

lifestyles

SOUTH FLORIDA



**BERKSHIRE
HATHAWAY**
HOMESERVICES

EWM
REALTY

good & well

A NEW GENERATION OF WELLNESS
RESORTS ARE DEFINING THE
MODERN IDEA OF ITALIAN
SELF-CARE. FEATURING DELICIOUS
CULINARY ARTS, CUTTING-EDGE
MEDICAL/BEAUTY TREATMENTS AND
STUNNING LOCATIONS, PALAZZO
FIUGGI AND LEFAY RESORT & SPA
ARE LEADING THE CHARGE.

BY ANETTA NOWOSIELSKA





Lefay Resort & SPA Dolomiti

It takes Sushanto less than five minutes to pinpoint the source of my backaches and ailments which have plagued me for as long as I can remember. "You are a centimeter shorter on one side," he delivers the verdict with the cheeky smile of someone who has cracked an unsolvable riddle. "And you sleep on your 'taller' side causing the 'shorter' one to collapse more and causing more pain." My session with the resident physiotherapist at the five-star Lefay Resort & SPA Dolomiti ends with a series of stretches, pulls and pushes that leave me feeling lighter and taller, despite my miserable osteological deficiencies. As I leave for a daily sauna session, he promises to speak with Marco, private trainer in charge of my fitness programming, to ensure that our training includes strengthening exercises to develop a stronger lumbar area.

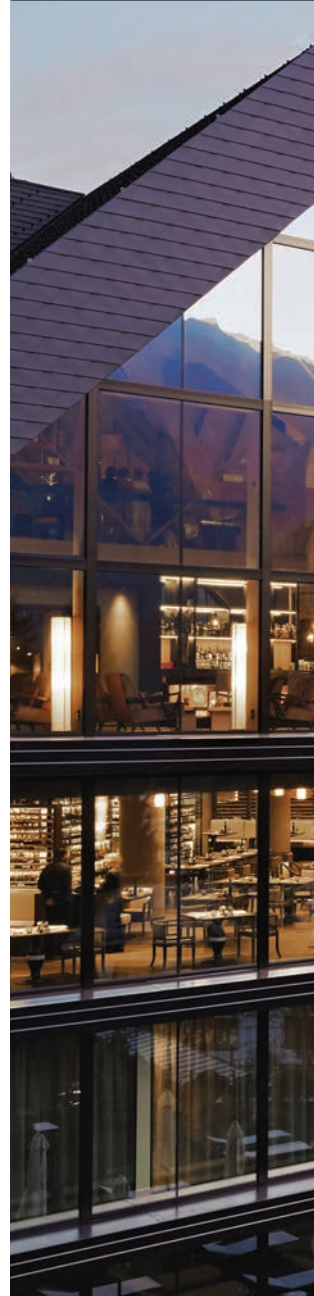
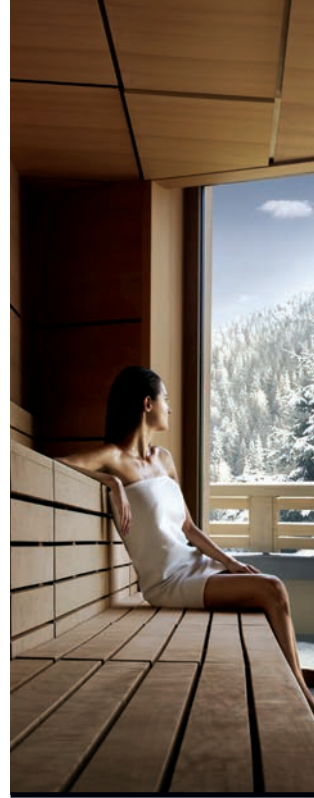
I quickly discover that a stay at the beautiful Lefay Resort, in the splendid Italian Dolomite mountains, is a beautifully orchestrated symphony of treatments, itineraries and wellness modalities working together to revitalize. Therapists across all disciplines work in tandem to decipher the best course of action for those seeking a resolution to a myriad of issues in the beautifully appointed resort on a cliff. Covering almost 54,000 square feet, Lefay Resort & SPA Dolomiti is one of the largest in the Alps. Here innovation and nature meet the principles of Eastern and Western therapies using products sourced from the local forests, waters, minerals and muds. The result is an endless list of therapies and protocols organized into paths distinguished by different levels of temperature, humidity and dedicated phytotherapy. I choose my services a la carte to reflect a need for utter self-indulgence. Think stretching in a sauna, deep-tissue shiatzu and head massages. While these services are all outstanding (the head massage is literally an out-of-body experience), the soothing mud therapy is one takeaway I will not soon forget. This stimulating experience, which takes place in a Nuvola, a flotation bed, gives a feeling of renewed well-being both in the body and mind. Once wrapped in local mud enriched with trace

elements and cloaked in warm wings of the Nuvola, the body begins to float on 400 liters of hot water that is gently rocked by the therapist. The sensation is best described as womblike. It's an emotionally transformative conduit to a state of unparalleled calm, plus your skin looks and feels great to boot!

The harmonious dialogue with nature is personified in the resort's architecture; a manifestation of a modern chalet inspired by the local resources. The property is integrated into the surrounding landscape and, thanks to its inclusion in the land's morphology, it enjoys solar exposure throughout the day. The interior design is very much informed by LeFay Resort's environmental ethos of renewable green energy and latest-generation technologies designed to reduce energy and water consumption. The rooms are outfitted in local materials like oak and chestnut, as well as Italian natural leathers and wools. The floor-to-ceiling glass walls, uninterrupted views and open fireplaces evoke the Italian equivalent of hygge.

Two restaurants helm LeFay Resort's culinary offerings. Grual, the fine-dining option, features a 12-course tasting menu that celebrates local bounty and the altitude of their provenance— from the valley floor to the mountain top. Dolomia Restaurant offers an approachable menu with healthy options for those looking to maximize their wellness experience.

On the last day of my retreat at LeFay Resort, I decide to take a swim in the pool that connects to the outdoors. There is a chill in the air and steam rises above the warm water's surface. Some snow manages to cling onto the treetops that surround the property. The sun peaks through the branches. A supernatural energy engulfs the scene, covering it with a dreamlike quality. If this is not the quintessence of wellness, I don't know what is.



LEFAY RESORT & SPA DOLOMITI

