO-AROMATHERAPY WITH LAVENDER AND LEMON

The benefits of hydrotherapy, combined with the lake's characteristic essential oils, such as lavender and lemon, flavour a unique state of relaxation, levity and well-being. Furthermore, the use of the Florida Tub allows us to tailor the whirlpool treatment to the Guest's specific needs.

€ 50,00 (20 min.)