



DOLOMITI



WHERE BODY AND SOUL  
ARE REJUVENATED THROUGH  
THE REDISCOVERY  
OF ONE'S SELF



# LEFAY SPA DOLOMITI

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A temple where senses and soul are regenerated: covering an area of over 5,000 sqm (53,820 sq ft), Lefay SPA Dolomiti is one of the largest spas in the Alps. Innovation, nature and a unique wellness method are the principles of a place 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.

The Lefay SPA Dolomiti offer stands out for its energy-therapeutic paths, Signature treatments, rituals of the territory and enchanting paths called "The Black Tortoise". Lefay SPA treatments are carried out using face and body products from the Lefay SPA natural dermatology cosmetic line "Tra Suoni e Colori", enriched with new elements extracted from the surrounding nature: the pureness of the Alps is combined with the therapeutic properties of the natural products from its forests, waters, minerals, muds and plants.



# “TRA SUONI E COLORI” LEFAY SPA COSMETICS LINE

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NO ARTIFICIAL COLOURS

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NO ADDED PRESERVATIVES

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PETROLATUM FREE

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PARABEN FREE

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SLES FREE

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DERMATOLOGICALLY TESTED

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VEGAN

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NO ANIMAL TESTING

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NICKEL TESTED LESS THAN 0.00001%

The cosmetic line Lefay SPA “Tra Suoni e Colori” was created according to the Lefay SPA philosophy in accordance with the principles of nutricosmetics: a “smart” product line that combines nature and science with a visible and immediate effect. Formulations with a high concentration of antioxidants, vitamins, phytocomplexes and organic extra-virgin olive oil allow it to deeply treat the skin’s imbalance and guarantee the results over time. For a greater level of individualisation of the product, in the treatment room, essential oils that metaphorically “speak” to the skin and its various functions, providing them with support and harmonising with them, thereby transferring strength and stability upon them. Products can be purchased in the Lefay SPA Shop and online at [lefayshop.com](http://lefayshop.com)



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# WORLD OF WATER AND FIRE

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An exclusive temple to wellness,  
where East and West blend together  
among nature and innovation.

01.

## POOLS AND RELAXATION AREAS

A universe of elements with different wide spaces: the indoor sports pool covered in tonalite is inspired by the mountain streams and sparkling reflections created by water and pale granite rocks; while the indoor and outdoor pool blends in with the landscape between sky and earth. The aquatic area is the epicentre of the Lefay SPA Method energetic path and is completed by a large whirlpool that recalls ancient spas. Here, among the shapes and stages of water, fire and ice, the saunas take you on a journey in yourself. The mineral dimension can be found in the salt-water lake and the salt grotto.

### RELAXATION AREAS

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- Relaxation area indoor and outdoor swimming pool (panoramic)
- Relaxation area reserved for the treatments' zone (panoramic)
- The Centre (Panoramic)
- The Green Dragon
- The Red Phoenix
- The White Tiger
- The Black Tortoise

### POOLS\* AND OTHER SERVICES

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- Indoor and outdoor swimming pool - temperature 33-34° C
- Indoor sports pool - temperature 27-29° C
- Whirlpool with salt water rich in magnesium - temperature 34-35° C
- Heated salt-water lake - Temperature 36° C
- Ice Pool - Temperature 10°-14° C
- Kneipp path
- Ice waterfall

\*All pools have a natural chlorine system which uses electrolysis technology to guarantee the total purification of the water, fully respecting the environment.

02.

## SAUNAS AND PATHS

Lefay SPA Dolomiti offers nine saunas with different levels of temperature and humidity: in addition to the spacious Family Sauna, dedicated to families, five specific circuits have been created in collaboration with the Scientific Committee and according to the Lefay SPA Method principles: five areas with different levels of temperature and humidity and dedicated phytotherapy to restore the individual energetic condition. From The Centre, the place of connection, all other stations can be reached: The Green Dragon, The Red Phoenix, The White Tiger and The Black Tortoise are the stages within a world of similarities and symbolism to rediscover the energetic balance.

### FAMILY SAUNA

STEAM BATH - 13 sqm (140 sq ft) Temp 40-42°/ humidity 95%

### THE GREEN DRAGON

Dry saunas with medium temperature and humidity:

- Aromatic Saunas (Orange)  
Temp 50° / Humidity 40%
- Sauna of Essences (Rosemary)  
Temp 60° / Humidity 40%
- Lady Sauna  
Temp 50° / Humidity 45-50%
- Tempered waterfall
- Relaxation area with dedicated phytotherapy

### THE RED PHOENIX

Dry saunas with high temperature and low humidity:

- Finnish Panoramic Sauna  
Temp 90° / Humidity 10%
- Finnish Sauna  
Temp 70° / Humidity 20%
- Cold water bath
- Sensory showers
- Kneipp Path
- Ice waterfall
- Relaxation area with dedicated phytotherapy

### THE WHITE TIGER

A large area, divided into three zones with wet saunas with high percentages of steam:

- Tepidarium  
Temp 38° / Humidity 70%
- Medium Calidarium  
Temp 42° / Humidity 95%
- High Calidarium  
Temp 48° / Humidity 95%
- Sensory showers
- Relaxation area with dedicated phytotherapy

### THE BLACK TORTOISE

- SALT-WATER LAKE: the high temperature of this salt-water lake, approximately 36°-38 °C, allows the body to absorb the trace elements and minerals from the alpine salt dissolved in the water. It has a draining, detoxifying and relaxing effect.
- SALT GROTTTO: for a deep and beneficial effect thanks to the combination of heat, humidity and salt. It clears the airways and regenerates the skin.

€ 50,00 per person (40 min.)\*

€ 90,00 per couple (40 min.)\*

- Relaxation area with dedicated phytotherapy
- \* The session includes the salt-water lake and the salt grotto.

03.

## FITNESS

Well-being also means feeling healthy through a targeted physical activity. The Fitness Centre overlooking the garden is composed by a wide gym with modern Technogym® equipment and studios for breathing, meditation and physical-energetic rebalancing classes.

### MOVEMENT ACTIVITIES

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- Muscular awakening
- Kettlebell
- ABT
- Flexi Bar
- Total Body Sculpt
- Total Abdominal
- Fitball
- Bender Ball
- Power Pump
- Circuit Training aimed at muscular strengthening
- RedCord

GROUP SESSIONS FREE OF CHARGE  
PRIVATE SESSIONS (40 min.) € 90,00\*

### PERSONAL TRAINER

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PRIVATE SESSIONS  
duration 40 min. € 90,00\*  
duration 50 min. € 100,00\*

### WATER ACTIVITIES

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- Water Gym
- Water Lefay

GROUP SESSIONS FREE OF CHARGE  
PRIVATE SESSIONS (40 min.) € 90,00\*

### POSTURAL REBALANCE

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- Pilates
- Stretching
- Postural gymnastics

GROUP SESSIONS FREE OF CHARGE  
PRIVATE SESSIONS (50 min.) € 100,00\*

### BREATHING ACTIVITIES

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- Meridian stretching
- Qi Gong
- Yoga

GROUP SESSIONS FREE OF CHARGE  
PRIVATE SESSIONS (40 min.) € 90,00\*

\*Prices may vary according to individual requests.





# LEFAY SPA METHOD ENERGY-THERAPEUTIC PATHS

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The World of Saunas, covering an area of over 1,700 sqm (18,298 sq ft), was created in collaboration with the Lefay SPA Method Scientific Committee according to the principles of Classical Chinese Medicine, one of the world's oldest diagnostic and therapeutic approaches.



火  
THE RED  
PHOENIX

土  
THE CENTRE

水  
THE BLACK  
TORTOISE

金  
THE WHITE  
TIGER

木  
THE GREEN  
DRAGON

It is based on the concept of energy (Qi), that cyclically moves between two poles: Yin and Yang. Over the years, it has evolved into the theory of the five phases or movements, which, depending on the season or time of day, dominate each other in a continuous and infinite cycle, ensuring the balance of world and life. Since everything that exists is connected to these five phases, they can be connected to the seasons, colours, directions, parts and components of the human body.

The Lefay SPA Method Energy-Therapeutic World was developed according to these principles and is dominated by five areas;

The Green Dragon, The Red Phoenix, The White Tiger, The Black Tortoise and the Centre, which connects all other areas: these are distinguished by different levels of temperature and humidity and dedicated phytotherapy.

Being inside these zones, in a world of analogies and symbolism, will help us to understand the type of energy we need to find balance again. They represent the relationship between our body and the elements, the seasons and the unique paths of our existence: each season is linked to an organ and to specific individual characteristics.

On this basis, the Lefay SPA Method Scientific Committee has created the innovative energy-therapeutic paths, according to the individual energy condition.



# THE GREEN DRAGON

WOOD

In terms of energy, it represents the renewing of nature, the spring and the sunrise. The materials used are light coloured, unripe wood; the light is soft with the pastel colours of the shoots.

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## BIO-SAUNAS

AROMATIC AND WITH ESSENCES  
BIO-SAUNAS AREA WITH MEDIUM  
TEMPERATURE

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## ENERGY ORGAN

LIVER

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## PHYTOTHERAPY

DANDELION AND BITTER HERBS

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## AROMATHERAPY

ROSEMARY  
ORANGE

## THE GREEN DRAGON PATH

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Restorative for restlessness, impetuosity and anger.

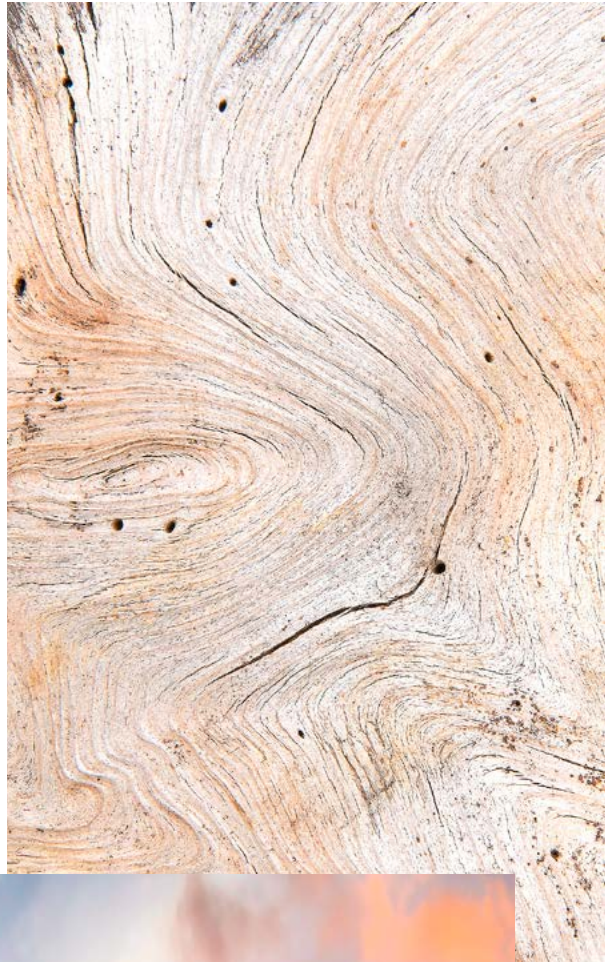
In spring, energy becomes “lighter and brighter” (Yang) while the “heavy and material” (Yin) one disappears. The energy flow rises toward the abdomen and chest. If this flow is obstructed, it may lead to symptoms such as irritability, peevishness, morning drowsiness and frequent awakenings.



## RECOMMENDED SEQUENCE

- Aromatic Sauna (15 min.), sensory waterfall, phytotherapy, relaxation (15 min.). Repeat the sequence starting from the Sauna of Essences (12 min.)
- 1 Massage of The Green Dragon (50 min.)  
The western-style manipulation technique follows the energy lines symbolically related to spring and dawn, i.e. meridians of the liver and the gallbladder. It has a relaxing effect on the muscles and on the whole body. During the massage, olive oil flavoured with a few drops of rosemary and orange essential oils is used, along with green cromotherapy.
- 1 facial energy massage of The Centre (50 min.)
- 1 Stretching of the Meridians (40 min.)
- Dedicated phytotherapy

€ 260,00



火

## THE RED PHOENIX

FIRE

Energetically, it embodies summer, midday, the moment when energy reaches its peak.

Here, the environment gives space to the panoramic view and the materials used are reddish wood and those that recalls the shades of sand. The colours have the tones of orange and pink.

## FINNISH SAUNAS AREA

A DRY ZONE WITH HIGH TEMPERATURES IDENTIFIED WITH THE MAXIMUM YANG

COLD BATH THAT REPRESENTS THE MAXIMUM YIN

## ENERGY ORGAN

HEART

## PHYTOTHERAPY

LAVENDER  
PASSIONFLOWER

## AROMATHERAPY

LAVENDER  
VERVAIN

## THE RED PHOENIX PATH

Stimulates the senses, encourages joy and harmony with oneself and with nature.

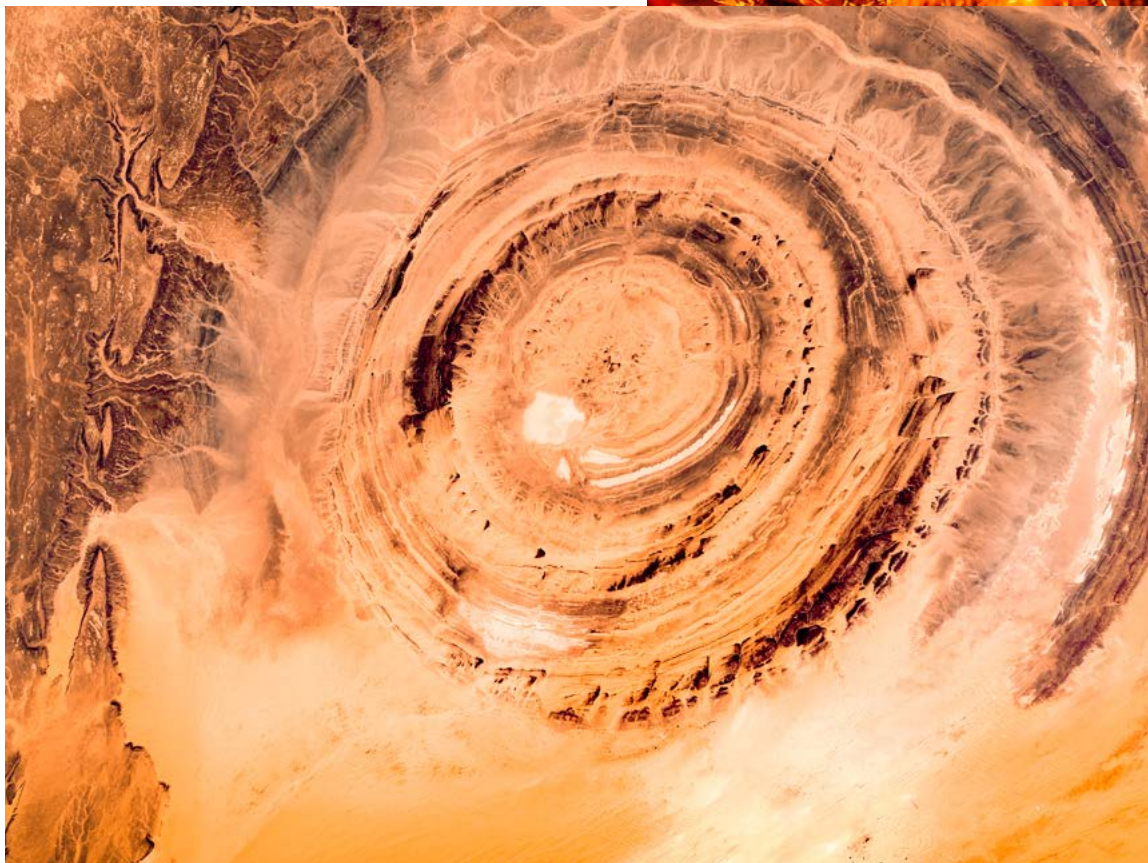
In summer, the "light and luminous" (Yang) energy is at its peak: it is at this time, during the continuous transformation of energy, that the "heavy" (Yin) energy of the night appears. The flow of energy moves from the chest to the surface of the body. If this flow is obstructed, symptoms such as agitation, palpitations and sleep disorders may be experienced.



## RECOMMENDED SEQUENCE

- Finnish Sauna (12 min.), Ice pool, phytotherapy, relaxation (15 min.). Continue with the Panoramic Finnish Sauna (12 min.), Ice pool, sensory shower, phytotherapy and relaxation (15 min.), Kneipp Path.
- 1 Massage of The Red Phoenix (50 min.)  
Carried out using Chinese massage techniques, it works on the energy lines corresponding symbolically to summer and noon, i.e. meridian of the heart. It has a relaxing effect, as the Red Phoenix reborn from its ashes with renewed energy. During the massage, olive oil flavoured with essential oils of lavender or rose and neroli or verbena is used, along with red or rosy cromotherapy.
- 1 facial energy massage of The Centre (50 min.)
- 1 breathing and meditation activity (40 min.)
- Dedicated phytotherapy

€ 260,00





## THE WHITE TIGER

METAL

Energetically, it represents the harvest, the autumn and the sunset. The environment is defined by autumnal colours and hints of burnished metal, the lights is soft and reflects the tones of the sunset.

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### STEAM BATH

HUMID AREA,  
WITH A HIGH PERCENTAGE OF STEAM

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### ENERGY ORGAN

LUNG

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### PHYTOTHERAPY

MALLOW  
BLACKCURRANT

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### AROMATHERAPY

EUCALYPTUS  
THYME

### THE WHITE TIGER PATH

It encourages concentration and meditation.

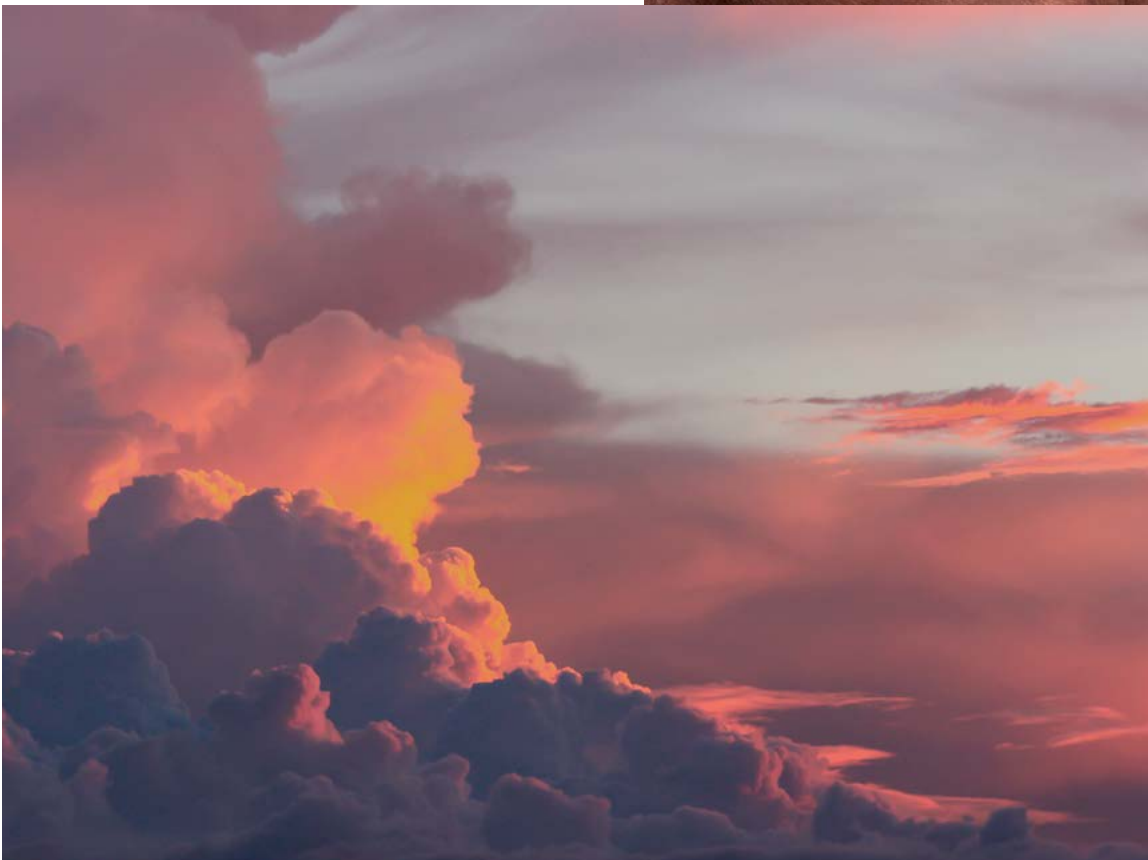
In autumn, the “light and luminous” energy (Yang) significantly decreases and the “heavy” energy (Yin) emerges, reaching its peak in winter. The flow of energy moves and folds from the surface of the body to the chest. If this flow is obstructed, inflammation of the respiratory tract, sadness and isolation-seeking may occur.



## RECOMMENDED SEQUENCE

- Tepidarium (sensory shower and a 5 min. pause), then Calidarium of 42°C (10 min.), phytotherapy and relaxation (15 min.). Repeat the same sequence with relaxation in the Calidarium at 48°C (5 min.). Finish with phytotherapy and relaxation for 15 minutes.
- 1 Massage of The White Tiger (80 min.)  
Carried out using Western techniques. It involves the entire body and works specifically on its balancing energy points with the aim of relaxing and increasing the energy levels in the body. During the massage, essential oils of eucalyptus or thyme and hyssop or citronella are used, while cromotherapy suggests white or light colours.
- 1 energy facial massage of The Centre (50 min.)
- 1 Qi Gong activity (40 min.)
- Dedicated phytotherapy

€ 290,00





水

## THE BLACK TORTOISE

WATER

Energetically, it is the symbolic and physical stage of profound gathering, the winter, when nature begins to hibernate, it is the place of the end of the day: it represents the peak of Yin. The materials used are dark shaded stones, water and blocks of mineral salt. The dim and soft light invite us to a withdraw.

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 ENERGY ORGAN

KIDNEY

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 PHYTOTHERAPY

 ELDER  
 EQUISETUM

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 AROMATHERAPY

 JUNIPER  
 CYPRESS

## THE BLACK TORTOISE PATH

Refocuses and gathers dissipated energy in times of stress.

In winter the "heavy" energy (Yin) is at its peak and coincides with the appearance of the "light and luminous" energy (Yang). The flow of energy recedes deep into the kidney lodges. If this energy flow is obstructed, lower back pain, feelings of inadequacy, fear and panic attacks may appear.



## RECOMMENDED SEQUENCE

- Rest in the Salt Grotto (15 min.), float in the hypersaline water of the Salt-Water lake (15 min.), phytotherapy and relaxation (10 min.).
- 1 Massage of The Black Tortoise (50 min.)  
It deeply nourishes the body, rebalancing the energy lines that "reinforce the body's structure, with anti-ageing effects, it provides tone and vitality to all energetic and metabolic functions". During the massage, vaporised essential oils are of juniper or basil and geranium or cypress are used, while, in terms of chromotherapy, we suggest black or dark colours.
- 1 facial energy massage of The Centre (50 min.)
- 1 Qi Gong activity (40 min.)
- Dedicated phytotherapy

€ 300,00





## THE CENTRE

EARTH

It is the place of connection, because each season folds for a while in the centre before moving on to the next one. The Centre is located on an energy line called “line of the light” and offers an incredible views of surrounding mountains. The materials used are stone and wood. The light is vivid, intense, the colours are the various shades of ochre.

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### ENERGY ORGAN

STOMACH  
SPLEEN

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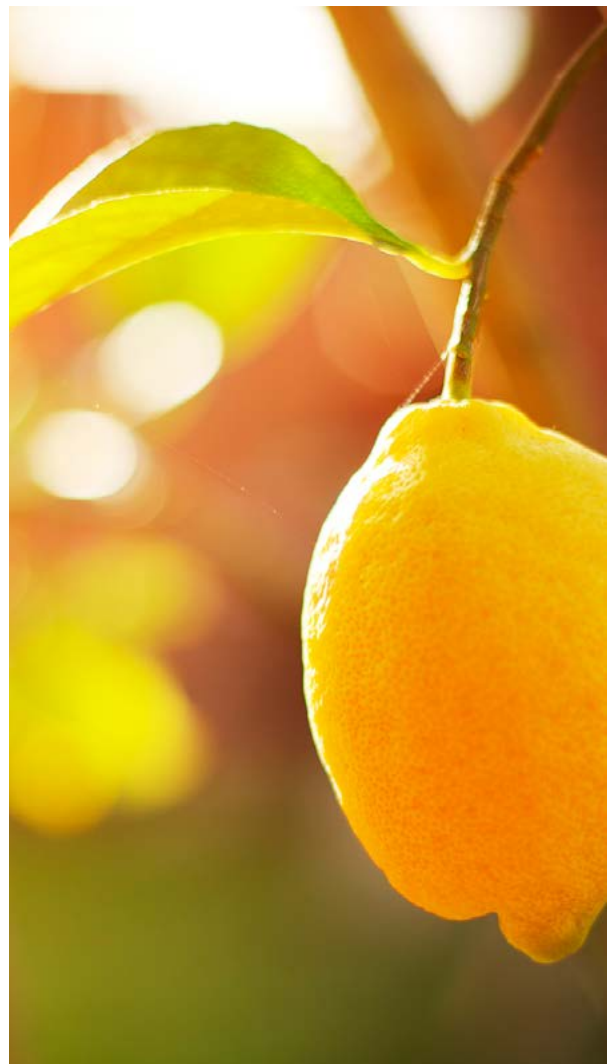
### PHYTOTHERAPY

MELISSA  
LEMON

### THE CENTRE PATH

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It corresponds to the centre of the spa, where the large whirlpool is situated and flooded by a cascade of light.



## RECOMMENDED SEQUENCE

- Rest in the Centre before moving on to the most suited specific path according to the individual energy level. Hydro-massage bath (15 min.), phytotherapy and relaxation (15 min.)
- Energy Massage of the Centre (included in every path) aims to illuminate the skin and relax the muscles of the face. It begins with the application of essential oils on the fingertips, where the energy lines that function on the muscles of head and face start. During the traditional draining massage, specific energy points on the head are stimulated with a profoundly relaxing effect.

€ 115,00 (50 min.)





# LEFAY SPA TREATMENTS

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A wide range of Signature treatments created according to the principles of Lefay SPA holistic well-being, including face and body energy massages, face and body aesthetic energy rituals, the special section “Scents of the Forest” dedicated to the region and the exclusive “Paths of the Black Tortoise”.

01.

## FACE AND BODY ENERGY MASSAGES

The Lefay SPA massages 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 massage techniques with the stimulation of "points and meridians" which activate the "energy" systems, ensuring that the treatment is deep and long-lasting. This method enhances the effects of a traditional massage, because the body receives an "energy message" which will be remembered and elaborated with time. Massages are carried out with natural certified products and are accompanied by aromatherapy with essential oils.

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### BODY MASSAGES

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#### RELAXING

Scambio nel Vento

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Much of our daily tensions are embedded onto different areas of the body, especially the head, neck and shoulders. This massage uses Western techniques, including kneading and friction, on energy points in the body. Slow and medium pressure acts on the muscular tension and the stimulation of energy points allowing you to relax your entire body.

€ 115,00 (50 min.)



NEW

#### ANTISTRESS

La Quiete

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A stress-relieving energy massage carried out with Western techniques on energy functions. It leads to deep relaxation and helps our vital energy to repair itself from the stress. Slow, medium-pressure manipulations stimulate energy points, which have the specific property of relieving muscular tensions and relaxing the spirit, mind and body. Other energy points, on the other hand, are activated to deeply nourish the entire organism, releasing stress. Peace of mind and relaxation will be the predominant sensations perceived by the body.

€ 145,00 (65 min. + 5 of relaxation)



#### DETOXIFYING

La Luce oltre la Nebbia

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According to Classical Chinese Medicine and Naturopathy, accumulated toxins must be removed before any treatment. This massage works on the meridians and specific points, preparing the body for the following treatments. (Not advisable for people suffering from capillary fragility).

€ 115,00 (body only, 50 min.)

€ 145,00 (face and body with cupping, 75 min.)



#### TENSION-RELIEVING

La Brezza accanto al Confine

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Thanks to the stimulation of energy points, it has a specific effect on contracted muscles (especially in the back and legs). The dynamic and deep massage techniques, from the Western school of massage, help loosen hypertonic muscular areas.

€ 115,00 (50 min.)



#### ANTICELLULITE

Respiro Alchemico

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A perfect fusion of Western techniques that acts on energy function and on blemishes, allowing

you to “transform” the “shape of the individual”. This medium-intensity dynamic massage, combined with the stimulation of specific points, mobilises and eliminates water retention.

€ 115,00 (50 min.)



#### LYMPHATIC DRAINING

Rugiada del Mattino

This massage stimulates the lymphatic circulation and promotes the elimination of excess water in particular the lower limbs, activating specific points that increase drainage.

€ 130,00 (65 min.)



#### REVITALISING AND ANTI AGEING

Alta Marea

The purpose of this treatment is to nourish the body deep down, flooding it with a sea of vitality. The points involved in this treatment provide the body with the energy needed to function properly. This massage, performed with Western techniques such as effleurage, envelopment and friction, is particularly pleasant and relaxing.

€ 115,00 (50 min.)



#### FOUR HANDS MASSAGE

Il Volo della Farfalla

The pleasant light sensation of four hands moving together over the body. This treatment reawakens a person's more instinctive side by the targeted stimulation of specific energy points. It is particularly indicated for people who have stressful jobs, whose lifestyle is far removed from their genuine needs. Suitable for people who need to cease bottling up their feelings.

€ 200,00 (50 min.)

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## BODY AND HEAD MASSAGES

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#### BODY RELAXING, HEAD AND NECK

Massaggio Dell'Imperatore

A global head and body treatment designed to revitalize the individual, following the flow of internal energy. The stimulation of specific areas of the body, the action on energy points in the back and the skull achieved with particular manual movements of medium pressure, melt away any tension and lead to a deep rebalancing of the body.

€ 150,00 (80 min.)

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## FACE AND HEAD MASSAGES

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#### ANTI AGEING

Derma di Luce

A massage aimed at brightening the skin and relaxing the muscles of the face. The treatment begins with the application of essential oils onto your fingertips, where the energy lines that act on the muscles of the head and face originate. The classic draining massage combines with the stimulation of certain energy points on the head for a deeply relaxing experience.

€ 115,00 (50 min.)



02.

## FACE AND BODY ENERGY BEAUTY RITUALS

Performed using the products of the Lefay SPA natural dermatological cosmetics line “Tra Suoni e Colori”, they take on the energy characteristic since they involve a massage that is aimed at stimulating specific points and meridians capable of treating skin blemishes. For face treatments, the energising mask *Il Fremito d’Ali* is applied, while for body treatments, an aromatic mud pack called *Il Potere del Cielo e della Terra* is applied.

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### BODY RITUALS

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#### PURIFYING

##### Ricordo

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The ritual starts with a purifying peeling carried out with scrub *Ricordo*: hazelnut micro-spheres exfoliate the body, while lavender and burdock extracts purify the epidermis from toxins and impurities. Then a wrap with the detoxifying aromatic mud is performed, followed by a short massage with the application of the final cream and the stimulation of the energy points that have a detoxifying effect on the skin.

€ 150,00 (90 min.)

#### WRAPS WITH LEFAY SPA AROMATIC MUD *Il Potere del Cielo e della Terra*

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In these rituals, the essences combine with an aroma and terrestrial power of various muds made using rich sulphate clays and morillonite. Stimulation of the facial energy points along Chinese medicine’s meridians moves the energy that starts to circulate freely, detoxifying and regenerating the body through the organs responsible. The osmotic action of mud combined with massage performed with specific products of the Lefay SPA body line helps to eliminate toxins and regenerate tissue.

#### TONING WRAP *Incanto*

€ 110,00 (60 min.)

#### CONTOURING WRAP *Carezza*

€ 110,00 (60 min.)

#### DRAINING WRAP *Torrente di colori*

€ 110,00 (60 min.)

#### MOISTURISING

##### Luce

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A delicate initial exfoliation with the Lefay SPA extra-virgin olive oil and thermal salts scrub and a Lefay extra-virgin olive-oil-based wrap hydrate and regenerate the skin. To follow, an acupressure massage on the face and on the points of relaxation to detoxify the head and clear the mind, together with sponging with warm cloths. Finally, a brief relaxing massage with the hydrating emulsion *Luce* rich in soya protein, alcea rosea and mallow restore the correct hydration level of the skin that appears softer and extraordinarily hydrated.

€ 150,00 (90 min.)

## SHAPING

### Abbraccio

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The exfoliating action of the Lefay olive-oil scrub and Lefay SPA thermal salts prepares the skin for the contouring aromatic mud wrap. During the application, the face energy points are stimulated to reactivate blood circulation and improve the transport of oxygen and energy to the tissues. To finish, a short massage with cupping on the slimming energy channels with the thermally active contouring emulsion *Abbraccio* with a base made of ivy, red algae and chestnut extract that sharpen the figure with a regenerating and slimming effect on the body.

€ 150,00 (90 min.)

## FIRMING

### Gioia di Vivere

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The ritual starts with a delicate exfoliation with Lefay SPA olive oil and thermal salt scrub, followed by a wrap with specific aromatic mud and a short toning and relaxing massage performed with *Gioia di Vivere* emulsion rich in olive oil and currants that stimulate the production of collagen and elastin. The skin immediately gains compactness and vitality.

€ 150,00 (90 min.)

## FACIAL RITUALS

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### FACIAL CLEANSING

#### Unico Cielo

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Unblocking the pores and eliminating impurities means letting our skin breathe, stimulating cell turnover and making it fresher, radiant and smooth. The *Unico Cielo* facial is ideal for preparing the tissue for subsequent treatments. The hazelnut beads exfoliate the epithelium; the lavender and burdock extracts purify, while the precious olive oil deeply nourishes. The cells are renewed and the skin experiences an immediate feeling of well-being, thereby looking revitalized.

€ 140,00 (75 min.)

### FACIAL CLEANSING

#### Unico Cielo Short

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A facial cleansing treatment suitable for those who do not need a full treatment or have little time available.

€ 80,00 (45 min.)

### FACIAL CLEANSING\*

#### Purificante extra

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Ideal for particularly impure skin needing a deep detoxification or for those who have not subjected their skin to cleansing for a long time.

€ 25,00 (20 min.)

\*Available only when combined to a Face Ritual.

### FACIAL CLEANSING

#### Unico Cielo under 18

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Treatment for oily skin, aimed at radically combating excess sebum levels and the formation of blemishes resulting therefrom, which often turns into acne. Sebum-regulating properties of *vitis vinifera* and burdock create a purifying and mattifying effect that allows the skin texture to be refined and purified.

€ 100,00 (60 min.)

**MOISTURISING****Acqua Vitale**

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Treatment performed with a precious serum rich in vitamin E and F and in hydrating substances that give the skin a profound sense of well-being. The rituality of the treatment, the contouring facial massage and acupressure on reflex energy points allow you to indulge in complete relaxation, resulting in a fresher, younger and more radiant looking skin.

**€ 140,00** (75 min.)

**PURIFYING****Rivivere**

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The reactivation of the three fundamental meridians for purification and regulation of the interior with the exterior of the body and the purifying and mattifying properties of aloe and burdock, in synergy with the balancing sebum action of the mask deeply detoxify the skin, giving it luminosity and vigor, thereby making the complexion uniform in nature.

**€ 140,00** (75 min.)

**SOOTHING****Colore**

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Treatment intended for delicate and sensitive skin, also ideal after exposure to the sun. The face regains balance, becoming hydrated and elastic thanks to calendula and panthenol. The mask rich in witch hazel and mucilages of algae deeply rehydrates the tissue. The face regains an innate splendour thanks to the synergy between the contouring facial massage and energy stimulation of reflex zones, opening eyes and returning the magic of a bright face.

**€ 140,00** (75 min.)

**FIRST WRINKLES****Senza Tempo**

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Treatment aimed at preventing premature ageing of the skin, provoked by stress incurred by the environment and lifestyle. The enveloping manual techniques of the contouring facial massage combined with the acupuncture on the energy points, guarantee vitamin A for restructuring the dermis, beechwood buds for regenerating cellular vitality. Olive oil, extracts of hibiscus maintain hydration and smoothness for a delicious new fresh face.

**€ 160,00** (75 min.)

**Senza Tempo Man**

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For men that want to regain healthy, rested and clean skin. This treatment is performed using products from the Lefay SPA Men cosmetics line. The initial cleansing, the massage with energy acupuncture and final mask with a base made up of triglycerides, illuminating hydroxyacids and vitamins help to prevent premature ageing of the skin, giving it vitality and brilliance.

**€ 130,00** (60 min.)

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## ANTI-AGE TREATMENTS

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During the ageing process, the skin is the centre that is primarily affected by genetic and environmental factors bringing about morphological changes expressed in wrinkles, discolouring, slackening and dryness of the skin. These innovative treatments are conducted using products from the Lefay SPA Anti-Age Triple Action Cosmetics Line - at a high concentration of hyaluronic acid, regenerating vitamins, potent antioxidants and precious active ingredients that penetrate the deeper layers of the skin - modulate oxidative processes, support the natural mechanisms of defense and protect the gene pool. The use of these cosmetics is combined with manual firming and draining techniques and the use of devices that help tone the tissues like cupping and massage. An extraordinarily effective union, which restores the skin's firmness, freshness and energy.

### TRIPLE-ACTION ANTI-AGE FACIAL TREATMENT Il Cerchio della Luna

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Dynamic and deep treatment that acts on the muscular tonicity, on the oxidation processes and on the natural defence mechanisms of the skin, thereby protecting genetic heritage. Like a proper lifting, the synergy between using the products of the Lefay triple-action Anti-Age line that restructures damage caused by genetic and environmental aging as well as the vacuum technique combined with the face, neck and shoulder massage, stimulates the process of regeneration and firms the tissues. The use of hot lava stones triggers the action of Stomach energy meridian travelling away from the face, restoring radiance to skin, as if it were mirroring the proper functioning of the body. The oval of the face appears fleshy, firm and smooth, wrapping itself in a new light.

€ 190,00 (80 min.)

03.

## SCENTS OF THE FOREST

The Treatments and Rituals of the local area combine the wisdom and purity of the alpine nature with the therapeutic properties of the natural products obtained from the forest, water, minerals and plants. The protagonists are horse chestnut and arnica oils enriched with the essences of the forest (mountain pine, swiss stone pine and juniper), mineral alpine salt and traditional butter from the Alps.



### LEFAY MASSAGE Linfà del Bosco

An aromatic massage performed using Lefay arnica and hypericum oil and etheric oils (swiss stone pine and peppermint), extracted from plants, flowers and shrubs of the surrounding mountains, which have renowned healing properties. Carried out with a slow and delicate technique for a deep relaxation. The aromatherapy massage, *Linfà del Bosco*, relaxes tension, calms physical pain and reduces mental fatigue.

€ 100,00 (50 min.)



### ANTI-AGE FACIAL TREATMENT WITH ALPINE FLOWERS

In nature, alpine flowers are subjected to intense temperature fluctuations and extreme ultraviolet radiation. To grow and flourish in spite of the difficult climatic conditions, these flowers have effective defences, the same ones that benefit our skin when treated with their extracts. The

phytonutrients contained in flowers protect the skin from free radicals and slow the ageing process. The scrub prepares the face for the massage that stimulates tissue regeneration. Following that, the facial mask is applied to restore the skin's brilliance.

€ 90,00 (45 min.)



### BODY SCRUB WITH CHESTNUT FLOWER, ALPINE SALT AND TRADITIONAL ALPINE BUTTER

This delicate preparatory exfoliating massage combines the anti-inflammatory and protective properties of escin extracted from horse chestnut seeds, with the smoothing and regenerating effects of Alpine salt. Everything is mixed with mountain butter, rich in oils, resulting in a softer and more hydrated skin and leaves it clear and radiant.

€ 110,00 (50 min.)



### HYDRO-AROMATHERAPY WITH SCENTS OF THE FOREST

The beneficial qualities of hydrotherapy and swiss stone pine essential oil leave the skin relaxed, renewed and healthy. The different hydromassage programmes focus on specific areas of the body to obtain the most effective results.

€ 50,00 (20 min.)



### MOISTURISING AND EMOLIENT BODY WRAP WITH HORSE CHESTNUT AND ACHILLEA

Suggested for lifeless and dull skin. Horse chestnut and achillea help to hydrate, tone and nourish the body skin. The exceptional anti-inflammatory, antioxidant, nourishing and moisturising properties are activated against the ageing process.

€ 110,00 (45 min.)

NEW

**MUD THERAPY**

Regain your strength with Lefay SPA mud therapy in the "Nuvola" tub: an experience that stimulates all the senses and gives a feeling of renewed well-being both for body and mind. Protagonist is the beneficial mud created with silt from the Val di Genova and enriched with trace elements extracted through an ion-exchange process: malachite, with antioxidant power; olivine, rich in magnesium with an energising anti-aging action; rhodolite, which stimulates the natural immune defences and zincite, which protects the DNA from external damage.

**DETOX MUD THERAPY****€ 80,00** (30 min.)**SOOTHING MUD THERAPY****€ 80,00** (30 min.)**ANTI-AGING MUD THERAPY****€ 80,00** (30 min.)**PURIFYING AND REGENERATING BODY RITUAL WITH RIVER PEBBLES**

La Montagna e il Viaggio nei Sensi

A sensory journey starting with a detoxifying scrub using plant roots and a Lefay SPA wrap with olive oil, horse chestnut and currants to regenerate, energise and soften the skin all over the body. To follow, a massage using hot river pebbles along the body's energy points and lines with a rebalancing and relaxing effect.

**€ 260,00** (2 h 30 min.)**LEFAY MINERAL ENERGY ANTI-AGE HEAD, FACE AND NECK RITUAL**

Inspired by the elements of the Alps, Lefay SPA has created an anti-age ritual using a set of active complexes that protect the body from oxidative stress, oxygenate and energise the facial skin, reducing stress and fatigue. During the ritual, the olivine powder, rich in magnesium and with anti-ageing properties, is used for the scrub together with Lefay olive oil. The face and neck massage is performed using a pincement

technique and acupuncture to relax the facial features. The Gua Sha technique drains the energy channels and activates the circulation thanks to the restructuring anti-ageing mask with phytomelatonin oil. The oval shape of the face appears redesigned and the skin regains its original radiance.

**€ 190,00** (90 min.)

04.

## THE PATHS OF THE BLACK TORTOISE

An enchanting mountain grotto that represents a place of deep recollection, where nature goes into hibernation and Yin is at its peak. Here, feelings that bring us closer to the natural dimension are unleashed: floating in the alpine Salt Lake, nestled like a precious gem, breathing the benefits of the Salt Grotto and regenerate thanks to the mud therapy and Lefay SPA rituals and treatments. In this area dedicated to purification, meditation, rest and the recovery of vital energies, Lefay SPA has created “The Paths of the Black Tortoise”. The protagonists are the mud created using silt from the Val di Genova, enriched with oligominerals extracted in ionic form: malachite, with a strong antioxidant action; olivine, rich in magnesium with a powerful energising and anti-age effect; rhodolite, that stimulates the natural immune defences and zincite, that protects DNA from external damages. In these wellness “paths” it is possible to feel connected to nature along mountain trails: the perfumes of mosses, the drops of dew and the contact with vegetation.

### DETOX PATH

#### Purezza (Short)

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Salt Grotto (15 min.)

Floating in the Salt-water Lake (15 min.)

Phytotherapy and relaxation (10 min.)

Detox Scrub with mineral salts, plants’ roots and Lefay detox olive oil, horse chestnut and currants. Detox Mud Therapy: offers an antioxidant protection thanks to the silt enriched with manganese mineral ions extracted from rhodolite, horse oil chestnut and extracts of gentian and escin.

€ 180,00 (1 h 50 min.)

#### Purezza (Long)

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The short path is enriched by:

A Detoxifying Massage with horse chestnut oil, Lefay olive oil and currant extracts.

€ 240,00 (2 h 10 min.)

### SOOTHING PATH

#### Leggerezza (Short)

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Salt Grotto (15 min.)

Floating in the Salt-water Lake (15 min.)

Phytotherapy and relaxation (10 min.)

Soothing Scrub with malachite powder (copper ion), arnica, hypericum and horse chestnut oils. Soothing Mud Therapy: treatment against free radicals, using local silt. copper ions extracted from malachite, willow and devil’s claw.

€ 180,00 (1 h 50 min.)

#### Leggerezza (Long)

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The short path is enriched by:

A Soothing Massage with Lefay olive oil, horse chestnut and arnica.

€ 240,00 (2 h 10 min.)

**ANTI-AGE PATH****Luce (Short)**

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Salt Grotto (15 min.)

Floating in the Salt-water Lake (15 min.)

Phytotherapy and relaxation (10 min.)

Anti-ageing Scrub with olivine powder (magnesium ion), Lefay olive oil, rose oil, vitamin A and E, currant extracts.

Anti-age Mud Therapy: the silt enriched with mineral magnesium ions extracted from olivine has a powerful oxygenating and energising effect that increases the energy levels of the skin cells, counteracting stress and fatigue.

**€ 180.00** (1 h 50 min.)**Luce (Long)**

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The short path is enriched by:

An Anti-ageing Massage with Lefay olive oil, horse chestnut, rose oil and vitamins E and F.

**€ 240.00** (2 h 10 min.)**PATH IN THE SALT-WATER LAKE  
AND SALT GROTTO****L'Aurora nel Lago**

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The high temperature of water, around 36-38° C, allows the body to absorb the trace elements and minerals from the alpine salt dissolved in the water. It has a draining, detoxifying and relaxing effect. A 40-minute treatment that alternates between bathing and relaxation.

It is suggested to start with 15 minutes of breathing in the salt grotto, then continue with floating in the salt-water lake for 15 minutes and conclude with dedicated relaxation and phytotherapy (10 min.).

**€ 50.00** per person (up to 6 people)**€ 90.00** per couple





# NON INVASIVE AESTHETIC MEDICINE

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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.

01.

## FACE TREATMENTS WITH BEAUTY EQUIPMENT

### HYDRAFACIAL MD FACE

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HydraFacial MD is a unique technology of hydradermabrasion: its effectiveness is recognized all over the world thanks to its integral approach aimed at obtaining the maximum result. HydraFacial, a real hydro skin cleansing, combines toning treatments with the advanced medical technology to obtain a healthy skin. It features the patented "Vortex Fusion" technology for an immediate and satisfying brilliance. Its spiral design creates a whirl effect to easily remove impurities with exfoliating, anti-oxidant and moisturising effects.

### HydraFacial MD Treatment + Booster

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A rejuvenating skin treatment that can be personalised and immediately reduces ageing lines and wrinkles. It restricts stains of hyper-pigmentation and acne, purifies the pores of the skin and tones face and neck. This treatment also includes the use of specific boosters, masks and LED therapy.

€ 250,00 (60 min.)

### Deluxe HydraFacial MD Treatment

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An invigorating treatment that includes all the essentials as well as the HydraFacial MD luxury for face, neck and décolleté. It begins with a lymphatic draining therapy to detoxify the body. Then, HydraFacial MD deeply cleanses, exfoliates, extracts impurities and moisturises the skin. This treatment also includes the use of specific boosters, masks and LED therapy.

€ 310,00 (80 min.)

### Booster HydraFacial MD Treatment + Perk Treatment

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An intensive treatment for the eye contour and lips. It is an ideal solution for a perfect skin care. It lightens, tones, firms and drains the swelling around the eyes while keeping the skin hydrated. Exfoliates, nourishes and perfectly plumps the lips with ingredients such as peppermint oil and peony extract.

€ 210,00 (40 min.)

## OXYGEN THERAPY

### Intracuticals

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This is the new frontier in skin treatment; the treatment is based on the principle of topical hyperbaric oxygen associated with latest generation cosmetics containing hyaluronic acid, oxidants, green tea, aloe vera, vitamins A, C, E. The technique is painless, has no contradictions and the benefits are visible and immediate since the hyperbaric oxygen enables the active ingredients to be transported to the deepest skin layers.

### Rejuvenate

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A treatment targeted at thin lines and wrinkles, which improves small imperfections and overall hydration.

**€ 200,00** (60 min.)

**€ 480,00** cycle of 3 sessions

## RADIO-FREQUENCY SKIN TIGHTENING

### Indiba Active Therapy

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Radio-frequency skin tightening stimulates cutaneous collagen, a protein that is responsible for keeping the skin and tissues elastic and hydrated. Collagen production therefore helps to stretch the skin, soften wrinkles and make the skin softer, smoother, more hydrated and more radiant. An ideal treatment for people who are looking for an immediate younger-looking skin.

**€ 180,00** (50 min.)

Recommended facial treatment:

1 HydraFacial MD Treatment + Booster

1 Intracuticals Rejuvenate

1 Indiba Active Radiofrequency Therapy

**€ 580,00**

02.

## BODY TREATMENTS WITH BEAUTY EQUIPMENT

### VELASHAPE

Reshapes and reduces local fat and cellulite

An innovative system that increases metabolism, lipolysis and lymphatic drainage, thereby reducing fat and cellulite. Thanks to the revolutionary Elos technology, which combines infrared light, radiofrequency, suction and manipulation, the production of collagen increases and the circumference of the treated area reduces, thereby providing for fully reshaped and firm skin.

€ 140.00 (30 min.)

€ 210.00 (50 min.)

### HYDRAFACIAL MD BACK

This treatment soothes and refines the back skin. Thanks to the positive effects of HydraFacial MD lymphatic draining and LED light therapy, the benefits are extended to the body for an effective and surprisingly relaxing experience.

€ 180.00 (50 min.)

### INDIBA ACTIV THERAPY (TECAR THERAPY)

With the aim of repairing internal damage, Indiba Activ works on cells, promoting biostimulation, vascularisation and hyper activation. In this way, it is able to provide additional hydration to the tissues to help them oxygenate, heal, drain and, finally, regenerate. The result is a healthier and more beautiful appearance. This treatment smooths wrinkle caused by ageing or the loss of skin tone caused by weight loss, over exposure to the sun for a long period of time or pregnancy. Moreover, it activates the cellular metabolism and reduces liquid retention.

Anti-cellulite legs and buttocks

€ 120.00 (60 min.)

Abdomen

€ 60.00 (30 min.)

03.

## ZO SKIN HEALTH RESTORATION BY DR. ZEIN OBAGI

### DR. OBAGI'S TREATMENTS FOR SKIN HEALTH

The principles of the program for restoring healthy skin by Dr. Obagi are particularly applied in skin with the problems of ageing or abnormal texture, suffering from acne or problems caused due to sun damage. Dr. Zein Obagi is the medical and scientific director of ZO Skin Health inc. and is known throughout the world for having designed treatments, protocols and scientifically advanced skin care products. His methodology aims at restoring skin to a healthy state and correcting major blemishes on facial skin. ZO products are cosmeceutical products with pharmacological quality and efficacy and use sophisticated nanotechnology, certification systems and advanced active ingredients.

### ILLUMINATING TREATMENT

For mature skin with cutaneous dyschromia

Skin discolouring is an alteration associated with an accumulation of melanin pigment that gives risk to unaesthetic spots on the face and the zones of the skin that are the most exposed. This illuminating treatment improves the skin, giving it a radiant complexion and a smoother texture thanks to salicylic, lactic and citric acids. Powerful antioxidants and coenzymes inhibit melanin production, stimulating healthy cell reproduction.

€ 175,00 (65 min.)

### ESSENTIAL ULTRA-MOISTURISING TREATMENT

For dry and dehydrated skin

This treatment starts with a hydrating cleansing and a micro exfoliation that removes superficial impurities. Thanks to the extracts of blackberries, liquorice and bearberries with lactic acid and kojic acid, the skin is prepared for exfoliation that improves the skin's brightness, purity and texture, alleviating wrinkles. Ideal for dry and mature skin where old age together with factors such as environmental circumstances, metabolism and lifestyle have altered natural hydration levels. Thanks to the use of enzymes that repair DNA and natural melanin, the skin becomes visibly more firm, strengthened and protected.

€ 175,00 (65 min.)

### IMPURE SKIN TREATMENT

For oily skin or with acne

Oily skin is thicker than normal skin; it appears oily, with dilated pores, comedones and blackheads, which may give rise to chronic inflammation known as acne. By using products containing AHAs and salicylic acid, the excessive production of sebum is minimised, helping to shrink pores. Immediately the skin appears cleaner, healthier and without excess sebum. Furthermore the use of antioxidants, natural melanin, zinc oxide and titanium dioxide reduces acne scars.

€ 175,00 (65 min.)



# MASSAGE AND PHYSIOTHERAPY- OSTEOPATHY

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Lefay SPA offers specialist consultations in the fields  
of massage and physiotherapy and osteopathy.



01.

## MASSAGE AND PHYSIOTHERAPY

A physiotherapeutic practice based on massage that stimulates certain regions of the body in order to improve physiological activities. It consists of a series of different techniques carried out to relieve muscle or joint pain, reduce tension and muscle fatigue, tone the volume of certain tissues and improve the person's psychological well-being.

### POSTURAL EVALUATION

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€ 70,00\*

### MASSOPHYSIOTHERAPY TREATMENT

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Improves circulation, accelerate the supply of oxygen and nutrients and the removal of metabolic waste. Has an antispasmodic action on the muscles, relieves muscle pain, back pain and neck pain.

€ 105,00\*

### MYOFASCIAL RELEASE POSTURAL MASSAGE

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The massage is particularly effective for treating stiffness and contractures of muscles, also in chronic situations. The benefits include improved posture and relieved muscle and joint pain.

€ 100,00\*

### INDIBA ACTIV THERAPY (TECAR THERAPY)

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In physio aesthetics, Indiba Activ Therapy is used for rebalancing the cellular metabolism, it improves micro circulation, reduces swelling, favours the resorption of haematomas and prevents adhesions and fibrosis. It is highly effective in treating severe sport related injuries and for post-operative healing, ideal for muscle and joint pain.

Cervical Pathology - Tendinopathy - Lumbago - Ligament injuries

€ 60,00 (30 min.)

Recovery (after physical activity)

€ 120,00 (60 min.)

02.

## OSTEOPATHY

The ultimate objective of this therapy is good health, achieved by reducing pain, improving joint function, treating physiological dysfunctions and removing obstacles for optimal nerve transmission. It is a type of alternative medicine that uses manipulation techniques aimed at restoring the overall balance of the body, its functions and its well-being. Osteopathy treats the individual as a whole, as a system composed of muscles, skeletal structures and internal organs connected in the nerve centres of the spine. Each constituent part of the person (psyche included) depends on the other ones and their correct functioning ensures the well-being of the entire organism.

### OSTEOPATHY CONSULTATION

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Consultation with a manual diagnostic and therapeutic approach that treats the dysfunctions of joint mobility and tissue injury.

€ 55,00\*

### OSTEOPATHIC CERVICAL MASSAGE

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A treatment for people who suffer from cervical muscle tension and would like to get rid of it while enjoying a relaxing massage. The session aims primarily to rebalance the postural alignment, followed by a fascial release of the neck muscles and an osteopathic correction of the unaligned vertebra, that often cause various forms of neck and shoulder pain. Finally, a relaxing massage to soften the muscles and release all residing tensions.

€ 115,00\* (45 min.)

### OSTEOPATHY MANIPULATIVE TREATMENT

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This is a process by which the body is guided to find harmony and integration between body, mind and spirit, which restores the self-healing powers of the individual. Because it acts primarily on bone and skeletal structures, it is more suitable for issues such as sports injuries or back pain.

€ 115,00\*

### CRANIO SACRAL TREATMENT

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Cranio sacral osteopathy is named after the bone structures that encompass the nervous system (the cranium and the sacrum), protecting the brain and spinal cord. Working on these structures can connect you to the cranial rhythm that echoes throughout the body, reharmonising the body's natural functions and emotional state. Gentle and relaxing, this treatment is especially suggested for treatment of headaches, cervical tension or stress-related problems.

€ 130,00 (50 min.)



# À LA CARTE SPA

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

01.

## WESTERN MASSAGES



### LEFAY WELCOME MESSAGE

This massage relaxes the muscles of the back and delivers a profound sensation of well-being thanks to the purest essential oils of mugho pine and peppermint, typical essences of the mountains.

€ 45,00 (20 min.)



### TENSION-RELIEVING NECK AND BACK

This massage relaxes the muscles and promotes re-alignment of the spine, providing immediate relief.

€ 75,00 (30 min.)



### HEAD MASSAGE La Finestra del Cielo

An invigorating massage with Lefay extra virgin olive oil which, through the stimulation of energy points, loosens the muscles of head and neck, helping deep relaxation.

The olive oil deeply nourishes the hair, the thread of the soul, and makes it healthy and radiant.

€ 75,00 (25 min.+ 5 min. of relaxation)



### REBIRTH RITUAL FOR HANDS AND FEET Il Passo e la Carezza

This is a deep care ritual for the hands and feet: they are the two parts of the body that have always been our contact with mother earth, as well as with people and the things that surround us. The treatment starts with a footbath steeped with lemon slices and green tea-scented salts, enriched with mint essence, followed by gentle acupressure on the face and head with the aromatic and relaxing notes of lavender and exfoliation with lavender salts and extracts. A moisturising pack and a relaxing massage of the reflexology zones of the hands and feet is then performed with cream infused with green tea and vitamin E.

€ 170,00 (1 h. 30 min.)



### CALIFORNIAN

Relaxing and calming massage that, thanks to the soft and light movements, frees the mind from thoughts conferring psychophysical well-being. Dedicated to those who want to enjoy a moment of pure relaxation, to those who want to experience an enveloping and delicate massage. It is very suitable for very stressed and tired people.

€ 100,00 (50 min.)



### CONNECTIVE

This massage reactivates the circulation and improves trophism in the tissues. The skin becomes supple and compact and the body rediscovers lightness.

€ 100,00 (50 min.)



### FOOT REFLEXOLOGY

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Foot reflexology can alleviate a variety of problems affecting the body, as the entire organism is reflected in the so-called foot reflexology zones. With deep and light pressure, balance in the body is restored by massaging the feet in a way that corresponds to our psycho-physical state. This means starting from a holistic vision aimed at increasing self-awareness and showing up the qualities that each of us has deep inside.

€ 100,00 (50 min.)



### DEEP TISSUE

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This massage uses a technique that is aimed at treating deep muscles of the miofascial system, acting on structures that are difficult to treat with other methods.

€ 115,00 (50 min.)

€ 180,00 (80 min.)



### HAEMOLYMPHATIC

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This massage improves the blood circulation and has a considerable draining action. It is perfect for reshaping body contours and delivering lightness to the body. Excellent also if associated with body beauty treatments.

€ 100,00 (50 min.)

### MASSAGE WITH HOT MUD

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Aromatic Hot Lefay SPA mud, known as *Il Potere del Cielo e della Terra*, is used to make this massage a particularly pleasant experience. Rich in oils, clays, sulphates and marillonite, the mud performs an osmotic detoxifying and antioxidant action.

€ 120,00 (60 min.)

### CANDLE MASSAGE

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A relaxing massage carried out using the warm oils of perfumed candles. It relieves tension and delivers new and pleasant sensations to the body.

€ 100,00 (45 min.)

### CONTOURING FACIAL MASSAGE

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With a sculpting, toning and draining action achieved through a combination of manoeuvre performed along the system of all the mimetic facial muscles. It energizes the elastic fibres and stimulates the production of collagen, increases firmness and restores life to tired skin. The use of organic Lefay SPA anti-ageing cosmetic Oil accelerates skin regeneration.

€ 100,00 (40 min.)



### PRENATAL TREATMENTS

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Specific treatments for both expectant women (after 4th month) and the breastfeeding period. These massages are dedicated to this period of transformation of the female body and help you rapidly rediscover form and give you moisturised, supple and nourished skin.

Lefay Extra-Virgin Olive Oil,  
draining and moisturizing massage

€ 90,00 (50 min.)

Massage *Gambe Leggere*

€ 50,00 (30 min.)



### RELAXING FOOT TREATMENT FOR PREGNANCY Dolce Attesa

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A gentle foot massage aimed at stimulating lymphatic drainage, which improves and promotes blood circulation and has a relaxing effect on the nervous system.

€ 80,00 (30 min.)



## KIDS FOOT TREATMENT

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This is a short, pleasurable treatment for children, which is very relaxing with benefits on the circulation and small muscular tensions.

**€ 45,00** (20 min.)

## SPORTS MASSAGE

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For targeted areas of the body, this massage aims to improve the athletic performance. Thanks to the direct action of the increased blood flow and to the indirect action stimulating the nerve endings, this massage ensures a series of benefits, including: reduction of muscle tension; stimulation of local micro circulation; draining effects combined with accelerated removal of lactic acid and metabolic waste; cleansing effect and relaxation of tissues with consequent release of muscle contractions, injury prevention and muscle preparation for physical activity. The massage is ideal not only after sports, but also between or before activities. The positive effects are enhanced by the simultaneous use of products composed of warming, regenerating and recovering oils.

**€ 45,00** (20 min.) Before physical activity

**€ 90,00** (40 min.) After physical activity

02.

## EASTERN MASSAGES AND RITUALS



NEW

### ABDOMEN MASSAGE

This ritual is dedicated to the abdomen and is useful for tension relief. In this area of the body many people somatise fears and stress, which consequently create problems for one of the most important organs of the body: the intestine.

€ 115,00 (50 min.)



### NEI GONG TUINA 推拿

Tui Na (tūi means press, and ná means hold) is an ancient Chinese massage technique that dates back to the Ming dynasty (400 BC). Works by balancing the Yin and Yang, by dissolving energy blockages and strengthening the immune system. Gentle, energising, continuous and deep: these are the adjectives that best describe this massage. It perfectly integrates with acupuncture, moxibustion and cupping. Ideal for treating disorders such as headaches, insomnia, constipation, back, neck and joint pain.

€ 115,00 (50 min.)

€ 145,00 (70 min.) with moxibustion

€ 145,00 (70 min.) with cupping

### SHIATSU

This treatment uses a technique based on pressure. It is aimed at reawakening the vital energy and the power of self-healing. Shiatsu can alleviate strong physical and psychological

pain (such as anguish and discouragement etc.). It provides an immediate feeling of well-being and induces a state of balance and harmony with oneself and the surrounding environment.

€ 125,00 (65 min.)



### BACK TIBETAN

The combined action of relaxing manual techniques, hot sponging and cupping delivers wellness and relaxation to the back. The sound of the Tibetan bells reawakens the most silent body areas that have lost elasticity and the ability to be in harmony with the entire body.

€ 110,00 (50 min.)



### LOMI LOMI

This massage belongs to ancient Hawaiian traditions. The therapist touches the body with long and rhythmic movements, called Hula. Extremely pleasant and very relaxing, it alleviates stress and increases body energy.

€ 125,00 (50 min.)



### STONE THERAPY

This is carried out with hot pumice stones, which retain heat and release it slowly. It is indicated for muscular and rheumatic pain and back ache, improving the mobility of muscles and joints. It helps to improve mood and is beneficial to the well-being of the soul.

€ 150,00 (80 min.)

### THAI

This is a massage that involves using the palm of the hand and thumb to exert pressure on energy lines. Combined with the passive stretching of all limbs, it improves circulation and makes the body more supple.

€ 135,00 (60 min.)



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## AYURVEDA

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An ancient Indian discipline practiced to treat the individual naturally and harmonize the three Dosha: VATA – movement, PITTA – metabolism, KAPHA – structure.



NEW

### AYURVEDA OSMOTIC TREATMENT

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The osmotic massage mud contains a combination of essential oils of rosemary, patchouli, oregano and cypress, which provide a smoothing effect and reactivate cell exchanges. The skin is firmer and more compact. The salts contained in the mud favour the elimination of excess liquids by osmosis.

€ 180,00 (90 min.)



### ABHYANGA

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An energising massage characterized by harmonic movements that create heat in order to eliminate the toxins known as AMA. The back is relieved and toned with warming movements from the sacrum to the head. The head and neck are treated in order to create a soothing and relaxing action.

€ 145,00 (80 min.)



### SHIRO-DARA WITH ABHYANGA

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The treatment begins by the pouring of body-temperature oil on the forehead. By releasing tension from the mind and body, the manual movements help to strengthen the sense organs, relieve fatigue and accumulated stress, revitalise the scalp and regenerate the facial skin. The pouring of sesame oil on the forehead is combined with an energising massage characterised by harmonious movements that create heat to eliminate toxins known as “AMA”. The back is lightened and toned. A final head and neck massage relaxes and unwinds.

€ 210,00 (110 min.)

### SILK RITUAL

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A Shea butter pack combined with a special massage, scented and enriched with argan oil. Particularly suitable for dry skin, this pack has a moisturising and nourishing effect and leaves the skin smooth and soft. The exceptional properties of argan oil and the antioxidants in shea butter are highly elasticising and soothe and moisturise the skin. This compress is carried out in the “Nuvola” tub where the touch of the hands and suspension between colours and enveloping scents, makes this treatment a total well-being experience involving all senses.

€ 150,00 (75 min.)

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## RITUALS IN THE HAMMAM

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### ONE THOUSAND AND ONE NIGHTS

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From an ancient Middle Eastern tradition comes a purification ritual for face and body dedicated to deep skin cleansing, elimination of impurities and toxins. It begins with a steam bath (calidarium) designed to prepare the skin for exfoliation with black soap. On the heated couch, the body is scrubbed with the Kassa glove, followed by the application of Rassoul and the steam bath, ending with a relaxing oil massage with pure argan oil. Each phase of the body ritual is accompanied by a facial ritual. The products used are natural and based on black soap, clay and honey for a maximum skin radiance.

€ 200.00 (1 h. 45 min.)

€ 380.00 per couple (1 h. 45 min.)

### BANYA RITUAL

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Experience this original and unforgettable ritual from ancient times. The Banya is a variant of the traditional sauna which originated in Eastern Europe. Dating back to the Viking colonial era, it starts with the warm, moist heat of the Hammam, followed by a detoxifying, rhythmic body massage with the help of "veniks", oak twigs, which are used to relax, release tension and purify the soul.

€ 200.00 (1 h. 45 min.)

€ 380.00 per couple (1 h. e 45 min.)



# FOR COUPLES

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Rituals dedicated to couples in the exclusive Private SPAs inspired by the alpine atmosphere and the natural elements of the mountain, to rediscover yourself in a sensual trip for two.

01.

## PRIVATE SPA

Inspired by the natural elements of the mountain, the two luxurious Lefay SPAs are characterised by unique environments and wellness paths to rediscover yourself in a sensual trip for two.

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### AMONGST THE FOREST

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In the magical atmosphere of an enchanted forest, a ritual that evokes the harmony of nature, the scents of blooming meadows and the fascination of waterfalls: the revitalising sensation of being wrapped by drops of fresh water and sparkly flowers on the river banks. A charming experience to share, protected by the surrounding trees, guardians of the untouched beauty. It is said that the keeper of the forest was a fairy who once lived in the valleys' waterfalls, hidden between clouds of water in summer and icy crystals in winter.

### LEFAY WELCOME RITUAL:

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#### THE ALPINE LAKE

In this re-imagined lake area, surrounded by conifers, mind and body relax, relieving stress and tiredness with a warm bath in the water enriched with precious alpine essences.

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#### FACIAL TREATMENT UNDER THE STARS AND AMONGST THE ALPINE FLOWERS

It is said that when the Dolomites emerged from the waters, magical creatures gave life to the flora and fauna of the area. The highest mountains however, naked and bare, suffered: the sky heard their cry and a star was dropped amongst the rocks, seed of edelweiss. These flowers, exposed to massive ranges of temperature and ultraviolet radiations, have effective defences that are also beneficial to our skin. The phytonutrients contained in flowers and used in this anti-ageing treatment, protect the skin from free radicals and slow the ageing process. The treatment begins with a scrub that prepares the face for the massage, which stimulates the regeneration of tissues. Finally, the facial mask restores radiance to the skin.

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#### MASSAGE OF THE NARDIS FAIRY

Evokes the scent of fresh greenery and evergreens that grow on the shores of waterfalls and Alpine streams. The water flows from the source toward the pastures and meadows, taking the fragrances of blooming meadows. The massage is carried out using arnica and hypericum oil and has an anti-inflammatory and relaxing action on the whole body.

## A MOMENT OF RELAXATION WITH RED FRUIT REFRESHMENTS

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This moment is sweetened with a cocktail, filling the senses with notes of red fruit.

€ 530.00 per couple  
(programme of 2 h, 30 min.)

The Private SPA "Amongst the Forest" can be experienced in BIO shorter version (Alpine Lake, Massage of the Nardis Fairy and a moment of relaxation with red fruit refreshments)

€ 380.00 per couple  
(programme of 1 h, 30 min.)

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## THE CHALET

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A special moment for two in a romantic chalet, like in a remote mountain retreat, away from everything else. This Private SPA is inspired by the intimacy of traditional alpine cottages overlooking the magnificent peaks or hidden near the silent forests. Here, it is possible to breathe notes of amber from the wooden panels and the warmth of secret space, like a little den, tucked away in the quiet of nature.

### LEFAY WELCOME RITUAL:

### MOISTURISING BATH

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A hypnotic softness coats the skin like a warm and nourishing veil: a moisturising bath with honey, Lefay olive oil and horse chestnut, that creates a state of absolute relaxation and well-being in mind and body.

### SCRUB "THE CARESS OF THE FOREST"

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A body Scrub made with chestnut flour, salt and traditional alpine mountain butter: the flour, made from chestnut trees that surround the valley, combined with the Alpine salt and butter, has a smoothing and emollient effect, leaving the skin soft and ready to receive the enveloping couple massage.

## MASSAGE OF THE FAUNS

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Fauns are creatures that go back to the Greek and Roman mythology and, in particular, to the God Pan, protector of pastures, forests and all of their creations. It is said that they were used to hunt and court the nymphs of trees. This massage is performed using warm compresses containing aromatic herb of the forest, soaked arnica and hypericum oil which has an anti-inflammatory and relaxing action.

## A MOMENT OF RELAXATION WITH THE FAUNS' REFRESHMENTS

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The ritual ends with a moment of relaxation accompanied by a warm drink and delicacies to be shared as you huddle in front of the fireplace.

**€ 530.00** per couple  
(programme of 2 h, 30 min.)

The Private SPA "The Chalet", can be experienced in BIO shorter version (Moisturising bath with honey, Massage of the Fauns and a moment of relaxation with the Fauns' refreshments)

**€ 380.00** per couple  
(programme of 1 h, 30 min.)

02.

## RITUALS FOR COUPLES

### CANDLE MASSAGE IN SPA SUITE

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A sensual couple's ritual that indulges all the senses: the light emanating from the candle creates the atmosphere and acts as chromotherapy, while its perfume (aromatherapy) induces a feeling of relaxation. An unforgettable experience to share with a partner.

€ 200,00 per couple (45 min.)

### RITUAL OF THE ARCTIC WONDER

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An exciting experience inspired by the encounter between hot and cold. A ritual to discover the beauty of polar nature: landscapes with sharp and immaculate ice, voluptuous hot springs and an unexpected under water flora. It starts with a crystal bath, cradled by the waves of the whirlpool and inebriated by the relaxing vapours. Then, the soul wanders until the gommage treatment with salt flakes that completely regenerates the skin. The ritual ends with a Merveille Artique Massage, inspired by the Swedish technique for muscular relaxation and performed with bubbles of ice to create a symphony of thermal exchanges on the skin surface.

€ 530,00 per couple  
(2 h, 30 min.)





# BEAUTY AND HAIR SPA



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

## BEAUTY AESTHETIC

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Lady and Gentleman  
Depilation

Manicure  
from € 60,00

Aesthetic pedicure  
from € 65,00

Healing pedicure  
€ 75,00

Lefay SPA manicure  
€ 120,00

Lefay SPA pedicure  
€ 120,00

Semi-permanent nail polish  
from € 25,00

Eyebrow dye  
€ 30,00

Eyelash dye  
€ 50,00

Semi-permanent eyelash curling  
€ 70,00

## COIFFEUR

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Hair styling  
from € 40,00 to € 60,00

Haircut, women  
€ 50,00

Haircut, men  
€ 40,00

Hair colour  
€ 70,00

Meches  
from € 90,00 to € 120,00

Balayages  
€ 100,00

## HAIR TREATMENTS

### LA BIOTHÉTIQUE MÉTHODE

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Méthode Normalisante:  
synergistic treatment  
for oily scalps  
**€ 20,00**

Méthode Pellicules:  
synergistic treatment against dandruff  
**€ 20,00**

Méthode Régénérante:  
adjuvant synergistic treatment  
against hair loss  
**€ 20,00**

Epicelan Clarifiant:  
exfoliation dedicated to the scalp  
**€ 30,00**

Isobios:  
detox treatment with a sauna effect to eliminate  
toxins in the scalp  
**€ 40,00**

Treatment in an ampoule  
(for different alterations of the scalp)  
**€ 16,00**

Intense Mask:  
Restructuring mask with intense action for  
damaged hair  
**€ 20,00 (10 min.)**

Nourishing mask with oils:  
Moisturising/nutrient treatment for slightly  
damaged hair  
**€ 20,00 (15 min.)**

Peeling:  
Scalp detox treatment  
**€ 30,00 (20 min.)**

Teabase Rebalancing haircare:  
To restore the natural physiological skin coat  
**€ 40,00 (30 min.)**

Panacea Triphasic Reconstruction:  
For glossy hair  
**€ 45,00 (35 min.)**

Hot Triphasic Reconstruction:  
For damaged and stressed hair with split ends  
**€ 50,00/70,00 (50 min.)**

Beauty appointment:  
Hair consultation with our coiffeur, cut, specific  
hair treatment and styling  
**€ 130,00**



# WELLNESS AND BEAUTY PACKAGES

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Lefay has created special wellness and beauty packages to combine with your stay that unite Lefay SPA massages and energy treatments with Western and Eastern treatments.

## BEAUTY FOR MEN AND WOMEN

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A wellness path based on a completely holistic philosophy for rebalancing the nervous system, nourishing the soul and stimulating an overall deep sense of relaxation resulting in radiant skin, decreased wrinkles and a toned body.

### FOR HER:

- 1 HydraFacial MD Treatment + Booster
- 1 Oxygen Therapy Intraceuticals
- 1 Scrub with chestnut flower, alpine salt and traditional alpine butter
- 1 Lefay SPA revitalising and anti-ageing energy body massage *Alta Marea*
- 1 Lefay SPA specific energy foot reflexology treatment
- 1 Energy aroma-hydrotherapy session with essential oils
- 1 Lefay SPA draining wrap

€ 740,00 (excluding accommodation)

### FOR HIM:

- 1 Lefay SPA *Senza Tempo* Man energy face treatment
- 1 Scrub with chestnut flower, alpine salt and traditional alpine butter
- 1 Lefay SPA energy body massage *La Brezza accanto al Confine*
- 1 Energy hydro-aroma therapy with essential oils
- 1 Lefay SPA draining wrap

€ 410,00 (excluding accommodation)

## DETOX

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Ideal to remove toxins accumulated during periods of stress and restore the functioning of organs responsible for their elimination, backdating our biological age and helping the body to dispose of toxic accumulations.

- 1 Scrub with chestnut flower, alpine salt and traditional alpine butter
- 1 *Unico Cielo* face cleansing ritual
- 1 Lefay SPA specific energy foot reflexology treatment
- 1 Lefay SPA phyto-specific draining wrap
- 2 Lefay SPA detoxifying energy massages *La Luce oltre la Nebbia*
- 1 Lefay SPA draining energy massage *Rugiada del Mattino*
- 1 Energy aroma-hydrotherapy session with essential oils
- 1 Salt-water lake

€ 800,00 (excluding accommodation)

## FITNESS

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The treatments and sport-related, energetic and physical activities included in this programme aim to relax muscular tension, revitalise and tone weaker muscles, correct postural alterations and create an overall state of well-being and beauty.

- 2 Lefay SPA energy body massages *La Brezza accanto al Confine*
- 1 Deep Tissue massage
- 1 Sports massage after physical activity
- 2 Lefay SPA draining wraps
- 1 osteopathic manipulative treatment
- 3 sessions with personal trainer (40 min.)

€ 680,00 (excluding accommodation)

## OSTEOPATHY

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The objective of the programme is to achieve good health by reducing pain, improving joint function, treating physiological dysfunctions and removing obstacles for optimal nerve transmission.

- Osteopathic consultation
- 1 Osteopathic manipulative treatment
- 2 Craniosacral treatments
- 1 Osteopathic cervical massage

**€ 420,00** (excluding accommodation)

## AYURVEDA

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From ancient Indian discipline, a means to take individuals back to their natural balance of the three Dosha.

- 1 Lefay SPA Detox mud therapy
- 1 Abhyanga
- 1 Shirodara with head massage

**€ 270,00** (excluding accommodation)

## THE SCENTS OF THE FOREST

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Treatments and rituals of the local area combine the wisdom and purity of Alpine nature with the therapeutic properties of precious products obtained from the forests' vegetation, waters, minerals, mud and plants.

- 1 Lefay SPA Massage *Linfa Del Bosco*
- 1 body scrub with chestnut flour, salt and alpine butter
- 1 hydro-aromatherapy with the perfumes of the forest
- 1 anti-ageing facial treatment with alpine flowers

**€ 280,00** (excluding accommodation)

\* We suggest you to choose the programmes at the time of booking your stay to be certain of their availability.









# USEFUL INFORMATION

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## BOOKING AND CANCELLATION CLAUSES REGARDING TREATMENTS AND WELLNESS PATHS

We suggest you to make reservations well in advance to ensure the preferred treatments. Please give us 24 hrs notice if you need to cancel a treatment and a 72 hrs notice in case of packages, otherwise the full amount of the treatment/package will be charged. Please contact our SPA reception desk to make your reservation or cancel a fixed treatment at +39 0465 768887.

## WHAT TO BRING

In your room you will find a SPA Bag containing a bathrobe and a pair of flip flops. We recommend to bring with you a tracksuit and trainers for fitness activities and the outdoor trails. Please make sure you come to the SPA reception about 10 minutes before your booked treatment.

## SPA RULES

Lefay SPA is a temple of wellness and tranquility. For your own relaxation, we ask you not to use cell phones or electronic devices. Guests with health problems such as high blood pressure, heart problems etc., and pregnant women are kindly requested to fill in the health status form and to consult our SPA Reception before booking the treatments.

## LOST ITEMS AND DAMAGE

Lefay Resort & SPA Dolomiti shall not be held liable for lost items or damage to personal and valuable items. For this reason, please do not leave anything unattended. In any case, if items are found, they will be taken to the main reception.

## CHILDREN AND ADULTS

Lefay SPA Dolomiti features nine saunas with different levels of temperature and humidity: the large Family Sauna is reserved for families and includes the indoor and outdoor pool relaxation area. The Lefay SPA Method energy path and the indoor sports pool are reserved to adults.

2021/2022

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The background of the page features a series of overlapping, light gray circles of varying sizes. These circles are arranged in a way that they create a sense of depth and movement, with some circles appearing to be in front of others. The overall effect is a clean, modern, and abstract design.

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