



LAGO DI GARDA

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





LEFAY SPA

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.



COSMETICS LINE LEFAY SPA “TRA SUONI E COLORI”

NO ARTIFICIAL COLOURS

NO ADDED PRESERVATIVES

PETROLATUM FREE

PARABEN FREE

SLES FREE

DERMATOLOGICALLY TESTED

VEGAN

NO ANIMAL TESTING

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.



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LEFAY SPA WORLD

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.

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 selection of fine teas.

ADULTS ONLY SPA

A 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 with lake view

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

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.

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 *Sky 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 are expressed 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. Situated in the middle of the forest, it is characterised by wooden furniture and tree cookie floor: it is surrounded by evergreen plants (ferns) and typical essences (rosemary and mint).



火

THE RED PHOENIX

It 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. It is characterised by the red colour of the pavement, the rounded shapes (like fire), the typical essences of the season (lavender) and the medicinal plants that instil serenity (passion flower). The station provides a view of the mountains and the lake.



金

THE WHITE TIGER

It encourages concentration and introspection. 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, the metal benches and the typical essences and medicinal plants (eucalyptus and birch) characterise it.

水

THE BLACK TORTOISE

It refocuses and gathers dissipated energy in times of stress. The Black Tortoise is found in a valley facing North. It features a rocky cave, a small river and benches of bare rock. There are no distracting noises or landscapes. It is the station of the relationship with ourselves and it represents Winter and the end of the day. The associated plants are juniper and geranium.



土

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 and typical medicinal plants (lemon balm). It is the connection of all the stations and offers unique breathtaking views.

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

PRIVATE SESSIONS

MON / THU

€ 180,00

(90 min.)

FRI / SUN*

€ 196,00

(90 min.)

FOR TWO PEOPLE

MON / THU

€ 195,00

FRI / SUN*

€ 225,00

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 to exercise and 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
- Sky Fitness Path *La Forma e il Colore*
- Running circuit: *Nel Ritmo dei Passi il Vento e la Collina* (2 Km)
- Rebounding
- Barre Workout

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

MON / THU
€ 95,00**
(40 min.)

FRI / SUN*
€ 105,00**
(40 min.)

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN

Il Simbolo della Vita

PRIVATE SESSIONS

MON / THU
€ 180,00
(90 min.)

FRI / SUN*
€ 196,00
(90 min.)

FOR TWO PEOPLE

MON / THU
€ 195,00

FRI / SUN*
€ 225,00

PERSONAL TRAINING

PRIVATE TRAINING SESSIONS

MON / THU
€ 95,00**
(40 min.)

FRI / SUN*
€ 105,00**
(40 min.)

MON / THU
€ 105,00**
(50 min.)

FRI / SUN*
€ 115,00**
(50 min.)

POSTURAL REBALANCE

- Pilates
- Stretching
- Postural gymnastics

GROUP SESSIONS FREE OF CHARGE

PRIVATE TRAINING SESSIONS

MON / THU
€ 105,00**
(50 min.)

FRI / SUN*
€ 115,00**
(50 min.)



HOLISTIC DISCIPLINES AND BREATHING

- *Stretching of the Meridians*: discipline that relaxes muscle fibers and tendons and opens up joints, eliminating energy and mental blockages.
- *Qi Gong*: a discipline deriving from Chinese medicine, philosophy and martial arts; it involves coordinated slow movements, deep rhythmic breathing, meditation, and mental focus.
- *Meditation*: focus on the "here and now". Maintain serenity and feel the force to eliminate negative thoughts, making room for positive and enabling reflections.
- *Anti-stress breathing*: controlling 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.
- *Five Animals Qi Gong*: exercises whose therapeutic function is to activate the five organs (liver, heart, spleen, lungs, kidneys) together with their related functions and energy phases.
- *Qi Gong's Six Healing Sounds*: an ancient form of Qi Gong, consisting of slow, wide and harmonious exercises performed together with vocalizations of six specific sounds during exhalation. It energises and provides calmness, helping to cure some chronic diseases.
- *Yoga*: ancient wisdom system that aims at the union of body, mind and spirit, the elimination of conditioning and greater awareness.
- *Five Tibetan Rites*: Highly beneficial yoga exercises for staying healthy, as they improve the flexibility of the body, while also bringing enormous mental benefits.

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

Holistic activities can be carried out throughout the stations of our Energy Therapeutic Garden.

MON / THU

€ 95,00

(40 min.)

FRI / SUN*

€ 105,00

(40 min.)

FACE FITNESS

FIT & FACE

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

MON / THU

€ 95,00

(60 min.)

FRI / SUN*

€ 105,00

(60 min.)

SELF FACEGYM

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

€ 95,00

(40 min.)

FRI / SUN*

€ 105,00

(40 min.)





LEFAY SPA SIGNATURE TREATMENTS

Lefay SPA Signature treatments have been created combining traditional massage techniques to stimulate energy points and meridians, and are tailor-made for the individual's physical and mental state, for a deep and long-lasting result. The Signature offer includes: energy massages, energy aesthetic treatments for the face and body and special treatments of the "Perfumes of the Lake" section.

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 Lefay SPA natural certified products and are accompanied by chromotherapy and aromatherapy with essential oils.

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
€ 125,00
(50 min.)

FRI / SUN*
€ 137,00
(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

€ 155,00

(65 min.

+ 5 of relaxation)

FRI / SUN*

€ 170,00

(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

€ 125,00

(body only, 50 min.)

FRI / SUN*

€ 137,00

(body only, 50 min.)

MON / THU

€ 150,00

(face and body with
cupping, 75 min.)

FRI / SUN*

€ 170,00

(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

massage, help loosen hypertonic muscular areas.

MON / THU

€ 125,00

(50 min.)

FRI / SUN*

€ 137,00

(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

€ 125,00

(50 min.)

FRI / SUN*

€ 137,00

(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

€ 140,00

(65 min.)

FRI / SUN*

€ 155,00

(65 min.)



REVITALISING AND LONGEVITY

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

€ 125,00

(50 min.)

FRI / SUN*

€ 137,00

(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

€ 220,00

(50 min.)

FRI / SUN*

€ 240,00

(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

€ 150,00

(45 min.

+ 10 of relaxation)

FRI / SUN*

€ 165,00

(45 min.

+ 10 of relaxation)



YIN AND YANG REBALANCING TUINA WITH MOXIBUSTION

I Colori dell'Uomo

According to Classical Chinese Medicine, well-being corresponds to the inner balance of two fundamental forces: Yin and Yang. These untranslatable terms represent two opposing and complementary forces present both in nature and in man. Depending on the energy constitution, these massages restore the balance between Yin and Yang, providing well-being for the body as a whole.

White. In a healthy situation, each organ should perform the function it has been created for. Sometimes, however, lifestyle or other factors can disrupt the body's processes. The White Massage regulates lifestyle disorder. It is carried out using a rhythmic and reactivating technique: gentle percussions bring blood and energy to the tissues, stimulating energy activity and improving breathing.

Black. It treats the whole body, working on the strength and stress level in the organism. It focuses particularly on the kidney, considered the seat of the strength and metaphorically compared to the roots of a tree. It uses relaxing, yet intense and firm manual techniques, concentrating on the posterior muscles and the lumbar region. It concludes with a head massage that relieves tension.

Red. According to Classical Chinese Medicine, blood is not only responsible for the nourishment of the body, but also for its peace of mind. Blood represents the relationship between the "self" and the others, our empathy skills and our ability to understand and not judge oneself. The deep, enveloping manual techniques work on the postural musculature of the body and in the end stimulate some points on the face and ears, where we can find the "reflected image" of the head with all its functions.

Blue. It treats all cases of lack of energy, tiredness, difficulty in waking up. It helps supply the body with energy, reactivating the *Qi*. It is a dynamic, rebalancing and invigorating massage, particularly

indicated even after an illness or health problems.

Yellow. It refers to the ability to be 'centred', i.e. aware and consistent with oneself. It means saying or doing what we think is right without being influenced by what others expect. On a psycho-physical level, it works on the points where anxiety and sadness are concentrated. Deep, enveloping massage that regulates the energy of the centre which has been diverted or derailed by worries, giving a feeling of serenity.

Green. It is related to digestion, which, in Classical Chinese Medicine, means internalising what comes from outside. It can therefore refer to a real meal or to something we have read, heard, felt. It deals with memory, the ability to remember and connect, the ability to live light-heartedly, to look forward to the future without fear. It uses stimulating and dynamic manual skills, insisting on the legs.

MON / THU

€ 155,00

(50 min.+ 10 of
moxibustion)

FRI / SUN*

€ 165,00

(50 min.+ 10 of
moxibustion)



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

Jury Motivation: These massages work on both body and mind. Their uniqueness is based on the rebalancing power and long-lasting effect.

BODY AND HEAD MASSAGES



BODY RELAXING, HEAD AND NECK

Massaggio Dell'Imperatore

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

MON / THU

€ 170,00

(80 min.)

FRI / SUN*

€ 185,00

(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

€ 145,00

(60 min.+ 10 of relaxation)

FRI / SUN*

€ 160,00

(60 min.+ 10 of relaxation)



REBALANCING WITH GUA SHA

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

€ 160,00

(75 min.)

FRI / SUN*

€ 175,00

(75 min.)



IMMUNE DEFENSES

Yang Sheng "Nutrire la Vita"

养 "Yang" means to feed, to care, 生 "Sheng" means to give birth, to live, to grow. In the Chinese interpretation, "Yang Sheng" means to nurture one's personal potential. It refers to nourishing your vital potential, rebalancing your strength, increasing your intellectual capacity, improving the elasticity and resilience of your muscles, and the flexibility of your joints. It is also important to recharge your batteries in the peace of mind. The aim is to feel comfortable in the here and now and to be ready to accept everything life has to offer without forcing it in a particular direction.

MON / THU

€ 145,00

(50 min.+ 10 of moxibustion)

FRI / SUN*

€ 160,00

(50 min.+ 10 of moxibustion)

FACE AND HEAD MASSAGES



ANTI-AGEING AND BRIGHTENING

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

€ 125,00

(50 min.)

FRI / SUN*

€ 137,00

(50 min.)



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



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 angle of the jaw, the sub-occipital area, the neck and the head are treated to be freed from constraints caused by stress and excessive mental activity. The olive oil deeply nourishes the hair, the window to the soul, and makes it healthy and glossy.

MON / THU

€ 85,00

(25 min.+ 5 of
relaxation)

FRI / SUN*

€ 95,00

(25 min.+ 5 of
relaxation)



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 TREATMENTS



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
€ 110,00
(60 min.)

FRI / SUN*
€ 120,00
(60 min.)

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
€ 120,00
(60 min.)

FRI / SUN*
€ 130,00
(60 min.)

CONTOURING WRAP *Carezza*

MON / THU
€ 120,00
(60 min.)

FRI / SUN*
€ 130,00
(60 min.)

DRAINING WRAP *Torrente di colori*

MON / THU
€ 120,00
(60 min.)

FRI / SUN*
€ 130,00
(60 min.)

BODY RITUALS

PURIFYING

Ricordo

The treatment starts with a purifying peeling carried out with scrub *Ricordo*: hazelnut microspheres exfoliate the body, while lavender and burdock extracts purify the epidermis from toxins and impurities. In the long version, this is followed by a detoxifying aromatic mud wrap and a detoxifying and relaxing massage to stimulate the energy points.

MON / THU
€ 95,00
short (50 min.)

FRI / SUN*
€ 105,00
short (50 min.)

MON / THU
€ 165,00
long (90 min.)

FRI / SUN*
€ 180,00
long (90 min.)

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 acupuncture 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

€ 165,00

(90 min.)

FRI / SUN*

€ 180,00

(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

€ 165,00

(90 min.)

FRI / SUN*

€ 180,00

(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

€ 165,00

(90 min.)

FRI / SUN*

€ 180,00

(90 min.)

FACE TREATMENTS

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

€ 150,00

(75 min.)

FRI / SUN*

€ 165,00

(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

€ 95,00

(45 min.)

FRI / SUN*

€ 105,00

(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

€ 35,00

(20 min.)

FRI / SUN*

€ 45,00

(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**€ 110,00**

(60 min.)

FRI / SUN***€ 120,00**

(60 min.)

FACE RITUALS**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 ritual 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**€ 150,00**

(75 min.)

FRI / SUN***€ 165,00**

(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**€ 150,00**

(75 min.)

FRI / SUN***€ 165,00**

(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**€ 150,00**

(75 min.)

FRI / SUN***€ 165,00**

(75 min.)

ANTI-AGEING

Senza Tempo Donna

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**€ 170,00**

(75 min.)

FRI / SUN***€ 185,00**

(75 min.)

Senza Tempo Uomo

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**€ 140,00**

(60 min.)

FRI / SUN***€ 155,00**

(60 min.)

INTENSIVE ANTI-AGEING 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 restores the skin's firmness, freshness and energy.

TRIPLE ACTION LIFTING FACE RITUAL

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 SPA 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

€ 210,00

(80 min.)

FRI / SUN*

€ 230,00

(80 min.)



European Health & Spa Award 2018:

“Best Signature Treatment”

Jury Motivation: The innovation of the treatment is based on a combination of cutting-edge holistic beauty techniques, a unique sensory experience and the extremely high effectiveness of the products of the Lefay SPA Anti-Age Triple Action Line.

REGENERATING FACE, HEAD AND NECK RITUAL LEFAY 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

€ 200,00

(90 min.)

FRI / SUN*

€ 220,00

(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*

€ 155,00

(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*.



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

€ 290,00

(2 h, 30 min.)

FRI / SUN*

€ 310,00

(2 h, 30 min.)



European Health & Spa Award 2014:

"Best SPA Treatment in Italy"

Jury Motivation: A healing ritual involving all the senses to discover the scents of the Lake.

"ODE" TO THE FACE

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. The ritual ends with inebriating fragrances that last even afterwards.

MON / THU

€ 240,00

(1 h, 40 min.)

FRI / SUN*

€ 270,00

(1 h, 40 min.)

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 Green Tea scented salts, 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 lavender, 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

€ 180,00

(1 h, 30 min.)

FRI / SUN*

€ 197,00

(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

€ 115,00

(50 min.)

FRI / SUN*

€ 125,00

(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

€ 110,00

(50 min.)

FRI / SUN*

€ 120,00

(50 min.)

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 and lavender essences. To finish, an anti-ageing mask is applied.

MON / THU

€ 100,00

(45 min.)

FRI / SUN*

€ 110,00

(45 min.)



NON INVASIVE AESTHETIC MEDICINE

THE NATURAL DIRECTION OF BEAUTY

The treatments are based on an approach to rejuvenation that guarantees effective, safe and harmonious results over time using non-invasive techniques and tools designed to improve skin blemishes. The Lefay SPA innovative energy aesthetic treatments, included in this section, are based on the use of acupuncture for aesthetic purposes.

01.

ENERGY AESTHETIC MEDICINE

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

FACE



ACULIFTING AND FACE MASSAGE WITH GUA SHA Farfalla di Seta

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

MON / THU

€ 230,00

(80 min.)

FRI / SUN*

€ 255,00

(80 min.)

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

€ 240,00

(90 min: 10 min.

medical diagnosis

– 30 min. electro-

acupuncture – 50 min.

massage)

FRI / SUN*

€ 265,00

(90 min: 10 min.

medical diagnosis

– 30 min. electro-

acupuncture – 50 min.

massage)



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

Jury Motivation: The innovation of these treatments, created by the Lefay SPA Method Scientific Committee, relies on the use of acupuncture for aesthetic purposes. It provides a natural lifting and reshaping effect achieved in a sustainable and non-invasive way.

02.

REGENERATIVE AESTHETICS

CRYOTHERAPY

(Total body)

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

1 SESSION

MON / THU

€ 60,00

(3-5 min.)

FRI / SUN*

€ 66,00

(3-5 min.)

3 SESSIONS

€ 165,00

5 SESSIONS

€ 275,00

CELLULAR REPAIR TREATMENT NANOVI™

(Total body)

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

1 SESSION

MON / THU

€ 60,00

(15 min.)

FRI / SUN*

€ 66,00

(15 min.)

3 SESSIONS

€ 165,00

5 SESSIONS

€ 275,00

03.

FACE AND BODY TREATMENTS WITH BEAUTY EQUIPMENT

BODY

SKINTONIC

Improves circulation, oxygenates and invigorates

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

MON / THU

€ 100,00

(45 min.)

3 SESSIONS

€ 250,00

FRI / SUN*

€ 110,00

(45 min.)

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

€ 160,00

(50 min.)

3 SESSIONS

€ 430,00

FRI / SUN*

€ 180,00

(50 min.)

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

€ 210,00

(60 min.)

3 SESSIONS

€ 550,00

FRI / SUN*

€ 235,00

(60 min.)

NEW

OBSERV[®]320 SKIN ANALYSIS

Observ[®]320 is a diagnostic imaging device which analyses skin conditions, including the underlying 'invisible' layers. Thanks to high-quality images, this technology clearly identifies skin problems, so that even invisible manifestations of the skin condition can be recognised. Observ[®]320 photographs the face using different patented LED light sources and filters providing information on features such as daylight, surface texture, pigmentation, vascularity and firmness. An individual skincare consultation, offering result-oriented solutions tailored to the individual.

MON / THU

€ 80,00**

FRI / SUN*

€ 88,00**

** Prices may vary according to individual requests.

NEW

HYDRA TOUCH H2

An innovative anti-aging face device with three high-quality integrated systems:

- Hydrodermabrasion consists of five steps: vacuum technology combined with radial tips and HyperFour serums to cleanse, exfoliate, remove impurities, moisturise, stimulate and brighten the skin without causing any downtime or irritation after treatment.
- Electroporation is ideal for delivering active principles in the dermis.
- The microcurrent massage with lifting effect stimulates the firmness and elasticity of the dermis and facial muscles.

Hydra Touch Basic Bronze

Basic facial treatment, suitable for all skin types. It includes hydrodermabrasion and vacuum technology for the removal of impurities, followed by a hydrogen-rich water treatment for an antioxidant and protective action. Ideal for counteracting the effects of aging.

MON / THU**€ 210,00**

(50 min.)

FRI / SUN***€ 230,00**

(50 min.)

Hydra Touch Silver

Facial treatment suitable for all skin types that need a calming, soothing and brightening action. It is carried out using hydrodermabrasion and vacuum technology for the removal of impurities, followed by an antioxidant hydrogen-rich water treatment and electroporation with Perfect Fit Calming Mask, which allows active principles to effectively penetrate the tissues and bring new glow to the skin.

MON / THU**€ 250,00**

(60 min.)

FRI / SUN***€ 275,00**

(60 min.)

Hydra Touch Top Gold

Facial treatment with a lifting and anti-ageing effect. It is performed using hydrodermabrasion and vacuum technology for the removal of impurities, followed by a hydrogen-rich water treatment for an antioxidant action. After that, a lifting and firming microcurrent massage as well as the final electroporation with perfect Fit calming Mask are carried out for an effective penetration of the active principles. The oval of the face appears tighter and plumped up.

MON / THU**€ 280,00**

(75 min.)

FRI / SUN***€ 300,00**

(75 min.)

Hydra Touch Diamond

Facial treatment dedicated to impure and thickened skin, with enlarged pores and acne scars. It is carried out using vacuum technology for the removal of impurities, followed by an antioxidant hydrogen-rich water treatment. Finally, the diamond-tip dermabrasion provides deep hydration and a final anti-ageing effect.

MON / THU**€ 200,00**

(45 min.)

FRI / SUN***€ 220,00**

(45 min.)

Recommended face path:

- 1 Observ®320 Skin Analysis
- 1 Hydra Touch Silver
- 1 Oxygenotherapy Intraceuticals Rejuvenate

€ 430,00



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
€ 180,00
(60 min.)

FRI / SUN*
€ 197,00
(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
€ 180,00
(60 min.)

FRI / SUN*
€ 197,00
(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
€ 180,00
(60 min.)

FRI / SUN*
€ 197,00
(60 min.)



MEDICAL

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

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**€ 160,00**

examination and
acupuncture session
(50 min.)

FRI / SUN***€ 175,00**

examination and
acupuncture session
(50 min.)

MON / THU**€ 120,00**

acupuncture session
(30 min.)

FRI / SUN***€ 130,00**

acupuncture session
(30 min.)

3 SESSIONS

MON / THU**€ 330,00****FRI / SUN*****€ 360,00**

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**€ 50,00**

(20 min.)

FRI / SUN***€ 55,00**

(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**€ 50,00**

(20 min.)

FRI / SUN***€ 55,00**

(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, the skin appears firmer and rejuvenated, lines are reduced and the pores are tightened.

MON / THU**€ 130,00**

(30 min.)

FRI / SUN***€ 145,00**

(30 min.)

NUTRITIONAL ENERGY CONSULTATION

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**€ 100,00****FRI / SUN*****€ 120,00**

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.

MASSOPHYSIOTHERAPY TREATMENT

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**€ 110,00**

(40 min.)

FRI / SUN***€ 120,00**

(40 min.)

MYOFASCIAL RELEASE POSTURAL MASSAGE

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**€ 110,00**

(40 min.)

FRI / SUN***€ 120,00**

(40 min.)

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.

OSTEOPATHIC CONSULTATION

Anamnestic analysis and evaluation aimed at defining a treatment plan where needed. It is recommended both prior to treatment and as independent consultation. Once all the information has been gathered, the Guest is taught exercises and practices that can benefit their health.

MON / THU**€ 65,00**

(30 min.)

FRI / SUN***€ 75,00**

(30 min.)

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

€ 125,00

(45 min.)

FRI / SUN*

€ 135,00

(45 min.)

OSTEOPATHIC 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

€ 120,00

(40 min.)

FRI / SUN*

€ 130,00

(40 min.)

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

€ 140,00

(50 min.)

FRI / SUN*

€ 150,00

(50 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.

€ 115,00

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

NEW

PSYCHO-PHYSIOLOGICAL-STRESS-TEST**Cortisol Curve Test**

Cortisol, better known as “stress hormone,” is the hormone released by our body throughout the day in response to stressful stimuli. Altered cortisol levels can put a strain on the body and lead to mood or metabolic disorders, chronic fatigue, blood pressure disorders and hyperactivity. Taking place at two different times of the day, this specific check-up precisely determines, whether the cortisol levels are normal or not.

This test is self-performed by taking two salivary samples.

€ 115,00

05.

MEDICAL CONSULTATIONS

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**€ 150,00**

(50 min.)

FRI / SUN***€ 165,00**

(50 min.)

NEW

THE SECRETS OF LONGEVITY

Our habits can either lead us to a healthy, long-lived life or expose us to health risk factors. Scientific research investigates how chronic inflammation can promote the occurrence and development of certain diseases, including obesity, cardiovascular disease, bone and joint disorders, autoimmune and neurodegenerative conditions. However, it is possible to slow down the ageing clock: The consultation examines how well a person lives, eats and sleeps, according to Longevity Medicine and the ancient principles of Classical Chinese Medicine. The doctor suggests changes that should be made in lifestyle to lengthen our life in a healthy way, increasing its quality.

MON / THU**€ 150,00**

(50 min.)

FRI / SUN***€ 165,00**

(50 min.)



WELLNESS AND BEAUTY PROGRAMMES

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

FACE

REJUVENATE BEAUTY

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

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

€ 415,00 (excluding accommodation)

ANTI-AGE BEAUTY

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

- 1 *Unico Cielo* Lefay SPA face cleansing ritual
- 1 Lefay SPA Triple-Action Lifting Face Ritual *Il Cerchio della Luna*
- 1 Oxygen Therapy Intraceuticals Rejuvenate
- 1 Face sculpting massage

€ 590,00 (excluding accommodation)

BODY

TONING

High efficient method for attaining a toned and lean body.

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

€ 390,00 (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

€ 380,00 (excluding accommodation)

PURIFYING

Wellness programme to detoxify and purify the body.

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

€ 305,00 (excluding accommodation)

IMMUNE SYSTEM

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)

€ 480,00 (excluding accommodation)

OSTEOPATHY

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

- 1 Osteopathic consultation
- 1 Osteopathic manipulative treatment
- 1 Craniosacral treatment
- 1 Osteopathic cervical massage

€ 400,00 (excluding accommodation)

FACE AND BODY

NEW

MOTHER AND DAUGHTER

Wellness and beauty to share: a relaxing experience for mother and daughter to find each other again.

- 1 Session in the salt-water lake *La Luna nel Lago*
- 1 Massage for two *Alta Marea*
- 1 Lefay SPA energy face beauty ritual on consultation (per person)

€ 390,00 (excluding accommodation)

SPECIAL FOR HIM

Wellness and beauty programme dedicated to men's care.

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

€ 390,00 (excluding accommodation)



À LA CARTE SPA

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

€ 115,00

(60 min.)

FRI / SUN*

€ 135,00

(60 min.)

SALT-WATER LAKE

La Luna nel Lago

The high temperature of this salt-water lake, approximately 36°, 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

€ 35,00

per person (up to
6 people)

FRI / SUN*

€ 40,00

per person (up to
6 people)

MON / THU

€ 90,00

per couple
(up to 2 people)

FRI / SUN*

€ 95,00

per couple
(up to 2 people)

SEAWEED FACE TREATMENT

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

€ 160,00

(90 min.)

FRI / SUN*

€ 175,00

(90 min.)

ON THE SEASHORE RITUAL

Preludio Marino

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°, 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, 30 min.)

FRI / SUN*

€ 286,00

(2 h, 30 min.)

NEW

ABDOMEN REDUCING TREATMENT

Treatment aimed at reshaping the abdominal area, stimulating the reduction of swelling and sagging skin.

It starts with a wrap featuring Dead Sea salts, pennywort, finger kelp and fucus, followed by an abdominal modelling massage with specific manual techniques.

MON / THU

€ 95,00

(45 min.)

FRI / SUN*

€ 105,00

(45 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
€ 55,00
(20 min.)

FRI / SUN*
€ 60,00
(20 min.)



TENSION-RELIEVING NECK AND BACK

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

MON / THU
€ 80,00
(30 min.)

FRI / SUN*
€ 90,00
(30 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
€ 105,00
(40 min.)

FRI / SUN*
€ 115,00
(40 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
€ 110,00
(50 min.)

FRI / SUN*
€ 120,00
(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
€ 110,00
(50 min.)

FRI / SUN*
€ 120,00
(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
€ 110,00
(50 min.)

FRI / SUN*
€ 120,00
(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

€ 130,00

(50 min.)

FRI / SUN*

€ 140,00

(50 min.)

MON / THU

€ 190,00

(75 min.)

FRI / SUN*

€ 205,00

(75 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

€ 110,00

(50 min.)

FRI / SUN*

€ 120,00

(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

€ 130,00

(60 min.)

FRI / SUN*

€ 140,00

(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

€ 110,00

(45 min.)

FRI / SUN*

€ 120,00

(45 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

€ 100,00

(50 min.)

FRI / SUN*

€ 110,00

(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

€ 85,00

(30 min.)

FRI / SUN*

€ 90,00

(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

€ 125,00

(50 min.)

FRI / SUN*

€ 137,00

(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

€ 125,00

(50 min.)

FRI / SUN*

€ 137,00

(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

€ 125,00

(50 min.)

FRI / SUN*

€ 137,00

(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

€ 135,00

(65 min.)

FRI / SUN*

€ 150,00

(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

€ 130,00

(60 min.)

FRI / SUN*

€ 145,00

(60 min.)

NEW

WATER SHIATSU

Water is the element we come from, we are made of and we will return to. In the evocative atmosphere of the salt-water lake for exclusive use, an ancient massage technique is combined with the precious benefits of water. The body is supported by the practitioner while being backfloated on the surface of the salt-water lake, allowing the Guest to indulge in deep relaxation. This creates a kind of dance in which gentle stretches alternate with oscillations and free movements. It boosts lymphatic circulation, releases emotional tensions, improves sleep quality and body perception.

MON / THU

€ 150,00

(45 min.)

FRI / SUN*

€ 165,00

(45 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

€ 120,00

(50 min.)

FRI / SUN*

€ 130,00

(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

€ 155,00

(80 min.)

FRI / SUN*

€ 170,00

(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.)

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**€ 155,00**

(80 min.)

FRI / SUN***€ 175,00**

(80 min.)

EASTERN RITUALS**POLYNESIAN RITUAL**

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**€ 295,00**

(2 h, 15 min.)

FRI / SUN***€ 315,00**

(2 h, 15 min.)

HAMMAM RITUAL

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**€ 310,00**

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

FRI / SUN***€ 330,00**

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

MON / THU**€ 245,00**

short version,
body only
(2 h)

FRI / SUN***€ 265,00**

short version,
body only
(2 h)

RITUAL WITH SHEA BUTTER AND ARGAN OIL

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**€ 160,00**

(75 min.)

FRI / SUN***€ 180,00**

(75 min.)



FOR COUPLES

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 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

€ 590,00

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

FRI / SUN*

€ 610,00

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

€ 420,00

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

FRI / SUN*

€ 450,00

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

DAPHNE, APOLLO AND EROS

This programme is inspired by the legend of the 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:

THE LAKE OF THE NYMPHS

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.

DIVINE SPLENDOUR FOR HIM AND FOR HER

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.

DAPHNE'S MASSAGE

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

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

€ 590,00

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

FRI / SUN*

€ 610,00

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

€ 420,00

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

FRI / SUN*

€ 450,00

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**€ 220,00**per couple
(45 min.)**FRI / SUN*****€ 240,00**per couple
(45 min.)

NEW

THE SPICE ROUTE

A journey to the East for the couple in an enchanting atmosphere. A long ritual combining spices, resins and essences with oriental techniques for a body and mind enveloping experience: Turmeric, pepper, amber, oud, cinnamon and ginger for a hypnotic moment for two, immersed in inebriating fragrances. The manual techniques focus on all parts of the body, from the feet to the head, promoting a positive mood and harmony.

MON / THU**€ 430,00**per couple
(1 h, 45 min.)**FRI / SUN*****€ 475,00**per couple
(1 h, 45 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**€ 590,00**per couple
(2 h, 30 min.)**FRI / SUN*****€ 610,00**per couple
(2 h, 30 min.)**MON / THU****€ 440,00**per couple
Body only
Short version (2 h)**FRI / SUN*****€ 470,00**per couple
Body only
Short version (2 h)

POLYNESIAN RITUAL

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

€ 540,00

per couple
(2 h, 15 min.)

FRI / SUN*

€ 595,00

per couple
(2 h, 15 min.)



FRAGRANCES OF THE LAKE RITUAL

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

€ 430,00

per couple
(1 h, 45 min.)

FRI / SUN*

€ 475,00

per couple
(1 h, 45 min.)



BEAUTY AND HAIR SPA

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

LUN / GIO	VEN / DOM*
€ 120,00 (75 min.)	€ 132,00 (75 min.)

LEFAY SPA PEDICURE

LUN / GIO	VEN / DOM*
€ 120,00 (75 min.)	€ 132,00 (75 min.)

SEMI-PERMANENT NAIL POLISH

MON / THU	FRI / SUN*
from € 35,00	from € 38,00

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*
€ 120,00	€ 130,00

DAY MAKE UP

MON / THU	FRI / SUN*
€ 90,00	€ 98,00

EVENING MAKE UP

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

02.

COIFFEUR

HAIR STYLING

MON / THU	FRI / SUN*
from € 60,00 to € 70,00	from € 65,00 to € 75,00

HAIRCUT, WOMEN

MON / THU	FRI / SUN*
€ 70,00	€ 80,00

HAIRCUT, MEN

MON / THU	FRI / SUN*
€ 60,00	€ 70,00

HAIR COLOUR

MON / THU	FRI / SUN*
€ 80,00	€ 90,00

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	€ 65,00

03.

SENSORY TREATMENTS FOR HAIR PHILIP MARTIN'S

These treatments are carried out using Philip Martin's products, made with innovative, patented and certified plant formula in a perfect combination of bio-organic active ingredients and green chemistry. All the senses are stimulated, especially the sense of touch and smell.

VOLUMISE

Moisturise, nourish and tone and support. The particular combination of ingredients created for fine hair gives vigor and elasticity, bringing well-being.

MON / THU**€ 110,00****FRI / SUN*****€ 120,00**

RELAX

Relax by thrilling. Each wash and treatment gives relaxation and irresistible emotions. All the senses will be involved.

MON / THU**€ 110,00****FRI / SUN*****€ 120,00**

DETOX

Respond and treat various skin and hair anomalies starting with deep cleansing. Clean the scalp and hair with powerful and non-aggressive products.

MON / THU**€ 110,00****FRI / SUN*****€ 120,00**

MOISTURISE

Fighting the problems caused by climatic or chemical factors through products rich in active ingredients that give elasticity and softness.

MON / THU**€ 110,00****FRI / SUN*****€ 120,00**

RECONSTRUCTION

Back to well-being and glow. Disciplined, silky hair is the result of professional treatments in the "Reconstruction line".

MON / THU**€ 110,00****FRI / SUN*****€ 120,00**



USEFUL INFORMATION

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

2023

World Luxury Hotel Awards:
"BEST LUXURY SPA HOTEL" IN THE WORLD

World Luxury SPA Awards:
"BEST LUXURY SUSTAINABLE SPA" IN THE WORLD

European Health & SPA Award:
"PREMIUM DESTINATION SPA"

European Health & SPA Award:
"BEST SPA INNOVATION" WITH LEFAY SPA METHOD
"Immune System & Intestine" HEALTH PROGRAMME

World SPA & Wellness Awards:
"SUSTAINABLE SPA OF THE YEAR"

2022

European Health & SPA Award:
"BEST SPA DESTINATION"

European Health & SPA Award:
"BEST SPA INNOVATION" WITH LEFAY SPA METHOD
"Longevity" Health Programme

World Luxury Hotel Awards:
"LUXURY SPA & HEALING RETREAT" IN EUROPE

World Luxury SPA Awards:
"BEST DETOX PROGRAM" IN THE WORLD

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

2021

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"

European Health & SPA Award:
"BEST SPA DESTINATION"

2020

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"

2019

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"

2018

SLH Awards:
SHORTLISTED FINALIST "MOST SENSATIONAL SPA"

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

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

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

European Health & SPA Award: "BEST SPA DESTINATION"

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

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

2017

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"

2016

European Health & SPA Award:
"BEST SIGNATURE TREATMENT"
per "Farfalla di Seta" e "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"

2015

Spafinder Wellness Travel Awards:
"COUNTRY AWARD" E "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"

2014

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

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

CNN: "9 DELUXE WEIGHT LOSS VACATIONS"

2013

European Health & SPA Award:
"BEST DESTINATION SPA"

Spafinder Readers' Choice Awards:
"FAVOURITE SPA IN EUROPE" E "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" E "BEST LUXURY
WELLNESS SPA"

2012

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

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

2011

Spafinder Readers' Choice Awards: "COUNTRY AWARD"

European Health & SPA Award:
"BEST DESTINATION SPA" E "Lefay SPA Derma di Luce"
FINALISTA COME "MIGLIOR TRATTAMENTO VISO"

2010

Gala SPA Award: "INNOVATIVE SPA CONCEPT"

Italian SPA Award: "ECO-SPA"

2024

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