



ADLER Spa Resort THERMAE:

A beautiful thermal resort set in Tuscany's rolling hills with its own medical centre



ADLER Spa Resort THERMAE is set between the wine regions of Montepulciano and Montalcino, in the Val D'Orcia in Tuscany. The valley, with its rolling hills, lines of Cypress trees and medieval towns is a UNESCO World Heritage site and has been used as background for many award-winning films including *The English Patient*, *Stealing Beauty* and *A Midsummer Night's Dream*.

The ground-breaking five-star property, with 1,000 square metres of thermal pools and baths, offers 90 luxury rooms and suites, each with a balcony overlooking the valley. The thermal pools are supplied by a local thermal source rich in minerals and sulphur compounds— 36 degrees of healing water from the depths of the earth.

The spa at ADLER Spa Resort THERMAE has a full range of more than 120 treatments which combine high-quality products with state-of-the-art equipment. The spa doesn't only offer beauty and relaxation treatments, it provides modern western medicine services and alternative healing methods. And for guests who simply want to relax and unwind, there are many quiet corners in the baths, saunas and indoor – outdoor pools to feel the thermal water's restorative powers and let stress slip away.

ADLER Spa Resort THERMAE is also home to ADLER MED health and medical centre. Following an initial medical consultation, the doctors and therapists of ADLER MED tailor a programme which might include the diagnosis and treatment of health conditions including thyroid function, food intolerance or osteoporosis. They also specialise in stress management, weight loss, physical therapy and light cosmetic interventions.

A 40-strong team of experienced doctors, nurses and therapists is available round the clock for the care of guests.

Cuisine is a strong focus at the resort. Chef Gaetano Vaccaro only uses regional ingredients sourced from local farmers and suppliers which include high-quality olive oil, freshly-milled flour, tender cuts of meat from Tuscany's Chianina cattle breed, sun-ripened vegetables. He also uses herbs from the hotel's own garden.

ADLER Spa Resort THERMAE recently opened a vineyard and winery on the property, Tenuta Sanoner (Sanoner Estate), which produces olive oil from the olive grove and red, rose, and sparkling rose wines.

For more information, visit www.adler-resorts.com