



RESORT & SPA LAGO DI GARDA

YOU DON'T HAVE  
TO GO FAR  
TO FIND YOURSELF





## THE LOCATION

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Lefay Resort & SPA Lago di Garda is located in Gargnano, in the heart of the enchanting Riviera dei Limoni. It is the first 5 star luxury Resort on Lake Garda, covering 11 hectares of natural park, surrounded by gentle hills and natural terraces rich in woods and olive groves overlooking a spectacular view of the lake.

A full-page background image of a rural landscape. In the foreground, a rustic wooden fence made of logs and branches runs across the frame. To the left, there are bushes with bright orange and yellow flowers. In the background, there are several large, leafy green trees. A very bright sunburst or lens flare effect is visible in the upper center, creating a hazy, golden atmosphere. The overall scene is lush and natural.

## SUSTAINABILITY

Exclusivity means doing what no one else has yet thought of, investing in the present and the future, creating something for a select few that benefits everyone. This is why Lefay implements eco-sustainability, bio-architecture and clean and renewable energy sources in the design and construction of its Resorts. The wellbeing of the individual is intrinsically linked to the wellbeing of the environment.



## LEFAY SPA

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The heart of the Resort is the SPA: an exclusive temple of wellness extending over 4,300 sqm, where body and soul are rejuvenated through the rediscovery of the most genuine emotions and harmony with oneself. Here wellness is all around: in the explosion of light that filters through the large windows, in the beautiful park, in the water of the swimming pools, in the magical atmosphere that encircles everything.



## WORLD OF WATER AND FIRE

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Where water and fire live side by side in harmony: the Infinity pool merges with the horizon, while the internal and external pool stretches into the park overlooking the lake together with the “Fonte Roccolino” whirlpool. The water area is completed by the enticing indoor thalassotherapy pool “La Luna nel Lago”. The Lefay SPA also features six different types of sauna and five relaxation areas to remove the stresses of everyday life. The “Adults Only SPA” is a calm space with expansive views over the lake from the central whirlpool and from the panoramic Finnish sauna.





# LEFAY SPA METHOD

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The Lefay SPA Scientific Committee has created an innovative wellness method that stems from the blending of Classical Chinese Medicine with Western scientific research. This union is the basis of the Lefay SPA Method Health Programmes, customised according to individual needs, to achieve a complete mental and physical wellness with various objectives: weight loss, stress relief, muscle rebalancing, treating insomnia, reducing the signs of ageing, purifying the body, longevity and strengthening the immune system.



# TREATMENTS

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**SIGNATURE**

Lefay SPA 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 rituals for the face and body and special treatments using perfumes and essences from the local area.

**NON INVASIVE AESTHETIC MEDICINE**

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.

**MEDICAL**

Lefay SPA offers specialist medical advice and therapies in the fields of Western medicine, natural medicine, osteopathy, massage and physiotherapy.

**SPA À LA CARTE**

A wide offering which includes Western massages, treatments and rituals of the different Eastern traditions such as Ayurveda, facials and body treatments of thalassotherapy, aesthetic services and hair SPA.

**FOR COUPLES**

Rituals dedicated to couples in the exclusive Private SPA inspired by Greek mythology, to rediscover yourself in a sensual trip for two in the Lefay SPA World.



## FITNESS

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The Fitness area is open 24h and features a wide gym with a lake view and lots of natural light. The gym is equipped with the latest Artis line by Technogym® and has two areas - one for exercising and one for weights. There are also two additional fitness studios within the “Adults Only SPA” for meditation and rebalancing activities.





## THE PARK

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The activities which are integral to the Lefay SPA Method, are held amongst the age-old trees and Mediterranean shrubs. Directly overlooking the lake, the Resort's large park comprises a running circuit, a Sky Fitness path with eleven stations to improve muscle elasticity and the energy-therapeutic garden, consisting of five stations associated with ancient symbols and meanings.



## THE SUITES

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The suites are designed according to the innovative Lefay wellness concept in order to capture the sensation of nature right into the room. Wide spaces (from 50 sqm), natural fabrics, local precious materials including Italian marbles and olive tree wood blend seamlessly with advanced technologies and a spectacular view over Lake Garda.



## PRESTIGE & DELUXE JUNIOR SUITE

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Bright and spacious (50 sqm), the suites overlook Lake Garda and provide Guests with a charming and relaxing ambiance. The Prestige Junior Suites are located on the ground floor and overlook the garden, while the Deluxe Junior Suites are located on the first floor and feature a private balcony.



## FAMILY SUITE

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The Family Suite (73 sqm) is the best solution for those who want to enjoy a holiday with their children or for those who need two bathrooms and two separate bedrooms within the same suite.





## EXCLUSIVE SUITE

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The Exclusive Suites (83 sqm) offer the freedom of a private living room, the pleasure of a Jacuzzi® overlooking the lake and a series of exclusive services.





## SKY SUITE

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When you wake up in one of our Sky Suites, it is like you are suspended between the lake and the sky. The spacious 134 sqm Sky Suite has a panoramic terrace overlooking the lake featuring an outdoor Jacuzzi®. Inside the Suite, there is a large living room adjoining the bedroom and a private sauna.

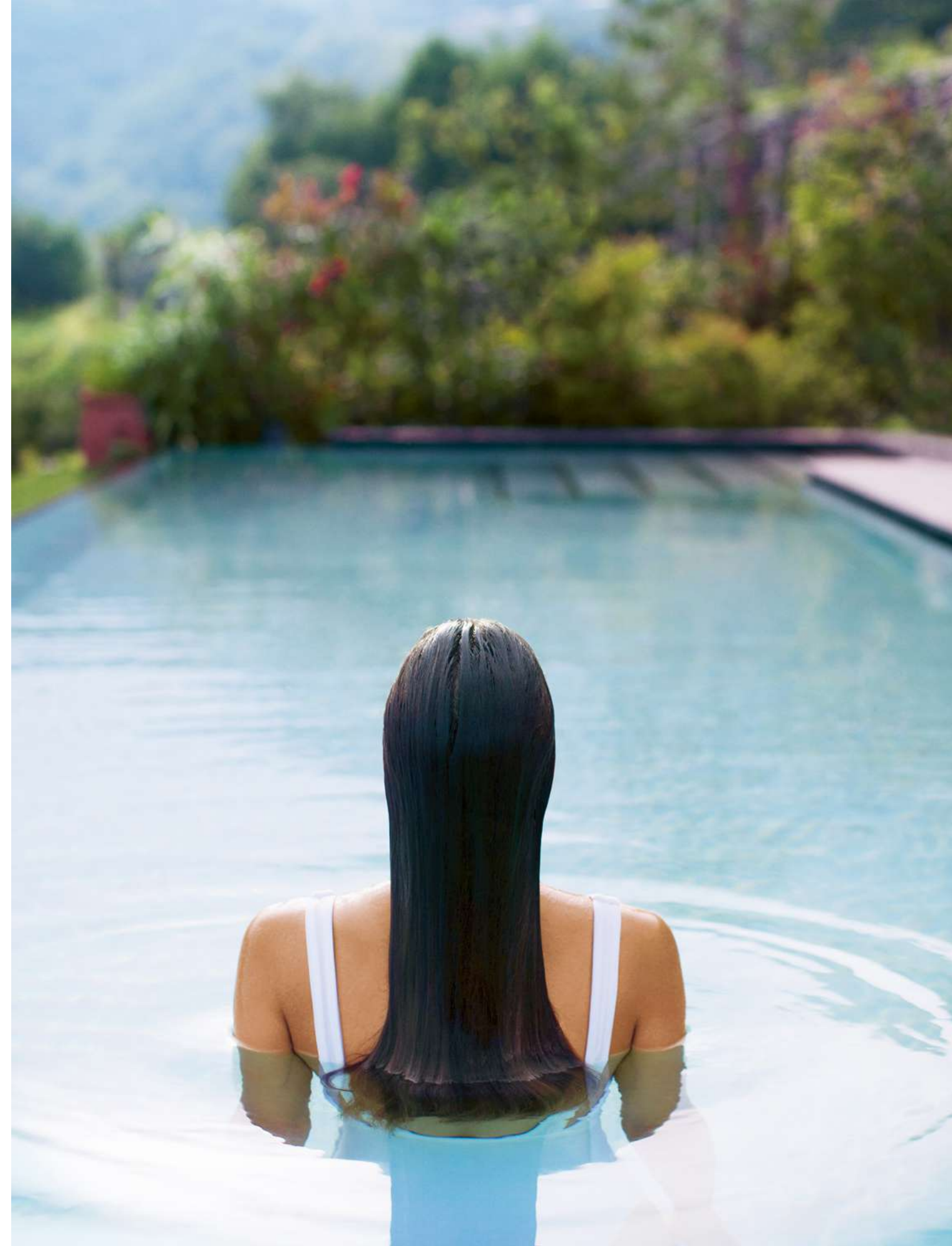




# ROYAL POOL & SPA SUITE

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The highest expression of the new Lefay concept of luxury, where peace, nature, space and wellbeing blend together in the unique and spectacular scenery of the “Alto Garda” park. The Royal Pool & SPA Suite overlooks a private garden and a private Infinity pool with spectacular views of the lake, and in addition to the spacious interiors (up to 600 sqm), offers unique services such as a Private SPA area and a dedicated Concierge service.





## LEFAY VITAL GOURMET

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Lefay Vital Gourmet champions the Mediterranean diet and the most authentic flavours of the region. Seasonal ingredients, extra virgin olive oil, citrus fruits from the lake and locally grown herbs all create a quintessential and light Mediterranean cuisine.



# GRAMEN

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The Gramen Restaurant has a terrace with a view overlooking the lake. The restaurant's concept is based on the Mediterranean diet, sourced sustainably. The dishes highlight the natural properties of each ingredient and feature freshwater and sea fish, plants and herbs collected from our energy garden.

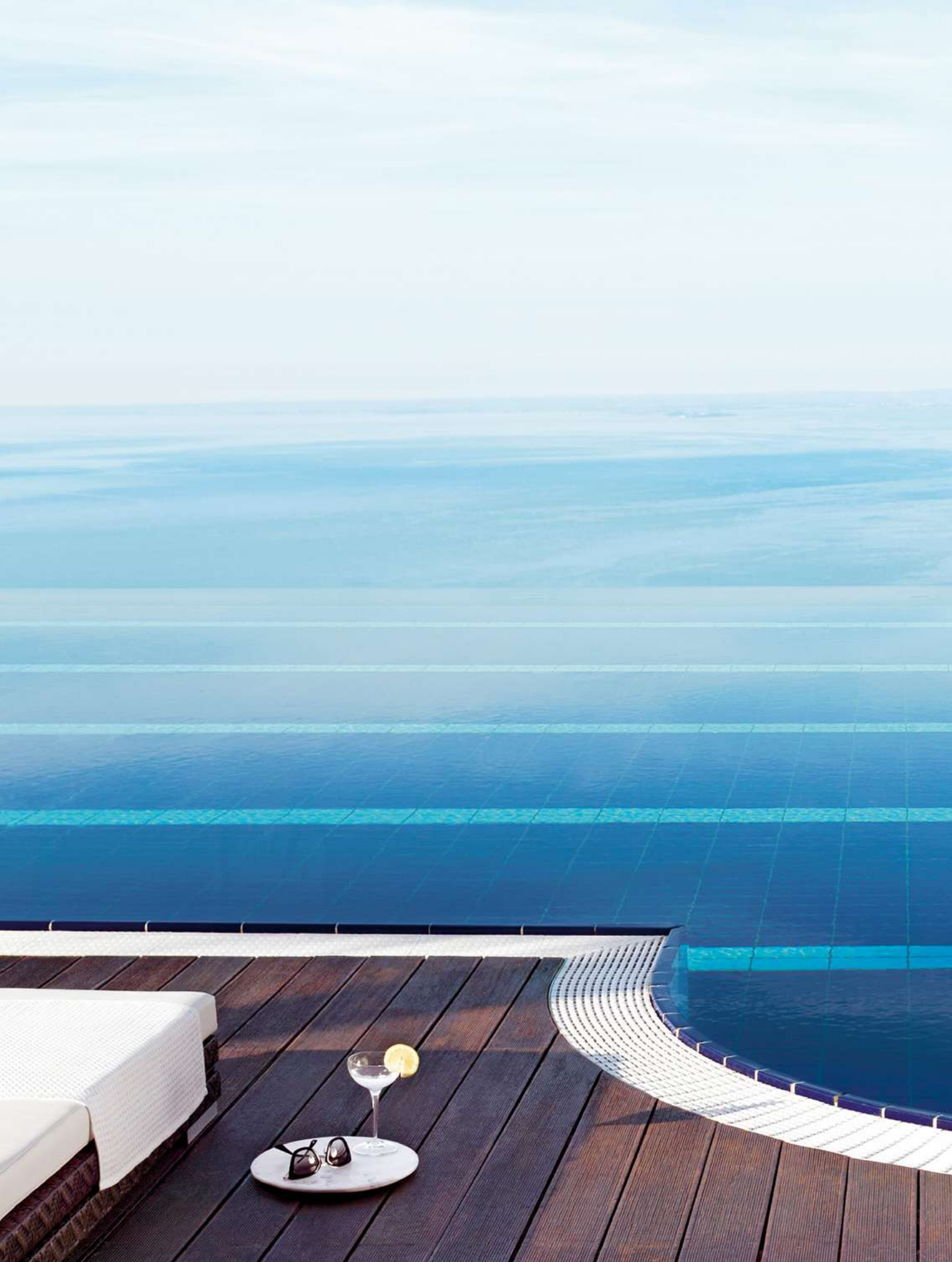




# LA LIMONAIA

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The main Restaurant is light and airy in design, inspired by the traditional lemon-houses found around Lake Garda. Here, Mediterranean cuisine is served with a contemporary twist on Italian classics.



**LOUNGE BAR**

Soft lighting, live piano music and the best cocktails and international spirits create a sophisticated and seductive ambiance, framed by the splendid sunset over the lake which is visible from the terrace.

**CIGAR LOUNGE**

An intimate setting that offers the best selection of cigars and spirits from all over the world to be enjoyed against the shades of amber wood and relaxing music background.

**POOL BAR**

Spend a pleasant day by the pool, in an oasis suspended between the lake and the sky, sipping your favourite drink or enjoying a snack.

**ROOM SERVICE**

Room service is available 24 hours a day and features a dedicated menu, which Guests can enjoy in the intimacy and comfort of their Suite.

