



LEFAY SPA METHOD
"LETTING GO" PROGRAMME

LAGO DI GARDA

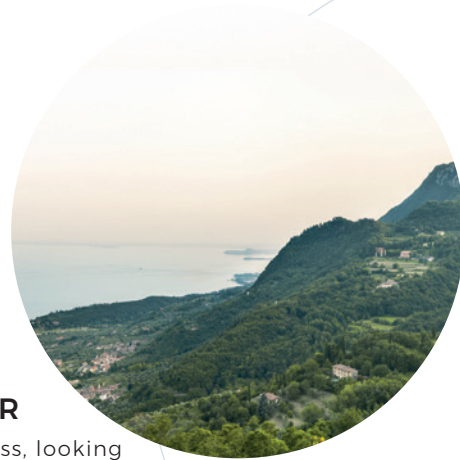


01 | LET DOWN YOUR DEFENCES

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

02 | FOCUS ON YOUR BREATH

It is the sign of life that proves our existence. Let us relearn how to breathe.



03 | OPEN YOUR SENSES

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

04 | RETURN TO WONDER

Rediscovering body awareness, 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 YOURSELF

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 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 € 2,015.00 per person in a Prestige Junior Suite (50 sqm), double occupancy



*on closing days, dinner will be served at “La Limonaia” Restaurant



LET DOWN YOUR DEFENCES

The *Prima di Vera* ritual combines the detoxifying and regenerating effects of a bran and olive oil peel with the “energising” action of brushing. When performed along the meridians and specific acupuncture points, it allows vital energy to flow freely throughout the body, helping to break down defences and preparing the body to listen. The treatment leaves both mind and body feeling lighter.

FOCUS ON YOUR BREATH

Breathing is the first action a newborn performs. Through conscious breathing exercises in the energy and therapeutic garden you will focus on the “here and now”, fostering a sense of calm and releasing negative thoughts.

OPEN YOUR SENSES

The *Il Volo dell'Angelo* massage is a “journey of the self”, in which different senses are stimulated – touch, smell, hearing, sight and the sixth sense, also known as feeling or emotion. Activated through music, sound and touch, the treatment is designed to help you listen to your inner voice. Your senses are awakened by 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 to create your own personalised recipe, which you will prepare together with our chefs on the same day.

RETURN TO WONDER

Experiencing Lake Garda in a renewed state of awareness helps to relieve anxiety and tensions. The excursions* take you to viewpoints from which you can appreciate the natural landscape. Dinner at the “Gramen” Restaurant allows you to rediscover your connection with nature, where land and water meet.

FEEL FREE TO BE YOURSELF

Here you will find self-confidence and spontaneous self-acceptance, free from mental filters. To achieve this state, Water Shiatsu reconnects you with water, the element of which we are largely composed. In the evocative atmosphere of the salt-water pool for exclusive use, an ancient massage technique blends with the benefits of water, creating a kind of dance.

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

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