

ENGLISH



SPA & MED

2026/27

SPA & MED



MIX
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SPA & MED PROGRAMMES

BOOSTER CELLULAR REGENERATION

- 1 Medical visit
- 1 Oxygen Ozone therapy
- 1 Revitalising infusion
- 1 Cryotherapy

439 €

***new* PAIN THERAPY**

- 1 Brief medical visit
- 1 Shockwave therapy session
- 1 Pain-relief laser session
- 1 Specific massage

438 €

***new* COMPLETE PREVENTIVE MEDICAL CHECK-UP**

- 1 Brief medical visit
- 1 Bioimpedance analysis
- 1 Age Reader
- 1 Specific blood panel
- 1 Final consultation

486 €

***new* NON-SURGICAL FACELIFT**

- 1 Brief medical visit
- 1 ADLER Classic facial cleansing
- 1 Medical peel
- 1 Exosome treatment
- 1 Fractional laser treatment

707 €



SPA PROGRAMMES

Top

ADLER guests who book their spa package before arrival receive a **10% discount** on their chosen programme. Additionally, spa packages grant a **10% discount** on any additional treatment.

DOLCE VITA

- 1 ADLER Relax massage 50 min.
- 1 Body peeling
- 1 Candle massage
- 2 ADLER Arnica fango packs 20 min.
- 1 ADLER Harmony treatment

383 €

THALASSO

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

433 €

AYURVEDA

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

429 €

FLAT BELLY

- 2 T-shape for the abdomen
- 1 Flat Belly massage
- 3 Flat Belly body wraps

472 €

ADLER PACKAGE FOR COUPLES

- 1 Love is in the air per person
 - 1 Facial treatment per person 50 min.
 - 1 Romantic bath for two
 - 1 Rasul bath for two
- 278 € per person**

FACIAL BEAUTY TREATMENTS

- 1 Premium JetPeel™ 45 min.
- 2 Facial treatments 50 min.

426 €

HIGH PERFORMANCE FACE

- 1 JetPeel™ First Class 50 min.
- 1 HydraFacial MD® Deluxe 50 min.
- 1 Facial radiofrequency 50 min.

578 €

DETOX

- 1 Detox intense 50 min.
- 1 ADLER Facial Fresh 50 min.
- 1 Liver Depur
- 1 Acqua Detox
- 1 ADLER Body Thalasso 50 min.

394 €

REMISE EN FORME

- 2 ADLER Fonctionnel massages 50 min.
- 1 Perfect Skin treatment 50 min.
- 1 ADLER Body Slim & Tone Ritual 50 min.
- 1 ADLER Body Slim & Tone Pack

402 €

BEST OF ADLER

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

258 €



FACIAL TREATMENTS

ADLER Facial 50 min.

Charming rituals of pure beauty accompanied by endless pampering, for complete well-being, 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

By booking a generic appointment for a facial, you can consult with our specialist and choose the best treatment for your needs directly on site.

new ADLER Facial Prime 50 min. - 75 min.

Smoothing and revitalising

A two-step peel for a brighter, smoother and more even complexion. The Microderm Elite Pro microdermabrasion device exfoliates the skin gently but in depth, removing dead cells and impurities, refining skin texture and stimulating cell renewal. This primes the skin for the subsequent glycolic acid peel (1%, pH 3.40), which reduces blemishes and dullness for improved radiance.

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 hydrodermabrasion that penetrates deep into the pores to dissolve even minimal impurities without the need for extraction.

20 min. **106 €**

50 min. **166 €**

50 min. **136 €** - 75 min. **166 €**

ADLER Facial Regeneration 50 min. - 75 min.

Global rejuvenating

Senna alata extracts and vegetal melatonin modulate the expression of genes involved in cutaneous ageing, preserving the functional integrity of the extracellular matrix and protecting DNA. It is ideal both on young and more mature skin 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-ageing lifting

Sour grape stem cells awaken 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 Facial Sensitive 50 min. - 75 min.

Anti-ageing 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 skin from pollutants and ageing. Skin is provided with long-lasting protection, tone, firmness and radiance, while wrinkles are attenuated.

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.

ADLER Facial Radiance 50 min. - 75 min.

Skin lightener for dyschromia

Dedicated to mature skin. A lightening and energising action donates a radiant and matt complexion to skin 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 Man Energy 50 min. - 75 min.

Specific anti-ageing for men

This rejuvenating treatment specifically designed for the male skin combines Feather Touch – a nanotechnology device with silicone needles – with revitalising substances that stimulate collagen production, such as phytomelatonin, aloe vera, seawater and vitamin C. Using the Feather Touch pen, the Booster Vitamin C 30% from our Skintech line is delivered deep into the dermal layer with immediate effects. The skin is regenerated, moisturised and firmer.

Suggested programme

VITAL AGEING

2 Facial treatments 50 min.

1 Facial treatment 75 min.

1 ADLER Slim & Tone Ritual 50 min.

10% discount on additional treatments

454 €

50 min. **136 €** - 75 min. **166 €**

FACIAL TREATMENTS

HIGH PERFORMANCE

Perfect Skin 50 min.

An advanced LED phototherapy treatment for a youthful, glowing appearance. Phototherapy is a well-established technology used in regenerative medicine. In this LED-based treatment, light beams of different wavelengths are absorbed by the skin and stimulate its natural renewal processes with visible aesthetic results. Combined with a lifting massage, it gives the face a naturally relaxed look as well as a healthy, radiant complexion.

136 €

JetPeel™

A rejuvenating treatment with oxygen, vitamins and nutrients for immediate results. With this high-tech method, active ingredients selected according to skin type are delivered to a depth of 1.5 mm. This hydrates the skin while also stimulating the production of new collagen. Facial muscles are toned, impurities and damaged cells are removed and fine wrinkles are smoothed out.

Premium 45 min. **211 €** (face)

First Class 50 min. **232 €**

(face & eye contour with Feather Touch technology)

ADLER Eye Contour 20 min.

Feather Touch technology and our 30% Vitamin C Booster combined for a fresher and brighter eye contour.

106 €

Facial radiofrequency

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

Rejuvenating 50 min. **136 €**

HydraFacial MD® Deluxe 50 min.

Treatment to deeply purify, increase collagen production and stimulate cell regeneration thanks to specific boosters designed to promote hydration and the anti-ageing effect. Rejuvenates your face, eliminates impurities, reduces skin hyperpigmentation in case of spots and makes you regain a new luminosity. Immediate result with long-lasting and visible effect in the following months.

297 €

new T-shape face 50 min.

This non-invasive high-tech treatment combines bipolar radiofrequency, microcurrents and vacuum massage to boost collagen and elastin production for improved skin firmness. The go-to choice to tone up face and neck contours, smooth out wrinkles and fine lines, and help keep the skin plump and elastic.

Look forward to a natural lifting effect without the need for invasive procedures!

150 €

Suggested programmes

FACIAL BEAUTY TREATMENTS

1 Premium JetPeel™ 45 min.

2 Facial treatments 50 min.

10% discount on additional treatments

426 €

HIGH PERFORMANCE FACE

1 JetPeel™ First Class 50 min.

1 HydraFacial MD® Deluxe 50 min.

1 Facial radiofrequency 50 min.

10% discount on additional treatments

578 €

BEAUTY SERVICES & HAIR SPA

Aesthetic pedicure 74 €
with nail polish + 10 €

Manicure 74 €
with nail polish + 10 €
Manicure with semi-permanent nail polish 94 €

Semi-permanent nail polish from 47 €

Eyebrow shaping 39 €
Eyebrow tinting 28 €
Eyelash tinting 28 €

Depilation 96 €

Blow dry short hair from 42 €
Blow dry medium length hair from 63 €
Blow dry long hair from 85 €
Haircut woman and man from 47 €

ADLER MED – FACE AND HAIR

Specialist consultation with a plastic surgeon, specialising in aesthetic medicine and laser therapy.
Free preliminary consultation, by appointment.

new Advanced Cellular Regeneration

A comprehensive protocol combining laser peeling, microneedling (dermopen) and exosomes to activate deep skin regeneration, improving tone, texture and radiance.
650 €

Facial wrinkles – loss of volume – thin or asymmetrical lips from 400 €

Acne – rosacea from 180 €

Benign skin growths, sun spots, age spots, post-scarring spots, melasma from 200 €

Couperose – broken facial capillaries – angiomas from 250 €

new Hair loss treatment for men or women from 520 €

new Double chin from 200 €

new Double chin tightening from 1.600 €

Dark circles, drooping or sagging eyelids and mild under-eye bags from 350 €

Treatment for dull, blemished skin – enlarged pores from 150 €

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.

new ADLER Body Slim & Tone 50 min. - 75 min.

A manual slimming and toning treatment that taps into the power of stem cells from unripe grapes to help reshape and firm body contours. The combined action of thermal water from Bagno Vignoni and hyaluronic acid restores deep hydration and firmness. A gentle cupping tackles cellulite by boosting microcirculation and helps reshape contours, leaving you with a pleasant feeling of lightness and well-being.

ADLER Body Silhouette 50 min. - 75 min.

This manual reshaping treatment helps to tone tissues by boosting collagen through a combination of plant-based melatonin, DNA Complex and hyaluronic acid. As a push-up body mask firms and tightens the skin, a massage enhances the effects while also promoting relaxation and microcirculation.

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.

Alpine Algae 20 min.

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.

Detox intense 50 min.

Dry brushing is an old technique developed by Sebastian Kneipp and is used to strengthen the immune system, stimulate microcirculation, detoxify body tissues and reduce the appearance of cellulite by eliminating excess fluids. Includes a brush for home use.

Wellness rituals 20 min. - 50 min.

Body rituals to envelop yourself in wellness – enjoy exfoliation and body wraps as you float weightlessly on a waterbed.

ADLER Nourishing Ritual - with milk and honey, leaves the skin nourished and more supple

ADLER Thalasso Ritual - with sea actives, helps reduce water retention and the visible signs of cellulite

ADLER Slim & Tone Ritual - with unripe grape stem cells, tones and firms body contours

Rituals 50 min. **89 €**

Body wraps 20 min. **47 €**

20 min. **47 €** - 50 min. **96 €** - 75 min. **140 €**

3 treatments of 20 min. **123 €** - 3 treatments of 50 min. **257 €**

HIGH PERFORMANCE

new T-shape 50 min. - 75 min.

An advanced aesthetic treatment that helps to burn fat and improve body contours and tissue elasticity while also rejuvenating the skin, in just a few sessions and without any pain. T-shape combines 3 powerful technologies: Multipolar radiofrequency, LLLT laser, Vacuum suction with infrared.

50 min. **150 €**

75 min. **247 €**

3 sessions of 50 min. **360 €**

Pressotherapy treatment 20 min.

This mechanical lymphatic drainage massage is especially recommended in cases of fluid retention, heavy legs and cellulite.

Optional anti-cellulite bandage **+17 €**

Radiofrequency body treatment 50 min.

Radiofrequency delivers visible results, making it one of the most popular non-invasive techniques for aesthetic body shaping. It firms and tightens the skin by boosting collagen and elastin production, as well as skin regeneration. As it also contributes to reducing fat cell volume, it helps to reshape connective tissue, resulting in improved body contours.

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 well-being.

47 €

20 min. **47 €** - 50 min. **96 €** - 75 min. **140 €**
3 treatments of 20 min. **123 €** - 3 treatments of 50 min. **257 €**

ADLER MED – BODY

Specialist consultation with a plastic surgeon, specialising in aesthetic medicine and laser therapy.
Free preliminary consultation, by appointment.

new Sagging of the neck, abdomen, arms and thighs
from **1.600 €**

Stretch marks resulting from pregnancy or weight loss
from **200 €**

Cellulite and localised fat from **200 €**

Localised fat removal from **2.000 €**

Laser hair removal from **250 €**

Hypertrophic scar treatment from **200 €**

Benign growths: warts, keratoses
and pendulous fibromas from **200 €**

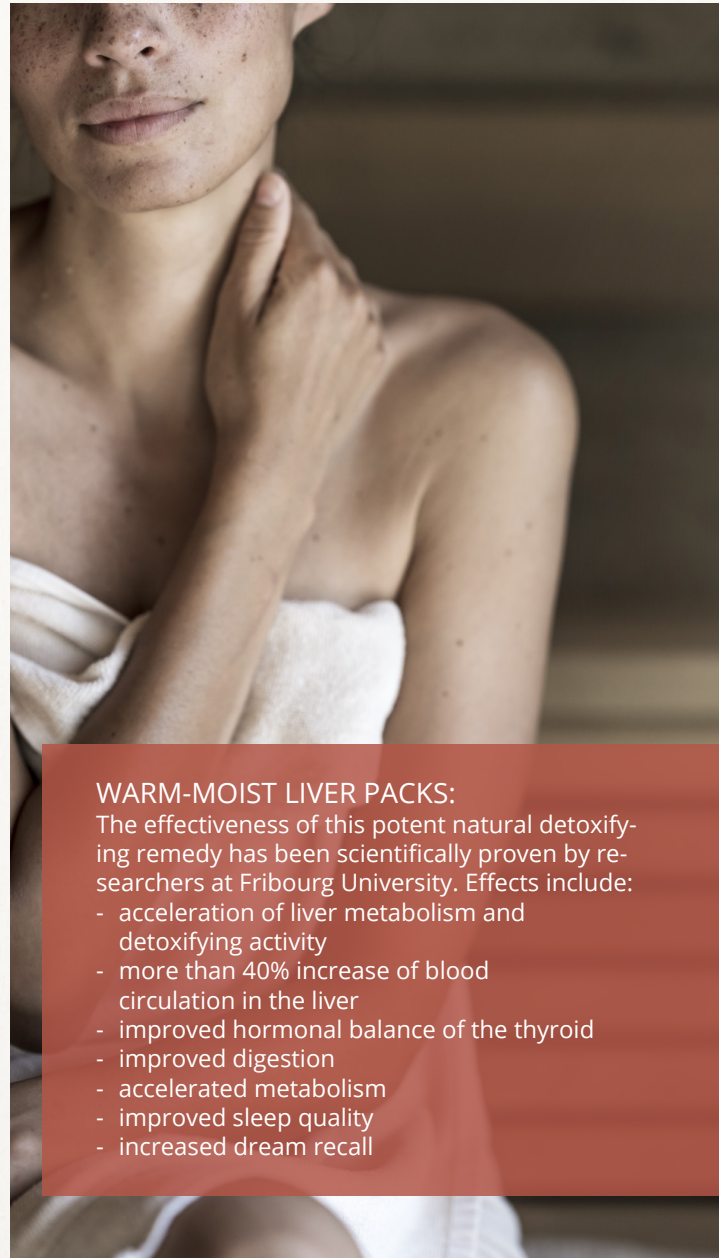
Stress and burnout from **210 €**

Capillaries and varicose veins in the lower limbs –
cherry angiomas from **200 €**

new PAIN THERAPY

- 1 Brief medical visit
- 1 Shockwave therapy session
- 1 Pain-relief laser session
- 1 Specific massage

438 €



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 min. - 15 min. **53 €**

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.

47 €

Rasul bath 25 min.

This eastern beauty ritual combines a black soap savonage with herbal vapours to cleanse and smooth the skin, leaving it soft and velvety. The treatment is rounded off by the application of a nourishing oil for deep hydration and a velvety feel all over the body.

47 € 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.

47 €

Mineral mud for osteoarthritis 20 min.

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

53 €

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.

89 €

ALPINE SPA

ADLER Arnica fango pack 20 min. - 30 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.

from **47 €** to **69 €**

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.

53 €

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.

29 €

6 sessions **156 €**

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.

47 €

for 2 people **53 €**

MASSAGES

FEEL-GOOD MASSAGES

Classic massage 20 min. - 50 min.

ADLER Relax massage 50 min. - 75 min.

Your holiday is 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.

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.

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.

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.

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 to release 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 prepare the body for a massage with basalt stones and relaxing movements that dissolve the deepest tensions. Back, neck and face will be enveloped by a flow of warm regenerating oil in a wellness experience that will make you feel reborn.

new Let your soul fly 100 min.

A uniquely restorative experience. The first step is an intense back massage combining different techniques and tools to boost microcirculation, relieve muscle tension and restore a sense of lightness and vitality. This is followed by a full-body massage, tailored to your needs to free the mind and regenerate the body.

203 €

20 min. **62 €** - 50 min. **96 €** - 75 min. **140 €**

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.

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.

107 €

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.

Flattening abdominal massage 50 min.

This abdominal massage effectively helps to reduce bloating for a flatter-looking stomach and a more sculpted waistline. Results are enhanced through a combination of radiofrequency, cupping and manual massage techniques. We recommend combining it with the flattening abdominal wrap for optimal results.

50 min. **96 €**

Suggested programmes

DOLCE VITA

- 1 ADLER Relax massage 50 min.
 - 1 Body peeling
 - 1 Candle massage
 - 2 ADLER Arnica fango packs 20 min.
 - 1 ADLER Harmony treatment
- 10% discount** on additional treatments
383 €
-

THALASSO

- 1 ADLER Thalasso Ritual 50 min.
 - 2 ADLER Alpine Algae body packs
 - 2 Thalasso massages 50 min.
 - 1 Light Legs
- 10% discount** on additional treatments
433 €
-

THERAPEUTIC TREATMENTS

MUSCLE RELAXING MESSAGES

Specific massage 20 min. - 50 min.

A personalised 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, improve posture and promote relaxation. 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.

Arnica oil massage 20 min. - 50 min.

A relaxing massage promoting overall wellness. Well-known for its decontracting and soothing properties, arnica provides immediate relief and a pleasant feeling of lightness and well-being.

THERAPIES

Q-Physio
Therapeutic treatments
Osteopathic treatment
Tecar therapy
Ultrasonic treatment
Electro therapy
Neuromuscular taping
Lymphatic drainage

Suggested programme

new PAIN THERAPY

1 Brief medical visit
1 Shockwave therapy session
1 Pain-relief laser session
1 Specific massage

438 €

20 min. **75 €** - 50 min. **107 €**

CRYO BOX – CRYOTHERAPY

Cryotherapy exploits the health-promoting effects of cold to increase wellness, speed up recovery after injuries and enhance quality of life. All these benefits result from the analgesic, anti-inflammatory and mobility-improving properties of cold, which accelerates metabolic processes and triggers the release of endorphins and serotonin.



APPLICATIONS

Health

- To treat rheumatism and gout
- To alleviate pain and inflammation
- To promote post-surgical rehabilitation
- To speed up healing
- To relax and reduce stress
- To promote good sleep

Sports and regeneration

- To accelerate muscle regeneration after training
- To increase resistance and performance in sports
- To rejuvenate the body and balance hormone setup

Beauty and wellness

- To reduce weight and body fat by boosting metabolism
- To tone up tissues
- To counter cellulite
- To promote collagen synthesis (anti-ageing effect)

Cryo Box therapy consists of a three-minute session at -160°C . The use of dry cold makes it well tolerated, also by seniors. Sessions should be repeated regularly to maximise effectiveness.

1 session **57 €** - 3 sessions **144 €** - 6 sessions **260 €** - 10 sessions **370 €**

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.

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. **107 €** - 75 min. **152 €**

ADLER MED – HARMONY

Do you feel weak, tired and suffer from anxiety and stress?

Phytotherapy consultation

Psycho-physical rebalancing is achieved by selecting flower essences that reach deep into the person's inner being. **152 €**

new Meridian treatment with medical-grade essential oils

A holistic approach designed to promote balance, relaxation and vitality. **147 €**

new Oligotherapy

A complementary treatment to help the body rebalance using minimal doses of trace elements. **147 €**

new BIORHYTHM REBALANCING, SLEEP, PHYSICAL AND MENTAL BALANCE, ENERGIZATION

Ideal for stays of 4 days

Diagnostic services:

- 1 Medical visit
- 1 Specific blood panel
- 1 Special energetic and sleep examination
- 1 Explanation of test results
- 1 Final visit

Therapeutic services:

- 1 Acupuncture or acupressure session
 - 1 Balance medical treatment
 - 1 Shiatsu
 - 4 NanoVi™ Regenerative Therapies
 - 1 At-home therapy
 - Activities dedicated to relaxation
 - Full board with detoxifying, antioxidant and anti-inflammatory cuisine
- 1.255 €**





AYURVEDA

- 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

Dosha determination with Mrs. Doctor Romeo 90 €

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

47 €

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

Kalari 50 min.

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

50 min. 107 € - 60-75 min. 152 €

Pinda body care application 50 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

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

117 €

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.

194 €

Synchronous massage 50 min.

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

194 €

Suggested programme

AYURVEDA

2 Ayurveda treatments 50 min.

1 Ayurveda treatment 60/75 min.

1 Kraxenofen hay bath

1 Imperial essence bath

1 Ayurveda pack

10% discount on additional treatments

429 €

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.

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.

Foot reflexology massage 50 min.

This massage stimulates specific points on the foot soles to indirectly promote health and function of the internal organs and rebalance the body's energy flow.

***new* Haki Flow** 40 min.

A unique treatment designed especially for people who tend to live in their heads. Gentle pulling, stretching and rotational movements in warm water help release tension, mobilise the spine and activate pelvic rotation. Treat yourself to a break – for more lightness, balance and inner peace.

107 €

50 min. **107 €** - 60-75 min. **152 €**



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 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.

217 € 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.

94 € 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 well-being.

47 € per person

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.

214 € per couple

Romantic bath for two 15 min.

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

53 € 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.

29 € per person

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.

245 € per couple

Suggested programme

ADLER PACKAGE FOR COUPLES

1 Love is in the air per person

1 Facial treatment per person 50 min.

1 Romantic bath for two

1 Rasul bath for two

10% discount on additional treatments

278 € per person

PREMAMAN

ADLER Ritual Body Slim & Tone 50 min.

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

89 €

ADLER Facial Regeneration 50 min.

Senna alata extract and vegetal melatonin support the skin's natural regeneration, protect DNA and help preserve the extracellular matrix. Combined with Dolomites water and hyaluronic acid, the DNA Complex deeply hydrates the skin for a fresh, regenerated appearance.

136 €

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.

96 €

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.

96 €

ADLER Harmony 50 min.

A rhythmic combination of gentle and invigorating massage techniques for the head, face, shoulders and neck. It stimulates blood circulation and helps release muscular tension, especially in the shoulders and jaw. The ideal treatment for deep relaxation and to disconnect from everyday life.

96 €

KIDS *(from 4 to 10 years)*

AKI massage 20 min.

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

62 €

AKI Facial 20 min.

A freshness boost for young skin.

72 €

Happy Hands & Feet 50 min.

Filed and varnished nails plus hands and feet massage.

79 €

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.

152 €

ADLER MED – KIDS & TEENS

BALANCE PROGRAMMES FOR BABIES, CHILDREN, TEENAGERS AND MOTHERS

Holistic programmes designed to promote overall well-being, supporting every stage of development with attentive care, empathy and expertise.

Baby Balance *(0–3 years)*

A programme designed to gently accompany the baby's first steps into life. It promotes serenity, well-being and harmonious development, supporting parents during this important and delicate

Infant Balance *(3–7 years)*

A structured programme to support growth, strengthen the immune system and promote healthy daily routines.

Junior Balance *(8–12 years)*

A programme to promote balance, energy and focus, accompanying children in their school and personal growth journey.

Teen Balance *(13–18 years)*

Targeted support to help adolescents transition into adulthood more calmly, with stronger self-esteem and the ability to go inside and listen to themselves.

Mom Balance – Well-being for mothers

A child's well-being starts with their mother's. This programme is focused on physical and emotional rebalancing, stress management and energy recovery, to help mothers approach each day with joy, strength and serenity.

Paediatric consultation 120 €

Suggested programmes

new BASIC CHECK-UP FOR KIDS & TEENS*

Get deeper insights into your child's state of health.

- 1 Pediatric visit
- 1 Bioimpedance analysis

191 €

new WELLNESS CHECK-UP FOR KIDS & TEENS*

For healthy growth, optimal weight and a balanced diet.

- 1 Pediatric visit
- 1 Bioimpedance analysis
- 1 Personalised dietary plan

274 €

new IMMUNO CHECK-UP FOR KIDS & TEENS

Especially recommended for kids and teens prone to recurring infections.

- 1 Pediatric visit
- 1 Specific blood panel
- 1 Immunologic tests for infectious disease

351 €

*Specific blood tests may be added if necessary

MAN SPA

new T-shape abdomen 50 min.

An advanced aesthetic treatment for the abdomen that helps to enhance body contours, reduce excess fat and improve tissue elasticity – all in just a few pain-free sessions. It combines three powerful, cutting-edge technologies: multipolar radiofrequency, LLLT laser and infrared vacuum suction.

150 €

Three 50-minute sessions: **360 €**

Arnica oil massage 20 min. - 50 min.

A relaxing massage promoting overall wellness.

Well-known for its decontracting and soothing properties, arnica provides immediate relief and a pleasant feeling of lightness and well-being.

75 € / 107 €

ADLER Man Energy 50 min. - 75 min.

Specific anti-ageing for men

This rejuvenating treatment specifically designed for the male skin combines Feather Touch – a nanotechnology device with silicone needles – with revitalising substances that stimulate collagen production, such as phyto-melatonin, aloe vera, seawater and vitamin C. Using the Feather Touch pen, the Booster Vitamin C 30% from our Skintech line is delivered deep into the dermal layer with immediate effects. The skin is regenerated, moisturised and firmer.

136 € / 166 €

ADLER Arnica fango pack 20 min. - 30 min.

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

47 € / 69 €



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

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.)

107 €

25 min. **65 €** - 45 min. **96 €** - 3 sessions **141 € - 231 €**
Private Coaching Family (2 persons) 45 min. **116 €**

ADLER MED – VITALITY

Oxygen Ozone therapy*

Ozone is a naturally occurring gas formed from oxygen and also produced by the human body. It has powerful antimicrobial, anti-inflammatory, regenerating and pain-relieving effects, supports detoxification and immune balance, and improves circulation. It may help with gut dysbiosis, localised fat and cellulite, and is used to support wellness in cases such as premature ageing, osteoarthritis, fibromyalgia, chronic fatigue, low back and neck pain, recurring vaginal infections and intestinal issues.

Large autologous haemoinfusion **178 €**

Small autologous haemoinfusion **128 €**

Subcutaneous/ intramuscular injections **128 €**

Rectal insufflation **80 €**

Vaginal insufflation **80 €**

Rectal and vaginal insufflation **120 €**

Energy infusion*

A powerful tool to boost energy, combat fatigue and increase both physical and mental performance. This infusion contains antioxidants and other ingredients to support energy production at a cellular level. from **135 €**

For other infusion options: see page 32

**Available after a medical visit*

Suggested programme

BOOSTER CELLULAR REGENERATION

1 Medical visit

1 Oxygen Ozone therapy

1 Revitalising infusion

1 Cryotherapy

439 €





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 revitalised 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) **15 €** per person
(from 16 years)

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

FEEL WELL WITH ADLER MED

Health is our most precious asset. Taking care of it to make you live peacefully, healthily and for a long time is the goal of ADLER Med services. In the exclusive environment of our health centre, we offer complete programmes with high quality medical services, personalised consultations and always attentive and sensitive assistance. Your personal needs and goals are our priority.



ADLER MED – PREVENTION AND DIAGNOSIS

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 15 min. **0 €**

Cosmetic medical consultation 15 min. **0 €**

Medical visit **120 €**

Paediatric visit **120 €**

Aesthetic medicine visit **120 €**

ADLER Med Basic **180 €** Initial and final visit

new Acupuncture

Acupuncture stimulates specific points on the body, where electrical charges generated by cells tend to concentrate, to improve energy flow along the meridians. This can help rebalance the body's energetic set-up and support the function of various organs and systems. It is effective in treating muscle and joint pain, digestive disorders, headaches, respiratory problems, menstrual cycle disorders and stress. Subject to medical evaluation to rule out any contraindications, it can also be combined with other therapies.

Preliminary consultation **180 €**

Subsequent sessions **120 €**

new AGE Reader*

An innovative, non-invasive skin fluorescence test that measures the accumulation of AGEs (advanced glycation end products) in just a few seconds — a key indicator of metabolic aging and cardiovascular risk. Knowing your level allows for personalized prevention strategies, supplementation, nutrition, and longevity programs.

92 €

Echo-guided aesthetic medicine

This technology can be used to analyse the underlying tissues and detect any residues from previous fillers.

190 €

Skin ageing check-up

Skin ageing can be assessed by measuring the dermo-epidermal layer / checking scars and/or cysts or fibromas.

190 €

Iridology consultation

Coupled with an in-depth analysis of the patient's medical history, iridology helps to uncover any latent disorders before they become manifest, allowing for early diagnosis and better, more comprehensive care.

200 €

Bioelectrical impedance analysis*

This test measures the fat and lean mass ratio, healthy and pathological fat, and levels and distribution of water, sugars and minerals, as well as bone composition.

92 €

Oligoscan - Heavy metals test*

The spectrophotometric test checks for key minerals and any heavy metal build-up, providing in-depth information on the body's metabolic state.

180 €

Bioelectrical check-up*

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.

92 €

PPG Stress Flow*

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.

92 €

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 **20 €**

Blood group test **25 €**

Intolerance test - 90 foods **235 €**

Other analyses*

Coeliac test **62 €**

Complete gut testing: flora, stool and histamine **470 €**

**available with ADLER Med Basic*



ADLER MED – THERAPIES

Regenerative IV therapy

Intravenous administration of vitamins, antioxidant minerals, and other biological compounds designed to enhance physical and cognitive performance, strengthen the immune system, provide a detoxifying effect, reduce stress, and improve overall well-being. These infusion cocktails are formulated to the highest recognised scientific standards, guaranteeing rapid and effective results. Following a thorough consultation, our specialists recommend the best ingredients and doses to suit your specific needs.

CHOOSE YOUR IV THERAPY

Energy*

A powerful cocktail of antioxidants and other ingredients that promote energy production in the cell to boost energy, combat fatigue and improve physical and mental performance.

140 €

Skinset*

This infusion aids weight loss and energises the skin with tightening effects, boosts metabolism and promotes cell renewal, protecting the skin from damage and enhancing its appearance.

142 €

Immunity*

This infusion strengthens immune function and helps to prevent and speed up healing of viral infections (e.g. herpes). It also boosts energy production and supports the nervous systems – a powerful ally when life gets stressful.

196 €

Anti-ageing*

The perfect choice to slow down skin ageing and strengthen hair, this infusion promotes collagen production, improving skin elasticity and reducing the visible signs of ageing.

135 €

Detox*

Ideal to support detoxification, increase energy, alleviate fatigue and protect the body from stress-related damage.

165 €

PowerBoost*

An invigorating boost for the body and mind – this infusion promotes DNA repair and improves cell regeneration for a rejuvenating feeling. Perfect for boosting performance.

320 €

Detox plus*

A cleansing therapy that can help restore balance in the body, protecting cells from ageing and supporting natural defences against viruses and bacterial biofilm. It is especially recommended for combating physical and mental stress and replenishing energy.

197 €

Myers' Cocktail*

An infusion to help strengthen immune function, increase energy, reduce fatigue and improve overall well-being. It is particularly recommended in cases of stress, fatigue, nutritional deficiencies, loss of focus and intense physical or mental exertion.

196 €

Medical Balance treatment*

The treatment is performed over the entire body, using pure, high-quality essential oils alternated with phyto-therapeutic sprays of floral essences, following the main acupuncture meridians. It also includes acupressure on the feet and ears, as well as the use of very small, barely perceptible acupuncture needles. This results in a deep energetic release of the chakras, along with a profound sense of psychophysical relaxation and renewed vitality.
147 €

NanoVi™ Regenerative Therapy*

Innovative therapy that eliminates cell damage and increases vitality and quality of life by stimulating the metabolism and cell activity.
1 session **38 €** - 6 sessions **193 €** - 12 sessions **356 €**

Oxygen Ozone therapy*

Ozone, a natural gas derived from oxygen and also produced by the human body, has antimicrobial, anti-inflammatory and regenerating properties. It helps relieve pain, support detoxification, improve circulation and rebalance the immune system. Beneficial for conditions such as fatigue, joint and back pain, inflammation, and gut disorders.
Large autologous haemoinfusion **178 €**
Small autologous haemoinfusion **128 €**
Subcutaneous, intramuscular injections **128 €**

Oxygen Ozone therapy - rectal insufflation*

Extremely effective, this revitalising and restorative therapy offers all the benefits of ozone, needle-free! As soon as the gas is absorbed, it boosts oxygen supply to tissues, with anti-inflammatory and antioxidant effects. Results on intestinal health are immediately noticeable.
80 €

Oxygen Ozone therapy - vaginal insufflation*

Enjoy all the benefits of ozone, with a needle-free therapy! This treatment is especially recommended for vaginitis, vaginosis, recurrent candida infections and dryness, as ozone has antibacterial, antiviral and antifungal properties that help restore a healthy vaginal microbiota.
80 €

Oxygen Ozone therapy - rectal and vaginal insufflation* 120 €

Vaginal or rectal ozone therapy, 4 sessions **272 €**

Personal nutrition profile*

Our specialists devise a tailored nutrition programme that is supported with a personalised dietary plan, fitness activities, massages and intensive treatments aimed at increasing your overall fitness and well-being. This profile is recommended in cases of hyperglycaemia, hypertension, hypercholesterolaemia and emotional eating. Guests are offered medical assistance throughout the programme, both during and after their stay.
184 €

Colon hydrotherapy*

Gentle, painless procedure for cleansing the large intestine. Stimulates peristalsis, thus enabling waste and toxins to be released from the mucous membrane. This procedure is recommended for cleansing and regenerating the bowel as well as for the treatment of chronic digestive disorders, flatulence, diarrhoea, blockages, intestinal flora imbalances, skin problems, joint diseases, neurovegetative disorders and psychosomatic disorders such as fatigue, loss of vitality and reduced performance.
160 €

** Available after a medical visit*



ADLER MED – HEALTH PROGRAMMES

The success of any health journey rests on consistent medical support. Our specialists are with you from the moment you arrive through to your final consultation – and they remain on hand once you're home.

Through advanced checkups and our own onsite laboratory, they ensure that every aspect of your care is covered.

ADLER Med programmes bring together relaxation, healthy exercise and wellness-focused cuisine to restore balance to body and mind – each one tailored to your individual needs.

We also offer integrated wellness concepts with personalized aesthetic treatments — for a healthy appearance and improved quality of life.



new **WEIGHT LOSS & DETOX**

Ideal for stays of 5 days

Diagnostic services

- 1 Medical visit
- 1 Bioelectric check-up
- 1 Bioimpedance analysis
- 1 Age Reader
- 1 Specific blood panel
- 1 Explanation of test results
- 1 Explanation of blood panel result
- 1 PPG Stress Flow
- 1 Final visit

Therapeutic services:

- 1 Acupuncture treatment
- 1 Medical Balance Treatment
- 1 Detox Infusion
- 1 Hydrodetox with salt
- 1 Algae body pack
- 1 ADLER Body Slim & Tone
- 2 Balance massages
- 1 Liver Depur
- 1 T-shape
- 1 Acqua Detox
- 2 Private Coachings
- 1 Personalised dietary plan for home
- Group fitness sessions
- Full board with detoxifying, antioxidant and anti-inflammatory cuisine

1.784 €



**new BURNOUT, WORK-RELATED STRESS
AND SMOKING**

Ideal for stays of 5 days

Diagnostic services:

- 1 Medical visit
 - 1 Specific blood panel
 - 1 Age Reader
 - 1 Oligoscan - heavy metals test
 - 1 Explanation of test results
 - 1 Final visit
-

Therapeutic services:

- 1 Medical Balance Treatment
 - 1 Detox Infusion
 - 1 Acupuncture or acupressure session
 - 4 NanoVi™ Regenerative Therapies
 - 1 Water Private Coaching
 - 1 Ayurvedic Massage
 - 1 ADLER Arnica fango pack
 - 1 South Tyrol hay bath
 - 1 At-home therapy
 - Activities dedicated to relaxation
-

1.297 €



new INFLAMMATION, ACUTE AND CHRONIC PAIN

Ideal for stays of 4 days

Diagnostic services

- 1 Medical visit
 - 1 Specific blood panel
 - 1 Bioimpedance analysis
 - 1 Age Reader
 - 1 Bioelectric check-up
 - 1 Explanation of test results
 - 1 Final visit
-

Therapeutic services:

- 1 Pain-relieving mesotherapy session
 - 1 Acupuncture or acupressure session
 - 1 Specific massage
 - 1 Personalized therapeutic application
 - 1 At-home therapy
 - Yoga class
 - Full board with detoxifying, antioxidant and anti-inflammatory cuisine
-

1.071 €



new OSTEOPOROSIS AND CELL DEGENERATION

Ideal for stays of 4 days

Diagnostic services:

- 1 Medical visit
 - 1 Bioimpedance analysis
 - 1 Age Reader
 - 1 Specific blood panel
 - 1 Explanation of test results
 - 1 Final visit
-

Therapeutic services:

- 1 Acupuncture or acupressure session
 - 1 Personalized therapeutic application
 - 1 At-home therapy
 - 1 Personalised dietary plan for home
 - Group fitness sessions
 - Full board with detoxifying, antioxidant and anti-inflammatory cuisine
-

917 €



new GASTROENTEROLOGICAL CHECK-UP

Ideal for stays of 5 days

Diagnostic services:

- 1 Medical visit
 - 1 Bioimpedance analysis
 - 1 Age Reader
 - 1 Specific blood panel
 - 1 Oligoscan - heavy metals test
 - 1 Parasitological stool examination
 - 1 Explanation of test results
 - 1 Final visit
-

Therapeutic services:

- 1 Acupuncture or acupressure session
 - 1 Hydro-colon therapy
 - 1 Oligotherapy
 - 1 At-home therapy
 - 1 Personalised dietary plan for home
 - Full board with detoxifying, antioxidant and anti-inflammatory cuisine
-

1.650 €



new BIORHYTHM REBALANCING, SLEEP, PHYSICAL AND MENTAL BALANCE, ENERGIZATION

Ideal for stays of 4 days

Diagnostic services:

- 1 Medical visit
 - 1 Specific blood panel
 - 1 Special energetic and sleep examination
 - 1 Explanation of test results
 - 1 Final visit
-

Therapeutic services:

- 1 Acupuncture or acupressure session
 - 1 Balance medical treatment
 - 1 Shiatsu
 - 4 NanoVi™ Regenerative Therapies
 - 1 At-home therapy
 - Activities dedicated to relaxation
 - Full board with detoxifying, antioxidant and anti-inflammatory cuisine
-

1.255 €



new PREVENTIVE CHECK-UP METABOLIC, DIABETES AND CHOLESTEROL

Ideal for stays of 4 days

Diagnostic services:

- 1 Medical visit
 - 1 Specific blood panel
 - 1 Bioimpedance analysis
 - 1 Age Reader
 - 1 Explanation of test results
 - 1 Final visit
-

Therapeutic services:

- 1 Acupuncture or acupressure session
 - 1 Private coaching
 - 1 At-home therapy
 - 1 Personalised dietary plan for home
 - Full board with detoxifying, antioxidant and anti-inflammatory cuisine
-

830 €



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.

Available at ADLER Spa or in our Shop
www.adler-shop.com



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.

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.

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-ageing. Rich in magnesium, the thermal waters of Bagno Vignoni reactivate cellular energy.

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.

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 ageing, boosting skin tone, plumpness and firmness.

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.

MAN

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

SKINTECH

Advanced technology for glowing skin. The Skintech cosmetic line is based on the latest scientific research and cutting-edge technologies. It employs high-performance anti-ageing ingredients that ensure superior effectiveness and rapid results. Skintech products contain highly concentrated active ingredients that are gentle on the skin and preserve its natural balance.

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.

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.

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.

AROMA

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

CARE

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

PURE

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

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.

SENSES

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

SUN

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

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

Designed for those who want to detoxify, lose weight, reactivate their metabolism and experience a new well-being of lightness and vitality.

DIGEST

The gastrointestinal tract has its own nervous system. The enteric nervous system hosts about 70% of the immune system and influences our well-being through the intestinal bacterial flora. For these reasons it is essential to take care of our digestive system.

RE-BALANCE

Prolonged stress, hormonal changes, drug therapies can tire the body and mind, negatively affecting every other aspect of physiology. Phytocomplexes can help our body to regain its natural rhythms.

VITALITY

Tiredness, convalescence, periods of intense work require support that can quickly restore energy and the will to face life with determination. Remineralisers and antioxidant restorers promote joint function and the body's natural defences.

LONGEVITY

Improving the health of our cells means a future of well-being and beauty. Exclusive, cutting-edge and ultra-pure phytocomplexes act directly at the heart of our cells and stimulate the processes associated with longevity.





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

Dress comfortably in a bathrobe and slippers, without any jewellery, for your visit to the spa facilities. Arrive five minutes earlier to your treatment and savour 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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