



## LEFAY SPA

Lefay SPA combines the principles of Classical Chinese Medicine with Western scientific research to promote complete individual well-being. Since its conception, **Classical Chinese Medicine** has focused on stress as one of the main causes of complaints and ill health. The Lefay SPA Method draws on the results of **scientific research** from the Western world, applying this knowledge to areas such as stress, inflammation, nutrition, the ageing process and the emotional aspect. Since the very beginning, the aim of the Lefay SPA Method has been to fully restore the balance between body, mind and spirit through the **search for conscious health**. This means taking care of your body in a responsible, natural and healthy way, every day. Our aim is to provide our guests with the tools they need to **embrace change**, and to support them on a journey of self-discovery to find their own path.

### LEFAY SPA SCIENTIFIC COMMITTEE

Lefay SPA philosophy was conceived by the Lefay SPA Method Scientific Committee, made up by a Team of doctors specialised in the various holistic disciplines at international level.

**Dr. Carlo Barbieri:** President of the Lefay SPA Method Scientific Committee and member of the British Acupuncture Council.

**Dr. Stefania Doria:** psychiatrist, psychotherapist and acupuncturist, she is committed to a personal and patient-centred approach.

**Dr. Andrea Armellini:** expert and scholar of radiesthesia, geobiology, geopathology and vibrational medicine. He is one of the main experts in phytotherapy.

**Gabriele Filippini:** Qigong and Nei Gong Tuina teacher, he studied with some of the greatest Chinese masters. He is a member of the Technical Scientific Committee of the Lombardy Region.



## THE RESORTS

In accordance with the concept of holistic wellness, the Lefay SPAs are the very heart of both resorts, offering guests the opportunity to experience wellness at every moment of their stay. Both SPAs cover an area of over 4,000 sqm and are divided into different areas. The **World of Water and Fire**, which offers pools and dedicated lounge areas, **the fitness area for physical and energy-balancing activities** and the **treatment rooms**, designed according to the different specific techniques used.

## ENERGY-THERAPEUTIC PATHS

The energy-therapeutic programme is an integral part of the Lefay SPA wellness holiday. It is based on the **concept of energy (Qi)**, that cyclically moves between two poles: Yin and Yang. Over the years, it has evolved into the theory of the five phases or movements, which, depending on the season or time of day, dominate each other in a continuous and infinite cycle, ensuring **the balance of world and life**.

Since everything that exists is connected to these five phases, they can be connected to the seasons, colours, directions, parts and components of the human body.

The Lefay SPA Method Energy-Therapeutic World was developed according to these principles and is dominated by five areas; **The Green Dragon** (the renewing of nature, the spring - for people experiencing muscle and emotional tension), **The Red Phoenix** (the energy peak, the summer - for people experiencing moments of agitation), **The White Tiger** (the metaphorical place of gathering - for those who often experience melancholy or fatigue), **The Black Tortoise** (the path of the relationship with oneself - for those who have difficulty sleeping or live in a state of blockage and fear) and **the Centre** (the season of connection - dedicated to those who tend to dwell on things), which energetically connects all other areas.

Being inside these zones will help us to understand the type of energy we need to find balance again and to determine the most suitable personalised path, with specific physical and energy-balancing treatments and activities.



### Outdoor

The energy-therapeutic path at Lefay Resort & SPA Lago di Garda has been created within an 11-hectares natural park, surrounded by centuries-old trees and offering unique panoramic views.

### Indoor

At Lefay Resort & SPA Dolomiti, the path has been created in the World of Saunas, designed according to these principles and divided into areas rich in symbolism and analogy.

## WELLNESS OFFER

### Lefay SPA Health Programmes

At Lefay Resort & SPA Lago di Garda, the Lefay SPA Method philosophy is perfectly reflected in the **Health Programmes** 'I Flussi dell'Energia', designed to provide our guests with the right tools to embark on a **journey of change**. They are personalised according to individual needs to achieve a complete sense of physical well-being and pursue **different objectives**.

- 'Recupero dell'energia Originale' - Relaxing
- 'Il Sentiero di Hypnos' - Sleep
- 'Il Chiaro e lo Scuro' - Immune system reinforcement
- 'Purezza ed Equilibrio' - Body detox
- 'Armonia del Corpo' - Slimming
- 'Leggerezza e Plasticità' - Fitness
- 'Luminosità dello Spirito' - Beauty of body and mind
- 'La Via da Seguire' - Longevity
- NEW: 'Letting Go'



### More than 60 Signature Treatments

Lefay SPA treatments have been created combining traditional massage techniques to **stimulate energy points and meridians** and are **tailor-made for the individual's physical and mental state**, for a deep and long-lasting result. The Signature offer includes energy massages, energy aesthetic treatments for the face and body and special treatments carried out with the perfumes of the territory.

### **Face & Body Energy Balancing Massages**

They work on the stimulation of 'points and meridians' which activate the 'energy' systems, ensuring that the treatment is deep and long-lasting. At the same time the body receives an energy message which will be remembered and elaborated with time.

### **Face & Body Energy Rituals**

Performed using the natural products of Lefay SPA dermatological cosmetic line 'Tra Suoni e Colori', they involve a massage that is aimed at stimulating specific points and meridians capable of treating skin blemishes.

### **Treatments and Rituals of the Territory**

They combine the wisdom and purity of nature with the therapeutic properties of the precious products obtained from the local vegetation.

### **Non-Invasive Aesthetic Medicine**

Chinese Aesthetic Medicine (Mei Rong) has its roots in 475-221 B.C. It was a time in history when aesthetic acupuncture was reserved solely for imperial concubines and was considered valuable for preserving good health and slowing the ageing process. The treatments included in this section are based on the use of acupuncture for aesthetic purposes. It is an approach to rejuvenation that guarantees effective, safe and harmonious results over time.



## Medical

Specialist medical advice and therapies in the fields of Western medicine, natural medicine, osteopathy and massage and physiotherapy.

## Spa à la Carte

A wide offering which includes western massages, treatments and rituals of the different Eastern traditions.

## For Couples

Rituals dedicated to couples in the exclusive Private SPAs featuring settings and wellness paths to share, while savouring the enjoyment of treatments in total relaxation.

## HEALTHY EATING

The Lefay SPA menus have been created in collaboration with the Lefay SPA Scientific Committee and combines **the nutritional principles of Classical Chinese Medicine** with **Western knowledge**.

Dishes have been specially designed for our health programmes. They are **less demanding from a metabolic point of view and help to detoxify the body**. They offer tasty and easily digestible combinations of no dairy, gluten-free and mainly **prebiotic ingredients** that foster the natural well-being of the gut flora. The selected used sweeteners are very low in calories, **do not affect blood sugar levels** and are therefore well tolerated by the body.

At Lefay SPA Dolomiti, dishes have been studied according to the seasonal **Yin/Yang balance** and offer a perfect proportion of carbohydrates, fats and proteins.



## LEFAY SPA COSMETIC LINE 'TRA SUONI E COLORI'

Lefay SPA dermatological cosmetic line 'Tra Suoni e Colori' helps the skin to rediscover its natural beauty. The products are rich in different natural colours, representing the best-known, precious and well-researched medicinal plants and meet the most demanding standards of the leading international environmental certification bodies: ICEA Vegan, LAV and Cosmos Organic (for the Cosmetic Oils Line).

### Face & Body Line

The high-concentration formulations of vitamins, minerals, sugars, proteins and natural phytocomplexes are able to cure the imbalance of the skin.

### Anti-age Triple Action Line

The Anti-Ageing products cure the deeper layers of the skin and provide results over time with a natural lifting effect that gives the face a younger and brighter look.

### Anti-Age Mineral Energy Complex Line

A line composed of a face serum and a cream that, in synergy, act deeply to combat the ageing of skin. Products contain Manganese, Zinc and Magnesium, trace elements of longevity and catalysts of detoxification and regeneration.

### Cosmos Organic Certified Cosmetic Oils Line

Combining the properties of Lefay's extra virgin organic olive oil with the most precious essential oils occurring in nature: Rose, Lemon and Lavender for the face and Cedar and Rosemary for the body.

### Men's Line

A range of cosmetics created specifically for men's skin. Lefay Men's Line proposes targeted and specific formulations for energising, purifying and soothing; they are rich in innovative and strongly effective phyto-extracts.



### Bath Line

Made with Organic Olive Oil, flower hydrolates, cereal proteins and vitamins, they gently cleanse and make your skin elastic, soft and moisturised. The innovative and seductive fragrances offer a refreshing and energising sensory effect.

All products are available in the Lefay SPA Shop and online at [lefayshop.com](http://le fayshop.com)

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