

Lefay Wellness Week

Days devoted to wellness, when the Lefay SPAs open their doors to the most renowned experts in the various holistic disciplines.

During these weeks, it will be possible to enjoy the uniqueness of a Lefay SPA experience, enriched by the presence of visiting masters, who will be exceptionally hosted in our resorts to give our Guests the opportunity to try out new techniques and manual skills from various fields and specialisations.



Heike Hoerdemann

19th – 25th February 2024

After 20 years of experience in the hotel industry, Heike decided to devote herself to wellness, starting as a yoga teacher. Over the years she has specialised in Jin Shin Jyutsu and Hormone Yoga. During her stay, she will be giving sessions of Jin Shin Jyutsu, a discipline that acts on the body and mind as a whole, addressing the underlying cause for the medical condition. It reduces stress, strengthens vital functions and relieves acute and chronic pain.



Master Per Van Spall

1st – 7th March 2024

Master Per van Spall is a spiritual guide of Chinese Indonesian and Dutch descent from the Netherlands. He started a successful career in sales and corporate management, but he realised that he was able to perceive things in unique and different ways. After specialisation, he became a 'Certified Master in the Art of Qigong'. He boasts numerous collaborations in Europe, Asia and America and is an individual coach for university professors, celebrities and successful executives. During his stay, he will conduct an energy healing session, combining Qi Gong techniques with life coaching, to revitalise, energise and reduce stress.



Lucja Maslowska

20th – 31st May 2024

She is the founder of 'My Separate World', a method to make a personal transition focused on well-being. After years spent studying massage techniques, nutrition and meditation, Lucja specialised in an integrated method aimed at pursuing a healthy and sustainable lifestyle. She boasts partnerships with some of the world's most prestigious luxury hotel brands including Anantara, Mandarin Oriental, Chiva-Som and Six Senses. After an individual consultation, she will perform a fully customised massage tailored to the individual's needs.



Soundwave Gong

20th – 30th September 2024

Step away from the stresses of daily life into a sanctuary of sonic healing. Music has been used since ancient times as a way of soothing the soul, emptying the mind, and energising the body. Soundwave Gongs is a partnership between husband and wife, Ange and Pete. After practising in the Caribbean, Thailand and the UK – they have merged their years of experience and training to develop a truly unique approach to sound healing which combines the powerful vibrations of five handcrafted gongs with world percussion instruments, acoustic guitar, and the soothing vocals of an award-winning recording artist.



Alex Scrimgeour

9th – 18th October 2024

Alex Scrimgeour is an acupuncturist and massage therapist based in London. His specialty is the Dien Chan method, learnt during his extensive studies in Vietnam. This type of reflexology helps heal trauma, emotional stress, and balance the nervous system. Benefits include the reduction of inflammation, optimisation of blood circulation, relaxation and soothing of the nervous system, immunity boosting and increase of sleep quality.