

A woman is shown from the back, lying in a spa chair. She is wearing a blue, ribbed towel. The chair is positioned next to a large window with white curtains. Outside the window, there is a lush green landscape with tall grasses and trees. The scene is bright and serene, suggesting a relaxing spa environment.

À LA CARTE SPA

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A wide offering which includes western massages, treatments and rituals of the different Eastern traditions such as Ayurveda, facials and body treatments of thalassotherapy, aesthetic services and hair SPA.

01.

## THALASSOTHERAPY

This is an ancient therapy whose origins can be traced back to the Greeks. It utilises the synergic action of valuable substances contained in algae and marine derivatives, including minerals and trace elements, to give the body beauty and shape. Some of the treatments are carried out by making use of the beneficial properties of Dead Sea salt and mud which are rich in minerals and trace elements that have made it over the centuries a miraculous therapeutic and skin care product.

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### BODY WRAPS AND BATHS

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#### WRAP WITH MARINE ALGAE

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A true cure for your organism: rich in vitamins, trace elements and minerals, the algae are applied on the whole body and have a toning, slimming and detoxifying effect, helping contrasting cellulite and draining the skin. This treatment ends with a brief massage.

**€ 110,00** (60 min.)

#### ALGAE AND BRINE BATH

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A bath in the Florida whirlpool where the synergy between algae and marine salt combined with the action performed by the various massage programmes of the tub have a compelling effect on the different body zones to treat. It also betters the circulation, giving a slimming, draining and relaxing effect.

**€ 60,00** (20 min.)

#### SALT - WATER LAKE

La Luna nel Lago

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The high temperature of this salt-water lake, approximately 36°-38 °C, allows the body to absorb the trace elements and minerals from the marine salt dissolved in the water. It has a draining, detoxifying and relaxing effect. Duration 30 minutes, alternating between bathing and relaxation. Recommended in association with all Thalassotherapy treatments.

**€ 30,00** per person (up to 6 people)

**€ 80,00** per couple (exclusive use)

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### FACE AND BODY TREATMENTS

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#### MINERALG GEL - DRAINING - DETOXIFYING

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To lighten the silhouette and rediscover lightness in the legs.

**€ 100,00** (60 min.)

#### MINERALG - REDUCING

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A blend of algae, marine calcium and pine essence to contour the silhouette by acting on fat deposits.

**€ 100,00** (60 min.)

#### REDUCING TONING TREATMENT

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This Abdomen - Thighs treatment was developed for people who wish to eliminate fatty deposits, refine contours and have a flat stomach.

**€ 100,00** (60 min.)

#### PURIFYING / DYNAMIC

Aquarelle treatment with marine algae

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Deep treatment for impure or acne-prone skin. A real "Thalasso facial" treatment to cleanse, stimulate and rebalance the vital functions of the skin. Great for those who need a deep cleansing and detoxification after having not performed facial cleansing for a while or due to particularly impure skin.

**€ 150,00** (90 min.)

02.

## WESTERN MASSAGES



### LEFAY WELCOME MASSAGE

This massage relaxes the muscles of the back and delivers a profound sensation of well-being thanks to the purest essential oils of Lavender and Lemons, typical essences of Lake Garda.

€ 45,00 (20 min.)



### TENSION-RELIEVING NECK AND BACK

This massage relaxes the muscles and promotes re-alignment of the spine, providing immediate relief.

€ 75,00 (30 min.)



### CALIFORNIAN

Relaxing and calming massage that, thanks to the soft and light movements, frees the mind from thoughts conferring psychophysical wellbeing. Dedicated to those who want to enjoy a moment of pure relax, to those who want to experience an enveloping and delicate massage. It is very useful for very stressed and tired people.

€ 100,00 (50 min.)



### CONNECTIVE

This massage reactivates the circulation and improves trophism in the tissues. The skin becomes supple and compact and the body rediscovers lightness.

€ 100,00 (50 min.)



### FOOT REFLEXOLOGY

Feet reflect the entire human body like a mirror. With deep and light pressures we try to re-establish a balance within the body by massaging the feet in ways that match our mental and physical well-being, starting from a holistic vision aimed at increasing awareness and awakening the resources within us all.

€ 100,00 (50 min.)



### HOLISTIC CRANIOSACRAL TREATMENT

By treating the cranium, the neck, trapezium, paravertebral and sacral muscles, this massage alleviates pain and reduces tension in the spinal column, realigning it and restoring correct posture. It stimulates the emotional dimension, promoting a balance between the conscious and the unconscious. It brings harmony to the nervous and endocrine system and has a relaxing effect.

€ 110,00 (50 min.)

€ 140,00 (75 min.)



### KIDS FOOT TREATMENT

This is a short, pleasurable treatment for children, which is very relaxing with benefits on the circulation and small muscular tensions.

€ 45,00 (20 min.)



### DEEP TISSUE

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This massage uses a technique that is aimed at treating deep muscles of the miofascial system, acting on structures that are difficult to treat with other methods.

**€ 115,00** (50 min.)



### HAEMOLYMPHATIC

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This massage improves the blood circulation and has a considerable draining action. It is perfect for reshaping body contours and delivering lightness to the body. Excellent also if associated with body beauty treatments.

**€ 100,00** (50 min.)

### MASSAGE WITH HOT MUD

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Aromatic Hot Lefay SPA mud, known as *Il Potere del Cielo e della Terra*, is used to make this massage a particularly pleasant experience.

Rich in oils, clays, sulphates and marillonite, the mud performs an osmotic detoxifying and antioxidant action.

**€ 120,00** (60 min.)

### CANDLE MASSAGE

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A relaxing massage carried out using the warm oils of perfumed candles. It relieves tension and delivers new and pleasant sensations to the body.

**€ 100,00** (45 min.)

### CONTOURING FACIAL MASSAGE

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With a sculpting, toning and draining action achieved through a combination of manoeuvre performed along the system of all the mimetic facial muscles. It energizes the elastic fibres and stimulates the production of collagen, increases firmness and restores life to tired skin.

The use of organic Lefay SPA anti-ageing Cosmetic Oil accelerates skin regeneration.

**€ 100,00** (40 min.)



### PRENATAL TREATMENTS

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Specific treatments for both expectant women (after 4th month) and the breastfeeding period. These massages are dedicated to this period of transformation of the female body and help you rapidly rediscover form and give you moisturised, supple and nourished skin.

Lefay Extra-Virgin Olive Oil, draining and moisturizing massage

**€ 90,00** (50 min.)

Massage *Gambe Leggere*

**€ 50,00** (30 min.)



### RELAXING FOOT TREATMENT FOR PREGNANCY

Dolce Attesa

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A gentle foot massage aimed at stimulating lymphatic drainage, which improves and promotes blood circulation and has a relaxing effect on the nervous system.

**€ 80,00** (30 min.)

03.

## EASTERN MASSAGES AND RITUALS



### NEI GONG TUINA 推拿

Tui Na (tūi means press, and ná means hold) is an ancient Chinese massage technique that dates back to the Ming dynasty (400 BC). It works by balancing the Yin and Yang, by dissolving energy blockages and strengthening the immune system. Gentle, energising, continuous and deep: these are the adjectives that best describe this massage. It perfectly integrates with acupuncture, moxibustion and cupping. Ideal for rebalancing the emotional sphere and treating symptoms such as migraine, insomnia, dyspepsia, backache, neck pain and scapular-humeral periarthritis.

€ 115,00 (50 min.)



### GUA SHA FACIAL TREATMENT

An innovative face massage created according to the principles of holistic beauty. Gua Sha is an ancient Chinese medicine practice mainly widespread throughout Asia. Specific instruments made of jade or horn are repeatedly passed over the skin of the face to drain ducts and activate blood circulation. This technique is associated with a facial toning massage performed using olive oil. Oval of the face seems redesigned, the skin appears naturally bright and a profound sense of relaxation is conveyed.

€ 115,00 (50 min.)



### GUA SHA LEGS

A massage with a draining and anti-cellulite action performed using Gua Sha, a Chinese technique that stimulates the duct areas and the needle accumulation points according to specific manipulation techniques, with a special focus on the legs and buttocks. An immediate and pleasant sensation of lightness is felt in the legs. This is due to the draining action of the manual techniques, which reshape the silhouette and tone the skin.

€ 115,00 (50 min.)

### SHIATSU

This treatment uses a technique based on pressure. It is aimed at reawakening the vital energy and the power of self-healing. Shiatsu can alleviate strong physical and psychological pain (such as anguish and discouragement etc.). It provides an immediate feeling of wellbeing and induces a state of balance and harmony with oneself and the surrounding environment.

€ 125,00 (65 min.)

### ASHIATSU

An ancient massage technique that involves pressure to the feet, following the flow of the Yin meridians (earth) and Yang meridians (sky). It disperses localised tensions, rebalancing the flow of Qi and freeing the joints. It helps to lengthen the spinal column and improve posture. It increases physical, mental and emotional awareness.

€ 120,00 (60 min.)



### BACK TIBETAN

The combined action of relaxing manual techniques, hot sponging and cupping delivers wellness and relaxation to the back. The sound of the Tibetan bells reawakens the most silent body areas that have lost elasticity and the ability to be in harmony with the entire body.

€ 110,00 (50 min.)



### LOMI LOMI

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This massage belongs to ancient Hawaiian traditions. The therapist touches the body with long and rhythmic movements, called Hula. Extremely pleasant and very relaxing, it alleviates stress and increases body energy.

€ 125,00 (50 min.)



### STONE THERAPY

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This is carried out with hot pumice stones, which retain heat and release it slowly. It is indicated for muscular and rheumatic pain and back ache, improving the mobility of muscles and joints. It helps to improve mood and is beneficial to the well-being of the soul.

€ 150,00 (80 min.)

### THAI

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This is a massage that involves using the palm of the hand and thumb to exert pressure on energy lines. Combined with the passive stretching of all limbs, it improves circulation and makes the body more supple.

€ 135,00 (60 min.)

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### AYURVEDA

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An ancient Indian discipline practiced to treat the individual naturally and harmonize the three Dosha: VATA – movement, PITTA – metabolism, KAPHA – structure.



### SNEHANA

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Oiling of the body, with harmonic, caressing movements to balance the body's energy. The hot oils provide warmth and moisturise the skin.

€ 100,00 (45 min.)



### SHIRODHARA WITH HEAD MASSAGE

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A continuous stream of oil on the forehead combined with a relaxing massage over the head and neck will make all tensions disappear.

€ 90,00 (30 min.)



### ABHYANGA

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An energising massage characterized by harmonic movements that create heat in order to eliminate the toxins known as AMA. The back is relieved and toned with warming movements from the sacrum to the head. The head and neck are treated in order to create a soothing and relaxing action.

€ 145,00 (80 min.)

## POLYNESIAN RITUAL

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A journey among the perfumes of Polynesia. The first stop is Taha'a, the Vanilla Island, with a scrub containing coconut shell fibre, white sand, vanilla and sea salt. We then move on to Manihi, where the body is purified and hydrated in Bagno delle Lagune (Lagoon bath). The journey continues on to Bora Bora, where the body abandons the rhythm of Tuiponos with a relaxing massage. The ritual is concluded at Raiatea, the sacred island, where the body is sublimed with sacred Polynesian oil.

**€ 280,00** (2 h, 15 min.)

## HAMMAM RITUAL

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This face and body purification ritual is the Lefay SPA re-interpretation of an ancient Middle Eastern tradition carried out in the Ovidio Private SPA. It begins with a steam bath (calidarium) to prepare the skin for exfoliation using black soap and the Kassa glove. This is followed by a Rhassoul mud body pack and finally a relaxing massage with pure shea butter. Each stage of the body ritual will be accompanied by a face treatment that uses natural products based on black soap, argan oil, donkey's milk and rose essential oil for a final result of maximum relaxation and glowing skin.

**€ 280,00** long version  
(2 h. 30 min. - face and body)

**€ 230,00** short version  
(2 h. - body only)

## RITUAL WITH SHEA BUTTER AND ARGAN OIL

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Dedicated to dry skin, it nourishes and hydrates the body to result in smooth and soft skin. This treatment exploits the extraordinary properties of the argan oil: antioxidants, soothing and moisturizing.

**€ 150,00** (75 min.)

\* Rituals are also available for couples in Lefay Private SPAs.