



RESORT & SPA LAGO DI GARDA

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

18th – 28th February 2025

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 the immune system and vital functions and relieves acute and chronic pain.



Lucja Maslowska

16th March – 1st April 2025

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.



Nichola Joss

14th – 18th May 2025

Beauty therapist of choice for a host of A-listers, Nichola Joss is one of the beauty industry's most revered skincare experts. During her stay, she will perform her signature treatment, The Bespoke Inner Facial, which combines lymphatic drainage massage, deep tissue pressure point massage and sculpting techniques to lift the facial muscles. It will be also possible to try out her new body massage, The Bespoke Body Treatment, a deeply relaxing and restorative massage that balances hormone levels whilst relieving muscle ache and fatigue.



Agnieszka Kowalska

14th – 27th October 2025

Agnieszka Kowalska is a KOBIDO® Therapist with a Level 4 license, certified by the 26th generation Master of the Kobido Home and Lineage, Dr Shogo Mochizuki. She offers a unique combination of holistic treatments, including Kobido, Japanese facial massage, hormone yoga, menopausal skin care and aromatherapy. Kobido massage rejuvenates the face, slows down the ageing process, improves the complexion and boosts skin hydration.