



SIGNATURE

LEFAY SPA TREATMENTS

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.

BODY MASSAGES



RELAXING

Scambio nel Vento

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

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

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

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

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.)

BODY AND HEAD MASSAGES



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.)

FACE AND HEAD MASSAGES



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.

BODY RITUALS

PURIFYING

Ricordo

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

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

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 acupuncture 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

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

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

FACIAL CLEANSING

Unico Cielo

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

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

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

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**

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**

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**

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**

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

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.)

ANTI-AGE TREATMENTS

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

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)

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)

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)

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)

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)**

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)

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**

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