LEFAY SPA TREATMENTS

LEFAY SPA SIGNATURE TREATMENTS

Lefay SPA Signature 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 longlasting result. The Signature offer includes: energy massages, energy aesthetic treatments for the face and body and special treatments using perfumes and essences from the local area. 01.

FACE & BODY ENERGY BALANCING MASSAGES

The Lefay SPA massages aim to reactivate energy channels as well as rebalance the energy of body and mind, and are personalised according to the individual's psycho-physical status. They have been developed by associating the principles of Classical Chinese Medicine with Western techniques, thanks to a combination of traditional massages techniques with the stimulation of "points and meridians" which activate the "energy" systems, ensuring that the treatment is deep and long-lasting. This method enhances the effects of a traditional massage, because the body receives an "energy message" which will be remembered and elaborated with time. All massages are carried out with natural certified products and are accompanied by aromatherapy with essential oils following the rhythm of the seasons.

BODY MASSAGES



RELAXING Scambio nel Vento

Much of our daily tensions are embedded onto different areas of the body, especially the head, neck and shoulders. This massage uses Western techniques, including kneading and friction, on energy points in the body. Slow and medium pressure acts on the muscular tension and the stimulation of energy points allowing you to relax your entire body.

<mark>мом / тни</mark> **€ 115,00** (50 min.)

FRI / SUN* € 127,00 (50 min.)

BIO STRESS-RELIEVING La Quiete

The anti-stress massage is performed with Western techniques on the energy functions. Leads to deep relaxation and helps our vital energy to repair itself from the stress to which it is subjected. Using slow movements with medium and enveloping pressure, this massage stimulates certain energy points that have the specific and intrinsic ability to ease muscle tension and, more generally, relax the spirit, mind and body. Other energy points are activated to nourish the whole organism, thereby eliminating stress. The rejuvenated body will be able to perceive lightness as the overwhelming feeling of relaxation, peace of mind and change.

мон / тни € 145.00 (65 min. + 5 of relaxation)

FRI / SUN* € 160,00 (65 min + 5 of relaxation)



DETOXIFYING La Luce oltre la Nebbia

According to Classical Chinese Medicine and Naturopathy, accumulated toxins must be removed before any treatment. This massage works on the meridians and specific points, preparing the body for the following treatments. (Not advisable for people suffering from capillary fragility).

мом / тни € 115,00 (body only, 50 min.)

мом / тни € 145,00 (face and body with cupping, 75 min.) **FRI / SUN*** € 127,00 (body only, 50 min.)

FRI∕SUN* € 160,00 (face and body with cupping, 75 min.)



TENSION-RELIEVING La Brezza accanto al Confine

Thanks to the stimulation of energy points, it has a specific effect on contracted muscles (especially in the back and legs). The dynamic and deep massage techniques, from the Western school of BIO: Massages labelled BIO are carried out using natural certified products massage, help loosen hypertonic muscular areas.

MON / THU € 115,00 (50 min.) FRI / SUN* € 127,00 (50 min.)



ANTICELLULITE Respiro Alchemico

A perfect fusion of Western techniques that acts on energy function and on blemishes, allowing you to "transform" the "shape of the individual". This medium-intensity dynamic massage, combined with the stimulation of specific points, mobilises and eliminates water retention.

MON / THU € 115,00 (50 min.) EDI / SUN* € 127,00 (50 min.)



LYMPHATIC DRAINING Rugiada del Mattino

This massage stimulates the lymphatic circulation and promotes the elimination of excess water in particular the lower limbs, activating specific points that increase drainage.

MON / THU FRI / SUN* € 130.00 € 143,00 (65 min.) (65 min.)



REVITALISING AND ANTI-AGEING Alta Marea

The purpose of this treatment is to nourish the body deep down, flooding it with a sea of vitality. The points involved in this treatment provide the organism with the energy it needs to function at its best. This massage, performed with Western techniques such as effleurage, envelopment and friction, is particularly pleasant and relaxing.

MON / THU	FRI / SUN*
€ 115,00	€ 127,00
(50 min.)	(50 min.)



FOUR HANDS MASSAGE Il Volo della Farfalla

The pleasant light sensation of four hands moving together over the body. This treatment reawakens a person's more instinctive side by the targeted stimulation of specific energy points. It is particularly indicated for people who have stressful jobs, whose lifestyle is far removed from their genuine needs. Suitable for people who need to cease bottling up their feelings.

MON / THU	
€ 200,00	
(50 min.)	

FRI / SUN* € 233.00 (50 min.)



EMOTIONAL MASSAGE Il Volo dell'Angelo

The first example of a visualised treatment in which the different senses of man are stimulated - touch. smell, hearing, sight, but above all the sixth sense, known also as feeling or emotion. The latter is activated with music and a voice, which, during the entire massage, tells the story of the journey of an angel between the Heavens, the Earth and the Sea: symbols of a journey within the individual. Dextrous hands perfectly synchronised with the words take you on a journey to your inner self. This intense experience, which is suited to people with great sensitivity, helps you to listen to your inner voice.

MON / THU € 140,00 (45 min + 10 of relaxation) FRI / SUN* € 154,00 (45 min. + 10 of relaxation)



REBALANCING TUINA WITH MOXIBUSTION I Colori dell'Uomo

According to Classical Chinese Medicine, wellbeing corresponds to the inner balance of two fundamental forces: Yin and Yang. These untranslatable terms represent two opposing forces and complements present both in nature and in man. Depending on the energy

constitution at hand, these massages restore the equilibrium between Yin and Yang, thereby determining the well-being of the body in its entirety.

White: regulates disorder in lifestyle. Massage with rhythmic and reactivating technique.

Black: regulates the strength and levels of stress in the body. Intense and vigorous massage.

Red: regulates energy blood, in other words, the ability to love oneself and be one's own ally. Deep and enveloping massage.

Blue: regulates the body's energy and fights fatigue. Dynamic, rebalancing and toning massage.

Yellow: regulates anxiety and sadness, the centre of the individual. Enveloping massage that uses techniques to bring energy inside the body.

Green: regulates digestion and mental rumination. Dynamic and stimulating massage.

мол / тни € 135,00 (50 min.+ 10 of moxibustion) **FRI / SUN**[•] **€ 149,00** (50 min.+ 10 of moxibustion)



European Health & SPA Award 2019: " Best Signature Treatment"

BODY AND HEAD MASSAGES



BODY RELAXING, HEAD AND NECK Massaggio Dell'Imperatore

A global head and body treatment designed to revitalize the individual, following the flow of internal energy. The stimulation of specific areas of the body, the action on energy points in the back and the skull achieved with particular manual movements of medium pressure, melt away any tension and lead to a deep rebalancing of the organism.

мон / тни € 155,00 (80 min.) **FRI/SUN* € 171,00** (80 min.)



INSOMNIA L'Abbraccio di Morfeo

In Classical Chinese Medicine, insomnia is an imbalance of energy concentrated in the head, which is caused by different factors such as anxiety, stress, age, physical and psychological traumas, etc. *L'Abbraccio di Morfeo* is an enveloping massage that aims to treat the symptoms of insomnia and rebalance the different energy mechanisms causing it.

мом / тни € 140,00 (60 min.+ 10 of relaxation) FRI/SUN* € 154,00 (60 min.+ 10 of relaxation)



TO REBALANCE YIN AND YANG Massaggio di Giada

In Chinese culture, jade is considered the most important and precious stone. It is the Emperor stone due to its dual purifying and healing properties. Massaggio di Giada is in harmony with the characteristics of this stone, being characterised by a light and delicate manual technique in which hand movements and those performed using Gua Sha, the ancient practice of Chinese medicine, alternate in perfect synergy, thereby following the directions Yin and Yang of acupuncture energy meridians. A massage that is characterised by lightness and delicateness in the upper layers of the skin and muscles, being a treatment with effectiveness that is intensely transmitted into the deeper layers of the body over the next few days. The essential oil used is derived from the rose, a flower that is traditionally associated with wholeness and nobility.

мом / тни € 145,00 (75 min.) **FRI/SUN* € 160,00** (75 min.)

FACE AND HEAD MASSAGES



ANTI-AGEING Derma di Luce

A massage aimed at brightening the skin and relaxing the muscles of the face. The treatment begins with the application of essential oils onto your fingertips, where the energy lines that act on the muscles of the head and face originate. The classic draining massage combines with the stimulation of certain energy points on the head for a deeply relaxing experience.

мон / тни € 115,00 (50 min.) **FRI / SUN*** € 127,00 (50 min.)



European Health & SPA Award 2011: Finalist "Best Facial Treatment""



NUTRIRE LA VITA

A Western massage that deals with all the energy in the body. It provides the whole organism (mind - body - spirit) with the necessary "fuel" for optimal functioning of each part. It helps generating energy which is the best condition for every change and its embracing. This massage treats energy gaps, tiredness, lack of appetite, drowsiness and is ideal for recovery from convalescence or great stress.

мом / тни € 135,00 (50 min.+ 10 of moxibustion) **FRI/SUN* € 149,00** (50 min.+ 10 of moxibustion) 02.

FACE AND BODY ENERGY BEAUTY TREATMENTS

Here Lefay SPA Signature treatments and rituals are carried out using natural and brand products of Lefay SPA dermatological cosmetic line " Tra Suoni e Colori". From scrubs using salt and olive oil to the Lefay SPA aromatic mud baths *Il Potere del Cielo e della Terra* with Montmorillonite, to the energy mask 1l *Fremito d'Ali* made from specific medicinal plants: each treatment deals with energy as it acts along the body's meridians, stimulating energy points capable of treating various imperfections.

BODY SCRUBS

ENERGY ROUGHAGE AND OLIVE-OIL BODY SCRUB WITH BRUSHING Prima di Vera

A complete preparation treatment that combines the detoxifying and regenerating effect of a bran and olive oil peel with the "energising" action of brushing which, when performed along the meridians and specific acupuncture points, allows vital energy to flow freely around the body. The quality of the skin improves immediately, it becomes more toned and vital and acquires a healthy glow.

MON / THU € 100,00 (60 min.) FRI/SUN* € 110,00 (60 min.)

PURIFYING Ricordo

The treatment starts with a purifying peeling carried out with scrub *Ricordo*: hazelnut microspheres exfoliate the body, while lavender and burdock extracts purify the epidermis from toxins and impurities. Then follows a detoxifying aromatic mud wrap and in the end a detoxifying and relaxing massage to stimulate the energy points.

мом / тни € 85,00 short (50 min.)

мон / тни € 150,00 long (90 min.) **FRI/SUN* € 94,00** short (50 min.)

FRI / SUN* € 165,00 long (90 min.)

WRAPS

LEFAY SPA AROMATIC MUD Il Potere del Cielo e della Terra

In these rituals, the heavenly magic of the essences combines with an aroma and terrestrial power of various muds made using rich sulphate clays and montmorillonite. Stimulation of the facial energy points along Chinese medicine's meridians moves the energy that starts to circulate freely, detoxifying and regenerating the body through the organs responsible. The osmotic action of mud combined with massage performed with specific products of the Lefay SPA body line helps to eliminate toxins and regenerate tissue.

TONING WRAP Incanto

MON / THU	FRI / SUN*
€ 110,00	€ 121,00
(60 min.)	(60 min.)

CONTOURING WRAP Carezza

MON / THU	FRI / SUN*
€ 110,00	€ 121,00
(60 min.)	(60 min.)

DRAINING WRAP Torrente di colori

MON / THU € 110.00 (60 min.) FRI / SUN* € 121,00 (60 min.)

BODY RITUALS

MOISTURISING Luce

A delicate initial exfoliation with the Lefay SPA extra-virgin olive oil and thermal salts scrub and an Lefav extra-virgin olive-oil-based wrap hydrate and regenerate the skin. To follow, an acupressure massage on the face and on the points of relaxation to detoxify the head and clear the mind, in addition to sponging with warm cloths. Finally, a brief relaxing massage with the hydrating emulsion Luce rich in soya protein, alcea rosea and mallow restore the correct hydration level of the skin that appears softer and extraordinarily hydrated.

MON / THU € 150.00 (90 min.) FRI / SUN* € 165.00 (90 min.)

SHAPING Abbraccio

The exfoliating action of the Lefay olive-oil scrub and Lefay SPA thermal salts prepares the skin for the contouring aromatic mud wrap. During the application, the face energy points are stimulated to reactivate blood circulation and improve the transport of oxygen and energy to the tissues. To finish, a massage with cupping on the slimming energy channels with the thermally active contouring emulsion *Abbraccio* with a base made of ivy, red algae and chestnut extract that sharpen the figure with a regenerating and slimming effect on the body.

MON / THU	
€ 150,00	
(90 min.)	

FRI / SUN* € 165,00 (90 min.)

FIRMING Gioia di Vivere

The ritual starts with a delicate exfoliation with the Lefav SPA olive oil and thermal salt scrub.

followed by a wrap with specific aromatic mud and a toning and relaxing massage performed with Gioia di Vivere emulsion rich in olive oil and currant that stimulate the production of collagen and elastin. The skin immediately gains compactness and vitality.

FRI / SUN*

€ 165,00

(90 min.)

MON / THU € 150,00 (90 min.)

FACE RITUALS

FACIAL CLEANSING Unico Cielo

Unblocking the pores and eliminating impurities means letting our skin breath, stimulating cell turnover and making it fresher, radiant and smooth. The Unico Cielo facial is ideal for preparing the skin for subsequent treatments. The hazelnut beads exfoliate the skin; the lavender and burdock extracts purify, while the precious olive oil deeply nourishes. The cells are renewed and the skin experiences an immediate feeling of well-being, thereby looking revitalized.

MON / THU	FRI / SUN*
€ 140,00	€ 154,00
(75 min.)	(75 min.)

FACIAL CLEANSING Unico Cielo Short

A facial cleansing treatment suitable for those do not need a full treatment or have little time available

MON / THU	FRI / SUN*
€ 80,00	€ 88,00
(45 min.)	(45 min.)

Extra Purifying Treatment **

Ideal for particularly impure skin needing a deep detoxification or for those who have not subjected their skin to cleansing for a long time.

MON / THU	FRI / SUN*
€ 25,00	€ 28,00
(20 min.)	(20 min.)

FACIAL CLEANSING

Unico Cielo under 18

Treatment for oily skin, aimed at radically combating excess sebum levels and the formation of blemishes resulting therefrom, which often turns into acne. Sebum-regulating properties of vitis vinifera and burdock create a purifying and mattifying effect that allows the skin texture to be refined and purified.

MON / THU	
€ 100,00	
(60 min.)	

€ 110.00 (60 min.)

FRI / SUN*

MOISTURISING Acqua Vitale

Treatment performed with a precious serum rich in vitamin E and F and in hydrating substances that give the skin a profound sense of well-being. The rituality of the treatment, the contouring facial massage and acupressure on reflex energy points allow you to indulge in complete relaxation, resulting in a fresher, younger and more radiant looking skin.

MON / THU € 140,00 (75 min.)

FRI / SUN* € 154,00 (75 min.)

PURIFYING Rivivere

The reactivation of the three fundamental meridians for purification and regulation of the interior with the exterior of the body and the purifying and mattifying properties of aloe and burdock, in synergy with the balancing sebum action of the mask deeply detoxify the skin, giving it luminosity and vigor, thereby making the complexion uniform in nature.

MON / THU	
€ 140,00	
(75 min.)	

FRI / SUN* € 154,00 (75 min.)

SOOTHING Colore

Treatment intended for delicate and sensitive skin, also ideal after exposure to the sun. The face regains balance, becoming hydrated and elastic thanks to calendula and panthenol. The mask rich in witch hazel and mucilages of algae deeply rehydrates the skin. The face regains an innate splendor thanks to the synergy between the contouring facial massage and energy stimulation of reflex zones, opening eyes and returning the magic of a bright face.

MON / THU € 140.00 (75 min.) FRI / SUN* € 154.00 (75 min.)

FIRST WRINKLES Senza Tempo Woman

Treatment aimed at preventing premature ageing of the skin, provoked by stress incurred by the environment and lifestyle. The hot sponging combined with the enveloping manual technique of the contouring facial massage and acupuncture on the energy points guarantee vitamin A for restructuring the dermis, beechwood buds for regenerating cellular vitality. Olive oil, extracts of hibiscus maintain hydration and smoothness for a delicious new fresh face.

MON / THU	FRI / SUN*	
€ 160,00	€ 176,00	
(75 min.)	(75 min.)	

Senza Tempo Man

For men that want to regain healthy, rested and clean skin. This treatment is comprised of diverse phases and is performed using products from the Lefay SPA Men cosmetics line. The initial cleansing, the massage with energy acupuncture and final mask with a base made up of triglycerides, illuminating hydroxyacids and vitamins help to prevent premature ageing of the skin, giving it vitality and brilliance.

MON / THU FRI / SUN* € 130.00 € 143.00 (60 min.) (60 min.)

ANTI-AGE TREATMENTS

During the ageing process, the skin is the centre that is primarily affected by genetic and environmental factors bringing about morphological changes expressed in wrinkles, discolouring, slackening and dryness of the skin. These innovative treatments are conducted using products from the Lefay SPA Anti-Age Triple Action Cosmetics Line - at a high concentration of hyaluronic acid, regenerating vitamins, potent antioxidants and precious active ingredients that penetrate the deeper layers of the skin - modulate oxidative processes, support the natural mechanisms of defense and protect the gene pool. The use of these cosmetics is combined with manual firming and draining techniques and the use of devices that help tone the tissues like cupping and massage. An extraordinarily effective union, which resths the skin's firmness, freshness and energy.

TRIPLE-ACTION ANTI-AGE FACIAL TREATMENT Il Cerchio della Luna

Dynamic and deep treatment that acts on the muscular tonicity, on the oxidation processes and on the natural defence mechanisms of the skin, thereby protecting genetic heritage. Like a proper lifting, the synergy between using the products of the Lefay Anti-Age Triple Action Line that restructures damage caused by genetic and environmental aging as well as the vacuum technique combined with the face, neck and shoulder massage, stimulates the process of regeneration and firms the tissues. The use of hot lava stones triggers the action of Stomach energy meridian traveling away from the face, restoring radiance to skin, as if it were mirroring the proper functioning of the body. The oval of the face appears fleshy, firm and smooth, wrapping itself in a new light.

мон / тни € 190,00 (80 min.) FRI/SUN* € 209,00 (80 min.)



LEFAY ANTI-AGEING RITUAL FOR FACE, HEAD AND NECK MINERAL ENERGY Riflessi di Onde

Inspired by the elements of alpine nature, Lefay SPA has created an anti-ageing ritual using a combination of active complexes that protect against oxidative stress, oxygenate and energise face skin to combat stress and fatigue. In the ritual, the Olivine powder, rich in magnesium and with anti-ageing action, and Lefay Olive Oil are used for the scrub. The face and neck massage is carried out using a pincement and acupressure technique to relax the features. The Gua Sha technique drains the energy channels and activates the circulation thanks to the restructuring anti-age mask with Phytomelatonin oil. The shape of the face is redesigned and the skin regains its innate radiance.

MON / THU	
€ 190,00	
(90 min.)	

FRI / SUN* € 209,00 (90 min.)

EYE MASK Aurora di Luce

Innovative treatment which combines the stimulation of energy points with the application of the precious serum rich in hyaluronic acid and the use of *I Beauty*, helps the penetration of vitamin complexes and hibiscus to outstretch the expression lines and wrinkles. Anti-age eye mask soothes and decongests the skin, preparing it for a draining and energising massage performed using the innovative electronic digital system, Eye Concept Massage. The area around the eyes immediately appears nourished and regains its original freshness.

MON / THU	FRI / SUN*
€ 140,00	€ 154,00
(45 min.)	(45 min.)



European Health & SPA Award 2018: "Best Signature Treatment"

and meridians of the body with a rebalancing and relaxing effect. The essences of lemon, rose, rosemary, orange and lavender envelop the senses and body, bringing serenity to heart and mind.

мом / тни € 260,00 (2 h, 30 min.) **FRI/SUN* € 286,00** (2 h, 30 min.)



European Health & SPA Award 2014: "Best SPA Treatment in Italy"

REBIRTH FOR HANDS AND FEET Il Passo e la Carezza

A ritual dedicated to the care of the hands and feet, the two parts of the body that are our contact with mother Earth and with the people and things that surround us. The ritual begins with a pleasant foot bath containing small slices of lemon and soap flakes enriched with mint essential oil; this is accompanied by gentle digital pressure on the face and head using the aromatic and relaxing notes of lavender oil. This is followed by a scrub with salt and extracts of pomegranate and fig, and to end, a moisturising pack and relaxing massage of the reflex zones of the hands and feet with precious Green Tea and Vitamin E cream.

мом / тни € 170,00 (1 h, 30 min.) FRI/SUN* € 187,00 (1 h, 30 min.)

03.

PERFUMES OF THE LAKE

Everything that makes us feel good can be found in the nature around us. Lefay SPA dermatological cosmetics bring together perfumes and essences that are characteristic of the local area: extra virgin olive oil, lavender, citrus fruits and grapes from the vineyards of the lake. A unique sensorial experience for rediscovering the *Perfumes of the Lake.*

"ODE" TO THE FACE WITH PERFUMES OF THE LAKE Il Tempo e l'Emozione

Like an ode to the land, this ritual is an alchemy between a lake and the vegetation that surrounds it. A sensory journey through ambient fragrances: small pouches of lavender and sage give sweet sensations to the face, completely renewed by a spearmint scrub that regenerates the skin. This is followed by a mask containing the essence of mint, accompanied by a leg wrap massage. A finale with intoxicating fragrances and emotions that accompany even after.

мом / тни € 190,00 (1 h, 40 min.) **FRI/SUN*** € 209,00 (1 h, 40 min.)



PURIFYING AND REGENERATING BODY RITUAL WITH VOLCANIC STONES La Vita nei Sensi

A sensory journey that starts with a roughage scrub and a Lefay olive oil wrap to regenerate, energize and make the body's skin soft and smooth. This is followed by a massage using hot volcanic stones along the body's energy points



SALT AND CAPER BODY SCRUB WITH LEFAY EXTRA-VIRGIN OLIVE OIL WRAP

A scrub massage performed with natural local products such as capers, with antioxidant properties, Lefay extra-virgin olive oil and the addition of salt. This combination of ingredients is gently massaged over the body for a soothing, nourishing effect. The trace elements contained in the salt regenerate the body while the emollient properties of the oil, which is rich in polyphenols, restructure the skin.

мон / тни € 110,00 (50 min.) **FRI/SUN* € 121,00** (50 min.)



LEFAY MASSAGE Gocce di Lago

An aromatic anti-stress massage, which combines the anti-ageing effect on the skin of the precious Lefay olive oil with the characteristic aromas of Lake Garda, such as lemon and lavender.

MON / THU € 100,00 (50 min.) **FRI/SUN*** € 110,00 (50 min.)



HEAD MASSAGE La Finestra del Cielo

A nurturing massage with Lefay extra-virgin olive oil which, by stimulating energy points, releases tension in the muscles of the head and neck, promoting deep relaxation. The olive oil deeply nourishes the hair, the window to the soul, and makes it healthy and glossy.

MON / THU	FRI / SUN*
€ 75,00	€ 83,00
(25 min.+ 5 min.	(25 min.+ 5 min.
of relaxation)	of relaxation)

LAVENDER RELAXING AND MOISTURIZING FACE

A face ritual with contouring, toning and draining action achieved through precise manual movements along all the facial muscles, which is combined with the emollient and firming action of olive oil. To finish, an anti-ageing mask is applied.

мом/тни € 95,00 (45 min.) **FRI / SUN*** € 105,00 (45 min.)