
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

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 alpine salt and horse chestnut oil
- 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 Uomo* energy face treatment
- 1 Scrub alpine salt and horse chestnut oil
- 1 Lefay SPA energy body massage *La Brezza accanto al Confine*
- 1 Energy hydro-aroma therapy with essential oils
- 1 Lefay SPA draining wrap

€ 380.00 (excluding accommodation)

PURIFYING

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 alpine salt and horse chestnut oil
- 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

€ 780.00 (excluding accommodation)

OSTEOPATHY

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

€ 460.00 (excluding accommodation)

AYURVEDA

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

- 1 Ayurveda osmotic treatment
- 1 Shirodara with abhyanga

€ 250.00 (excluding accommodation)

THE SCENTS OF THE FOREST

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 scents of the forest
- 1 anti-ageing facial treatment with alpine flowers

€ 300.00 (excluding accommodation)

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

NEW

CARDIO FITNESS

- 1 Vertical walk
- 1 Circuit Training
- 1 Walk-Running
- 1 Lefay energy tension-relieving body massage
- 1 Sports massage after physical activity

€ 400,00 (excluding accommodation)

NEW

STRENGTH AND SPORT

- 1 Fit ball Workout
- 1 Total Body session
- 1 Elastics session
- 1 Sports massage after physical activity
- 1 Lefay SPA energy detox body massage *La Luce oltre la Nebbia* with cupping

€ 400,00 (excluding accommodation)

NEW

MIND & BODY

- 1 Yoga session
- 1 Stretching of the Meridians
- 1 Qi Gong session
- 1 Energy relaxing massage *Scambio nel Vento*
- 1 Energy revitalising and anti-ageing massage *Alta Marea*

€ 400,00 (excluding accommodation)

INTENSIVE FITNESS

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.

- 1 Lefay SPA tension-relieving energy body massage *La Brezza accanto al Confine*
- 1 Sports massage after physical activity
- 1 *Deep Tissue* massage
- 2 Lefay SPA smoothing mud therapies (arnica and hypericum)
- 1 Osteopathic manipulative treatment
- 2 Sessions with personal trainer (40 min.)

€ 680,00 (excluding accommodation)