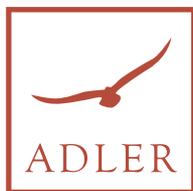


ENGLISH



SPA & MED

2022/23 ADLER SPA

WELCOME TO ADLER SPA,
where the best in beauty, spa and
wellness awaits you.

We offer you proven beauty, spa and wellness
applications from all over the world in a
wide-ranging offering based on a spa
philosophy that sees the human being as a unity
of body, mind and spirit.

**Our solutions are individual and unique -
just like you.**

In an environment of harmony and peace, the ADLER SPA team
of experts will personally take care of you.

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ADLER SPA ACTIVE COSMETICS

Top quality active ingredients, spring water and the latest in cosmetic research, all at the service of your beauty. Available at ADLER SPA or from our online shop www.adler-shop.com

ADLER SPA – ACTIVE COSMETICS

INNOVATIVE & NATURAL

Natural cosmetics and cutting-edge technology combined in a cosmetic line

Natural beauty and technological innovation are the inspiring principles at the basis of the creation of the exclusive, highly-performing products of the ADLER SPA line of Active Cosmetics.

Selected active ingredients, combined with the science of cosmetology and the unique properties of the exceptionally light spring waters of the Dolomites, of the mineral-rich thermal water of Bagno Vignoni, and of the sea of Sicily. Rich in potassium and magnesium, they penetrate deep in the skin, achieving immediately visible and long-lasting effects that will surprise you

FACIAL COSMETICS

CLEAR A line of cleansing products responding to specific needs. The different formulations are created to respect the natural hydrolipidic film of the skin and consist of pure algae extracts, vitamins, alpine star extracts, sea water and Dolomite spring water.

- 101 Soothing cleansing milk
- 102 Soothing facial lotion
- 103 Balancing cleansing mousse
- 104 Balancing face lotion
- 105 Balancing face peeling
- 106 Lightening peeling

SENSITIVE Created to protect and soothe sensitive, reactive and dehydrated skin. Rich in alpine star extract, vitamin B5 and the exceptionally light water of the Dolomites, it nourishes and restores the natural hydrolipidic film of the skin, protecting it from stress factors.

- 201 Soothing day cream
- 202 Soothing night cream
- 203 Soothing intensive serum
- 204 Soothing eye cream

new 206 Soothing massage mask

RADIANCE Based on red grape extract, arbutin acid and vitamins, these formulations have an anti-oxidative action, boost skin radiance, brighten up age spots and contrast photo-aging. Rich in magnesium, the thermal waters of Bagno Vignoni reactivate cellular energy.

- 301 Lightening day cream
- 302 Lightening night cream
- 303 Lightening intensive serum
- 304 Lightening eye cream
- 305 Lightening face mask
- 306 Lightening eye & lip mask

REGENERATION Its intense regenerating and restructuring effect, based on water from the Dolomites and phytomelatonin, a powerful anti-oxidative extract from alpine plants, boosts energy and elasticity of skin that looks tired and longs to be revitalised.

- 401 DNA protection face cream
- 403 DNA protection intensive serum
- 404 DNA protection eye cream
- 405 DNA protection face mask
- new* 409 DNA protection facial oil
- 1406 DNA protection body oil

LIFT Stem cells, the vital heart of sour grape berries, and the thermal water of Bagno Vignoni are the protagonists of this specific, lifting line. They protect skin from aging, boosting skin tone, plumpness and firmness.

- 501 Rejuvenating day cream
- 502 Rejuvenating night cream
- 503 Rejuvenating lifting serum
- 507 Rejuvenating bio-cellulose mask

FRESH The purifying, balancing and hydrating effect of algae extracts, sea water and Vitamin C oxygenates the cells and frees them from toxins for a pure, smooth and healthy skin.

- 601 Balancing moisturizing fluid
- 603 Balancing pore refining serum
- 605 Balancing purifying mask

MAN Created to meet the needs of the masculine universe, it is based on sea weed, aloe vera and anti-aging substances, to rebalance, regenerate and revitalise skin.

- 700 Energy face cleanser
- 701 Energy anti-aging cream
- 702 Energy after shave balm

SCALP PRODUCTS

HAIR SPA Melatonin-based products from yarrow plants to revitalise, oxygenate and moisturise the scalp.

- 3001 Scalp Renew Spray
- 3002 Anti-Hair Loss Tonic

ADLER SPA ACTIVE COSMETICS

BODY COSMETICS

THALASSO Rich in minerals such as potassium and magnesium contained in the waters of the sea of Sicily, this line for thalassotherapy is ideal for the proper functioning of cellular osmosis, and favours the drainage of excess fluid, subsequently reducing cellulite.

- 1501 Anticellulite intensive cure
- 1502 Anticellulite body lotion
- 1503 Moisturizing body lotion

SLIM & TONE These highly-performing concentrates are formulated with sour grape stem cells, for a slimming or firming effect. The combination of thermal water of Bagno Vignoni and hyaluronic acid restores hydration and firmness.

- 1101 Intensive firming serum
- 1102 Intensive slimming serum
- new* 1105 Light legs gel

SILHOUETTE A luxury, light-textured cream that absorbs quickly. Thanks to the presence of powerful active ingredients - phytomelatonin, tetrapeptides and cellular protectors - it restores tissue elasticity and structure, reshaping the silhouette.

- 1400 Body shaping cream
- new* 1401 Body shaping lipogel

AROMA Rich in natural extracts, these oils are ideal after-bath moisturizers to nourish and regenerate the skin.

- 1601 Nourishing Oil
- 1602 Vitality Oil
- 1603 Arnica Oil
- 1604 Relax Oil
- 1605 Vata Oil
- 1606 Pitta Oil
- 1607 Kapha Oil
- 1608 Chocolate Oil

CARE Dedicated to sensitive skins with a poor hydro-lipidic film, this line is composed of organic honey, milk proteins and Bagno Vignoni's thermal water, that nourish the skin and make it velvety.

- 1202 Nourishing body lotion
- 1203 Nourishing hand balm
- 1204 Nourishing protective stick SPF 50

PURE These ultra-pure formulations based on Tuscan olive oil were created to restore skin softness and rehydrate it, boosting smoothness, elasticity and radiance.

- 1001 Velvet body peeling
- 1002 Velvet body oil

VITAMINS Particularly rich in vitamins, polyphenols and stimulants of the circulatory system extracted from raspberries, these products stimulate cellular regeneration and hydrate the skin, making it soft and silky-smooth.

- 1302 Power boost body oil

SENSES Sweet orange, verbena, iris, lemon, sage, cedar and rosemary fragrances envelope the body in a pleasant embrace.

- 1701 ADLER perfumed body lotion
- 1702 ADLER perfumed body water

SUN Phytomelatonin contained in solar protection, favours natural tan whilst protecting cells from oxidative stress caused by UVA and UVB rays and have a repair action.

- 801 Protection face & body SPF 25
- 802 Protection face & body SPF 50
- 803 After sun for face & body

ADLER SPA ACTIVE NUTRIENTS

For a balanced supply of vitamins, minerals, and trace elements; for seasonal changes, or for specific moments of life.

DETOX WEIGHT

PLANTO DREN Purifies the liver
PRO DIUR Activates the drainage of body fluids
CHELANT Purifies the organism and regulates the intestine
ALGA SLIM Supports the normal thyroid function

DIGEST

PLANTO PUR PLUS Has a regulatory effect on the intestine
ANICE 7 PLUS Reduces belly swelling and intestinal gases
LACT Supports the natural balance of the intestinal flora
ALOE Activates the normal digestive function

RE-BALANCE

RELAX Improves sleeping quality
LADY Counters menopausal symptoms
ALKALIN Supports a normal energetic metabolism and helps muscle function
SERENITY Promotes a stable mood
MELATONIN PLUS Reduces the time to take sleep

LONGEVITY

OMEGA TOP Supports the natural cardiac function
LONGEVITY DAY Activates the drainage of body fluids and contributes to natural weight regulation
LONGEVITY NIGHT Protects cells from oxidative stress damage
VITA E Supports the repairing of cell damages due to oxidative stress
COLLAGEN Slows down the natural ageing process

VITALITY

IMMUNO PLUS Reinforces the immune defence system
MULTIVIT Reduces fatigue and restores energy
CURCUMIN Counters the symptoms of the menstrual cycle
HAIR & NAILS Restores healthy hair and nail growth
VASOCELL Supports a natural microcirculation
VITA D3 Supports a natural absorption of calcium and phosphorus



FACIAL TREATMENTS

ADLER Facial 50 min.

Charming rituals of pure beauty accompanied by endless pampering, for a complete wellbeing, deep relaxation and profound emotions.

ADLER Luxury Visage 75 min.

Facial rituals combined with radiofrequency treatments, deep cleansing or facial massage.

FACIAL TREATMENTS

ADLER EXCLUSIVE

Book a free consultation with one of our professionals. They will help you choose the best treatment based on your skin type.

ADLER Facial Prime 50 min. - 75 min.

Smoothing and revitalising for all skin types. Glycolic acid, vitamin C and fruit enzymes remove dead cells for a clear, smooth skin and an even tone. Results are immediate.

ADLER Classic facial cleansing 50 min.

Cleanse, exfoliation, steam and extraction, toning, face massage, mask, cream.

Deep facial cleansing with JetPeel™

A combination of glycolic acid-based peel and hydro-derabrasion that penetrates deep into the pores to dissolve even minimal impurities without the need for extraction.

20 min. **97 €**

50 min. **154 €**

ADLER Facial Fresh 50 min. - 75 min.

Purifying and hydrating

Reduces skin shine, eliminates impurities and decongests the skin. The algae, sea water and Vitamin C in the citrus fruits from Sicily are precious components regulating the metabolic processes of the skin and supporting skin cell turn-over, for a fresher, younger and more radiant look.

50 min. **127 €** - 75 min. **154 €**

ADLER Facial Radiance 50 min. - 75 min.

Skin lightener for dyschromia

Dedicated to mature skin. A lightening and energizing action donates a radiant and mat complexion to skins with spots and irregular tone. Red grape anthocyanins are a potent natural antioxidant. Combined with the thermal waters of Bagno Vignoni, they preserve cell DNA integrity from free radicals and inhibit the excessive production of melanin. The skin is more radiant, strong and protected.

ADLER Facial Sensitive 50 min. - 75 min.

Anti-aging soothing

A hydrating and quenching treatment created to soothe the skin. The alpine star, rich in antioxidative principles, together with waters of the Dolomites and Vitamin B5, protects sensitive skins from pollutants and aging. Skin is provided with long-lasting protection, tone, firmness and radiance, while wrinkles are attenuated.

ADLER Facial Regeneration 50 min. - 75 min.

Global rejuvenating

The best of cosmetics to dominate time!

Senna alata extracts and vegetal melatonin modulate the expression of genes involved in cutaneous aging, preserving the functional integrity of the extracellular matrix and protecting DNA. It is ideal both on young and more mature skins carrying the signs of age. Combined with waters of the Dolomites and hyaluronic acid, the DNA Complex provides deep down hydration for the skin and a regenerated look.

ADLER Facial Lift 50 min. - 75 min.

Anti-aging lifting

Treatment with tightening and lifting effects. Sour grape stem cells awake dormant cells and stimulate their production of new fibroblasts, which resume the production of collagen and elastin. Combined with the thermal waters of Bagno Vignoni, peptides and Vitamin A, their restructuring action increases skin tone, elasticity and firmness.

ADLER Man Energy 50 min. - 75 min.

Specific anti-aging for men

Precious components such as sea water, algae extracts, hyaluronic acid and aloe vera extracts rapidly penetrate through the skin, providing intensive hydration and an immediate mat effect, for a restored young and fresh look.

Suggested programme

VITAL AGING

2 Facial treatments 50 min.

1 Facial treatment 75 min.

1 ADLER Body Tone Ritual

10% discount on additional treatments

365 €

50 min. **127 €** - 75 min. **154 €**

FACIAL TREATMENTS

HIGH PERFORMANCE

JetPeel™

Rejuvenating treatment with oxygen, vitamins and nutrients achieving immediate results. This high-tech method delivers active ingredients that are selected based on your skin type via jets of up to 750 km/h at a depth of 1.5 mm, stimulating the production of new collagen and hydrating the skin. Facial muscles are toned, impurities and damaged cells are removed. The smaller wrinkles are smoothed resulting in a considerably fresher and younger skin.

Premium 50 min. **189 €** (face)

Deluxe 75 min. **349 €** (face, neck & décolleté)

ADLER Eye Contour 20 min. **97 €**

ADLER JetPeel™ Gold 75 min

This luxury treatment combines the highly effective JetPeel™ technology with premium ADLER Regeneration cosmetics – a rejuvenating line containing DNA Complex. The eye area is refreshed and the face toned and lifted with long-lasting effects.

297 € (face & neck)

Facial radiofrequency

The use of radiofrequency allows to achieve a real lifting effect thanks to the penetration of heat, which accelerates blood circulation and collagen regeneration.

Rejuvenating Express 25 min. **63 €**

Rejuvenating 50 min. **127 €**

Suggested programme

FACIAL BEAUTY

1 JetPeel™ Premium

2 Facial treatments 50 min.

10% discount on additional treatments
397 €

ADLER MED

AESTHETIC MEDICINE

First introductory consultation with the specialist is complimentary.

RECOMMENDED PROGRAMMES

Skin rejuvenation

Microneedling from **400 €** and/or laser treatment in three different wavelengths from **350 €** and/or shock wave vacuum **160 €**

Face lines, loss of volume, thinning lips

Biolifting **300 €** and/or filler from **350 €**

Acne-rosacea

Peeling **250 €** and anti-inflammation laser treatment **180 €**

Rosacea, dilated capillaries and spider veins

Laser 532 or NdY from **350 €** and/or sclerosing laser from **170 €**

Double chin

Shock wave therapy **200 €**, mesotherapy **200 €** or Endolift **1,550 €**

new Dark circles and undereye bags

Ozone microinjections and light peel **200 €**

Eyelid ptosis (drooping eyelids)

Triple laser **350 €**

Discoloured spots on the face and scalp

Era Y laser **350 €** and/or peel **200 €**

Blemished skin, enlarged pores, spots, scarring

Different peelings from **250 €**

Dull skin during pregnancy

Specific peeling **150 €** and/or shock wave vacuum **160 €**

If you have any questions or would like to know more, please don't hesitate to contact us at ADLER MED!



BEAUTY SERVICES & HAIR SPA

Aesthetic pedicure 59 €

Manicure 59 €

Manicure with hand mask 69 €

Manicure with semi-permanent nail polish 69 €

Semi-permanent nail polish from 37 €

Eyebrow shaping 31 €

Eyebrow tinting 21 €

Eyelash tinting 31 €

Depilation 79 €

Blow dry short hair 39 €

Blow dry hair medium length hair 59 €

Blow dry long hair 79 €

Haircut woman and man from 45 €

ADLER Hair Spa 50 min.

Make time to pamper your head and scalp.

This treatment, administered with melatonin-based products from yarrow plants, includes soft exfoliation, warm oil, a heavenly head massage and a mud mask.

With its sebum-balancing and anti-loss effects, it makes hair shiny, soft and more voluminous.

79 € (hairstyling not included)

Reconstruct 25 min.

Keratin treatment restoring body and elasticity of thin and/or damaged hair.

49 € (blow dry not included)

BODY

ADLER EXCLUSIVE

ADLER Body Thalasso 50 min. - 75 min.

This manual fluid-draining treatment combats the appearance of cellulite thanks to the detoxifying properties of Sicilian seaweed. Specific reflex points on the feet are stimulated to combat fluid retention and boost local microcirculation.

ADLER Body Slim 50 min. - 75 min.

Manual slimming treatment. Stem cells from unripe grapes, Bagno Vignoni thermal water and caffeine help to reduce cellulite and localised fat deposits. With the help of anti-cellulite cupping, body contours are reshaped, microcirculation is stimulated and a feeling of lightness spreads throughout the body.

ADLER Body Tone 50 min. - 75 min.

Manual toning treatment. Stem cells and hyaluronic acid tightens the skin and make it more elastic, reducing stretch marks. An intense massage is performed with the aid of wooden rollers to stimulate the nervous system, improve muscle tone and boost the production of collagen and elastin.

ADLER Body Silhouette 50 min. - 75 min.

Remodelling treatment. Vegetal melatonin, combined with DNA complex and hyaluronic acid, stimulates the production of collagen and improves tissue tone. The "push-up" mask improves skin firmness and has a tightening effect.

ADLER Vitamins 50 min. - 75 min.

Raspberries grow in mountainous regions, at an altitude of up to 2000 m. They are known for their anti-oxidative, lenitive, hydrating and regenerating properties. Enjoy a 50-minute body treatment or a 75-minute facial and body treatment for a smoother and softer skin.

ADLER Alpine Algae 20 min.

Draining and anti-cellulite

Lichens find their natural environment in the Alps.

Combined with the properties of algae extracts and of water from the sea of Sicily, they achieve a purifying and draining effect, leaving connective tissues significantly toned.

"Flat Belly" body wrap 20 min.

A light cotton body wrap is applied on the belly, releasing active ingredients contained in caffeine, algae, ivy and other plant extracts. The result is a specific combination that boosts fat combustion and limits its accumulation.

HIGH PERFORMANCE

Cellutrim 50 min.

Treatments with radiofrequency aim to rapidly reactivate those natural mechanisms which are essential for rejuvenation processes. In fact, they are specific to stimulate fat metabolism, battle fluid retention, improve tissue tone and elasticity or treat cellulite blemishes.

Pressotherapy treatment 20 min.

Deep cleansing effect resulting from the draining action of the pressotherapy machine.

With anti-cellulite body wrap **+16 €**

new Light Legs 50 min.

Designed to soothe heavy legs after long periods of sitting, this treatment consists of a leg massage followed by pressotherapy and a head, neck and shoulder massage. Your legs will feel light and your mind free and unburdened.

Acqua Detox 30 min.

A bio-energetic footbath that helps the body's natural process of detoxification, resulting in an intense feeling of wellbeing.

42 €

20 min. **42 €** - 50 min. **87 €** - 75 min. **125 €**

3 treatments of 20 min. **108 €** - 3 treatments of 50 min. **237 €**



SEBASTIAN KNEIPP

Sebastian Kneipp (1821–1897) was a priest and naturopath who developed his own holistic health philosophy. In his view, leading a life in harmony with nature is the only way to long-lasting well-being (“Nature is the best pharmacy”). His method rested upon five pillars: water, nutrition, plants, exercise and balance. His holistic approach is now over 100 years old, but more relevant than ever in today’s world.

DETOX INTENSE 50 min.

Dry brushing is an old technique developed by Sebastian Kneipp and is used to strengthen the immune system, stimulate micro-circulation, detoxify body tissues and reduce the appearance of cellulite by eliminating excess fluids.

DETOX INTENSE Thalasso – detoxifying

DETOX INTENSE Slim – slimming

DETOX INTENSE Tone – firming

First session: **87 €** (incl. a brush for use at home)

Every further session: **79 €**

FEEL-GOOD RITUALS

Enveloping body rituals including peeling and moisturizing packs. Float weightlessly on a water bed, surrounded by a soothing warmth.

ADLER Nourishing Ritual 20 min. - 50 min.

Nourishing ritual with milk and honey to improve skin elasticity. This treatment is particularly indicated for dry, dehydrated skins.

ADLER Thalasso Ritual 20 min. - 50 min.

Draining and anti-cellulite. A purifying treatment that eliminates toxins thanks to water from the sea of Sicily and the active ingredients of algae extracts. It activates micro-circulation and stimulates the metabolism, fighting water retention.

ADLER Body Slim Ritual 20 min. - 50 min.

Slimming. Grape stem cell extracts, thermal water from Bagno Vignoni and hyaluronic acid treat cellulite and fat pads, for a sculpted silhouette and a sense of lightness. Full-body treatment.

ADLER Body Tone Ritual 20 min. - 50 min.

Toning. Stem cells improve skin tone and elasticity and reduce stretch marks. Recommended before and after sun exposure and when dieting.

Bodywrap 20 min. **42 €** - Treatments 50 min. **79 €**
3 treatments of 20 min. **108 €**

ADLER MED

AESTHETIC MEDICINE

Consultation with a specialist in plastic surgery and aesthetic medicine. Preliminary consultation is complimentary. Booking required.

RECOMMENDED PROGRAMMES

Tissue slackening in the face, neck, abdomen, inner arms or thighs

Endolift with laser-channeling microfibers **1,550 €**

Stretch marks caused by pregnancy or weight loss

Laser from **200 €** and/or microneedling from **400 €**

Cellulite and localised fat deposits

Shock wave therapy **200 €** and lipolytic mesotherapy **200 €** and/or detox mesotherapy **130 €** or microlipolysis **1,550 €**

Hirsutism

Laser hair removal, quick and pain-free from **250 €**

Hair loss

Mesotherapy **200 €** and laser treatment **180 €**

Skin growths: warts, keratoses, pendulous fibroids, ingrown nails

Erb:Y or 808 diode laser or surgical removal from **200 €**

Bone, tendon and muscle pain

Pain relief laser **180 €** and/or shock wave therapy **200 €**

Stress and burnout

Medical examination and anti-stress laser treatment **210 €**

If you have any questions or would like to know more, please don't hesitate to contact us at ADLER MED!



WARM-MOIST LIVER PACKS:

The effectiveness of this potent natural detoxifying remedy has been scientifically proven by researchers at Fribourg University. Effects include:

- acceleration of liver metabolism and detoxifying activity
- more than 40% increase of blood circulation in the liver
- improved hormonal balance of the thyroid
- improved digestion
- accelerated metabolism
- improved sleep quality
- increased dream recall

BATHS & PACKS

Body peeling 10-15 min.

47 €

Primrose cream pack 20 min.

This treatment with precious evening primrose oil, distilled water, urea and basic cream leaves a smooth skin.

The precious ingredients relieve skin irritations and moisturise it deeply.

42 €

Rasul Bath 25 min.

Oriental beauty ritual during which mineral mud, rich in beneficial properties, is massaged on the whole body while herbal steams purify the skin, making it soft and velvety.

42 € per person

Hydrodetox with salt 15 min.

Ideal to effectively reduce swollen tissues. Water jets stimulate micro-circulation while salt achieves a draining and detoxifying effect.

42 €

Mineral mud for osteoarthritis 20 min.

Mineral mud from volcano rocks stimulates the tissue's response and repair processes.

47 €

Liver Depur 50 min.

An effective detoxifying treatment containing zeolite, honey, grapefruit, coriander and black pepper.

Applied to the liver area, the moist warm pack stimulates blood circulation in the liver, gallbladder and bile duct.

As these organs dilate, detoxification processes are accelerated.

79 €

ALPINE SPA

ADLER Arnica fango pack 20 min.

Warm curative mud – also known as fango – has gentle and long-lasting heat transmission properties. That makes it so relaxing – ideal for the relief of tension and cramps.

The addition of arnica gives the fango pack a strong anti-inflammatory effect.

42 €

South Tyrol hay bath 20 min.

The Alpine flora is a source of health and well-being. Collected at above 1500 m of altitude, medicinal herbs are the ideal remedy to release muscular contractures and alleviate joint pain.

47 €

Kraxenofen hay bath 20 min.

«Kraxen» is a local word for a backpack once used to bring the hay down from the mountains. Mild jets of herbal vapours absorb the active ingredients of mountain hay from the South Tyrolean meadows, warming and soothing the back, loosening the muscles and purifying the respiratory tract.

24 €

weekly rate **126 €** 6 sessions

Imperial herbal or essence bath 15 min.

Indulge in a fine copper bath tub and enjoy the essence or herbal bath of your choice. A simple and effective way of relaxing in a pleasant atmosphere.

42 €

for 2 people **47 €**

Recommended!

Check out our new treatment!

DETOX INTENSE 50 min. **79 €**

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MASSAGES

FEEL-GOOD MASSAGES

Classic massage 20 min. - 50 min.

ADLER Relax massage 50 min. - 75 min.

Your holidays are the best moment to take care of yourself. A delicate massage, performed with gentle movements, will alleviate your stress. Let a sense of well-being and harmony pervade your senses.

Four Seasons aromatic oil massage 50 min.

Scents have mysterious powers. They trigger memories and change our moods. Enjoy a massage with pure natural essential oils and the fine feeling of warm compression while enveloped in the scent of your choice – spring, summer, autumn or winter.

Candle massage 50 min.

This warm, relaxing massage with slow, enveloping movements is administered with fine, plant-based butters that nourish and moisturise the skin, making it softer and smoother.

Reflexology 50 min.

Our feet are a mirror of our whole body. Stimulating certain points on the sole of the foot connected to the corresponding area of the body, can restore the energetic balance.

Premaman massage 50 min.

Pregnancy massages have a positive effect both on the mother's and the baby's well-being. Alleviating stress and releasing tension, they improve body mobility and boost vitality.

ADLER Light Feet 20 min. - 50 min.

It is our feet that carry us through life. That is why they deserve careful attention. This foot massage is highly relaxing, a special treat for busy and tired feet. It also helps reduce stress.

Resonance back massage 50 min.

This treatment has a relaxing effect and induces deep well-being through the skilful combination of a manual massage, the ancient cupping technique and a warm roller. Additionally, the vibrations of Tibetan sound bowls rebalance the energy flow, bringing the body and mind back into harmony.

Back massage with honey 50 min.

By applying honey to the back and performing pumping movements, oxygen delivery to the connective tissue is increased and toxins are “sucked out” of body tissues. This is followed by a deep massage to relax the muscles.

ADLER Harmony 50 min.

A rhythmic alternation of gentle and vigorous massage techniques on the head, face, shoulders and nape that improves blood circulation. The intense stimulation also helps releasing painful muscular contractions in the shoulders and jaws. The ideal treatment to disconnect from everyday life.

ADLER Revive 75 min.

Warm cushions and scented balms help prepare the body for the treatment. The massage is performed with a combination of wooden rollers and relaxing moves that release even deeper-set tensions. A regenerating flow of warm oil soothes the back, neck and face.

125 €

Suggested programme

ANTISTRESS

3 Feel-good massages 50 min.

1 Body peeling

2 ADLER Arnica fango packs

10% discount on additional treatments

312 €

20 min. **55 €** - 50 min. **79 €** - 75 min. **118 €**

THERAPEUTIC TREATMENTS

MUSCLE RELAXING MESSAGES

Specific massage 20 min. - 50 min.

A personalized massage is defined with the therapist, who intervenes to release the tensest areas of the body.

Sports massage 20 min. - 50 min.

A massage that in addition to improving mental and physical balance, has an anti-inflammatory and analgesic effect on the muscles through the powerful action of Arnica.

Myofascial release massage 50 min.

A massaging technique using the forearms to release muscle tension, alleviate muscular pain and improve posture and relax. Perfect after long excursions or a day of skiing.

Healthy back treatment 50 min.

This intensive back treatment combines various massage techniques and devices, such as suction bells. These reactivate microcirculation and boost the energy flow. Muscle tensions are released by stimulating specific trigger points, providing a sense of lightness and vitality.

PHYSIOTHERAPY

Therapeutic treatments 20 min. - 50 min.

Osteopathic treatment 20 min. - 50 min.

Tecar therapy 20 min. - 50 min.

Ultrasonic treatment 20 min.

Electro therapy 20 min.

Neuromuscular taping 20 min.

Lymphatic drainage 50 min.

BODYSTYLING MESSAGES

ADLER Fonctionnel massage 50 min.

Highly effective functional massage employing a combination of specific serums from aromatic essential oils and a stimulating massage for targeted problem zone results.

new **Thalasso massage** 50 min.

This treatment improves microcirculation and stimulates drainage of excess fluid thanks to the properties of stem cells from unripe grapes and algae, centella and butcher's broom extracts massaged into the skin. A leg bandage makes the legs feel lighter, while a neck massage induces a state of deep relaxation. The ideal treatment to combat cellulite and fatty deposits on the hips and abdomen.

87 €

Draining massage 50 min.

Light, rhythmic movements along the lymph vessels oxygenate tissues and achieve a draining effect. The result is a restored sense of lightness.

Anti-cellulite massage 50 min.

Body Tone massage 50 min.

"Flat Belly" massage 50 min.

Suggested programme

PERFECT BODY

1 ADLER Thalasso Ritual

2 ADLER Alpine Algae body packs

2 Thalasso massages 50 min.

1 Light Legs 50 min.

10% discount on additional treatments

373 €

50 min. **79 €**

20 min. **63 €** - 50 min. **87 €**



AYURVEDA

Intense treatments to maintain or restore the harmony of:

- **VATA**; which governs the movement of the neural impulse
- **PITTA**; which is responsible for the digestive system and metabolism
- **KAPHA**; which represents the structure and balance of fluids

AYURVEDA

Abhyanga 50 min.

A full-body nourishing massage with warm sesame oil that soothes tension and has a detoxifying effect. V-P-K

Kerala 75 min.

A massage with warm oil on the body, that decelerates the cellular ageing, favours sleep and nourishes the body tissues. V-P-K

Ayurveda pack 20 min.

A pack composed of 'triphala', a mix of three ('tri') types of fruit ('phala') with highly purifying effects. Applied after the ayurvedic massage, it has balancing and rejuvenating effects. V-P-K

42 €

Shirodhara 60 min.

Ideal for those who suffer from stress. A massage prepares you for the flow of warm oil on the forehead to free the mind. V-P

Udvarthana massage 50 min.

Peeling and purifying treatment with warm oil and powders containing herbal extracts that stimulates micro-circulation, achieving a slimming effect. K-P-V

Garshan massage 50 min.

Treatment performed with raw silk gloves that achieves draining effects by stimulating micro-circulation. K

Muryabhyanga with herbal bags 75 min.

Heat released from bags filled with herbs is combined with massaging techniques that improve joint mobility and release tensions and stress. V-K

50 min. **87 €** - 60-75 min. **125 €**

Kalari 50 min.

Performed by applying pressure with the feet over the body, it relieves tension and stimulates the flow of energy. P-K

Pinda body care application 50 min. - 75 min.

Pinda Othadam is a calming and purifying treatment, in which the body is massaged using herbal oils and little cotton bags filled with herbs, spices and flour. V-P-K

92 € - 138 €

Synchronous massage 50 min.

Traditional four-hand body massage performed with warm oil, for an intense relaxation and wellbeing. V-P-K

137 €

Head-face-feet harmonising treatment 50 min.

Head, face and feet are massaged with different kinds of oil, while a warm pack of natural products is applied to the face. V-P-K

99 €

Suggested programme

AYURVEDA

2 Ayurveda treatments (50 min.)

1 Ayurveda treatment (60/75 min.)

1 Kraxenofen hay bath

1 Essence bath

1 Ayurveda pack

10% discount on additional treatments

349 €

Ayur-Senses 100 min.

Pamper yourself with this multi-sensory Ayurveda ritual. The journey begins with a regenerating body peel with ayurvedic herbs, followed by a short, tailored wellness treatment, and is rounded off by a deeply rejuvenating facial treatment.

Choose your ritual:

warming & relaxing V-P-K

refreshing & stimulating P-K

167 €

ORIENTAL TREATMENTS

Hot Stone massage 50 min.

Our experience and the roots of cultures that are thousands of years old are at the basis of this relaxing massage with hot stones and the energy of nature.

Thai massage 75 min.

Stretching and pressure techniques improve joint elasticity and mobility.

Savonage with black soap 50 min.

Deep cleansing and skin regeneration are achieved by massaging black soap made of olive paste, with a kassa glove. Shea butter, with its high content of vitamin E, completes the treatment making the skin soft, hydrated and rejuvenated.

new Sound massage 50 min.

Sound massage is an effective way to achieve deep relaxation and rebalance the body's energies. Sound works on energetic levels that are not accessible to the conscious mind. This gentle treatment helps to release muscular tension and mental blockages, improving well-being at a physical and psychological level.

50 min. **87 €** - 60-75 min. **125 €**

50 min. **92 €** - 75 min. **138 €**



TREATMENTS FOR TWO

Beauty and pampering for two. A unique experience to share with your partner, friends or loved ones.

TREATMENTS FOR TWO

Private Spa Asia approximately 120 min.

An enveloping wellness ritual inspired by centuries-old traditions and immersed in an enchanting atmosphere. Relax and enjoy a gentle peeling as warm steam purifies your skin. Plunge in a bath of mineral salts and spices. Finally, indulge in a pleasant foot massage. Let yourself fall under the charm of the Far East!

198 € per couple

Private Spa Tyrol approximately 120 min.

Live unforgettable moments with your partner in the warm and welcoming atmosphere of a traditional Tyrolean «Stube». A pathway of specific treatments with the hydrating and anti-oxidative properties of wild raspberries awaits you. Enjoy a bio-sauna session, a fruity body peeling, a scented bath, a total-body massage with precious oils and a relaxing back massage. Enveloped in a calm and relaxing atmosphere, indulge in moments of deep relaxation for two.

198 € per couple

Rasul bath for two 25 min.

The roots of this beauty ritual date back to ancient oriental traditions. Mineral muds rich in beneficial properties are massaged on the whole body while herbal steams purify the skin, making it soft and velvety.

84 € per couple

Acqua Detox for two 30 min.

A bio-energetic footbath that supports the body's natural purification process, ensuring it is effective and complete and thus reinforcing your feeling of wellbeing. 42 € per person

42 € per person

new Love is in the air 50 min.

This couples' massage, administered using plum wood sticks, induces a pleasant sense of relaxation for the body and mind.

174 € per couple

Romantic bath for two 15 min.

How could a deliciously scented bath with essences in a fine copper tub be possibly refused? Enjoy a simple and effective way of relaxing in a charming atmosphere.

47 € per couple

Kraxenofen for two 20 min.

«Kraxen» is a local word for a backpack once used to bring the hay down from the mountains. Mild jets of herbal vapours absorb the active ingredients of mountain hay from the South Tyrolean meadows, warming and soothing the back, loosening the muscles and purifying the respiratory tract.

24 € per person

Heaven & Earth 75 min.

A unique wellness ritual in an oriental atmosphere. Feel-good scents put all the senses at rest. The treatment has a focus on the head, face and feet as an effective path to equilibrium for the body's energies. Perfect grooming plus pure relaxation. Enjoy this fine wellness ritual alone or with your partner.

230 € per couple

Romantic break 75 min.

This pampering couple's ritual consists of a relaxing massage with a honey and milk cream followed by a two-person bath with milk and scented essences. The romantic experience is rounded off by a glass of Prosecco.

221 € per couple

Suggested programme

ADLER PACKAGE FOR COUPLES

1 Love is in the air per person 50 min.

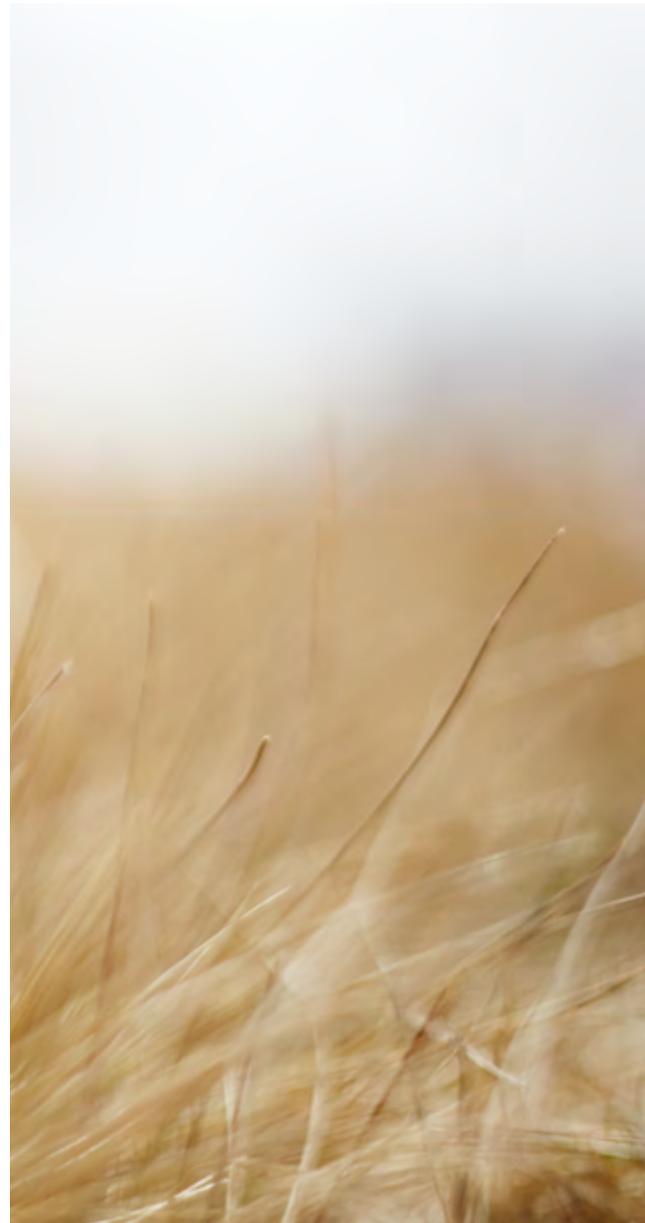
1 Facial treatment per person 50 min.

1 Romantic bath for two

1 Rasul bath for two

10% discount on additional treatments

246 € per person





MAN SPA

Specific treatments and massage techniques, carefully selected for men. Abandon stress, regenerate the body and liberate the mind while achieving impressive anti-aging results.

MAN SPA

JetPeel™

Rejuvenating treatment with oxygen, vitamins and nutrients achieving immediate results. This high-tech method delivers active ingredients that are selected based on your skin type via jets of up to 750 km/h at a depth of 1.5 mm, stimulating the production of new collagen and hydrating the skin.
Premium 50 min. **189 €** (face)

top ADLER Man Energy 50 min.

Specific skin anti-aging and rejuvenating treatment. Precious components like sea water, algae, hyaluronic acid and aloe rapidly penetrate the skin, achieving intensive hydration and an immediate mat effect. To restore a fresh and young look.
127 €

Myofascial release massage 50 min.

A massaging technique using the forearms to release muscle tension, alleviate muscular pain and improve posture and relax.
87 €

Hot Stone massage 50 min.

Our experience and the roots of cultures that are thousands of years old are at the basis of this relaxing massage with hot stones and the energy of nature.
92 €

"Flat Belly" body wrap 20 min.

A light cotton body wrap is applied on the belly, releasing active ingredients contained in caffeine, algae, ivy and other plant extracts. The result is a specific combination that boosts fat combustion and limits its accumulation.
42 €

ADLER Arnica fango pack 20 min.

Warm curative mud has gentle and longlasting heat transmission properties. Ideal for the relief of tension and cramps. The arnica gives the fango pack a strong anti-inflammatory effect.
42 €

PREMAMAN

ADLER Facial Regeneration 50 min.

The best of cosmetics to dominate time! Senna alata extracts and vegetal melatonin modulate the expression of genes involved in cutaneous aging, preserving the functional integrity of the extracellular matrix and protecting DNA. It is ideal both on young and more mature skins carrying the signs of age. Combined with waters of the Dolomites and hyaluronic acid, the DNA Complex provides deep down hydration for the skin and a regenerated look.

127 €

ADLER Hair Spa 50 min.

Make time to pamper your head and scalp. This treatment, administered with melatonin-based products from yarrow plants, includes soft exfoliation, warm oil, a heavenly head massage and a mud mask. With its sebum-balancing and anti-loss effects, it makes hair shiny, soft and more voluminous. **79 €** (hairstyling not included)

Premaman massage 50 min.

Pregnancy massages have a positive effect both on the mother's and the baby's well-being. Alleviating stress and releasing tension, they improve body mobility and boost vitality.

79 €

ADLER Ritual Body Tone 50 min.

Toning treatment with stem cells to improve skin tone and elasticity. It strengthens the tissues and reduces stretch marks.

79 €

Private Yoga 50 min. - 75 min.

Live this wonderful period in full awareness. Aimed at improving posture and blood circulation, it is also a helpful preparation to giving birth as well as effective in reducing stress and anxiety.

50 min. **92 €** - 75 min. **138 €**

KIDS & TEENS

AKI massage 20 min.

A relaxing and mouth-watering massage with chocolate oil or with milk and honey butter.

44 €

AKI Facial 20 min.

A freshness boost for young skins.

47 €

ADLER Classic Facial Cleansing 50 min.

Cleansing, peeling, elimination of impurities, tonic, massage, mask, care cream.

127 €

Happy Hands & Feet 50 min.

Filed and varnished nails plus hands and feet massage.

59 €

FEEL-GOOD RITUALS FOR PARENT AND CHILD

A special treat for you and your child.

(1 child and 1 parent)

Milk & Chocolate Dream 75 min.

The dream begins with a warm-up together in the organic sauna. That is followed by a chocolate massage for the kids, while the adults are pampered with a milk and honey butter massage. For optimum skin care results, both then enjoy a milk bath in the wooden Tyrolean tub.

118 €

Yogurt Spa 75 min.

Enjoy the fun of the big whirlpool together with your child and let us pamper you in an oriental setting with yoghurt-based goodness: a yogurt-almond peeling followed by the soothing application of a vanilla oil for a smooth and supple skin.

118 €

MINDFULNESS – INNER HARMONY

Qi gong 50 min.

In Oriental practice, Qi Gong is regarded as a source of harmony, health and happiness. It comprises a series of exercises derived from traditional Chinese medicine and in part even from martial arts. Qi Gong involves meditation, concentration, breath control and flowing body movements, which all aim to strengthen the life energy (Qi) and promote physical health as well as mental balance.

Private Yoga 50 min. - 75 min.

The intensive and personal way of discovering yoga or moving up to a more advanced level. Private Yoga takes account of differences in physical condition and ambitions and goals. The focus can be varied to meet your individual needs, from traditional Hatha yoga to more restful and meditative exercises or Pranayama (yoga breathing exercises).

Guided breathing session 50 min.

Most of us make use of only a small portion of pulmonary capacity. Intensive deep breathing exercises lead to improved bodily awareness and optimised oxygen supply to the whole organism, as well as supporting the natural elimination of toxins from the body. Tensions are released, stress is reduced, and the feeling of alertness and liveliness is boosted, often resulting in a general improvement of your mood.

new Sound massage 50 min.

Sound massage is an effective way to achieve deep relaxation and rebalance the body's energies. Sound works on energetic levels that are not accessible to the conscious mind. This gentle treatment helps to release muscular tension and mental blockages, improving well-being at a physical and psychological level.

50 min. 92 € - 75 min. 138 €

ADLER MED

OXYGEN OZONE THERAPY*

Ozone is a naturally occurring gas, also produced by the human body, which is formed from oxygen. It has powerful antimicrobial properties, as well as anti-inflammatory, tension-relieving, regenerating and pain-relieving effects. Promotes the elimination of toxins and rebalances the immune system. It also improves blood circulation, counteracts gut dysbiosis, dissolves localised fat and reduces cellulite. Ideal to combat premature ageing, osteoarthritis, fibromyalgia, chronic fatigue syndrome, low back and neck pain, recurring vaginal infections and intestinal diseases.

Large autologous haemoinfusion **178 €**

Small autologous haemoinfusion **128 €**

Subcutaneous/ intramuscular injections **128 €**

Rectal insufflation **97 €**

*requires prior ADLER MED Basic module

ADLER MED Booster Cellular Regeneration

A special package to help you find a new balance of body and mind and strengthen your immune system:

- 1 Preliminary medical appointment with a specialist
- 1 session of oxygen ozone therapy with antiviral and regenerative effects

1 vitamin infusion with revitalising and detoxifying effects

337 €

Health check-up

Prevention is at the basis of a new approach to health.

To be in good health means feeling good both physically and mentally, and being able to take good care of oneself.

This health check-up includes:

- 1 Preliminary medical appointment with a specialist
- 1 Basic blood tests
- 1 Bio-electrical check-up to detect any disorders
- 1 Assessment and tailored programme to improve your state of health

350 €

If you have any questions or would like to know more, please don't hesitate to contact us at ADLER MED!



THE PINK HIMALAYAN SALT,

also known as pink gold, contains more than 80 mineral salts, among them calcium, zinc, copper and especially iron, to which it owes the pink colour.

SALT GROTTTO

Salt was esteemed for its curative properties in ancient times and is still used for its positive effects today.

Visit our Salt Grotto to experience its cleansing and regenerating effects on the skin and respiratory tracts.

Underground salt lake

enriched with sea salt

Water temperature 36° C - salt content 11%

Let your body float weightlessly in the warm salt water and enjoy the play of light. The high-grade salt has a cleansing effect on the skin and stimulates the microcirculation. The state of weightlessness brings complete relaxation to the muscles, joints and spine for an exquisite feeling of lightness and inner harmony. Spend 25 minutes floating in the warm salt water and then enter the rock salt sauna.

Rock salt sauna

with crystal salt from the Himalayas

Temperature 40° C - humidity 30%

In our rock salt sauna with salt from the depths of the Himalayas, the air is enriched with healthy ions and saturated with valuable minerals. In combination with the high temperature and humidity, the salt cleanses the respiratory tracts. It binds the moisture in the layers of the skin and promotes the processes of regeneration for a fresh and revitalized appearance. After about 25 minutes in the sauna, take a cold shower and rest.

Maximum length of stay: 90 minutes

(30 min. each in salt lake, rock salt sauna, relaxing area)

13 € per person

You are kindly requested to maintain absolute quiet in the Salt Grotto.

ADLER FIT

Cardio & Power-Training

Work out free of charge at any time in our modern ADLER FIT Fitness World with the latest cardio and strength training machines. Our team will be happy to show you the secrets of efficient training.

Body & Soul courses

Keep in shape with our daily vitality programmes under professional supervision: info.adler-dolomiti.com

Private coaching 25 min. - 45 min.

Private coaching in line with your sporting or aesthetic goals or health requirements, complete with a personal training schedule for home.

Goals:

- **Weight loss** - Fat Burner
- **Firming** - TRX Suspension Training
- **In the water** - Water Private coaching
- **Prevention and back health** - Healthy Back
- **Strength and stability** - Functional training
- **Muscle stretching** - Roller training

Body Tec 25 min.

Efficient full-body training that is kind to the joints and offers fast results: increased strength, reduced fat and a shaped body.

Training programme for home 40 €

Pilates private lesson 45 min.

This form of training increases body awareness and strength, thereby improving posture as well as movement fluency and precision. In Pilates, the body moves like an integrated system. The workout especially focuses on the core muscles, which are involved in posture control. These are located in the area between the chest and pelvis (dorsal, lumbar, abdominal, gluteal muscles etc.)

87 €

25 min. **42 €** - 45 min. **66 €** - 3 sessions **180 € - 114 €**

Private coaching Family (2 persons) 45 min. **86 €**



ADLER MED

By performing targeted and comprehensive check-ups, our team of skilled medical professionals are able to determine your current state of health and develop a tailored therapeutic plan that combines conservative medicine, naturopathy and the latest technologies available.

Free ADLER MED consultation 0 €

Medical appointment 120 €

ADLER MED Basic 180 €

Preliminary and final appointment to assess your state of health and determine the best therapeutic course.

INSTRUMENTAL TESTS AND ADLER MED TESTS

in addition to ADLER MED BASIC

Bioelectrical impedance analysis 83 €

The determination of body tissue composition provides information about the concentration and distribution of muscle and fat mass, healthy and pathological fat, water, sugars, and various minerals, as well as bone composition.

Bioelectrical check-up 83 €

This check-up analyses a number of aspects, such as the patient's ability to react to stressful situations, organ function, tissue acidification, proneness to allergies, and the amount of toxins in the body as well as their effects on the endocrine glands, pancreas and liver.

PPG Stress Flow 83 €

The state of the nervous system and its impact on our well-being is analysed. The nervous system and heart rate can be realigned and harmonised through targeted breathing exercises, which strengthen general performance and help to keep emotional eating, anxiety and panic attacks under control.

ADLER MED fields of specialism

- Prevention and diagnostics
- Slimming and nutrition
- Detoxification
- Stress management
- Aesthetic medicine

Test for heavy metals 182 €

The OLIGOSCAN spectrophotometric test allows the concentration of basic minerals to be measured while also detecting any heavy metal contamination. The test result is the basis for therapy recommendations, which involve food supplements and/or detoxifying remedies.

Blood analyses

Thanks to our on-site laboratory, we can perform blood tests and give the results on the same day:

Specific blood tests from 130 €

Blood group test from 75 €

Food intolerance test 235 €

Gut flora and parasites test from 190 €

ADLER MED THERAPIES

in addition to ADLER MED BASIC

Colon hydrotherapy 160 €

IV revitalising therapy from 97 €

NanoVi regenerative therapy 46 €

NanoVi therapy repairs cell damage caused by free radicals and promotes cell regeneration. Further to this, it improves life quality and boosts vitality by stimulating metabolism and cell activity.

For further information consult the ADLER MED catalogue or www.adler-med.it – +39 0471 775 660 | int. 1660



SPA PROGRAMMES

top By booking a Spa programme, enjoy a special **reduction of 10%** on any additional treatment.

ANTISTRESS

- 3 Feel-good massages 50 min.
- 1 Body peeling
- 2 ADLER Arnica fango pack

312 €

PERFECT BODY

- 1 ADLER Thalasso Ritual
- 2 ADLER Alpine Algae body packs
- 2 Thalasso massages 50 min
- 1 Light Legs 50 min.

373 €

AYURVEDA

- 2 Ayurveda treatments 50 min.
- 1 Ayurveda treatment 60/75 min.
- 1 Kraxenofen hay bath
- 1 Imperial essence bath
- 1 Ayurveda pack

349 €

FLAT-BELLY

- 3 «Flat Belly» body wraps
- 2 «Flat Belly» massages
- 1 Reflexology

308 €

ADLER PACKAGE FOR COUPLES

- 1 Love is in the air per person 50 min.
- 1 Facial treatment per person 50 min.
- 1 Romantic bath for two
- 1 Rasul bath for two

246 € per person

FACIAL BEAUTY TREATMENTS

- 1 Premium JetPeel™
- 2 Facial treatments 50 min.

397 €

VITAL AGING

- 2 Facial treatments 50 min.
- 1 Facial treatment 75 min.
- 1 ADLER Body Tone Ritual

365 €

BEAUTY DOLASILLA

- 1 ADLER Feel-good Ritual
- 1 ADLER Body pack
- 1 Facial treatment 50 min.
- 2 Feel-good massages or
bodystyling 50 min.

345 €

BEST OF ADLER

- 1 Feel-good massage 50 min.
- 1 Facial treatment 50 min.
- 1 Salt Grotto
- 1 Body pack

221 €

ADLER A MODO MIO*

4 treatments lasting 50 minutes at a special price of **330 €**

In addition enjoy a **10%** special reduction on all extra treatments you wish to add to the package.

** All treatments have to be redeemed within one stay by one person. Vouchers can not be combined with this offer but may be used on additional treatments.*





SPA-INFO

We are at your disposal from **8.30 a.m. to 8.00 p.m.** daily. You will find us at the Spa-reception, or simply use the internal telephone to call us on 1544.

Make your appointments in good time

It will greatly help us to meet your wishes for treatments at the time of your choice if you make the appointment as early as possible, preferably when you book your room.

We are happy to advise

We want our treatments to be just right for you. Tell us what your wishes and expectations are, and we will be pleased to offer counselling. Be sure to inform us of any problems like high blood pressure, heart disorders etc. or pregnancy.

Make yourself at home

With a bath robe and slippers you are well dressed for a visit to the spa facilities. Come to your treatment five minutes earlier and enjoy a cup of tea for a relaxed start to your feel-good programme.

If anything should come up ...

If you have to change or cancel your appointment, please do so 24 hours prior to the appointment at the latest. Otherwise you will be charged for the treatment.

Peace and quiet at ADLER SPA

Please help to preserve an atmosphere of peaceful relaxation at ADLER SPA and keep your mobile switched off.

If you are late...

we will have to reduce your treatment time.



SPA & MED

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