

LEFAY CLUB

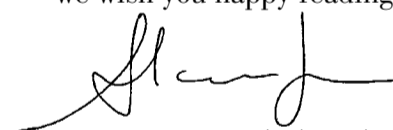
You don't need to go faraway
to find yourself

Dear Guests,

The summer season is just around the corner and Lake Garda is undergoing a transformation as it becomes filled with bright colours and intense fragrances. In this third edition of the Lefay Club Magazine we are happy to present the numerous new programmes and events that await you at Lefay Resort & SPA Lago di Garda. In particular this year, Lefay SPA is offering new treatments such as the "Gocce di Lago" massage to rediscover the flavours of the land and the exclusive programmes dedicated to face and body beauty, which are carried out with highly effective new generation beauty equipment.

Leafing through this issue, you'll find an interesting investigation by our Scientific Committee into the concept of massage from an energetic viewpoint, one of the principal elements of our innovative Lefay SPA Method, and two exclusive Lefay Vital Gourmet recipes based on tomatoes, created by our chefs and our barman, so that you can bring the flavours and fragrances of spring to your table. Finally you'll find events, Lefay news and our unmissable 2011 holiday offers.

In the hope that we can welcome again you to the Lefay Resort & SPA Lago di Garda,
we wish you happy reading!



Alcide Leali Jr.
Managing Director





Professor Maurizio Corradin
Surgeon
Specialist in sports medicine
Teacher of acupuncture,
Chinese medicine and phytotherapy

Massage from an energetic viewpoint

Massage, together with acupuncture and phytotherapy, is an integral part of Chinese Medicine. Massage first appears in documentation in 2600 BC., the century in which some of the greatest and legendary experts in the field lived (Qi Bo, Dai Ji and Yu Fu).

An energetic massage is carried out along the meridians by stimulating, frequently, the same acupuncture points to which we doctors apply needles. The importance of this technique, which regulates circulation of the most important substances of the body such as energy and blood, is mentioned in the classics of acupuncture (II century before Christ).

In general we speak of the Tui Na Massage, where Tui means push and Na means grasp. The techniques used in this massage are extremely numerous, but there are 8 principal ones, such as, for example, Tui Fa “pushing method”, Na Fa “grasping technique”, An Fa “pressing technique”, and alongside these there are another 30 additional methods. At the Lefay Resort & SPA Lago di Garda we have developed special and original massages whose purpose is to promote the regulation of energy both in the presence of emotional tensions and in situations of stress, postural alteration or excess weight.

Alongside Tui Na massage techniques, we have also developed massages that, in addition to considering energy balance, involve western methods (stroking and kneading, etc.).

Let's take, for example, the energetic face massage called “Derma di Luce”. This is a treatment carried out with western techniques, which has the aim – by using classical energy techniques – of “illuminating” facial skin.

Again adopting the same approach and using western methods, we have recently finished preparing the “Massaggio dell’Imperatore”. This is a massage of the face and body that lasts an hour and a half. It is an energetic “relaxing and regulating” massage divided into different stages.

First of all the complex of muscles that make up the postural musculature is stimulated (awakening stage), then the back is treated with different techniques. The back is where the regulating points of the different organs of Chinese Medicine are present (toning stage). The head is then treated, which in the Ming era (1300 – 1600) had the purpose of regulating the energy balance of the whole body (regulating stage), and then the face in order to activate energy circulation in relation to the different stages of nature (balancing stage). Finally the front part of the body is massaged. This is the part where, during the night, energy enters and then leaves the following day (recovery stage). This is a treatment which, in addition to providing relaxation, also allows us to restore our relationship with our body, something that is often forgotten due to our numerous daily commitments.

Char in filo pastry on a bed of potatoes and tomatoes

INGREDIENTS FOR 4 PEOPLE

- 4 char fillets of 100g
- 200g peeled tomatoes chopped into small cubes
- 1 peeled tomato
- 100g potatoes cut into small cubes
- 80g filo pastry
- Salt, pepper, Lefay Vital Gourmet extra virgin olive oil



PREPARATION

Remove the skin from the char, cut it in half and sprinkle with salt and pepper.

Cut the filo pastry into strips and wrap around the char.

Fry the tomato cubes in extra virgin olive oil for 10 minutes, add salt and pepper.

Do the same to the potato cubes and leave them to brown for 15 minutes, add salt and pepper.

Add the tomato cubes, without their liquid, to the potatoes. The tomato liquid will be used later to make the vinaigrette.

Fry the char in olive oil for approximately 3 minutes and leave to rest for a further 3 minutes in an oven at 80°C.

Slice the peeled tomato, arrange on a plate in layers and place the mixture of potatoes and tomatoes on top using a circular metal mould.

Add the char in filo pastry.

Prepare a vinaigrette with the tomato liquid, extra virgin olive oil, salt and pepper and dress the tomatoes. Finally, garnish with basil.

Extra virgin olive oil

Extra virgin olive oil is the fundamental ingredient of the Lefay Vital Gourmet philosophy. By tradition and its link to the territory, it is one of the key products of the Mediterranean diet and it boasts an undisputed nutritional value due both to its chemical composition and its



organoleptic characteristics. Lefay Vital Gourmet extra virgin olive oils are produced by our Lefay farms situated on Lake Garda and in Tuscany.

Our produce includes “Cuvée Lago” olive oil, produced with olives from hills surrounding the western part of Lake Garda and “Toscana” olive oil, produced in Tuscany. Our prestigious “Monocultivar” collection includes three exclusive extra virgin olive oils, which are produced with the best “cru” of each area. **You may purchase our Lefay Vital Gourmet extra virgin olive oil on our on-line shop www.lefayshop.com**

La Leggerezza nell'Essere The Tomato in Chinese Medicine

Dr. Maurizio Corradin

The tomato is a fruit that belongs to the Solenaceae family (which includes tobacco and aubergine). It is a low calorie food (17 Kcal/100g) that is proving to be very interesting as a supplier of antioxidant substances. It is an aqueous food (93–96% water) that contains small quantities of sugars (2%), proteins and amino acids (1%) and even less fats (0.2%). It has a high content of minerals, vitamins (especially C, K, PP and provitamin A); its quantity of insoluble substances (fibre etc.) is approximately 1%. It also contains weak acids (malic and citric), which make it an alkalising food that is excellent in the summer season and to combat excess nitrogen waste.

But the distinguishing element which determines its “pharmacological” properties is lycopene. This substance is found above all in red (or pink) coloured fruit and vegetables

such as tomatoes, but also watermelons, pink grapefruit and apricots. In particular lycopene in tomatoes accounts for 85% of the lycopene normally consumed in the diet. It is one of the most powerful antioxidants and “inhibits” the growth of tumours. It also, by preventing the transformation of one of the substances in blood (prevents or slows down oxidation of the lipoproteins LDL), has a protective action against cardiovascular diseases.

In general we can say that tomatoes active gastric motility and perform an antioxidant action.

Even in Chinese Medicine tomatoes have a similar action. The classics, in fact, state that this complex-tasting food (acid and sweet), which is characteristically rather cool, encourages the production of body fluids thereby satisfying thirst, tones the stomach and promotes digestion thus accelerating transit. It is a diuretic and refreshing food, perfect ingredient for aperitif cocktails.

Cocktail with tomato

From the Lefay Barman - May Mary

This tomato-based cocktail has been created specially by our barman. Ideal for an exclusive and refreshing aperitif.

Ingredients

- 4 cl. dry sherry
- 15 cl. tomato juice
- 0.5 cl. soya sauce
- 0.5 cl. lemon juice
- 6 leaves of fresh basil
- salt and pepper

Preparation

The drink is prepared directly in a high tumbler with a few ice cubes.

Add the 6 basil leaves and the soya sauce and grind well with a pestle.

Add the lemon juice, tomato juice and dry sherry.

Add salt and pepper.

Finally garnish with stick of celery.

The first SPA-Resort certified Green Globe in Southern Europe



Lefay Resort & SPA Lago di Garda is the first wellness resort in southern Europe to obtain the prestigious Green Globe environmental certification, an internationally recognised certification body with headquarters in California, USA, which is represented in over 83 countries around the world. Green Globe is the first worldwide certification programme to have developed international reference standards for structures operating in the wellness sector, which can be grouped into three main categories:

- **The company's sustainable management system**, which includes the eco-sustainable design and architectural project and the environmental communication strategy;
- **Socio-economic aspects** such as the commitment to social and cultural initiatives and the support for development of employment in the neighbouring population and in local businesses;
- **Environmental aspects** such as the reduction in the consumption of energy, water and natural resources, and the management of waste and polluting substances, etc.

Liliana Leali, Chairman of Lefay Resorts, states: "One of our objectives is to reduce to a minimum the impact of our economic activity on the environment, both in the design and management stages, since social and environmental responsibility is one of the most important values of our company philosophy. To this effect, first

efforts towards reaching eco-sustainability have already been achieved during the design stage by using the principles of **bio-architecture**, which ensured perfect morphological and architectural integration into the landscape, to which were added important investments in **technical plants**, the implementation of **management software** to save energy and water, and an **attentive environmental policy** for managing waste and **promoting guests' awareness.**"

As of today, renewable energy sources at the Lefay Resort & SPA Lago di Garda account for around **93% of the thermal energy produced** for heating, hot water and swimming pools, **100% of the energy used for cooling the areas and for air purification**, of which 75% produced internally and **100% of the electricity produced**, of which 60% is produced internally. Thanks to the use of renewable energy sources and innovative technologies, the Resort has reduced CO2 emissions to 1,130 tonnes per year.

The Green Globe certification, the **ISO 14001 environmental certification**, the **ISO 9001 quality certification** and the prestigious "Premio all'Innovazione Amica dell'Ambiente" (Friend of the Environment Prize for Innovation) obtained in 2009, are tangible proof of the commitment of Lefay towards sustainable development and make it a benchmark in the wellness sector in Europe.



YOUR EMOTIONS

Can understand why it's called Lefay!
 Not even the mist can spoil this magical place - in fact it added to the stay!! A surprise every morning when it cleared or took on a new form!
 Amazing hotel, fantastic staff.

21/02/2011.
 Now we are ready to face the world again with inner peace - a wonderful experience to spend with the man you love.

6.11.10
 Dear Lefay staff,
 Thank you for the memorable 3-day vacation! Your attention to comfort and friendliness has relaxed our weary souls!
 Best wishes!



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New at Lefay

For the 2011, we have enriched the Lefay SPA wellness offer with an innovative new face and body beauty programme, highly effective, targeted face and body treatments carried out with highly efficient aesthetic technology and exclusive massages aimed at restoring energy and rediscovering the flavours and fragrances of the lake. In the Medical section we have introduced new physiotherapy treatments and medical check-ups with specialist clinical analyses and personalised clinical programmes dedicated to health.

New treatments with beauty equipment

Lefay proposes new highly effective, targeted face and body treatments carried out with highly efficient aesthetic technology.

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:

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

VIBRATIONAL 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. The benefits are:

- uniformity of skin pigmentation
- regeneration of skin
- rejuvenation of tissue
- greater tonicity of the tissues above all inner arm and décolleté
- reduction in sagging and improved compactness
- lightness of the limbs
- toning of the muscles treated

Massages

MASSAGGIO DELL'IMPERATORE

RELAXING, HEAD AND NECK

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.)

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.)

SPECIAL OPEN AIR

"TRA CIELO E TERRA"

During summer all Lefay massages are available in the outdoor gazebos with wonderful lake views.

RECOMMENDED WELLNESS PROGRAMMES

PERFECT FACE

- 1 skin consultation and personalization of the programme
 - 1 "Unico Cielo" preparation treatment
 - 1 lifting, anti-ageing treatment with Delight L880 vibrational beauty treatment applications
 - 1 oxygen therapy for the face
- € 350 (excluding accomodation)

PERFECT BODY

- 1 skin consultation and personalization of the programme
 - 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 (excluding accomodation)

New Medical

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.)

MEDICAL CHECK-UPS

OXIDATIVE STRESS CHECK-UP

€ 210

PSYCHOPHYSICAL CHECK-UP

€ 70

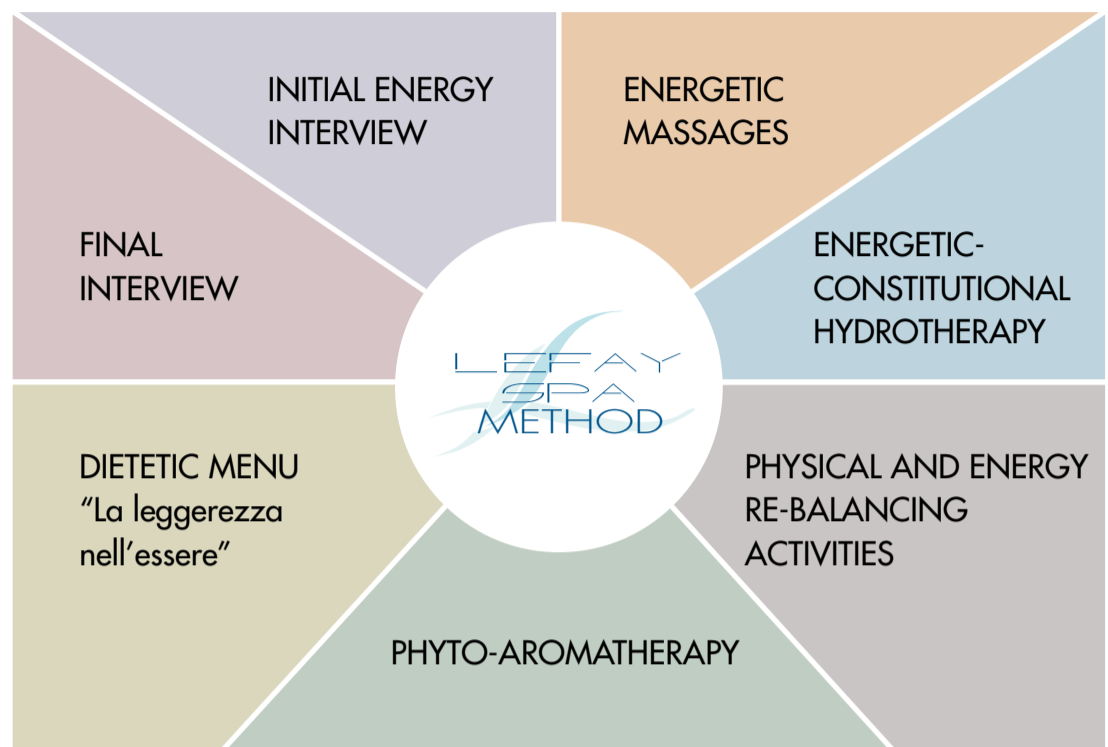
DIETARY INTOLERANCE CHECK-UP

€ 220



LEFAY SPA METHOD

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



ANTI-STRESS *Recupero dell'Energia Originale*
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.

SLIMMING *Armonia del Corpo*
The specific treatments in this programme allow you to gain control over your hunger and satiety centres so that you can alter the shape and weight of your body.

SPORTS *Sole e Luna*
This programme is specifically 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.

| | 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 La Leggerezza nell'Essere | | | |
| Final interview | | 1 | 1 |
| Departure check-up card | | | |
| Personalised maintenance recommendations | | | |
| Price | € 650 | € 1.300 | € 2.100 |

* 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*
This programme has the dual goal of correcting alterations in posture and bringing the body into balance and global well-being, 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 La Leggerezza nell'Essere | | |
| 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.

FACE AND BODY BEAUTY *Luminosità dello Spirito*
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.

| | Medium | Long |
|---|----------------|----------------|
| 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 |

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

NEW

Health Specials

LEFAY HAS CREATED ADVANTAGEOUS HEALTH SPECIALS WITH THE LEFAY SPA METHOD PROGRAMMES

2 Nights – Lefay SPA Method short programme
full board – access to the Lefay SPA world

Price per person in Prestige Junior Suite from € 750 (Arrivals from Sunday to Wednesday)
and from € 850 (Arrivals from Thursday to Saturday)

4 Nights – Lefay SPA Method medium programme of your choice
full board – access to the Lefay SPA world

Price per person in Prestige Junior Suite from € 1.490 (Arrivals from Sunday to Wednesday)
and from € 1.650 (Arrivals from Thursday to Saturday)

Please check the conditions regarding offers and cancellations during the booking stage or in the "Packages" section on the website www.lefayresorts.com



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 GIVES 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)

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)

OVERNIGHT SPECIALS

One more night

These special offers will give you the opportunity to extend your stay at Lefay Resort & SPA Lago di Garda with a complimentary night!

FOUR NIGHTS AT THE PRICE OF THREE

- Four nights in a Prestige Junior Suite at the price of Three
- Breakfast and à la carte dinner
- Entrance to the Lefay SPA World

Price per Person in Prestige Junior Suite starting from € 800

FIVE NIGHTS AT THE PRICE OF FOUR

- Five nights in a Prestige Junior Suite for the price of four
- Breakfast and à la carte dinner
- Entrance to the Lefay SPA World

Price per Person in Prestige Junior Suite starting from € 1.260

Please check the conditions regarding offers and cancellations during the booking stage or in the "Packages" section on the website www.lefayresorts.com



SPA Break

THIS SPECIAL OFFER WILL ALLOW YOU TO DISCOVER THE PERFUMES AND ESSENCES OF THE LAKE GARDA EVEN DURING A ONE NIGHT-STAY

- One night in a Prestige Junior Suite
- Breakfast and à la carte dinner
- Entrance to the Lefay SPA World
- One Lefay "Gocce di Lago" massage to discover the typical products and essences of the Lake
- One wellness-path inside the salt-water lake "La Luna nel Lago"

Price per Person in Prestige Junior Suite starting from € 295 (Arrivals from Sunday to Wednesday) and from € 345 (Arrivals from Thursday to Saturday)

Please check the conditions regarding offers and cancellations during the booking stage or in the "Packages" section on the website www.lefayresorts.com



Dedicated to the couple

ROMANTIC TEMPTATION

A unique experience with your partner, rediscovering love and harmony

- One night in a Prestige Junior Suite
- Breakfast and à la carte dinner
- Entrance to the Lefay SPA World
- One Candle Massage for two inside one of our Lefay SPA Suite. A special ritual for Her & Him which will moisturize your skin and soothe tensions with a relaxing massage.
- One wellness path inside the salt-water lake "La Luna nel Lago"

Price per Person in Prestige Junior Suite starting from € 310 (Arrivals from Sunday to Wednesday) and from € 370 (Arrivals from Thursday to Saturday)

ROMANTIC ESCAPE

Treat yourself to the pleasure of enjoying precious moments with your partner, rediscovering love and harmony

- Two nights in a Prestige Junior Suite
- Breakfast (one of which with room service) and à la carte dinner
- Entrance to the Lefay SPA World
- One Wellness programme in one of our splendid Private SPA Lefay lasting 1 and a half hours with two couple treatments accompanied by a cocktail and small pastries.
- One wellness path inside the salt-water lake "La Luna nel Lago" reserved for two.

Price per Person in Prestige Junior Suite starting from € 590 (Arrivals from Sunday to Wednesday) and from € 690 (Arrivals from Thursday to Saturday)

EXCLUSIVE ROMANTIC ESCAPE

Enjoying unique moments together with your partner in an oasis of tranquility and peace

- Two nights in Exclusive Suite
- Breakfast (one of which with room service) and à la carte dinner
- Bottle of Champagne and chocolates in your room upon arrival
- Entrance to the Lefay SPA World
- One Wellness programme in one of our splendid Private SPA Lefay lasting two and a half hours with couple treatments all completed by delicious pastries and cocktail
- One wellness path inside the salt-water lake "La Luna nel Lago" reserved for two

Price per Person in Prestige Junior Suite starting from € 1.150 (Arrivals from Sunday to Wednesday) and from € 1.250 (Arrivals from Thursday to Saturday)

Please check the conditions regarding offers and cancellations during the booking stage or in the "Packages" section on the website www.lefayresorts.com