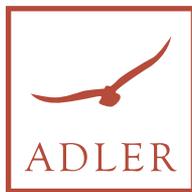


ENGLISH



SPA & MED

2 0 2 2

Sicilia

WELCOME TO ADLER SPA,
where the best in beauty, spa and
wellness awaits you.

We offer you proven beauty, spa and wellness
applications from all over the world in a
wide-ranging offering based on a spa
philosophy that sees the human being as a unity
of body, mind and spirit.

**Our solutions are individual and unique -
just like you.**

In an environment of harmony and peace, the ADLER SPA team
of experts will personally take care of you.

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SPA PROGRAMMES

Selected programmes with SPA treatments.
Ask the specialised staff at ADLER SPA for advice and
choose the ideal programme to reach your objective.

SPA PROGRAMMES

top By booking a Spa programme, enjoy a special
reduction of 10% on any additional treatment.

BEST OF ADLER SPA SICILIA *new*

- 1 ADLER Essences of Sicily massage 50 min.
- 1 ADLER Facial treatment of choice 50 min.
- 1 ADLER Feel-good Ritual 50 min.
- 1 Sicilian Dream 50 min.

363 €

SICILIAN SUN *new*

- 1 ADLER Salt Massage 40 min.
- 1 ADLER Facial treatment 50 min.
- 1 ADLER After Sun Massage 50 min.
- 1 Evening Primrose Pack 20 min.

292 €

THALASSO *new*

- 1 ADLER Body Thalasso 75 min.
- 1 Hydrodetox treatment with salt 15 min.
- 1 Algae pack 20 min.
- 2 Customised body massages 50 min.
- 1 Light Legs massage 50 min.

476 €

FACIAL BEAUTY

- 1 JetPeel™ ADLER Premium
- 2 Facial treatments, 50 min. each

397 €

ADLER SICILIA SPECIAL – The Sun of Sicily

ADLER PRE SUN

ADLER Vitamins 75 min.

This body and face treatment combines a massage and a peel with raspberry extracts that promote cell regeneration. It has smoothing, moisturising and antioxidant effects.

118 €

ADLER Salt Massage 40 min.

This exfoliating body massage boosts microcirculation and promotes cell renewal, revitalising the skin and making it smoother, firmer and brighter.

79 €

ADLER AFTER SUN

ADLER After Sun Massage 50 min.

A relaxing massage for the body and face, administered with soothing, refreshing skincare products that leave the skin moisturised and regenerated.

79 €

Evening primrose pack 20 min.

This treatment is especially recommended for dry, dehydrated skin. The evening primrose extract and other fine ingredients alleviate irritation and leave the skin nourished and moisturised.

42 €

ADLER Facial Sensitive 50 min.

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

127 €

JUST AMORE SICILIA *new*

- 1 Etna Ritual 100 min.
- 1 Candle massage 50 min.
- 1 ADLER Facial treatment 50 min.

Package for 2 persons

370 € per person

FOR MAN

- 1 ADLER Facial Man Energy 50 min.
- 1 Tension Relief Massage 50 min.
- 1 Abhyanga 50 min.
- 1 Bamboo Ritual 50 min.

357 €

AYURVEDA RELAX

- 2 Ayurvedic Massages 50 min.
- 2 Ayurvedic Massages 75 min.

394 €

ADLER A MODO MIO*

4 treatments lasting 50 minutes at a special price of **330 €**
In addition enjoy a **10%** special reduction on all extra treatments you wish to add to the package.

** All treatments have to be redeemed within one stay by one person. Vouchers can not be combined with this offer but may be used on additional treatments.*



VISO

I trattamenti innovativi ricchi di principi attivi, selezionati per ottenere risultati immediati e duraturi, regalano un aspetto fresco e radioso.

FACE

ADLER EXCLUSIVE

Book a free consultation with one of our professionals and let help you choose the treatment that suites best your skin type.

Skin check-up 15 min.

With a videodermatoscope we will analyze discoloration, hydration, oxidation and signs of aging of the skin.

Free of charge

ADLER Facial Prime 50 min. - 75 min.

Smoothing and revitalizing

For all skin types. A burst of vitality and energy that makes the skin smoother and more compact. Glycolic acid and vitamin C stimulate cell renewal and improve the elasticity of the skin.

ADLER Classic facial cleansing 50 min.

Cleanse, exfoliation, steam and extraction, toning, face massage, mask, cream.

Deep facial cleansing with JetPeel™

A pressurized jet of oxygen, saline water and exclusive peels free the skin from even minimal impurities and toxins.

20 min. **97 €**

50 min. **147 €**

Prices: 50 min. **127 €** - 75 min. **154 €**

ADLER Facial Fresh 50 min. - 75 min.

Purifying and hydrating

Reduces skin shine, eliminates impurities and decongests the skin. Seaweed, sea water and vitamin C from citrus fruits are the precious components from Sicily that regulate the metabolic processes of the skin and support epidermal cell turnover. The draining massage donates a fresh and uniform complexion.

ADLER Facial Radiance 50 min. - 75 min.

Skin lightener for dyschromia

For a radiant and even complexion. Renews the skin thanks to the powerful antioxidant effect of grapes, Vitamin C and the thermal water of Bagno Vignoni. The skin will be radiant and hydrated.

ADLER Facial Sensitive 50 min. - 75 min.

Anti-aging soothing

Dedicated to the most delicate and sensitive skins with a tendency to couperose and redness. Edelweiss strengthens the skin, thanks also to Vitamin B5 and the waters of the Dolomites. Gives tone and protection while wrinkles are attenuated.

ADLER Facial Regeneration 50 min. - 75 min.

Global rejuvenating

The best of cosmetics to dominate time! Senna alata extracts and vegetal melatonin modulate the expression of genes involved in cutaneous aging, preserving the functional integrity of the extracellular matrix and protecting DNA. It is ideal both on young and more mature skins 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-aging lifting

Treatment with tightening and lifting effects. Sour grape stem cells awake 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 Man Energy 50 min. - 75 min.

Specific anti-aging for men

Precious components such as sea water, algae extracts, hyaluronic acid and aloe vera extracts rapidly penetrate through the skin, providing intensive hydration and an immediate mat effect, for a restored young and fresh look.

Prices: 50 min. **127 €** - 75 min. **154 €**

FACE

HIGH PERFORMANCE

JetPeel™

Rejuvenating treatment with oxygen, vitamins and nutrients achieving immediate results. This high-tech method delivers active ingredients that are selected based on your skin type via jets of up to 750 km/h at a depth of 1.5 mm, stimulating the production of new collagen and hydrating the skin. Facial muscles are toned, impurities and damaged cells are removed. The smaller wrinkles are smoothed resulting in a considerably fresher and younger skin.

Premium 50 min. **189 €** (face)

Deluxe 75 min. **349 €** (face, neck & décolletage)

ADLER Eye Contour 20 min. **97 €**

top ADLER JetPeel™ Gold 75 min

Luxury treatment that combines the high efficiency of JetPeel™ technology with the precious ADLER Regeneration cosmetics with DNA Complex specific for skin rejuvenation. For a refreshed eye contour and a face with a long-lasting lift effect.

face intensive & neck **297 €**

Suggested programme

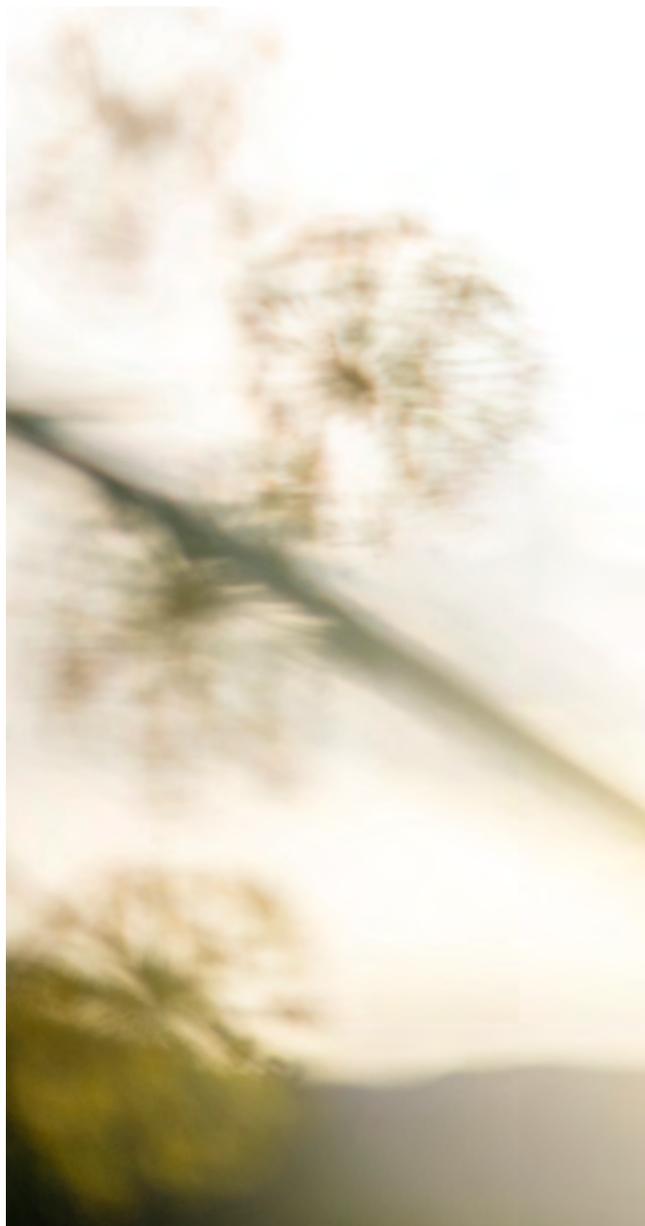
FACIAL BEAUTY

1 JetPeel™ ADLER Premium

2 Facial treatments, 50 min. each

10% discount on additional treatments

397 €





JETPEEL™

The exclusive JetPeel™ device has brought forth a revolution in the field of aesthetic medicine, using high-pressure technology to bypass issues and challenges commonly posed by traditional aesthetic and dermatological treatments. JetPeel™ takes non-invasive skin therapy to an entirely new level in terms of effectiveness and patient comfort.

BODY

ADLER EXCLUSIVE

ADLER Body Scrub 50 min.

Gentle, full-body peeling with milk and honey followed by a moisturizing pack that regenerates and nourishes the skin.

ADLER Salt Massage 40 min.

This exfoliating body massage boosts microcirculation and promotes cell renewal, revitalising the skin and making it smoother, firmer and brighter.

79 €

ADLER Vitamins 50 min. - 75 min.

The synergy of peeling and massage create a smoothing, moisturizing and antioxidant effect which, thanks to the raspberry extracts, promote cell regeneration.

In the 50 min. treatment. we focus on the body and in the treatment of 75 min. we also treat the face.

ADLER Body Thalasso 50 min. - 75 min.

Manual draining and anti-cellulite treatment. From the sea of Sicily, the active substances of seaweed together with aescin and caffeine improve the tissues by reactivating metabolism, detoxification and cell drainage. Counteracts water retention and reactivates microcirculation.

ADLER Draining Treatment 50 min. - 75 min.

Stimulates the drainage of the tissues and improves microcirculation thanks to a massage with centella, red vine and mentholond-based products. A localized slimming body wrap donates an effect of total lightness.

ADLER Body Slim 50 min. - 75 min.

Manual slimming treatment. Rich cream mask with unripe grapes and bitter orange that softens the appearance of orange peel skin which, combined with a remodeling massage with the silicone cup technique, oxygenates the tissue.

ADLER Body Silhouette 50 min. - 75 min.

Manual modelling and elasticizing treatment based on vegetable melatonin, DNA complex and hyaluronic acid. The localized "push up" body mask helps to regain a firming and compact effect.

ADLER Body Tone 50 min. - 75 min.

Manual toning treatment. Precious body mask with a creamy consistency based on Shea butter, grape stem cells and Vitamin A that revitalizes the skin thanks to the massage performed with special wooden tools.

Suggested programme

TOP FORM BODY

1 ADLER Vitamins 50 min.

1 ADLER Body Thalasso 50 min.

1 ADLER Body treatment 50 min.

1 Pressotherapy with bandage 50 min.

10% discount on additional treatments

331 €

Prices: 50 min. **87 €** - 75 min. **125 €**

HIGH PERFORMANCE

Pressotherapy with bandage 50 min.

This treatment is recommended for people suffering from swelling and fluid retention. It consists of a mechanical massage that reduces the appearance of cellulite and boosts the lymphatic and blood circulation. The massage is combined with an ADLER Thalasso bandage, which exploits the active ingredients from algae, caffeine, aescin and butcher's broom enhancing the effects of pressotherapy. This treatment includes a relaxing face and head massage.

87 €

Pressotherapy 20 min.

A mechanical massage that drains away toxins and fluids and reduces the appearance of cellulite.

42 €





SEBASTIAN KNEIPP

Sebastian Kneipp (1821–1897) was a priest and naturopath who developed his own holistic health philosophy. In his view, leading a life in harmony with nature is the only way to long-lasting well-being (“Nature is the best pharmacy”). His method rested upon five pillars: water, nutrition, plants, exercise and balance. His holistic approach is now over 100 years old, but more relevant than ever in today’s world.

FEEL-GOOD RITUALS

Enveloping body rituals including peeling and moisturizing packs. Float weightlessly on a water bed, surrounded by a soothing warmth.

ADLER Nourishing Ritual 20 min. - 50 min.

Nourishing ritual with milk and honey to improve skin elasticity. This treatment is particularly indicated for dry, dehydrated skins.

ADLER Thalasso Ritual 20 min. - 50 min.

Draining and anti-cellulite. A purifying treatment that eliminates toxins thanks to a combination of water from the sea of Sicily and the ingredients contained in algae extracts, it activates micro-circulation and stimulates the metabolism, fighting water retention.

ADLER Body Slim Ritual 20 min. - 50 min.

Slimming. Grape stem cell extracts, thermal water from Bagno Vignoni and hyaluronic acid treat cellulite and fat pads, for a sculpted silhouette and a sense of lightness. Full-body treatment.

ADLER Body Tone Ritual 20 min. - 50 min.

Toning treatment with stem cells to improve skin tone and elasticity. It strengthens the tissues and reduces stretch marks. It is recommended before and after sun exposure and when dieting, to improve skin firmness.

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.

DETOX INTENSE Thalasso – detoxifying

DETOX INTENSE Slim – slimming

DETOX INTENSE Tone – firming

First session: **87 €** (incl. a brush for use at home)

Every further session: **79 €**

BATHS & PACKS

Body peeling 10 - 15 min.

47 €

Hydrodetox with salt 15 min.

Ideal to effectively reduce swollen tissues. Water jets stimulate micro-circulation while salt achieves a draining and detoxifying effect.

42 €

ADLER Arnica fango pack 20 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.

Mineral mud for osteoarthritis 20 min.

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

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.

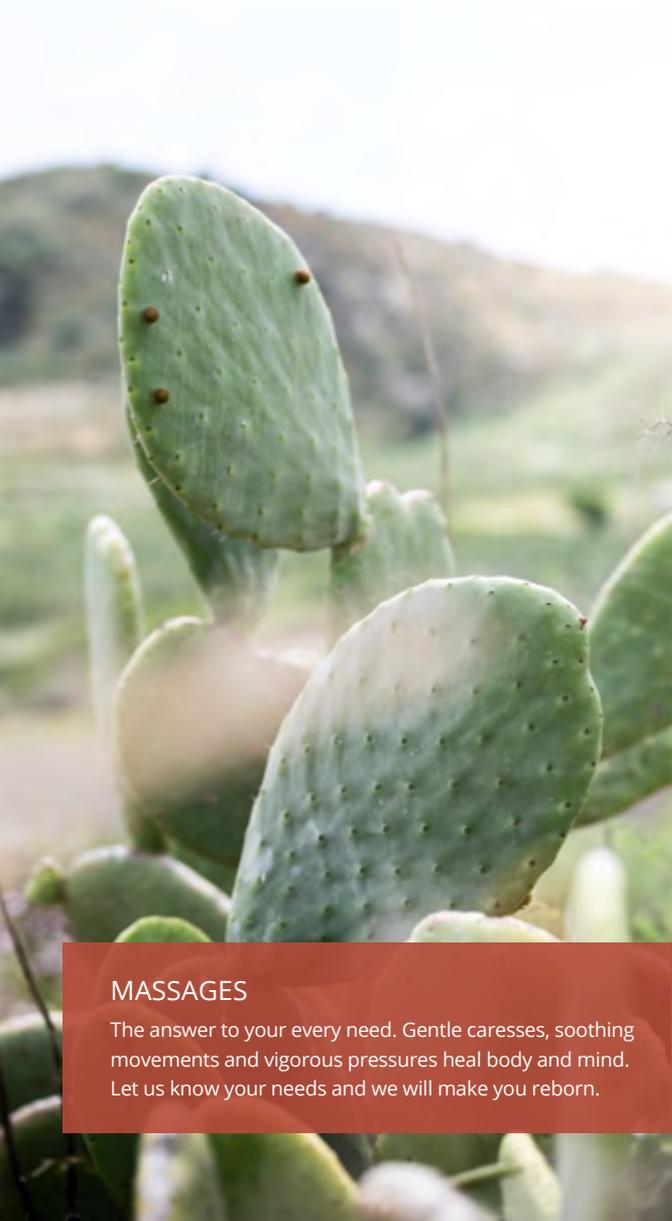
ADLER Algae 20 min.

Draining and anti-cellulite

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.

Prices: 20 min. **42 €** - 50 min. **79 €**
Special 3 treatments of 20 min. **108 €**



MASSAGES

The answer to your every need. Gentle caresses, soothing movements and vigorous pressures heal body and mind. Let us know your needs and we will make you reborn.

MASSAGES

RELAXING MASSAGES

new ADLER Essences of Sicily 50 min. - 75 min.

This relaxing massage is performed with slow, enveloping manoeuvres and a Sicilian organic oil with nourishing, moisturising and elasticising properties. You can choose Sicilian almond, prickly pear or citrus fruits oil.

Classic Massage 20 min. - 50 min.

Traditional Swedish massage to relax and rebalance performed slowly with kneading, brushing and friction.

ADLER Revive 75 min.

Warm cushions and scented balms help prepare the body for the treatment. The massage is performed with a combination of wooden rollers and relaxing moves that release even deeper-set tensions. A regenerating flow of warm oil soothes the back, neck and face.

125 €

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.

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 releasing painful muscular contractions in the shoulders and jaws. The ideal treatment to disconnect from everyday life, free your mind and relax.

Prices: 20 min. **42 €** - 50 min. **79 €** - 75 min. **118 €**

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.

new **Sicilian Candle Massage** 50 min.

This relaxing massage is administered with wonderfully scented warm oil dripping from a lit candle, which instils a sense of deep well-being with its fine essences.

BODYSTYLING MESSAGES

ADLER Fonctionnel Massage 50 min.

“Tailored” on the blemish to treat: Slim and Tone, Silhouette or Dren, it combines a customised massage technique with highly targeted and functional active ingredients.

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.

Light Legs Massage 75 min.

Ideal for those who have a sedentary lifestyle and feel swollen legs. A foot massage is followed by a pressotherapy with bandage that will make your legs feel light.

ORIENTAL MESSAGES

Foot Reflexology Massage 50 min.

One of the precious gifts of traditional Chinese culture. The foot massage has regenerating and purifying properties by stimulating specific points of the foot acting reflexively on the organs.

Shiatsu 50 min.

Gentle pressure is applied with the fingers on the whole body. Alleviates tension, reactivates the energy of the Qi and stimulates the immune system, increasing vitality and well-being.

Hot Stone Massage 50 min. - 75 min.

Ancient ritual of American Indians that uses and exploits the heat and energy emanating from volcanic stones. Balances the body and relaxes the mind.

Lomi Lomi Hawaiian Massage 50 min.

Regenerate yourself as if you were massaged by the waves of the sea. Performed with the forearms on the muscle bands, tension is released and energy restored.

Thai Massage 75 min.

Stretching and pressure techniques improve joint elasticity and mobility.

ADLER Bamboo Ritual 50 min.

This treatment is performed using bamboo oil and bamboo wood canes, in combination with oriental full-body manipulation techniques that involve slow, deep-reaching movements synchronised with your breathing. This ritual boosts circulation and has a decontracting and stimulating effect on the muscles.

Prices: 20 min. **42 €** - 50 min. **79 €** - 75 min. **118 €**

Prices: 50 min. **87 €** - 75 min. **125 €**

HIGHLY EFFICIENT TREATMENTS

ADLER Therapeutic Massage 20 min. - 50 min.

Full-body individualised massage with positive effects on joints, muscles and vertebral spine. Ideal for back, neck and shoulder pain and for sciatica. Recommended with fangotherapy.

Tension Relief Massage 20 min. - 50 min.

A personalized massage that aims to gradually relax the points of maximum muscle tension.

Sports Massage 50 min.

Vigorous massage that acts intensely on the muscles. Performed before sporting activity, it helps to increase performance. After training or sport it has a relaxing effect.

ADLER Intense Sport 75 min.

For those who do sports and want maximum performance. Tension relief leg massage and pressure therapy regenerate the muscles and eliminate lactic acid.

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.

Lymph Drainage 50 min.

Specific treatment to reduce cellulite, to improve lymphatic and venous circulation and to regain lightness. A gentle and slow massage, light stroking and pumping movements that reactivate the lymphatic circulation with immediate results.

Suggested programme

HEALTHY BACK

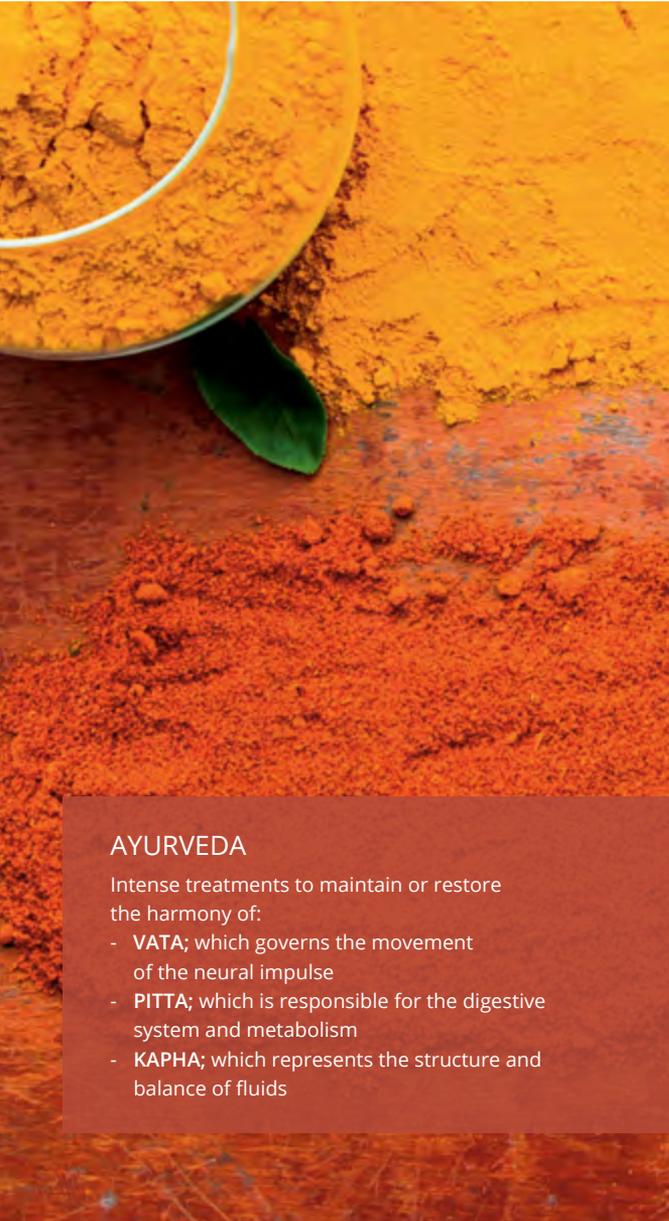
- 1 ADLER Therapeutic Massage
- 1 Tension Relief Massage
- 1 ADLER Arnica fango pack
- 1 Healthy back treatment
- 1 Private Coaching 45 min.

10% discount on additional treatments

351 €

Prices: 20 min. **63 €** - 50 min. **87 €** - 75 min. **125 €**





AYURVEDA

Intense treatments to maintain or restore the harmony of:

- **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

AYURVEDA

The ancient Indian tradition Ayurveda, literally “science of life” offers numerous body treatments for physical, mental and energetic purification. The Ayurvedic treatments of the ADLER SPA are aimed at achieving optimal psycho-physical-energetic well-being, following a path of personal growth.

Udvarthana 50 min.

Depurative. A mix of natural products associated with manual rubbing activate a deep purification and cell renewal.

Kerala 75 min.

Rebalancing. Wonderful massage that treats the whole body, with particular attention to the head, face and feet. Rebalances the nervous system and offers deep relaxation.

Abhyanga 50 min.

Nutrition for mind and body. The Ayurvedic massage par excellence. Works on the whole body with extensive manual skills, gives balance, energetic vigor and preserves the joints.

Garshan massage 50 min.

Treatment performed with raw silk gloves that achieves draining effects by stimulating micro-circulation.

Pinda-Sweda 75 min.

Detoxifying. According to Ayurveda this is one of the most purifying treatments. The massage alternates with tampons filled with clays, medicinal herbs, spices and essential oils. The aromas are released from the heat and the properties of the herbs favor a deep purification, awakening the vital energy.

Prices: 50 min. **87 €** - 75 min. **125 €**

TREATMENTS FOR TWO

MASSAGES

new **ADLER Essences of Sicily** 50 min.

This relaxing massage is performed with slow, enveloping manoeuvres and a Sicilian organic oil with nourishing, moisturising and elasticising properties. You can choose Sicilian almond, prickly pear or citrus fruits oil.

79 € per person

Sicilian Dream 50 min.

This treatment starts with a neck, head and shoulder massage administered with an exclusive Sicilian mixture of regenerating, emollient prickly pear extracts enriched with the purest oils from sweet orange, bitter orange, lemon and mandarin. This is followed by a revitalising foot massage with a refreshing aloe gel that will make your feet feel feather-light.

97 € per person

Sicilian Candle Massage 50 min.

This relaxing massage is administered with wonderfully scented warm oil dripping from a lit candle, which instils a sense of deep well-being with its fine essences.

79 € per person

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, cervical and face will be enveloped by a flow of warm regenerating oil in a wellness experience that will make you feel reborn.

125 € per person

RITUALS

new **Sicilian Memories** 75 min. - 100 min.

This customised body massage with nourishing oil from pistachios is a sensory journey into a state of complete abandon and deep well-being for the body, mind and... nose! The ritual is rounded off with a little pistachio surprise prepared by our chef. The longer version of this treatment includes a short facial and a scented bath for couples.

new **Etna Ritual** 100 min.

An extraordinary body ritual with fine ingredients and enveloping scents. A gentle body peel with volcanic powder that leaves the skin soft and silky is followed by a scented bath for couples with citrus fruits essences and a relaxing lava stone massage.

ADLER EXCLUSIVE

top **ADLER Luxury Aetos Ritual** 100 min.

The most exclusive and fizzy ritual for two. A purifying peeling and a relaxing massage with grape seed oil are followed by a regenerating bath in Aetos wine and thermal water. A tasting of Rose Sparkling Aetos and Pecorino cheese matured in Aetos complete the special moment.

Prices rituals per person:
50 min. **97 €** - 75 min. **107 €** - 100 min. **167 €**

MAN SPA

Selected treatments for men. Abandon stress, regenerate body and mind for a result of well-being and anti-aging.

top JetPeel™ Premium 50 min.

Rejuvenating treatment with oxygen, vitamins and nutrients achieving immediate results. This high-tech method delivers active ingredients that are selected based on your skin type via jets of up to 750 km/h at a depth of 1.5 mm, stimulating the production of new collagen and hydrating the skin.

Facial muscles are toned, impurities and damaged cells are removed. The smaller wrinkles are smoothed resulting in a considerably fresher and younger skin.

189 €

ADLER Man Energy 50 min.

Specific skin anti-aging and rejuvenating treatment. Precious components like sea water, algae, hyaluronic acid and aloe rapidly penetrate the skin, achieving intensive hydration and an immediate mat effect. To restore a fresh and young look.

127 €

In the clouds 50 min.

Leave your thoughts at home and take time to pamper yourself. Relaxation ritual for the head with warm towels, hot oil pouring and head massage. Regenerating mask with melatonin gives strength and shine to the hair. Feel light with your head in the clouds.

79 €

Private Coaching

25 min. **42 €** - 45 min. **66 €**

MASSAGES

Hot Stone Massage 50 min. - 75 min.

A flow of warm aromatic oil and the energetic power of volcanic stones makes this ritual of ancient Indian traditions a unique experience. It balances the body and relaxes

50 min. **87 €**

75 min. **125 €**

Tension Relief Massage 50 min.

A personalized massage that aims to gradually relax the points of maximum muscle tension.

87 €

ADLER Intense Sport 75 min.

For those who do sports and want maximum performance. Tension relief leg massage and pressure therapy regenerate the muscles and eliminate lactic acid.

125 €

new ADLER Essences of Sicily 50 min.

This relaxing massage is performed with slow, enveloping manoeuvres and a Sicilian organic oil with nourishing, moisturising and elasticising properties. You can choose Sicilian almond, prickly pear or citrus fruits oil.

79 €

PREMAMAN

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.

79 €

ADLER Body Tone 50 min.

Manual toning treatment. Precious body mask with a creamy consistency based on Shea butter, grape stem cells and Vitamin A that revitalizes the skin thanks to the massage performed with special wooden tools.

79 €

ADLER Facial Radiance 50 min.

Illuminante per discromie

Azione illuminante ed energizzante per donare un incarnato radioso e omogeneo alle pelli con macchie e colorito irregolare. Gli antociani dell'uva rossa sono un potente antiossidante naturale. Insieme all'acqua termale di Bagno Vignoni preservano l'integrità del DNA delle cellule contro i radicali liberi e inibiscono la formazione di eccesso di melanina. La pelle risulterà più luminosa, rafforzata e protetta.

127 €

KIDS & TEENS

ADLER Kids Massage 20 min. - 50 min.

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

20 min. (4-12 years) **42 €**

50 min. (from 13 years) **79 €**

Happy Family 20 min.

What could be nicer than a wellness experience with mum or dad? A bath for two, exclusive for the family, in an atmosphere of pure joy!

47 €

ADLER Classic Facial Cleansing 20 min. - 50 min.

20 min. (10-12 years) **63 €**

50 min. (from 13 years) **127 €**

TEENAGER BEAUTY GIRL

Personalized Facial Cleansing 50 min.

and

Manicure 20 min.

92 €

TEENAGER BEAUTY BOY

ADLER Kids' chocolate massage 20 min.

and

Personalized Facial Cleansing 50 min.

92 €

HAIR SPA & BEAUTY SERVICES

WELLNESS

In the clouds 50 min.

Leave your thoughts at home and take time to pamper yourself. Relaxation ritual for the head with warm towels, hot oil pouring and head massage. Regenerating mask with melatonin gives strength and shine to the hair. Feel light with your head in the clouds.

79 € (hairstyling not included)

COIFFEUR

Hair cut

woman **55 €**

man **45 €**

Machine cut hair

30 €

Wash & dry short/medium hair

from **47 €**

Wash & dry long hair

79 €

BEAUTY SERVICES

Pedicure

59 €

Manicure

59 €

Eyebrow correction

31 €

Full-body depilation

from **31 €** to **79 €**

FITNESS

PRIVATE COACHING

An expert coach defines your perfect workout.

25 min. **42 €** / for two **60 €**

45 min. **66 €** / for two **86 €**

Fat Burning

Training to restore the ideal shape and stimulate the metabolism.

Power Training

Workout on our power training machines to increase your strength.

Kinesis Training

Kinesis is a new three-dimensional training concept. Ideal to effectively train the whole body: legs, arms, back and abdomen.

TRX Suspension Training

The TRX suspension trainer employs a combination of bodyweight and gravity. You decide how strenuous the various exercises should be by adjusting the position of your body to increase or reduce resistance.

ADLER Free Body

A programme of exercises for muscle toning that uses elastic resistances and balls. Ideal for sedentary lifestyle.

Preparation for Sporting Activities

Specific workout for golf and tennis.

Prevention Training

Programme of targeted exercises to preserve and restore the muscular tone of:

- Back
- Knees
- Shoulders
- Thighs

BODY & SOUL

Private Pilates 50 min.

Body and mind are closely linked. This relation is the foundation of Pilates, full-body exercising to strengthen the muscles, improve flexibility, coordination, speed, agility and stamina.

87 €

Private Yoga 50 min.

Private Yoga session for deep relaxation and a new inner harmony.

87 €

Private Meditation 50 min.

Active listening and a guided personalized coaching to feel good.

87 €



ADLER SPA Active Cosmetics

Premium quality active ingredients, spring water and the best of cosmetology for your beauty.

ADLER SPA ACTIVE COSMETICS

ADLER SPA – innovative & natural

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 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, penetrate deep in the skin, achieving immediately visible and long-lasting effects that will surprise you.

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.

- 101 Soothing cleansing milk
- 102 Soothing facial lotion
- 103 Balancing cleansing mousse
- 104 Balancing face lotion
- 105 Balancing cream peeling
- 106 Lightening enzymatic peeling

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.

- 201 Soothing day cream
- 202 Soothing night cream
- 203 Soothing intensive serum
- 204 Soothing eye cream
- 206 Soothing massage mask *new*

RADIANCE Based on red grape extract, kojic acid and vitamins, these formulations have an anti-oxidative action, boost skin radiance, brighten up age spots and contrast photo-aging. Rich in magnesium, the thermal waters of Bagno Vignoni reactivate cellular energy.

- 301 Lightening day cream
- 302 Lightening night cream
- 303 Lightening intensive serum
- 304 Lightening eye cream
- 305 Lightening face mask
- 306 Lightening eye & lip mask

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.

- 401 DNA protection face cream
- 403 DNA protection intensive serum
- 405 DNA protection face mask
- 404 DNA protection eye cream
- 409 DNA protection facial oil *new*
- 1406 DNA protection body oil

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 aging, boosting skin tone, plumpness and firmness.

- 501 Rejuvenating day cream
- 502 Rejuvenating night cream
- 503 Rejuvenating intensive serum
- 507 Rejuvenating bio-cellulose mask

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.

- 601 Balancing moisturizing fluid
- 603 Balancing pore refining serum
- 605 Balancing purifying mask

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

- 702 Energy after shave balm
- 700 Energy face cleanser
- 701 Energy anti aging cream

HAIR COSMETICS

HAIR SPA Melatonin-based products from yarrow plants to revitalise, oxygenate and moisturise the scalp.

- 3001 Scalp Renew Spray
- 3002 Anti-Hair Loss Tonic

ADLER SPA ACTIVE COSMETICS

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.

- 1501 Draining intensive serum
- 1502 Draining body lotion
- 1503 Moisturizing body lotion

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.

- 1101 Intensive firming serum
- 1102 Intensive slimming serum
- 1105 Light legs gel

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.

- 1400 Body shaping cream
- 1401 Body shaping lipogel *new*

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

- 1202 Nourishing body lotion
- 1203 Nourishing hand cream
- 1204 Nourishing protective stick SPF 50

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

- 1001 Velvet body peeling
- 1002 Velvet body oil

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.

- 1302 Power boost body oil

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

- 1701 ADLER perfumed body lotion
- 1702 ADLER perfumed body water

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

- 1601 Nourishing oil
- 1602 Vitality oil
- 1603 Arnica oil
- 1604 Relax oil
- 1605 Vata oil
- 1606 Pitta oil
- 1607 Kapha oil
- 1608 Chocolate oil

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

- 801 Protection face & body SPF 25
- 802 Protection face & body SPF 50
- 803 After sun for face & body



SPA-INFO

We are at your disposal from 08.00 am to 08.00 pm daily. You will find us at the Spa-reception, or simply use the internal telephone to **call us on 7041**.

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.

Jewellery

In order for your treatment to go as smoothly as possible we request to remove all your jewellery in advance. We recommend to deposit it in your room.

Make yourself at home

With a bath robe and slippers you are well dressed for a visit to the spa facilities. Come to your treatment ten minutes earlier and enjoy a cup of tea for a relaxed start to your feelgood 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 booked 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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