



## **ADLER Spa Resort BALANCE**

**An adult-only luxury boutique hotel with its own medical centre**



With just 30 suites, ADLER Spa Resort BALANCE is exclusively for guests over 14-years-old. The property is connected to ADLER Spa Resort DOLOMITI via an underground tunnel and shares the same outstanding spa facilities.

The solar-powered hotel fits its surroundings perfectly and the interior décor is made of natural materials including slate, stone, and a wide variety of untreated wood - arven (Swiss pine), larch, walnut, oak and elm emit a soothing scent throughout the hotel.

'Balance' is not just the name of the hotel, it describes its whole ethos. ADLER Spa Resort BALANCE's general manager, Clelia Romanelli, encourages a holistic approach to hospitality - fitness, wellness and wellbeing, healthy cuisine, incredible mountain views and the hotel itself combine to create a state of deep relaxation aiding recovery of the body, mind and soul.

ADLER Spa Resort BALANCE has a traditionally-styled dining room with mountain and valley views. The kitchen is run by chef Martin Noflatscher and features his signature South Tyrolean cuisine. Local ingredients and fresh produce are at the heart of his menus and are allowed to feature with as little interference as possible – herbs, garlic, spinach, mushrooms and berries are all sourced from nearby farmers' markets or from other local suppliers.

Noflatscher also caters for ADLER MED guests on tailored diet and weight-loss programmes. Special dishes prepared for the programme include delicious recipes such as scallop confit and coffee crusted lamb.

In Noflatscher's words, "Cooking and eating are maybe some of the only activities that truly connect us to nature".

ADLER Spa Resort BALANCE is also home to ADLER MED health and medical centre. Following an initial medical consultation, the doctors, nurses 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.

For more information, visit [www.adler-resorts.com](http://www.adler-resorts.com)