

ENGLISH



SPA & MED

SICILIA 2026

ADLER MED

ADLER MED

FEEL WELL WITH ADLER MED

Health is our most precious asset. Caring for it, so that you may live serenely, healthily 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.

YOUR HEALTH PACKAGE

At ADLER, we believe in the added value of outstanding medical expertise. 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 psychophysical well-being in the best possible way.

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 days. The intensive version of our programmes includes additional medical services and treatments for an even more comprehensive sense of well-being.

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



MEDITERRANEAN HEALTH

Set in the heart of the Mediterranean, the ADLER Med Sicilia journey combines nutrition principles, physical activity, culinary enjoyment and prevention into a health experience inspired by the wisdom of Sicilian farming culture. Rediscover ancient flavours and a natural, science-backed path to well-being and longevity.

ADLER MED MEDITERRANEAN HEALTH ESSENTIAL

- 1 Initial integrated medicine consultation
- 1 Nutritional assessment and bioimpedance measurement
- 1 AGE Reader testing
- 1 Personalised Mediterranean diet
- 1 ADLER Exclusive Bodystyling spa treatment 50 min.
- 1 ADLER Body Thalasso Ritual 20 min.
- 1 Mediterranean diet coaching and/or cooking class
- 1 Private coaching (tailored physical training) 45 min.
- 1 ADLER Body Tone Ritual ritual 20 min.
- 1 Final medical consultation

716 €

ADLER MED MEDITERRANEAN HEALTH INTENSIVE

- 1 Initial integrated medicine consultation
- 1 Assessment of nutritional status and bioimpedance measurement
- 1 Personalised Mediterranean diet
- 1 Blood test
- 1 Reading of results
- 1 AGE Reader testing
- 1 Specific acupuncture treatment with preparatory Tuina
- 1 Mediterranean diet coaching and/or cooking class
- 5 ADLER Exclusive Bodystyling spa treatments 50 min.
- 2 ADLER Body Thalasso spa treatments 50 min.
- 1 Pressotherapy with bandaging 50 min.
- 3 ADLER Rituals 20 min.
(Thalasso - Body Slim - Body Tone)
- 2 Private coaching sessions
(tailored physical training) 45 min.
- 1 Yoga twice a week
- 1 Final medical consultation

1.597 €



DETOX

The ADLER Med detoxifying programme is designed to bring lightness to your holiday. We employ advanced technologies to assess metabolic toxin levels and the body composition, and combine a tailored diet, phytotherapy and traditional practices to provide a feeling of renewal and increased energy.

ADLER MED DETOX ESSENTIAL

- 1 Initial integrated medicine consultation
- 1 Nutritional status assessment and bioimpedance measurement
- 1 Anti-inflammatory cleansing diet
- 1 Redox Check-Up
- 2 ADLER Exclusive Bodystyling spa treatments
- 1 Hydrodetox salt treatment
- 1 ADLER Algae pack
- 1 Final medical consultation

716 €

ADLER MED DETOX INTENSIVE

- 1 Initial integrated medicine consultation
- 1 Nutritional assessment and bioimpedance measurement
- 1 Redox Check-Up
- 1 Anti-inflammatory cleansing diet
- 1 Blood test
- 1 Reading of results
- 1 Specific acupuncture treatment with preparatory Tuina
- 1 Guided group breathing exercises
- 4 ADLER Exclusive Bodystyling spa treatments 50 min.
- 2 ADLER Body Thalasso spa treatments 50 min.
- 1 ADLER Detox Ritual 20 min.
- 1 Hydrodetox salt treatment
- 2 Private coaching sessions (tailored physical training)
- 1 Facial treatment 50 min.
- 1 Intense Detox treatment 50 min.
- 1 Final medical consultation

1.597 €



STRESS MANAGEMENT

The ADLER Med anti-stress programme relies on specialist technology to thoroughly assess your mental and physical stress levels and analyse specific biohumoral parameters. Targeted treatments, yoga and mindfulness sessions, and activities in unspoilt natural surroundings help you recentre, rebalance and take control of your time.

ADLER MED STRESS MANAGEMENT ESSENTIAL

- 1 Initial integrated medicine consultation
- 1 HRV Stress measurement
- 1 Anti-inflammatory cleansing diet
- 1 PPG Stress Flow - Biofeedback
- 1 ADLER Essences of Sicily spa treatment 50 min.
- 1 In the clouds treatment 50 min.
- 1 Hydrodetox salt treatment
- 1 Arnica fango pack
- 1 Guided meditation and/or breathing session
- 1 Final medical consultation

716 €

ADLER MED STRESS MANAGEMENT INTENSIVE

- 1 Initial integrated medicine consultation
- 1 HRV Stress measurement
- 1 Anti-inflammatory cleansing diet
- 1 PPG Stress Flow - Biofeedback
- 1 Blood test
- 1 Specific acupuncture treatment with preparatory Tuina
- 2 Sessions of guided group breathing exercises
- 3 ADLER Exclusive Bodystyling spa treatments 50 min
- 1 Oriental treatment of your choice 50 min. (Lomi Lomi massage - Bamboo Experience - Hot Stone massage)
- 1 Foot Reflexology Massage 50 min.
- 2 Ayurveda treatments 50 min.
- 1 Hydrodetox salt treatment
- 1 Private coaching (tailored physical training) 45 min.
- 1 Private coaching (meditation) 45 min.
- 1 Arnica fango pack 20 min.
- 1 In the clouds treatment 50 min.
- 1 Final medical consultation

1.597 €



Faceted and versatile, this medical programme is inspired by Traditional Chinese Medicine – an ancient healing art focused on restoring the body's energy balance through refined diagnostic and therapeutic techniques. Acupuncture, moxa, Tuina and Qi Gong are used to treat a variety of complaints and boost vital energy for deep harmony. With this programme, ADLER Med Sicilia offers you a holistic, awareness-based health experience, guiding you on a transformative journey towards better physical, mental and emotional balance.

ADLER MED TAO BALANCE

- 1 Initial Chinese medicine consultation
 - 1 Acupuncture and Tuina
 - 1 Moxa TDP on the lower Dan Tian
 - 1 Private Qigong session
 - 1 Detox Massage
 - 1 Final medical consultation
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588 €



SLEEP THERAPY

The ADLER Med Sleep Therapy programme is about finding your way back to deep, natural, restorative sleep. This integrated medicine approach combines targeted treatments, relaxation techniques and mindfulness practices to help rebalance physiological cycles and improve sleep quality, both immediately and in the long term.

ADLER MED SLEEP THERAPY

- 1 Initial integrated medicine consultation
- 1 Prescription of specific sleepaiding phytotherapeutic remedies
- 1 Acupuncture/acupressure treatment with preparatory Tuina
- 1 In the clouds treatment 50 min.
- 1 Abhyanga massage 50 min.
- 1 Coaching yoga and meditation
- 1 Final medical consultation

560 €





ADLER Med Longevity is a health programme designed to help you live longer and better, with increased awareness and quality of life. In an integrated approach, we target the main factors of healthy aging – oxidative balance, nutrition and physical activity – to support vitality, resilience and well-being over time.

ADLER MED LONGEVITY BOOSTER

- 1 Initial integrated medicine consultation
- 1 Prescription of specific longevity-promoting phytotherapeutic remedies
- 1 Acupuncture/acupressure treatment with preparatory Tuina
- 1 Skin check-up
- 1 AGE Reader testing
- 1 Tailored facial treatment 50 min.
- 1 Private fitness coaching 45 min.
- 1 Kerala massage 75 min.
- 1 Final medical consultation

706 €

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.

Medical visit 120 €

First acupuncture and Tuina session

incl. preliminary consultation 90 min. 180 €

Subsequent acupuncture sessions 120 €

***new* First Tuina/acupressure session 167 €**

Subsequent Tuina sessions 120 €

***new* First Moxa session on acupuncture points 167 €**

Subsequent Moxa sessions 120 €

***new* Private Qi Gong session 110 €**

Private Mindfulness session 110 €

INSTRUMENTAL EXAMINATIONS

Bioimpedance analysis

A comprehensive body composition analysis measuring lean and fat mass, fluid distribution and cellular metabolic activity. An essential tool for tailoring your diet and training programme, as well as accurately monitoring progress in terms of weight loss, muscle mass gain and hydration.

248 €

PPG Stress Flow

In just a few minutes, the device measures heart rate variability (HRV) and microcirculation, analysing how the autonomic nervous system handles stress. This test includes a short biofeedback session with breathing techniques for real-time assessment of the body's response to relaxation and mindful breathing practices.

167 €

AGE Reader

Using skin fluorescence, we can measure the accumulation of AGEs – a key indicator of metabolic aging and cardiovascular risk. In just a few seconds, the device reveals your AGEs levels, helping our practitioners tailor your prevention, supplementation, nutrition and longevity programme.

167 €

Redox-Check-up

This technology is used to accurately measure the ratio between free radicals and antioxidants in the body, as the correct balance of the two is essential for cellular health and advanced prevention. A simple capillary blood sample provides immediate information on the body's oxidative state, allowing any imbalances to be promptly addressed.

167 €



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