

Lefay Wellness Week

Days devoted to wellness, when the Lefay SPAs open their doors to the most renowned experts in the various holistic disciplines.

During these weeks, it will be possible to enjoy the uniqueness of a Lefay SPA experience, enriched by the presence of visiting masters, who will be exceptionally hosted in our resorts to give our Guests the opportunity to try out new techniques and manual skills from various fields and specialisations.



Agnieszka Kowalska

26th February – 3rd March 2024

Agnieszka Kowalska is a KOBIDO® Therapist with a Level 4 license, certified by the 26th generation Master of the Kobido Home and Lineage, Dr Shogo Mochizuki. She offers a unique combination of holistic treatments, including Kobido, Japanese facial massage, hormone yoga, menopausal skin care and aromatherapy. Kobido massage rejuvenates the face, slows down the ageing process, improves the complexion and boosts skin hydration.



Master Per Van Spall

8th – 15th March 2024

Master Per van Spall is a spiritual guide of Chinese Indonesian and Dutch descent from the Netherlands. He started a successful career in sales and corporate management, but he realised that he was able to perceive things in unique and different ways. After specialisation, he became a 'Certified Master in the Art of Qigong'. He boasts numerous collaborations in Europe, Asia and America and is an individual coach for university professors, celebrities and successful executives. During his stay, he will conduct an energy healing session, combining Qi Gong techniques with life coaching, to revitalise, energise and reduce stress.



Soundwave Gong

20th – 30th May 2024

Step away from the stresses of daily life into a sanctuary of sonic healing. Music has been used since ancient times as a way of soothing the soul, emptying the mind, and energising the body. Soundwave Gongs is a partnership between husband and wife, Ange and Pete. After practising in the Caribbean, Thailand and the UK – they have merged their years of experience and training to develop a truly unique approach to sound healing which combines the powerful vibrations of five handcrafted gongs with world percussion instruments, acoustic guitar, and the soothing vocals of an award-winning recording artist.



Nichola Joss

9th – 15th December 2024

Beauty therapist of choice for a host of A-listers, Nichola Joss is one of the beauty industry's most revered skincare experts.

During her stay, she will perform her signature treatment, The Bespoke Inner Facial, which combines lymphatic drainage massage, deep tissue pressure point massage and sculpting techniques to lift the facial muscles.

It will be also possible to try out her new body massage, The Bespoke Body Treatment, a deeply relaxing and restorative massage that balances hormone levels whilst relieving muscle ache and fatigue.