

WHERE BODY AND SOUL  
ARE REJUVENATED  
THROUGH THE  
REDISCOVERY  
OF GENUINE EMOTIONS





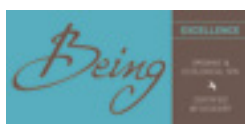
# LEFAY SPA

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Here wellness is everywhere: in the sunlight that streams through the large windows, in the wonderful gardens, in the water of the swimming pools and in the magical atmosphere that envelops everything. Lefay, in collaboration with a team of experts in different holistic disciplines, has created the innovative Signature treatments and the Lefay SPA Method Health Programmes with the aim of helping Guests regain a complete balance of body, mind and spirit and rediscover a more healthy and discerning lifestyle.

The treatments are carried out using face and body products from the Lefay SPA natural dermatology cosmetic line, which are rich in the colours of nature found in the best known, valuable and fully tested medicinal plants. If you wish to improve your state of health or if the frenetic pace of daily life has taken its toll on your body, our team of experts will guide you in choosing the most appropriate therapy and treatments. Guests seeking innovation, naturalness and global wellness will find in Lefay SPA the opportunity to enjoy unique experiences and never-felt-before sensations, in a place where East and West blend in perfect harmony with the surrounding environment.

# BEING ORGANIC AND ECOLOGICAL SPA: LEVEL EXCELLENCE



Lefay SPA is the first spa in Italy obtaining Ecocert's prestigious new certificate "Being – Organic and Ecological Spa", Level: Excellence. Ecocert, the French organisation recognised worldwide for its certification of cosmetic products, introduced "Being – Organic and Ecological Spa" for wellness centres that offer the highest standards in the field of sustainability and guarantee a place of relaxation to their Guests by combining the experience of natural wellbeing with a strong commitment to the ecology of the planet and its resources.

The exclusive Lefay SPA temple of wellness has not only confirmed its compliance to the 50 strict criteria envisaged for achieving the basic certification level, but has also reached the "Excellence" level thanks to its innovative concept of global wellbeing, which is distinguished by three fundamental aspects:

the unique quality of Lefay SPA Method health treatments and programmes and the commitment to the training and professional development of its Staff;

the exceptional comfort in the treatments cabins, providing Guests an incomparable experience;

the measures put in place for a sustainable management of the building.







# COSMETICS LINE LEFAY SPA “TRA SUONI E COLORI”

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NO ARTIFICIAL COLOURS

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NO ADDED PRESERVATIVES

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PETROLATUM FREE

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PARABEN FREE

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SLES FREE

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DERMATOLOGICALLY TESTED

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VEGAN

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NO ANIMAL TESTING

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NICKEL TESTED LESS THAN 0.00001%

The cosmetics line Lefay SPA “Tra Suoni e Colori” was created according to the Lefay SPA philosophy in accordance with the principles of nutricosmetics; a “smart” product line that combines nature and science with a visible and immediate effect. Formulations with a high concentration of antioxidants, vitamins, phytocomplexes and organic olive oil allow it to deeply treat the skin’s imbalance and guarantee the results over time. For a greater level of individualisation of the product, in the treatment room, essential oils that metaphorically “speak” to the skin and its various functions, providing them with support and harmonising with them, thereby conferring strength and stability upon them. Products can be purchased in the Lefay SPA Shop and online at [lefayshop.com](http://lefayshop.com).







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# LEFAY SPA WORLD

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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.



01.

## 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

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

### RELAXATION AREAS

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

### SAUNAS

#### 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

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.

02.

NEW

## MAN AND NATURE IN SILENCE AND AMONG THE STARS: TRILOGY IN THE AIR.

The contact with nature is the first step to purify both mind and body. At Lefay Resort & SPA Lago di Garda, the temple of holistic wellness stretches into the wonderful 11-hectare park that surrounds the Resort. Within this setting, where man and nature are close to each other, three different trails have been created: the Energy and Therapeutic Garden, whose energetic stations are based on the principles of Classical Chinese Medicine; the Running Circuit and the Fitness Path for outdoor activities. Here, the physical-energetic rebalancing classes, which are an integral part of the Lefay SPA philosophy, take place in front of a unique view.

### ENERGY AND THERAPEUTIC GARDEN Il Simbolo della Vita

Consistently with the principles of Classical Chinese Medicine and the idea that there is no separation between people and their natural environment, the energy concept and the theory of the five movements have been explored both in the indoor and outdoor at Lefay SPA. Great attention has been paid to the Energy and Therapeutic Garden's project, which is the result of the collaboration between the Lefay SPA Method Scientific Committee and the designers. The "Il Simbolo della Vita" Energy and Therapeutic Garden traces the stages of life and is composed by five different stations full of symbolisms. These circuits, with various shapes, colours, essences and specific postures and meditation activities, have a significant

effect on the body and the function of indicating to the small elements that compose us, the need to enter in the nature and, perceiving it as an ally, to exercise and unwind within it.



### THE GREEN DRAGON

Restorative for restlessness, impetuosity and anger. Located in the East, it represents the renewal of nature, the spring, the dawn of life. It is in the middle of a forest and is characterised by the element wood.

### ACTIVITIES

*Stretching of the Meridians:* postures and exercises that relax muscles, tendons and open up joints eliminating energy and mental blockages.

*Perception walking:* during a silent walk with closed eyes through the Park, a deep relationship with the surrounding environment develops through the simple act of walking; this allows us to rediscover "in a new and conscious way" senses that in everyday life we use only unconsciously.

### Recommended massage: **The Green Dragon.**

The Western-style manipulation technique follows the energy lines symbolically related to spring and dawn, i.e. meridians of the liver and the gallbladder. It has a relaxing effect on the muscles and on the whole body. During the massage, olive oil flavoured with a few drops of rosemary and mint essential oils is used, along with green cromotherapy.

MON / THU  
€ 115,00

FRI / SUN\*  
€ 126,00



### THE RED PHOENIX

Stimulates the senses, encourages joy and harmony with oneself and with nature. It is positioned in the South and represents the culmination of energy, the summer, noon. The Red Phoenix is characterised by the red colour.



## ACTIVITIES

*WU QIN XI- Five animals Qi Gong:* ancient exercises whose main therapeutic function is to activate the Five Organs (liver, heart, spleen, lungs, kidneys) together with their related functions and energy phases. Suitable for all ages and recommended for the prevention and treatment of pathological symptoms.

*Mindfulness Meditation:* Focus on the “here and now”. Maintain serenity and feel the necessary strength to eliminate negative thoughts, making room for positive and enabling reflections. The goal is to achieve a state of deep well-being, feeling that everything is wonderful and perfect. It is suggested to perform the practice at sunrise; the ideal moment for mindfulness meditation.

Recommended massage: **The Red Phoenix.**

Carried out using Chinese massage techniques, it works on the energy lines corresponding symbolically to summer and noon, i.e. meridian of the heart. It has a relaxing effect, as the Red Phoenix reborn from its ashes with renewed energy. During the massage, olive oil flavoured with essential oils of lavender and rose is used, along with red cromotherapy.

MON / THU  
€ 155,00

FRI / SUN\*  
€ 170,00



### THE WHITE TIGER

It encourages concentration and meditation. This is positioned in the West and it is the mirror of inner place. It represents the start of gathering and meditation, Autumn and sunset. The colour white and metal benches dominate in this area.

## ACTIVITIES

*Yoga:* an ancient wisdom system which aims to reunite soul and spirit, eliminate influences and provide greater awareness of our vital and physiological processes and, more generally, of our whole body.

*Stress-relieving breathing:* controlling and being aware of our breathing facilitates the elimination of toxins, improves blood and lymphatic circulation, frees us from anxiety and fear, strengthens the immune system, improves digestion and purifies the body. It is suggested to perform the practice at Sunset; the ideal moment for this type of meditation.

Recommended massage: **The White Tiger.**

Carried out using Western techniques. It involves the entire body and works specifically on its balancing energy points with the aim of relaxing and increasing the energy levels in the body. During the massage, essential oils of eucalyptus and thyme are used, while cromotherapy suggests white or light colours.

MON / THU  
€ 115,00

FRI / SUN\*  
€ 126,00



### THE BLACK TORTOISE

Refocuses and gathers dissipated energy in times of stress. The Black Tortoise is found in a valley facing North. It is the station of the relationship with ourselves and is associated to Winter and the end of the day. It features a rocky cave, a small river and benches of bare rock.

## ACTIVITIES

*Qi Gong:* Chinese practice that in its simplicity teaches us to go deep within ourselves by momentarily closing the doors to the outside world; this allows us to learn, through body, mind and breath, all about us.

*Conscious full-body walking:* reprogramming the entire body through the experience of walking. The aim of the session is the perception, understanding and experiencing of the lesser known but fundamental body principles that are triggered when we walk in the nature. A deep-rooted, effortless form flows and uncovers a new way of walking. Every single step is not only a discovery of the outside world but also of the inside.

Recommended massage: **Black Tortoise.**

It deeply nourishes the body, rebalancing the energy lines that reinforce the body's structure, with anti-ageing effects, it provides tone and vitality to all energetic and metabolic functions. During the massage, vaporised essential oils of juniper and cypress are used, while, in terms of chromotherapy, we suggest black or dark colours.

MON / THU  
€ 115,00

FRI / SUN\*  
€ 126,00



## THE CENTRE

It energetically connects all individual stages. This station is located in the centre of the energy and therapeutic garden on a hill covered in yellow flowers. It is the connection of all the stations and offers unique breathtaking views.

## ACTIVITIES

*Qi Gong's six healing sounds:* Zi Jue or "The Six Healing Sounds", is an ancient form of Qi Gong, composed of slow, wide and harmonious exercises performed together with vocalisations of six specific sounds during exhalation. Posture and movements "resonate" with the pronunciation of the six syllables, increasing their effectiveness. It energises and provides calmness, helping to cure some chronic diseases.

*Zazen Meditation:* to awaken to True Life and help us overcome attachments. Zazen, "simply sitting" means sitting without looking to achieve any goals or expectations, without wanting anything and without thinking. The difficulty lies precisely in this word: simply. Zazen means abandoning knowledge to enter into non-knowledge, embracing all things and not just one. The revelation of what we really are, the rediscovery of what we have always been.

Recommended massage: **The Centre.**

It aims to illuminate the skin and relax the muscles of the face. It begins with the application of essential oils of lemon and lemon balm on the fingertips, where the energy lines that function on the muscles of head and face start. During the traditional draining massage, specific energy points on the head are stimulated with a profoundly relaxing effect. Here cromotherapy suggests yellow.

**MON / THU**  
**€ 115,00**

**FRI / SUN\***  
**€ 126,00**

GROUP SESSIONS FREE OF CHARGE  
PRIVATE SESSIONS

**MON / THU**  
**€ 110,00**  
(40 min.)

**FRI / SUN\***  
**€ 121,00**  
(40 min.)

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN *Il Simbolo della Vita*  
PRIVATE SESSIONS

**MON / THU**

**€ 160,00**  
(90 min.)

**FRI / SUN\***

**€ 176,00**  
(90 min.)

FOR TWO PEOPLE

**MON / THU**

**€ 190,00**

**FRI / SUN\***

**€ 209,00**

To find your way within the energy therapeutic garden, we suggest you look at the map of the outdoor wellness trails, available at the SPA Reception

## RUNNING CIRCUIT

*Nel Ritmo dei Passi il Vento e la Collina*

It winds for 2 km among hills and through woods and has an overall altitude difference of approximately 150 metres. It is particularly suitable for running lovers and for those who wish to begin their activities with effective walks.

## SKY FITNESS PATH

*La Forma e il Colore*

This trail consists of eleven stations where exercises to improve tone and muscular elasticity can be carried out.







03.

## FITNESS

A 24-hour fitness centre composed by a gym with the latest Technogym® equipment illuminated by natural light overlooking Lake Garda.

The fitness offer includes group sessions and muscle-awakening activities such as Qi Gong, Stretching and Body Tonic. Personal trainers are also available, for specific programmes.

### MOVEMENT ACTIVITIES

- Muscular awakening
- The Zuu Training
- Kettlebell
- Gag
- Flexi Bar
- Total Body Sculpt
- Total Abdominal
- Fitball
- Bender Ball
- Power Pump
- Circuit aimed at muscular strengthening
- Fitness path *La Forma e il Colore*
- Running circuit: *Nel Ritmo dei Passi il Vento e la Collina* (2 Km)
- TRX
- Rebounding
- Sky Fitness Circuit
- Barre Workout

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

**MON / THU**  
**€ 90,00\*\***  
 (40 min.)

**FRI / SUN\***  
**€ 99,00\*\***  
 (40 min.)

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN

*Il Simbolo della Vita*

PRIVATE SESSIONS

**MON / THU**  
**€ 160,00\*\***  
 (90 min.)

**FRI / SUN\***  
**€ 176,00\*\***  
 (90 min.)

FOR TWO PEOPLE

**MON / THU**  
**€ 190,00\*\***

**FRI / SUN\***  
**€ 209,00\*\***

### PERSONAL TRAINING

PRIVATE TRAINING SESSIONS

**MON / THU**  
**€ 90,00\*\***  
 (40 min. )

**FRI / SUN\***  
**€ 99,00\*\***  
 (40 min. )

**MON / THU**  
**€ 100,00\*\***  
 (50 min. )

**FRI / SUN\***  
**€ 110,00\*\***  
 (50 min. )

### WATER ACTIVITIES

- Acqua Gym
- Water Lefay

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

**MON / THU**  
**€ 90,00\*\***  
 (40 min.)

**FRI / SUN\***  
**€ 99,00\*\***  
 (40 min.)

### POSTURAL REBALANCE

- Pilates
- Stretching
- Postural gymnastics

GROUP SESSIONS FREE OF CHARGE

PRIVATE TRAINING SESSIONS

**MON / THU**  
**€ 100,00\*\***  
 (50 min.)

**FRI / SUN\***  
**€ 110,00\*\***  
 (50 min.)



## BREATHING ACTIVITIES

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- Stretching of the Meridians
- Qi Gong
- Yoga
- Meditation
- Anti-stress breathing exercises
- Five Animals Qi Gong
- Six Healing Sounds Qi Gong
- Five Tibetan Rites

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

**MON / THU**

**€ 90,00\*\***

(40 min.)

**FRI / SUN\***

**€ 99,00\*\***

(40 min.)

## FACE FITNESS

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FIT & FACE

Facial gymnastics to train the muscles in the face and attain a more refreshing and young look.

**MON / THU**

**€ 90,00\*\***

(60 min.)

**FRI / SUN\***

**€ 99,00\*\***

(60 min.)

## SELF FACEGYM

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Facial gymnastics aimed at reconnecting the mimic muscles with the inner energy and mind, by performing acupressure on certain points on the face. It helps to prevent the appearance of expression lines caused by muscular overtones and to regenerate vital energy, for a feeling of well-being that gives new light.

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

**MON / THU**

**€ 90,00\*\***

(40 min.)

**FRI / SUN\***

**€ 99,00\*\***

(40 min.)







# LEFAY SPA SIGNATURE TREATMENTS

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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 long-lasting 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 MESSAGES



#### 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.

**MON / THU**

**€ 115,00**

(50 min.)

**FRI / SUN\***

**€ 127,00**

(50 min.)



#### 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.

**MON / THU**

**€ 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).

**MON / THU**

**€ 115,00**

(body only, 50 min.)

**FRI / SUN\***

**€ 127,00**

(body only, 50 min.)

**MON / THU**

**€ 145,00**

(face and body with  
cupping, 75 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.)

**FRI / 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**

**€ 130,00**

(65 min.)

**FRI / SUN\***

**€ 143,00**

(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**

**€ 115,00**

(50 min.)

**FRI / SUN\***

**€ 127,00**

(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.

**MON / THU****€ 135,00**(50 min.+ 10 of  
moxibustion)**FRI / SUN\*****€ 149,00**(50 min.+ 10 of  
moxibustion)

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

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## BODY AND HEAD MASSAGES

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**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.

**MON / THU****€ 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.

**MON / THU****€ 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.

**MON / THU**

**€ 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.

**MON / THU**

**€ 115,00**

(50 min.)

**FRI / SUN\***

**€ 127,00**

(50 min.)



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

**NEW**

### 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.

**MON / THU**

**€ 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 *Il 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 micro-spheres 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.

**MON / THU**

**€ 85,00**

short (50 min.)

**FRI / SUN\***

**€ 94,00**

short (50 min.)

**MON / THU**

**€ 150,00**

long (90 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**

**€ 110,00**

(60 min.)

**FRI / SUN\***

**€ 121,00**

(60 min.)

#### CONTOURING WRAP *Carezza*

**MON / THU**

**€ 110,00**

(60 min.)

**FRI / SUN\***

**€ 121,00**

(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 Lefay 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 Lefay 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.

MON / THU

€ 150,00

(90 min.)

FRI / SUN\*

€ 165,00

(90 min.)

## FACE RITUALS

## FACIAL CLEANSING

Unico Cielo

Unblocking the pores and eliminating impurities means letting our skin breathe, 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

€ 140,00

(75 min.)

FRI / SUN\*

€ 154,00

(75 min.)

## FACIAL CLEANSING

Unico Cielo Short

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

MON / THU

€ 80,00

(45 min.)

FRI / SUN\*

€ 88,00

(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

€ 25,00

(20 min.)

FRI / SUN\*

€ 28,00

(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.)

**FRI / SUN\*****€ 110,00**

(60 min.)

**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****€ 160,00**

(75 min.)

**FRI / SUN\*****€ 176,00**

(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****€ 130,00**

(60 min.)

**FRI / SUN\*****€ 143,00**

(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 rests 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.

**MON / THU**  
**€ 190,00**  
(80 min.)

**FRI / SUN\***  
**€ 209,00**  
(80 min.)



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

NEW

### 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**  
**€ 140,00**  
(45 min.)

**FRI / SUN\***  
**€ 154,00**  
(45 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.

**MON / THU**

**€ 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

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.

**MON / THU**

**€ 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.

**MON / THU**

**€ 170,00**

(1 h, 30 min.)

**FRI / SUN\***

**€ 187,00**

(1 h, 30 min.)





### 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.

**MON / THU**

**€ 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**

**€ 75,00**

(25 min.+ 5 min.  
of relaxation)

**FRI / SUN\***

**€ 83,00**

(25 min.+ 5 min.  
of relaxation)

### LAVENDER RELAXING AND MOISTURIZING FACE RITUAL

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.

**MON / THU**

**€ 95,00**

(45 min.)

**FRI / SUN\***

**€ 105,00**

(45 min.)



# NON INVASIVE AESTHETIC MEDICINE

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## 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 &amp; 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 &amp; SPA Award 2016:

“Best Signature Treatment”



02.

## REGENERATIVE AESTHETICS



BIO

NEW

### 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**

BIO

NEW

### 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.)





# MEDICAL

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Specialist medical advice and therapies in the fields of Western medicine, natural medicine, osteopathy and physiotherapy. The offer also includes a wide range of specific checkups aimed at identifying the difficulties which may affect the body.

01.

## NATURAL MEDICINE

### ENERGY MEDICAL EXAMINATION

A seventeenth-century document described this as the song of the 10 questions since the energy doctor makes enquiries regarding certain characteristics of the body that range from dreams to digestion, trying to perceive any small changes in energy in the body before these changes develop into a disease. The doctor also observes the colouration of the skin, listens to the tone of the voice, asks about favourite foods and feels the radial pulses. This sequence allows an energy diagnosis to be made, according to which specific treatments, based on the changes encountered, are applied.

MON / THU

€ 95,00

(60 min.)

FRI / SUN\*

€ 105,00

(60 min.)

### ACUPUNCTURE

The human body is crossed by particular lines known as meridians, along which vital energy Qi flows. Poor Qi circulation is considered the cause of pain and illness. The energy balance of our body and therefore our state of well-being can be restored through acupuncture.

MON / THU

€ 140,00

examination and  
acupuncture session  
(60 min.)

FRI / SUN\*

€ 154,00

examination and  
acupuncture session  
(60 min.)

MON / THU

€ 110,00

acupuncture session  
(40 min.)

FRI / SUN\*

€ 121,00

acupuncture session  
(40 min.)

### MOXIBUSTION

Moxibustion is a Chinese therapeutic technique, whose name derives from the Japanese term Moe Kusa, which means “burning herb”. The treatment involves the application of heat to areas of skin near acupuncture points or energy pathways and its purpose is to boost the result of an energy treatment or massage.

MON / THU

€ 45,00

(20 min.)

FRI / SUN\*

€ 50,00

(20 min.)

### CUPPING

Therapeutic method used since ancient times. The application entails placing cups on acupuncture points, creating a suction effect to dispose of excess fluid and reactivate the energy flows throughout the body and is considered a “reflex-stimulating” therapy because it works on the so called reflex zones, improving the flow of energy and unlocking blockages. This aids respiratory and cardiovascular diseases, digestive and the osteoarticular system issues and headaches.

MON / THU

€ 45,00

(20 min.)

FRI / SUN\*

€ 50,00

(20 min.)

### ACULIFTING

The Aculifting treatment uses ancient methods of Chinese medicine to prevent and reduce the signs of ageing. Very thin needles are inserted in acupuncture points along the face's mimetic muscles in order to stimulate collagen production and blood circulation. After just one treatment skin appears firmer and rejuvenated, lines are reduced and the pores are tightened.

MON / THU

€ 115,00

(30 min.)

FRI / SUN\*

€ 127,00

(30 min.)

## NUTRITIONAL ENERGY CONSULTATION

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This consultation is aimed at changing food habits by educating guests on the nutritional characteristics of various foods and the psychological processes that determine our attitudes towards food. The menu is particularly suited to people who are overweight, but also to those who want to choose a flavoursome, light, detoxifying and healthy way of eating. According to each one's energy constitution the doctor will select a personalised dietary programme.

**MON / THU**  
**€ 95,00\*\***

**FRI / SUN\***  
**€ 105,00\*\***

## PHYTOTHERAPY CONSULTATION

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According to the energy examination carried out by the Doctor to determine the individual energy syndrome and constitution, a specific healing herbal infusion is prescribed. Western provenance medical plants are offered both because of their intrinsic characteristics (for example, the birch for its diuretic and anti-inflammatory properties) and their energy qualities.

**MON / THU**  
**€ 90,00\*\***

**FRI / SUN\***  
**€ 99,00\*\***

02.

## MASSAGE AND PHYSIOTHERAPY

This physiotherapeutic practice employs massages in order to improve physiological activities of specific body regions. It consists of a series of different techniques carried out to relieve muscle or joint pain, reduce tension and muscle fatigue, tone the volume of certain tissues and improve the person's psychological well-being.

## POSTURAL EVALUATION

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**MON / THU**  
**€ 90,00\*\***

**FRI / SUN\***  
**€ 99,00\*\***

## MASSOPHYSIOTHERAPY TREATMENT

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Improves circulation, accelerate the supply of oxygen and nutrients and the removal of metabolic waste. It has an antispasmodic action on the muscles, relieves muscle, back and neck pain.

**MON / THU**  
**€ 105,00\*\***

**FRI / SUN\***  
**€ 116,00\*\***

## MYOFASCIAL RELEASE POSTURAL MASSAGE

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The massage is particularly effective for treating stiffness and contractures of muscles, also in chronic situations. The benefits include improved posture, and resolving muscle and joint pain.

**MON / THU**  
**€ 100,00\*\***

**FRI / SUN\***  
**€ 110,00\*\***

03.

## OSTEOPATHY

The ultimate objective of this therapy is good health, achieved by reducing pain, improving joint function, treating physiological dysfunctions and removing obstacles for optimal nerve transmission.

It is a type of alternative medicine that uses manipulation techniques aimed at restoring the overall balance of the body, its functions and its well-being. Osteopathy treats the individual as a whole, as a system composed of muscles, skeletal structures and internal organs connected in the nerve centres of the spine. Each constituent part of the person (psyche included) depends on the other ones and their correct functioning ensures the well-being of the entire organism.

### OSTEOPATHY MANIPULATIVE TREATMENT

This is a process by which the body is guided to find harmony and integration between body, mind and spirit, which restores the self-healing powers of the individual. Because it acts primarily on bone and skeletal structures, it is more suitable for issues such as sports injuries or back pain.

**MON / THU**  
**€ 115,00\*\***

**FRI / SUN\***  
**€ 127,00\*\***

### CRANIOSACRAL TREATMENT

The name "craniosacral osteopathy" comes from the bone structures around our nervous system (skull and sacrum), protecting the brain and spinal cord. The manipulation of these parts works on the connection between the body and the skull, harmonising our functions and our psychological state. This treatment is relaxing and ideal in cases of headache, stress and neck tensions.

**MON / THU**  
**€ 130,00**  
(50 min.)

**FRI / SUN\***  
**€ 143,00**  
(50 min.)

### OSTEOPATHY CONSULTATION

Consultation with a manual diagnostic and therapeutic approach that treats the dysfunctions of joint mobility and tissue injury.

**MON / THU**  
**€ 55,00\*\***

**FRI / SUN\***  
**€ 61,00\*\***

### OSTEOPATHIC CERVICAL MASSAGE

A treatment for people who suffer from cervical muscle tension and would like to get rid of it while enjoying a relaxing massage. The session aims primarily to rebalance the postural alignment, followed by a fascial release of the neck muscles and an osteopathic correction of the unaligned vertebra, that often cause various forms of neck and shoulder pain. Finally, a relaxing massage to soften the muscles and release all residing tensions.

**MON / THU**  
**€ 115,00**  
(45 min.)

**FRI / SUN\***  
**€ 127,00**  
(45 min.)



04.

## HEALTH CHECK-UPS

### FOOD INTOLERANCE TEST

Test ImuPro

Many studies have shown a relationship between food intolerances, excess weight, skin conditions and digestive disorders. This test, performed using the ELISA methodology, highlights any hypersensitivity to 90 or 180 foods, creating a personalised nutritional profile. It is recommended for the overweight, those suffering from shortness of breath or sleep apnoea, and before beginning a responsible weight-loss programme. The test is carried out by sampling the capillary blood.

ImuPro Basic 90 € 185,00

ImuPro Basic 90 (vegetarian) € 185,00

ImuPro Basic 180 € 245,00

### INSOMNIA CHECK-UP

Buonanotte Hormonal Profile

This helps to determine the evening concentration of melatonin, an essential neurohormone that regulates the sleep-wake cycle. Recommended for those who have difficulty falling asleep, insomnia, severe psychophysical stress and anxiety. The test is carried out on a sample of saliva.

€ 105,00

### INTESTINAL CHECK-UP

Test microflora

Dysbiosis is a state of altered ecology of the microflora that may be present in the oral cavity and gastrointestinal tract. In cases of dysbiosis, organisms with low intrinsic virulence, such as bacteria, yeasts and protozoa, can induce disease by manifesting themselves through alterations in nutritional or immune status.

€ 195,00

05.

## MEDICAL CONSULTATIONS

### GENERAL PSYCHOSOMATIC CONSULTATION

Why do diseases arise and how can we drive them away? When we experience an illness, we can lose clarity and control over our emotions. This makes us more vulnerable to inner fears and doubts. Looking at the disease from the point of view of the body, on a physical level, can restore clarity and help us to find the logical and natural source of what we are going through, helping us overcome it. Interview carried out by a psychotherapeutic doctor.

MON / THU

€ 195,00

(60 min.)

FRI / SUN\*

€ 215,00

(60 min.)

### PSYCHOTHERAPEUTIC MEDICAL CONSULTATION

A time for dialogue between the psychotherapist and the Guest, who can share personal physical and psychological conditions that manifest themselves in emotional experiences, significant biographical episodes, dreams and personality traits. Using an overview that combines Chinese Medicine with deep psychology, it is possible to expand our diagnostic understanding of an individual's condition and, consequently, determine the most appropriate therapeutic approach.

MON / THU

€ 100,00

(50 min.)

FRI / SUN\*

€ 110,00

(50 min.)



# WELLNESS AND BEAUTY PROGRAMMES

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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.

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## FACE

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### REJUVENATE BEAUTY

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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

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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)

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## BODY

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### TONING

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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

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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

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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

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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

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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.





## À LA CARTE SPA

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This wide offering of treatments includes Thalasso facial and body treatments, Western and Eastern massages and rituals from different traditions.

01.

## THALASSOTHERAPY

This is an ancient therapy whose origins can be traced back to the Greeks. It utilises the synergic action of valuable substances contained in algae and marine derivatives, including minerals and trace elements, to give the body beauty and shape. Some of the treatments are carried out by making use of the beneficial properties of Dead Sea salt and mud which are rich in minerals and trace elements that have made it over the centuries a miraculous therapeutic and skin care product.

### WRAP WITH MARINE ALGAE

Body toning, detoxifying and slimming

A true cure for your organism: rich in vitamins, trace elements and minerals, the algae are applied on the whole body and have a toning, slimming and detoxifying effect, helping contrasting cellulite and draining the skin. This treatment ends with a brief massage.

**MON / THU**
**€ 110,00**

(60 min.)

**FRI / SUN\***
**€ 130,00**

(60 min.)

### LA LUNA NEL LAGO

Salt-water lake

The high temperature of this salt-water lake, approximately 36°-38 °C, allows the body to absorb the trace elements and minerals from the marine salt dissolved in the water. It has a draining, detoxifying and relaxing effect. Duration 30 minutes, alternating between bathing and relaxation. Recommended in association with all Thalassotherapy treatments.

**MON / THU**
**€ 30,00**

per person (up to  
6 people)

**FRI / SUN\***
**€ 35,00**

per person (up to  
6 people)

**MON / THU**
**€ 80,00**

per couple  
(exclusive use)

**FRI / SUN\***
**€ 88,00**

per couple  
(exclusive use)

### AQUARELLE ALLE ALGHE MARINE

Facial purifying and energising

Deep treatment for impure or acne-prone skin. A real "Thalasso facial" treatment to cleanse, stimulate and rebalance the vital functions of the skin. Great for those who need a deep cleansing and detoxification after having not performed facial cleansing for a while or due to particularly impure skin.

**MON / THU**
**€ 150,00**

(90 min.)

**FRI / SUN\***
**€ 165,00**

(90 min.)

NEW

### SULLE RIVE DEL MARE

Introduction to the marine world

This relaxing and detoxifying remineralising ritual begins with a bath in the salt-water lake *La Luna nel Lago*, with a temperature of around 36°-38°C, which allows the body to absorb the trace elements and minerals of the sea salt dissolved in the water, for a draining, detoxifying and relaxing effect. This is followed by a seaweed wrap rich in vitamins, trace elements and mineral salts with a toning, slimming and cleansing effect. The ritual ends with a deep and purifying "Thalasso facial treatment" to energise and rebalance the skin's vital functions. This ritual has been designed for deep purification and regeneration of body and face.

**MON / THU**
**€ 260,00**

(2 h, 50 min.)

**FRI / SUN\***
**€ 286,00**

(2 h, 50 min.)

02.

## WESTERN MASSAGES



### LEFAY WELCOME MESSAGE

This massage relaxes the muscles of the back and delivers a profound sensation of well-being thanks to the purest essential oils of Lavender and Lemons, typical essences of Lake Garda.

**MON / THU**  
**€ 45,00**  
(20 min.)

**FRI / SUN\***  
**€ 50,00**  
(20 min.)



### TENSION-RELIEVING NECK AND BACK

This massage relaxes the muscles and promotes re-alignment of the spine, providing immediate relief.

**MON / THU**  
**€ 75,00**  
(30 min.)

**FRI / SUN\***  
**€ 83,00**  
(30 min.)



### CALIFORNIAN

Relaxing and calming massage that, thanks to the soft and light movements, frees the mind from thoughts conferring psychophysical wellbeing. Dedicated to those who want to enjoy a moment of pure relax, to those who want to experience an enveloping and delicate massage. It is very useful for very stressed and tired people.

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

**FRI / SUN\***  
**€ 110,00**  
(50 min.)



### CONNECTIVE

This massage reactivates the circulation and improves trophism in the tissues. The skin becomes supple and compact and the body rediscovers lightness.

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

**FRI / SUN\***  
**€ 110,00**  
(50 min.)



### FOOT REFLEXOLOGY

Feet reflect the entire human body like a mirror. With deep and light pressures we try to re-establish a balance within the body by massaging the feet in ways that match our mental and physical well-being, starting from a holistic vision aimed at increasing awareness and awakening the resources within us all.

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

**FRI / SUN\***  
**€ 110,00**  
(50 min.)



### KIDS FOOT TREATMENT

This is a short, pleasurable treatment for children, which is very relaxing with benefits on the circulation and small muscular tensions.

**MON / THU**  
**€ 45,00**  
(20 min.)

**FRI / SUN\***  
**€ 50,00**  
(20 min.)



### DEEP TISSUE

This massage uses a technique that is aimed at treating deep muscles of the miofascial system, acting on structures that are difficult to treat with other methods.

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

**FRI / SUN\***  
**€ 127,00**  
(50 min.)



## HAEMOLYMPHATIC

This massage improves the blood circulation and has a considerable draining action. It is perfect for reshaping body contours and delivering lightness to the body. Excellent also if associated with body beauty treatments.

**MON / THU**

**€ 100,00**

(50 min.)

**FRI / SUN\***

**€ 110,00**

(50 min.)

## MASSAGE WITH HOT MUD

Aromatic Hot Lefay SPA mud, known as *Il Potere del Cielo e della Terra*, is used to make this massage a particularly pleasant experience.

Rich in oils, clays, sulphates and montmorillonite, the mud performs an osmotic detoxifying and antioxidant action.

**MON / THU**

**€ 120,00**

(60 min.)

**FRI / SUN\***

**€ 132,00**

(60 min.)

## CANDLE MASSAGE

A relaxing massage carried out using the warm oils of perfumed candles. It relieves tension and delivers new and pleasant sensations to the body.

**MON / THU**

**€ 100,00**

(45 min.)

**FRI / SUN\***

**€ 110,00**

(45 min.)

## CONTOURING FACIAL MASSAGE

With a sculpting, toning and draining action achieved through a combination of manoeuvres performed along the system of all the mimetic facial muscles. It energizes the elastic fibres and stimulates the production of collagen, increases firmness and restores life to tired skin. The use of organic Lefay SPA anti-ageing Cosmetic Oil accelerates skin regeneration.

**MON / THU**

**€ 100,00**

(40 min.)

**FRI / SUN\***

**€ 110,00**

(40 min.)



## PRENATAL TREATMENTS

Specific treatments for both expectant women (after 4th month) and the breastfeeding period. These massages are dedicated to this period of transformation of the female body and help you rapidly rediscover form and give you moisturised, supple and nourished skin.

Lefay Extra-Virgin Olive Oil, draining and moisturizing massage

**MON / THU**

**€ 90,00**

(50 min.)

**FRI / SUN\***

**€ 99,00**

(50 min.)

Legs Massage *Gambe Leggere*

**MON / THU**

**€ 50,00**

(30 min.)

**FRI / SUN\***

**€ 55,00**

(30 min.)



## RELAXING FOOT TREATMENT FOR PREGNANCY

Dolce Attesa

A gentle foot massage aimed at stimulating lymphatic drainage, which improves and promotes blood circulation and has a relaxing effect on the nervous system.

**MON / THU**

**€ 80,00**

(30 min.)

**FRI / SUN\***

**€ 88,00**

(30 min.)



03.

## EASTERN MASSAGES AND RITUALS



### NEI GONG TUINA 推拿

Tui Na (tūi means press, and ná means hold) is an ancient Chinese massage technique that dates back to the Ming dynasty (400 BC). It works by balancing the Yin and Yang, by dissolving energy blockages and strengthening the immune system. Gentle, energising, continuous and deep: these are the adjectives that best describe this massage. It perfectly integrates with acupuncture, moxibustion and cupping. Ideal for rebalancing the emotional sphere and treating symptoms such as migraine, insomnia, dyspepsia, backache, neck pain and scapular-humeral periarthritis.

MON / THU

€ 115,00

(50 min.)

FRI / SUN\*

€ 127,00

(50 min.)



### GUA SHA FACIAL TREATMENT

An innovative face massage created according to the principles of holistic beauty. *Gua Sha* an ancient Chinese medicine practice mainly widespread throughout Asia. Specific instruments made of jade or horn are repeatedly passed over the skin of the face to drain ducts and activate blood circulation. This technique is associated with a facial toning massage performed using olive oil. Oval of the face seems redesigned, the skin appears naturally bright and a profound sense of relaxation is conveyed.

MON / THU

€ 115,00

(50 min.)

FRI / SUN\*

€ 127,00

(50 min.)



### GUA SHA LEGS

A massage with a draining and anti-cellulite action performed using *Gua Sha*, a Chinese technique that stimulates the duct areas and the needle accumulation points according to specific manipulation techniques, with a special focus on the legs and buttocks. An immediate and pleasant sensation of lightness is felt in the legs. This is due to the draining action of the manual techniques, which reshape the silhouette and tone the skin.

MON / THU

€ 115,00

(50 min.)

FRI / SUN\*

€ 127,00

(50 min.)

### SHIATSU

This treatment uses a technique based on pressure. It is aimed at reawakening the vital energy and the power of self-healing. Shiatsu can alleviate strong physical and psychological pain (such as anguish and discouragement etc.). It provides an immediate feeling of wellbeing and induces a state of balance and harmony with oneself and the surrounding environment.

MON / THU

€ 125,00

(65 min.)

FRI / SUN\*

€ 138,00

(65 min.)

### ASHIATSU

An ancient massage technique that involves pressure to the feet, following the flow of the Yin meridians (earth) and Yang meridians (sky). It disperses localised tensions, rebalancing the flow of Qi and freeing the joints. It helps to lengthen the spinal column and improve posture. Its increases physical, mental and emotional awareness.

MON / THU

€ 120,00

(60 min.)

FRI / SUN\*

€ 132,00

(60 min.)



## BACK TIBETAN

The combined action of relaxing manual techniques, hot sponging and cupping delivers wellness and relaxation to the back. The sound of the Tibetan bells reawakens the most silent body areas that have lost elasticity and the ability to be in harmony with the entire body.

**MON / THU**

**€ 110,00**

(50 min.)

**FRI / SUN\***

**€ 121,00**

(50 min.)



## LOMI LOMI

This massage belongs to ancient Hawaiian traditions. The therapist touches the body with long and rhythmic movements, called Hula. Extremely pleasant and very relaxing, it alleviates stress and increases body energy.

**MON / THU**

**€ 125,00**

(50 min.)

**FRI / SUN\***

**€ 138,00**

(50 min.)



## STONE THERAPY

This is carried out with hot pumice stones, which retain heat and release it slowly. It is indicated for muscular and rheumatic pain and back ache, improving the mobility of muscles and joints. It helps to improve mood and is beneficial to the well-being of the soul.

**MON / THU**

**€ 150,00**

(80 min.)

**FRI / SUN\***

**€ 165,00**

(80 min.)

## THAI

This is a massage that involves using the palm of the hand and thumb to exert pressure on energy lines. Combined with the passive stretching of all limbs, it improves circulation and makes the body more supple.

**MON / THU**

**€ 135,00**

(60 min.)

**FRI / SUN\***

**€ 149,00**

(60 min.)

## AYURVEDA

An ancient Indian discipline practiced to treat the individual naturally and harmonize the three Dosha: VATA – movement, PITTA – metabolism, KAPHA – structure.



## SHIRODHARA WITH HEAD MASSAGE

A continuous stream of oil on the forehead combined with a relaxing massage over the head and neck will make all tensions disappear.

**MON / THU**

**€ 100,00**

(40 min.)

**FRI / SUN\***

**€ 130,00**

(40 min.)



**NEW**

## SHIRO-DARA WITH SNEHANA

Oiling of the body, with harmonic, caressing movements to balance the body's energy. Sesame oil is combined with the massage to eliminate toxins known as "AMA".

The treatment continues by pouring warm oil on the forehead in a constant and regular flow. As the stress and tension are released from the body and mind, the perceptive capacities are enhanced, the scalp is revitalised and the facial skin is regenerated.

**MON / THU**

**€ 190,00**

(80 min.)

**FRI / SUN\***

**€ 209,00**

(80 min.)



## ABHYANGA

An energising massage characterized by harmonic movements that create heat in order to eliminate the toxins known as AMA. The back is relieved and toned with warming movements from the sacrum to the head. The head and neck are treated in order to create a soothing and relaxing action.

**MON / THU**

**€ 145,00**

(80 min.)

**FRI / SUN\***

**€ 160,00**

(80 min.)

## POLYNESIAN RITUAL\*\*

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A journey among the perfumes of Polynesia. The first stop is Taha'a, the Vanilla Island, with a scrub containing coconut shell fibre, white sand, vanilla and sea salt. We then move on to Manihi, where the body is purified and hydrated in Bagno delle Lagune (Lagoon bath). The journey continues on to Bora Bora, where the body abandons the rhythm of Tuiponos with a relaxing massage. The ritual is concluded at Raiatea, the sacred island, where the body is sublimed with sacred Polynesian oil.

### MON / THU

**€ 280,00**

(2 h, 15 min.)

### FRI / SUN\*

**€ 308,00**

(2 h, 15 min.)

## HAMMAM RITUAL\*\*

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This face and body purification ritual is the Lefay SPA re-interpretation of an ancient Middle Eastern tradition carried out in the Ovidio Private SPA. It begins with a steam bath (calidarium) to prepare the skin for exfoliation using black soap and the Kassa glove. This is followed by a Rhassoul mud body pack and finally a relaxing massage with pure shea butter. Each stage of the body ritual will be accompanied by a face treatment that uses natural products based on black soap, argan oil, donkey's milk and rose essential oil for a final result of maximum relaxation and glowing skin.

### MON / THU

**€ 280,00**

long version,  
(2 h, 30 min.)  
face and body

### FRI / SUN\*

**€ 308,00**

long version,  
(2 h, 30 min.)  
face and body

### MON / THU

**€ 230,00**

short version,  
body only  
(2 h)

### FRI / SUN\*

**€ 253,00**

short version,  
body only  
(2 h)

## RITUAL WITH SHEA BUTTER AND ARGAN OIL\*\*

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Dedicated to dry skin, it nourishes and hydrates the body to result in smooth and soft skin. This treatment exploits the extraordinary properties of the argan oil: antioxidants, soothing and moisturizing.

### MON / THU

**€ 150,00**

(75 min.)

### FRI / SUN\*

**€ 165,00**

(75 min.)



# FOR COUPLES

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Lefay SPA 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.

01.

## PRIVATE SPA

Inspired by Greek mythology, the two splendid Lefay Private SPAs offer settings and wellness packages for couples to share, while savouring the enjoyment of treatments in total relaxation. Inside our Private SPA personalized couple treatments may also be carried out (please contact our SPA Reception for further information).

### OVID, PHILEMON AND BAUCIS

This evokes the myth of Philemon and Baucis, who welcomed the gods to their humble home, receiving as a reward a temple and the promise that they would remain together forever as two splendid trees. The rituals recall the joy, the simplicity and warmth of a welcome and deliver a sense of immense serenity.

LEFAY WELCOME RITUAL:

### THE GROTTA OF THE GODS

Jets of steam enriched with with Mediterranean essences flow from this grotto, which is made entirely of stone. As well as purifying the body, the treatment exerts a beneficial action on the respiratory system and tones the tissues.

### SMOOTHING SALT AND CAPERS TREATMENT WITH OLIVE OIL

Exfoliating and restructuring preparatory treatment, performed with natural local products, such as capers with antioxidant properties, Lefay Extra Virgin Olive Oil, salt and the gentle aromatic notes of Lavender which relax the mind. As a result, the skin is soft and velvet.

### MASSAGE WITH GRAPESEED AROMATIC OIL

An enveloping massage with grapeseed aromatic Oil and warm herbal bundles; it relaxes the body and soothes the mind.

### A MOMENT OF RELAXATION WITH OVID'S REFRESHMENTS

To make this couples' ritual even more pleasurable, the relaxation stage is accompanied by a non-alcoholic cocktail flavoured with seasonal fruit and fragrances and homemade biscuits.

**MON / THU**

**€ 530,00**

per couple  
(programme of  
2 h, 30 min.)

**FRI / SUN\***

**€ 583,00**

per couple  
(programme of  
2 h, 30 min.)

The Private SPA Programme Ovid, Philemon and Baucis is also offered in a short version (Grotto of the Gods, Massage with grapeseed aromatic oil and a moment of relaxation with Ovid's refreshments).

**MON / THU**

**€ 380,00**

per couple  
(programme of  
1 h, 30 min.)

**FRI / SUN\***

**€ 418,00**

per couple  
(programme of  
1 h, 30 min.)



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## DAPHNE, APOLLO AND EROS

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This programme is inspired by the legend of the very beautiful Daphne, with whom Apollo, god of the sun, fell hopelessly in love after seeing her in the clear waters of a lake surrounded by white scented flowers.

LEFAY WELCOME RITUAL:

### DIVINE SPLENDOUR FOR HIM AND FOR HER

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Face treatment: a delicate scrub is combined with a toning and relaxing massage to restore radiance to the skin; the final face mask delivers incredible softness, improving hydration and leaving the skin as velvety as a rose petal.

### THE LAKE OF THE NYMPHORES

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Immersed in a romantic and sensual setting, this pool is surrounded by soft candlelight and filled with perfumed rose petals that gently brush the skin. The water, which is enriched with valuable essential oils with beneficial properties, eliminates stress and tiredness.

### DAPHNE'S MASSAGE

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Dedicated to the gentleness of Daphne, this massage is carried out using perfumed oils, thus evoking bucolic scenes and flower-filled pastures. The gentle manual techniques, combined with the delicate use of bamboo canes on certain parts of the body, like waves rippling across the water, bring the body and mind to a state of absolute relaxation.

## A MOMENT OF RELAXATION WITH DAPHNE, APOLLO AND EROS REFRESHMENTS

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This romantic and relaxing programme is completed by a delicious non-alcoholic cocktail, the Ambrosia of Lefay Cupid and delicious nibbles prepared by our chef.

**MON / THU**

**€ 530,00**

per couple  
(programme of  
2 h, 30 min.)

**FRI / SUN\***

**€ 583,00**

per couple  
(programme of  
2 h, 30 min.)

The Private SPA Programme Daphne, Apollo and Eros is also offered in a short version (The Lake of the Nymphs, Daphne's Massage and A moment of relaxation with Daphne, Apollo and Eros refreshments).

**MON / THU**

**€ 380,00**

per couple  
(programme of  
1 h, 30 min.)

**FRI / SUN\***

**€ 418,00**

per couple  
(programme of  
1 h, 30 min.)

02.

## RITUALS FOR COUPLES

### CANDLE MASSAGE IN SPA SUITE

A sensual couple's ritual that indulges all the senses: the light emanating from the candle creates the atmosphere and acts as chromotherapy, while its perfume (aromatherapy) induces a feeling of relaxation. An unforgettable experience to share with a partner.

**MON / THU****€ 200,00**

per couple (45 min.)

**FRI / SUN\*****€ 220,00**

per couple (45 min.)

### HAWAIIAN RITUAL

A sensorial and olfactory journey that will make you discover the characteristic perfumes of Hawaii. A body scrub with finely chopped coconut and vanilla oil prepares the skin for a sensual massage along the body's meridians using hot shells from the islands. To make this treatment even more pleasant, the final moment of relaxation is accompanied by an exotic fruit cocktail.

**MON / THU****€ 400,00**per couple  
(1 h, 50 min.)**FRI / SUN\*****€ 440,00**per couple  
(1 h, 50 min.)

### HAMMAM RITUAL

This face and body purification ritual is the Lefay SPA re-interpretation of an ancient Middle Eastern tradition. It begins with a steam bath (calidarium) to prepare the skin for exfoliation using black soap and the Kassa glove. This is followed by a Rhassoul mud body pack and finally a relaxing massage with pure shea butter. Each stage of the body ritual will be accompanied by a face treatment that uses natural products based on black soap, argan oil, donkey's milk and rose essential oil for a final result of maximum relaxation and glowing skin.

**MON / THU****€ 530,00**per couple  
(2 h, 30 min.)**FRI / SUN\*****€ 583,00**per couple  
(2 h, 30 min.)**MON / THU****€ 420,00**per couple  
Short version (2 h)**FRI / SUN\*****€ 462,00**per couple  
Short version (2 h)

## POLYNESIAN RITUAL

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A journey among the perfumes of Polynesia. The first stop is Taha'a, the Vanilla Island, with a scrub containing coconut shell fibre, white sand, vanilla and sea salt. We then move on to Manihi, where the body is purified and hydrated in Bagno delle Lagune (Lagoon bath). The journey continues on to Bora Bora, where the body abandons the rhythm of Tuiponos with a relaxing massage. The ritual is concluded at Raiatea, the sacred island, where the body is sublimed with sacred Polynesian oil.

### MON / THU

**€ 530,00**

per couple  
(2 h, 15 min.)

### FRI / SUN\*

**€ 583,00**

per couple  
(2 h, 15 min.)



## FRAGRANCES OF THE LAKE RITUAL

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In this sensual journey for two, the senses are lost among the colours of the lake and the surrounding vegetation evoked within the inspiring Daphne Private SPA. The ritual begins with immersion in the lake of the nymphs, enriched with the precious essential oils of Lavender and Lemon, creating an atmosphere of romance. This is followed by a nurturing facial and body massage, in which the distinctive Lefay organic cosmetic oils and the scents of Extra Virgin Olive Oil, Citrus and Grapes from local vineyards are used in succession. A moment of poetry to share together.

### MON / THU

**€ 420,00**

per couple  
(1 h, 45 min.)

### FRI / SUN\*

**€ 462,00**

per couple  
(1 h, 45 min.)



# BEAUTY AND HAIR SPA

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Professional beauty services dedicated  
to beauty and health of the hair.

01.

## BEAUTY AESTHETIC AND MAKE-UP

### LADY AND GENTLEMAN DEPILATION

#### MANICURE

MON / THU	FRI / SUN*
€ 60,00	€ 66,00

#### AESTHETIC PEDICURE

MON / THU	FRI / SUN*
€ 65,00	€ 72,00

#### HEALING PEDICURE

MON / THU	FRI / SUN*
€ 75,00	€ 83,00

#### LEFAY SPA MANICURE

MON / THU	FRI / SUN*
€ 120,00	€ 132,00

#### LEFAY SPA PEDICURE

MON / THU	FRI / SUN*
€ 120,00	€ 132,00

#### SEMI-PERMANENT NAIL POLISH

MON / THU	FRI / SUN*
from € 25,00	from € 28,00

#### NAIL WHITENING

MON / THU	FRI / SUN*
€ 20,00	€ 22,00

#### EYEBROW DYE

MON / THU	FRI / SUN*
€ 30,00	€ 33,00

#### EYELASH DYE

MON / THU	FRI / SUN*
€ 50,00	€ 55,00

#### LASH LIFT

MON / THU	FRI / SUN*
€ 100,00	€ 110,00

#### DAY MAKE UP

MON / THU	FRI / SUN*
€ 80,00	€ 88,00

#### EVENING MAKE UP

MON / THU	FRI / SUN*
€ 90,00	€ 99,00

02.

## COIFFEUR

#### HAIR STYLING

MON / THU	FRI / SUN*
from € 45,00 to € 65,00	from € 50,00 to € 72,00

#### HAIRCUT, WOMEN

MON / THU	FRI / SUN*
€ 55,00	€ 61,00

#### HAIRCUT, MEN

MON / THU	FRI / SUN*
€ 45,00	€ 50,00

#### HAIR COLOUR

MON / THU	FRI / SUN*
€ 75,00	€ 83,00

#### MECHES (BLEACHING)

MON / THU	FRI / SUN*
from € 95,00 to € 125,00	from € 105,00 to € 138,00

#### GLOSS (SHINING EFFECT)

MON / THU	FRI / SUN*
€ 55,00	€ 61,00



03.

## HAIR TREATMENTS – LA BIOSTHETIQUE MÉTHODE

### MÉTHODE NORMALISANTE

Synergistic treatment per oily scalps

**MON / THU**  
**€ 20,00**

**FRI / SUN\***  
**€ 22,00**

### MÉTHODE PELLICULES

Synergistic treatment against dandruff

**MON / THU**  
**€ 20,00**

**FRI / SUN\***  
**€ 22,00**

### MÉTHODE RÉGÉNÉRANTE

Adjuvant synergistic treatment against hair loss

**MON / THU**  
**€ 20,00**

**FRI / SUN\***  
**€ 22,00**

### EPICELAN CLARIFIANT

Exfoliation dedicated to the scalp

**MON / THU**  
**€ 30,00**

**FRI / SUN\***  
**€ 33,00**

### ISOBIOS

Detox treatment with a sauna effect  
to eliminate toxins in the scalp

**MON / THU**  
**€ 40,00**

**FRI / SUN\***  
**€ 44,00**

### TREATMENT IN AN AMPOULE

For different alterations of the scalp

**MON / THU**  
**€ 16,00**

**FRI / SUN\***  
**€ 18,00**

### INTENSE MASK

Restructuring mask with intense action for  
damaged hair

**MON / THU**  
**€ 20,00**

**FRI / SUN\***  
**€ 22,00**

### NOURISHING MASK WITH OILS

Moisturising/nutrient treatment for slightly  
damaged hair

**MON / THU**  
**€ 20,00**

**FRI / SUN\***  
**€ 22,00**

### PEELING

Scalp detox treatment

**MON / THU**  
**€ 30,00**

**FRI / SUN\***  
**€ 33,00**



# USEFUL INFORMATION

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## BOOKING AND CANCELLATION CLAUSES REGARDING TREATMENTS AND PACKAGES

We suggest you to make reservations well in advance to ensure the preferred treatments. Please give us 24 hrs notice if you need to cancel a treatment and a 72 hrs notice in case of packages and programmes, otherwise the full amount of the treatment/programme will be charged. Please contact our SPA reception desk to make your reservation or cancel a fixed treatment at +39 0365 241887.

## PRICES

Each programme and treatment offered has a double price: the first, marked MON / THU, applies if the activity is carried out on a day between Monday and Thursday; the second, marked FRI / SUN, applies if the activity is carried out on a day between Friday and Sunday or on a public holiday.

## WHAT TO BRING

In your room you will find a SPA Bag containing a bathrobe and a pair of flip flops. We recommend to bring with you a tracksuit and trainers for fitness activities and the outdoor trails. Please make sure you come to the SPA reception about 10 minutes before your booked treatment.

## SPA RULES

Lefay SPA is a temple of wellness and tranquillity. For your own relaxation, we ask you not to use cell phones or electronic devices. Guests with health problems such as high blood pressure, heart problems etc., and pregnant women are kindly requested to fill in the health status form and to consult our SPA Reception before booking the treatments.

## LOST ITEMS AND DAMAGE

Lefay Resort & SPA Lago di Garda shall not be held liable for lost items or damage to personal and valuable items. For this reason, please do not leave anything unattended. In any case, if items are found, they will be taken to the main reception.

# LEFAY SPA AWARDS

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## 2021

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World SPA & Wellness Awards: "WORLDWIDE HEALTH & WELLNESS DESTINATION OF THE YEAR"

World Luxury SPA Awards: "LUXURY DESTINATION SPA" in Italy

World Luxury Hotel Awards: "LUXURY SPA & HEALING RETREAT" in Southern Europe

Condè Nast Traveller Readers' Choice Awards: "WORLD'S TOP 30 SPA DESTINATIONS"

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## 2020

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World SPA & Wellness Awards: finalist as "WORLDWIDE HEALTH & WELLNESS DESTINATIONS"

World Luxury Hotel Awards: "LUXURY HIDEAWAY RESORT" in Europe

World Luxury SPA Awards: "LUXURY DESTINATION SPA" in Italy

European Health & SPA Award: "BEST SPA DESTINATION"

Condè Nast Traveller Readers' Choice Awards: "WORLD'S TOP 30 SPA DESTINATIONS"

Small Luxury Hotels of The World Awards: "HOTEL OF THE YEAR"

SPA Star Awards 2020: "SPECIAL AWARD"

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## 2019

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Finalist at the Condè Nast Johansens Awards for Excellence: "BEST DESTINATION SPA"

Haute Grandeur Global SPA Awards, Lefay SPA Garda: "BEST DESTINATION SPA EUROPE", "BEST ECO SPA EUROPE", "BEST HEALTH & WELLNESS SPA ITALY"

Condè Nast Traveller Readers' Choice Awards: "TOP 30 SPA DESTINATIONS IN THE WORLD"

World Luxury SPA Awards: "BEST LUXURY ECO-SPA IN SOUTHERN EUROPE"

World Luxury SPA Awards: "BEST UNIQUE SPA EXPERIENCE"

World Luxury SPA Awards: "BEST LUXURY DESTINATION SPA" IN ITALY

European Health & SPA Award: "BEST DESTINATION SPA IN EUROPE"

European Health & SPA Award: "BEST SIGNATURE TREATMENT" a *"I Colori dell'Uomo"*

Italian SPA Awards: "BEST DESTINATION SPA IN ITALY"

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## 2018

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SLH Awards: SHORTLISTED FINALIST "MOST SENSATIONAL SPA"

Seven Stars Luxury Hospitality & Lifestyle Awards: "SIGNUM VIRTUTIS A LEFAY SPA"

Condè Nast Traveller Readers' Travel Awards: "TOP 20 SPA DESTINATIONS IN THE WORLD"

World Luxury SPA Awards: "BEST UNIQUE SPA EXPERIENCE" IN SOUTHERN EUROPE AND "BEST LUXURY DESTINATION SPA" IN ITALY

European Health & SPA Award: "BEST SPA DESTINATION"

European Health & SPA Award: "BEST SIGNATURE TREATMENT" to *"Il Cerchio della Luna"*

Traveller's World Awards: "FIRST PLACE IN THE TOP 10 SPAS IN THE WORLD"

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## 2017

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World Boutique Hotel Awards:  
"WORLD'S BEST WELLNESS SPA"

Small Luxury Hotels Awards:  
"MOST SENSATIONAL SPA"

World Luxury Spa Awards:  
"BEST LUXURY ECO-SPA"

European Health & SPA Award:  
"BEST DESTINATION SPA"

Prime Traveller Awards:  
"BEST WELLNESS CLINIC"

Tatler SPA Awards:  
"BEST FOR EAST-WEST FUSION"

Condé Nast Johansens Awards for Excellence:  
"BEST FOR COUPLES"

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## 2016

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European Health & SPA Award:  
"BEST SIGNATURE TREATMENT"  
*to "Farfalla di Seta" and "Il Fluire del Ruscello"*

World Luxury SPA Awards:  
"LUXURY DESTINATION SPA IN ITALY"

Connoisseur Circle Hospitality Awards:  
"BEST SPA HOTEL"

World SPA & Wellness Awards:  
"WORLDWIDE HEALTH & WELLNESS DESTINATION"

Condé Nast Johansens Excellence Awards:  
"BEST SPA FACILITIES"

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## 2015

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Spafinder Wellness Travel Awards:  
"COUNTRY AWARD" AND "BEST FOR MIND & SPIRIT"

Spa Traveller Awards:  
"BEST SPA RESORT (MORE THAN 50 ROOMS)"  
E "MOST EFFECTIVE DE-STRESS PROGRAMME"

Readers' Choice Travel Awards Condé Nast Traveller:  
"20 TOP DESTINATION SPA"

European Health & SPA Award:  
"BEST SPA DESTINATION"

World SPA & Wellness Awards:  
"RESORT SPA OF THE YEAR: WESTERN EUROPE  
& SCANDINAVIA"

Condé Nast Johansens Excellence Award:  
"BEST DESTINATION SPA EUROPE & MEDITERRANEAN"

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## 2014

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Condé Nast Traveller Readers' Choice Travel Awards:  
"20 TOP DESTINATION SPA" AND "WORLD'S BEST 100"

European Health & SPA Award:  
"BEST SPA TREATMENT IN ITALY" *to "La Vita nei Sensi"*

CNN:  
"9 DELUXE WEIGHT LOSS VACATIONS"

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## 2013

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European Health & SPA Award:  
"BEST DESTINATION SPA"

Spafinder Readers' Choice Awards:  
"FAVOURITE SPA IN EUROPE" AND "FAVOURITE SPA IN  
ITALY"

Condé Nast Traveller Readers' Choice Travel Awards:  
"20 TOP DESTINATION SPA"

Busche SPA Diamond Award:  
"INTERNATIONAL SPA RESORT"

World Luxury SPA Awards:  
"BEST LUXURY DESTINATION SPA" AND "BEST LUXURY  
WELLNESS SPA"

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## 2012

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Spafinder Readers' Choice Awards:  
"BEST ECO-SPA", "BEST ACCOMMODATIONS"  
AND "BEST INTERIOR DESIGN"

Condé Nast Johansens Excellence Award:  
"MOST EXCELLENT SPA HOTEL EUROPE  
& MEDITERRANEAN"

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## 2011

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Spafinder Readers' Choice Awards:  
"COUNTRY AWARD"

European Health & SPA Award:  
"BEST DESTINATION SPA" AND "*Lefay SPA Derma di Luce*"  
FINALIST AS "BEST FACIAL TREATMENT"

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## 2010

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Gala SPA Award:  
"INNOVATIVE SPA CONCEPT"

Italian SPA Award:  
"ECO-SPA"

2022

Lefay Resort & SPA Lago di Garda  
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