

YOGA MAGAZINE

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INSPIRATIONS FOR A NEW YEAR, NEW YOU

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WHAT DOES YOUR FACE REVEAL ABOUT YOU? + HALE & HEARTY FESTIVE FOOD RECIPES + PATANJALI'S YOGA SUTRAS
+ OUTDOOR YOGA PLATFORM - EARTH SOULS YOGA + PRE & POST PREGNANCY YOGA + LEFAY DOLOMITI:
MULTI-AWARD WINNING ITALIAN SKI & WELLNESS RESORT

Lefay Dolomiti

The Multi-Award Winning Italian Ski and Wellness Resort

Words: Anna Rodgers



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Lefay Resort & SPA Dolomiti rests in the ski area of Madonna di Campiglio and is located in Pinzolo, the largest town in the Rendena valley. The resort is surrounded by the breath-taking Dolomites, which are declared by UNESCO as a World Heritage Site.



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Lefay Dolomiti opened back in August of 2018 and is the sister to Lefay Garda, an equally beautiful resort located in the Lombardy region, Italy's north. Already a multi-award winner (at the time of writing, Lefay Dolomiti has been awarded with no less than 12 accolades) with prestigious awards such as 'Europe's leading new resort,' 'World's best new resort and spa,' 'Best destination spa,' 'World's leading new resort, Conde Nast Traveller readers choice' and is also a 'Green Globe Member,' for having the highest standard in the industry for sustainability.

For a 5-star experience, Lefay can send a private car to pick you up at the nearby airport, Verona where a pleasant 1.5 hour drive zips you through the stunning alps to the town of Pinzolo, where the resort lays. The resort, striking with its wooden and matt black façade is cosy and modern and has been designed with so much thought, with a strong emphasis on nature from the eco sustainability

features to the beautiful wooden pieces of furniture, décor with warm colours and it's stylish and uber comfortable guest rooms.

Standing in the hotel lobby overlooking the main outdoor pool, what strikes you is the magnificent view; everywhere you look are beautiful pine trees and snow-capped mountains. This is exactly the type of view that looks beautiful any time of the year and no wonder is a popular ski destination.

The spa and fitness centre are set over an impressive 5000 sq m, has three levels and is a reason alone to visit Lefay Dolomiti. The concept behind the spa is a blend of east and west with Chinese medicine and Western scientific research. It is almost impossible not to be bowled over by what has been created for spa-loving guests.

The treatment menu (a 71-page book) is extensive, and there are many different types of massages, facial, body, non-invasive aesthetic and

medical treatments. You can even book physiotherapy, cranial sacral therapy and osteopathy treatments. Lefay Spa staff are all highly trained, very professional, and discreet. There are nine different saunas to choose from (some are scented with essential oils and herbs) spread out amongst 'paths' that you choose which are based on Chinese medicine such as 'The Green Dragon,' 'The Red Phoenix' and 'The White Tiger'. They have all been designed for different health reasons and are a series of saunas, water and sensory experiences.

One of the saunas, Finnish and 'dry' with its huge glass floor to ceiling wall has a panoramic view overlooking those divine mountains. It was a memorable experience to be sitting there sweating profusely, whilst gazing out over the most stunning alpine landscape. The 'Red Phoenix' path featured two types of saunas, sensory showers as well as an ice cold-water plunge pool. I will not lie, this



does require a bit of a brave 'I can do it' mindset to go into and to also immerse yourself as deep as you can, but my goodness, the aftereffects are so worth it. No wonder the 'Wim Hoff' ice water method is taking the health world by storm.

My top spa suggestion is to try the Salt Lake grotto with your partner or a friend. This is an incredible and unforgettable floating experience. Tip number two is try the body scrub made with chestnut flour and mountain alpine butter, it was divine and left our skin glowing and super soft.

There are three main pools at Lefay Dolomiti: two indoor and one outside. The largest is the indoor-outdoor heated pool that has a truly jaw-dropping view. When you take a swim and stand in the pool you cannot see

the town below but instead just the surrounding mountains.

Guest rooms, of which there are 88, are Incredibly inviting, comfortable, warm and all feature stunning views of those glorious mountains. What was evident from the very first night is how wonderfully comfortable the beds and pillows were. I was saying to my friend who accompanied me that we both wished we could somehow take these beds back home with us.

Lefay has an impressive fitness centre with the latest high-tech gym equipment. They offer all sorts of classes, such as Pilates, kettle bells, strength training, power pump as well as meditation, Qi Gong and meridian stretching. We had a private session with their resident Yoga instructor Mattia Cornella, a delightful Dolomiti



local, who is a truly gifted teacher. Mattia previously trained in Lokai Meridian Shiatsu massage and has a thorough knowledge of how the body works.

Mattia combines the point of view of both Oriental medicine and yoga during his lessons to stimulate the circulation of vital energy (Prana) to improve health conditions. Mattia explained the importance of correct body alignment during yoga postures to release the organs and to achieve greater openness. During our session, we used many props such as blankets, belt, bricks and bolsters to help to stretch deeply and at the same time, to relax.

Mattia has such a sweet disposition and obvious passion for yoga which really shone through his session. He showed us unique stretches with our toes, feet and calves that felt so surprisingly good. Using the bolster on our backs to stretch felt incredible. This was not an ordinary yoga class; it was amazing. Lefay and their

guests are lucky to have a teacher as wonderful as Mattia.

The food at Lefay is not surprisingly, spectacular. There are two restaurants to dine at, the main one, Dolomia, where gourmet breakfasts, lunches and dinners are served. The menu features local quality ingredients, stunning presentation, served with passion Italy is so famous for. The restaurant also has a panoramic view of those beautiful mountains that you cannot possibly get tired of looking at.

For an even more special experience, you can dine at Grual, a beautiful, elegant fine dining restaurant that uses locally grown organic ingredients. We had a truly decadent 8-course meal that was such a memorable experience (and yes, we may have taken photographs of everything we ate for Instagram) where the waiters explained why the ingredients were chosen, the colours and suggestions of organic wines to be paired with each dish.

It is impossible to mention all the wonderful features that Lefay Dolomiti's has, so we highly recommend a visit to experience it yourself. If you love it that much, Lefay have built residence apartments on site which you can purchase so you can visit as much as you like.

A stay at Lefay Resort & Spa Dolomiti costs from 290 Euros per room per night with breakfast (sleeping two people).

www.lefayresorts.com





Anna Rodgers is the author of *Toxic World*, *Toxic People*, *The Essential Guide To Health, Happiness, Parenting and Conscious Living*.