



# WELLNESS AND BEAUTY PROGRAMMES

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Lefay has created special wellness and beauty programmes to combine with your stay that unite Lefay SPA massages and energy treatments with non-invasive western beauty technology.

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## FACE

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### REJUVENATE BEAUTY

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Anti-ageing facial programme that prevents ageing, associating manual techniques with treatment performed using non-invasive Western aesthetic technology.

- 1 *Unico Cielo* Lefay SPA face cleansing ritual
- 1 Biothermic
- 1 I Beauty Hydration Corrector
- 1 Oxygen Therapy Intraceuticals Rejuvenate
- 1 *Gua Sha* Face Massage

€ 570.00 (excluding accommodation)

NEW

### ANTI AGE BEAUTY

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Sophisticated anti-age programme against signs of ageing that combines the products from the Lefay SPA Anti-Age Cosmetic Line with specific manual techniques and the use of high-tech beauty equipment.

- 1 *Unico Cielo* Lefay SPA face cleansing ritual
- 1 Lefay SPA Triple-Action Anti-Age Facial Treatment *Il Cerchio della Luna*
- 1 I Beauty Youth Activator
- 1 Oxygen Therapy Intraceuticals Rejuvenate Booster
- 1 Skin tonic

€ 610.00 (excluding accommodation)

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## BODY

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### TONING FIRMING

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High efficient method for attaining a toned and lean body.

- 1 Velasmooth Pro
- 1 Biothermic
- 1 slimming-toning treatment for abdomen and thighs
- 1 toning energy aesthetic treatment *Gioia di Vivere*

€ 440.00 (excluding accommodation)

NEW

### ANTICELLULITE SLIMMING

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Path that combines the use of devices and sophisticated technology with manual techniques to reshape the body.

- 1 Lefay SPA pyhto – specific aromatic mud wrap
- 1 shaping energy aesthetic treatment *Abbraccio*
- 1 Velasmooth Pro
- 1 Skin tonic
- 1 Lefay SPA detoxifying energy massage *La Luce oltre la Nebbia* with cupping

€ 540.00 (excluding accomodation)

NEW

### THALASSO

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Beauty and wellbeing from the beneficial properties of the sea.

- 1 Lefay SPA Extra-virgin Olive Oil and thermal salts scrub
- 1 wrap with marine algae
- 1 algae and brine bath
- 1 session in the salt-water pool *La Luna nel Lago*

€ 220.00 (excluding accommodation)

### PURIFYING

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Wellness programme to detoxify and purify the body.

- 1 Lefay SPA Extra-virgin Olive Oil and thermal salts scrub
- 1 wrap with sea algae
- 1 Lefay SPA detoxifying energy massage *La Luce oltre la Nebbia*
- 1 session in the salt-water pool *La Luna nel Lago*
- 1 Massage with warm aromatic mud
- Purifying phytotherapy

€ 380.00 (excluding accommodation)

### SPECIAL FOR HIM

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Wellness and beauty programme dedicated to men's care.

- 1 Lefay SPA Extra-virgin Olive Oil and thermal salts
- 1 Lefay SPA energy body massage *La Brezza accanto al Confine*
- 1 Lefay SPA *Senza Tempo Man* energy face treatment
- 1 Specific Biothermic treatment

€ 370.00 (excluding accommodation)

## THE PERFUMES OF THE LAKE

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A sensorial journey in discovery of the perfumes of Lake Garda

- 1 Salt and caper body scrub with Lefay extravirgin olive oil body pack
- 1 Lefay SPA *Gocce di Lago* body massage
- 1 lavender relaxing and moisturizing face treatment
- 1 hydro-aromatherapy with Lavender and Lemon

€ 310,00 (excluding accommodation)

NEW

## FOUR SEASONS RITUAL

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According to Chinese medicine, the four seasons live in the same way in humans and nature. These are large energy movements that occur in all living things. Any alteration of these overall energy movements may cause physical disorders such as insomnia, fatigue, water retention and digestive problems or psychological issues such as nervousness, irritability and agitation. Treating the face, considered to be central organiser of individuals on the whole, this ritual works on body organs responsible for various bodily functions to restore the individual energetic state, helping to perceive and regulate the interior world we often forget to reconnect to.

- Initial examination to determine energy levels
- Breakfast, Lunch and Dinner with Lefay SPA Menu
- Personalised Phytotherapy
- 1 energy facial massage *Centre\**
- 1 body massage from the *Ritual of the Four Seasons*
- 1 energy hydro-aromatherapy session with essential oils
- 1 activity for rebalancing physical energy Holistic Season Activity
- Entrance to Lefay SPA World of Water and Fire

€ 650,00 (excluding accommodation)

\*Centre and Four Season Ritual Massages are carried out with personalised chromotherapy and music therapy

NEW

## AYURVEDIC MAGIC

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From ancient Indian discipline, a means to take individuals back to their natural balance of the three Dosha.

- 1 Udvartana with Ayurvedic detox wrap
- 1 Abhyanga
- 1 Snehana + Shirodara

€ 350,00 (excluding accommodation)

## WELLNESS FOR CHILDREN

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(from 4 years of age)

A short wellness programme for children, which is very relaxing and has benefits on the circulation and on small muscular tensions.

- 1 Kids back relaxation
- 1 Kids relaxing foot treatment
- 1 Kids body massage

€ 130,00 (excluding accommodation)

## MOTHER-TO-BE

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The treatments give more elasticity to the tissues and improve the lymphatic circulation.

- 1 Mother-to-be Lefay Olive Oil Massage
- 1 *Unico Cielo* facial cleansing
- 1 *Light Legs* Massage
- 1 Lesson with targeted mother-to-be exercises

€ 280,00 (excluding accommodation)

## OSTEO-PHYSIOTHERAPY

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Short osteo-physiotherapy programme the aim of which is to reduce aches, improve articular function and remove obstacles to optimal nerve transmission.

- 1 Osteo-physiotherapeutic analysis
- 1 Osteopathic manipulative treatment
- 1 Myofascial release postural massage
- 1 Physiotherapeutic treatment

€ 340,00 (excluding accommodation)

## KALLISTÈ

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Exclusive wellness programme to renew the beauty of every woman.

- 1 *Unico Cielo* Short face cleansing ritual
- 1 Manicure and Pedicure
- 1 Specific hair treatment and brushing
- 1 Make up consultation with a Lefay SPA expert beautician followed by a make up

€ 390,00 (excluding accommodation)

\* We suggest you to choose the programmes at the time of booking your stay to be certain of their availability.