



LEFAY SPA METHOD
"LETTING GO" PROGRAMME

LAGO DI GARDA



01 | LET DOWN YOUR DEFENCES

A ritual to cleanse your body and mind and feel lighter.

02 | FOCUS ON YOUR BREATH

The sign of life, of every animal and every plant, and yet taken for granted. It's time to relearn how to breathe.



03 | OPEN YOUR SENSES

Now that your sensory channels are open and receptive, the mind is ready to recognise how these senses affect our emotions. Touch the flour, taste the food, smell the plants and spices.

04 | RETURN TO WONDER

Feeling your muscles, looking at a landscape and feeling it deep inside yourself, free of repetitive thoughts.



05 | FEEL FREE TO BE YOURSELF

By embracing yourself, you rediscover your true, authentic self, and regain full self-confidence.



A JOURNEY BACK TO YOUR ORIGINS

Throughout history, humans have focused on fighting and controlling life, without reflecting on the importance of stopping to observe, and going with the flow. Holding on to things, concepts, people, does not create space within you, but rather weighs you down and prevents you from experiencing new events. Acceptance is a state of mind that relieves you of stress. To observe not passively, but as an explorer, abandoning the concept of warrior and control over things, will bring a sense of renewal and confidence.

Resisting changes can cause pain and regret. There is more relief in letting go of something than there is in holding on to it. To successfully navigate your journey through life, it is crucial to adopt a light-hearted approach. Being filled with thoughts leaves no room to embrace new things and creates a blockage, causing “Qi” stagnation.

The Lefay SPA Scientific Committee presents “Letting Go”, a brand-new three-night programme linked to one’s individual emotional state. The programme features activities focused on breathing, reopening your senses and rediscovering yourself - bringing you back to the deeper meaning of the “here and now” and lightening your heart, which is the source of everything.

Classical Chinese Medicine uses the term “Ming” (meaning destiny or a spiritual mandate from heaven), which means being able to fully express your personality. Everyday life takes you away from your true self and makes this quest more difficult. The result is that you lose confidence in yourself. “Letting go” means to accept what is happening by remaining “free to be yourself” and to live authentically and fully.

LEFAY SPA METHOD “LETTING GO” PROGRAMME

The “Letting go” programme is designed to be a personal journey that will release inner emotional barriers and bring a sense of peace and lightness. It will help you to focus on what is important and regain confidence by allowing things to happen naturally.

From 3 nights

- Breakfast, lunch and dinner with Lefay SPA Menu
- Entrance to the Lefay SPA World of 4,300 sqm with pools, saunas, fitness centre and relaxation areas
- Introduction to the programme
- “Let down your defences”: 1 Lefay SPA BIO energy body scrub with bran and olive oil with brushing *Prima di Vera*
- 1 Lefay SPA emotional energy massage *Il Volo dell'Angelo*
- Specific phytotherapy
- “Focus on your breath”: 1 activity of conscious breathing in the energy garden
- “Open your senses”: foraging in the energy garden and cooking class with the chef
- “Return to wonder”: 1 guided outdoor excursion
- “Feel free to be yourself”: 1 Lefay SPA Water Shiatsu massage
- 1 dinner at the fine dining “Gramen” restaurant with a 7-course tasting menu
- Final examination

€ 1.370.00 (3 nights, excluding accommodation)

Starting from € 1.945.00 per person in Prestige Junior Suite (50 mq), double occupancy



LET DOWN YOUR DEFENCES

The *Prima di Vera* ritual combines the detoxifying and regenerating effect of a bran and olive oil peel with the “energising” action of brushing, which when performed along the meridians and specific acupuncture points allows vital energy to flow freely around the body, helping breakdown defences and preparing the body to listen. The treatment will leave the mind and body feeling lighter.

FOCUS ON YOUR BREATH

Breathing is the first thing a new-born child does. Through conscious breathing exercises in the Energy and Therapeutic Garden you will focus on the “here and now”, bringing a sense of calm and eliminating negative thoughts.

OPEN YOUR SENSES

The *Il Volo dell'Angelo* massage is a journey of “Self” in which different senses are stimulated – touch, smell, hearing, sight and the sixth sense, known also as a feeling or emotion. Activated with music, sound and touch the treatment is designed to help you listen to your inner voice. Your senses are awakened by the colours and the scents of nature. Lefay SPA therapists will guide you through the energy and therapeutic

garden helping you pick local herbs and aromatic plants for use in your own individual recipe that you will cook together with our chefs that day.

RETURN TO WONDER

Experiencing Lake Garda in a new state of awareness helps to relieve anxieties and tensions. The excursions* take you to viewpoints in which to appreciate the natural landscape. Dinner at the Gramen restaurant makes you rediscover your connection with nature, where land and water meet.

FEEL FREE TO BE YOURSELF

Here you find self-confidence and spontaneous self-acceptance again, freed from mental filters. To achieve this state, Water Shiatsu reconnects you with water, the element which makes up a large part of you. In the evocative atmosphere of the salt-water pool for exclusive use, an ancient massage technique is combined with the benefits of water, creating a kind of dance.

*In case of bad weather, the excursion will be replaced by other activities within Lefay SPA.

Lefay Resort & SPA Lago di Garda
Via Angelo Feltrinelli, 136
25084 Gargnano (BS), Italy

Reservation:
+39 0365 241800
res.garda@lefayresorts.com

Lefay SPA Lago di Garda:
+39 0365 241887
spa.garda@lefayresorts.com

lefayresorts.com
lefayshop.com