



# À LA CARTE SPA

---

A wide offering which includes western massages, treatments and rituals of the different Eastern traditions such as Ayurveda, facials and body treatments of thalassotherapy, aesthetic services and hair SPA.

01.

## THALASSOTHERAPY

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. Some of the treatments are carried out by making use of the beneficial properties of Dead Sea salt and mud which are rich in minerals and trace elements that have made it over the centuries a miraculous therapeutic and skin care product.

---

### BODY WRAPS AND BATHS

---

#### WRAP WITH MARINE ALGAE

---

A true cure for your organism: rich in vitamins, trace elements and minerals, the algae are applied on the whole body and have a toning, slimming and detoxifying effect, helping contrasting cellulite and draining the skin. This treatment ends with a brief massage.

€ 110,00 (duration 60 min.)

#### ALGAE AND BRINE BATH

---

A bath in the Florida whirlpool where the synergy between algae and marine salt combined with the action performed by the various massage programmes of the tub have a compelling effect on the different body zones to treat. It also betters the circulation, giving a slimming, draining and relaxing effect.

€ 60,00 (duration 20 min.)

#### 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.

€ 30,00 per person (up to 6 people)

€ 80,00 per couple (exclusive use)

---

### FACE AND BODY TREATMENTS

---

#### MINERALG GEL - DRAINING - DETOXIFYING

---

To lighten the silhouette and rediscover lightness in the legs.

€ 100,00 (duration 60 min.)

#### MINERALG - REDUCING

---

A blend of algae, marine calcium and pine essence to contour the silhouette by acting on fat deposits.

€ 100,00 (duration 60 min.)

#### REDUCING TREATMENT - ABDOMEN

---

This treatment was developed for people who wish to eliminate fatty deposits, refine contours and have a flat stomach.

€ 100,00 (duration 60 min.)

#### PURIFYING / DYNAMIC

---

Aquarelle treatment with marine algae

Deep treatment for impure or acne-prone skin. A real "Thalasso facial" treatment to cleanse, stimulate and rebalance the vital functions of the skin. Great for those who need a deep cleansing and detoxification after having not performed facial cleansing for a while or due to particularly impure skin.

€ 150,00 (duration 90 min.)

02.

## WESTERN AND EASTERN MASSAGES

---

### WESTERN MASSAGES

---



#### LEFAY WELCOME MESSAGE

---

This massage relaxes the muscles of the back and delivers a profound sensation of well-being thanks to the purest essential oils of Lavender and Lemons, typical essences of Lake Garda.

€ 45,00 (duration 20 min.)



#### TENSION-RELIEVING NECK AND BACK

---

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

€ 75,00 (duration 30 min.)



#### CALIFORNIAN

---

Relaxing and calming massage that, thanks to the soft and light movements, frees the mind from thoughts conferring psychophysical wellbeing. Dedicated to those who want to enjoy a moment of pure relax, to those who want to experience an enveloping and delicate massage. It is very useful for very stressed and tired people.

€ 100,00 (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.

€ 100,00 (duration 50 min.)



#### HOLISTIC FOOT REFLEXOLOGY

---

A holistic foot treatment carried out mainly with the thumb over the "plantar maps". It confers deep muscular-articular, energetic and mental relaxation. The technique is performed by working on both feet at the same time.

€ 100,00 (duration 50 min.)



#### HOLISTIC CRANIOSACRAL TREATMENT

---

By treating the cranium, the neck, trapezium, paravertebral and sacral muscles, this massage alleviates pain and reduces tension in the spinal column, realigning it and restoring correct posture. It stimulates the emotional dimension, promoting a balance between the conscious and the unconscious. It brings harmony to the nervous and endocrine system and has a relaxing effect.

€ 110,00 (duration 50 min.)

€ 140,00 (duration 75 min.)



#### KIDS FOOT TREATMENT

---

This is a short, pleasurable treatment for children, which is very relaxing with benefits on the circulation and small muscular tensions.

€ 45,00 (duration 20 min.)



### DEEP TISSUE

---

This massage uses a technique that is aimed at treating the surface and deep muscles of the miofascial system, acting on structures that are difficult to treat with other methods.

€ 115,00 (duration 50 min.)



### HAEMOLYMPHATIC

---

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

€ 100,00 (duration 50 min.)



### FIRMING TONING MASSAGE

---

This is a combination of a lymph-drainage and contouring massage, which is recommended for toning the tissues and treating critical zones such as the hips, thighs and buttocks. Excellent associated with beauty body treatments.

€ 105,00 (duration 45 min.)

### MASSAGE WITH HOT MUD

---

Aromatic Hot Lefay SPA mud, known as *Il Potere del Cielo e della Terra*, is used to make this massage a particularly pleasant experience. Rich in oils, clays, sulphates and marillonite, the mud performs an osmotic detoxifying and antioxidant action.

€ 120,00 (duration 60 min.)

### CANDLE MASSAGE

---

A relaxing massage carried out using the warm oils of perfumed candles. It relieves tension and delivers new and pleasant sensations to the body.

€ 95,00 (duration 45 min.)

### CONTOURING FACIAL MASSAGE

---

Reshaping action, toning and draining obtained through the combination of movements performed along the system of all the mimetic facial muscles and stimulating energy points. The use of anti-ageing organic olive oil containing precious extracts of rose accelerates skin regeneration and boosts the production of collagen and elastic fibres, enhances firmness and restores life to fatigued skin.

€ 100,00 (duration 40 min.)



### PRENATAL TREATMENTS

---

Specific treatments for both expectant women (after 4th month) 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 Extra-Virgin Olive Oil, draining and moisturizing massage

€ 90,00 (duration 50 min.)

Massage *Gambe Leggere*

€ 50,00 (duration 30 min.)



### RELAXING FOOT TREATMENT FOR PREGNANCY

Dolce Attesa

---

A gentle foot massage aimed at stimulating lymphatic drainage, which improves and promotes blood circulation and has a relaxing effect on the nervous system.

€ 80,00 (duration 30 min.)

---

## EASTERN MASSAGES

---



### TUINA

---

Tuina (“tui” means to press and “na” to hold) is an ancient Chinese massage technique that dates back to the Ming dynasty (400 BC). Sweet, energetic, continuous and deep are the adjectives that well describe this massage; regardless of manipulation techniques used, it works both on acupuncture points as well as on the energy channels. Its effect is perfectly integrated with acupuncture, moxibustion, cupping, methods that create synergies, with which Classical Chinese Medicine has tackled the healing of individuals for thousands of years. Ideal against disorders such as headache, insomnia, constipation, cervical and lumbar pain.

€ 115,00 (duration 50 min.)



### GUA SHA FACIAL TREATMENT

---

An innovative face massage created according to the principles of holistic beauty. Gua Sha is an ancient Chinese medicine practice mainly widespread throughout Asia. Specific instruments made of jade or horn are repeatedly passed over the skin of the face to drain ducts and activate blood circulation. This technique is associated with a facial toning massage performed using olive oil. Oval of the face seems redesigned, the skin appears naturally bright and a profound sense of relaxation is conveyed.

€ 115,00 (duration 50 min.)

### SHIATSU

---

This treatment uses a technique based on pressure. It is aimed at reawakening the vital energy and the power of self-healing. Shiatsu can alleviate strong physical and psychological pain (such as anguish and discouragement etc.). It provides an immediate feeling of wellbeing and induces a state of balance and harmony with oneself and the surrounding environment.

€ 120,00 (duration 60 min.)

### ASHIATSU

---

An ancient massage technique that involves pressure to the feet, following the flow of the Yin meridians (earth) and Yang meridians (sky). It disperses localised tensions, rebalancing the flow of Qi and freeing the joints. It helps to lengthen the spinal column and improve posture. It increases physical, mental and emotional awareness.

€ 120,00 (duration 60 min.)



### BACK TIBETAN

---

The combined action of relaxing manual techniques, hot sponging and cupping delivers wellness and relaxation to the back. The sound of the Tibetan bells reawakens the most silent body areas that have lost elasticity and the ability to be in harmony with the entire body.

€ 110,00 (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.

€ 125,00 (duration 50 min.)



### STONE THERAPY

---

This is carried out with hot pumice stones, which retain heat and release it slowly. It is indicated for muscular and rheumatic pain and back ache, improving the mobility of muscles and joints. It helps to improve mood and is beneficial to the well-being of the soul.

€ 150,00 (duration 80 min.)

## THAI

---

This is a massage that involves using the palm of the hand and thumb to exert pressure on energy lines. Combined with the passive stretching of all limbs, it improves circulation and makes the body more supple.

€ 135,00 (duration 60 min.)

## AYURVEDA

---

An ancient Indian discipline practiced to treat the individual naturally and harmonize the three Dosha: VATA – movement, PITTA – metabolism, KAPHA – structure.



### UDVARTANA WITH AYURVEDIC DETOX WRAP

---

Exfoliation with blends of powders and spices that free the skin from impurities, followed by a purifying and detoxifying treatment with hot sesame oil and herb wrap.

€ 110,00 (duration 60 min.)



### SNEHANA

---

Oiling of the body, with harmonic, caressing movements to balance the body's energy. The hot oils provide warmth and moisturise the skin.

€ 100,00 (duration 50 min.)



### SNEHANA WITH SHIRO-DARA

---

The Snehana treatment is followed by a continuous flow of oil on the forehead. Bestows a profound sense of well-being. Recommended in cases of extreme stress, it favours rest.

€ 150,00 (duration 75 min.)



### SHIRODHARA WITH HEAD MASSAGE

---

A continuous stream of oil on the forehead combined with a relaxing massage over the head and neck will make all tensions disappear.

€ 90,00 (duration 30 min.)



### ABHYANGA

---

An energising massage characterized by harmonic movements that create heat in order to eliminate the toxins known as AMA. The back is relieved and toned with warming movements from the sacrum to the head. The head and neck are treated in order to create a soothing and relaxing action.

€ 130,00 (duration 75 min.)



### PINDA-SWEDA

---

Performed with warm pads (Pinda) containing blends of particular herbs and spices. Provides an intense warming action, due to an alternating combination of light manipulation and rubbing with the pindas. Relaxes and alleviates tension.

€ 140,00 (duration 60 min.)

03.

## EASTERN RITUALS

### POLYNESIAN RITUAL

---

A journey among the perfumes of Polynesia. The first stop is Taha'a, the Vanilla Island, with a scrub containing coconut shell fibre, white sand, vanilla and sea salt. We then move on to Manihi, where the body is purified and hydrated in Bagno delle Lagune (Lagoon bath). The journey continues on to Bora Bora, where the body abandons the rhythm of Tuiponos with a relaxing massage. The ritual is concluded at Raiatea, the sacred island, where the body is sublimed with sacred Polynesian oil.

€ 280,00 (duration 2 h, 15 min.)

### HAMMAM RITUAL

---

This face and body purification ritual is an ancient Middle Eastern tradition. It begins with a steam bath (calidarium) to prepare the skin for exfoliation using black soap and the Kassa glove. This is followed by a Rhassoul mud body pack and finally a relaxing massage with pure shea butter. Each stage of the body ritual will be accompanied by a face treatment that uses natural products based on black soap, argan oil, donkey's milk and rose essential oil for a final result of maximum relaxation and glowing skin.

€ 280,00 long version (duration 2 h. 15 min.)  
- face and body)

€ 230,00 short version (duration 1 h. 45 min.)  
- body only)

### 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.

€ 120,00 (duration 60 min.)

### RITUAL WITH SHEA BUTTER AND ARGAN OIL

---

Dedicated to dry skin, it nourishes and hydrates the body to result in smooth and soft skin. This treatment exploits the extraordinary properties of the argan oil: antioxidants, soothing and moisturizing.

€ 150,00 (duration 75 min.)

\* Rituals are also available for couples in Lefay Private SPAs.