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# LEFAY SPA WORLD

WORLD OF WATER AND FIRE

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The Lefay SPA is an exclusive temple to wellness, where mind and body are regenerated through rediscovery of genuine emotions and a sense of inner harmony.

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## WORLD OF WATER AND FIRE

Lefay SPA is divided into three areas: the *World of Water and Fire*, which includes all areas connected to swimming pools, saunas, grottos and small lakes; the *Nature and Fitness* area, which consists of a large gym fitted out with all the latest equipment for training and a fitness studio for courses and fitness activities and *In Silence and among the Stars: Trilogy in the Air*, which is made up of all the spacious outdoor areas equipped for sporting activities and trails dedicated to wellness and relaxation.

### POOLS

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- Heated Indoor and outdoor swimming pool
- 25-metres heated homologated training pool (from April to October)
- Fonte Roccolino heated whirlpool

### RELAXATION AREAS

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- Wide relaxation areas with lake view
- The Turquoise Grotto, with warm water loungers
- Sunset Relax

### SAUNAS

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#### Aromatic Sauna

Temp. 40-42° / Humidity 60-70%

The aromas in this sauna make a valuable contribution towards eliminating stress and easing respiration. It is the initial tepid room where the body is prepared for the perspiration that takes place inside the Caligo Sauna.

#### Caligo Sauna

Temp 42-45° / Humidity 90-98%

The high percentage of humidity in this sauna forms a cloud of stratified temperatures, which is excellent for relaxing the muscles of the body and reducing tension. The detoxifying and skin-

purifying action of the steam bath makes the skin soft and silky.

#### Olive Tree Sauna

Temp 50-60° / Humidity 40%

Panelled in wood from this valuable tree, this sauna is ideal for detoxifying the skin, which becomes glowing and clear. The temperature of this bio-sauna also promotes relaxation and night time sleep and prepares the body for the high temperature and low humidity of the Water and Fire sauna.

#### Water and Fire Sauna

Temp 75-90° / Humidity 10%

The high temperature and low humidity of this Finnish sauna allows you to achieve considerable organic and metabolic stimulation, thereby promoting cell turnover, toxin elimination and stimulation of the neuro-vegetative system.

### CHARME D'ORIENT AREA

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This area evokes the magic of an opulent oriental ambience. A reminiscent journey in which body, mind and spirit get lost in the inebriating fragrances of three areas:

#### Hamman

Temp 45-48° / Humidity 80%

Inspired by the beauty of the enchanting oriental palaces, the Hamman distances us from daily life where everything is rational, stressful and rushed, taking us back to the natural balance between movement and rest, exercise and relaxation, reality and fantasy.

#### Lady Sauna

Temp 38-42° / Humidity 50%

This is for ladies only and has a delicate perfume which envelops the body in an atmosphere that evokes summer gardens by the lake. It stimulates the circulation and purifies the skin, melting away tensions and relaxing the body.

#### Sunset Relax

A suggestive relaxation area, offering a wide selection of fine teas.

**NEW****ADULTS ONLY SPA**

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A new place to experience deep peace while admiring the calm of the lake on the horizon. This area is exclusively reserved for guests aged 16 and over and includes:

**Whirlpool**

Relax area with dedicated phytotherapy

**Panoramic sauna**

Temp 90° / Humidity 10%

A Finnish sauna overlooking the lake, suitable for deep relaxation of mind and body. The high temperature stimulates the blood circulation, promoting ideal functioning of all organs as well as cell regeneration.

**Aquamoon**

Tempered waterfall.

Water, light, energy: an experiential shower to awaken the senses through jets of water and enveloping lights.

**OTHER**

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**The Stream:** this cool water stream is excellent for people with a sensation of heavy legs and problems of circulation in the lower limbs.

**Crash- Ice Fountain:** Rubbing ice over the body is ideal for stimulating blood flow and for a pleasant sensation of freshness after a sauna or hot bath.

**Ice Pool**

Temp 12-17°

The cold water closes the skin pores, helping cutaneous vascularization. The nervous system is stimulated by the cold water which produces positive impulses for the heartbeat breathing activity and blood circulation.