

COUNTRY & TOWN HOUSE

A woman with long dark hair, wearing a bright blue two-piece outfit consisting of a crop top and wide-leg trousers, stands in a gym. She is looking upwards and to the right. The background shows gym equipment like a barbell and a rack.

A LIFE IN BALANCE

MARCH/APRIL 2022 £4.95

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Fola Evans-Akingbola stars
in Ten Percent

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IN THE WEIGHING ROOM

Why female
jockeys are
riding high

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PAGES OF
BRIDAL
STYLE



The spa offers sweeping views over the Dolomites

SPA *Trek*

A back-to-nature escape leaves *Juliet Herd* floating to health at Lefay Resort & Spa Dolomiti



I am floating in a salt-water lake mesmerised by a refracted light show taking place above me, created by a shimmering sheet of Swarovski crystals suspended from the ceiling. In this dimly lit cave-like space, the effect is other worldly.

Welcome to the wellness temple that is the spa – all 5,000 square metres of it – at Lefay Resort & Spa Dolomiti in northern Italy. One of the largest in the Alps, it is based on a blend of classical Chinese medicine and Western science and is at the forefront of a new wave of holiday destinations focused on health and wellbeing.

At the heart of this award-winning spa is the sauna area, divided into five circuits of different temperatures, materials, phytotherapy and aromatherapy. You start your 'energy-therapeutic path' with a 15-minute wallow in a light-flooded whirlpool enriched with magnesium salts. From this central point, you then choose one of the four seasonal zones, each linked to different body organs and aimed at restoring Yin/Yang balance and energy levels.

I am in the Black Tortoise winter zone, which as well as the salt lake features a salt grotto for relaxation, and is designed to help shift kidney blockages – a cause of lower back pain which can lead to feelings of inadequacy and fear. Floating in the dark, I find my senses are heightened as I breathe in the scent of juniper and cypress and listen to the soft tinkle of crystals. It hits me that this one simple activity delivers exactly what the luxury eco-resort sets out to achieve: space, nature, silence and time for oneself.

It may all sound a bit New Age but it's surprising how quickly you adapt to the rhythms of this seductive

circuit; you literally go with the flow. The idea is to follow a bespoke programme, which will take you from your chosen sauna to the 22-room treatment floor for a signature massage, a vigorous body scrub or nourishing facial using the Lefay alpine skincare range.

Surrounded by the majestic Brenta Dolomites, a UNESCO World Heritage Site, the five-star Lefay Resort & Spa rises like a giant modern chalet above the town of Pinzolo. Here, environmental wellness is as key as the personal kind. Architecturally integrated into the surrounding landscape, the resort, which opened in 2019, is a leader in the use of renewable green energy and latest-generation technologies designed to reduce energy and water consumption. As with its sister property, Lefay Resort & Spa Lago di Garda at Lake Garda, it offers guests a CO²-free experience.

The respect for nature and sustainability is also reflected in the resort's interior design, incorporating local materials such as oak and chestnut as well as Italian natural leathers and wools. The vibe is sophisticated yet cosy with open fires and soft lighting in the lounge areas and floor-to-ceiling glass walls affording uninterrupted views.

A highlight is the fine dining restaurant, Grual, which features an unforgettable 'altimetric' culinary experience, created by chef Matteo Maenza. The 12-course tasting menu pays homage to the Trentino region by taking you on a gastronomic 'walk in the mountains', where every ingredient is linked to a specific altitude – from the valley floor to the alpine pasture and finally, the high peaks.



BOOK IT: From €350 B&B. lefoyresorts.com ■