



FOR A FULL MOT

SUBMIT TO A COMPLETE OVERHAUL AT THE MOST TARGETED HUBS

LEFAY

WEIGHT
LOSS

LAKE GARDA, ITALY

LIFESTYLE-CHANGING PROGRAMMES BACKED BY ASIAN WISDOM

Willpower is fairly crucial for a stay at Lefay. If you want to come to dig deep, committing to a proper programme for targeted results, just remember your blinkers, too, so as not to be tortured by the couple tucking into a bottle of Barolo over dinner at the next table. Because despite the dreamy setting, surrounded by vineyards and the Alto Garda National Park, this is considerably more than just a lake-view hotel for weekendening Milanese. Lefay is a serious spa set-up with an exciting Classical Chinese Medicine framework, as good as you'd find in Asia. Add to this its Western treatment principles and a diet that leans heavily on local produce, and it is a really punchy offering. The focus is resolutely prevention rather than cure; learning how to incorporate a healthy and rewarding regime into a fast-lane lifestyle is the goal for most guests. Stress is tackled on the popular five-day detox programme, which is personalised after the first consultation with a resident doctor. But the energy rebalancing treatments are where this place really shines: schedules are brimming with all the comprehensive detoxifying, cleansing and boosting therapies you can think of. The *La Luce Oltre La Nebbia* body massage follows ancient Chinese traditions: strong kneading is reinforced by almost painful cupping as toxins are sucked from the skin. Moxibustion involves burning herbal mugwort cigars over chi points along the spine to flush the liver and kidneys. And *La Luna Nel Lago* is a surreal 30-minute experience of floating weight-

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lessly in a salt-water grotto. Then there is the sauna/steam world to explore. Anyone uncomfortable with the thought of sitting in a sweaty room full of naked strangers need not panic. The Italians are much of the same opinion, so single-wear bikinis and speedos are provided. Next take a dip in the ice bath - great for blood circulation - or swim in the steaming outdoor pool, with power jets and waterfall features, it's a magical experience at night. The detox menu focuses on quality over quantity and diet plans tend to be alkaline, lactose-free, gluten-free, mainly plant-based yet undeniably tasty: colourful raw-cabbage salad with carrots, goji berries and orange topped with flax seeds; salmon tartare with cucumber relish. Respite from the brutal effects of caffeine and sugar deprivation can be found outside, with blasts of fresh air on guided walks in the olive-tree-filled gardens. There is also a running circuit, perfect for an early-morning training session, topped up with classes such as Pilates and 'meridian stretching' during the day. This summer a second Lefay will open in the ski resort of Pinzolo, with straight-out-the-door access to the slopes. But the original will always be of interest, for its live-wire therapists and top-level transformational offerings. And no doubt plenty of guests will find time to go to both.

INSIDER TIP Ask for a room on the left side of the building for views of the Dolomites' snowy peaks on top of the lake vistas that come as standard.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers a five-night Spa Integral programme from £2,540 per person, full board, including flights and transfers.

HEALING HOLIDAYS EXCLUSIVE Book a five-night programme and receive one herbal infusion from the Lefay SPA Collection and one complimentary 50-minute full-body massage per person.



