



## Lefay Resorts & Residences Redefines Wellness with “Letting Go” A Transformative Program for Inner Renewal in an Overstimulated World

*Included with the ‘Letting Go’ Program is an Innovative New Addition to Any Lefay Spa Experience  
Vibrational Music Therapy Inspired by Quantum Physics*



**New York, New York – April 2025** – International wellness expert **Laszlo Puczko** describes this moment as the “wellness paradox”—where an industry built to enhance health has instead created overwhelming pressure to constantly do more. In this era where wellness has become synonymous with action—fitness regimens, rigid diets, and endless optimization—[Lefay Resorts & Residences](#), the Italian luxury spa-resort brand, is pioneering a radical shift in the opposite direction.

This spring, Lefay Resorts introduces its new wellness program, ‘[Lascia Che Sia](#)’ or ‘**Letting Go**,’ an immersive wellness experience at [Lefay Resort & SPA Lago di Garda](#). It is designed to counterbalance the modern tendency toward a “do” lifestyle linked to action to something more profound: **the power of release, self-discovery, and contemplation.**

Guided by the philosophy of Classical Chinese Medicine, the Lefay SPA Method Scientific Committee designed the ‘Letting Go’ program to cultivate harmony between Yin (contemplation) and Yang (action). True mental and physical well-being isn’t about doing more but about creating balance—making space for stillness, reflection, and renewal.

Lefay’s exclusive **vibrational music therapy\*** is a new addition to the Lago di Garda Spa experience that is available to enhance the benefits of any treatment as well as being part of the ‘Letting Go’ program. Developed in collaboration with medical experts and sound engineers, and based on bioengineering and quantum physics, this innovative technique aligns music frequencies with the body’s natural rhythms to enhance relaxation, reduce stress and improve emotional well-being. Using precise Hertz frequencies, these soundscapes are designed to rebalance energy, stimulate the brain’s natural healing mechanisms and deepen the effects of spa treatments.

### **A Paradigm Shift: From Optimization to Liberation**

Classical Chinese Medicine uses the term ‘Ming’ (meaning destiny or a spiritual mandate) – to describe one’s ability to fully express one’s personality. Everyday life today is full of stimuli and challenges that take us away from our true self and creates a blockage that stagnates our vital energy, ‘Qi’. ‘Letting go’ means to be ‘free to be yourself’.

The three-night “Letting Go” program focuses on the individual’s emotional state and features activities related to breathing, reopening of the senses to help enable a rediscovery the self to bring back a deeper meaning of the ‘here and now’. The stages of the ‘Letting Go’ program are:

- **Letting down defenses.** The *Prima di Vera* ritual helps break down defenses with the energizing action of brushing along the body’s meridians enabling vital energy to flow more freely through the body and prepare the body to ‘listen’.
- **Focusing on the breath.** Conscious breathing exercises in the resort’s Energy & Therapeutic Garden draws the focus to 'here and now' to produce a sense of calm and eliminate negative thoughts.
- **Opening the senses.** *Il Volo dell'Angelo* massage is a journey of "Self" where the senses of touch, smell, hearing and sight are stimulated. Activated with music, sound and touch, this treatment enhances the ability to hear our inner voice. To further stimulate the senses, a Lefay SPA therapist guides the guest through the resort’s garden to pick fresh herbs and aromatic plants to use in a customized recipe that the guest cooks with chefs that day.
- **Returning to wonder.** Experiencing Lake Garda in a renewed state of awareness helps relieve anxiety and tension. A guided excursion showcases the area’s stunning landscape to entice reconnection with the wonders of nature. Dinner at the **“Gramen” Restaurant** takes this reconnection further with a menu inspired by where land and water meet.
- **Feeling free to be yourself.** Water Shiatsu helps release mental filters to restore confidence and spontaneous self-acceptance In the evocative atmosphere of a salt-water pool, an ancient massage technique is combined with the benefits of water to enhance the ability to rediscover one’s true self.

The Three-Night “Letting Go” program at Lefay Resort & SPA Lago di Garda starts at a rate of USD 2,106 per person and includes:

- Three nights’ accommodation in a Prestige Junior Suite
- Breakfast lunch and dinner from the Lefay SPA Menu
- Program Introduction Session
- Use of the resort’s 46,000-square-foot spa facilities including saunas, pools, fitness center and relaxations areas
- One “Let down your defenses” *Prima di Vera* ritual brushing and body scrub with bran and olive oil
- One *Il Volo dell'Angelo* emotional energy massage using healing through frequencies
- Specific phytotherapy using plant extracts
- “Focus on your breath” - breathwork in the resort’s energy garden
- “Open your senses” - garden foraging and cooking class
- “Return to wonder” - a guided outdoor excursion
- “Feel free to be yourself” - Lefay SPA Water Shiatsu massage
- One 7-course tasting menu dinner at “Gramen,” the resort’s fine dining restaurant
- Final Examination

This program is pending availability. Rates are subject to currency fluctuations.

For booking call +39 0365 241800, email [res.garda@lefoyresorts.com](mailto:res.garda@lefoyresorts.com) or go to <https://www.lefoyresortmethod.com/en/programmes/letting-go/> .

#### **\*About Healing Through Frequencies – Lefay’s Vibrational Music Therapy:**

The fact that frequencies and vibrations impact our health can be traced back hundreds of years in Classical Chinese Medicine. Today, science supports the fact that noise can be a serious health hazard negatively impacting sleep and the endocrine, cardiovascular, digestive and respiratory systems. New bio-engineering technologies, combined with quantum physics, now allow us to measure the effect of frequencies on our organs and emotions.

For 2025, Lefay SPA medical experts, in collaboration with a team of specialists, composed a new piece of music exclusively for Lefay SPA, using hertz multiples of eight (the frequency of the earth). Music and frequencies, when properly mixed, can rebalance and harmonize the biophysical body, with a proven effect on the brain and heart, modification of feelings, and activation of the production of endorphins to improve mood. Using this proprietary music, a therapist guides the guest into a state of pure sensory perception to enhance the positive effects of a treatment and activate the parts of the mind and memory to reawaken ancestral memories and sensations.

Three specific channels identified within Lefay SPA:

- **Deep Relaxation:** The melody is tuned to the **frequencies of 432 Hz and 396 Hz**, known as the 'frequency of the universe' - the basic beat of the planet. These vibrations stimulate waves of 'sleep' and creative activity.
- **Revitalizing Positive Energy:** Alpha and beta waves are tuned to a **frequency of 741 Hz** for more dynamic massages to help create an 'inner awakening'.
- **Stress Relief:** When tuned to **frequencies of 417Hz-396Hz**, an 'internal cleansing' is activated to help eliminate toxins and encourage the purifying and optimal functioning of the DNA.

#### **About Lefay Resorts & Residences:**

Lefay Resorts & Residences was born from the vision of the entrepreneurial couple Domenico Alcide and Liliana Leali in 2006 with the aim to become the Italian reference brand in the international market of luxury wellness holidays through the creation of a collection of eco-resorts according to the Italian style and living and the new Lefay concept of luxury. The first jewel in the Lefay Collection, Lefay Resort & SPA Lago di Garda opened in 2008 in Gargnano and won more than 100 international awards in 14 years, ranking as one of the world's top SPA Destinations. Opened in the ski area of Madonna di Campiglio in 2019, Lefay Resort & SPA Dolomiti has been acknowledged in a short time with more than 19 international awards. It marked the Group's entry into the 'Serviced Branded Residences' segment, the first example within a Spa Destination in Italy. Consistent with the values of well-being and sustainability, both Resorts are carbon neutral and certified by the world's most reputable organizations. In 2022, the Group announced its first Resort in management contract abroad, in Crans-Montana, Switzerland. Visit [www.lefayresorts.com](http://www.lefayresorts.com) to learn more.

[Click here](#) for images specific to the “Letting Go” program.

[Click here](#) for images of Lefay Resort & SPA Lago di Garda

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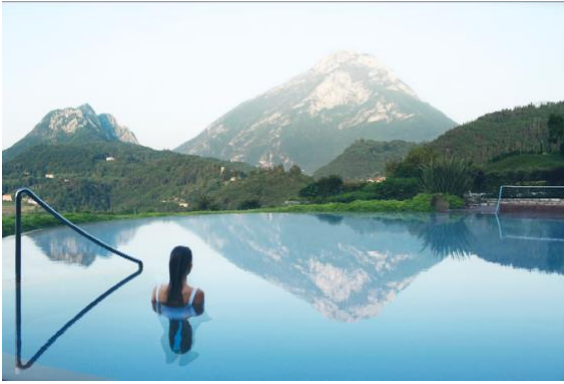
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*Lefay Resort & SPA Lago di Garda*



*Lefay Resort & SPA Lago di Garda*



*“Letting Go” - Water Shiatsu*



*Lefay “Letting Go” Program*



*Lefay Resort & SPA Lago di Garda*



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