

ENGLISH



SPA & MED

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ADLER MED

## OUR TEAM

Our expertise to make you feel good.



### MD Stefania Mazzieri

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

Today, the "potentiate" 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.



### 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.

## ADLER MEDICAL LAB

Prevention is the basis for a quality life, in health and serenity. Our **inhouse analysis laboratory** offers the opportunity to do your annual check-up comfortably on vacation. Exams carried out on site, without waiting and without moving! Thanks to advanced technologies and a highly qualified medical staff, we provide **sophisticated medical analyzes** for a complete and accurate check-up and a preventive diagnosis. Ask our doctors to customize **blood tests and targeted tests** or specific needs due to stress, overweight, menopause, osteoporosis, dysbiosis, premature aging.

### Blood Analysis

Check up\* from **130 €**

Specific blood tests\* (e.g. cholesterol, liver or kidney function, detoxification system and others) from **170 €**

\* bookable with medical visit and medical report **120 €**

### Food intolerance test 295 €

### 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 €**

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

## THE TOP OF SCIENTIFIC INNOVATION

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

### Medical visit 120 €

#### **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.

#### **Big self-infusion 178 €**

#### **Small self-infusion 128 €**

#### **Subcutaneous, intramuscular injections 128 €**

#### **Rectal insufflations 97 €**

#### **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.

**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.

#### **Antioxidant and detoxifying glutathione drip 167 €**

#### **Specific cocktails 270 €**

- **Myers' Cocktail** The most famous cocktail in the world to counteract stress, fatigue and donate energy.
- **Skin Set** Counteracts the phenomena of skin aging, strengthens nails and hair. Allows intense intercellular hydration, restores elasticity and luminosity to the skin.
- **Her Set** Formulated for women, to replenish essential vitamins.
- **Him Set** Formulated for men, to replenish essential vitamins.
- **Mind Set** A valid aid for improving concentration during periods of tiredness and stress.
- **Detox Set** A perfect mix to rebalance the body by eliminating toxins and waste substances.
- **Energy Set** A recharge of energy and vitality. Improves athletic performance, reduces tiredness, increases liver detoxification.
- **Fat Burn** Activates lipolysis.

#### **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 €**

## ADLER MED PROGRAMMES

### WEIGHT LOSS and DETOX PROGRAMME

Guided programme for healthy and sustainable weight loss and detoxification

1 Medical visit establishing your state of health, evaluation of the metabolic system and development of a nutritional plan

1 PPG Stress Check

Basic blood tests

1 Medical report

5 Body treatments 50 min.

2 Physical therapy with private coach 45 min.

5 Personalized massages 50 min.

1 Final medical examination

**1.627 €**

**Recommended for stays of minimum 7 nights**

**The programme will be personalized based on your characteristics and objectives.**

### POWER BOOSTER

1 Medical consultation

1 IV Therapy Myers' Cocktail

1 Oxygen ozone therapy

Specific blood test

1 Medical report

**546 €**

### NO STRESS

1 Medical consultation

1 IV Therapy Mind Set

1 Oxygen ozone therapy

Specific blood test

1 Medical report

**546 €**

### *new* Healthy and in shape with DietaCOM®

Guided health programme to regain fitness, health and energy thanks to the Chronomorphodiet with a personalised nutrition plan based on the constitutional biotype and analysing any hormonal imbalances that are decisive for localised fat accumulation.

1 Medical visit establishing your state of health and evaluation of the metabolic system

1 PPG Stress Check

Blood test with hormone profile

1 Cell Wellbeing S-Drive test

1 Food intolerance test and indole test

1 Final medical examination with report and elaboration of a DietaCOM® nutrition plan

**1.246 €**

### DETOX NOW

1 Medical consultation

1 IV Therapy Detox Set

1 Oxygen ozone therapy

Specific blood test

1 Medical report

**546 €**

### PERFECT BODY

Meeting with the doctor

1 Cryolipolysis

1 EMSculpt®

1 LPG Endermologie® body 50 min.

**744 €**

Special **10% discount** on additional treatments.

## 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 **197 €**

### Multivitamin biostimulation

Vitamins to restore tone and firmness of face, neck, décolletage and hands.

from **247 €**

### Regenerative biostructuring treatment

Biostimulation and biostructuring 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

#### *top* Ultherapy® Natural Lifting

A non-surgical facial, neck and décolleté treatment that lifts and tightens the skin providing a natural and long-lasting fresh look. Ultherapy® micro-focused ultrasound stimulates the natural production of collagen fibres, the structural proteins of the skin, making it young, improving tone and firmness and achieving a lifting effect on the eyebrow, chin, neck and décolleté in a single session.

face **1.800 €**

neck **1.600 €**

face and neck **3.000 €**

#### *new* 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

### *new* 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 €**

### Biostimulation Profhilo® Body

Injective treatment with immediate but lasting results to counteract the relaxation of arms, abdomen, inner thighs, knees. Stimulates the process of neocollagenesis.

**597 €**



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