

A woman with dark hair, wearing a white, form-fitting, sleeveless dress, is sitting on a wooden bench in a spa. She is looking out a large window at a forested mountain. The spa has a wooden ceiling and walls. The window shows a view of a mountain covered in evergreen trees under a blue sky with a few clouds. The text "LEFAY SPA METHOD ENERGY-THERAPEUTIC PATHS" is overlaid on the image in a white, sans-serif font, centered horizontally and vertically. There are two thin horizontal lines, one above and one below the text.

LEFAY SPA METHOD
ENERGY-THERAPEUTIC
PATHS

LEFAY SPA METHOD ENERGY-THERAPEUTIC PATHS

The World of Saunas, covering an area of over 1,700 sqm (18,298 sq ft), was created in collaboration with the Lefay SPA Method Scientific Committee according to the principles of Classical Chinese Medicine, one of the world's oldest diagnostic and therapeutic approaches.

火
THE RED
PHOENIX

土
THE CENTRE

金
THE WHITE
TIGER

木
THE GREEN
DRAGON

水
THE BLACK
TORTOISE

It is based on the concept of energy (Qi), that cyclically moves between two poles: Yin and Yang. Over the years, it has evolved into the theory of the five phases or movements, which, depending on the season or time of day, dominate each other in a continuous and infinite cycle, ensuring the balance of world and life. Since everything that exists is connected to these five phases, they can be connected to the seasons, colours, directions, parts and components of the human body.

The Lefay SPA Method Energy-Therapeutic World was developed according to these principles and is dominated by five areas; The Green Dragon, The Red Phoenix, The White Tiger, The Black Tortoise and the Centre, which connects all other areas: these are distinguished by different levels of temperature and humidity and dedicated phytotherapy.

Being inside these zones, in a world of analogies and symbolism, will help us to understand the type of energy we need to find balance again. They represent the relationship between our body and the elements, the seasons and the unique paths of our existence: each season is linked to an organ and to specific individual characteristics.

On this basis, the Lefay SPA Method Scientific Committee has created the innovative energy-therapeutic paths, according to the individual energy condition.



THE GREEN DRAGON

WOOD

In terms of energy, it represents the renewing of nature, the spring and the sunrise. The materials used are light coloured, unripe wood; the light is soft with the pastel colours of the shoots.

BIO-SAUNAS

AROMATIC AND WITH ESSENCES
BIO-SAUNAS AREA WITH MEDIUM
TEMPERATURE

ENERGY ORGAN

LIVER

PHYTOTHERAPY

DANDELION AND BITTER HERBS

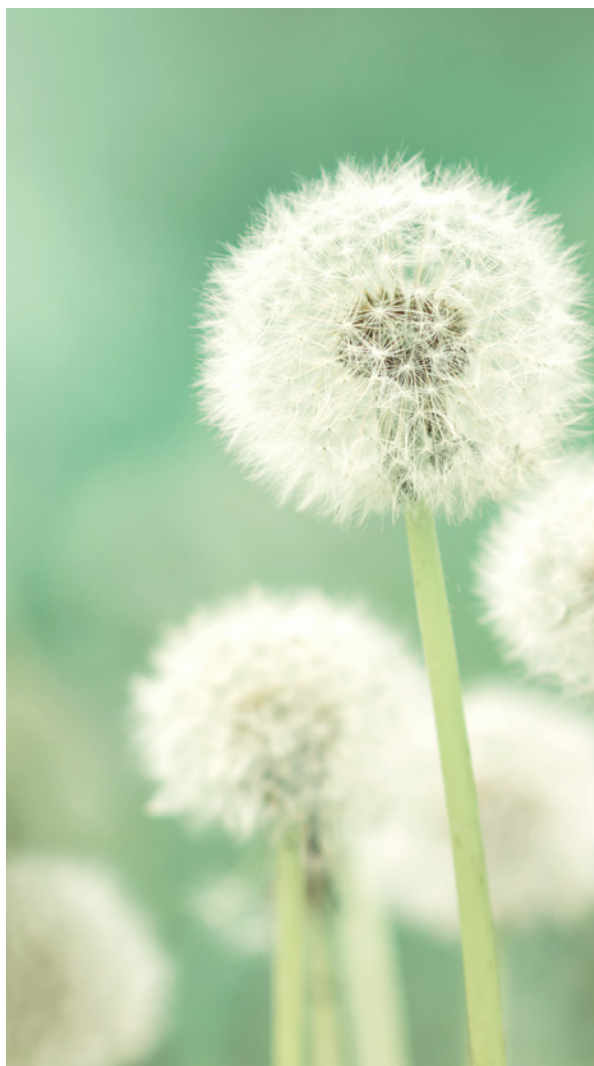
AROMATHERAPY

ROSEMARY
ORANGE

THE GREEN DRAGON PATH

Restorative for restlessness, impetuosity and anger.

In spring, energy becomes "lighter and brighter" (Yang) while the "heavy and material" (Yin) one disappears. The energy flow rises toward the abdomen and chest. If this flow is obstructed, it may lead to symptoms such as irritability, peevishness, morning drowsiness and frequent awakenings.



RECOMMENDED SEQUENCE

- Aromatic Sauna (15 min.), sensory waterfall, phytotherapy, relaxation (15 min.). Repeat the sequence starting from the Sauna of Essences (12 min.)
- 1 Massage of The Green Dragon (50 min.)
The western-style manipulation technique follows the energy lines symbolically related to spring and dawn, i.e. meridians of the liver and the gallbladder. It has a relaxing effect on the muscles and on the whole body. During the massage, olive oil flavoured with a few drops of rosemary and orange essential oils is used, along with green cromotherapy.
- 1 facial energy massage of The Centre (50 min.)
- 1 Stretching of the Meridians (40 min.)
- Dedicated phytotherapy

€ 285,00



火

THE RED PHOENIX

FIRE

Energetically, it embodies summer, midday, the moment when energy reaches its peak.

Here, the environment gives space to the panoramic view and the materials used are reddish wood and those that recalls the shades of sand. The colours have the tones of orange and pink.

FINNISH SAUNAS AREA

A DRY ZONE WITH HIGH TEMPERATURES IDENTIFIED WITH THE MAXIMUM YANG

COLD BATH THAT REPRESENTS THE MAXIMUM YIN

ENERGY ORGAN

HEART

PHYTOTHERAPY

LAVENDER
PASSIONFLOWER

AROMATHERAPY

LAVENDER
VERVAIN

THE RED PHOENIX PATH

Stimulates the senses, encourages joy and harmony with oneself and with nature.

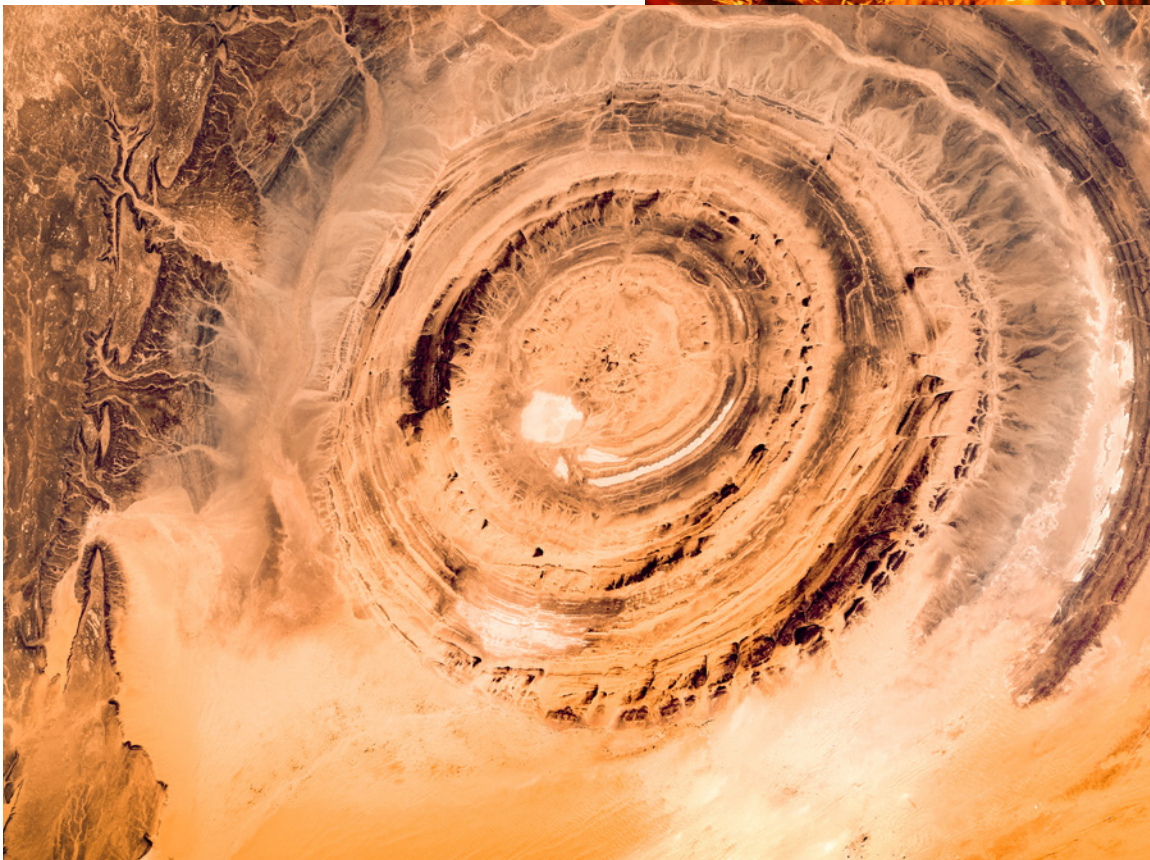
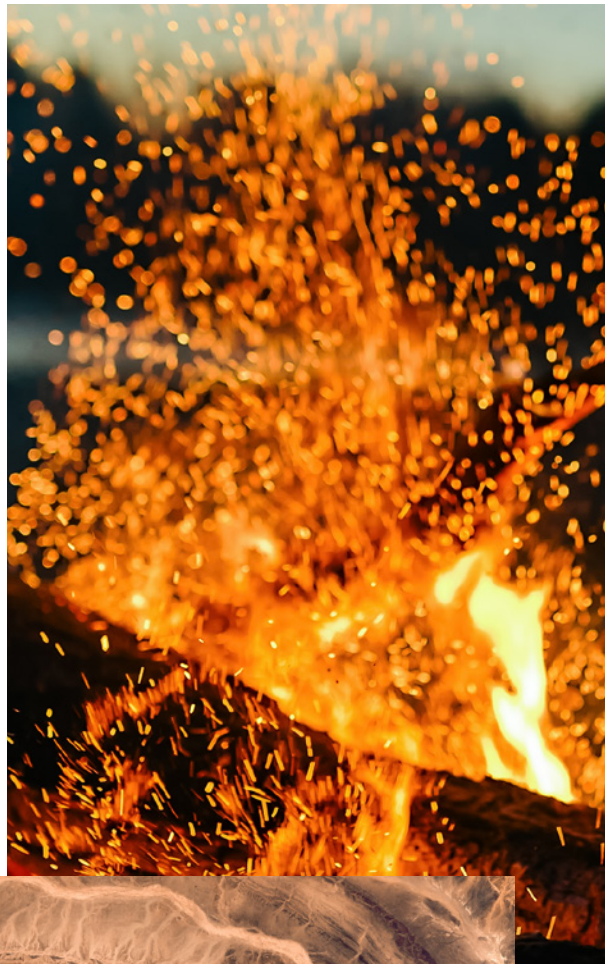
In summer, the "light and luminous" (Yang) energy is at its peak: it is at this time, during the continuous transformation of energy, that the "heavy" (Yin) energy of the night appears. The flow of energy moves from the chest to the surface of the body. If this flow is obstructed, symptoms such as agitation, palpitations and sleep disorders may be experienced.



RECOMMENDED SEQUENCE

- Finnish Sauna (12 min.), Ice pool, phytotherapy, relaxation (15 min.). Continue with the Panoramic Finnish Sauna (12 min.), Ice pool, sensory shower, phytotherapy and relaxation (15 min.), Kneipp Path.
- 1 Massage of The Red Phoenix (50 min.)
Carried out using Chinese massage techniques, it works on the energy lines corresponding symbolically to summer and noon, i.e. meridian of the heart. It has a relaxing effect, as the Red Phoenix reborn from its ashes with renewed energy. During the massage, olive oil flavoured with essential oils of lavender or rose and neroli or verbena is used, along with red or rosy cromotherapy.
- 1 facial energy massage of The Centre (50 min.)
- 1 breathing and meditation activity (40 min.)
- Dedicated phytotherapy

€ 285,00





THE WHITE TIGER

METAL

Energetically, it represents the harvest, the autumn and the sunset. The environment is defined by autumnal colours and hints of burnished metal, the lights is soft and reflects the tones of the sunset.

STEAM BATH

HUMID AREA,
WITH A HIGH PERCENTAGE OF STEAM

ENERGY ORGAN

LUNG

PHYTOTHERAPY

MALLOW
BLACKCURRANT

AROMATHERAPY

EUCALYPTUS
THYME

THE WHITE TIGER PATH

It encourages concentration and meditation.

In autumn, the “light and luminous” energy (Yang) significantly decreases and the “heavy” energy (Yin) emerges, reaching its peak in winter. The flow of energy moves and folds from the surface of the body to the chest. If this flow is obstructed, inflammation of the respiratory tract, sadness and isolation-seeking may occur.



RECOMMENDED SEQUENCE

- Tepidarium (sensory shower and a 5 min. pause), then Calidarium of 42°C (10 min.), phytotherapy and relaxation (15 min.). Repeat the same sequence with relaxation in the Calidarium at 48°C (5 min.). Finish with phytotherapy and relaxation for 15 minutes.
- 1 Massage of The White Tiger (80 min.)
Carried out using Western techniques. It involves the entire body and works specifically on its balancing energy points with the aim of relaxing and increasing the energy levels in the body. During the massage, essential oils of eucalyptus or thyme and hyssop or citronella are used, while cromotherapy suggests white or light colours.
- 1 energy facial massage of The Centre (50 min.)
- 1 Qi Gong activity (40 min.)
- Dedicated phytotherapy

€ 320.00





THE BLACK TORTOISE

WATER

Energetically, it is the symbolic and physical stage of profound gathering, the winter, when nature begins to hibernate, it is the place of the end of the day: it represents the peak of Yin. The materials used are dark shaded stones, water and blocks of mineral salt. The dim and soft light invite us to a withdraw.

ENERGY ORGAN

KIDNEY

PHYTOTHERAPY

ELDER
EQUISETUM

AROMATHERAPY

JUNIPER
CYPRESS

THE BLACK TORTOISE PATH

Refocuses and gathers dissipated energy in times of stress.

In winter the “heavy” energy (Yin) is at its peak and coincides with the appearance of the “light and luminous” energy (Yang). The flow of energy recedes deep into the kidney lodges. If this energy flow is obstructed, lower back pain, feelings of inadequacy, fear and panic attacks may appear.



RECOMMENDED SEQUENCE

- Rest in the Salt Grotto (15 min.), float in the hypersaline water of the Salt-Water lake (15 min.), phytotherapy and relaxation (10 min.).
- 1 Massage of The Black Tortoise (50 min.)
It deeply nourishes the body, rebalancing the energy lines that "reinforce the body's structure, with anti-ageing effects, it provides tone and vitality to all energetic and metabolic functions". During the massage, vaporised essential oils are of juniper or basil and geranium or cypress are used, while, in terms of chromotherapy, we suggest black or dark colours.
- 1 facial energy massage of The Centre (50 min.)
- 1 Qi Gong activity (40 min.)
- Dedicated phytotherapy

€ 330.00





THE CENTRE

EARTH

It is the place of connection, because each season folds for a while in the centre before moving on to the next one. The Centre is located on an energy line called “line of the light” and offers an incredible views of surrounding mountains. The materials used are stone and wood. The light is vivid, intense, the colours are the various shades of ochre.

ENERGY ORGAN

STOMACH
SPLEEN

PHYTOTHERAPY

LEMON BALM
LEMON

THE CENTRE PATH

It corresponds to the centre of the spa, where the large whirlpool is situated and flooded by a cascade of light.



RECOMMENDED SEQUENCE

- Rest in the Centre before moving on to the most suited specific path according to the individual energy level. Hydro-massage bath (15 min.), phytotherapy and relaxation (15 min.)
- Energy Massage of the Centre (included in every path) aims to illuminate the skin and relax the muscles of the face. It begins with the application of essential oils on the fingertips, where the energy lines that function on the muscles of head and face start. During the traditional draining massage, specific energy points on the head are stimulated with a profoundly relaxing effect.

€ 135,00 (50 min.)

