



Italy's ADLER Spa Resorts: Where 200 Years of History Meets Modern, Five-Star Service

Some say that a single real estate transaction can change history. This was especially true in 1810, when the purchase of a small inn in the Dolomite village of Ortisei altered the landscape for Italian spa hotels. The buyer was a gentleman named Josef Anton Sanoner, and he named his new property "Gasthof zum ADLER" (or Eagle's Inn).

More than ten decades later, the hotel is now known as the **ADLER Dolomiti Spa & Sport Resort**, and has three sister properties, all in Italy and each imbued with a strong sense of place. **ADLER Balance Spa & Health Residence** is linked to ADLER Dolomiti by an underground tunnel; the woodsy-yet-luxurious **ADLER Mountain Lodge** is set on the Alpe di Siusi, Europe's largest mountain plateau; and **ADLER Thermae Spa & Relax Resort**, in Bagno Vignoni, Tuscany, is famous for its complex of naturally fed thermal baths and pools, totaling more than 1,000 square meters. As the hotels have grown and expanded from their humble roots, one thing has not changed: The Sanoner family, who have owned and managed the properties for seven generations and are passionate about hospitality.

The hotel spas set the standard for excellence, offering personalized sessions using the company's new **ADLER SPA cosmetics line**. The products are made using three kinds of water: the thermal water of Bagno Vignoni, the Dolomites' pure mountain spring water and saltwater from Sicily. Each spa has dozens of treatments on its menu, and along with signature ADLER offerings there are many other approaches represented. ADLER Thermae, for example, has 30 different massages, including craniosacral, Lomi Hawaiian, hot stone, Shiatsu and Thai. Although all ADLER spa therapists are highly skilled in their areas of expertise, they are also continuously educating themselves about new techniques. There is no "one-size-fits-all" approach at the ADLER spas; rather, staff members strive to create solutions that are as unique as the guests themselves. Facials, for example, are performed using the ADLER cosmetic line, and depending on the client, products can be chosen for their ability to deeply cleanse, lighten, rejuvenate or soothe. Treatments are relaxing, but they can also weave in high-tech elements. For facials that might mean adding options like an oxygen bath or JetPeel (a tailor-made, high tech facial treatment using ingredients that deeply penetrate the skin).

For those who want to combine the soothing elements of a spa with cutting-edge medical diagnostics and treatments, both ADLER Thermae and ADLER Balance are home to the **ADLER MED** health centers. Beginning with an initial medical consultation, the staff of doctors, nurses and therapists help each guest create a program that might include prevention and diagnosis of chronic health conditions (such as thyroid function, food intolerance and osteoporosis); stress management; weight loss and nutrition counseling; physical therapy; and dermatological treatments. "When you run a car for a long time in full throttle, it eventually needs a tune-up. It's the same with the body," says Laura Santini, a doctor at ADLER Med in the Dolomites. Of course, participation in the ADLER MED program is optional, and many guests simply come to relax at the hotels' spas and explore the surrounding areas.

Below is a closer look at each of the four ADLER SPA RESORTS..

ADLER Dolomiti: Chic, welcoming and family-friendly in a charming mountain village



“Although there are higher mountains, there are none more beautiful,” said the world climber Reinhold Messner about the Dolomites mountain range, where **ADLER Dolomiti** is located. The area, which is in northeastern Italy and part of the Southern Alps, was named a World Heritage site by UNESCO, who praised its “vertical walls, sheer cliffs and a high density of narrow, deep and long valleys.” The 114-room hotel is in the center of Oritsei overlooking the mountains, with architecture that’s beautifully integrated into the alpine setting. Josef Anton’s original inn still stands, along with the charmingly turreted Bittner House, which dates to 1905, and the lemon-yellow main building, designed in 1925 by the prominent Austrian architect Clemens Holzmeister. The hotel décor mixes clean lines, warm wood tones and expansive panoramic windows, and the overall look, which brings the stunning outdoors inside, is both stylish and soothing.

ADLER Dolomiti’s spa is the hotel’s epicenter. It’s known for its sprawling Water World area, which features more than 3500 square meters of hot and cold pools, baths, saunas and relaxation areas, all set within ADLER Park, a private, peaceful oasis. Water World highlights include the salt grotto and rock salt sauna, the Rasul bath (with mud and herbal steam), a floral-scented steam room and the women’s only rose-petal bath and lounge area. There are dozens of spa treatments available, such as Ayurvedic massage, Reiki, and Alpine baths with local pine needles and hay. Respiratory therapy, which can be used as a weight loss or a stress-management technique, is one of the newer offerings. Treatments at all three hotel spas feature ADLER’s own skincare products. To earn their spa time, ADLER Dolomiti visitors keep busy skiing, snowshoeing or tobogganing the world-renowned *pistes*, the world’s largest ski area in the Dolomites, or, in the warmer months, hiking or cycling (both mountain bikes and electric bikes are available). Other activities include white-water rafting, yoga, Pilates and guided full-moon walks.

But guests can’t live on skiing and spa treatments alone. Enter ADLER Dolomiti’s talented chef, Leonhard Rainer, who creates both Mediterranean and Ladin dishes for the hotel’s restaurant using local ingredients such as mushrooms, berries, cabbage and spinach. (Don’t mistake “Ladin” for “Latin:” Ladin cuisine, an homage to the South Tyrol province, is an intriguing mix of Swiss, Austrian and Italian cooking influences.) “Ladin cuisine is rural. Recipes are passed from generation to generation,” says Rainer, whose specialties include *tutres* (stuffed pancakes) and *cratuncins* (noodle pastries). More modern Mediterranean delicacies, like grilled octopus, are also available. On the wine list are locally loved varietals such as Lagrein, Gewürztraminer and Schiava, as well as red and sparkling wines produced at Tenuta Sanoner, the family winery in Tuscany near the ADLER Thermae hotel.

Above all, ADLER Dolomiti is known for their repeat guests—one 98-year-old gentleman just spent his 70th summer at the hotel—who are treated like family by the longtime staff. As Christine Karabacher, a receptionist who has spent half her life working at the Dolomiti says, “We find the ideal room for every guest. We help them prepare for the treatments they will receive and we try to educate them to be happy.”

ADLER Balance: Intimate, adults-only medical spa hotel connected to the Dolomiti



With just 30 suites and a warm, intimate atmosphere, **ADLER Balance** is open only to guests over 16 years of age. “Balance” does not just refer to how a guest will feel upon departure (the hotel motto can be described as “health with pleasure”), but also to the hotel’s design and materials. As an homage to the surrounding mountains, the décor at the solar-powered hotel includes natural materials such as slate, stone and several different types of untreated wood, including arven (Swiss pine), larch, walnut, oak, and elm, all of which impart a delightfully soothing smell throughout the hotel. For the guest it is a kind of visual detox, that allows the senses to recover. “Balance occurs within each guest thanks to our holistic approach: Medical wellness, healthy cuisine and the

hotel itself all help promote the deep relaxation that leads to recovery. Of course, the mountain view doesn't hurt either," says general manager Clelia Romanelli.

ADLER Balance guests use the spa, pool and bar at the nearby ADLER Dolomiti. But the Balance hotel has its own restaurant, which has a dining room overlooking the mountains and is run by the top rated chef Armin Mairhofer. For his South Tyrolean regional cuisine, Mairhofer gathers ingredients such as herbs, garlic spinach, mushrooms and berries. He also frequents the weekly farmers' markets and buys locally produced ingredients such as olive oil. "The products are the main actors—my task is to manipulate them as little as possible," he says. Although Mairhofer is also responsible for feeding the guests who are on specialized eating programs through ADLER Med (and eat earlier in the evening than other guests), his creations—such as scallop confit and coffee-crusted lamb—seem to have little to do with abstinence. "Cooking and eating are maybe some of the only activities that truly connect us to nature," he says.

ADLER Mountain Lodge: Cozy-luxe lodge set in famed Alpe di Siusi ski area



CNN Travel called **ADLER Lodge** "Italy's most exclusive ski resort," a fact that's clear from the moment guests arrive at this fabulous ski-in, ski-out hotel within the Alpe di Siusi. It has been **declared a UNESCO World Heritage since 2009** and car access is restricted. The hotel consists of a main building with 18 junior suites, as well as 12 private, freestanding chalets, modelled after classic mountain huts, dotted throughout the property. The main reception area is home to a 40-foot-high totem by Adolf Vallazza, the world-famous wood sculptor, who created the masterpiece at the age of 90.

The majestically beautiful Alpe di Siusi is as important to the story of ADLER Lodge as its luxurious rooms and expert staff. Although skiers are lured by the nearby world-famous runs during winter, each season is utterly unforgettable. Spring brings the sounds of birdsong and views of brightly colored meadows covered with wildflowers like orchids, crocuses and edelweiss. During the lush, green summers, the soft breezes and abundant sunshine make it easy to stay active all day. The alpenglow (or "enrosadira" in Ladin) is a famous autumn phenomenon that guests love to observe during cocktail hour. Right before sunset, the mountain walls begin to glow with a gorgeous mix of orange, red and violet hues. This unique, breathtaking display is a special time that lasts only for a few minutes, and it reminds guests and staff members to pause and soak in the magical setting.

A network of trails adjacent to the property allows guests to easily hike or ski out and back to explore the Alpe di Siusi. Visitors can also experiment with yoga, horse-drawn carriage rides, snowshoeing, mountain biking and swimming in the heated indoor-outdoor infinity pool. Treated with therapeutic Dead Sea salt, the pool resembles a mountain lake, especially in the early mornings, as the mist rises and mingles with the clean, crisp air.

The ADLER Lodge Spa is set in its own loft within the main building; it's home to a hay sauna, fitness center and windows offering panoramic views of the rolling meadows and jagged Dolomite peaks. The staff takes pride in helping guests choose treatments that are best suited to their preferences, such as facials, peels, massages, body wraps and wooden tub baths. There are also several combination options (called "rituals") that mix several different treatments for a truly sublime experience. One relaxation room has a glass ceiling that is especially popular during the evenings, as it allows guests to stargaze in a warm, luxurious setting.

Overseeing the kitchen at ADLER Lodge is Chef Hannes Pignater, who has won a series of international awards, including the Gold Medal at the World Skills Competition in St. Gallen, Switzerland and the Silver Medal at the Culinary Olympics in Erfurt, German. His style is simultaneously creative and authentic, with a focus on quality produce from South Tyrol that is sourced directly from committed farmers. His goal, as he explains it, is "To take everyday ingredients and create something special." The pastry chef, Elisa Kostner, also has an unusual approach to creating her mouthwatering desserts, which are rooted in the traditions of the Dolomite area but

also have her own distinctive touches. “I don’t think about what I want to serve, be it mousse, ice cream or a cupcake, but rather what ingredients I want to use. These could be buckwheat, dandelion, quark, chamomile or honey pollen,” she says. The chefs’ use of local ingredients not only supports the Dolomites’ farmers, it also reduces the travel distances for delivery trucks and, as a result, carbon emissions. The hotel also serves only their own fresh mountain spring water (either flat or sparkling), to avoid the shipping and excess waste associated with plastic water bottles.

ADLER Mountain Lodge is an eco-friendly hotel that complies with the Klimahaus Nature standards, which include strict requirements for responsible energy consumption, sustainable construction materials and an architectural design that’s in harmony with the surrounding landscape.

ADLER Thermae: Tuscan property with renowned thermal bath complex and medical spa



Set between the wine areas of Montepulciano and Montalcino, Tuscany's **ADLER Thermae Spa & Relax Resort** is a pioneering five-star hotel famous for its thermal baths. It's set in the Val D'Orcia, known for its rolling hills punctuated by Cypress trees and medieval towns. The valley has been named a UNESCO World Heritage site, and has been used as backdrop for films such as *The English Patient*, *Stealing Beauty* and *A Midsummer Night's Dream*. There are 90 luxury rooms and suites, each with a balcony or terrace overlooking the valley.

The spa menu offers more than 120 treatments that blend the highest quality natural products with state-of-the-art equipment. The spa provides not only relaxation and beauty services, but also modern western medicine and alternative healing methods. Guests can also simply find a quiet corner in one of the baths, saunas or numerous indoor and outdoor pools—they cover a whopping 1,000 square feet of the property—and feel stress start to slip away as the water works its restorative powers.

The ADLER MED medical competence center has its own team of doctors from disciplines like general medicine, laboratory medicine, aesthetic medicine, homeopathy, herbal medicine and nutrition.

At ADLER Thermae, cuisine is a focal point. Chef Gaetano Vaccaro utilizes organic ingredients sourced from local farms and suppliers: herbs grown in the hotel garden, high-quality olive oil, freshly milled flour, tender cuts of meat from Tuscany's Chianina cattle, sun-ripened vegetables and many more. The hotel recently opened an on-property vineyard and winery known as Tenuta Sanoner (Sanoner Estate), which produces olive oil as well as red, rosé and sparkling rosé varieties.

For more information: www.adler-resorts.com