

The background image shows a person swimming in a pool. Above the pool is a wall made of large, rectangular stone tiles. A warm, orange light strip is visible along the top edge of the wall. A semi-transparent white rectangle is overlaid on the image, containing the text.

# WORLD OF WATER AND FIRE

SAUNAS AND PATHS

# 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 - for families
- Indoor sports pool - temperature 27-29° C - adults only (from 16 years old)
- Whirlpool with salt water rich in magnesium - temperature 34-35° C - adults only (from 16 years old)
- Heated salt-water lake - temperature 36-38° C - by reservation only
- 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 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.

#### MON / THU

€ 50,00

(40 min.)

per person (max. 6 people)

#### FRI / SUN\*

€ 55,00

(40 min.)

per person (max. 6 people)

#### MON / THU

€ 90,00

(40 min.)

per couple

#### FRI / SUN\*

€ 99,00

(40 min.)

per couple

- Relax area with dedicated phytotherapy