

## 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

1<sup>st</sup> – 17<sup>th</sup> March 2025

Agnieszka Kowalska is a KOBIDO® Therapist with a Level 4 license, certified by the 26<sup>th</sup> 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.



### Angela Grossi

20<sup>th</sup> - 29<sup>th</sup> June 2025

Science has shown that our breath can reduce stress, blood pressure, anxiety, depression, insomnia, chronic headaches, asthma and various autoimmune diseases.

Angela Grossi, born in Rovigo, is a professional designer and trainer of specific activities dedicated to breathing. After 15 years of experience in the fashion world, she discovered the importance of correct breathing and began to study it in depth with specific training, first in Thailand and India, and then obtaining European certifications. Breathrough is a travelling format that combines music, breathing, guided meditation and conscious movement to support your physical and mental wellbeing. The activities teach you how to use your breath to connect with what is truly important, to identify and release the barriers that hold you back, and to disconnect from what is not useful. Over the course of this Wellness Week, you will explore different breathing techniques that you can use at home to improve your mental and physical state.



## Soundwave Gong

11<sup>th</sup> – 19<sup>th</sup> November 2025

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

10<sup>th</sup> - 19<sup>th</sup> December 2025

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.