



WELLNESS
AND BEAUTY
PROGRAMMES

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

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 pool *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

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 pool *La Luna nel Lago*
- 1 Massage for two *Alta Marea*
- 1 Lefay SPA energy face beauty ritual on consultation (per person)

€ 520,00 (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 Aesthetic pedicure

€ 390,00 (excluding accommodation)