

WELLNESS AND BEAUTY PROGRAMMES

Lefay has created special wellness and beauty programmes to combine with your stay that unite Lefay SPA massages and energy treatments with non-invasive Western beauty technology.

FACE

REJUVENATE BEAUTY

Anti-ageing facial programme that prevents ageing, associating manual techniques with treatment performed using non-invasive Western aesthetic technology.

- · 1 *Unico Cielo* Lefay SPA face cleansing ritual
- · 1 Oxygen Therapy Intraceuticals Rejuvenate
- 1 Gua Sha Face Massage

€ 390,00 (excluding accommodation)

ANTI-AGE BEAUTY

Sophisticated anti-age programme against signs of ageing that combines the products from Lefay SPA Anti-Age Cosmetic Line with specific manual techniques and the use of high-tech beauty equipment.

- 1 *Unico Cielo* Lefay SPA face cleansing ritual
- 1 Lefay SPA Triple-Action Anti-Age Facial Treatment *Il Cerchio della Luna*
- · 1 Oxygen Therapy Intraceuticals Rejuvenate
- · 1 Skintonic

€ 530,00 (excluding accommodation)

BODY

TONING

High efficient method for attaining a toned and lean body.

- · 1 Velasmooth Pro
- · 1 Gua Sha legs massage
- · 1 Toning energy aesthetic treatment Gioia di vivere

€ 350,00 (excluding accommodation)

SLIMMING

Path that combines the use of devices and sophisticated technology with manual techniques to reshape the body.

- · 1 Lefay SPA phyto specific aromatic mud wrap
- · 1 Velasmooth Pro
- 1 Lefay SPA detoxifying energy massage *La Luce oltre la Nebbia* with cupping

€ 345,00 (excluding accommodation)

PURIFYING

Wellness programme to detoxify and purify the body.

- · 1 Lefay SPA Extra-virgin Olive Oil and thermal salts scrub
- 1 Lefay SPA detoxifying energy massage *La Luce Oltre la Nebbia*
- 1 Session in the salt-water pool La Luna nel Lago
- · 1 Massage with warm aromatic mud.

€ 275,00 (excluding accommodation)

SPECIAL FOR HIM

Wellness and beauty programme dedicated to men's care.

- 1 Lefay SPA Extra-virgin Olive Oil and thermal salts scrub
- 1 Lefay SPA energy body massage La Brezza accanto al Confine
- 1 Lefay SPA energy face treatment Senza Tempo Uomo
- · 1 Manicure
- · 1 Pedicure

€ 380,00 (excluding accommodation)

THE LIGHTNESS OF BEING

By strengthening our organism, we increase our defence capabilities and develop a more efficient immune system. Maintaining a permanent state of health allows you to always feel at your best, maintaining a balanced physical and mental state.

- · 1 Initial medical energy examination
- · Specific phytotherapy Nutrire la Vita
- 1 Lefay SPA energy face massage Derma di Luce
- 1 Lefay SPA energy body massage Nutrire la Vita
- · 1 Cryotherapy
- 1 Activity for rebalancing physical energy (Qi Gong)

€420,00 (excluding accommodation)

OSTEOPATHY

The objective of the programme is to achieve good health by reducing pain, improving joint function, treating physiological dysfunctions and removing obstacles for optimal nerve transmission.

- · 1 Osteopathic consultation
- · 1 Osteopathic manipulative treatment
- 1 Craniosacral treatment
- · 1 Osteopathic neck massage

€ 355,00 (excluding accommodation)

We suggest you to choose the Wellness and Beauty programmes at time of booking your stay to be certain of their availability.