

LEFAY SPA WELLNESS PROGRAMMES

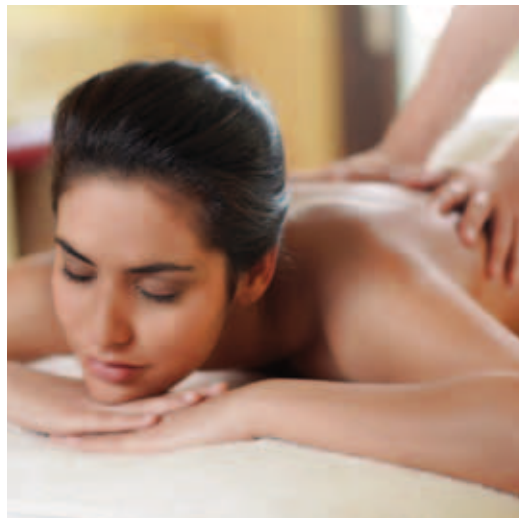


Lefay has created a series of special wellness programmes that can be combined with your stay. We recommend requesting these offers when you make your booking, so that you can be sure of their availability and so that you can choose the time of day that best suits you.

LEFAY SPA THALASSO

Beauty and wellness with the beneficial properties of the sea.

- 1 **Thalgo *Preludio Marino* body peel**, a remineralising and emollient preparation treatment
 - 1 **body wrap with micro-eclatées algae** in the Cocoon, with a short final massage
 - 1 **bath with micro-eclatées algae** containing valuable minerals and trace elements to promote drainage and circulation
 - 2 Salt-water lake treatments
- € 250 (excluding accommodation)



NEW MOTHER

A mother-to-be treatment that confers more elasticity to the tissues and improves the lymphatic circulation.

- 1 **massage** with precious Lefay extra virgin olive oil to regenerate and nourish the skin and prevent the formation of stretch marks
 - 1 ***Unico Cielo* facial cleansing treatment**, to prepare the skin for subsequent treatments
 - 1 **Lefay SPA ritual for the hands**, an exclusive manicure service that combines the action of a delicate exfoliant containing alum stone, a moisturising sesame mask and a nourishing cream containing argan oil applied with a light, relaxing massage
 - 1 **Lefay SPA ritual for the feet**, which involves a purifying bath with black soap to cleanse and soften the feet, a beauty pedicure and the application of an exfoliating product, and lastly, a massage with argan oil and a mask containing sesame
 - 1 **targeted mother-to-be exercises**
- € 300 (excluding accommodation)

NEW MOTHER

A new mother treatment that tones the tissues and helps regain body shape.

- 1 ***Ricordo* scrub** to prepare the skin to receive the specific treatment pack
 - 1 ***Unico Cielo* facial cleansing treatment**, to unblock the pores and eliminate impurities, stimulating cell turnover for a smooth and radiant skin
 - 1 **Lefay SPA aromatic mud pack**
 - 1 **haemolymphatic massage** to reshape body contours and improve the circulation
- € 300 (excluding accommodation)

PERFUMES OF GARDA

The best of all that the microclimate of Lake Garda has to offer for wellness.

- 1 **Garda Gommage**, a scrub containing olive oil, lemon essence and olive stone granules
- 1 **Lefay SPA aromatic mud pack**
- 1 **Lefay Gocce di Lago massage** with precious Lefay olive oil enriched with the fresh essence of lemon and lavender which penetrates and nourishes the skin leaving it radiant and soft
- 1 **Garda essences bath** in the Florida Tub
- 1 **Facial massage** and application of an energetic Lefay SPA mask made with local medicinal plants

€ 270 (excluding accommodation)

PERFECT FACE

A personalised and highly effective facial beauty programme for a luminous and young-looking face.

- 1 **beauty consultation** with programme personalisation
- 1 **Unico Cielo preparation treatment**, ideal for preparing the skin for subsequent treatments
- 1 **anti-ageing lifting treatment** with Delight L880 vibrational beauty treatment
- 1 **oxygen face treatment**

€ 350 (excluding accommodation)

PERFECT BODY

A personalised and highly effective body beauty programme for a toned body.

- 1 **beauty consultation** with programme personalisation
- 1 **Ricordo purifying treatment**
- 2 **targeted vibrational beauty treatments (toning, draining or firming)** using the Delight L880
- 1 **targeted Lefay SPA energetic massage**

€ 350 (excluding accommodation)

SPECIAL FOR HIM

Dedicated to the care and beauty of men.

- 1 **La Brezza accanto al Confine energetic sports massage**, which exerts a specific action on different muscular areas (legs, arms, trunk). The purpose is to relax hypertonic muscles and increase the tone of those that are too relaxed
- 1 **Thalgo Man purity ritual**
- 1 **Lefay SPA aromatic mud pack** in the Cocoon, to detoxify the body and treat localised fat deposits
- 1 **Lefay SPA ritual for the hands**, an exclusive manicure service that combines the action of a delicate exfoliant containing alum stone, a moisturising sesame mask and a nourishing cream containing argan oil applied with a light, relaxing massage
- 1 **Lefay SPA ritual for the feet**, which involves a purifying bath with black soap to cleanse and soften the feet, a beauty pedicure and the application of an exfoliating product, and lastly, a massage with argan oil and a mask containing sesame

€ 370 (excluding accommodation)

ORIENTAL DREAM FOR TWO

An exclusive ritual with shea butter and argan oil for treating yourself to the magic and perfumes of the Orient.

A face, head and body massage for him and for her, among the sensual and precious perfumes of far-off lands, for sharing relaxing moments in our Lefay SPA.

€ 160 – duration 90 min.
(excluding accommodation)



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