

## BEST IN EUROPE

### Lefay Resort & Spa Lake Garda, Italy

# 6 SPA SECRET: BEST VIEWS AND SERVICE

Once you've checked into Lefay, you'll never want to leave. This haven of serenity is just an hour's drive from

Verona and boasts stunning views over Lake Garda and the surrounding mountains – especially from the infinity pool. Family-owned, the Lefay wellness philosophy is unique and a combination of Chinese and western medicine. They have also developed their own Lefay cuisine (delicious!) and virgin olive oil – which is even used in some of the treatments.

Most guests return and, after following one of the Lefay programmes for three days, I can see why.

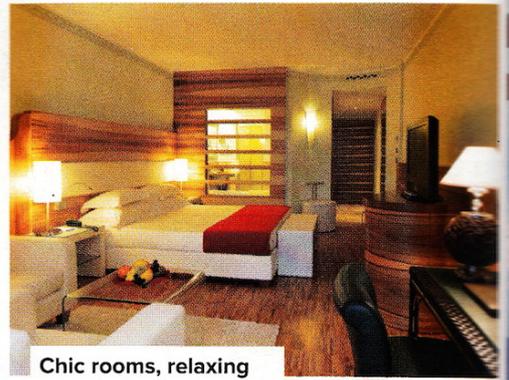
After an initial consultation I was given a personalised programme that suited my energy profile. I was a Red Phoenix (which corresponds to summer). Even the music you listen to and the aromatherapy oils applied during your massage are personalised to correspond to this "type". Based on Chinese medicine,

the treatments are all about realigning the energy inside our bodies (using acupuncture points) to make our body and mind more harmonious. Initially sceptical, I decided the proof would be in how I felt at the end of the three days...

During my consultation the doctor told me I was "absolutely exhausted" (true) and this was the reason I couldn't remember my dreams. After three different massages and facials, a session floating in the "salt lake" and numerous visits to the beautiful steam rooms, saunas and relaxation areas, on the last night I finally dreamed – for the first time in months! I was converted.

If you can tear yourself away from the spa area, the hotel has a new boat – chic and speedy – which you can book for a short cruise of the lake. We also took the regular shuttle service from the hotel down to the nearest lakeside village, Gargnano, for an evening stroll so we could show off our new healthy complexions!

**CHILLAX:** Wellbeing Escapes (020 3735 7555 or [wellbeingescapes.com](http://wellbeingescapes.com)) offers a three-night Wellbeing Booster



Chic rooms, relaxing massages and evening views at Lefay



programme at Lefay Resort & Spa Lago di Garda from £908pp including spa treatments designed to soothe emotions, boost circulation and enhance self-esteem. There are also daily group holistic and fitness activities, breakfast and daily access to the Lefay spa. Price from £1,158pp including flights to Verona.

The infinity pool boasts stunning views of Lake Garda and beyond

