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TRAVEL

LEFAY RESORT

LAKE GARDA'S LUXURY RESORT

Italy's Finest Health and Wellness Destination

If you've ever wanted another reason to fall in love with Italy for, then a visit to Lefay Resort is a must. Nestled overlooking the stunning Lake Garda (pronounced Lago Di Garda) is a truly impressive wellness resort with such attention to detail that it's quite astounding.

I experienced a three-night stay at Lefay with my husband and three-year-old daughter where it completely exceeded all of our expectations. From the minute we were picked up in our private car (arranged by the hotel), to the genuinely warm welcome we received from the efficient and friendly reservation staff, to the location and resort itself, we knew we had stepped into something quite magnificent.

Lefay is no ordinary resort. This five-star Italian health and wellness resort is the creation of an ex-airline family who have impeccable taste - and it certainly shows. The location of where Lefay is situated is, in a word - breath taking. Wherever you are in the hotel, you see nothing but incredible views. In front you see

Lake Garda stretched out for miles, as well as the picturesque town of Gargnano which sits below (and is highly recommended to visit). To the right, there are majestic volcanic mountains with rich landscapes and vegetation all around. Guest rooms are immaculately presented, spacious and comfortable and have enormous bathrooms with huge tubs. Local natural building materials have been used throughout. Beds are exquisitely comfortable - we all slept so well, even from the first night - something I find very rare when I travel away from home. The staff even included a stuffed teddy bear as a welcoming gift for my daughter, which was a lovely touch.

Whilst Lefay has a strong emphasis on health and wellness, it also allows guests to allow themselves to let loose a little more. I saw many couples for example, where the wife was clearly doing a detox, having juices, fruits and light calorie meals, and the husband was tucking into bacon and eggs and croissant's. It's really up to you how healthy you make your stay.



DINING

Food at Lefay is a truly sumptuous affair – and there is just so much of it. Italians certainly know how to eat! Breakfast is an enormous buffet with so much choice that it can be a little overwhelming knowing where to start. My favourite part of the breakfast was the help-yourself juice bar where I could mix up my own fresh juice to start my day on a healthier note. There are two restaurants at Lefay, one a smart casual affair with the other, a little more formal. Both restaurants offer guests a 'lightness of being' menu, which caters for the health conscious – dishes are smaller and lighter in calories. In warmer weather you can eat outside at night overlooking the pool.



SPA

Now this is where your socks really get knocked off. The multi award-winning spa at Lefay is enough of a reason to come and visit this resort. Lefay has five different saunas (with different temperatures and themes), as well as an ice fountain where you can take crushed ice and rub all over your body after an intensive sauna session. What personally blew me away was their La Luna Nel Lago, a saltwater lake that was designed to look like a darkly lit grotto with a 'moon' that glowed from above. Relaxing piped music only added to the blissful experience. I had a private 30-minute session on my own where I was able to float away my cares and take it all in. I remembered thinking 'I mustn't ever forget this amazing experience.'



POOLS

There are 4 pools - one is an indoor heated pool that connects to another outside heated pool, opened by an underwater door (very James Bond) which you activate as you swim near. We visited Lefay in the colder months and it was a delight to swim out into the heated pool where it was so cold outside steam was rising off the pool. This is a fantastic and fun place to bring children. The view of the mountainside from this pool was something to behold. There is also a large swimming pool for doing laps as well as a hot large whirlpool hot tub near the outdoor bar.

FITNESS

Lefay has some very impressive fitness features; a gym with lake and mountain views has the very latest equipment. Personal trainers are available to offer you private or group sessions including Qi Gong, stretching of meridians, Tai Chi, Pilates, Fitball, Circuit training and yoga. Lefay also has a running and walking path on the grounds with different resting and exercise points which have elements of Chinese philosophy.



HEALTH & WELLNESS

The range of beauty and wellness treatments at Lefay is the reason why people visit from all over the world to do detox and other various health programmes. If you are booked into do programmes that have activities and treatments over a few days, you are seen by one of the resorts doctors who have trained in Western and Chinese medicine. This allows them to treat you holistically. There is a questionnaire to fill in, your pulse is taken, and you have a general chat about your desired health outcomes for your stay. From my pulse, the Doctor was able to tell I hadn't been sleeping at all well back home and that my body was in a very stressed state. He was right! Treatments and herbal teas were then prescribed, to help with some of my own health concerns. The beauty side of the spa has a menu to choose from that is incredibly extensive. Even the facials and massages are tailor made to suit you individually. The therapists were excellent, offering treatments specifically designed for women, men and even children. Lefay has it's own beauty and hair range, especially formulated for its spa and guests. Some of their products were found in each room and could be purchased at the salon shop. The treatment rooms were beautiful with the very best equipment.

ECOFEATURES

Whilst Lefay is a five-star luxury resort, it's also a very sustainable hotel, setting a precedent in Italy. Behind the resort lies a hi-tech plant producing electricity and handling the heating and cooling systems. The plant runs exclusively on clean, renewable energy sources, which ensure they provide luxury, comfort and excellent services that are all environmentally friendly. An impressive 85% of the resort's heating comes from renewable energy, as does 100% of its cooling and air purification, 75% of it home produced. Their electricity is 100% from renewable sources and 60% of it is generated on site. Lefay also have impressive water saving and waste management features in place.



FINAL THOUGHTS

When we visited, it rained the entire time. But the lack of great weather didn't stop us from having the best time. There is simply so much on offer that we did not have a chance to get bored. Sunshine would have only made it even better but the fact that we still enjoyed ourselves so much speaks volumes about the resorts features. Whilst the resort was fully booked we never once thought it was crowded. It still felt very peaceful and relaxing.

Prices start from £280 per room per night

You can fly from London Gatwick to Verona, Italy.

lagodigarda.lefayresorts.com

ANNA RODGERS

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WRITTEN BY

