

ENGLISH



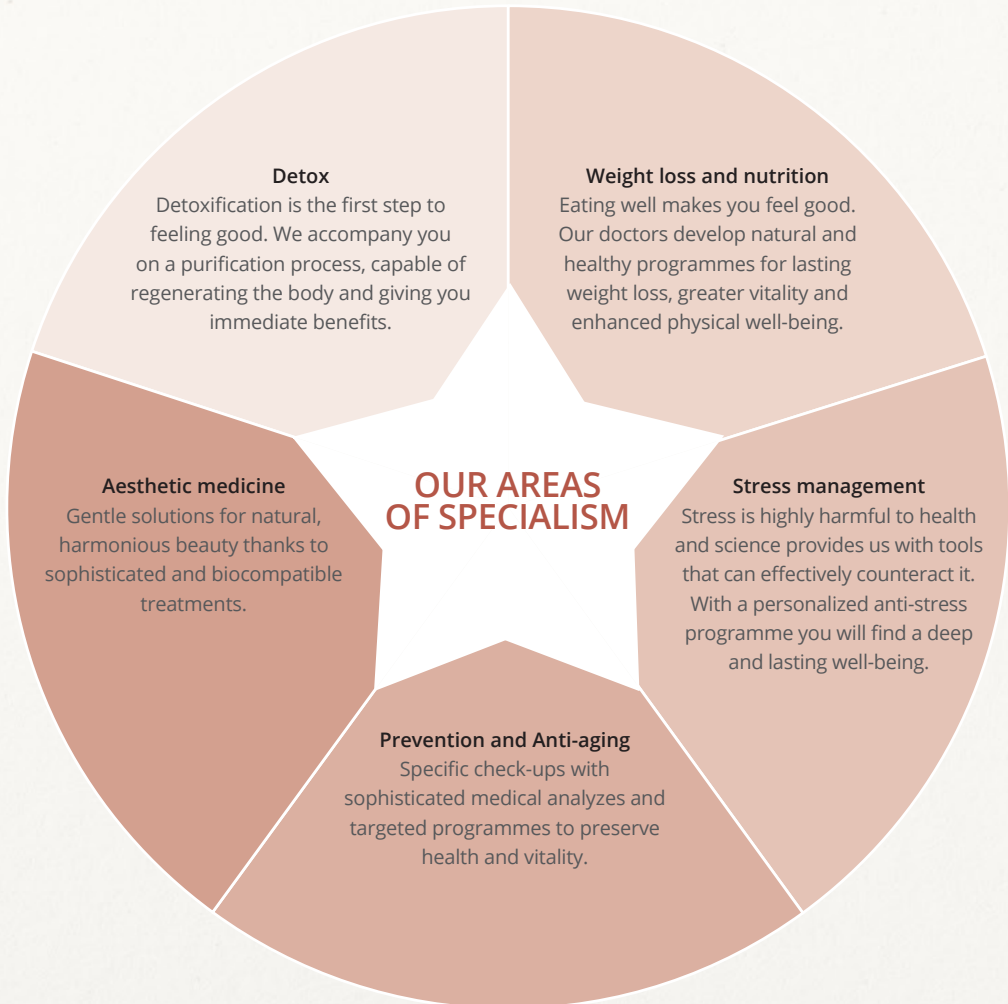
SPA & MED

DOLOMITI & BALANCE 2024/2025

ADLER MED

FEEL WELL WITH ADLER MED

Health is our most precious asset. Taking care of it to make you live peaceful, healthy and for a long time is the goal of ADLER Med services. In the exclusive environment of our health center, we offer complete programmes with high quality medical services, personalized 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 €**

ADLER Med Basic 60 min. **180 €** Pre- post visit

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.

180 €

Bioelectrical impedance analysis*

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.

83 €

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.

83 €

**available with Adler Med Basic*

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.

83 €

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 €

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 **25 €**

Blood group test **25 €**

Intolerance test - 90 foods **235 €**

Celiac test **45 €**

Gut flora test* **390 €**

Genetic testing*

Genetic tests are performed by collecting DNA through a mouth swab. They are a useful evaluation tool in cases of chronic and degenerative diseases and states of inflammation or deficiency, as well as for analysing metabolism and nutritional needs. These types of tests help to provide a better understanding of a patient's general state of health and identify potential imbalances so as to improve their quality of life.

Health and well-being test: this DNA test focuses on cardiovascular metabolism, general inflammation, ageing, bone health, weight control and more.

590 €

Nutritional test: this DNA test detects coeliac disease and intolerances, including intolerance to lactose, nickel, caffeine and more.

390 €

ADLER MED – THERAPIES

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 €

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€

Intravenous revitalising therapy*

Intravenous therapy using high dosages of vitamins, minerals, trace elements and amino acids with immediate effect. Indicated in cases of susceptibility to infections, convalescence, allergies, persistent fatigue and decreased performance.

97 €

Personal nutrition profile*

Our specialists devise a tailored nutrition program 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 program, both during and after their stay.

166 €

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 €

Medical balance treatment*

This treatment is performed on the whole body using the purest and most precious essential oils combined with phytotherapeutic sprays of flower essences, following the major meridians of acupuncture, the plantar and ear acupressure as well as the principles of Reiki and abdominal Shiatsu Makoto. Thereby Chakra energies are released, having a great effect on psycho-physical relaxation and vital recharge.

120 €

ADLER MED – HEALTH PROGRAMMES

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 €**

**Available after a medical visit*

Suggested programme

Booster Cellular Regeneration

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

- 1 Medical check-up
- 1 Oxygen ozone therapy
- 1 Revitalising infusion
- 1 Cryotherapy

387 €

Ongoing medical care is very important and can significantly increase the success of treatment. Our specialists will accompany you from the start of your stay to the final visit and also at home. We have created special ADLER Med programmes to restore your physical and mental well-being in the best possible way.

YOUR HEALTH PACKAGE

Choose between the modules Essential and Intensive or create a package tailored to your needs.

Essential programme

Ideal for stays of 2-4 nights. The essential module comprises the basic treatments and can be expanded according to individual needs, on the patient's initiative or on the indication of the reference doctor.

Intensive programme

Ideal for stays of 7-14 nights. For this intensive program, a week of preparation and a week of continuation at home are recommended.



WEIGHT LOSS AND NUTRITION

Based on a preliminary examination of individual characteristics and requirements, the specialists at the ADLER Med centre devise a tailored nutrition programme. Guests are supported throughout the day with a personalised dietary plan, fitness activities, massages and intensive treatments aimed at increasing fitness and well-being. Guests are offered medical assistance throughout the programme, both during and after their stay.

ADLER MED WEIGHT LOSS ESSENTIAL

Ideal for short stays of 2-4 days

Diagnostic services:

- 1 Initial visit
- 1 Bio-impedance analysis
- 1 Bioelectric check-up
- 1 Final visit

Therapeutic services:

- 1 PPG Stress Flow
- 1 Customised diet plan
- 2 Body Slim treatments
- 1 Private Coaching
- 1 Cryotherapy

617 €

ADLER MED WEIGHT LOSS INTENSIVE

Ideal for stays of 7-14 days

Diagnostic services:

- 1 Initial visit
- 1 Bioelectric check-up
- 1 Bio-impedance analysis
- 1 Blood test
- 1 Final visit

Therapeutic services:

- 1 PPG Stress Flow
- 1 Customised diet plan
- 12 Body Slim treatments
- 2 Private Coachings
- 3 Cryotherapies

1.567 €



Detox packages are specially designed to cleanse the body and enhance psychophysical well-being. They are especially recommended in cases of digestion disorders, low energy and chronic fatigue. Each programme is tailored to the guest's needs and objectives. On request, our doctor provides follow-up consulting to help consolidate the results achieved during the treatment.

ADLER MED DETOX ESSENTIAL

Ideal for short stays of 2-4 days

Diagnostic services:

- 1 Initial visit
 - 1 Bio-impedance analysis
 - 1 Bioelectric check up
 - 1 Final visit
-

Therapeutic services:

- 1 PPG Stress Flow
 - 1 Customised diet plan
 - 1 Manual medical treatment of the abdomen
 - 2 Detoxification treatments
 - 1 Cryotherapy
-

617 €

ADLER MED DETOX INTENSIVE

Ideal for stays of 7-14 days

Diagnostic services:

- 1 Initial visit
 - 1 Bio-impedance analysis
 - 1 Bioelectric check up
 - 1 Blood test
 - 1 Final visit
-

Therapeutic services:

- 1 PPG Stress Flow
 - 1 Customized diet plan
 - 2 Private Coaching units
 - 1 Guided breathing class in the group
 - 2 Manual medical treatments of the abdomen
 - 9 Detoxification treatments
 - 2 Cryotherapies
-

1.567 €



The ADLER Med approach aims to restore physical and mental balance through targeted exercise and treatments. Stress levels are determined by means of an in-depth analysis of parameters such as free radicals and concentration levels of hormones including DHEA, cortisol and prolactin. Based on the results, the ADLER Med experts devise a personalised stress-management programme to boost vitality, reduce stress and anxiety, and prevent burnout.

ADLER MED ANTISTRESS ESSENTIAL

Ideal for short stays of 2-4 days

Diagnostic services:

- 1 Initial visit
- 1 Bio-impedance analysis
- 1 Bioelectric check-up
- 1 Final visit

Therapeutic services:

- 7 Antistress treatments
- 1 PPG Stress Flow
- 1 Customised diet plan
- 1 Cryotherapy

617 €

ADLER MED ANTISTRESS INTENSIVE

Ideal for stays of 7-14 days

Diagnostic services:

- 1 Initial visit
- 1 Bio-impedance analysis
- 1 Bioelectric check-up
- 1 Blood test
- 1 Final visit

Therapeutic services:

- 1 PPG Stress Flow
- 1 Customised diet plan
- 18 Antistress treatments
- 2 Private Coachings
- 2 Cryotherapies

1.567 €

ADLER MED – HARMONY

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

Phytotherapy consultation

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

152 €

Suggested programme

new BODY AND MIND REGENERATION

A holistic approach to restore well-being and inner peace, designed for those who are often confronted with stressful situations.

- 1 Medical check-up
- 1 Oligoscan stress profile evaluation
- 1 Self-discovery through essential oils
- 1 Medical foot reflexology session
- 1 Hydrodetox with salt
- 1 Algae body pack
- 1 Personalised Balance massage
- 1 Final examination

493 €

ENERGETIC REBALANCING

Energetic balance is the basis for conservation and restoration of health and well-being.

- 1 Examination with energetic balance assessment
- 1 Homeopathic, phytotherapeutic or biodynamic rebalancing
- 1 Sound massage

297 €

TIREDDNESS

How to overcome tiredness and negative moods?

- 1 Medical examination that aims to combine complementary with traditional medicine
- 1 Personalised therapy to strengthen vital energy and reduce stress

241 €

ADLER MED – KIDS & TEENS

An early start to prevention - our paediatrician has devised a series of special packages to assess and support children's health.

Suggested programme

Basic check-up for kids & teens

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

- 1 Medical check-up
- 1 Bioimpedance analysis
- 1 Basic profile blood panel
- 1 Final examination

332 €

Wellness check-up for kids & teens

For healthy growth, optimal weight and a balanced diet.

- 1 Medical check-up
- 1 Bioimpedance analysis
- 1 Basic profile blood panel
- 1 Metabolic profile blood panel
- 1 Food intolerance test
- 1 Personalised dietary plan
- 1 Final examination

692 €

Immuno check-up for kids & teens

Especially recommended for children prone to recurring infections.

- 1 Medical check-up
- 1 Basic blood panel
- 1 Immunological profile
- 1 Final examination

289 €

AESTHETIC MEDICINE

ADLER MED – FACE

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

Cell reproduction from 250 €

Skin rejuvenation

Laser Dermapen 4 from 450 € with antioxidants + 100 € / laser treatment in three different wavelengths from 350 € / shock wave vacuum from 160 €

Face lines, loss of volume, thinning lips

Biolifting from 300 € and/or filler from 350 €

Acne-rosacea

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

Rosacea, dilated capillaries and spider veins

Laser KTP from 350 € and/or sclerosing laser from 170 €

Double chin

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

Dark circles and undereye bags

Ozone microinjections and light peel from 250 €

Eyelid ptosis (drooping eyelids) Triple laser from 350 €

Discoloured spots on the face and scalp

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

Blemished skin, enlarged pores, spots, scarring

Different peelings from 250 €

Dull skin during pregnancy

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

ADLER MED – BODY

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

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

Endolift with laser-channeling microfibers from 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 from 200 € and lipolytic mesotherapy from 200 € and/or detox mesotherapy from 130 € or microlipolysis from 1,550 €

Hirsutism

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

Hair loss

Mesotherapy from 200 € and laser treatment from 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 from 180 € and/or shock wave therapy from 200 €

Stress and burnout

Medical examination and anti-stress laser treatment from 210 €



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