

ENGLISH



SPA & MED

T H E R M A E 2 0 2 6

ADLER MED



MD STEFANIA MAZZIERI

Specialist in Functional Medicine, Active Cell Nutrition and Epigenetics, Practitioner DietaCOM®, HRV Trainer

Today, the **performance medicine** offers a truly proactive response to the need to make us stronger and more resilient facing new environmental, physical, mental and social stimuli, by **strengthening our natural and physiological defenses**. Thanks to detailed investigations through innovative tests and cutting-edge therapies we can **optimize the biological processes** correlated with cellular aging in order to maintain and improve the patient's performance and reduce the incidence of chronic diseases to finally **increase longevity**.

OUR SPECIALIST AREAS

Weight loss & detox

Balanced weight management and regular detoxification for a healthy and vital lifestyle

Losing weight is often difficult for a variety of reasons, depending on the individual. This is why accurate diagnosis and daily medical assistance are key to finding the right path to renewed health and well-being. By adding a personalised nutrition plan to your programme, you will learn to recognise what foods your body needs to stay healthy and full of energy. A healthy body weight and regular detox regimen are conducive to more vitality.

Energy, vitality and stress relief

Effective stress management strategies to recharge, regenerate and rejuvenate

Premature signs of ageing, chronic fatigue, sleep disorders and recurring infections are all common signs of the intense psychological stress that is often associated with the demands of modern lifestyle. Stress, however, can be measured, treated and prevented, and its detrimental impact on our health can be countered through innovative therapies that restore strength and energy, slowing down ageing.

Longevity

The latest scientific advances to delay and reduce the signs of ageing and boost performance and quality of life
Thanks to the advancements of medical science, we are now able to maintain a high quality of life even into old age. Our holistic approach at ADLER Spa Resort THERMAE covers all different aspects of health – from mobility to prevention and from cognitive performance to aesthetics.

THE TOP OF SCIENTIFIC INNOVATION

Scientific innovation at the service of well-being and health.

Medical consultation 120 €

Personalized medical consultation regarding DietaCom® with diet plan 248 €

top Oxygen Ozone Therapy

Revitalizing therapy ideal for premature aging, osteoarthritis, fibromyalgia, chronic fatigue syndrome, low back and neck pain, recurrent vaginal infections and intestinal diseases. Ozone is a naturally occurring gas, also produced by the human body, which is formed from oxygen. It is a powerful antibacterial, antiviral and has an anti-inflammatory, tension relieving, regenerating and pain relieving action. Promotes the elimination of toxic substances from the body and rebalances the immune system. Ozone improves blood circulation, counteracts intestinal dysbiosis, dissolves localized adiposity and reduces cellulite.

Large autologues haemoinfusion 210 €

Small autologues haemoinfusion 149 €

Subcutaneous/intramuscular injections 149 €

Rectal insufflations 115 €

Bio-Impedance Analysis

The best tool to learn about body composition, the health of bones and muscles and the impact of stress on our body. It allows you to set a personalized food program and take advantage of the healing effect of the diet.

Bio-Impedance Analysis with nutrition profile. **298 €**

top Epigenetic Test Cell Wellbeing S-Drive

Revolutionary epigenetic test capable of detecting from the hair bulb all environmental factors that condition the state of our cells and our health. It detects vitamin, mineral and amino acid deficiencies, provides knowledge of the most suitable foods for restoring the body's balance and precise indications regarding intoxication by electromagnetism and heavy metals. Moreover it also allows the elaboration of dietary and therapeutic plans to improve well-being, prevent diseases and ageing symptoms, through the elimination of disturbing factors.

248 €

top IV Therapy with micronutrients and multivitamins

Revitalizing drip strengthening the immune system and providing full energy thanks to the vitamins and antioxidants that immediately regenerate your body. Performed directly in the bloodstream, it increases the immune defenses, helps the cell renewal process and counteracts aging.

Glutathione drip 210 €

Myers' Cocktail 297 €

Specific drips 297 €

new **NAD+ 397 €**

One of the most innovative IV Therapy solutions. Boosts energy and cognitive performance, reduces oxidative stress and inflammation, and enhances cellular longevity.

HRV analysis and training with PPG Stress Flow

Respiratory reprogramming to exploit the bursting energy of correct tissue oxygenation. To reach a state of total well-being and counteract anxiety, nervous hunger, insomnia and strengthen the immune system.

167 € - 2 sessions 264 €



MD MICHELE BIANCHINI

Specialist in Preventive medicine, Regenerative Aesthetic Medicine, Aesthetic Dermatology and Aesthetic Surgery

Regenerative medicine is the **future of aesthetic medicine**. More and more, we are looking for the most beautiful version of ourselves, without distorting our features, simply shedding light on the beauty that each of us possesses and above all by relying on **non-invasive treatments** that reawaken the natural mechanisms for **skin regeneration**. A new approach to face-body rejuvenation, consistently with the trends of increasingly natural beauty.

OUR SPECIALIST AREAS

Skin health, beauty and rejuvenation

For a naturally youthful look thanks to cellular regeneration and cutting-edge non-invasive treatments

Our goal is to enhance natural beauty through treatments that stimulate the skin's regeneration mechanisms. Prevention is the key to maintaining a youthful, radiant appearance—an authentic and harmonious beauty. We focus on aesthetic medicine that preserves and highlights the uniqueness of each individual, starting with the skin, the mirror of health. Modern techniques offer personalized, non-invasive solutions to promote cellular regeneration and improve skin quality.

Body shaping

Innovative technologies to reshape the body and feel fit and light

Recently introduced, non-invasive procedures dissolve localized fat deposits and build muscle mass, revolutionizing the entire body sculpting sector with results unattainable in the gym.

Thermal therapy

Health-promoting treatments with the thermal water from Bagno Vignoni

Our spa centre is supplied with thermal water from Bagno Vignoni, which is rich in important minerals for the bones, joints and skin, such as calcium, magnesium, sulphate and bicarbonate. Coupled with the wide range of services offered at the ADLER spa, thermal baths and therapies can positively contribute to your journey towards better health, relaxation and quality of life.



REGENERATIVE AND AESTHETIC MEDICINE - FACE

Book a free aesthetic consultation with MD Michele Bianchini for a personalized proposal aiming to enhance the unique beauty of your face.

Aesthetic medical visit 120 €

Peeling

Anti-age lightening surface peeling. Ideal for photo- and chrono-aging, acne, facial spots and scars.
from **147 €**

REVITALIZE

Biorevitalization facial treatment with PRX T33

Results are immediately visible: skin tone, hydration and elasticity are improved, a mat effect is achieved, expression wrinkles are attenuated.
from **219 €**

Multivitamin biostimulation

Vitamins to restore tone and firmness of face, neck, décolletage and hands.
from **247 €**

Regenerative biorestructuring treatment

Biostimulation and biorestructuring of the skin with hyaluronic acid IBSA Profilho®, perfectly biocompatible because made up of ultra-pure biotechnological hyaluronic acid. Different molecular weights are expertly combined for a well-founded anti-aging action strengthening cell vitality and collagen regeneration.
from **297 €**

CORRECT

Non-invasive dermatologic micro-surgery

Safe and comfortable premium outpatient treatment to eliminate blemishes such as cutaneous hyperchromia, warts, nevi, keratosis, fibromas, xanthelasma, cherry angiomas.

from **247 €**

Nasal correction or Rhinofiller

Nose remodelling.

from **427 €**

Non-surgical blepharoplasty

A delicate and precise technique that involves cutaneous microvaporization and the retraction of eyelid superficial tissue.

from **500 €**

Filler

Filler on the temples **407 €**

Filler on zygomatic region **407 €**

Filler lips **397 €**

Botox from **420 €**

LIFT

***new* Ultherapy® Prime**

A non-invasive lifting treatment that anticipates the future of regenerative medicine. Micro-focused ultrasound, guided in real time by imaging, penetrates deep into skin tissues, stimulating collagen production and activating a natural regeneration process. The treatment gives the skin of the neck, under-chin, eyebrows, and décolleté a firmer, smoother appearance, with a visible reduction in wrinkles. Ultherapy® Prime stands out as the most effective, safe, and customizable treatment in the field of non-invasive facial rejuvenation, setting the trend for regenerative aesthetic medicine.

face **1.900 €**

neck **1.700 €**

face and neck **3.200 €**

Medical temple facelift

Innovative injection technique to lift the central third of the face thanks to the infiltration of hyaluronic acid in the back part of the temples, hidden by the hair. For a lifting effect without scars, without recovery times and respecting the natural harmony of the face. Immediate result.

427 €

REGENERATIVE AND AESTHETIC MEDICINE - BODY

EMSculpt®

The only non-invasive procedure in the world to simultaneously **define muscles and burn fat**. The most recent technological advancement that **has revolutionized the entire body sculpting sector**. HIFEM, high intensity focused electromagnetic energy activates **thousands of powerful muscle contractions in a single session**. Muscle tissue responds with a profound remodeling of its internal structure, which results in the **building of muscle mass and body shaping**. Tangible effects and dense and compact tissues immediately after treatment with an average increase of 16% in muscle mass and a 19% reduction in fat after 4 sessions. Completely painless, EMSculpt® is FDA approved and respects very high safety levels.

EMSculpt®

Super effective, painless and non-invasive treatment to define and strengthen the muscles of the abdomen, thighs, calves and arms, lift the buttocks and burn fat with results that cannot be achieved in the gym.

1 session **347 €**

3 sessions **885 €**

top Cryolipolysis

Shock treatment for localized fat pads which reduces localized adipose tissue by up to 25%. The fat fold is subjected to sucking and freezing which generate a physiological process of apoptosis which over a period of 60-90 days causes a reduction in the number of adipocytes in the treated area. The same area can be treated once every 60 days for up to three sessions.

347 €

Profhilo® Body

Injective treatment with immediate but lasting results to counteract the relaxation of arms, abdomen, inner thighs, knees. Firms the tissues and improves tone.

597 €

Suggested programme

PERFECT BODY

Meeting with the doctor

1 Cryolipolysis

1 EMSculpt®

1 LPG Endermologie® corpo 50 min.

757 €

ADLER MEDICAL LAB

PREVENTION AND DIAGNOSTICS

Prevention is the foundation for a life of quality, health, and peace of mind. Our in-house analysis laboratory gives you the opportunity to complete your annual check-up comfortably during your vacation—no waiting, no travelling! Thanks to advanced technologies and a highly qualified medical team, we offer sophisticated medical tests for a complete and accurate check-up and preventive diagnosis. Ask our doctors to customize blood tests and targeted screenings for specific needs such as stress, overweight, menopause, osteoporosis, dysbiosis, and premature aging. Comprehensive diagnostics begin with a consultation with our specialist, combined with an in-depth medical examination, providing a complete overview of your specific needs and the health journey you are about to undertake.

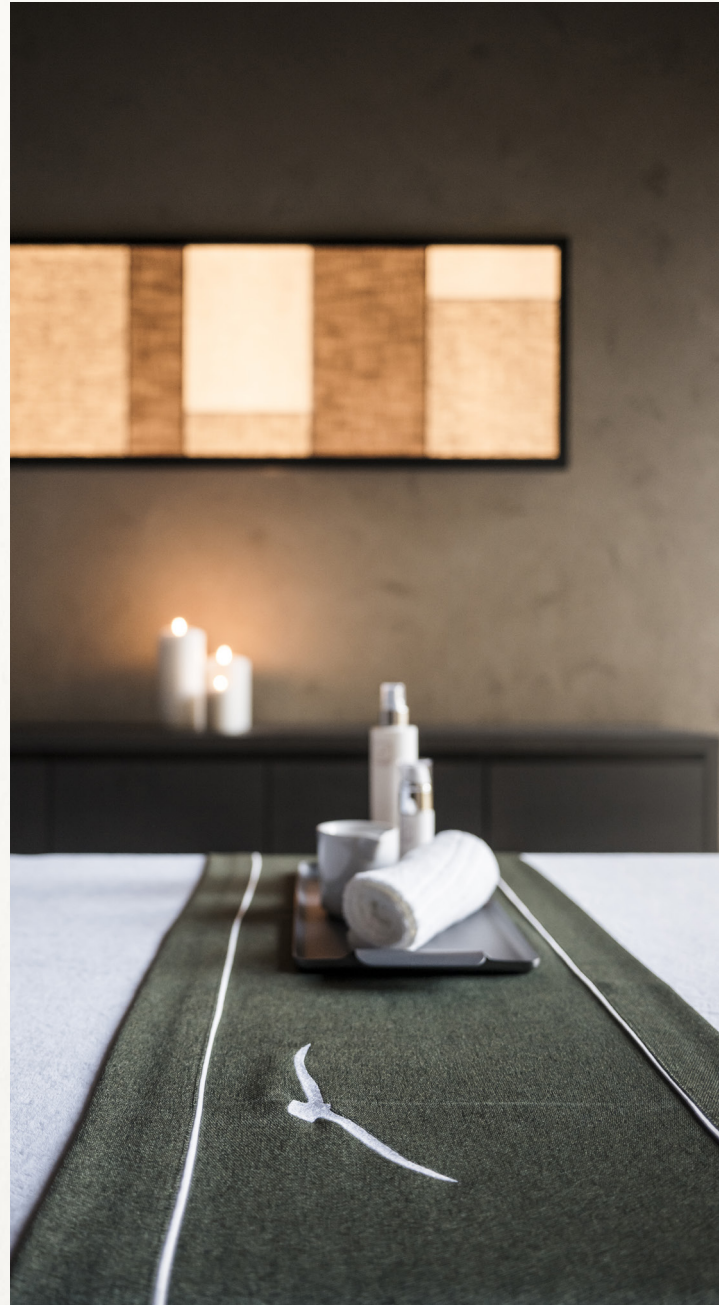
Blood Analysis 250 €

Including medical consultation and report

Food intolerance test 295 €

Salivary Cortisol Test 157 €

Blood sampling carried out in the morning. You receive the report and medical advice within the same day.





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