



GENERAL
HEALTH
PROGRAMMES

DISCOVERY

02.

GENERAL HEALTH PROGRAMMES

The hectic pace of everyday life can put a great strain on the body, causing heart problems, stress, anxiety and depression. Lefay SPA Method programmes are aimed at completely rebalancing and rejuvenating the body, mind and spirit through the recovery of vital energy and the rediscovery of a healthy and sensible way of living. The treatments of the general programmes are personalised during the initial energy interview.

LEFAY SPA DISCOVERY

from 3 nights

- Initial examination to determine energy levels
- Breakfast, lunch and dinner with Lefay SPA Menu (for 3 days)
- Personalised phytotherapy
- 1 Lefay SPA energy facial massage *Derma di Luce*
- 1 personalised Lefay SPA energy body massage
- 1 energy hydro-aromatherapy session with essential oils
- 1 activity for rebalancing physical energy (Stretching of Meridians)
- Entrance to Lefay SPA World

€ 690,00 (excluding accommodation)