



NON INVASIVE
AESTHETIC
MEDICINE

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. This is followed by the Gua Sha face massage with draining and modelling effect, which eliminates lymphatic accumulations, reshaping the face and neck and giving new radiance. The results are visible from the first treatment.

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

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.)

NEW

ABDOMEN AND HIPS INTENSIVE TREATMENT

It improves circulation, oxygenates and deeply tones the body.

A special treatment that effectively counteracts localised adiposity in the abdomen and hips. By reshaping and firming the silhouette, it stimulates blood circulation and tissue oxygenation, improving cellular metabolism. Deep manual techniques performed with a Gua Sha massage stick and high-tech equipment combine with the anti-inflammatory properties of Arnica and Devil's Claw and the essential oils of Sage and Lemon for an immediate feeling of lightness.

MON - THU

€ 215,00

(1 h, 45 min.)

FRI - SUN*

€ 230,00

(1 h, 45 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.)

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.

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 programme 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.)