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LEFAY SPA  
TREATMENTS

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# LEFAY SPA SIGNATURE TREATMENTS

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



#### 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 / € 175,00**

(50 min./ 75 min.)

**FRI - SUN\***

**€ 140,00 / € 195,00**

(50 min./ 75 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**

**€ 175,00**

(75 min.)

**FRI - SUN\***

**€ 195,00**

(75 min.)



#### DETOXIFYING

La Luce oltre la Nebbia

According to Classical Chinese Medicine and Naturopathy, accumulated toxins must be removed before any treatment. This dynamic and intense massage works on meridians and specific points, which promote the cleansing of mind and body, preparing the body for future treatments.

**MON - THU**

**€ 125,00**

(body only, 50 min.)

**FRI - SUN\***

**€ 140,00**

(body only, 50 min.)

**MON - THU**

**€ 175,00**

(face and body with  
cupping, 75 min.)

**FRI - SUN\***

**€ 195,00**

(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\***

**€ 140,00**

(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\***

**€ 140,00**

(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. This massage uses French lymphatic drainage techniques.

**MON - THU**

**€ 175,00**

(75 min.)

**FRI - SUN\***

**€ 195,00**

(75 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 / € 175,00**

(50 min./ 75 min.)

**FRI - SUN\***

**€ 140,00 / € 195,00**

(50 min./ 75 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)



European Health & SPA Award 2024:  
“ Best Signature Treatment”

*Jury Motivation:* This treatment is the flagship of the massages created by the Lefay SPA Scientific Committee, as it is the first “visualised” massage that stimulates all the senses to work on the emotions.



## 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**

**€ 175,00**

(60 min.+ 15 of  
moxibustion)

**FRI - SUN\***

**€ 195,00**

(60 min.+ 15 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.

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## BODY AND HEAD MASSAGES

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### BODY RELAXING, HEAD AND NECK

Massaggio Dell'Imperatore

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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**

**€ 175,00**

(75 min.)

**FRI - SUN\***

**€ 195,00**

(75 min.)



### INSOMNIA

L'Abbraccio di Morfeo

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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**

**€ 175,00**

(60 min.+ 15 of relaxation with specific herbal tea)

**FRI - SUN\***

**€ 195,00**

(60 min.+ 15 of relaxation with specific herbal tea)



### REBALANCING WITH GUA SHA

Massaggio di Giada

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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

Yin and Yang directions of energy meridians. A massage that works on the upper layers of the skin and muscles, being a treatment with effectiveness that is intensely transmitted into the deeper layers of the body. The essential oil used is derived from the rose, a flower that is traditionally associated with wholeness and nobility.

**MON - THU**

**€ 175,00**

(75 min.)

**FRI - SUN\***

**€ 195,00**

(75 min.)



### IMMUNE DEFENSES

Yang Sheng "Nutrire la Vita"

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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**

**€ 125,00**

(50 min.)

**FRI - SUN\***

**€ 140,00**

(50 min.)

**MON - THU**

**€ 175,00**

(with moxibustion, 75 min.)

**FRI - SUN\***

**€ 195,00**

(with moxibustion, 75 min.)

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## FACE AND HEAD MASSAGES

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### ANTI-AGEING AND BRIGHTENING

Derma di Luce

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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\***

**€ 140,00**

(50 min.)



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



### HEAD MASSAGE

La Finestra del Cielo

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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, enriched with sweet orange essential oil, deeply nourishes the hair, the window to the soul, and makes it healthy and glossy.

**MON - THU**

**€ 90,00**

(30 min.)

**FRI - SUN\***

**€ 105,00**

(30 min.)







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## 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**  
**€ 175,00**  
(75 min.)

**FRI - SUN\***  
**€ 195,00**  
(75 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**  
**€ 145,00**  
(70 min.)

**FRI - SUN\***  
**€ 160,00**  
(70 min.)

CONTOURING WRAP *Carezza*

**MON - THU**  
**€ 145,00**  
(70 min.)

**FRI - SUN\***  
**€ 160,00**  
(70 min.)

DRAINING WRAP *Torrente di colori*

**MON - THU**  
**€ 145,00**  
(70 min.)

**FRI - SUN\***  
**€ 160,00**  
(70 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 acupressure massage on the face and on the points of relaxation to detoxify the head and clear the mind, in addition to sponging with warm cloths. Finally, a brief relaxing massage with the hydrating emulsion *Luce* rich in soya protein, alcea rosea and mallow restore the correct hydration level of the skin that appears softer and extraordinarily hydrated.

**MON - THU**

**€ 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**

(25 min.)

**FRI - SUN\***

**€ 45,00**

(25 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 rituality of the treatment, the contouring facial massage and acupressure on reflex energy points allow you to indulge in complete relaxation, resulting in a fresher, younger and more radiant looking skin.

**MON - THU****€ 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**

(50 min.)

**FRI - SUN\*****€ 155,00**

(50 min.)

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 INTENSIVE ANTI-AGEING TREATMENTS
 

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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
 

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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

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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

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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\***

**€ 200,00**

(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**

**€ 125,00 / € 175,00**

(50 min./ 75 min.)

**FRI - SUN\***

**€ 140,00 / € 195,00**

(50 min./ 75 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.)