



---

WELLNESS  
AND BEAUTY  
PROGRAMMES

---

# WELLNESS AND BEAUTY PROGRAMMES

---

Lefay has created special wellness and beauty programmes to combine with your stay that unite Lefay SPA massages and energy treatments with non-invasive western beauty technology.

---

## FACE

---

### REJUVENATE BEAUTY

---

Anti-ageing facial programme that prevents ageing, associating manual techniques with treatment performed using non-invasive Western aesthetic technology.

- 1 *Unico Cielo* Lefay SPA face cleansing ritual
- 1 Biothermic
- 1 I Beauty Hydration Corrector
- 1 Oxygen Therapy Intraceuticals Rejuvenate
- 1 *Gua Sha* Face Massage

**€ 580,00** (excluding accommodation)

### ANTI AGE BEAUTY

---

Sophisticated anti-age programme against signs of ageing that combines the products from the Lefay SPA Anti-Age Cosmetic Line with specific manual techniques and the use of high-tech beauty equipment.

- 1 *Unico Cielo* Lefay SPA face cleansing ritual
- 1 Lefay SPA Triple-Action Anti-Age Facial Treatment *Il Cerchio della Luna*
- 1 I Beauty Youth Activator
- 1 Oxygen Therapy Intraceuticals Rejuvenate
- 1 Skintonic

**€ 620,00** (excluding accommodation)

---

## BODY

---

### TONING FIRING

---

High efficient method for attaining a toned and lean body.

- 1 Velasmooth Pro
- 1 Biothermic
- 1 slimming-toning treatment for abdomen and thighs
- 1 toning energy aesthetic treatment *Gioia di Vivere*

**€ 440,00** (excluding accommodation)

### ANTICELLULITE SLIMMING

---

Path that combines the use of devices and sophisticated technology with manual techniques to reshape the body.

- 1 Lefay SPA pyhto – specific aromatic mud wrap
- 1 shaping energy aesthetic treatment *Abbraccio*
- 1 Velasmooth Pro
- 1 Skintonic
- 1 Lefay SPA detoxifying energy massage *La Luce oltre la Nebbia* with cupping

**€ 550,00** (excluding accomodation)

### THALASSO

---

Beauty and wellbeing from the beneficial properties of the sea.

- 1 Lefay SPA Extra-virgin Olive Oil and thermal salts scrub
- 1 wrap with marine algae
- 1 algae and brine bath
- 1 session in the salt-water pool *La Luna nel Lago*

**€ 220,00** (excluding accommodation)

### PURIFYING

---

Wellness programme to detoxify and purify the body.

- 1 Lefay SPA Extra-virgin Olive Oil and thermal salts scrub
- 1 wrap with sea algae
- 1 Lefay SPA detoxifying energy massage *La Luce oltre la Nebbia*
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 Massage with warm aromatic mud
- Purifying phytotherapy

**€ 390,00** (excluding accommodation)

### SPECIAL FOR HIM

---

Wellness and beauty programme dedicated to men's care.

- 1 Lefay SPA Extra-virgin Olive Oil and thermal salts scrub
- 1 Lefay SPA energy body massage *La Brezza accanto al Confine*
- 1 Lefay SPA *Senza Tempo Man* energy face treatment
- 1 Manicure
- 1 Pedicure

**€ 380,00** (excluding accommodation)

## THE PERFUMES OF THE LAKE

---

A sensorial journey in discovery of the perfumes of Lake Garda

- 1 Salt and caper body scrub with Lefay extravirgin olive oil body pack
- 1 Lefay SPA *Gocce di Lago* body massage
- 1 lavender relaxing and moisturizing face treatment
- 1 hydro-aromatherapy with Lavender and Lemon

**€ 320,00** (excluding accommodation)

NEW

## THE LIGHTNESS OF BEING

---

The human body is a set of energy flows in perpetual activity, trying to find balance between the stimuli of the outside world and those of the inner emotional sphere. This package aims to achieve a state of tranquillity between these two opposing forces, reducing the physical and mental symptoms related to states of anxiety and restlessness.

- 1 General psychosomatic consultation
- 1 Lefay SPA Massage *La Finestra del Cielo*
- 1 Lefay SPA energising stress-relieving body massage *La Quiete*
- 1 Qi Gong physical-energetic rebalancing activity

**€ 400,00** (excluding accommodation)

## AYURVEDIC MAGIC

---

From ancient Indian discipline, a means to take individuals back to their natural balance of the three Dosha.

- 1 wrap with Lefay SPA specific aromatic mud
- 1 Abhyanga
- 1 Snehana + Shirodara

**€ 350,00** (excluding accommodation)

## WELLNESS FOR CHILDREN

(from 4 years of age)

---

A short wellness programme for children, which is very relaxing and has benefits on the circulation and on small muscular tensions.

- 1 Kids back relaxation
- 1 Kids relaxing foot treatment
- 1 Kids body massage

**€ 130,00** (excluding accommodation)

## MOTHER-TO-BE

---

The treatments give more elasticity to the tissues and improve the lymphatic circulation.

- 1 Mother-to-be Lefay Olive Oil Massage
- 1 *Unico Cielo* facial cleansing
- 1 *Light Legs* Massage
- 1 Lesson with targeted mother-to-be exercises

**€ 280,00** (excluding accommodation)

## OSTEOPATHY

---

The objective of the programme is to achieve good health by reducing pain, improving joint function, treating physiological dysfunctions and removing obstacles for optimal nerve transmission.

- Osteopathic consultation
- 1 Osteopathic manipulative treatment
- 2 Craniosacral treatments

**€ 340,00** (excluding accommodation)

## KALLISTÈ

---

Exclusive wellness programme to renew the beauty of every woman.

- 1 *Unico Cielo* Short face cleansing ritual
- 1 Manicure and Pedicure
- 1 Specific hair treatment and brushing
- 1 facial Make up

**€ 410,00** (excluding accommodation)

\* We suggest you to choose the programmes at the time of booking your stay to be certain of their availability.