

Lefay Wellness Week 2026

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.



Lucja Maslowska

13th – 26th February

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.



Olivia Szmidt

24th April – 4th May

Born in Poland and raised in Vienna, Olivia Szmidt is the founder of GET FACE FIT, an education-first platform dedicated to non-invasive face-lifting techniques that enhance the skin's natural vitality. Olivia's expertise spans deep muscle stimulation, myofascial release, toning, lifting and sculpting the entire face, offering natural techniques that promote blood circulation, skin cell renewal and overall facial wellbeing. Through GET FACE FIT Olivia aims to make these practices accessible globally helping women to care for their skin on their own terms and incorporating holistic methods into wellness routines.



Francesca Piccolo

11th -21st May

A holistic practitioner specialising in massage and harmonising therapies for the face and body. Combining the wisdom of Eastern philosophies with the most innovative Western beauty techniques, Francesca Piccolo has trained in Thailand, Vietnam, India, Italy and London. With her intuitive skills and personalised, holistic approach, she has developed her Facial Beauty and Reflexology method, combining the manual lifting massage with specific techniques and tools.



Denise Chiarioni

1st – 15th June

The founder of Ground Studio discovered the GYROTONIC® and GYROKINESIS® methods after a career as a professional dancer and a life dedicated to her passion for movement. These holistic disciplines, created in the 1980s by former dancer Juliu Horvath, combine principles of yoga, dance, swimming and tai chi. These exercises are suitable for all levels and mainly work on the spine, increasing mobility, releasing muscle tension, improving posture, and stimulating circulation and breathing. Every experience with Denise Chiarioni is an invitation to reconnect with your roots and presence, and to embark on a profound journey of self-discovery through conscious movement.



Agnieszka Kowalska

2nd - 12th October

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.



Soundwave Gongs

17th October - 8th November

Step away from the stress 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.