



RESORT & SPA LAGO DI GARDA

YOU DON'T HAVE
TO GO FAR
TO FIND YOURSELF





THE LOCATION

Lefay Resort & SPA Lago di Garda is located in Gargnano, in the heart of the enchanting Riviera dei Limoni. It is the first 5 star luxury Resort on Lake Garda, covering 11 hectares of natural park, surrounded by gentle hills and natural terraces rich in woods and olive groves overlooking a spectacular view of the lake.

A scenic landscape featuring a rustic wooden fence in the foreground, a dirt path leading into the distance, and a bright sun flare in the center. The background is filled with lush green trees and vegetation. The overall atmosphere is peaceful and natural.

SUSTAINABILITY

Exclusivity means doing what no one else has yet thought of, investing in the present and the future, creating something for a select few that benefits everyone. This is why Lefay implements eco-sustainability, bio-architecture and clean and renewable energy sources in the design and construction of its Resorts. The wellbeing of the individual is intrinsically linked to the wellbeing of the environment.



LEFAY SPA

The heart of the Resort is the SPA: an exclusive temple of wellness extending over 3,800 sqm, where body and soul are rejuvenated through the rediscovery of the most genuine emotions and harmony with oneself. Here wellness is all around: in the explosion of light that filters through the large windows, in the beautiful park, in the water of the swimming pools, in the magical atmosphere that encircles everything.



WORLD OF WATER AND FIRE

Where water and fire live side by side in harmony: the Infinity pool merges with the horizon, while the internal and external salt-water pool stretches into the park overlooking the lake together with the "Fonte Roccolino" whirlpool. The water area is completed by the enticing indoor thalassotherapy pool "La Luna nel Lago". The Lefay SPA also features six different types of sauna and five relaxation areas to remove the stresses of everyday life.





LEFAY SPA METHOD

The Lefay SPA Scientific Committee has created an innovative wellness method that stems from the blending of Classical Chinese Medicine with Western scientific research. This union is the basis of the Lefay SPA Method Health Programmes, customised according to individual needs, to achieve a complete mental and physical wellness with various objectives: weight, relieving stress, getting into physical shape and assisting posture, treating insomnia, combating the signs of ageing and detoxifying the body.



TREATMENTS

SIGNATURE

Lefay SPA treatments have been created combining traditional massage techniques to stimulate energy points and meridians, and are tailor-made for the individual's physical and mental state, for a deep and long-lasting result. The Signature offer includes: energy massages, energy aesthetic rituals for the face and body and special treatments using perfumes and essences from the local area.

NON INVASIVE AESTHETIC MEDICINE

The treatments are based on an approach to rejuvenation that guarantees effective, safe and harmonious results over time using non-invasive techniques and tools designed to improve skin blemishes. The Lefay SPA innovative energy aesthetic treatments, included in this section, are based on the use of acupuncture for aesthetic purposes.

MEDICAL

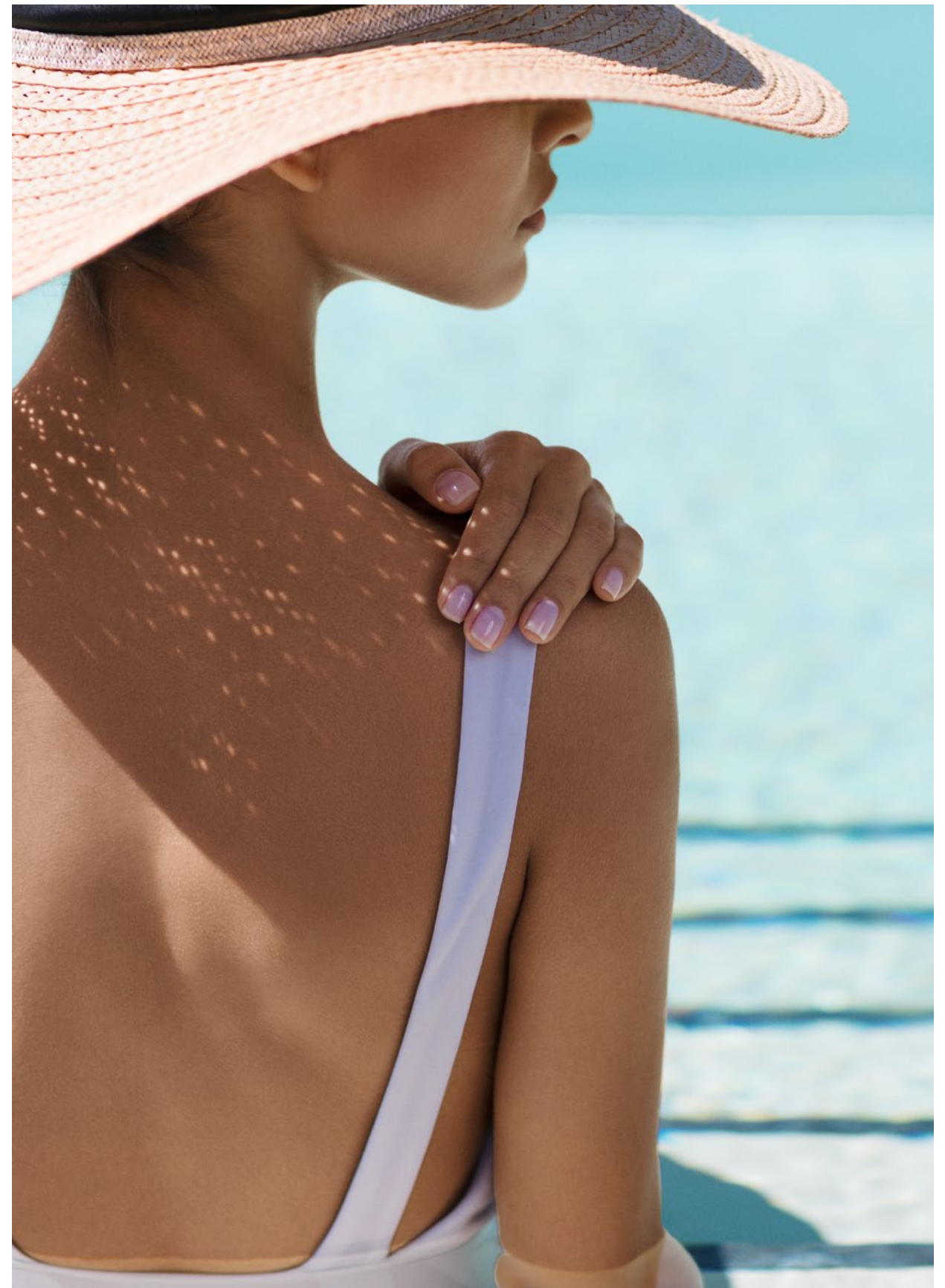
Lefay SPA offers specialist medical advice and therapies in the fields of Western medicine, natural medicine, osteopathy and physiotherapy.

SPA À LA CARTE

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.

FOR COUPLES

Rituals dedicated to couples in the exclusive Private SPA inspired by Greek mythology, to rediscover yourself in a sensual trip for two in the Lefay SPA World.



FITNESS

The Fitness area consists of a large gym overlooking the lake, equipped with Technogym's latest equipment and a fitness studio especially for muscle toning activities and classes.





THE PARK

The activities which are integral to the Lefay SPA Method, are held amongst the age-old trees and Mediterranean shrubs. Directly overlooking the lake, the Resort's large park comprises a running circuit, a fitness trail with eight stations to improve muscle elasticity and the therapeutic energy garden, consisting of five stations associated with ancient symbols and meanings.



THE SUITES

The suites are designed according to the innovative Lefay wellness concept in order to capture the sensation of nature right into the room. Wide spaces (from 50 sqm), natural fabrics, local precious materials including Italian marbles, olive tree wood and Italian walnut wood blend seamlessly with advanced technologies and a spectacular view over Lake Garda.



PRESTIGE & DELUXE JUNIOR SUITE

Bright and spacious (50 sqm), the suites overlook Lake Garda and provide Guests with a charming and relaxing ambiance. The Prestige Junior Suites are located on the ground floor and overlook the garden, while the Deluxe Junior Suites are located on the first floor and feature a private balcony.



FAMILY SUITE

The Family Suite is the best solution (73 sqm) for those who want to enjoy a holiday with their children or for those who need two bathrooms and two separate bedrooms within the same suite.





EXCLUSIVE SUITE

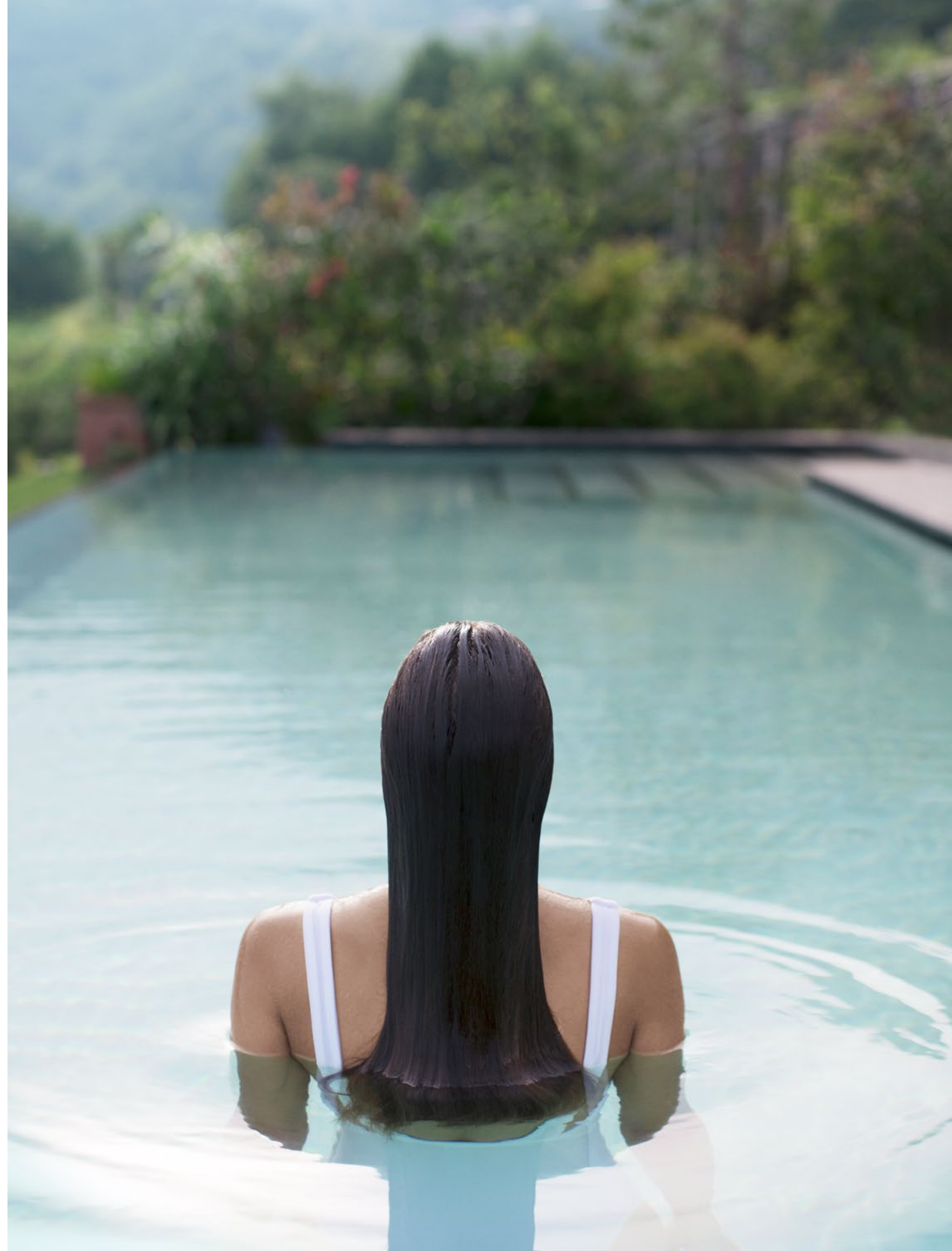
The Exclusive Suites (83 sqm) offer the freedom of a private living room, the pleasure of a Jacuzzi overlooking the lake and a series of exclusive services.





ROYAL POOL & SPA SUITE

The highest expression of the new Lefay concept of luxury, where peace, nature, space and wellbeing blend together in the unique and spectacular scenery of the "Alto Garda" park. The Royal Pool & SPA Suite overlooks a private garden and a private Infinity pool with spectacular views of the lake, and in addition to the spacious interiors (up to 600 sqm), offers unique services such as a Private SPA area and a dedicated Concierge service.





LEFAY VITAL GOURMET

Lefay Vital Gourmet champions the Mediterranean diet and the most authentic flavours of the region. Seasonal ingredients, extra virgin olive oil, citrus fruits from the lake and locally grown herbs all create a quintessential and light Mediterranean cuisine.



LA GRANDE LIMONAIA

La Grande Limonaia is the Resort's main restaurant and offers a magical view over the lake, evoking the scents of the citrus groves set amidst wonderful lighting and scenic views. The menu features flavours and colours intertwined with creativity and contemporary tastes to create dishes that give a nod towards the evolution of traditional Mediterranean cuisine. A meeting of cuisine and culture where food becomes food for the soul.





TRATTORIA LA VIGNA

Relive the simplicity and warmth of typical Italian trattorias, where the cult of age-old flavours is handed down to the next generation. In winter, the fireplace rekindles the slow-cooked dishes of the past, while in summer the terrace merges with the colours of the lake.



LOUNGE BAR

Soft lighting, live piano music and the best cocktails and international spirits create a sophisticated and seductive ambiance, framed by the splendid sunset over the lake which is visible from the terrace.

CIGAR LOUNGE

An intimate setting that offers the best selection of cigars and spirits from all over the world to be enjoyed against the shades of amber wood and relaxing music background.

POOL BAR

Spend a pleasant day by the pool, in an oasis suspended between the lake and the sky, sipping your favourite drink or enjoying a snack.

ROOM SERVICE

Room service is available 24 hours a day and features a dedicated menu, which Guests can enjoy in the intimacy and comfort of their Suite.



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