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YOU

WELCOME TO

# MAISON YOU

## CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury, it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators, whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



### BEST RATES & PERKS

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Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

### EXCLUSIVE EXPERIENCES

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Priority access to new or limited-edition wellness and brand experiences.

### COMMUNITY FOCUS

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A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



# LEFAY RESORT & SPA LAGO DI GARDA

Lefay Resort & Spa Lago di Garda is a refined, eco-conscious retreat where contemporary luxury meets the natural beauty of Italy's Lake Garda. Set within 11 hectares of protected parkland, the resort is surrounded by rolling hills, olive groves, and ancient woodland, all overlooking the lake's shimmering waters. Designed in harmony with its environment, it offers a tranquil escape focused on wellbeing and self-discovery.

Guests can unwind through mindful relaxation, enjoy panoramic views, and experience "Vital Gourmet" cuisine that reinterprets regional flavours with a healthy Mediterranean approach. At its core is a world-renowned spa, where the Lefay SPA Method blends Classical Chinese Medicine with modern Western science to restore balance and overall wellbeing.



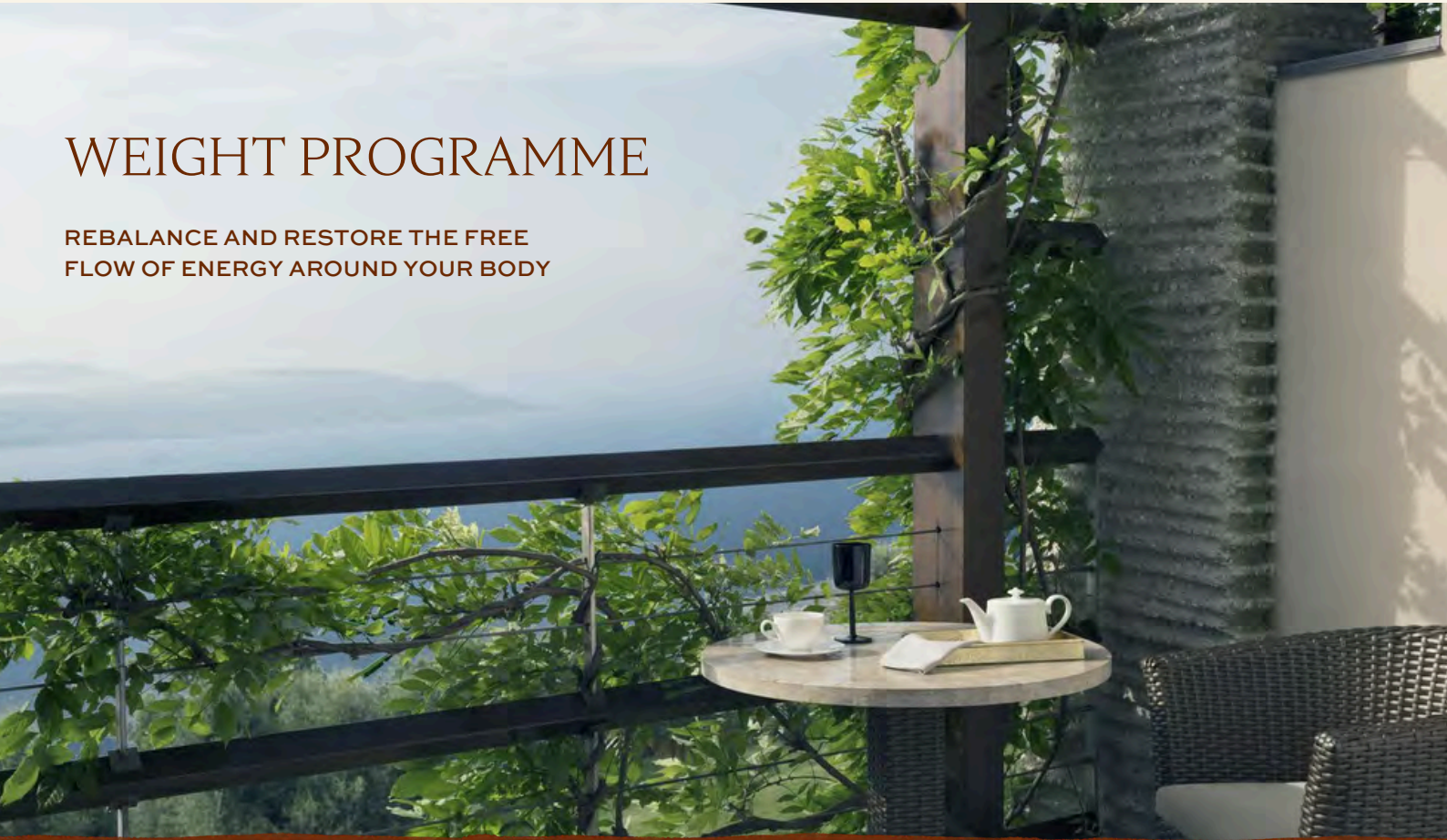
**WEIGHT PROGRAMME**

Lefay Resort & SPA  
Lake Garda, Italy

5 or 10 nights  
Year-Round

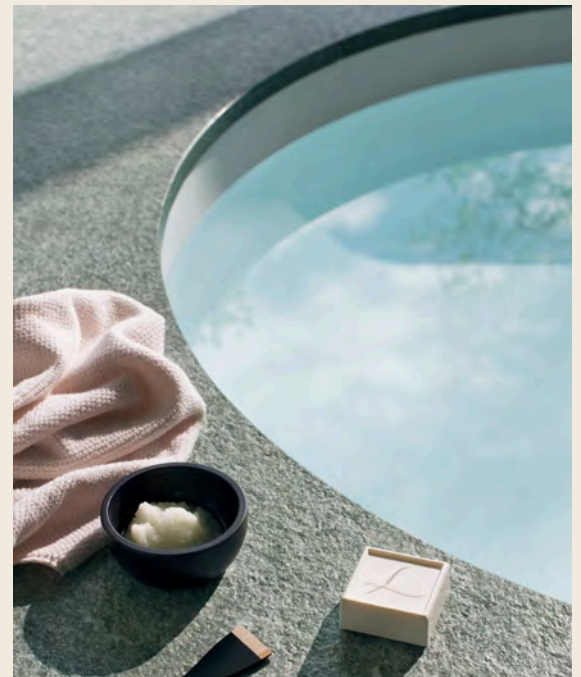
# WEIGHT PROGRAMME

REBALANCE AND RESTORE THE FREE  
FLOW OF ENERGY AROUND YOUR BODY



The Lefay SPA Method Weight Programme is a curated five or ten-night stay at Lefay Resort & Spa Lago di Garda with a focus on rebalancing the body, changing nutritional habits, and the long-term benefits of a healthy lifestyle.

There is no “magic” solution for weight loss. Western studies have shown that programmes based on the idea of diet as a “deprivation” or “constraint” is not only ineffective, but also detrimental to health. Lefay SPA philosophy underlines the importance of “consciousness” within a diet and in one’s lifestyle.



**WHY IT STANDS OUT**

Nestled within eleven hectares of natural parkland overlooking Lake Garda, the resort is designed to exist in harmony with the Mediterranean landscape.

- Combines holistic energy-based weight loss with personalised nutrition, rather than restrictive dieting
- Uses tailored diet plans designed for long-term sustainability
- Blends Eastern and Western medical techniques like acupuncture and clinical assessment
- Offers a multi-layered programme including detox, spa therapies, fitness, and medical support



## KEY EXPERIENCES:

- Explore 11 hectares of parkland overlooking olive groves and Lake Garda
- Unwind in the "Water & Fire" spa world with hydrotherapy, salt-water pools, and relaxation areas
- Experience energy-based treatments including acupuncture, cupping, and Tuina massage
- Rebalance through movement classes such as Qi Gong, Pilates, stretching, and Fitball
- Enjoy Vital Gourmet cuisine with a seasonal Mediterranean detox menu
- Follow a Therapeutic Garden journey with energy-focused stations to restore balance
- Receive expert medical consultations including energy assessment and intestinal check-up
- Detox with advanced spa rituals like body scrubs, mud wraps, and hydro-aromatherapy
- Complete a full fitness assessment to evaluate health, recovery, and performance

## DETAILS & PRICING:

### DATES:

5 or 10 nights  
Year-Round

### LOCATION:

Lefay Resort & SPA Lago di Garda  
Lake Garda, Italy

### PRICING:

#### 5 Day Programme

From €5,395 in a Deluxe Junior Suite, based on single occupancy

#### 10 Day Programme

From €9,595 in a Deluxe Junior Suite, based on single occupancy

Pricing includes full board, treatments, and all programme activities.

### YOUR MAISON YOU BENEFITS:

- €50 spa voucher per room per stay, redeemable on treatments or spa shop purchases





## ITINERARY

Prior to arrival, a pre-stay survey will be issued to prepare you for your experience. During your stay, a personalised daily itinerary will guide you through a variety of treatments, with one or two from each category below, depending on your programme length.

- Introduction to the programme
- Welcome ritual salt-water pool La Luna nel Lago
- Initial medical examination to determine energy levels
- Personalised phytotherapy
- Nutritional consultation and prescription of special diet
- Intermediate medical interview\*\*
- Intestinal check-up
- Lefay SPA energy body scrub
- Lefay SPA draining or anti-cellulite energy body massage
- Energy tuina massages L'Armonia
- Lefay SPA phyto - specific aromatic mud wraps
- Moxibustion treatments
- Cryotherapy session
- Cellular repair treatment (NanoVi device)
- Acupuncture session
- Lefay SPA foot reflexology treatment
- Personalised session with personal trainer (30 minutes)
- Activity for rebalancing physical energy (Stretching of Meridians)
- Guided walk in the energy and therapeutic garden
- Final examination with targeted recommendations for maintenance

## CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

