

YOU DON'T NEED TO ESCAPE FARAWAY TO FIND YOURSELF







The Lefay SPA is an exclusive temple to wellness, where mind and body are regenerated through rediscovery of genuine emotions and a sense of inner harmony. Here wellness is everywhere: in the sunlight that streams through the large windows, in the wonderful gardens, in the water of the swimming pools and in the magical atmosphere that envelops everything.

The Scientific Committee has created the *Lefay SPA Method* to restore balance and fully rejuvenate the body, soul and spirit of guests through the restoration of vital energy and rediscovery of a healthy and discerning lifestyle.

The Lefay SPA Method offers health and beauty programmes that include unique, tailored treatments, such as energetic massages, energising-constitutional hydrotherapy, physical rebalancing activities, phytotherapy and dietary programmes with various objectives: losing weight, relieving stress, assisting posture, getting into physical shape and combating the signs of ageing.

Those who seek innovation in wellness programmes will find in Lefay SPA the opportunity to enjoy unique experiences and never-felt-before sensations, in a place where East and West blend in perfect harmony with the surrounding environment.

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SERVICES INCLUDED

The SPA is divided into three areas: the *World of Water and Fire*, which includes all areas connected to swimming pools, saunas, grottos and small lakes; *Nature and Fitness*, which consists of a large gym fitted out with all the latest equipment for training and a fitness studio for courses and fitness activities; *In Silence and among the Stars: Trilogy in the Air*, which is made up of all the spacious outdoor areas equipped for sporting activities and trails dedicated to wellness and relaxation.



World of Water and Fire

POOLS

Indoor and outdoor salt-water swimming pools
33°C

25-metre homologated training pool 28°C

Fonte Roccolino whirlpool 36°C

La Luna nel Lago salt-water lake
37°C - Salinity 10%

RELAXATION AREAS

Relaxation veranda with lake view

The Turquoise Grotto, with warm water
loungers

Sunset Relax

OTHER

The Stream

Temperature approximately 20°C

This cold water stream is excellent for people with a sensation of heavy legs and problems of circulation in the lower limbs. It reactivates blood circulation and confers a feeling of lightness to the feet and legs.

Crash Ice - Ice Fountain

Rubbing ice over the body is ideal for stimulating blood flow and for a pleasant sensation of freshness after a sauna or hot bath.

SAUNAS

Aromatic Sauna

Temp. 40-42°C / Humidity 30%

The aromas in this sauna make a valuable contribution towards eliminating stress and easing respiration. The pleasant and welcoming environment encourages relaxation of the body and mind. It is the initial tepid room where the body is prepared for the perspiration that takes place inside the Caligo Sauna. The temperature in the aromatic sauna is such that it stimulates the start of the body's heating process and helps the pores to open, thus making perspiration possible.

Caligo Sauna

Temp. 42-45°C / Humidity 98%

The high percentage of humidity in this sauna forms a cloud of stratified temperatures, which is excellent for relaxing the muscles of the body and particularly effective in reducing tension. The detoxifying and skin-purifying action of the steam bath makes the skin soft and silky.



Olive Tree Sauna

Temp. 50-60°C / Humidity 60%

Panelled in wood from this valuable tree, this sauna is ideal for detoxifying the skin, which becomes glowing and clear. The temperature of this bio-sauna also promotes relaxation and night-time sleep and prepares the body for the high temperature and low humidity of the Water and Fire sauna.

Fire and Water Sauna

Temp. 75-90°C / Humidity 10%

This high temperature and low humidity of this Finnish sauna allows you to achieve considerable organic and metabolic stimulation, thereby promoting cell turnover, toxin elimination and stimulation of the neuro-vegetative system.

Lady Sauna

Temp. 38-42°C / Humidity 45-55%

This sauna is for women only. Its delicate, inebriating floral perfume envelops the body in an atmosphere that evokes summer gardens on the lake. The beneficial effect of the sauna stimulates the circulation and purifies the skin; tensions melt away and the body is relaxed.

Nature and Fitness

Wellness also means getting fit through targeted physical exercise. The *Nature and Fitness* area consists of a large gym equipped with Technogym's latest wellness equipment with a fantastic view over Lake Garda. Alongside, a fitness studio offers courses and fitness activities such as cardio fitness, Qi Gong, postural gymnastics and body toning. Personal trainers are also available, even with specific pre and post birth programs.

ACTIVITY IN WATER

Water Gym

Water Lefay

Watsu (only during the week)

Group lessons: free of charge

Personal training sessions of 50 min. € 50

BREATHING

Stretching of meridians

Qi Gong

Yoga (only personal training session)

Group lessons: free of charge

Personal training sessions of 50 min. € 60

POSTURAL REBALANCE

Pilates

Feldenkreis method

Stretching

Group Lessons: free of charge

Personal training sessions of 50 min. € 50



MOVEMENT ACTIVITY

Aerobics

Total body sculpt

Gag

Guided path through the energy and therapeutic garden and through the fitness path

Group sessions: free of charge

Personal training sessions of 50 min. € 50

PERSONAL TRAINING

Circuit training aimed at strengthening the muscles

Individual Pilates sessions

Individual sessions of other disciplines

Personal training sessions of 50 minutes € 50

In Silence and among the Stars: Trilogy in the Air

Some of the activities that are an integral part of the Lefay SPA Method treatments take place in the resort's large gardens, where three trim trails have been created among age-old trees and with a unique view: *The Wind and the Hill*, in *Rythm with your Stride* running circuit; the *Shape and Colour* vita trail and *The Symbol of Life* energy and therapeutic garden.

RUNNING CIRCUIT

The Wind and the Hill, in *Rhythm with your Stride*

This trail winds for 2.5 km among hills and through woods, and has an overall altitude difference of approximately 150 metres. It is particularly suited to running enthusiasts and those who wish to begin their fitness programme with an efficient walk.

FITNESS PATH

Shape and Colour

This trail consists of twelve stations where exercises to improve tone and muscular elasticity can be carried out.

ENERGY AND THERAPEUTIC GARDEN

The Symbol of Life

This garden offers five different stations filled with symbolism and imbued with archetypal meanings. It is a trail that evokes the rhythm of life and its different stages.

We advise you to ask for the map of the garden at the SPA Reception in order to facilitate the walk.

The Green Dragon

This is positioned in the East and represents the renewal of nature, the spring, the dawn of life. Located in a forest, it is characterised by the element wood.

Typical essence: mint.

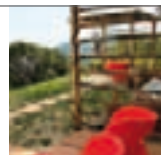


The Red Phoenix

This is positioned in the South and represents the culmination of energy, the summer, the twelve hours. The Red Phoenix is characterised by the red colour of the flooring and furnishings.

Typical essence: lavender.

Medicinal plant: passion flower.



The White Tiger

This is positioned in the West and represents the place of meditation. The colour white and metal benches dominate in this area.

Typical essence: eucalyptus.

Medicinal plant: birch.



The Black Tortoise

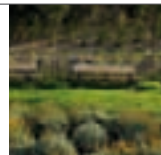
The Black Tortoise is found in a valley facing North. It features a rocky cave, a small stream of water and benches of bare rock. There are no distracting noises or views. It is the station of the relationship with yourself.



The Centre

This is the station positioned in the centre of the energy healing garden, on a hill covered in yellow flowers.

Medicinal plant: lemon balm.

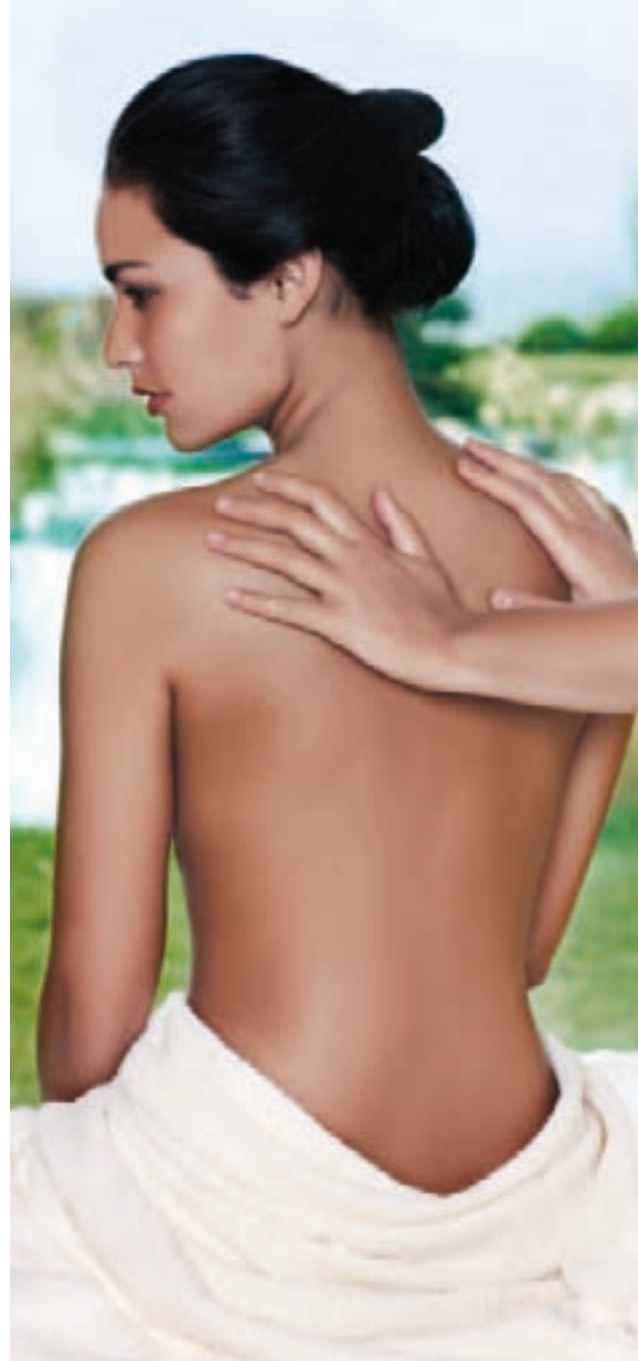


LEFAY SPA METHOD

The Lefay SPA Scientific Committee has created a method that combines the principles of Classical Chinese medicine with western scientific research, which has the “global well-being” of the individual and their health as its goal.

Classical Chinese Medicine is one of the oldest diagnostic and therapeutic sciences in the world. It considers man as an infrangible complex of matter, energy and spirit in continuous evolution. Since its very origins, it has been concerned with the phenomenon known as stress, which is one of the main causes of complaints and ill health. From the western world, Lefay SPA Method utilises the results of research into free radicals and their role in ageing.

This tried and tested union is the basis of the Lefay SPA Method and its innovative treatments.



Health and Beauty Programmes: *I Flussi dell'Energia*

The Lefay SPA offers *I Flussi dell'Energia*, which are innovative wellness programmes that have been tailored to the guests' needs with the sole aim of restoring complete psychophysical well-being and helping guests overcome "obstacles" such as stress, tiredness, incorrect posture, excess weight and premature ageing.

INITIAL ENERGY INTERVIEW

Analysis of energy points, identification of constitutional type, identification of energy levels, personalised chart of energy flow.

ENERGETIC TREATMENTS

personalised for reactivation of energy channels.

ENERGETIC-CONSTITUTIONAL HYDROTHERAPY

Specific hydro-massage technique with the addition of essential oils. A jet of water is directed onto specific meridians to restore energy and vitality.

PHYSICAL AND ENERGY RE-BALANCING ACTIVITIES

Aimed at toning the body and relaxing the mind.

PHYTO-AROMATHERAPY

During the energy interview the doctor selects the medicinal plants suitable to each one's energy constitution and symptoms. The selected medicinal plants are used to create a special herbal infusion that the guest drinks during and after the stay.

DIETETIC MENU

Leggerezza nell'Essere

It is a detoxifying and to a certain extent low-calorie dietary approach whose purpose is to ensure energy supply through foods that have been especially selected for their qualities and treated with cooking methods that do not put excessive strain on the digestive system.

FINAL INTERVIEW

At the end of the programme each guest receives a final check-up card containing maintenance recommendations as for examples a specific diet and the guest's personalized phytotherapy, allowing guests to enjoy the benefits when they return home.

ANTI-STRESS

Recupero dell'Energia Originale

The frenetic rhythms of daily life put an incredible strain on our bodies, causing heart disorders, high blood pressure, sleep and digestive disturbances, anxiety, depression and skin diseases. This programme is aimed at restoring emotional balance and eliminating nervous and muscular tension, thereby generating a feeling of deep relaxation.

ANTI-AGEING

Vitalità del Principio Vitale

This programme is dedicated to those who wish to regain their form and vitality, and combat the first signs of ageing. According to Classical Chinese Medicine, stress harms “Jing”, the dense inner matter within our body, and this in turn causes psychophysical tiredness. Thanks to detoxifying, draining and revitalising treatments, this programme restores energy and vitality to the body.

SLIMMING

Armonia del Corpo

The specific treatments in this programme allow to gain control over hunger and satiety centres in order to alter the shape and weight of the body. According to Classical Chinese Medicine, body weight is controlled by some extraordinary organs which should be rebalanced, thereby preparing the body and mind for returning to the optimal weight.



	Short	Medium	Long
Introduction to the programme			
Energy examination			
Initial energy interview			
Medical Check-ups *			
Energetic treatments			
Lefay SPA Method energetic massage	1	3	5
Targeted foot reflexology		2	3
Targeted moxibustion		2	3
Energetic body peeling	1	1	1
Targeted energetic-constitutional face treatment	1	1	2
Acupuncture sessions*			
Physical and energy re-balancing activities			
Group Qi Gong and meridian stretching lessons	1	3	5
Guided tour of the Energy and Therapeutic Garden	1	1	1
Energetic-constitutional hydrotherapies			
Hydroaromatherapy with hydrojet	1	2	4
Salt-water lake	1	1	2
Personalised phyto-aromatherapy			
Menu <i>La Leggerezza nell'Essere</i>			
Final interview			
Departure check-up card		1	1
Personalised maintenance recommendations			
Price	€ 650	€ 1.300	€ 2.100

There are three different Lefay SPA Method programmes: short, medium and long.

SPORTS

Sole e Luna

Sun and Moon are the lights of the world. Yang is the body's light. These different energising treatments are aimed at revitalising "muscular light" by toning and regenerating the tissues of the muscles and tendons.

SHORT

Alba e Tramonto

This programme has been created to understand the logic and essence of the Lefay SPA Method. It allows vital energy (Qi) to flow unobstructed in the body *from Dawn to Dusk*.

* Medical check-ups (oxidative stress, psychophysical stress and dietary intolerances) and acupuncture sessions are optional and not included in the price.

POSTURAL

Leggerezza e Plasticità

Good posture helps the body counteract the effect of gravity and hold an erect position, thereby balancing body movements and at the same time expressing personality. This programme has the dual goal of correcting alterations in posture and bringing the body into balance and global wellbeing, also helping to provide aesthetic benefits.

Medium | Long

Introduction to the programme		
Energy examination		
Initial energy interview		
Clinical analysis of posture		
Medical Check-ups *		
Energetic treatments		
Tuina targeted for posture	3	5
Postural mobilisation sessions	2	2
Postural foot reflexology	1	2
Moxibustion	1	2
Sports massage <i>La Brezza accanto al Confine</i>	1	1
Relaxing massage <i>Scambio nel Vento</i>	1	1
Acupuncture sessions*		
Manual medicine sessions*		
Physical and energy re-balancing activities		
Group Qi Gong and meridian stretching lessons	3	5
Postural gymnastics	1	1
Energetic-constitutional hydrotherapies		
Hydroaromatherapy with hydrojet	2	4
Salt-water lake	1	2
Personalised phyto-aromatherapy		
Menu <i>La Leggerezza nell'Essere</i>		
Final appointment		
Departure check-up card		
Personalised maintenance recommendations		
Price	€ 1.300	€ 2.100

* Medical check-ups (oxidative stress, psychophysical stress and dietary intolerances), manual medicine sessions and acupuncture sessions are optional and not included in the price.

Introduction to the programme

Energy beauty examination

Initial energy interview		
Face and body beauty consultation with cosmetology analysis of the skin		
Personalisation of the programme		
Medical Check-ups *		

Energetic treatments

Face and body peeling	1	1
Energy beauty face treatment	1	1
Face massage <i>Derma di Luce</i>	1	2
Lefay SPA aromatic mud pack	1	2
Energetic beauty body treatment	1	1
Personalised body energetic massage	1	2
Tuina targeted for the body	1	2
Targeted energising foot reflexology	1	2
Face oxygen therapy	1	2
Acupuncture sessions*		

Physical and energy re-balancing activities

Group Qi Gong and meridian stretching lessons	3	5
Guided tour of the Energy and Therapeutic Garden	1	1

Energetic-constitutional hydrotherapies

Hydroaromatherapy with hydrojet	2	4
Salt-water lake	1	2

Personalised phyto-aromatherapy

Menu La Leggerezza nell'Essere

Final appointment

Departure check-up card		
Personalised maintenance recommendations		

Price	€ 1.300	€ 2.100
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FACE AND BODY BEAUTY

Luminosità dello Spirito

The luminosity of the spirit (Shen) is manifested in particular on the skin. This programme is dedicated to those who wish to reduce the damage caused by ageing or who wish to improve their physical appearance. It associates treatments and energetic massages and makes use of non-invasive western aesthetic technology.

* Medical check-ups (oxidative stress, psychophysical stress and dietary intolerances) and acupuncture sessions are optional and not included in the price.

Energetic Massages

These massages have been developed by associating the principles of Classical Chinese Medicine with western techniques. For example lymphatic drainage, essentially aimed at eliminating excess fluids, is combined with stimulation of “points and meridians”, which activate the “energy” systems, ensuring that the treatment is deep and long-lasting.

Energetic Facial Massages

ANTI-AGEING

Derma di Luce

The purpose of this massage is to restore radiance to facial skin and make it toned and supple, thereby diminishing wrinkles. This extremely pleasant treatment begins with the application of essential oils to the fingertips, from where the energy lines that control all muscles of the body leave. It continues with stimulation of two points on the arms and on the feet to moisturise and to restore radiance and ends with a genuine facial massage.

€ 105 (duration 50 min.)

RELAXING, HEAD AND NECK

Massaggio dell'Imperatore

This is an all-over treatment (face and body) aimed at revitalising the individual by following the flow of internal energy. The massage begins on the legs, continues over the body and arms up to the head and face and ends again on the legs. The circular movements and the pressure applied to the energy points of the head dissolve all tensions and deliver a deep feeling of relaxation.

€ 150 (duration 1 h 20 min.)

Energetic Body Massages

DETOXIFYING

La Luce oltre la Nebbia

According to the principles of Classical Chinese Medicine and naturopathy, before any treatment accumulated toxins must be removed by stimulating the excretory systems specifically appointed for the purpose. Our detoxifying massage essentially involves an energy-centred approach and, by working on the meridians and specific points prepares the body for subsequent treatments.

€ 105 (duration 50 min.)

RELAXING

Scambio nel Vento

The stresses of our daily lives cause tension to build up in different muscles, particularly those of the neck. When this occurs over an extended period of time, even the deep muscles in the nape of the neck and shoulders are affected, which gives rise to nagging and often chronic aches and pains. While the classic massage acts in particular on the muscle component of these tensions, the energetic micromassage establishes zonal energy rebalancing which, by acting on the cause, relaxes and increases mobility of the neck.

€ 105 (duration 50 min.)

SPORTS

La Brezza accanto al Confine

This massage exerts a specific action on the different muscular areas (legs, arms, trunk), relaxing hypertonic muscles and increasing the tone of those that are too relaxed. This essentially rebalancing action is the result of classic massage techniques combined with the stimulation of the points that, according to far Eastern tradition, affect tone and strength.

€ 105 (duration 50 min.)

ANTI-CELLULITE

Respiro Alchemico

So-called cellulite is a complex pathology that involves fluids, fats and vessels. Our energetic massage acts on this aesthetic problem by mobilising and eliminating fluid build-up and treating points and meridians that represent the energy-centred cause of this condition.

€ 105 (duration 50 min.)

DRAINING

Rugiada del Mattino

In cases of fluid retention in different areas of the body, in particular the lower limbs, this massage stimulates the lymphatic circulation and promotes the elimination of excess water, activating certain points that increase drainage.

€ 105 (duration 50 min.)

REVITALISING AND ANTI-AGEING

Alta Marea

The purpose of this treatment is to nourish the body deep down, flooding it with a sea of vitality (hence the name). The points involved in this treatment are found along two energy lines that are linked to the root of the organism, the deterioration of which causes ageing of the skin and body.

€ 105 (duration 50 min.)

4-HANDED MASSAGE

Il Volo della Farfalla

This is a four-handed relaxing energetic massage. It works on the points and meridians that give mutual strength to one another. The simultaneous activation of these points and meridians provides an immediate sensation of profound vitality.

€ 210 (duration 50 min.)

Energetic Beauty Treatments: Face and Body

COSMETOLOGY ANALYSIS OF THE SKIN

This analysis, performed using the sophisticated Multiskin Center Dermacheck, enables different parameters that are important indices of skin well-being to be analysed, such as hydration, the production of sebum, elasticity, reactivity, phototype, temperature, microcirculation and pH. The analysis is followed by a beauty consultation that identifies the treatments and products suited to the type of skin.

€ 90 (duration 30 min.)



FACE AND BODY TREATMENTS

These treatments are carried out using products from the Lefay SPA cosmetic line, which are manufactured without the use of colours and chemical preservatives, to give the skin the essence and fragrance of nature.

They can be considered energetic treatments since they include a massage that is aimed at stimulating specific points and meridians. Subsequently, for face treatments, an energising mask *Il Fremito d'Ali* is applied, which consists of medicinal plants that are suitable for treating the condition; for body treatments, an aromatic draining, anti-cellulite, firming or nourishing mud pack *Il Potere degli Dei* is applied.

Face Treatments

FACIAL CLEANSING

Unico Cielo

This treatment is at the basis of the care and attention each one of us should give to our facial skin. Unblocking the pores and eliminating impurities means *letting our skin breath*, stimulating cell turnover and making it fresher, radiant and smooth. The *Unico Cielo* facial is ideal for preparing the skin for subsequent treatments.

€ 110 (duration 75 min.)

MOISTURISING

Acqua Vitale

Acqua Vitale is a burst of freshness. Indicated for dry or dehydrated skin that needs nourishment and moisturisation, it is also excellent after sun exposure thanks to the action of mallow, marshmallow and hyaluronic acid. The mask applied contains horsetail, a phytotherapeutic ingredient that is able to remineralise the skin, thereby making it more moisturised and supple.

€ 110 (duration 75 min.)

PURIFYING

Rivivere

This treatment restores balance to impure and oily skins. The exceptional exfoliating action of burdock and the face mask containing plant ingredients with purifying and anti-inflammatory properties detoxify the skin deep down, restoring radiance and vigour.

€ 110 (duration 75 min.)

ANTI-AGEING

Senza Tempo

Indicated for tired or ageing skin, this treatment is a veritable concentrate of energy. Vitamin A and E together with valuable plant lipids from rose and shea butter regenerate and nourish the tissues deep down, giving the skin an incredible softness and radiance. The mask, which contains horsetail and yarrow, remineralises the skin and combats sensitivity and redness, making it soft and velvety.

€ 110 (duration 75 min.)

SOOTHING

Colore

Indicated for delicate and sensitive skin. The facial skin rediscovers balance, hydration and elasticity thanks to witch hazel, butcher's broom, calendula and the valuable oils of olive and avocado. The mask, which contains blueberry, has soothing properties and a softening, moisturising and toning effect on the skin.

Excellent after sun exposure.

€ 110 (duration 75 min.)

EYE AREA

Verde Blu

This treatment is indicated for the area around the eyes. Thanks to an energetic massage and a face mask, the skin of this delicate area of the face is strengthened and wrinkles are smoothed out. The chamomile mask has a decongestant, soothing, emollient and protective effect.

€ 70 (duration 50 min.)

Body Treatments

PURIFYING

Ricordo

The skin is prepared by delicate exfoliation using the purifying *Ricordo* scrub, which is rich in extracts of lavender and burdock that free the epidermis from toxins and impurities, thus promoting cell renewal. The skin is then ready to receive the treatment pack and the massage using the specific treatment product.

€ 80 (duration 50 min.)

SLIMMING

Mirage

Containing ivy, red algae and chestnut extract, this treatment improves the appearance of “orange-peel skin” and boosts cell regeneration, improving trophism of the tissues and reshaping body contours. For a smooth and slim body.

€ 90 (duration 60 min.)

FIRMING

Gioia di Vivere

Gioia di Vivere smoothes and firms the tissues, restoring tone and compactness to the body. Exceptional for the postpartum period and to provide deep-down nourishment to skin with stretch marks.

€ 90 (duration 60 min.)

MOISTURISING

Luce

The *Luce* treatment rehydrates the skin with long-lasting effect thanks to a pack that is rich in active ingredients such as shea butter, ceramides, marshmallow and mallow, which retain and rebalance the skin’s water intake.

€ 90 (duration 60 min.)

BUST AND NECKLINE FIRMING

Miracle

Thanks to the valuable extract of Hibiscus with exceptional lifting effect, the *Miracle* treatment for the bust is excellent for rediscovering tone and compactness. The bust is “revitalised”, the skin is nourished and smooth. Excellent after breast-feeding for enhancing the appearance of the breasts, and as an incredible anti-ageing treatment.

€ 80 (duration 50 min.)



Phytotherapy

Medicinal plants have been used since the dawn of time. Man has in fact always searched for plants that were able to treat symptoms, syndromes and more generally the different disorders he inevitably suffered. The Lefay SPA Method uses the most ancient form of phytotherapy within its programmes: herbal teas.

Over 50 medicinal plants, for the most part of western provenance, are offered both because of their intrinsic characteristics (for example, birch for its diuretic and anti-inflammatory properties and blueberry for its antioxidant and vasoprotective properties) and their energetic qualities. In this sense we can say that each medicinal plant is made up of a precise “personality” that integrates with the human constitution.

At the end of the wellness holiday, each guest will have the opportunity to continue the phytotherapy programme at home by purchasing tailor made herbal tea blend at the Lefay Shop.

Phytotherapy consultation € 90



Lefay Vital Gourmet Menu *La Leggerezza nell'Essere*

Diet plays a fundamental role in the Lefay SPA Method due to the primary importance it has in preventive medicine. The menu *La Leggerezza nell'Essere* was created according to the principles of western and energy dietetics and also on the basis of dietary behaviour techniques. It is a detoxifying and to a certain extent low-calorie dietary approach whose purpose is to ensure energy supply through foods that have been especially selected for their qualities and treated with cooking methods that do not put excessive strain on the digestive system.

This dietary approach is also aimed at changing food habits by educating guests on the nutritional characteristics of various foods and the psychological processes that determine our attitudes towards food. The menu is particularly suited to people who are overweight, but also to those who want to choose a flavoursome, light, detoxifying and healthy way of eating.

It can be requested at the *La Grande Limonaia* restaurant for breakfast and dinner and at *La Vigna* bistrot for lunch.

Nutritional energy consultation € 90



Lefay SPA Cosmetics *Tra Suoni e Colori*

Lefay SPA has created a line of personalised dermatological cosmetics for the face and body, which consists of products that are designed for use in the treatment room and at home.

The Lefay SPA dermatological cosmetics line helps the skin rediscover its natural radiance by allowing it to breathe. To this end, the products are rich in the different colours of nature, which are represented by the best known, valuable and well-tested medicinal plants. The absence of artificial colours and chemical preservatives means that the formulas leave the essence and “fragrance” of nature on the skin.

As with all Lefay SPA experiences, the dermatological cosmetics line has also been inspired by a search for products focussed on the individual, as a unique subject.

In the treatment rooms, essential oils are added to the different formulas available, which make each product unique and tailored to the needs of each individual person. These essential oils are plant substances that relate to the skin and its different functions, providing support, harmony and strength and stability.

We invite you to try the *Tra Suoni e Colori* cosmetic line in the exquisite Lefay SPA energy beauty treatments (page 17 and 18). The products are on sale in both the Lefay Shop in the Resort and the Lefay on-line shop:

www.lefayshop.com



MEDICAL

Specialist medical advice and therapies in the context of western medicine, natural medicine, osteopathy and physiotherapy.



MEDICAL EXAMINATION

€ 60

ELECTROCARDIOGRAM

€ 30

POSTURAL ANALYSES

Sessions involving special tests that examine posture and movement in various situations: static, dynamic, sitting and walking on the spot.

- Static postural analysis using a computerised static stabilometric platform
- Dynamic postural analysis using the “Delos Postural Proprioceptive System” postural platform

€ 60 (duration 40 min)

SPINAL MANIPULATION

€ 120 1st examination / € 80 Session

MEDICAL CHECK-UPS

OXIDATIVE STRESS CHECK-UP

Oxidative stress is a form of “chemical stress” caused by an imbalance between the production of free radicals and antioxidants. It is one of the factors that accelerate body ageing to the greatest extent. This test enables:

- personal oxidative stress levels to be determined
- the most suitable treatments to be established

€ 210

PSYCHOPHYSICAL STRESS CHECK-UP

Everyday life and work worries or excessive physical strain put our bodies under stress, which is manifested in a hormonal increase or imbalance. This test, performed by taking a saliva sample, enables:

- hormonal-metabolic balance to be assessed
- imbalances to be corrected by following the most suitable treatment (balanced diet, physical activity, relaxation techniques, etc.)

€ 70

DIETARY INTOLERANCE CHECK-UP

Numerous studies have demonstrated that a relationship exists between food intolerances and certain physical conditions such as excess weight, skin disease, digestive disorders, etc. This test is carried out using EIA methods – the only ones recognised by the Ministry of Health – and enables:

- hypersensitivity to 90 types of foods to be identified
- a personalised nutritional profile to be drawn up

€ 220

Natural Medicine

LEFAY LIFE LEARNING

This involves an appointment with the doctor to assess individual energy levels. During the examination, the doctor will supply the tools and advice for maintaining a healthy and balanced lifestyle, in order to achieve psychophysical well-being and a consequent improvement in the quality of life.

€ 90

ACUPUNCTURE

The human body is crossed by particular lines known as “meridians”, along which vital energy “Qi” flows. Poor Qi circulation is considered the cause of pain and illness. The energy balance of our body and therefore our state of well-being can be restored through acupuncture, the introduction of thin needles along these meridians.

€ 130 first examination /€ 90 session

MOXIBUSTION

Moxibustion is a Chinese therapeutic technique, whose name derives from the Japanese term “Moe Kusa”, which means “burning herb”. The treatment involves the application of heat to areas of skin near acupuncture points or energy pathways and its purpose is to boost the result of an energetic treatment or massage.

€ 40 (duration 20 min.)



Osteopathy and Physiotherapy

OSTEOPATHIC TREATMENT

€ 90 (duration 50 min.)

JOINT MOBILISATION AND MYOTENSION TECHNIQUES

€ 45 (duration 30 min.)

€ 105 Cycle of 3 sessions

KINESITHERAPY TREATMENT

pre and post operation

€ 60 (duration 30 min.)

PHYSICAL AND INSTRUMENTAL THERAPIES

€ 20 (duration 30 min.)

INDIVIDUAL FUNCTIONAL REHABILITATION

€ 60 (duration 30 min.)

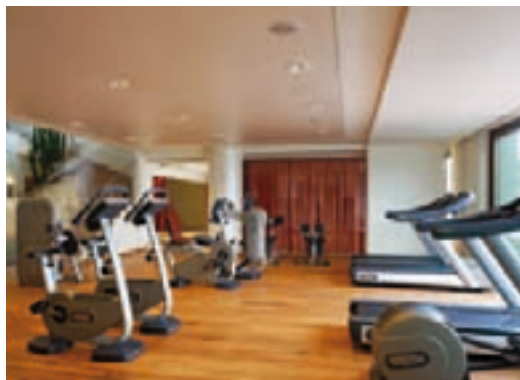
POSTURAL REHABILITATION

Back School and McKenzie method

€ 45 (duration 40 min.)

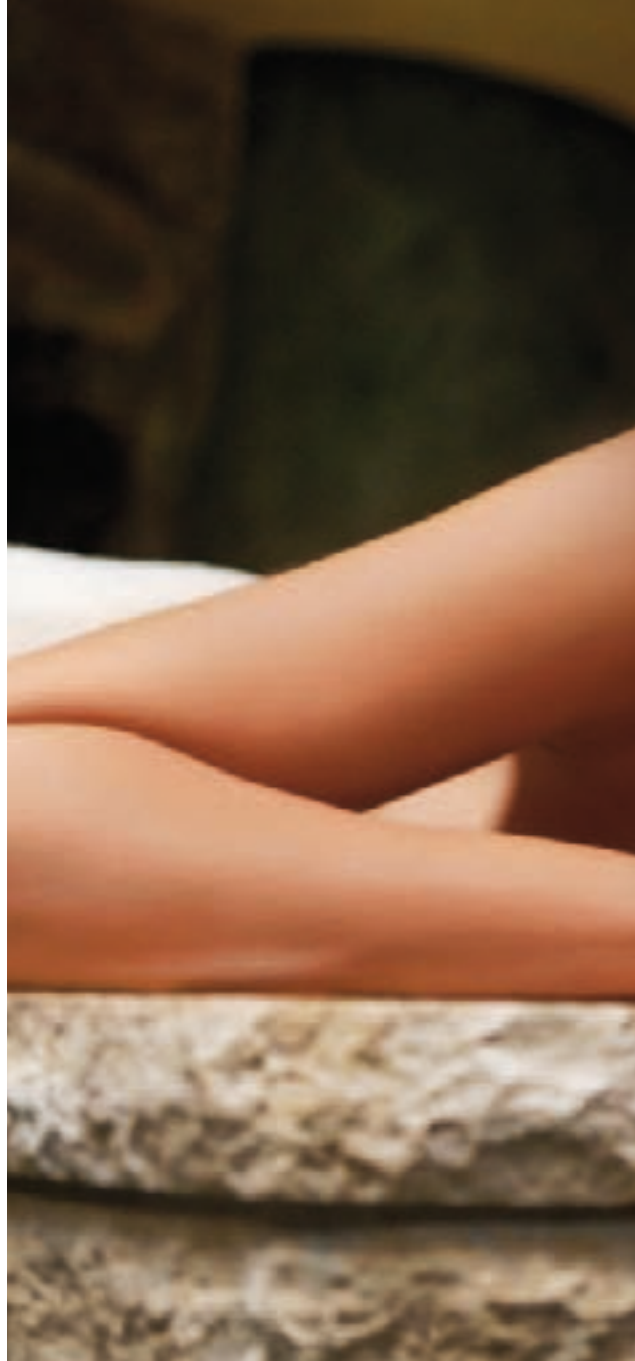
INDIVIDUAL NEUROMOTOR REHABILITATION

€ 45 (duration 40 min.)



À LA CARTE SPA

A rich *à la carte menu* to satisfy guests' every need. A wide range of thalassotherapy treatments for the face and body, traditional eastern and western massages, professional beauty treatments carried out using the best international cosmetic products and sensual rituals for rediscovering harmony between soul and body through the magic of perfumes and oriental atmospheres.





Thalassotherapy body

This is an ancient therapy whose origins can be traced back to the Greeks. It utilises the synergic action of valuable substances contained in algae and marine derivatives, including minerals and trace elements, to give the body beauty and shape. Thalassotherapy also achieves surprising results in terms of combating water retention and the imperfections of cellulite, since it improves circulation and promotes a detoxifying action in the tissues.

THALGO PURITY RITUALS

To prepare the skin, to eliminate impurities and give skin smoothness and luminosity.

Exfoliating Aquatic Scrub
€ 45 (duration 30 min.)

Marine Prelude
€ 95 (duration 60 min.)

THALGO MARINE TREATMENTS

All marine treatments take place in the Cocoon, the most recent innovation in the field of SPA equipment, which combines steam sauna, infrared lights and Vichy Shower to help the body get back into shape, reduce stress, assist localised weight loss and improve cellulite imperfections.

Thalgo Body Wrap with micro-eclatées algae
Toning, sliming, detoxifying and relaxing
€ 95 (duration 60 min.)

100% Natural Marine Mud from
the Dead Sea
€ 105 (duration 75 min.)

Body wrap with algae and marine calcium
Ideal for your mothers who want to get back in
shape
€ 80 (duration 45 min.)

LEFAY SPA AROMATIC MUD PACKS

Il potere del Cielo e della Terra

Realized with clay rich in sulphates and morillonite, they have an osmotic and antioxidant action.

Aromatic mud pack
Draining, firming, anti-cellulite.
€ 80 (duration 45 min.)

MARINE BATHS

Salt-water Lake

La Luna nel Lago

The high temperature of this salt-water lake, approximately 36°-38 °C, allows the body to absorb the trace elements and minerals from the marine salt dissolved in the water. It has a draining, detoxifying and relaxing effect. Duration 30 minutes, alternating between bathing and relaxation.

€ 20 per person / (€ 80 per couple, exclusive use)

Thalgo microclatées algae bath

Slimming, draining, relaxing and for the circulation

€ 40 (duration 20 min.)

Hydro-aromatherapy in the Florida Tub

With Lefay SPA *Il Latte e gli Dei* aromatic bath products for dry, undernourished skin

€ 40 (duration 20 min.)

Steam Bath in the Cocoon

With essential oils and chromotherapy

€ 50 (duration 25 min.)

THALGO RESHAPING AND REDUCING TREATMENTS

Aromaceane Slim and Tone

€ 95 (duration 75 min.)

Aromaceane Localised Reducing LC24

€ 80 (duration 60 min.)

Hypothermic Wrap – draining and circulation improving

€ 70 (duration 50 min.)

Perfect Bust

€ 80 (duration 60 min.)



Traditional Western Massages

LEFAY *Gocce di Lago*

This is a welcome massage designed to immerse you in the typical essences of Lake Garda.

Precious Lefay olive oil, enriched with the fresh essence of lemon and lavender, is massaged into the skin, penetrating and nourishing and leaving it radiant and soft.

€ 80 (duration 50 min.)

LEFAY *Terra e Cielo*

This four-handed massage is carried out by two therapists working simultaneously, one giving you a shaping and relaxing facial massage and the other a foot reflexology massage.

€ 90 (duration 25 min.)

BACKRELAX

Tension relief for the back. This massage relaxes the muscles and promotes re-alignment of the spine, providing immediate relief.

€ 45 (duration 25 min.)

ANTI-STRESS

This massage stimulates the deep layers of the tissues, re-activates the blood and lymphatic circulation, eases muscles and joints and acts on respiration, providing a profound sensation of relaxation.

€ 80 (duration 50 min.)

CALIFORNIAN

The fluid and caressing touches and movements of this massage envelop the entire surface of the body, freeing the mind from thoughts, toning and acting on the muscular system, easing tensions and making the joints more supple.

€ 80 (duration 50 min.)

AROMAMASSAGE

The embracing dexterity of this massage, combined with a blend of the purest essential oils, gives the body a sensation of intense wellbeing. Each combination of essential oils, which are blended by our experts, is tailored to the needs of the individual.

€ 80 (duration 50 min.)

CONNECTIVE

This massage reactivates the circulation and improves trophism in the tissues. The skin becomes supple and compact and the body rediscovers lightness. Excellent associated with algae and mud wraps.

€ 80 (duration 50 min.)

All massages are available for couples in our SPA Suites and, in summer, in the outdoor gazebos with lake views.

HAEMOLYMPHATIC

This massage improves the blood circulation and has a considerable draining action. It is perfect for reshaping body contours and conferring lightness to the body. Excellent associated with thalassotherapy treatments.

€ 80 (duration 50 min.)

CANDLE MASSAGE

Enjoy the warm and perfumed oil of the candle that caresses your body. It relieves tensions, energises body and mind. Very relaxing massage.

€ 90 (duration 60 min.)

PRENATAL TREATMENTS

Specific treatments for both expectant women and the breastfeeding period. These massages are dedicated to this period of transformation of the female body and help you rapidly rediscover form and give you moisturised, supple and nourished skin.

Lefay Olive Oil Massage
moisturising, draining

€ 80 (duration 50 min.)

Light Legs Massage

€ 40 (duration 30 min.)



Traditional Eastern Massages

TUINA

Tuina is a very ancient form of massage which is based on the principles of Classical Chinese Medicine. The many manual techniques, skilfully combined together, rebalance the body and restore energy. Strengthens the immunity system and improves blood circulation. Good combination with phytotherapy and acupuncture.

€ 90 (duration 50 min.)

SHIATSU

Shiatsu is the art of “healing with the touch of the fingers”. We all know the power of a caress, hug or massage, which can alleviate anxiousness, discomfort and conditions of strong physical pain. Shiatsu provides an immediate feeling of wellbeing and induces a state of complete relaxation by rebalancing the energy centres of the body.

€ 90 (duration 50 min.)

FOOT REFLEXOLOGY

Reflexology is a natural preventive therapy. According to reflexology principles, each organ has a corresponding point in other parts of the body which, when stimulated, acts on a specific organ, allowing it to react automatically and involuntarily. Pressure and massage on a set of particular points, known as *maps*, balance physical and mental energy.

€ 80 (duration 50 min.)

LOMI LOMI

This massage belongs to ancient Hawaiian traditions. The therapist touches the body with long and rhythmic movements, called “Hula”. Extremely pleasant and very relaxing, it alleviates stress and increases body energy.

€110 (duration 60 min.)

STONE THERAPY

Stone therapy uses hot stones to induce a deep state of relaxation, easing muscular tension and rebalancing the energy centres of the body.

€ 130 (duration 70 min.)

AYURVEDA

Abhyanga

This is a body massage carried out with hot oils. It delivers a profound sense of well-being to the entire body and rebalances the energy centres.

€ 80 (duration 50 min.)

Kerala

This is a face/body energising massage that uses manual techniques on the scalp to alleviate stress and relax the muscles of the neck. The skin rediscovers radiance and the tissues acquire compactness and tone.

€ 110 (duration 75 min.)



Shirodhara - stream of oil

A stream of oil is dropped delicately down the forehead, giving a sensation of peace and serenity. It relieves tensions and improves the quality of sleep, regenerating the skin of the face.
€ 115 (duration 75 min.)

Pinda – Sweda

The body is covered with oil and then patted with “Pinda”, small bags containing a special blend of warm spices, herbs and cereals. This massage alleviates rheumatic disorders, improves sleep and reinvigorates the body.
€ 130 (duration 75 min.)

Udvardhana

This is a gentle, light ayurvedic purification treatment that detoxifies, relaxes and reduces. It is carried out with powders of flowers, fruit, plants, spices and roots. It has a natural exfoliating effect and exerts an intense nourishing and protective action on atonic tissues.
€ 80 (duration 50 min.)

Face Rituals

PURITY RITUALS

For him and for her
€ 85 (duration 75 min.)

For him and for her Short
€ 65 (duration 40 min.)

NORMALISING RITUALS

Purifying, calming,
oxygenating and nourishing
€ 95 (duration 60 min.)

ANTI-AGEING RITUALS

First wrinkles, firming
€ 120 (duration 75 min.)

Anti-ageing, Algae hormone treatment
€ 140 (duration 75 min.)

Face shaping massage
€ 50 (duration 30 min.)

SPECIFIC RITUALS

Eye revitalising treatment
€ 85 (duration 50 min.)

Face and Body Treatments with Beauty Equipment

OXYGEN THERAPY

This is the new frontier in skin treatments. By means of hyperbaric oxygen concentrator, active ingredients such as hyaluronic acid, staminal, vitamins and antioxidants are transported into the deepest layers of the skin. The technique is painless, has no contraindications and leaves no marks. The benefits are visible and immediate:

- reduction in wrinkles and skin dyschromia
- improvement of non-uniform skin pigmentation
- acne, rosacea treatment
- prevention against the breakage of capillaries

Face oxygen therapy

€ 150 (duration 50 min.)

€ 350 Cycle of 3 sessions

Face staminal therapy

€ 170 (duration 50 min.)

€ 390 Cycle of 3 sessions

Face staminalcell + hyaluronic therapy

€ 240 (duration 85 min.)

€ 550 Cycle of 3 sessions

VIBRATIONAL FACE

AND BODY BEAUTY TREATMENTS

The vibrational beauty treatment with Delight L880 is based on the communication and interaction between light energy and the tissues. Using an athermic, painless and non-invasive LED, infrared light (invisible) is applied to the body and face. The cells absorb the light, thus restoring energy and rejuvenating the tissues.

FACE APPLICATIONS

According to the desired treatments it uniformes skin pigmentation, regenerates the skin, and rejuvenates tissues.

Lifting and anti-ageing treatment

€ 160 (duration 75 min.)

Sensitive skin treatment

€ 120 (duration 75 min.)

Eye area/dark circles treatment

€ 95 (duration 50 min.)

pH rebalancing treatment

€ 95 (duration 60 min.)

Acne treatment

€ 95 (duration 60 min.)

BODY APPLICATIONS

Use of Delight L880 results in greater tonicity of the tissues above all inner arm and décolleté, reduction in sagging and improved compactness, lightness of the limbs and toning of the muscles treated.

Lymphatic drainage treatment
€ 140 (duration 60 min.)

Lymphatic drainage
€ 85 (duration 30 min.)

Anti-cellulite treatment
€ 140 (duration 60 min.)

Anti-cellulite
€ 85 (duration 30 min.)

Toning treatment
(arms, stomach, buttocks, inner thigh)
€ 140 (duration 60 min.)

Toning
(arms, stomach, buttocks, inner thigh)
€ 85 (duration 30 min.)

Bust treatment
€ 110 (duration 60 min.)

Anti-stress,relaxing treatment
(led + 30' massage) € 140 (duration 50 min.)

Anti-stress, relaxing treatment
(led + 50' massage) € 160 (duration 70 min.)

Delight L880 treatments can be completed with Lefay SPA Method energetic beauty treatments specific to the skin imperfection manifested.

RECOMMENDED WELLNESS PATHS

PERFECT FACE

- 1 skin consultation and personalization of the program
- 1 *Unico Cielo* preparation treatment
- 1 lifting, anti-ageing treatment with Delight L880 vibrational beauty treatment applications
- 1 oxygen therapy for the face

€ 350

PERFECT BODY

- 1 skin consultation and personalization of the program
- 1 *Ricordo* purifying treatment
- 2 specific treatments (toning, draining or firming) with a targeted application of the Delight L880 vibrational beauty treatment device
- 1 Lefay energetic massage

€ 350

Oriental Rituals

Rediscover beauty as harmony between soul and body through the magic of the fragrances and oriental atmospheres of our rituals. The wonderful perfumes of the oils and the purity of products used make each treatment a moment of exclusive wellness: the skin glows, the body is relaxed, the mind serene.

INDOCÉANE SPA RITUEL

A wonderful sensorial journey in which the perfumes and colours of the Orient meld with the riches of the sea. It begins with a special *Gommage sucré-salé*, a sweet and savoury body scrub, to smooth, nourish and moisturise the skin with the perfumes of the Mediterranean, and is followed by a *Precious Milk* bath, velvety and sensual like those taken during the time of Queen Cleopatra of ancient Egypt, a body massage to rediscover calmness and well-being and, lastly, a wrap with *Subliminal Cream* to moisturise and envelop the body. For couples, the ritual is carried out in the *Daphne, Apollo ed Eros* Private SPA Suite.

€ 220 per person (duration 2 h 30 min)



MÉMOIRE OCÉANE SPA RITUEL

A marvellous sensorial journey that involves four steps: the *Gommage Mémoire Océane*, a scrub to smooth and envelop the body in the fragrance of aquatic flowers, the *Mémoire Océane* massage, gentle as waves across the sea, the *Sensation Océane* bath, immersed in a tub with seaweed petals and effervescent crystals, and a back wrap with a hot mousse of seaweed to loosen muscles. For couples, the ritual is carried out in the *Daphne, Apollo ed Eros* Private SPA Suite.

€ 220 per person (duration 2 h 30 min)

HAMMAM RITUAL

This body purification ritual is an ancient middle-eastern tradition. It begins with a treatment using black soap, followed by an exfoliating massage with a “Kassa” glove, a body pack with “Rhassoul” mud and finally a relaxing massage with oriental perfumed oils or pure shea butter. For the couple the massage will be carried out inside the *Ovidio, Filemone e Bauci* Private SPA.

€ 130 (duration 75 min.)

Beauty

ALUM STONE RITUAL

A magical ritual for the body, which includes a massage with a preparation containing very fine alum salts immersed in perfumed oil, to smooth the skin while deeply nourishing and moisturising. This is followed by a pleasant relaxing massage with precious oriental perfumed oils.

€ 110 (duration 60 min.)

RITUAL WITH SHEA BUTTER AND ARGAN OIL

Dedicated to dry skin, it nourishes and hydrates the body. The skin results smooth and soft.

€ 130 (duration 50 min.)

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.

€ 80 (duration 75 min.)

LEFAY SPA RITUAL FOR THE FEET

This begins with a purifying bath with black soap to cleanse and soften the feet, followed by the application of an exfoliating product and, finally, a massage with argan oil and a mask containing sesame.

€ 80 (duration 75 min.)

AESTHETIC

Depilation Lady

Depilation Gentlemen

Manicure €35 (duration 50 min.)

Aesthetic Pedicure €45 (duration 50 min.)

Healing Pedicure €55 (duration 60 min.)

Lefay SPA hands ritual €80 (duration 75 min.)

Lefay SPA feet ritual €80 (duration 75 min.)

Solarium €12 (12 min. maximum)

MAKE-UP

Eyelash dye €30 (duration 30 min.)

Semi-permanent eyelash curling
€60 (duration 50 min.)

Day make-up €60 (duration 40 min.)

Evening make-up €70 (duration 50 min.)

HAIRDRESSER

Sunshine Reflex € 100

Hair Coloring € 70

Glossing treatment € 30

Hair highlights € 120

Hairstyling (Long hair) € 40

Hairstyling (Short hair) € 30

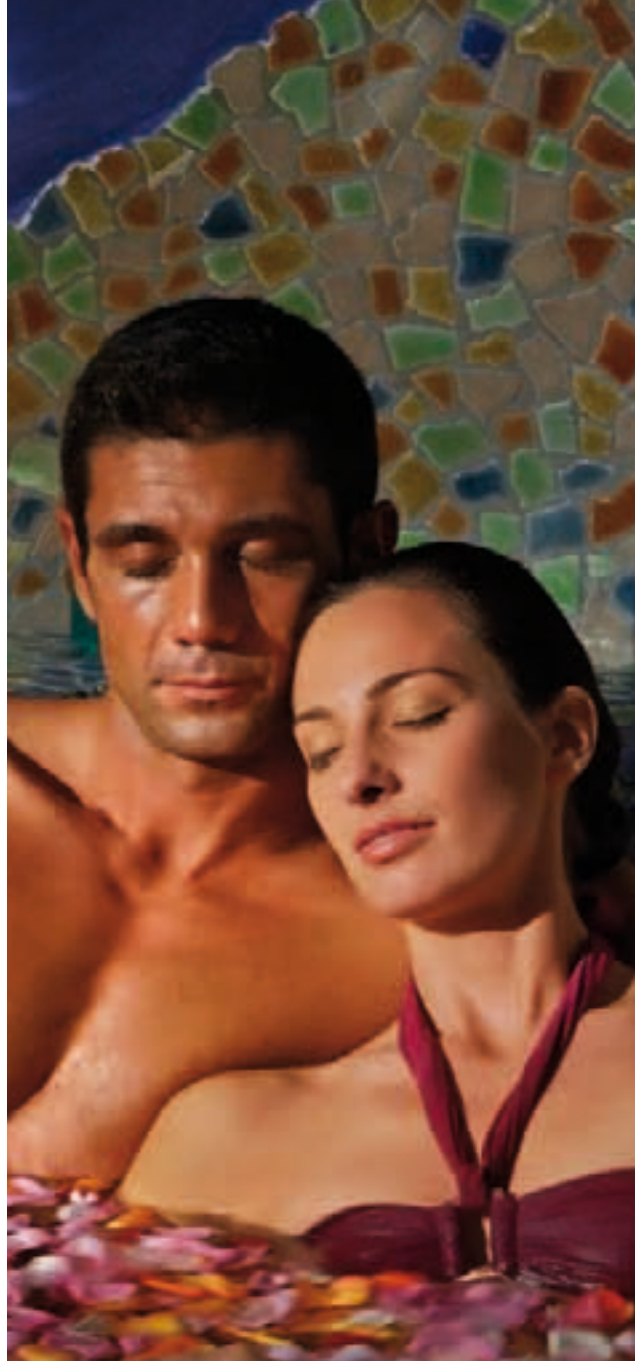
Women and Man Haircut € 50

Hairsculpt Purifying treatment € 50

Hair restructure treatment € 90

FOR COUPLES

The Lefay SPA treatments for couples are a sublime experience for enjoying precious moments with your partner, rediscovering love and harmony.



Private SPA

Inspired by Greek and Roman mythology, the two splendid Lefay Private SPAs suites offer settings and wellness packages for couples to share, while savouring the enjoyment of treatments in total relaxation. Feel the warm embrace of a massage, float in the large Perlage tub, release your mind among the fragrances of the treatments and taste the special treats that accompany the programmes.

Furthermore, inside our Private SPA personalized couple treatments may be carried out. Contact the SPA Reception for further information.



Trilogy *Ovidio, Filemone e Bauci*

This evokes the myth of Philemon and Baucis, who welcomed the gods to their humble home, receiving as a reward a temple and the promise that they would remain together forever as two splendid trees. The rituals recall the joy, the simplicity and warmth of a welcome and confer a sensation of immense serenity.



Price per couple € 530

Overall duration of the programme

2 hours 30 minutes

The Private SPA Programme *Ovidio, Filemone e Bauci* is also offered in a short version (*Grotto of the Gods, Lefay Olive Oil Massage and a Moment of relaxation with Ovid refreshments*).

Price per couple € 350

Overall duration of the programme

1 hour 30 minutes

LEFAY WELCOME RITUAL

SMOOTHING TREATMENT WITH APRICOT KERNELS

This ancient recipe makes the skin radiant and velvety. The apricot kernels, enriched by the vitamins and functional substances in this soft mousse, smooth the skin, making it toned and silky.

THE GROTTO OF THE GODS

Jets of steam enriched with essences of plants and mountain flowers flow from this grotto, which is made entirely of stone. As well as purifying the body, the treatment exerts a beneficial action on the respiratory system and tones the tissues.

LEFAY OLIVE OIL MASSAGE

A nurturing massage carried out with the purest olive oil and bags of hot perfumed herbs. It relaxes the body and the mind. The heat eases muscles and stimulates the circulation and the perfumed herbs vitalise the senses.

A MOMENT OF RELAXATION WITH *OVIDIO FILEMONE E BAUCI* REFRESHMENTS

To make this programme even more pleasant, a moment of relaxation is accompanied by a non-alcoholic fruit cocktail and some walnut and honey biscuits.

Trilogy *Daphne, Apollo ed Eros*

LEFAY WELCOME RITUAL

DIVINE SPLENDOUR FOR HIM AND FOR HER

For the face: a delicate scrub is combined with a toning and relaxing massage to restore radiance to the skin; the final face mask confers incredible softness, improving hydration and leaving the skin as velvety as a rose petal.

THE LAKE OF THE NYMPHS

Immersed in a romantic and sensual setting, this pool is surrounded by soft candlelight and filled with perfumed rose petals that gently brush the skin. The water, which is enriched with valuable essential oils with beneficial properties, eliminates stress and tiredness.

DAPHNE'S MASSAGE

Dedicated to the gentleness of Daphne, this massage, carried out using the oil of flowers with inebriating perfumes, evokes bucolic scenes and flower-filled pastures. The gentle manual techniques, like waves rippling across the water, bring the body and mind to a state of absolute relaxation.

A MOMENT OF RELAXATION WITH *DAPHNE APOLLO ED EROS* REFRESHMENTS

This romantic and relaxing programme is completed by a delicious non-alcoholic cocktail the *Ambrosia of Lefay Cupid* and delicious nibbles prepared by our chef de cuisine.

This programme is inspired by the legend of the very beautiful Daphne, with whom Apollo, god of the sun, fell hopelessly in love after seeing her in the clear waters of a lake surrounded by white scented flowers.



Price per couple € 530

Overall duration of the programme

2 hours 30 minutes

The Private SPA Programme *Daphne, Apollo ed Eros* is also offered in a short version (*The Lake of the Nymphs, Daphne's Massage* and a moment of relaxation with refreshments).

Price per couple € 350

Overall duration of the programme

1 hour 30 minutes

Rituals for Couples

CANDLE MASSAGE IN THE SPA SUITE

A sensual couple's ritual that indulges all the senses: the light emanating from the candle creates the atmosphere and acts as chromotherapy, while its perfume (aromatherapy) induces a feeling of relaxation. An unforgettable experience to share with the partner.

€ 180 per couple (duration 60 min.)

INDOCEANE SPA RITUEL

A wonderful sensorial journey to be experienced together with your partner in the privacy of the *Daphne, Apollo and Eros Private Spa*, where all treatments are carried out simultaneously. It begins with a special *Gommage sucré-salé*, a sweet and savoury body scrub, to smooth and moisturise the skin, and is followed by a velvety and sensual *Precious Milk* bath, a body massage to rediscover calmness and well-being and, lastly, a wrap with *Subliminal Cream* to moisturise and envelop the body.

€ 440 per couple (duration 2 h, 30 min.)

MÉMOIRE D'OCEANE SPA RITUEL

A marvellous sensorial journey to share with your partner in the *Daphne, Apollo and Eros Private SPA*. It begins with the *Gommage Mémoire Océane*, a scrub to smooth and envelop the body in the fragrance of aquatic flowers, and is followed by the *Mémoire Océane* massage, gentle as waves across the sea, the *Sensation Océane* bath, immersed in a tub with seaweed petals and effervescent crystals, and finally a back wrap with a hot mousse of seaweed to loosen muscles.

€ 440 per couple (duration 2 h, 30 min.)

LA LUNA NEL LAGO EXCLUSIVE

This splendid salt-water lake can be reserved exclusively for a couple, who can enjoy the exquisite atmosphere under a magical moonlit sky. The salt-rich water allows the body to float gently and has a draining effect; it is also very beneficial to the respiratory system.

€ 80 per couple (duration 30 min.)



USEFUL INFORMATION

BOOKINGS AND CANCELLATION CLAUSES REGARDING TREATMENTS AND PACKAGES

In order to guarantee availability of the treatments you require, we ask you to book them well in advance. The SPA Reception is always at your disposal at tel. no. +39 0365 241871. If you wish to cancel your treatment booking, please give us at least 4 hours notice, and in the case of packages and programmes, at least 72 hours notice. If you fail to do so, the cost of the treatments, packages or programmes will be charged.

WHAT TO BRING

At the time of check-in, we will provide you with a SPA Bag containing: a sarong for the saunas and a towel for the swimming pool. We recommend that you bring with you a tracksuit and trainers for fitness activities and the outdoor trails. Please could you come in the robe to the Lefay SPA Reception at least 10 minutes before the start of your treatment.

SPA RULES

The SPA is a temple of wellness and tranquillity. For your own relaxation, we ask you not to use cell phones or electronic devices. Guests with health problems such as high blood pressure, heart problems etc., and pregnant women are kindly requested to fill in the health status form and to consult our SPA Reception before booking the treatments.

LOST ITEMS AND DAMAGE

Lefay Resort & Spa Lago di Garda shall not be held liable for lost items or damage to personal and valuable items. For this reason please do not leave anything unattended. In any case, if items are found, they will be taken to the main reception.



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