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"O tell her, brief  
is life but love is long."  
—ALFRED,  
LORD TENNYSON

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**39**  
STYLE ICONS  
p.160

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*TROUBLE in the KITCHEN*  
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**MICHAEL  
KORS** is  
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By EVGENIA PERETZ p.186

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Italy

# LEFAY RESORT & SPA

A harmonious, luxurious coming together of East and West on the shores of Lake Garda

**T**his glorious eco-resort sits in 27 acres of parkland, gardens, lemon and olive groves overlooking Lake Garda. It is the fulfilment of one family's desire to offer the best in wellness experiences. The Leali family gathered a team of experts to help develop the resort and spa on three founding principles: a new concept in luxury, respect for the environment and finding the perfect people to run the resort.

While each of its suites offers views of the lake, the spa is a paean to serenity and harmony, with five different types of sauna, a saltwater lake for flotation treatments, a menu that offers a comprehensive choice of therapies fusing the best of traditional Chinese medicine with modern Western techniques. It also has the most beautiful infinity pool, with views across the lake, while its grounds offer a running circuit and five energy and therapeutic gardens to aid meditation.

On arrival, each guest has a full medical check-up followed

by a stress analysis. A bespoke programme is then prescribed. Although Lefay is steeped in luxury, it also takes your health very seriously—from what you eat (the Lefay Vital Gourmet regime uses organic locally-sourced ingredients) to what exercise (be it circuit training or *Qi-Gong* or both) and which therapies you need. Many of the plants and herbs grown in the gardens are used in the therapies as well as in the cooking, while the spa also has its own Lefay products. In truth, it is a spa that nourishes both the body and the mind.

**AND DON'T MISS...** The new Royal Pool and Spa suite, which not only offers up to three bedrooms but also its own private garden, heated infinity pool and private spa with treatment area, featuring a steam room and an infrared sauna, as well as its own spa menu.

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