



## LEFAY SPA

Lefay SPAs are exclusive wellness temples where senses and soul are regenerated. Innovation, nature and a unique method are the principles of places where east and west blend together to recover inner harmony. Here wellness is everywhere: in the dialogue with nature, in the light that pervades every space and in the enchanting surrounding atmosphere.

### LEFAY SPA LAGO DI GARDA

It extends over 4,300 sqm (46,284 sqft) and is divided into three areas: the *World of Water and Fire*, which includes all zones connected to swimming pools, saunas, grottos and small lakes; the *Man and Nature*, made up of wide outdoor spaces for movement and rebalancing activities; the *Fitness Centre*, open 24 hours a day featuring a gym equipped with the latest Technogym® Artis Line and a large studio with view. Lefay SPA Lago di Garda is the first organic and ecological SPA in Italy (fourth in the world), as certified by "Being Organic and Ecological SPA" Excellence of Ecocert. Here the innovative "I Flussi dell'Energia" Health Programmes are carried out and customised according to individual needs to achieve the complete rebalancing and rejuvenation of body, soul and spirit. In April 2022, the new Adults Only SPA area has been inaugurated, a new peaceful oasis dedicated exclusively to adults, where they can revive themselves in bright spaces with unique views.

### LEFAY SPA DOLOMITI

A universe of elements where ice and fire reside in the same space: covering an area of over 5,000 sqm (53,820 sqft), Lefay SPA Dolomiti is one of the largest spas in the Alps. It consists of four levels respectively featuring the indoor/outdoor pool with Family Sauna; 22 rooms for treatments; the 24h Fitness Centre equipped with the new Technogym® Artis Line and the adults' zone with saunas and the indoor pool. Highlight of the spa is the exclusive Energy-Therapeutic World, developed according to the principles of Classical Chinese Medicine and dominated by five areas: The Green Dragon, The Red



Phoenix, The White Tiger, The Black Tortoise and the Centre. They are distinguished by different levels of temperature/humidity and dedicated phytotherapy and represent the connection between our body and the elements, the seasons and the stages of our life.

## LEFAY SPA TREATMENTS

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.

### Face & Body Energy Balancing Massages

They aim to reactivate energy channels as well as rebalance the energy of body and mind, and are personalised according to the individual's psycho-physical status. They have been developed by associating the principles of Classical Chinese Medicine with Western techniques, thanks to a combination of traditional massages techniques with the stimulation of "points and meridians" which activate the "energy" systems. All massages are carried out with natural certified products and are accompanied by aromatherapy with essential oils following the rhythm of the seasons.

### Face & Body Energy Rituals

Performed using the products of the Lefay SPA natural dermatological cosmetics line "Tra Suoni e Colori", they involve a massage that is aimed at stimulating specific points and meridians capable of treating skin blemishes.

### Treatments and Rituals of the Territory

Everything we need to feel good is in the nature around us. The Treatments and Rituals of the local area combine the wisdom and purity of nature with the therapeutic properties of the precious products obtained from the local vegetation.



### Non-Invasive Aesthetic Medicine

Treatments that use non-invasive techniques and tools designed to improve skin blemishes. An approach to rejuvenation that guarantees effective, safe and harmonious results over time using highly technological equipment. The Lefay SPA innovative energy aesthetic treatments, included in this section, are based on the use of acupuncture for aesthetic purposes.

### Medical

Specialist medical advice and therapies in the fields of Western medicine\*, natural medicine\*, osteopathy and massage and physiotherapy.

\*Available only at Lefay Resort & SPA Lago di Garda

### Spa à la Carte

A wide offering which includes western massages, treatments and rituals of the different Eastern traditions.

### For Couples

Rituals dedicated to couples in the exclusive Private SPAs featuring settings and wellness paths to share, while savouring the enjoyment of treatments in total relaxation.

### Beauty and Hair Spa

Professional beauty services dedicated to beauty and health of the hair.

## LEFAY SPA METHOD

A wellness method that combines the principles of Classical Chinese Medicine with Western scientific research, with the aim of fully restoring the balance between body, mind and spirit through the search for conscious health, taking care of the body in a responsible, natural and healthy way every day. At Lefay Resort & SPA Lago di Garda this combination is the basis of the innovative Health Programmes "I Flussi dell'Energia", designed to provide you with the right tools to embark on a journey of change and to



learn to listen to yourself. Personalised according to individual needs to achieve a complete sense of physical wellbeing, the Lefay SPA Method Health Programmes pursue different objectives: stress relieving, curing insomnia, strengthening the immune system, body detoxification, weight loss, getting back into shape, reducing the signs of aging and longevity.

Furthermore, in order to lead the Guests to the most suitable choice for their psychophysical state, each programme has been divided into macro-categories:

- RELAX: Antistress Programme and Sleep Programme
- REBALANCING: Immune System and Intestine Programme (NEW) and Detox Programme
- RESHAPE: Weight Programme and Fitness Programme
- RENEW YOURSELF: Beauty of Body and Mind Programme and Longevity Programme (NEW)

## LEFAY SPA COSMETIC LINE "TRA SUONI E COLORI"

Lefay SPA dermatological cosmetic line "Tra Suoni e Colori" helps the skin to breath, allowing it to rediscover its natural beauty. For this purpose, the products are rich in different natural colours, representing the best-known, precious and well experimented medicinal plants. The absence of colouring agents and chemical preservatives allows the formula to produce the essence of nature on the skin. Just like the Lefay SPA innovative wellbeing concept, the dermatological cosmetic line is aimed at creating products that are increasingly focused on the unique individual.

Sustainability is a relevant value that characterises the Lefay identity, and which also applies in the products of the Lefay SPA cosmetic line, made to the most demanding standards of the leading international environmental certification bodies: Vegan Icca, Cruelty Free and Cosmos Organic (for the Cosmetic Oils Line).

## FACE & BODY LINE

A line of "smart" products that combine nature and science and guarantee an immediate effect. The high-concentration formulations of vitamins, minerals, sugars, proteins and



natural phytocomplexes are able to cure the imbalance of the skin.

#### ANTI-AGE TRIPLE ACTION LINE

The Anti-Ageing products cure the deeper layers of the skin and provide results over time. A natural lifting effect that gives the face a younger and brighter look. The Lefay SPA Anti-Age cosmetic line products are characterised by a high concentration of antioxidants, vitamins, phytocomplexes, hyaluronic acid and extra virgin organic olive oil.

#### ANTI-AGE MINERAL ENERGY COMPLEX LINE

A line composed of a face serum and a cream that, in synergy, act deeply to combat the ageing of skin. Products contain Manganese, Zinc and Magnesium, trace elements of longevity and catalysts of detoxification and regeneration.

#### COSMOS ORGANIC CERTIFIED COSMETIC OILS LINE

Combining the properties of Lefay's extra virgin organic olive oil with the most precious essential oils occurring in nature: Rose, Lemon and Lavender for the face and Cedar and Rosemary for the body.

#### MEN'S LINE

Lefay Men's Line proposes targeted and specific formulations for energising, purifying and soothing; they are rich in innovative and strongly effective phyto-extracts.

#### BATH LINE

Made with Organic Olive Oil, flower hydrolates, cereal proteins and vitamins, they gently cleanse and make your skin elastic, soft and moisturised. The innovative and seductive fragrances offer a refreshing and energising sensory effect.

All products are available in the Lefay SPA Shop and online at [lefayshop.com](http://lefayshop.com)



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