

NEW!



## ACTIVE & BALANCE YIN-YANG

A shorter version of the Active & Balance programme, which works on the two energy poles Yin and Yang, rebalancing body and mind by aligning these two dimensions. The schedule combines opposite energies of nature and the uniqueness of Lefay SPA Energy Therapeutic Path, with its dedicated treatments.

- 
- 3 nights
  - Breakfast, lunch and dinner with Lefay SPA Menu (soft drinks included)
  - Entrance to the Lefay SPA World of 5,000 sqm with pools, saunas, fitness centre and relaxation areas
  - Introduction to the programme
  - 1 Fitness consultation
  - Specific phytotherapy
  - Red Phoenix Day: 1 themed outdoor activity, 1 Red Phoenix energy massage, Sauna Stretching, use of Finnish sauna area, lavender and passionflower herbal teas
  - Black Tortoise Day: 1 themed outdoor activity, 1 Black Tortoise energy massage, 1 Black Tortoise short path (Salt Water lake, Salt Grotto relaxation, scrub e mud therapy), elder and equisetum herbal tea
  - Final examination

**€ 1.090,00** (3 nights, excluding stay)

Price per person starting from **€ 1.650,00**  
in Prestige Junior Suite (57 sqm), double occupancy

