

Lefay Wellness Week 2026

Days devoted to wellness, when the Lefay SPAs open their doors to the most renowned experts in the various holistic disciplines. During these weeks, it will be possible to enjoy the uniqueness of a Lefay SPA experience, enriched by the presence of visiting masters, who will be exceptionally hosted in our resorts to give our Guests the opportunity to try out new techniques and manual skills from various fields and specialisations.



Lucja Masłowska

2nd – 12th February

She is the founder of 'My Separate World', a method to make a personal transition focused on well-being. After years spent studying massage techniques, nutrition and meditation, Lucja specialised in an integrated method aimed at pursuing a healthy and sustainable lifestyle. She boasts partnerships with some of the world's most prestigious luxury hotel brands including Anantara, Mandarin Oriental, Chiva-Som and Six Senses. After an individual consultation, she will perform a fully customised massage tailored to the individual's needs.



Joao Santos

16th – 28th March

Experience the transformative power of Joao's extraordinary dry massage practice. With over 18 years of worldwide expertise, his intuitive holistic approach and solid anatomical knowledge guarantee a therapeutic performance that balances and uplifts your body and spirit. Joao is a renowned international wellness consultant and visiting practitioner with a profound understanding of dry massage that surpasses traditional techniques. Drawing from his extensive experience, Joao has perfected a therapeutic performance that blends various schools he has encountered throughout his long career. From his chair massage to Thai massage, Joao has infused his practice with insights gained from working with Tui Na and Shiatsu masters, unwavering commitment to enhancing guests' physical and spiritual wellbeing.



Francesca Piccolo

22nd – 31st May

A holistic practitioner specialising in massage and harmonising therapies for the face and body. Combining the wisdom of Eastern philosophies with the most innovative Western beauty techniques, Francesca Piccolo has trained in Thailand, Vietnam, India, Italy and London. With her intuitive skills and personalised, holistic approach, she has developed her Facial Beauty and Reflexology method, combining the manual lifting massage with specific techniques and tools.



Agnieszka Kowalska

21st – 30th September

Agnieszka Kowalska is a KOBIDO® Therapist with a Level 4 license, certified by the 26th generation Master of the Kobido Home and Lineage, Dr Shogo Mochizuki. She offers a unique combination of holistic treatments, including Kobido, Japanese facial massage, hormone yoga, menopausal skin care and aromatherapy. Kobido massage rejuvenates the face, slows down the ageing process, improves the complexion and boosts skin hydration.



Nichola Joss

December

Beauty therapist of choice for a host of A-listers, Nichola Joss is one of the beauty industry's most revered skincare experts. During her stay, she will perform her signature treatment, The Bespoke Inner Facial, which combines lymphatic drainage massage, deep tissue pressure point massage and sculpting techniques to lift the facial muscles. It will be also possible to try out her new body massage, The Bespoke Body Treatment, a deeply relaxing and restorative massage that balances hormone levels whilst relieving muscle ache and fatigue.