
WELLNESS
AND BEAUTY PACKAGES



WELLNESS AND BEAUTY PACKAGES

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.

NEW

DOLOMITI REJUVENATE (MIN. STAY 2 NIGHTS)

A Wellness and beauty path based on a holistic concept, in which nourishing the soul and caring for the body are combined. The feeling of deep relaxation merges with a new radiance for the skin.

- 1 HydraFacial MD Treatment + Booster (60 min.)
- 1 Oxygen Therapy Intraceuticals (60 min.)
- 1 Lefay SPA revitalising and anti-ageing energy body massage *Alta Marea* (50 min.)
- 1 Anti-aging Path of the Black Tortoise *Luce* (Short, 1 h. and 50 min.)
 - Salt Grotto (15 min.)
 - Floating in the Salt-water Lake (15 min.)
 - Anti-ageing Scrub with olivine powder, magnesium, Lefay olive oil, rose oil, vitamin A and E, currant extracts
 - Anti-age Mud Therapy

€ 650.00 (excluding accomodation)

WELLNESS FOR HIM

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

€ 420.00 (excluding accommodation)

NEW

DOLOMITI PURIFYING (MIN. STAY 3 NIGHTS)

It removes stress and toxins from the organismus. This Lefay SPA treatment selection has been studied by our experts to regenerate body, mind and spirit, stimulating the organs to dispose toxic accumulations and backdating the biological age, with a rebalancing and energising effect.

- 1 *Unico Cielo* face cleansing ritual (75 min.)
- 1 Lefay SPA Detox Mud Therapy in "Nuvola" tub (45 min.)
- 1 Lefay SPA detoxifying energy massage *La Luce oltre la Nebbia* with cupping (75 min.)
- 1 Lefay SPA draining energy massage *Rugiada del Mattino* (65 min.)
- 1 Detox Path of the Black Tortoise *Purezza* (Short, 1 h and 50 min.):
 - Salt Grotto (15 min.)
 - Floating in the Salt-water Lake (15 min.)
 - Detox Scrub with mineral salts, plants' roots and Lefay detox olive oil, horse chestnut and currants
 - Detox Mud Therapy

€ 600.00 (excluding accomodation)

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
- 1 Craniosacral treatment
- 1 Osteopathic cervical massage

€ 320.00 (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

€ 370.00 (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 alpine salts and horse chestnut oil
- 1 hydro-aromatherapy with the scents of the forest
- 1 anti-ageing facial treatment with alpine flowers

€ 280.00 (excluding accommodation)

NEW

A JOURNEY AROUND THE WORLD

A wellness path bringing together the SPA proposals coming from different traditions, selecting treatments and massages from the various corners of the globe.

- From the oriental experience of the Turkish bath: *Turkish Savonage Ceremony* for deep purification
- From India Ayurvedic rebalancing: *Abhyanga*, a head and body massage to uplift the spirit
- From the Dolomites and its natural elements: *Mineral Energy*, a regenerating ritual for face, head and neck
- From USA to free the mind: *Californian* body massage for relaxation and anti-stress action
- From the Eastern tradition to harmonise Yin and Yang: *Tibetan Dorsal massage* using Tibetan bells

€ 640.00

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*

€ 360.00 (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
- 1 Lefay SPA smoothing mud therapy (arnica and hypericum)
- 1 Osteopathic manipulative treatment
- 1 Session with personal trainer (40 min.)

€ 540.00 (excluding accommodation)

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