



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

18<sup>th</sup> – 28<sup>th</sup> 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 vital functions and relieves acute and chronic pain.



### Lucja Masłowska

17<sup>th</sup> March – 1<sup>st</sup> 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

14<sup>th</sup> – 18<sup>th</sup> 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

14<sup>th</sup> – 27<sup>th</sup> October 2025

Agnieszka Kowalska is a KOBIDO® Therapist with a Level 4 license, certified by the 26<sup>th</sup> 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.



## Soundwave Gongs

31<sup>st</sup> October - 11<sup>th</sup> November 2025

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.