



NON INVASIVE
AESTHETIC
MEDICINE

NON INVASIVE AESTHETIC MEDICINE

THE NATURAL DIRECTION OF BEAUTY

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.

01.

ENERGY AESTHETIC MEDICINE

Chinese Aesthetic Medicine (Mei Rong) has its roots in 475–221 B.C., at the time of the so-called Warring States, which fought for supremacy of Ancient China. It was a time in history when aesthetic acupuncture was reserved solely for imperial concubines and was considered valuable for preserving good health and slowing the ageing process. The Huangdi Neijing, the most important Classical Chinese Medicine text dating back to the 1st-2nd century B.C., documents the effects produced by ageing on the skin and body. The work suggests acupuncture, moxibustion, massages and Qi Gong as the principal techniques for slowing the signs of time.

FACE



ACULIFTING AND FACE MASSAGE WITH GUA SHA Farfalla di Seta

East and West meet in this effective non-invasive and non-toxic lifting treatment. The treatment starts with acupuncture that aims to slow the formation of wrinkles and stimulates the facial energy points to make the skin supple, glowing and as soft as silk. The *Gua Sha* face massage follows, which eliminates lymph fluid accumulations and reshapes the neck and mimetic facial muscles.

MON / THU
€ 220,00
(80 min.)

FRI / SUN*
€ 242,00
(80 min.)



European Health & SPA Award 2016:
“ Best Signature Treatment”

BODY



ANTICELLULITE

(Acupuncture with electrolipolysis and energy body massage)
Il Fluire del Ruscello

An innovative holistic treatment aimed at eliminating imperfections in the areas of the thighs and gluteal muscles. This programme involves three stages:

- Medical Diagnosis and personalised Phytotherapy carried out in accordance with the principles of Classical Chinese Medicine to identify the causes of the imperfection;
- Acupuncture to stimulate the points connected to the energetically imbalanced organs. The needles are applied to areas with greatest fluid retention or cellulite and arranged along acupuncture channels. Micro-electrodes are then used, which are set according to particular electrical frequencies and intensities;
- Massage with draining and anti-cellulite action performed with a Gua Sha, a typical Chinese technique that stimulates the acupuncture channels and points where an accumulation occurs, following specific manipulative techniques.

MON / THU

€ 230,00
(90 min: 10 min.
medical diagnosis
– 30 min. electro-
acupuncture – 50 min.
massage)

FRI / SUN*

€ 253,00
(90 min: 10 min.
medical diagnosis
– 30 min. electro-
acupuncture – 50 min.
massage)



European Health & SPA Award 2016:
“ Best Signature Treatment”

02.

REGENERATIVE AESTHETICS



CRYOTHERAPY (Total body)

The session consists of sitting in a cold chamber with temperatures ranging from -85° to -95° C for 3 to 5 minutes. The short-term cooling encourages positive reactions of the body by stimulating an increased circulatory response of the blood and lymphatic flow, toning the "inner substance", which in Classical Chinese Medicine is called "Yin". The treatment is suitable for reducing pain and inflammation in muscles and joints and improving body composition by accelerating the basal metabolic rate. The stimulated skin will naturally produce more collagen, resulting in a smoother and more radiant skin.

1 SESSION

MON / THU
€ 60,00
(3-5 min.)

FRI / SUN*
€ 66,00
(3-5 min.)

3 SESSIONS

€ 165,00

5 SESSIONS

€ 275,00

CELLULAR REPAIR TREATMENT NANOVI™ (Total body)

NanoVi™ is a technology that increases cellular activity by boosting normal regenerative functions of the body to repair damage caused by oxidative stress. The immune system is activated and strengthened, maximising the production of new energy and speeding up recovery from stress and disease.

1 SESSION

MON / THU
€ 60,00
(15 min.)

FRI / SUN*
€ 66,00
(15 min.)

3 SESSIONS

€ 165,00

5 SESSIONS

€ 275,00

03.

FACE AND BODY TREATMENTS WITH BEAUTY EQUIPMENT

BODY

SKINTONIC

Improves circulation, oxygenates and invigorates

Effectively works against hardened and sclerotised cellulite. Reshaping and toning the body's silhouette, it improves circulation and the oxygenation of tissues. It combines the effective lymphatic drainage massage, helping to bring down swelling in the legs.

MON / THU

€ 100,00

(45 min.)

FRI / SUN*

€ 110,00

(45 min.)

CYCLE OF 3 SESSIONS

€ 250,00

VELASMOOTH PRO

It reshapes and reduces local fat and cellulite

An innovative system that increases metabolism, lipolysis and lymphatic drainage, thereby reducing adipose tissue. Thanks to the revolutionary Elos technology, which combines infrared light, radiofrequency, suction and manipulation, the production of collagen increases and the circumference of the treated area reduces, thereby providing for fully reshaped and firm skin.

MON / THU

€ 150,00

(50 min.)

FRI / SUN*

€ 165,00

(50 min.)

CYCLE OF 3 SESSIONS

€ 400,00

FACE

OXYGEN THERAPY

Intraceuticals

This is the new frontier in skin treatment; the treatment is based on the principle of topical hyperbaric oxygen associated with latest generation cosmetics containing hyaluronic acid, oxidants, green tea, aloe vera, vitamins A, C, E. The technique is painless, has no contraindications and the benefits are visible and immediate since the hyperbaric oxygen enables the active ingredients to be transported to the deepest skin layers.

Rejuvenate

A treatment targeted at thin lines and wrinkles, which improves small imperfections and overall hydration.

MON / THU

€ 200,00

(60 min.)

FRI / SUN*

€ 222,00

(60 min.)

CYCLE OF 3 SESSIONS

€ 480,00

SKINTONIC

It oxygenates, drains and tones

Thanks to the combination of suction, oxygenation and the toning and the draining massage of muscles and wrinkles on the face and neck, facial contours are smoothed creating a lifting and firming effect.

MON / THU

€ 90,00

(45 min.)

FRI / SUN*

€ 99,00

(45 min.)

04.

ZO SKIN HEALTH RESTORATION BY DR. ZEIN OBAGI

DR. OBAGI'S TREATMENTS FOR SKIN HEALTH

The principles of the program for restoring healthy skin by Dr. Obagi are particularly applied in skin with the problems of ageing or abnormal texture, suffering from acne or problems caused due to sun damage. Dr. Zein Obagi is the medical and scientific director of ZO Skin Health inc. and is known throughout the world for having designed treatments, protocols and scientifically advanced skin care products. His methodology aims at restoring skin to a healthy state and correcting major blemishes on facial skin. ZO products are cosmeceutical products with pharmacological quality and efficacy and use sophisticated nanotechnology, certification systems and advanced active ingredients.

LIGHTENING TREATMENT

For mature skin with cutaneous dyschromia

Skin discolouring is an alteration associated with an accumulation of melanin pigment that gives risk to unaesthetic spots on the face and the zones of the skin that are the most exposed. This illuminating treatment improves the skin, giving it a radiant complexion and a smoother texture thanks to salicylic, lactic and citric acids. Powerful antioxidants and coenzymes inhibit melanin production, stimulating healthy cell reproduction.

MON / THU
€ 170,00
(60 min.)

FRI / SUN*
€ 187,00
(60 min.)

ESSENTIAL ULTRA-MOISTURISING TREATMENT

For dry and dehydrated skin

This treatment starts with a hydrating cleansing and a micro exfoliation that removes superficial impurities. Thanks to the extracts of blackberries, liquorice and bearberries with lactic acid and kojic acid, the skin is prepared for exfoliation that improves the skin's brightness, purity and texture, alleviating wrinkles. Ideal for dry and mature skin where old age together with factors such as environmental circumstances, metabolism and lifestyle have altered natural hydration levels. Thanks to the use of enzymes that repair DNA and natural melanin, the skin becomes visibly more firm, strengthened and protected.

MON / THU
€ 170,00
(60 min.)

FRI / SUN*
€ 187,00
(60 min.)

IMPURE SKIN TREATMENT

For oily skin or with acne

Oily skin is thicker than normal skin; it appears oily, with dilated pores, comedones and blackheads, which may give rise to chronic inflammation known as acne. By using products containing AHAs and salicylic acid, the excessive production of sebum is minimised, helping to shrink pores. Immediately the skin appears cleaner, healthier and without excess sebum. Furthermore the use of antioxidants, natural melanin, zinc oxide and titanium dioxide reduces acne scars.

MON / THU
€ 170,00
(60 min.)

FRI / SUN*
€ 187,00
(60 min.)