



LAGO DI GARDA

WHERE BODY AND SOUL
ARE REJUVENATED
THROUGH THE
REDISCOVERY
OF GENUINE EMOTIONS





LEFAY SPA

Here wellness is everywhere: in the sunlight that streams through the large windows, in the wonderful gardens, in the water of the swimming pools and in the magical atmosphere that envelops everything. Lefay, in collaboration with a team of physicians recognised internationally in different holistic disciplines, has created the Lefay SPA Method health programmes. This innovative method of achieving wellness restores balance, fully rejuvenates the body, mind and spirit and allows Guests to rediscover a more healthy and discerning lifestyle.

The Lefay SPA Signature treatments are carried out using face and body products from the Lefay SPA natural dermatology cosmetic line, which are rich in the colours of nature found in the best known, valuable and fully tested medicinal plants. If you wish to improve your state of health or if the frenetic pace of daily life has taken its toll on your body, resulting in stress, tiredness, anxiety and depression, our team of experts will guide you in choosing the most appropriate therapy and treatments. Guests seeking innovation, naturalness and global wellness will find in Lefay SPA the opportunity to enjoy unique experiences and never-felt-before sensations, in a place where East and West blend in perfect harmony with the surrounding environment.

BEING ORGANIC AND ECOLOGICAL SPA: LEVEL EXCELLENCE



Lefay SPA is the first spa in Italy obtaining Ecocert's prestigious new certificate "Being - Organic and Ecological Spa", Level: Excellence.

Ecocert, the French organisation recognised worldwide for its certification of cosmetic products, introduced "Being - Organic and Ecological Spa" for wellness centres that offer the highest standards in the field of sustainability and guarantee a place of relaxation to their Guests by combining the experience of natural wellbeing with a strong commitment to the ecology of the planet and its resources.

The exclusive Lefay SPA temple of wellness has not only confirmed its compliance to the 50 strict criteria envisaged for achieving the basic certification level, but has also reached the "Excellence" level thanks to its innovative concept of global wellbeing, which is distinguished by three fundamental aspects:

the unique quality of Lefay SPA Method health treatments and programmes and the commitment to the training and professional development of its Staff;

the exceptional comfort in the treatments cabins, providing Guests an incomparable experience;

the measures put in place for a sustainable management of the building.





COSMETICS LINE LEFAY SPA “TRA SUONI E COLORI”

NO ARTIFICIAL COLOURS

NO ADDED PRESERVATIVES

PETROLATUM FREE

PARABEN FREE

SLES FREE

DERMATOLOGICALLY TESTED

VEGAN

NO ANIMAL TESTING

NICKEL TESTED less than 0.00001%

The cosmetics line Lefay SPA “Tra Suoni e Colori” was created according to the Lefay SPA philosophy in accordance with the principles of nutricosmetics; a “smart” product line that combines nature and science with a visible and immediate effect. Formulations with a high concentration of antioxidants, vitamins, phytocomplexes and organic olive oil allow it to deeply treat the skin’s imbalance and guarantee the results over time. For a greater level of individualisation of the product, in the treatment room, essential oils that metaphorically “speak” to the skin and its various functions, providing them with support and harmonising with them, thereby conferring strength and stability upon them. Products can be purchased in the Lefay SPA Shop and online at lefayshop.com.



CONTENTS

1. LEFAY SPA WORLD	11	5.4 Diagnostic Tests	48
1.1 World of Water and Fire	12	5.5 Medical Consultations	49
1.2 Man and Nature	14		
1.3 Fitness	18	6. À LA CARTE SPA	51
		6.1 Thalassotherapy	52
2. LEFAY SPA METHOD HEALTH PROGRAMMES	21	6.2 Western Massages	53
2.1 Health Programmes I Flussi dell'Energia	22	6.3 Eastern Massages and Rituals	55
2.2 General Health Programmes	23		
2.3 Specific Health Programmes	24	7. FOR COUPLES	59
		7.1 Private SPA	60
3. LEFAY SPA TREATMENTS	29	7.2 Rituals for Couples	62
3.1 Face and Body Energy Balancing Massages	30		
3.2 Face and Body Energy Beauty Rituals	33	8. BEAUTY AND HAIR SPA	65
3.3 Perfumes of the Lake	36	8.1 Beauty Aesthetic	66
		8.2 Make up	66
4. NON INVASIVE AESTHETIC MEDICINE	39	8.3 Coiffeur	66
4.1 Energy Aesthetic Medicine: Beauty according to Chinese Medicine	40	8.4 Hair Treatments – La Biosthetique Méthode	67
4.2 Face and Body Treatments with Beauty Equipment	41		
4.3 ZO Skin Health Restoration by Dr. Zein Obagi	43	9. WELLNESS AND BEAUTY PROGRAMMES	69
5. MEDICAL	45	10. USEFUL INFORMATION	73
5.1 Natural Medicine	46		
5.2 Physiotherapy	47	11. LEFAY SPA AWARDS	74
5.3 Osteopathy	47		



LEFAY SPA WORLD

The Lefay SPA is an exclusive temple to wellness, where mind and body are regenerated through rediscovery of genuine emotions and a sense of inner harmony.

01.

WORLD OF WATER AND FIRE

Lefay SPA is divided into three areas: *the World of Water and Fire*, which includes all areas connected to swimming pools, saunas, grottos and small lakes; the *Nature and Fitness* area, which consists of a large gym fitted out with all the latest equipment for training and a fitness studio for courses and fitness activities and *In Silence and among the Stars: Trilogy in the Air*, which is made up of all the spacious outdoor areas equipped for sporting activities and trails dedicated to wellness and relaxation.

POOLS

- Heated Indoor and outdoor swimming pool
- 25-metres heated homologated training pool (from March to October)
- Fonte Roccolino heated whirlpool

RELAXATION AREAS

- Wide relaxation areas with lake view
- The Turquoise Grotto, with warm water loungers
- Sunset Relax

SAUNAS

Aromatic Sauna

Temp. 40-42° / Humidity 60-70%

The aromas in this sauna make a valuable contribution towards eliminating stress and easing respiration. It is the initial tepid room where the body is prepared for the perspiration that takes place inside the Caligo Sauna.

Caligo Sauna

Temp. 42-45° / Humidity 90-98%

The high percentage of humidity in this sauna

forms a cloud of stratified temperatures, which is excellent for relaxing the muscles of the body and reducing tension. The detoxifying and skin-purifying action of the steam bath makes the skin soft and silky.

Olive Tree Sauna

Temp. 50-60° / Humidity 40%

Panelled in wood from this valuable tree, this sauna is ideal for detoxifying the skin, which becomes glowing and clear. The temperature of this bio-sauna also promotes relaxation and night time sleep and prepares the body for the high temperature and low humidity of the Water and Fire sauna.

Water and Fire Sauna

Temp. 75-90° / Humidity 10%

The high temperature and low humidity of this Finnish sauna allows you to achieve considerable organic and metabolic stimulation, thereby promoting cell turnover, toxin elimination and stimulation of the neuro-vegetative system.

CHARME D'ORIENT AREA

This area evokes the magic of an opulent oriental ambience. A reminiscent journey in which body, mind and spirit get lost in the inebriating fragrances of three areas:

Hamman

Temp. 45-48° / Humidity 80%

Inspired by the beauty of the enchanting oriental palaces, the Hamman distances us from daily life where everything is rational, stressful and rushed, taking us back to the natural balance between movement and rest, exercise and relaxation, reality and fantasy.

Lady Sauna

Temp. 38-42° / Humidity 50%

This is for ladies only and has a delicate perfume which envelops the body in an atmosphere that evokes summer gardens by the lake. It stimulates the circulation and purifies the skin, melting away tensions and relaxing the body.

Sunset Relax

A suggestive relaxation area, offering a wide selection of fine teas.

OTHER

The Stream: this cool water stream is excellent for people with a sensation of heavy legs and problems of circulation in the lower limbs.

Crash- Ice Fountain: Rubbing ice over the body is ideal for stimulating blood flow and for a pleasant sensation of freshness after a sauna or hot bath.

Ice Pool

Temp. 12-17°

The cold water closes the skin pores, helping cutaneous vascularization. The nervous system is stimulated by the cold water which produces positive impulses for the heartbeat breathing activity and blood circulation.

02.

NEW

MAN AND NATURE IN SILENCE AND AMONG THE STARS: TRILOGY IN THE AIR.

The contact with nature is the first step to purify both mind and body. At Lefay Resort & SPA Lago di Garda, the temple of holistic wellness stretches into the wonderful 11-hectare park that surrounds the Resort. Within this setting, where man and nature are close to each other, three different trails have been created: the Energy and Therapeutic Garden, whose energetic stations are based on the principles of Classical Chinese Medicine; the Running Circuit and the Fitness Path for outdoor activities. Here, the physical-energetic rebalancing classes, which are an integral part of the Lefay SPA philosophy, take place in front of a unique view.

ENERGY AND THERAPEUTIC GARDEN The Symbol of Life

Consistently with the principles of Classical Chinese Medicine and the idea that there is no separation between people and their natural environment, the energy concept and the theory of the five movements have been explored both in the indoor and outdoor at Lefay SPA. Great attention has been paid to the Energy and Therapeutic Garden's project, which is the result of the collaboration between the Lefay SPA Method Scientific Committee and the designers. The "Symbol of Life" Energy and Therapeutic Garden traces the stages of life and is composed by five different stations full of symbolisms. These circuits, with various shapes, colours, essences and

specific postures and meditation activities, have a significant effect on the body and the function of indicating to the small elements that compose us, the need to enter in the nature and, perceiving it as an ally, to exercise and unwind within it.



THE GREEN DRAGON

Located in the East, it represents the renewal of nature, the spring, the dawn of life. It is in the middle of a forest and is characterised by the element wood.

ACTIVITIES

Stretching of the Meridians: postures and exercises that relax muscles, tendons and open up joints eliminating energy and mental blockages.

Perception walking: during a silent walk with closed eyes through the Park, a deep relationship with the surrounding environment develops through the simple act of walking; this allows us to rediscover "in a new and conscious way" senses that in everyday life we use only unconsciously.



THE RED PHOENIX

It is positioned in the South and represents the culmination of energy, the summer, noon. The Red Phoenix is characterised by the red colour.

ACTIVITIES

Tai Qi: slow movements and a perfectly relaxed body are the ideal state for exercising both mind and body; a refined "soft" martial art of self-defence and a form of dynamic meditation with the aim of developing our own "inner" strength.

Mindfulness Meditation: Focus on the "here and now". Maintain serenity and feel the necessary strength to eliminate negative thoughts, making room for positive and enabling reflections. The goal is to achieve a state of deep well-being, feeling that everything is wonderful and perfect.

It is suggested to perform the practice at sunrise; the ideal moment for mindfulness meditation.



THE WHITE TIGER

This is positioned in the West and it is the mirror of inner place. It represents the start of gathering and meditation, Autumn and sunset. The colour white and metal benches dominate in this area.

ACTIVITIES

Yoga: an ancient wisdom system which aims to reunite soul and spirit, eliminate influences and provide greater awareness of our vital and physiological processes and, more generally, of our whole body.

Stress-relieving breathing: controlling and being aware of our breathing facilitates the elimination of toxins, improves blood and lymphatic circulation, frees us from anxiety and fear, strengthens the immune system, improves digestion and purifies the body.

It is suggested to perform the practice at Sunset; the ideal moment for this type of meditation.



THE BLACK TORTOISE

The Black Tortoise is found in a valley facing North. It is the station of the relationship with ourselves and is associated to Winter and the end of the day. It features a rocky cave, a small river and benches of bare rock.

ACTIVITIES

Qi Gong: Chinese practice that in its simplicity teaches us to go deep within ourselves by momentarily closing the doors to the outside world; this allows us to learn, through body, mind and breath, all about us.

Conscious full-body walking: reprogramming the entire body through the experience of walking. The aim of the session is the perception, understanding and experiencing of the lesser known but fundamental body principles that are triggered when we walk in the nature. A deep-rooted, effortless form flows and uncovers a new way of walking. Every single step is not only a discovery of the outside world but also of the inside.



THE CENTRE

This station is located in the centre of the energy healing garden on a hill covered in yellow flowers. It is the energy connection of all the stations and offers unique breathtaking views.

ACTIVITIES

Qi Gong's six healing sounds: Liu Zi Jue or "The Six Healing Sounds", is an ancient form of Qi Gong, composed of slow, wide and harmonious exercises performed together with vocalisations of six specific sounds during exhalation. Posture and movements "resonate" with the pronunciation of the six syllables, increasing their effectiveness. It energises and provides calmness, helping to cure some chronic diseases.

Zazen Meditation: to awaken to True Life and help us overcome attachments. Zazen, "simply sitting" means sitting without looking to achieve any goals or expectations, without wanting anything and without thinking. The difficulty lies precisely in this word: simply. Zazen means abandoning knowledge to enter into non-knowledge, embracing all things and not just one. The revelation of what we really are, the rediscovery of what we have always been.

GROUP SESSIONS FREE OF CHARGE
PRIVATE SESSIONS (40 min.) € 110,00

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN *The Symbol of Life*
PRIVATE SESSIONS (90 min.) € 160,00*
FOR TWO PEOPLE € 190,00

*To find your way within the energy therapeutic garden, we suggest you look at the map of the outdoor wellness trails, available at the SPA Reception

RUNNING CIRCUIT

The Wind and the Hill, in Rhythm with your Stride

It winds for 2 km among hills and through woods and has an overall altitude difference of approximately 150 metres. It is particularly suitable for running lovers and for those who wish to begin their activities with effective walks.

FITNESS PATH

Shape and Colour

This trail consists of eight stations where exercises to improve tone and muscular elasticity can be carried out.

NATURAL WELLNESS

THE TRAILS OF THE FIVE ELEMENTS

Five trails that combine exercise and meditation activities with massages dedicated to the individual energetic condition, in symbiosis with nature, all its aspects and stages.

THE GREEN DRAGON

Suggested for impulsive and nervous people.

- 1 Stretching of the Meridians
- 1 Perception walking
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Massage of The Green Dragon: handles the energy lines of spring or sunrise, meridians of the liver and the gall bladder, and has a relaxing effect on the muscles and all over the body.

€ 320,00*

THE RED PHOENIX

Suggested for anxious people; it expands the senses, stimulates joy and harmony with nature.

- 1 Tai Qi
- 1 "Mindfulness" Meditation
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Massage of The Red Phoenix: works on the energy lines of summer or midday, meridians of the heart, and has a relaxing effect, as the Red Phoenix that is reborn from its ashes with renewed energy to live a more balanced and less anxious life with less anxiety in respect of the

state of "pathological joy".

€ 320,00*

THE WHITE TIGER

Suggested for people experiencing weakness, tiredness, melancholy.

- 1 Yoga
- 1 Stress-relieving breathing
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Massage of The White Tiger: involves the entire body and works specifically on its energy points "that give orders to the body". It is connected to sadness, determined by the great emptiness of the lung's "Qi", and is aimed at curbing feelings such as self-closure and melancholy.

€ 320,00*

THE BLACK TORTOISE

Suggested for people experiencing stress.

- 1 Qi Gong
- 1 Conscious walking with the whole body
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Massage of The Black Tortoise: deeply nourishes the body, rebalancing the energy lines that "reinforce the body's structure". It has an anti-ageing effects, provides tone and vitality to the energetic functions that sustain us.

€ 320,00*

THE CENTRE

It connects all energy stages of a person.

- 1 Qi Gong's six healing sounds
- 1 Zazen Meditation
- 1 Guided Walk through the Energy Therapeutic Garden
- 1 Face and Body Massage of the Centre: focuses on the man's inner core, placed on a line called "The Line of Light" (Yang Ming), which runs right over the face.

€ 320,00*

*Suggested with at least one night's stay.



03.

FITNESS

A 24-hour fitness centre composed by a gym with Technogym equipment and a large room flooded with natural light, both overlooking the Infinity Pool and Lake Garda. The fitness offer includes group sessions and muscle-awakening activities such as Qi Gong, Stretching and Body Tonic. Personal trainers are also available, even with specific programmes.

MOVEMENT ACTIVITIES

- Muscular awakening
- The Zuu Training
- Kettlebell
- Gag
- Flexi Bar
- Total Body Sculpt
- Total Abdominal
- Fitball
- Bender Ball
- Power Pump
- Circuit aimed at muscular strengthening
- Fitness path *Shape and Colour*
- Running circuit *The Wind and the Hill, in Rhythm with your Stride* (2 Km)
- RedCord
- Rebounding

GROUP SESSIONS FREE OF CHARGE
PRIVATE SESSIONS (40 min.) € 90,00*

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN
The Symbol of Life
PRIVATE SESSIONS (90 min.) € 160,00
FOR TWO PEOPLE € 190,00

FIT & FACE

Facial gymnastics to train the muscles in the face and attain a more refreshing and young look.
(60 min.) € 90,00

PERSONAL TRAINING

PRIVATE TRAINING SESSIONS
duration 40 min. € 90,00*
duration 50 min. € 100,00*

WATER ACTIVITIES

- Water Gym
- Water Lefay

GROUP SESSIONS FREE OF CHARGE
PRIVATE SESSIONS (40 min.) € 90,00*

POSTURAL REBALANCE

- Pilates
- Stretching
- Postural gymnastics

GROUP SESSIONS FREE OF CHARGE
PRIVATE TRAINING SESSIONS (50 min.)
€ 100,00*

BREATHING AND MEDITATION ACTIVITIES

- Stretching of Meridians
- Qi Gong
- Tai Qi
- Yoga
- Meditation

GROUP SESSIONS FREE OF CHARGE
PRIVATE TRAINING SESSIONS (40 min.)
€ 90,00*

*Prices may vary according to individual requests





LEFAY SPA METHOD HEALTH PROGRAMMES

The Lefay SPA Scientific Committee created a method that combines the principles of Classical Chinese Medicine with Western scientific research, which has the “global wellbeing” of the individual and their health as its goal.

Classical Chinese Medicine is one of the oldest diagnostic and therapeutic sciences in the world. It considers man as an infrangible complex of matter, energy and spirit in continuous evolution. Since its very origins, it has been concerned with the phenomenon known as stress, which is one of the main causes of complaints and ill health.

From the Western world, Lefay SPA Method utilizes the results of scientific research about the ageing process, stress, posture, nutrition as well as the emotional status. This tried and tested union is the basis of the Lefay SPA Method and its innovative treatments.

01.

HEALTH PROGRAMMES I FLUSSI DELL'ENERGIA

Lefay SPA offers its Guests the innovative programmes

I Flussi dell'Energia, personalised according to individual needs to achieve a complete sense of physical wellbeing and pursue different objectives: weight loss, stress relieving, getting back into shape and posture correction, curing insomnia, reducing the signs of aging and body detoxification.

INITIAL ENERGY INTERVIEW

This interview is the first step of every programme. A specific analysis is carried out in order to identify the energy status and choose the most suitable personalized programme.

BALANCING TREATMENTS

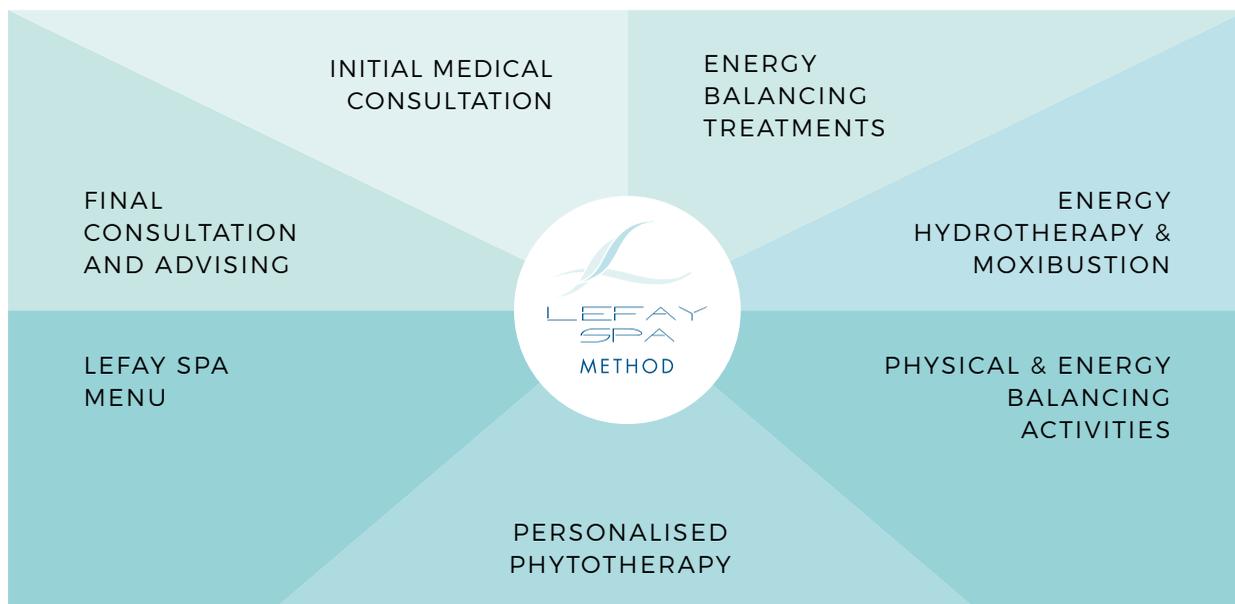
The energy treatments (tuina massages, energy foot reflexology treatments, acupuncture treatments, etc.) aim at reactivating the energy channels and are carried out according to the individual energy levels. They have been developed by associating the principles of Classical Chinese Medicine with Western 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.

MOXIBUSTION

Moxibustion is a therapeutic practice of Chinese Medicine which consists in heating the overlying skin areas of acupuncture points, strengthening the effects of specific treatments or massages. Its name comes from "Moe Kusa" which in Japanese means "burning herb".

ENERGY HYDRO-AROMATHERAPY

Whirlpool treatment with the addition of essential oils indicated during the energy interview. The jets of water aimed on the meridians improve the circulation and restore energy and vitality.



PHYSICAL AND ENERGY RE-BALANCING ACTIVITIES

Physical and energy re-balancing activities such as Qi Gong and Meridian Stretching are an integral part of Lefay SPA Method programmes and are techniques that embody an ancient philosophy. Their gentle fluid movements regulate the state of energy, tone the body and relax the mind.

PERSONALISED PHYTOTHERAPY

The Lefay SPA Method uses the oldest form of phytotherapy within its programmes: the herbal tea. During the initial examination and depending on the energy constitution of Guests, a specific medicinal plant is recommended to be taken during and after the stay.

DIETARY APPROACH

Lefay SPA Menu

Diet plays a fundamental role in preventive medicine and as such is included in the Lefay SPA Method programmes. Lefay SPA Menu is a detoxifying and marginally low-calorie dietary approach whose purpose is to ensure energy supply through foods selected for their quality and treated with cooking methods that do not put excessive strain on the digestive system. This dietary approach is also aimed at changing eating habits through education on the nutritional characteristics of various foods and the psychological processes that determine attitudes towards food.

FINAL INTERVIEW

At the end of the programme each Guest receives a final checkup report containing maintenance recommendations – such as a specific diet and a personalized phytotherapy treatment – allowing Guests to also enjoy the benefits when they return home.

02.

GENERAL HEALTH PROGRAMMES

The hectic pace of everyday life can put a great strain on the body, causing heart problems, stress, anxiety and depression. Lefay SPA Method programmes are aimed at completely rebalancing and rejuvenating the body, mind and spirit through the recovery of vital energy and the rediscovery of a healthy and sensible way of living. The treatments of the general programmes are personalised during the initial energy interview.

LEFAY SPA INTEGRAL

from 5 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Breakfast, lunch and dinner with Lefay SPA Menu (for 5 days)
- Personalised phytotherapy
- 1 energy body scrub
- 1 personalised Lefay SPA energy body massage
- 2 tuina massages of the seven emotions (5 energy organs)
- 2 Lefay SPA specific energy foot reflexology treatments
- 2 moxibustion treatments
- 1 Lefay SPA energy facial ritual *Derma di Luce*
- 2 energy hydro-aromatherapy sessions with essential oils
- 1 guided walk in the energy and therapeutic garden
- 3 activities for rebalancing physical energy (Qi Gong, Stretching of Meridians)
- Entrance to Lefay SPA World
- 1 session in the salt-water pool *La Luna nel Lago*
- Final examination with targeted recommendations for maintenance

€ 1.990,00 (excluding accommodation)

LEFAY SPA ESSENCE

from 4 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Breakfast, lunch and dinner with Lefay SPA Menu (for 4 days)
- Personalised phytotherapy
- 1 energy body scrub
- 1 tuina massage of the seven emotions (5 energy organs)
- 1 personalised Lefay SPA energy body massage
- 1 Lefay SPA energy foot reflexology treatment
- 1 Lefay SPA energy facial massage *Derma di Luce*
- 1 energy aroma-hydrotherapy session with essential oils
- 1 guided walk in the energy and therapeutic garden
- 2 activities for rebalancing physical energy (Qi Gong, Stretching of Meridians)
- Entrance to Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 1.290,00 (excluding accommodation)

LEFAY SPA DISCOVERY

from 3 nights

- Initial examination to determine energy levels
- Breakfast, lunch and dinner with Lefay SPA Menu (for 3 days)
- Personalised phytotherapy
- 1 Lefay SPA energy facial massage *Derma di Luce*
- 1 personalised Lefay SPA energy body massage
- 1 energy hydro-aromatherapy session with essential oils
- 1 activity for rebalancing physical energy (Stretching of Meridians)
- Entrance to Lefay SPA World

€ 690,00 (excluding accommodation)

03.

SPECIFIC HEALTH PROGRAMMES

The Scientific Committee has created six programmes aimed at solving specific problems such as: excess weight; damage due to ageing; stress relieving; physical shape; detox and insomnia.

The human body is a collection of energy flows in continuous activity, in an effort to strike a balance between the stimuli of the outer world and the inner emotional sphere. A condition of prolonged stress can undermine the harmony of these two aspects, creating a state of general malaise. *Il Recupero dell'Energia Originale* aims to reprogram the body by helping to stimulate the necessary resources for this exchange of forces, and regain a dynamic equilibrium. Its methodology is based on the integration of the most recent discoveries of neuroscience, re-integrated within the more complex vision of classical Chinese medicine. The effectiveness of the treatments is continually overseen through heart rate monitoring, according to mathematical models that interpret the variability of the autonomic nervous system as a stress state detector.

STRESS-RELIEVING

Recupero dell'Energia Originale from 5 nights

- Introduction to the programme
- Initial energy check-up with ANS* monitoring
- Intermediate medical evaluation
- Anti-ageing check-up (Anti-ageing Oxidative Stress)**
- Breakfast, lunch and dinner with Lefay SPA Menu (for 5 days)
- Personalised phytotherapy
- 1 Lefay SPA Massage *La Finestra del Cielo*
- 2 individual acupuncture sessions
- 1 moxibustion treatment
- 2 specific anti-stress tuina *L'Essenza*

- 2 Lefay SPA energising stress-relieving body massages *La Quiete*
- 1 Lefay SPA foot reflexology treatment
- 1 session in the salt-water pool *La Luna nel Lago*
- 3 activities for rebalancing physical energy (Qi Gong)
- 2 breathing activities
- 1 guided walk in the energy and therapeutic garden
- Access to Lefay SPA World
- Final evaluation with ANS* monitoring

€ 2.290,00 (excluding accommodation)

*autonomic nervous system | **optional, not included in the price

- 1 personalised session with personal trainer (30 min.)
- 1 energy aroma-hydrotherapy session with essential oils
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 guided walk in the energy and therapeutic garden
- 2 activities for rebalancing physical energy (Stretching of Meridians)
- Entrance to the Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 2.290,00 (excluding accommodation)

*Optional, not included in the price

Being overweight is one of the most significant health risks and there are no “magic” solutions for weight loss. Western studies have shown that programmes based on the idea of diet as a “deprivation” or “constraint” is not only ineffective, but also detrimental to health, as some considerable weight fluctuations can be harmful to health itself. Lefay SPA philosophy underlines the importance of “consciousness” within a diet and more in general in one’s lifestyle. Therefore it aims to modify your eating habits in your regular daily life. Lefay SPA Method programme features a nutritional consultation with the prescription of a “sustainable” and personalised diet, draining and detoxifying treatments together with physical and energy rebalancing activities with the aim to restore the free flow of energy around the body, assisting you to return to your ideal body weight.

WEIGHT MANAGEMENT

Armonia del Corpo from 5 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Food Intolerance checkup* (ImuPro Test)
- Nutritional consultation and determination of specific diet
- Breakfast, lunch and dinner with personalised Menu (for 5 days)
- Personalised phytotherapy
- 1 energy body scrub
- 1 Lefay SPA draining or anti-cellulite energy body massage
- 2 slimming tuina massages *L'Armonia*
- 1 Lefay SPA pyhto – specific aromatic mud wrap
- 2 moxibustion treatments
- 2 individual acupuncture sessions
- 1 Lefay SPA energy specific foot reflexology treatment

WEIGHT MANAGEMENT INTENSIVE

Armonia del Corpo from 10 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Food Intolerance checkup* (ImuPro Test)
- Nutritional consultation and determination of specific diet
- Breakfast, lunch and dinner with personalised Menu (for 10 days)
- Personalised phytotherapy
- 1 energy body scrub
- 1 Lefay SPA draining or anti-cellulite energetic body massage
- 1 Lefay SPA detoxifying energy body massage *La Luce oltre La Nebbia* (face & body with cupping)
- 2 slimming tuina massages *L'Armonia*
- 3 Lefay SPA pyhto – specific aromatic mud wraps
- 2 moxibustion treatments
- 2 individual acupuncture sessions
- 2 Lefay SPA energy foot reflexology treatments
- 3 personalised sessions with personal trainer (30 min.)
- 2 energy aroma-hydrotherapy sessions with essential oils
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 guided walk in the energy and therapeutic garden
- 2 activities for rebalancing physical energy (Stretching of Meridians)
- Entrance to the Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 3.290,00 (excluding accommodation)

*Optional, not included in the price

The luminosity of the spirit (Shen) is manifested in particular on the skin. This programme is dedicated to those who wish to reduce the damage caused by premature ageing or who wish to heal their "spirit" in order to improve their physical appearance. It is a beauty programme that is based entirely on a holistic concept, in which rebalance of the nervous system, nourishment of the spirit and deep relaxation are able to bring new luminosity to the skin, smoothing out wrinkles and making the body more toned.

BEAUTY OF BODY AND MIND

Luminosità dello Spirito from 5 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Anti-ageing checkup* (Oxidative Stress)
- Breakfast, lunch and dinner with Lefay SPA Menu (for 5 days)
- Beauty consultation
- Personalised phytotherapy
- 1 *Unico Cielo Short* facial cleansing ritual
- 1 Lefay SPA energy facial massage *Derma di Luce*
- 1 aculifting with Gua Sha massage *Farfalla di Seta*
- 1 energy body scrub
- 1 revitalising and anti-ageing energy body massage *Alta Marea*
- 2 specific tuina massages
- 1 moxibustion treatment
- 1 Lefay SPA energy foot reflexology treatment
- 1 energy hydro-aromatherapy session with essential oils
- 1 Lefay SPA pyhto – specific aromatic mud wrap
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 Fit & Face activity
- 1 guided walk in the energy and therapeutic garden
- 2 activities for rebalancing physical energy (Qi Gong)
- Entrance to Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 2.290,00 (excluding accommodation)

*Optional, not included in the price

According to Classical Chinese Medicine, insomnia is the manifestation of an imbalance of energy due to various causes of physical nature (such as hormonal changes, digestive disorders or physical hyperactivity) and of mental nature (such as stress and intellectual hyperactivity). The treatments in this programme stimulate the energy lines and specific acupuncture points, thereby promoting sleep.

SLEEP

Sogni d'Oro from 5 nights

- Introduction to the programme
- Initial examination to determine energy levels
- Intermediate medical interview
- Breakfast, lunch and dinner with Lefay SPA Menu (for 5 days)
- Insomnia checkup* (Good Night Hormonal Profile)
- Personalised phytotherapy
- 1 Lefay SPA energy facial massage *Derma di Luce*
- 2 Lefay SPA energy massages *L'Abbraccio di Morfeo*
- 2 Lefay SPA tuina energy body massages *I Colori dell'Uomo*
- 2 individual acupuncture sessions
- 2 Lefay SPA foot reflexology treatments
- 3 moxibustion treatments
- 1 energy hydro-aromatherapy session with essential oils
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 guided walk in the energy and therapeutic garden
- 3 activities for rebalancing physical energy (Qi Gong)
- Entrance to Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 2.290,00 (excluding accommodation)

*Optional, not included in the price

The energy that defends us from the outside world and from tensions and stress, passes through our muscles. A correct posture helps our body to counter the effects of gravity and maintain an upright position, thereby balancing our movements and revealing our personality. The different treatments, sports and physical energy activities in this programme aim at relaxing tense muscles, revitalising and toning atonic muscles, correcting alterations to posture and bringing the body back to global well-being, even making improvements on an aesthetic level.

FITNESS

Leggerezza e Plasticità from 5 nights

- Introduction to the programme
- Initial energy examination
- Breakfast, lunch and dinner with Lefay SPA Menu (for 5 days)
- Osteo - kinesiology consultation
- Personalised phytotherapy
- 2 Lefay SPA energy body massages *La Brezza accanto al Confine*
- 2 tuina massages for posture *La Cima della Montagna*
- 1 moxibustion treatment
- 2 Lefay SPA energy foot reflexology treatments for posture
- 2 osteo-craniosacral massages
- 2 session in the salt-water pool *La Luna nel Lago*
- 4 personalised sessions with personal trainer (30 min.)
- 1 guided walk through the energy therapeutic garden
- 2 activities for rebalancing physical energy (Stretching of Meridians)
- Entrance to the Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 2.290,00 (excluding accommodation)

Any physical or mental activity produces waste in the body: the persistent presence of these substances is toxic. Prolonged stress, bad eating habits or frequent use of alcohol and cigarettes create an imbalance between the production of toxins and the detoxifying ability of the body. The result is an accumulation of toxins that progressively acidifies the body, ageing it prematurely. This programme is ideal for removing toxins accumulated during periods of stress and re-establishing better functioning of the organs responsible for toxin elimination, turning back the body's biological clock assisting the body to disperse toxins' accumulation.

DETOX

Purezza ed Equilibrio from 5 nights

- Introduction to the programme
- Initial energy examination to determine energy levels
- Intermediate medical interview
- Food Intolerance checkup* (ImuPro Test)
- Nutritional consultation and prescription of special diet
- Breakfast, lunch and dinner with personalised Menu (for 5 days)
- Personalised phytotherapy
- 1 energy body scrub

- 1 *Unico Cielo* facial cleansing ritual
- 1 Lefay SPA energy foot reflexology treatment
- 2 Lefay SPA pyhto - specific aromatic mud wraps
- 1 specific tuina massage
- 1 moxibustion treatment
- 1 Lefay SPA detoxifying energy massage (with cupping) *La Luce oltre la Nebbia*
- 1 Lefay SPA draining energy massage *Rugiada del Mattino*
- 1 energy aroma-hydrotherapy session with essential oils
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 guided walk in the energy and therapeutic garden
- 2 activities for rebalancing physical energy (Stretching of the Meridians)
- Entrance to the Lefay SPA World
- Final examination with targeted recommendations for maintenance

€ 2.290,00 (excluding accommodation)

*Optional, not included in the price

DETOX INTENSIVE

Purezza ed Equilibrio from 10 nights

- Introduction to the programme
- Initial energy examination to determine energy levels
- Intermediate medical interview
- Food Intolerance checkup* (ImuPro Test)
- Nutritional consultation and prescription of special diet
- Breakfast, lunch and dinner with personalised Menu (for 10 days)
- Personalised phytotherapy
- 1 energy body scrub
- 1 *Unico Cielo* facial cleansing ritual
- 1 Lefay SPA foot reflexology treatment
- 3 Lefay SPA pyhto - specific aromatic mud wraps
- 3 energy aroma-hydrotherapy session with essential oils
- 2 specific tuina massages
- 1 individual acupuncture session
- 3 moxibustion treatments
- 1 Lefay SPA detoxifying energy massage *La Luce oltre la Nebbia* (with cupping)
- 2 Lefay SPA draining energy massage *Rugiada del Mattino*
- 2 sessions in the salt-water pool *La Luna nel Lago*
- 1 guided walk in the energy and therapeutic garden
- 3 activities for rebalancing physical energy (Stretching of the Meridians)
- Entrance to the Lefay SPA world
- Final examination with targeted recommendations for maintenance

€ 3.290,00 (excluding accommodation)

*Optional, not included in the price



LEFAY SPA TREATMENTS

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 MASSAGES



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 MASSAGES



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.)



NON INVASIVE AESTHETIC MEDICINE

THE NATURAL DIRECTION OF BEAUTY

The treatments are based on an approach to rejuvenation that guarantees effective, safe and harmonious results over time using non-invasive techniques and tools designed to improve skin blemishes. The Lefay SPA innovative energy aesthetic treatments, included in this section, are based on the use of acupuncture for aesthetic purposes.

01.

ENERGY AESTHETIC MEDICINE: BEAUTY ACCORDING TO CHINESE MEDICINE.

Chinese Aesthetic Medicine (Mei Rong) has its roots in 475–221 B.C., at the time of the so-called Warring States, which fought for supremacy of Ancient China. It was a time in history when aesthetic acupuncture was reserved solely for imperial concubines and was considered valuable for preserving good health and slowing the ageing process. The Huangdi Neijing, the most important Classical Chinese Medicine text dating back to the 1st–2nd century B.C., documents the effects produced by ageing on the skin and body. The work suggests acupuncture, moxibustion, massages and Qi gong as the principal techniques for slowing the signs of time.

FACE



ACULIFTING AND FACE MASSAGE WITH GUA SHA Farfalla di Seta

East and West meet in this effective non-invasive and non-toxic lifting treatment.

The treatment starts with acupuncture that aims to slow the formation of wrinkles and stimulate the facial energy points to make the skin supple, glowing and as soft as silk. The *Gua Sha* face massage follows, which eliminates lymph fluid accumulations and reshapes the neck and mimetic facial muscles.

The results are visible even after the first treatment.

€ 220,00 (80 min.)



European Health & SPA Awards 2016:
“Best Signature Treatment”

BODY



ANTICELLULITE

(Acupuncture with electrolipolysis and energy body massage)
Il Fluire del Ruscello

An innovative holistic treatment aimed at eliminating imperfections in the areas of the thighs and gluteal muscles. This programme involves three stages:

- Medical Diagnosis and personalised Phytotherapy carried out in accordance with the principles of Classical Chinese Medicine to identify the causes of the imperfection;
- Acupuncture to stimulate the points connected to the energetically imbalanced organs. The needles are applied to areas with greatest fluid retention or cellulite and arranged along acupuncture channels. Micro-electrodes are then used, which are set according to particular electrical frequencies and intensities;
- Massage with draining and anti-cellulite action performed with a *Gua Sha*, a typical Chinese technique that stimulates the acupuncture channels and points where an accumulation occurs, following specific manipulative techniques.

€ 230,00 (90 min: 10 min. medical diagnosis – 30 min. electro-acupuncture – 50 min. massage.)



European Health & SPA Awards 2016:
“Best Signature Treatment”

02.

FACE AND BODY TREATMENTS WITH BEAUTY EQUIPMENT

BODY

SKINTONIC

Improves circulation, oxygenates and invigorates

Effectively works against hardened and sclerotised cellulite. Reshaping and toning the body's silhouette, it improves circulation and the oxygenation of tissues. It combines the effective lymphatic drainage massage, helping to bring down swelling in the legs.

€ 100,00 (45 min.)

€ 250,00 cycle of 3 sessions

BIO THERMIC

Tightens and tones

This sophisticated device emits select heat waves that allow for the increase in production of collagen and elastin in the dermis with a considerable firming and filling effect. It stimulates microcirculation, reduces the unsightly appearance of cellulite, and reshapes the fatty deposits. There are three types of treatment:

- Thighs, inner thigh and buttocks
€ 130,00 (50 min.)
- Abdomen and hips
€ 130,00 (50 min.)
- Back tension-relieving
€ 105,00 (40 min.)

VELASMOOTH PRO

It reshapes and reduces local fat and cellulite

An innovative system that increases metabolism, lipolysis and lymphatic drainage, thereby reducing. Thanks to the revolutionary Elos technology, which combines infrared light, radiofrequency, suction and manipulation, the production of collagen increases and the circumference of the treated area reduces, thereby providing for fully reshaped and firm skin.

€ 150,00 (50 min.)

€ 390,00 cycle of 3 sessions

FACE

OXYGEN THERAPY

Intracutaneous

This is the new frontier in skin treatment; the treatment is based on the principle of topical hyperbaric oxygen associated with latest generation cosmetics containing hyaluronic acid, oxidants, green tea, aloe vera, vitamins A, C, E. The technique is painless, has no contraindications and the benefits are visible and immediate since the hyperbaric oxygen enables the active ingredients to be transported to the deepest skin layers.

Rejuvenate

A treatment targeted at thin lines and wrinkles, which improves small imperfections and overall hydration.

€ 200,00 (60 min.)

€ 480,00 cycle of 3 sessions

SKINTONIC

It oxygenates, drains and tones

Thanks to the combination of suction, oxygenation and the toning and the draining massage of muscles and wrinkles on the face and neck, facial contours are smoothed creating a lifting and firming effect.

€ 90,00 (45 min.)

BIOThERMIC LIFTING ANTI-AGEING

Tightens and tones

This sophisticated device emits selective heatwaves that increase collagen and elastin production in the dermis with a considerable plumping effect. It stimulates the microcirculation, and has a lifting effect and reduces wrinkles.

€ 110,00 (50 min.)

03.

ZO SKIN HEALTH RESTORATION BY DR. ZEIN OBAGI

DR. OBAGI'S TREATMENTS FOR SKIN HEALTH

The principles of the program for restoring healthy skin by Dr. Obagi are particularly applied in skin with the problems of ageing or abnormal texture, suffering from acne or problems caused due to sun damage. Dr. Zein Obagi is the medical and scientific director of ZO Skin Health inc. and is known throughout the world for having designed treatments, protocols and scientifically advanced skin care products. His methodology aims at restoring skin to a healthy state and correcting major blemishes on facial skin. ZO products are cosmeceutical products with pharmacological quality and efficacy and use sophisticated nanotechnology, certification systems and advanced active ingredients.

LIGHTENING TREATMENT

For mature skin with cutaneous dyschromia

Skin discolouring is an alteration associated with an accumulation of melanin pigment that gives risk to unaesthetic spots on the face and the zones of the skin that are the most exposed. This illuminating treatment improves the skin, giving it a radiant complexion and a smoother texture thanks to salicylic, lactic and citric acids. Powerful antioxidants and coenzymes inhibit melanin production, stimulating healthy cell reproduction.

€ 175,00 (65 min.)

ESSENTIAL ULTRA-MOISTURISING TREATMENT

For dry and dehydrated skin

This treatment starts with a hydrating cleansing and a micro exfoliation that removes superficial impurities. Thanks to the extracts of blackberries, liquorice and bearberries with lactic acid and kojic acid, the skin is prepared for exfoliation that improves the skin's brightness, purity and texture, alleviating wrinkles. Ideal for dry and mature skin where old age together with factors such as environmental circumstances, metabolism and lifestyle have altered natural hydration levels. Thanks to the use of enzymes that repair DNA and natural melanin, the skin becomes visibly more firm, strengthened and protected.

€ 175,00 (65 min.)

IMPURE SKIN TREATMENT

For oily skin or with acne

Oily skin is thicker than normal skin; it appears oily, with dilated pores, comedones and blackheads, which may give rise to chronic inflammation known as acne. By using products containing AHAs and salicylic acid, the excessive production of sebum is minimised, helping to shrink pores. Immediately the skin appears cleaner, healthier and without excess sebum. Furthermore the use of antioxidants, natural melanin, zinc oxide and titanium dioxide reduces acne scars.

€ 175,00 (65 min.)



MEDICAL

Specialist medical advice and therapies in the fields of Western medicine, natural medicine, osteopathy and physiotherapy. The offer also includes a wide range of specific checkups aimed at identifying the difficulties which may affect the body.

01.

NATURAL MEDICINE

ENERGY MEDICAL EXAMINATION

A seventeenth-century document described this as the song of the 10 questions since the energy doctor makes enquiries regarding certain characteristics of the body that range from dreams to digestion, trying to perceive any small changes in energy in the body before these changes develop into a disease. The doctor also observes the colouration of the skin, listens to the tone of the voice, asks about favourite foods and feels the radial pulses. This sequence allows an energy diagnosis to be made, according to which specific treatments, based on the changes encountered, are applied.

€ 95,00*

ACUPUNCTURE

The human body is crossed by particular lines known as meridians, along which vital energy Qi flows. Poor Qi circulation is considered the cause of pain and illness. The energy balance of our body and therefore our state of well-being can be restored through acupuncture.

€ 140,00 examination and acupuncture session (60 min.)

€ 110,00 acupuncture session (40 min.)

MOXIBUSTION

Moxibustion is a Chinese therapeutic technique, whose name derives from the Japanese term Moe Kusa, which means "burning herb". The treatment involves the application of heat to areas of skin near acupuncture points or energy pathways and its purpose is to boost the result of an energy treatment or massage.

€ 45,00 (20 min.)

CUPPING

Therapeutic method used since ancient times. The application entails placing cups on acupuncture points, creating a suction effect to dispose of excess fluid and reactivate the energy flows throughout the body and is considered a "reflex-stimulating" therapy because it works on the so called reflex zones, improving the flow of energy and unlocking blockages. This aids respiratory and cardiovascular diseases, digestive and the osteoarticular system issues and headaches.

€ 45,00 (20 min.)

ACULIFTING

The Aculifting treatment uses ancient methods of Chinese medicine to prevent and reduce the signs of ageing. Very thin needles are inserted in acupuncture points along the face's mimetic muscles in order to stimulate collagen production and blood circulation. After just one treatment skin appears firmer and rejuvenated, lines are reduced and the pores are tightened.

€ 115,00 (30 min.)

NUTRITIONAL ENERGY CONSULTATION

This consultation is aimed at changing food habits by educating guests on the nutritional characteristics of various foods and the psychological processes that determine our attitudes towards food. The menu is particularly suited to people who are overweight, but also to those who want to choose a flavoursome, light, detoxifying and healthy way of eating. According to each one's energy constitution the doctor will select a personalised dietary programme.

€ 95,00*

PHYTOTHERAPY CONSULTATION

According to the energy examination carried out by the Doctor to determine the individual energy syndrome and constitution, a specific healing herbal infusion is prescribed. Western provenance medical plants are offered both because of their intrinsic characteristics (for example, the birch for its diuretic and anti-inflammatory properties) and their energy qualities.

€ 90,00*

02.

PHYSIOTHERAPY

Physiotherapy (from the Greek Φυσιο = natural and θεραπεία = therapy) is a branch of medical science that deals with the prevention, treatment and rehabilitation of people with congenital or acquired musculoskeletal, neurological and visceral pathologies and dysfunctions, through multiple therapeutic interventions.

POSTURAL EVALUATION

€ 90,00*

PHYSIOTHERAPICAL TREATMENT

Improves circulation, accelerate the supply of oxygen and nutrients and the removal of metabolic waste. Has an antispasmodic action on the muscles, relieves muscle pain, back pain and neck pain.

€ 105,00*

MYOFASCIAL RELEASE POSTURAL MASSAGE

The massage is particularly effective for treating stiffness and contractures of muscles, also in chronic situations. The benefits include improved posture, and resolving muscle and joint pain.

€ 100,00*

03.

OSTEOPATHY

The ultimate objective of this therapy is good health, achieved by reducing pain, improving joint function, treating physiological dysfunctions and removing obstacles for optimal nerve transmission.

It is a type of alternative medicine that uses manipulation techniques aimed at restoring the overall balance of the body, its functions and its well-being. Osteopathy treats the individual as a whole, as a system composed of muscles, skeletal structures and internal organs connected in the nerve centres of the spine. Each constituent part of the person (psyche included) depends on the other ones and their correct functioning ensures the well-being of the entire organism.

OSTEOPATHY CONSULTATION

Consultation with a manual diagnostic and therapeutic approach that treats the dysfunctions of joint mobility and tissue injury.

€ 55,00*

OSTEOPATHIC CERVICAL MASSAGE

A treatment for people who suffer from cervical muscle tension and would like to get rid of it while enjoying a relaxing massage. The session aims primarily to rebalance the postural alignment, followed by a fascial release of the neck muscles and an osteopathic correction of the unaligned vertebra, that often cause various forms of neck and shoulder pain. Finally, a relaxing massage to soften the muscles and release all residing tensions.

€ 115,00* (45 min.)

OSTEOPATHY MANIPULATIVE TREATMENT

This is a process by which the body is guided to find harmony and integration between body, mind and spirit, which restores the self-healing powers of the individual. Because it acts primarily on bone and skeletal structures, it is more suitable for issues such as sports injuries or back pain.

€ 115,00*

CRANIOSACRAL TREATMENT

The name "craniosacral osteopathy" comes from the bone structures around our nervous system (skull and sacrum), protecting the brain and spinal cord. The manipulation of these parts works on the connection between the body and the skull, harmonising our functions and our psychological state. This treatment is relaxing and ideal in cases of headache, stress and neck tensions.

€ 130,00 (50 min.)

04.

DIAGNOSTIC TESTS

FOOD INTOLERANCE TEST

Test ImuPro

Many studies have shown a relationship between food intolerances, excess weight, skin conditions and digestive disorders. This test, performed using the ELISA methodology, highlights any hypersensitivity to 90 or 180 foods, creating a personalised nutritional profile. It is recommended for the overweight, those suffering from shortness of breath or sleep apnoea, and before beginning a responsible weight-loss programme. The test is carried out by sampling the capillary blood.

ImuPro Basic 90 € 185,00

ImuPro Basic 90 (vegetarian) € 185,00

ImuPro Basic 180 € 245,00

ANTI-AGEING CHECK-UP

Anti-ageing due to Oxidative Stress

This test examines the capacity of the antioxidant activities responsible for the reactions to free radicals, assessing their different levels and the reactions from the metabolism. If free radicals are highly reactive, they can cause premature ageing of tissues, damaging the skin, veins and arteries, resulting in a predisposition to cardiovascular disease. Some polymorphisms in specific genes may alter the production and functioning of antioxidant enzymes. When the balance between pro-oxidative factors and anti-oxidant enzymes is disrupted in favour of the former, the result is a pathological condition known as 'oxidative stress'. The test is carried out by analysing a sample on a salivary spatula.

€ 210,00

INSOMNIA CHECK-UP

Buonanotte Hormonal Profile

This helps to determine the evening concentration of melatonin, an essential neurohormone that regulates the sleep-wake cycle. Recommended for those who have difficulty falling asleep, insomnia, severe psychophysical stress and anxiety. The test is carried out on a sample of saliva.

€ 105,00

INTESTINAL CHECK-UP

Test Flora

Quantitative analysis of the intestinal bacterial flora that helps to detect the presence of a dysbiosis, or an alteration of the enzymes and bacterial flora which cause, among various symptoms, general malaise, swelling, constipation and diarrhoea. The aim of the test is to detect any pathogenic imbalances in the intestinal flora, restoring the intestinal activity to normal by means of a change in dietary habits. The test is carried out by analysing a stool specimen.

€ 195,00

05.

MEDICAL CONSULTATIONS

MEDICAL EXAMINATION

€ 70,00*

GENERAL PSYCHOSOMATIC CONSULTATION

Why do diseases arise and how can we drive them away? When we experience an illness, we can lose clarity and control over our emotions. This makes us more vulnerable to inner fears and doubts. Looking at the disease from the point of view of the body, on a physical level, can restore clarity and help us to find the logical and natural source of what we are going through, helping us overcome it.

Interview carried out by a psychotherapeutic doctor.

€ 195,00 (60 min.)

PSYCHOTHERAPEUTIC MEDICAL CONSULTATION

A time for dialogue between the psychotherapist and the Guest, who can share personal physical and psychological conditions that manifest themselves in emotional experiences, significant biographical episodes, dreams and personality traits. Using an overview that combines Chinese Medicine with deep psychology, it is possible to expand our diagnostic understanding of an individual's condition and, consequently, determine the most appropriate therapeutic approach.

€ 100,00 (50 min.)

HEART RATE VARIABILITY MEASUREMENT

HRV analysis is an established practice that makes it possible to objectively evaluate how your body adapts to the stimuli coming from outside and from within. ANS Analysis is a tool for measuring our body's ability to adapt to stress and to regenerate. The methodology used to assess these conditions is Heart Rate Variability.

€ 120,00 (45 min.)

*The duration may change according to Guests' individual needs.



À LA CARTE SPA

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.

BODY WRAPS AND BATHS

WRAP WITH MARINE ALGAE

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

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

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)

FACE AND BODY TREATMENTS

MINERALG GEL - DRAINING - DETOXIFYING

To lighten the silhouette and rediscover lightness in the legs.

€ 100,00 (60 min.)

MINERALG - REDUCING

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

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

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

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

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

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

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

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

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

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 nā 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 peri-arthritis.

€ 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

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

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

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.)

AYURVEDA

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



SNEHANA

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

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

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

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

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

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.



FOR COUPLES

Lefay SPA Rituals dedicated to couples in the exclusive
Private SPA inspired by Greek mythology,
to rediscover yourself in a sensual trip for two
in the Lefay SPA World.

01.

PRIVATE SPA

Inspired by Greek mythology, the two splendid Lefay Private SPAs offer settings and wellness packages for couples to share, while savouring the enjoyment of treatments in total relaxation. Inside our Private SPA personalized couple treatments may also be carried out (please contact our SPA Reception for further information).

OID, PHILEMON AND BAUCIS

This evokes the myth of Philemon and Baucis, who welcomed the gods to their humble home, receiving as a reward a temple and the promise that they would remain together forever as two splendid trees. The rituals recall the joy, the simplicity and warmth of a welcome and deliver a sense of immense serenity.

LEFAY WELCOME RITUAL:

THE GROTTA OF THE GODS

Jets of steam enriched with essences of plants and mountain flowers flow from this grotto, which is made entirely of stone. As well as purifying the body, the treatment exerts a beneficial action on the respiratory system and tones the tissues.

SOOTHING TREATMENT AND BODY WRAP WITH GRAPE MUST

An exfoliating and restructuring preparation treatment, containing polyphenols and vitamin C, which regenerate the body, and the sweet aromatic notes of fox grape musk, which relax the mind. The skin becomes soft and velvety.

MASSAGE WITH AROMATIC GRAPE MUST OIL

A nurturing massage carried out with aromatic grape must oil and hot pads; it relaxes the body and eases the mind.

A MOMENT OF RELAXATION WITH OVID'S REFRESHMENTS

To make this couples' ritual even more pleasurable, the relaxation stage is accompanied by a non-alcoholic cocktail flavoured with grape must and homemade biscuits.

€ 530.00 per couple
(programme of 2 h. 30 min.)

The Private SPA Programme Ovid, Philemon and Baucis is also offered in a short version (Grotto of the Gods, Massage with grape must oil and a moment of relaxation with Ovid's refreshments).

€ 380.00 per couple
(programme of 1 h. 30 min.)

DAPHNE, APOLLO AND EROS

This programme is inspired by the legend of the very beautiful Daphne, with whom Apollo, god of the sun, fell hopelessly in love after seeing her in the clear waters of a lake surrounded by white scented flowers.

LEFAY WELCOME RITUAL:

DIVINE SPLENDOUR FOR HIM AND FOR HER

Face treatment: a delicate scrub is combined with a toning and relaxing massage to restore radiance to the skin; the final face mask delivers incredible softness, improving hydration and leaving the skin as velvety as a rose petal.

THE LAKE OF THE NYMPHS

Immersed in a romantic and sensual setting, this pool is surrounded by soft candlelight and filled with perfumed rose petals that gently brush the skin. The water, which is enriched with valuable essential oils with beneficial properties, eliminates stress and tiredness.

DAPHNE'S MASSAGE

Dedicated to the gentleness of Daphne, this massage is carried out using perfumed oils, thus evoking bucolic scenes and flower-filled pastures. The gentle manual techniques, like waves rippling across the water, bring the body and mind to a state of absolute relaxation.

A MOMENT OF RELAXATION WITH DAPHNE, APOLLO AND EROS REFRESHMENTS

This romantic and relaxing programme is completed by a delicious non-alcoholic cocktail, the Ambrosia of Lefay Cupid and delicious nibbles prepared by our chef.

€ 530.00 per couple
(programme of 2 h. 30 min.)

The Private SPA Programme Daphne, Apollo and Eros is also offered in a short version (The Lake of the Nymphs, Daphne's Massage and A moment of relaxation with Daphne, Apollo and Eros refreshments).

€ 380.00 per couple
(programme of 1 h. 30 min.)

02.

RITUALS FOR COUPLES

CANDLE MASSAGE IN SPA SUITE

A sensual couple's ritual that indulges all the senses: the light emanating from the candle creates the atmosphere and acts as chromotherapy, while its perfume (aromatherapy) induces a feeling of relaxation. An unforgettable experience to share with a partner.

€ 200,00 per couple (45 min.)

HAWAIIAN RITUAL

A sensorial and olfactory journey that will make you discover the characteristic perfumes of Hawaii. A body scrub with finely chopped coconut and vanilla oil prepares the skin for a sensual massage along the body's meridians using hot shells from the islands.

To make this treatment even more pleasant, the final moment of relaxation is accompanied by an exotic fruit cocktail.

€ 400,00 per couple
(1 h. 50 min.)

HAMMAM RITUAL

This face and body purification ritual is the Lefay SPA re-interpretation of an ancient Middle Eastern tradition. 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.

€ 530,00 per couple long version
(2 h. 30 min. – face and body)

€ 420,00 per couple short version
(2 h. – body only)

POLYNESIAN RITUAL

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.

€ 530,00 per couple
(2 h. 15 min.)



FRAGRANCES OF THE LAKE RITUAL

In this sensual journey for two, the senses are lost among the colours of the lake and the surrounding vegetation evoked within the inspiring Daphne Private SPA. The ritual begins with immersion in the lake of the nymphs, enriched with the precious essential oils of lavender and lemon, creating an atmosphere of romance. This is followed by a nurturing facial and body massage, in which the distinctive Lefay organic cosmetic oils and the scents of extra virgin olive oil, citrus and grapes from local vineyards are used in succession. A moment of poetry to share together.

€ 420,00 per couple
(1 h. 45 min.)



BEAUTY AND HAIR SPA

Professional beauty services dedicated
to beauty and health of the hair.

BEAUTY AESTHETIC

Lady and Gentleman Depilation

Manicure
from € 60,00

Aesthetic Pedicure
from € 65,00

Healing Pedicure
€ 75,00

Lefay SPA Manicure
€ 120,00

Lefay SPA Pedicure
€ 120,00

Semi-permanent nail polish
from € 25,00

Nail whitening
€ 20,00

Solarium
€ 12,00 (max. 12 min.)

Eyebrow dye
€ 30,00

Eyelash dye
€ 50,00

Semi-permanent eyelash curling
€ 70,00

MAKE UP

Day make up
€ 80,00

Evening make up
€ 90,00

COIFFEUR

Hair styling
from € 45,00 to € 65,00

Haircut, women
€ 55,00

Haircut, men
€ 45,00

Hair colour
€ 75,00

Meches (bleaching)
from € 95,00 to € 125,00

Gloss (shining effect)
€ 55,00

HAIR TREATMENTS – LA BIOSTHETIQUE MÉTHODE

SCALP

Méthode Normalisante: synergistic treatment per oily scalps

€ 25,00

Méthode Pellicules: synergistic treatment against dandruff

€ 25,00

Méthode Régénérante: adjuvant synergistic treatment against hair loss

€ 25,00

Epicelan Clarifiant: exfoliation dedicated to the scalp

€ 35,00

Isobios: detox treatment with a sauna effect to eliminate toxins in the scalp

€ 45,00

HAIR

Intense mask: restructuring mask with intense action for damaged hair

€ 25,00 (10 min.)

Biphasic reconstruction: luxury restructuring treatment in two phases for extreme shine, vigorous elasticity and a soft level of volume.

€ 45,00 (15 min.)

Triphasic reconstruction: triphasic reconstruction, for damaged hair with split ends also for hair that is slightly damaged.

€ 55,00 (40 min.)



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.



USEFUL INFORMATION

BOOKING AND CANCELLATION CLAUSES REGARDING TREATMENTS AND PACKAGES

We suggest you to make reservations well in advance to ensure the preferred treatments. Please give us 24 hrs notice if you need to cancel a treatment and a 72 hrs notice in case of packages and programmes, otherwise the full amount of the treatment/programme will be charged. Please contact our SPA reception desk to make your reservation or cancel a fixed treatment at +39 0365 241887.

WHAT TO BRING

In your room you will find a SPA Bag containing a bathrobe and a pair of flip flops. We recommend to bring with you a tracksuit and trainers for fitness activities and the outdoor trails. Please make sure you come to the SPA reception about 10 minutes before your booked treatment.

SPA RULES

Lefay SPA is a temple of wellness and tranquillity. For your own relaxation, we ask you not to use cell phones or electronic devices. Guests with health problems such as high blood pressure, heart problems etc., and pregnant women are kindly requested to fill in the health status form and to consult our SPA Reception before booking the treatments.

LOST ITEMS AND DAMAGE

Lefay Resort & SPA Lago di Garda shall not be held liable for lost items or damage to personal and valuable items. For this reason, please do not leave anything unattended. In any case, if items are found, they will be taken to the main reception.

LEFAY SPA AWARDS

2019

Finalist at the Condè Nast Johansens Awards for Excellence:
"BEST DESTINATION SPA"

Haute Grandeur Global SPA Awards, Lefay SPA Garda:
"BEST DESTINATION SPA EUROPE", "BEST ECO SPA
EUROPE", "BEST HEALTH & WELLNESS SPA ITALY"

Condè Nast Traveller Readers' Choice Awards:
"TOP 30 SPA DESTINATIONS IN THE WORLD"

World Luxury SPA Awards:
"BEST LUXURY ECO-SPA IN SOUTHERN EUROPE"

World Luxury SPA Awards:
"BEST UNIQUE SPA EXPERIENCE"

World Luxury SPA Awards:
"BEST LUXURY DESTINATION SPA" IN ITALY

European Health & SPA Award:
"BEST DESTINATION SPA IN EUROPE"

European Health & SPA Award:
"BEST SIGNATURE TREATMENT" to *"I Colori dell'Uomo"*

Italian SPA Awards:
"BEST DESTINATION SPA IN ITALY"

2018

SLH Awards:
SHORTLISTED FINALIST "MOST SENSATIONAL SPA"

Seven Stars Luxury Hospitality & Lifestyle Awards:
"SIGNUM VIRTUTIS TO LEFAY SPA"

Condè Nast Traveller Readers' Travel Awards:
"TOP 20 SPA DESTINATIONS IN THE WORLD"

World Luxury SPA Awards:
"BEST UNIQUE SPA EXPERIENCE" IN SOUTHERN EUROPE
AND "BEST LUXURY DESTINATION SPA" IN ITALY

European Health & SPA Award:
"BEST SPA DESTINATION"

European Health & SPA Award:
"BEST SIGNATURE TREATMENT" to *"Il Cerchio della Luna"*

Traveller's World Awards
"FIRST PLACE IN THE TOP 10 SPAS IN THE WORLD"

2017

World Boutique Hotel Awards:
"WORLD'S BEST WELLNESS SPA"

Small Luxury Hotels Awards:
"MOST SENSATIONAL SPA"

World Luxury Spa Awards:
"BEST LUXURY ECO-SPA"

European Health & SPA Award:
"BEST DESTINATION SPA"

Prime Traveller Awards:
"BEST WELLNESS CLINIC"

Tatler SPA Awards:
"BEST FOR EAST-WEST FUSION"

Condè Nast Johansens Awards for Excellence:
"BEST FOR COUPLES"

2016

European Health & SPA Award:
"BEST SIGNATURE TREATMENT"
to *"Farfalla di Seta"* and *"Il Fluire del Ruscello"*

World Luxury SPA Awards:
"LUXURY DESTINATION SPA IN ITALY"

Connoisseur Circle Hospitality Awards:
"BEST SPA HOTEL"

World SPA & Wellness Awards:
"WORLDWIDE HEALTH & WELLNESS DESTINATION"

Condé Nast Johansens Excellence Awards:
"BEST SPA FACILITIES"

2015

Spafinder Wellness Travel Awards:
"COUNTRY AWARD" AND "BEST FOR MIND & SPIRIT"

Spa Traveller Awards:
"BEST SPA RESORT (MORE THAN 50 ROOMS)"
AND "MOST EFFECTIVE DE-STRESS PROGRAMME"

Readers' Choice Travel Awards Condé Nast Traveller:
"20 TOP DESTINATION SPA"

European Health & SPA Award:
"BEST SPA DESTINATION"

World SPA & Wellness Awards:
"RESORT SPA OF THE YEAR: WESTERN EUROPE
& SCANDINAVIA"

Condé Nast Johansens Excellence Award:
"BEST DESTINATION SPA EUROPE & MEDITERRANEAN"

2014

Condé Nast Traveller Readers' Choice Travel Awards:
"20 TOP DESTINATION SPA" AND "WORLD'S BEST 100"

European Health & SPA Award:
"BEST SPA TREATMENT IN ITALY" to *"La Vita nei Sensi"*

CNN:
"9 DELUXE WEIGHT LOSS VACATIONS"

2013

European Health & SPA Award:
"BEST DESTINATION SPA"

Spafinder Readers' Choice Awards:
"FAVOURITE SPA IN EUROPE" AND "FAVOURITE SPA IN
ITALY"

Condé Nast Traveller Readers' Choice Travel Awards:
"20 TOP DESTINATION SPA"

Busche SPA Diamond Award:
"INTERNATIONAL SPA RESORT"

World Luxury SPA Awards:
"BEST LUXURY DESTINATION SPA" AND "BEST LUXURY
WELLNESS SPA"

2012

Spafinder Readers' Choice Awards:
"BEST ECO-SPA", "BEST ACCOMMODATIONS"
AND "BEST INTERIOR DESIGN"

Condé Nast Johansens Excellence Award:
"MOST EXCELLENT SPA HOTEL EUROPE
& MEDITERRANEAN"

2011

Spafinder Readers' Choice Awards:
"COUNTRY AWARD"

European Health & SPA Award:
"BEST DESTINATION SPA" AND *"Lefay SPA Derma di Luce"*
FINALIST AS "BEST FACIAL TREATMENT"

2010

Gala SPA Award:
"INNOVATIVE SPA CONCEPT"

Italian SPA Award:
"ECO-SPA"

2020

Lefay Resort & SPA Lago di Garda
Via Angelo Feltrinelli, 136
25084 Gargnano (BS) Italy

Reservation: +39 0365 241800
res.garda@lefyresorts.com

Lefay SPA: +39 0365 241887
spa.garda@lefyresorts.com

lefyresorts.com
lefyshop.com



lefayresorts.com