ADLER SPA

TUSCANY

HEALTH & WELLBEING 2012

Peace and composure

In the heart of Tuscany there is a spring, from which healing waters have flowed for centuries. The Etruscans and Romans discovered the cleansing and fortifying properties of the waters and made use of them accordingly.

The waters obtain their healing forces from the depths of the earth, where they are enriched with valuable minerals and sulphur before rising once again to the surface.

Just a stone's throw from the romantic village of Bagno Vignoni, in the fertile Val d'Orcia – now a UNESCO World Cultural Heritage site – stands the ADLER THERMAE Spa & Relax Resort. This oasis of wellbeing is the ideal place to enjoy the precious waters from the hot springs and gather new strength through an exclusive programme of individual treatments.

The water from the springs flows and flows and, as in the past, brings health and relaxation to body and soul.

BEAUTY & BODY	page
Facial treatments	6
Body-styling	8
Thalasso & Aqua Wellness	9
Man Spa	10
Beauty Services & Hair Spa	20
Spa programmes in 2012	21

RELAX & WELLBEING	page
Massages	7
Mother, Boys & Girls	11
Organic Spa & Nature	13
Treatments for twosomes	19

HARMONY & VITAL ENERGY	page
Spirit & Energy	14
Ayurveda	15
Oriental treatments	16-17

HEALTH & VITALITY	page
Physiotherapy, Rehabilitation & training	22-23
ADLER MED	24
Gentle Aesthetic Medicine	25
ADLER BALANCE® health programmes	26
Ayurveda for your health	27

	page
ADLER SPA Organic Cosmetics	28-29
ADLER AQUAE	30
Spa etiquette	31

Adler Spa

Rooted in Tuscany and open to the world

Welcome to the exclusive atmosphere of ADLER SPA, where the best in Beauty, Spa and Wellness awaits you.

"Holistic and individual" - that is the motto that guides us in our endeavour to combine personal treatment for all our guests with a spa philosophy based on the human being as a unity of body, mind and spirit.

We offer you proven Beauty, Spa and Wellness applications from all over the world in a wide-ranging offering that has attracted a number of international awards.

Rooted in Tuscany and open to the world, individual and unique - just like you.

The principle of all things is water,
everything comes from water
and to water all things shall return.

Petrarca, Canzoniere, CXXVI.

Facial Treatments

Skin Check-up New
Skin analysis for moisture, sebum content, pigmentation, pH and photosensitivity as the basis for the optimum choice of treatment for your type of skin.
▪ No charge for this service

ADLER ORGANIC SPA

Milk & Honey facial cleansing
Deep-acting cleansing, regeneration and revitalisation of the skin with natural organic products.
▪ 50 min. 98 €

Facial Treatment with Grapes
A natural elixir of rejuvenation par excellence. The anti-oxidative agents in the red grapes give your face a relaxed and youthful radiance.
▪ 50 min. 98 €

Excellence Anti-aging
Moisturising, rejuvenating treatment with phytomelatonin from mountain plants. Ideal for the maturer skin.
▪ 50 min. 127 €

GUINOT

Hydradermie Plus
Treatment with cleansing effects. Regulates the moisture in the skin, reduces wrinkles and fights impurities.
▪ 50 min. 127 €

Hydradermie Lift
Treatment with natural lifting effect, tightens the facial muscles and smoothes the little wrinkles.
▪ 50 min. 127 €

Beauté Neuve
Fruit acids and enzymes create a gentle peeling effect to banish the fine creases, pigment marks and impurities.
▪ 50 min. 98 €

Liftosome
Lifting treatment with Pro Collagene for an elastic skin and smooth facial contours.
▪ 50 min. 127 €

MARIA GALLAND

Thalasso facial treatment
Moisturising, cleansing and mineralising treatment with sea algae extracts. Pure relaxation for stressed skins.
▪ 50 min. 127 €

Cocoon Therapy
Luxuriant anti-stress treatment for a soft and supple skin accompanied by a gentle facial massage.
▪ 50 min. 127 €

Masque Modelant
Highly effective toning treatment for smoother facial contours. The heat generated by the mask causes the active agents to penetrate deep into the skin, leaving it smooth and supple.
▪ 50 min. 127 €

De Luxe
Precious active agents like gold and caviar extract make this treatment a highly refreshing and rejuvenating cure for your skin.
▪ 50 min. 127 €
▪ with eye zone 60 min. 147 €

HIGHLY EFFECTIVE APPLICATIONS

LPG-Endermologie® Face New
An innovative and intensive treatment for firming the contours of the face: provides nutrition and regeneration for the skin, smoothes creases, and leaves the skin soft and radiant.
▪ 50 min. 98 €
▪ 3 treatments, 258 €

Oxygen Therapy
The effects of aging, skin discolouration and signs of acne are reduced with a non-invasive treatment using oxygen combined with selected active agents.
▪ 50 min. 127 €
▪ 2 applications, 227 €

Lifting with radio frequency
This highly efficacious lifting treatment gives the facial musculature a firm and compact appearance. Radio frequency energy triggers the formation of new collagen and maintains the tightness of the skin.
▪ 50 min. 127 €
▪ 2 applications, 227 €

Suggested programme

RADIANT FACE
1 Facial Cleansing
1 Beauté Neuve
1 Liftosome
1 Professional Make-up
297 €

Our experienced team will be pleased to advise you in the choice of the right treatments for your needs.

Massages

Anti-stress Massage in the Vichy Shower
The warmth of the water and the feel-good effects of the massage release muscle tension and prepare the body for the perfect relax holiday.
▪ 45 min. 67 €

Anti-aging facial Massage New
Relaxing and draining massage with special active agents for a smoother skin.
▪ 20 min. 45 €

Swedish Massage
Classic massage for improved circulation and inner harmony. Recommended in combination with an anti-stress fango pack.
▪ 45 min. 67 €
▪ 20 min. back 43 €

Myofascial Massage
Releases fascia restriction, relaxes tension in the muscles and improves posture.
▪ 45 min. 67 €

Draining Massage
Drains the tissues and increases the oxygen supply. Ideal for oedemas and after ultrasonic liposuction. Recommended in combination with a Thalasso body pack.
▪ 45 min. 67 €

Mediterranean Massage
Relaxing and moisturizing massage with citrus essences. Increases mental and physical balance and creates a good mood.
▪ 45 min. 67 €
▪ 20 min. back 43 €

Connective Tissue Massage
Pleasantly relaxing massage with dewatering effects. Recommended after a draining cypress cone bath.
▪ 45 min. 67 €

Relaxation Massage
A special technique is employed to release muscle tension. Recommended in combination with an anti-stress fango pack.
▪ 45 min. 77 €

Fonctionel massage
This individualised Body Form massage provides antisera for every imperfection: anti-cellulite, draining, anti-stress, tightening and moisturising.
▪ 50 min. 87 €

Relaxation Massage
A special technique is employed to release muscle tension. Recommended in combination with an anti-stress fango pack.
▪ 45 min. 77 € ▪ 80 min. 110 €

Sports Massage
A treatment for loosening hard-working muscles and improving the blood supply.
▪ 45 min. 72 €

Harmonising Backbone Treatment
Precise but gentle grips are used to locate tension along the vertebral column and provide effective relief.
▪ 20 min. 53 €

Harmonising Scalp Massage
Deep relaxation massage of the head, ears and neck muscles.
▪ 20 min. 43 €

Adler Signature Treatment

Anti-aging Massage with vegetable melatonin New
Luxuriant massage using a skin care oil based on vegetable melatonin. Provides deep relaxation, nourishes the skin and models the contours of the body.
▪ 45 min. 75 €

Light Legs Massage New
This gentle draining massage with a refreshing gel brings real relief to heavy and swollen legs.
▪ 20 min. 53 €

EFFICIENT TECHNOLOGY TREATMENTS

Electromedical Treatment
Ultrasound, TENS and ionophoresis are used to treat inflammation and release muscle tension.
▪ 20 min. 51 € ▪ 3 sessions, 138 €
▪ 50 min. 73 € ▪ 3 sessions, 197 €

Suggested programme

RELAX & BACH FLOWERS
1 Hatma Harmony
1 Bach Flower Therapy
1 Anti-stress Massage in the Vichy shower
1 Anti-stress Fango Pack
1 Relaxation Massage
1 Harmonising Scalp Massage
1 Hot Stone Massage
459 €

Body-styling - efficient body treatments

ADLER

Fango Pack
Relaxing and draining whole body treatment with curative mud. Supportive function for fat reduction.
▪ 45 min. 67 €

Flat Tum Treatment
Special treatment for a taut tummy comprising a cleansing peeling session, modelling mask and a cream based on vegetable melatonin.
▪ 50 min. 92 €

Cleopatra Pack
The wrap soaked in milk and aromatic oils will give you the Cleopatra feeling. At the same time you will enjoy a relaxing facial massage with herbs. Intensively moisturising effects.
▪ 50 min. 87 €

Suggested programme

TOP FORM WOMAN
1 Anti-cellulite Clay Treatment
1 Radio frequency
1 Anti-aging Massage with vegetable melatonin
1 Spa Essentiel
1 LPG Endermologie® Body
417 €

GUINOT

SPA Essentiel
Tonifying treatment for specific areas of the body with high-grade etheric oils and algae.
▪ 50 min. 92 €

Anti-cellulite Clay Treatment
Draining full-body treatment with papaya peeling and clay pack.
▪ 50 min. 87 €

Soin Beauté Minceur
Efficient treatment for harmonising the silhouette. Plus anti-cellulite and a choice of firming, strengthening or draining effects as required.
▪ 50 min. 92 €

MARIA GALLAND

Soin Silhouette Sculptant
Cleansing and moisturising treatment with active agents from the sea comprising a peeling session, mask and body cream.
▪ 50 min. 92 €

Masque Modelant
Efficient anti-cellulite treatment for supple and slender body contours.
▪ 50 min. 92 €

Rêve d'Amazonie
Nutritious body treatment with Macadamia nuts and other treasures of the Amazonian rainforest.
▪ 100 min. 119 €

EFFICIENT TECHNOLOGY TREATMENTS

LPG-Endermologie® Body New
Intensive treatment with the latest special therapy devices for tightening and sculpting perfect body contours. Anti-cellulite and body water regulation effects.
▪ 50 min. 98 €
▪ 3 treatments 258 €

Pressotherapy
Effective technology treatment to reduce cellulite and drain the tissues.
▪ 40 min. 60 €
▪ 3 sessions 162 €
▪ with drainage wraps approx. 40 min. 70 €
▪ 3 sessions, 189 €

Cavitation
Innovative ultrasonic treatment for targeted reduction of fat pads in the various regions of the body and stimulation of the metabolism.
▪ 50 min. 127 €

Radio frequency
A non-invasive treatment for a tighter and more elastic skin.
▪ 50 min. 127 €

Our experienced team will be pleased to advise you in the choice of the right treatments for your needs.

Thalasso & Aqua Wellness

Peeling Massage in the Vichy Shower
Cleansing, revitalising and draining salt scrub massage under warm jets of water.
▪ 40 min. 67 €

Thalasso Aqua-massage
Lie back in a tub of valuable algae extracts and enjoy a draining massage with a high-pressure water jet.
▪ 20 min. 47 €

Thalasso Body Pack
Algae and sea mud contain valuable minerals, vitamins and trace elements, which stimulate the metabolism and support fat burning. For a tighter and more elastic skin.
▪ with algae 51 €
▪ with sea mud 51 €
▪ 3 packs 138 €

Thalasso Alghelba
Firming and draining anti-cellulite treatment with highly effective algae from the island of Elba, comprising peeling, a bath in an algae infusion, a pack and massage. Also recommended for arthrosis, rheumatism, dermatitis and psoriasis. Leaves your skin soft as velvet.
▪ 70 min. 107 €

Soin Antioxidant Oceanique Maria Galland
Peeling and pack with highly effective sea algae. Shapes the body, tightens the skin and refreshes the complexion.
▪ 50 min. 92 €

HYDROTHERAPY

Salt Bath
Countless high-pressure water jets stimulate the circulation and lymphatics, while the warmth of the water helps the muscles to relax.
▪ 20 min. 41 €

Draining Cypress Cone Bath
▪ 20 min. 41 €

Relaxing Herbal Bath
▪ 20 min. 41 €

Relaxing Essence Bath
▪ 20 min. 41 €

Grotta Salina
Come to the mystical Grotta Salina to float in warm water enriched with Dead Sea salt. A relaxing way to gently cleanse the skin and stimulate the microcirculation and lymphatics.
▪ 20 min. 12 € per person
▪ 20 min. exclusive for 2 persons

Suggested programme

THALASSO
1 Peeling Massage in the Vichy Shower
1 Thalasso Aqua-massage
1 Thalasso Alghelba
1 Fonctionel Massage
1 Thalasso Facial Treatment
437 €

24 € per person

Detox Foot-bath
Cleanses the organism via the feet and infuses the whole body with fresh energy.
▪ 30 min. 40 €
▪ Forfait 2 Detox 73 €

Anti-stress Fango Pack
A warm and cleansing fango pack for the release of tension using arnica and rampion. Recommended before all types of massage to intensify the beneficial effects.
▪ 20 min. 39 €
▪ 2 fango packs 75 €

Anti-inflammatory Fango Pack
Local fango pack application with fresh Ayurvedic curative herbs and soothing spices. Ideal for inflammations, strained muscles, torn fibres and dislocations.
▪ 20 min. 45 €

Man Spa

THE FACE

Raysana Facial Treatment New
Herbal facial treatment with moisturising effects. Combined with a foot bath using Dead Sea salt and a cranial massage for relaxation in its purest form.
▪ 50 min. 98 €

Adler Signature Treatment

Excellence Anti-aging
Exclusive facial treatment with fitomelatonin from mountain plants for an elastic skin and youthful freshness.
▪ 50 min. 127 €

Hydradermie Très Homme
The skin is cleansed in every pore and supplied with oxygen. The tissues are tightened.
▪ 50 min. 120 €

Wellness Thalasso pour Homme
Sea water and algae supply the skin with essential minerals, vitamins and moisture.
▪ 50 min. 127 €

Eye Treatment New
Eye treatment to reduce rings and wrinkles.
▪ 20 min. 60 €

Anti-aging Facial Massage New
Relaxing and draining massage with special active agents to smooth the skin.
▪ 20 min. 45 €

Facial Treatment with Grapes
For facial refreshment and invigoration.
▪ 50 min. 98 €

HAIR & BEARD

Shave
▪ 25 €

Hair Loss Treatment
▪ 20 min. 45 €

Harmonising Scalp Massage
▪ 20 min. 43 €

Cutting
▪ Cutting 23 €

THE BODY

Flat Stomach Treatment
For a flat and taut stomach.
▪ 50 min. 92 €

LPG for men New
Treatment with innovative equipment for tightening and sculpting the contours of the body.
▪ 50 min. 98 €

Shiatsu Head Treatment New
Light pressure applied to the energy paths of the head and face produces pleasant relaxation and is kind to the cervical column.
▪ 20 min. 45 €

Hot Stones Massage
Ancient massage technique with warm lava stones to relieve muscle tension and activate the energy flow in the meridians.
▪ 45 min. 90 €

Anti-stress Massage in the Vichy shower
Relaxing massage under the warm jets of water as a tonic against tiredness.
▪ 40 min. 67 €

Aesthetic Counselling for men
For the man who understands the importance of good looks. Detailed counselling for a groomed and youthful appearance.

Suggested programme

FOR MAN

1 Bacchus Ritual
1 Swedish Massage
1 Peeling Massage in the Vichy shower
1 Exellence Anti-aging
361 €

Mother, Boys & Girls

FACE

Mum's Excellence Facial Treatment
Moisturising and rejuvenating treatment with melatonin from mountain plants. Ideal for the more mature skin.
▪ 50 min. 127 €

Cocoon Therapy
Luxuriant anti-stress treatment accompanied by a facial massage for a soft and supple skin.
▪ 50 min. 127 €

Facial Massage
For a refreshed feeling and relaxed facial features.
▪ 20 min. 45 €

THE BODY

Cleopatra Pack
The wrap soaked in milk and aromatic oils will give you the Cleopatra feeling. At the same time you will enjoy a relaxing facial massage with herbs. Intensively moisturising effects.
▪ 50 min. 87 €

Milk & Honey Envelopment
Sensuous body care for a smooth and elastic skin.
▪ 50 min. 79 €

Pressotherapy for the Legs
A special technology treatment brings immediate relief to tired and heavy legs, while we spoil you with a massage of the face and hands.
▪ 40 min. 60 € ▪ 3 treatments, 162 €

Draining Massage
Supplies the tissues with oxygen and has draining effects.
▪ 50 min. 67 €

Suggested programme

MATERNAL BLISS

1 Shiatsu for Mums
1 Milk & Honey Envelopment
1 Mum's Excellence Facial Treatment
1 Connective Tissue Massage
1 Pressotherapy for the Legs
377 €

Connective Tissue Massage
Draining and relaxing massage along the energy lines of the body.
▪ 45 min. 67 €

Shiatsu for Mums
It is high relaxing treatment and brings relief to back pain, insomnia and negative moods.
▪ 50 min. 95 €

Secrets of the Geisha New
Gentle pressure of the fingers is applied to the ears and feet to release inner tension and create renewed joy in life.
▪ 50 min. 95 €

Hatma Tummy New
Relaxing massage of the stomach with sun butter to relax the tissues and stimulate the circulation.
▪ 50 min. 79 €

Watsu for Mums
Floating in the warm thermal water, you are at one with yourself and your child.
▪ 45 min. 89 €

BOYS & GIRLS

Wellness for kids & teenagers

Massage with Mum or Dad
Parental bonding and pampering at the same time – enveloped in a chocolate aroma.
▪ 20 min. 43 € aper person

AKI Chocolate Massage
An all-round delicious and relaxing experience – exclusive for children.
▪ 20 min. 43 €

AKI Milk & Honey Massage
With its sweet honey fragrance, this massage generates complete relaxation and leaves the skin as soft as velvet.
▪ 20 min. 43 €

Fashion Girl! New
Plaits, colourful extensions and cool hair ornaments for an appealing model look.
▪ 20 min. 37 €

Star Girl! New
Varnished and decorated nails are always a super eye-catcher.
▪ 20 min. 37 €

Cool Boy! New
Great gel hair styles for the ultimate Urban Boy style.
▪ 20 min. 37 €

Organic Spa & Nature

ADLER SPA Organic Cosmetics with valuable ingredients from the unspoilt countryside of Val d'Orcia will carry you off to a world of natural sensuous pleasures for wellbeing in body and soul.

RED GRAPE
The fruit of eternal youth

Facial Treatment with Grapes
A natural elixir for rejuvenation par excellence. The anti-oxidative agents in the red grapes give your face a relaxed and youthful radiance.
▪ 50 min. 98 €

Adler Signature Treatment
Brunello Envelopment
Feel-good anti-aging treatment with wine and grape-seed. Cleanses and regenerates the whole body.
▪ 50 min. 79 €

Adler Signature Treatment
Bacchus Ritual
Spoil-yourself combination of a bath enriched with Vino Nobile di Montepulciano, grape-seed peeling and regenerating massage. Relaxation pure for body and soul.
▪ 100 min. 119 €

Grape Massage
With anti-aging effects, for a revitalised body and full relaxation.
▪ 45 min. 70 €

OLIVE OIL
The green gold of Tuscany

Adler Signature Treatment
Nutrients from olive oil
Beneficial, in-depth body treatment with olive oil for a healthy and silky skin.
▪ 50 min. 79 €

Olive Cream Massage
Nutritive and revitalising, for a smooth skin as soft as velvet.
▪ 50 min. 70 €

Suggested programme

NATURAL TUSCANY
1 Facial Treatment with Grapes
1 Milk & Honey, Brunello or olive oil envelopment
1 Grape Massage
1 Olive Cream Massage
1 Tuscan Dream Treatment
358 €

MILK & HONEY
Cleopatra's recipe for beauty

Adler Signature Treatment
Tuscan Dream Treatment
Milk bath and massage with warm honey for a firmer skin that invites caressing.
▪ 50 min. 77 €

Envelopment with milk and honey
This sensuously grooming treatment for the body comprises a peeling with brown sugar and a moisturising milk and honey pack. For a smooth skin.
▪ 50 min. 79 €

Poppea Massage
Massage with a milk and honey cream to pamper and revitalise the body.
▪ 45 min. 70 €

Adler Signature Treatments - exclusive & original ADLER SPA treatments

Spirit & Energy

Watsu
Shiatsu in warm water is a deeply relaxing treatment that makes use of the interaction between your body weight and the buoyancy of the water. Stretch and compression techniques release energy blockages.
▪ 45 min. 89 €
▪ 75 min. 115 €

Water Zen Massage
Deep harmonising treatment comprising Shiatsu, Ayurveda and Thai massages plus techniques to liberate the emotions for a new and lasting sense of freedom in body and soul.
▪ 45 min. 89 €

Jahara New
The gentle movements in the warm thermal water leave your body feeling pleasantly relaxed and as light as air.
▪ 45 min. 89 €

Underwater Foot Reflex Zone Massage
with deeply relaxing and harmonising effects on the organs treated.
▪ 45 min. 89 €

Reiki
Reiki is an ancient Japanese curative art that activates the body's powers of healing. The Reiki practitioner channels Reiki and transmits it through his/her hands.
▪ 50 min. 87 €

Inca Massage
This ancient massage produces deep relaxation and harmony in body and soul by re-establishing the natural balance between our solar energy Ti and lunar energy Ki.
▪ 75 min. 115 €

Energy Balance Treatment
Foot reflexology massage and Shiatsu are employed to promote the flow of energy for harmony in body and soul and that born-again feeling.
▪ 75 min. 133 €

Craniosacral Therapy
The therapist's hands are simultaneously placed on the cervical spine and coccyx to detect physical and mental blockages. The treatment stimulates the flow of energy and strengthens the vital system.
▪ 50 min. 98 €

Tibetan Sound Bowl Treatment
Sound bowls are placed on the body and gently struck. The sound waves have relaxing, liberating and harmonising effects on body and soul.
▪ 75 min. 133 €

Private Yoga
Breathing, movement and relaxation exercises reach the spirit through the body.
▪ 45 min. 73 €
▪ 2 private sessions 137 €

Private Makko-Ho
Shizuto Masunaga stretching exercises strengthen the energy flow in the meridians.
▪ 45 min. 73 €
▪ 2 private sessions 137 €

Private Meditation New
Meditation and breathing exercises for use anywhere, anytime.
▪ 45 min. 73 €
▪ 2 private sessions 137 €

Personality Development New
Learn how to make better use of your strengths and overcome blockages.
Please ask at the Spa reception for further information and appointments.

Our experienced team will be pleased to advise you in the choice of the right treatments for your needs.

Ayurveda

THE FACE

Ayurveda Facial Treatment
Harmonising treatment for body and soul with Ayurvedic herbs for spiritual harmony and a radiant face.
▪ 50 min. 98 €

THE BODY

Ayurveda Body Treatment
Nutritious and cleansing body pack with Ayurvedic herbs, sesame oil, milk and honey - while your face is massaged with warm bags of aromatic herbs.
▪ 50 min. 87 €

Detoxifying Ayurveda Treatment
Application of warm sesame oil and a herbal pack on the Svedana steam bed.
▪ 50 min. 93 €

MASSAGES

Kerala
The body, head and legs are gently massaged with warm sesame oil to release muscle tension and generate a strong sense of wellbeing.
▪ 80 min. 115 €
▪ with steam bath 80 min. 115 €

Abhyanga
Relaxing, moisturising massage with warm sesame oil for tension release, inner cleansing and improved sleep.
▪ 50 min. 75 €

Shirodhara
The flow of warm oil onto the "third eye" in the middle of the forehead liberates the spirit and produces inner harmony. Highly recommended for everyday stress, headaches and sleep disorders. The oil therapy achieves the best results when preceded by an Abhyanga or Kerala treatment.
▪ 60 min. 122 €

Garshan
Energising peeling massage using raw silk gloves. Stimulates the metabolism and activates the lymphatics.
▪ 75 min. 117 €

Udvarthana
Cleansing peeling massage with herbal pack and steam-bath.
▪ 75 min. 117 €

Pinda Sveda
Rhythmical body massage using little bags of warm herbs, spices and flour for cleansing, regeneration and relief from rheumatism.
▪ 75 min. 117 €

Suggested programme

AYURVEDA
1 Abhyanga
1 Kerala
1 Udvarthana
1 Ayurveda Facial Treatment
1 Essence Bath
397 €

Four-handed Synchronous Massage
Deeply relaxing four-hand massage with synchronised flowing movements.
▪ 50 min. 137 €
▪ 20 min. 80 €

Kalari
Massage performed with the feet. Stimulates the energy flow and relieves tension.
▪ 75 min. 117 €

THE FACE

Raysana Facial Treatment New
Herbal facial treatment with moisturising effects. Combined with a foot bath using Dead Sea salt and a cranial massage for relaxation in its purest form.
▪ 50 min. 98 €

THE BODY

Hatma Harmony
Relaxing tummy massage with precious herbs and oils. Releases mental stress and muscle tension.
▪ 50 min. 75 €

Hatma Purity
Gomming massage with herbs and oils for detoxification and the release of tension. Firming and sculpting effects.
▪ 50 min. 75 €

Hatma Senses New
Stimulating sensuous body pack for inner harmony and a positive mood. Brazilian pepper and damiana will carry you away to a world of exotic aromas and leave you with a soft and supple skin.
▪ 20 min. 47 €

Shiatsu
Gentle finger pressure and stretching are employed to release muscular blockages.
▪ 50 min. 95 €

Lomi Lomi
Traditional Hawaiian temple massage. Reduces stress and releases fresh energy into the body.
▪ 50 min. 95 €
▪ 75 min. 133 €

Thai Massage
A variety of stretch and pressure techniques are employed to stimulate the circulation.
▪ 75 min. 133 €

Aromatherapy Massage
Massage with etheric oils selected to match your needs of the moment. The aromas make you feel good in body and soul.
▪ 50 min. 79 €

Hot Stone Massage
Ancient massage technique with warm lava stones. The massage releases muscular tension and stimulates the flow of energy to the meridians.
▪ 50 min. 90 €

Foot Reflexology Massage
The sole of the foot is a mirror of the body. Massaging the reflex zones has harmonising effects on the corresponding organs.
▪ 50 min. 70 €

Tui Na
Traditional Chinese massage employing stretch and pressure techniques on the meridians to harmonise Yin and Yang, strengthen the organs and stimulate the flow of energy.
▪ 75 min. 133 €

Harmonising Tummy Treatment
For this treatment, the therapist uses his or her hands to communicate with your body. The gentle movements relieve tension and strengthen the immune system for wellbeing in body and soul.
▪ 50 min. 95 €

Oriental Touch New
A pleasant body massage with warm herbal bags and aromatic oils for the ultimate relax experience.
▪ 50 min. 97 €

Heaven and Earth
Relaxing neck and head massage combined with an energising foot massage.
▪ 50 min. 87 €

Secrets of the Geisha New
Gentle pressure of the fingers is applied to the ears and feet to release inner tension and create renewed joy in life.
▪ 50 min 95 €

Shiatsu Head Treatment New
Light pressure applied to the energy paths of the head and face produces pleasant relaxation and is kind to the cervical column.
▪ 20 min. 45 €

Suggested programme

LOTUS BLOSSOM
1 Hatma Purity
1 Shiatsu
1 Tibetan Sound Bowl Treatment
1 Water Zen Massage
1 Private Oriental Treatment
1 Harmonising Scalp Massage
477 €

Limited Edition

2012 Limited Edition Spa treatments with valuable ingredients and sophisticated skin care rituals for unique moments of wellbeing and the ultimate in relaxation.

Oriental Fragrance Ceremony New
Wellness in the style of 1001 Nights – veiled in Oriental scents and gently massaged with warm fragrance bags filled with the finest spices and soaked in nourishing karite butter. The magic of the Orient is there to be experienced.
▪ 50 min. 97 €

Cherry Blossom Ritual New
A sensuous exotic journey based on cherry blossom and the Japanese natural skin care tradition. Gentle body peeling with cherry blossom and heated rice powder followed by an energy foot massage with fragrant karite butter.
▪ 50 min. 97 €

Treatments for twosomes

Adler Signature Treatment

Brunello Ritual
A beguiling sensuous experience for twosomes. While enjoying the luxury treatment with Brunello, you will be served fine Tuscan delights of the palate.
▪ 75 min. 97 € per person

Facial Treatment with Grapes
A natural elixir of rejuvenation par excellence. The anti-oxidative agents in the grapes impart a relaxed and youthful radiance to the face.
▪ 50 min. 98 € per person

Poppea Massage
Luxury massage with a nutritive milk and honey cream.
▪ 45 min. 70 € per person

Water-Zen Massage for two
Treatment in the thermal water for relaxation and harmony to the power of two.
▪ 89 € per person

Rêve d'Amazonie for two
Body treatment with macadamia nuts and other treasures from the Amazon rain forest. The massage with molten butter and plum wood sticks is an exotic aromatic experience.
▪ 100 min. 119 € per person

Rasul Bath
The roots of this beauty ritual lie in the ancient Orient. Various types of curative earth are applied to the body and their beneficial effects reinforced with warm herbal vapours. The treatment has a deep cleansing effect and leaves your skin clear and soft as velvet.
▪ with clay 43 € per person
▪ with black soap 43 € per person

Grotta Salina
Enjoy the intimate atmosphere of the Grotta Salina as you float on the warm water enriched with Dead Sea salt. That gently cleanses your skin and induces a wonderfully relaxed feeling of wellbeing.
▪ 20 min. 24 € per person

Suggested programme

APHRODITE & ADONIS

1 Romantic Aroma Experience for two
1 Brunello Ritual for two
1 Rasul Bath with black soap for two
1 Grotta Salina for two
1 Excellence Facial Treatment for two

Twosome package,
349 € per person

Adler Signature Treatment

Bacchus Ritual
Delightful combination of a bath enriched with Vino Nobile di Montepulciano, grapeseed peeling and regenerating massage. Relaxation pure for body and soul.
▪ 100 min. 119 € per person

Romantic Aroma Experience New
Enjoy the seductive scents while your body is pampered with a relaxing full-body massage and regenerating bath with individually selected aromatic oils. During the bath you will be served with exotic relax teas.
▪ 75 min. 110 € per person

Excellence Facial Treatment for two
Natural anti-aging treatment with vegetable melatonin.
▪ 50 min. 127 € a persona

Oriental Spa
Ritual for two with a beneficial hand massage, an aromatic foot bath with aromatic oils and a relaxing foot massage.
▪ 50 min. 79 € per person

Salt ritual New
Magical cleansing ritual for two. Float together in the warm salt water of the Grotta Salina before and then purify your skin with a gentle peeling using bewitching aromatic oils. A quiet rest to finish makes the relax experience perfect.
▪ 35 min. 41 € pro person

Adler Signature Treatments - exclusive & original ADLER SPA treatments

Hair Spa & Beauty Services

HAIRDRESSER

Cuts	Drying	Coloring	Streaking
▪ 23 €	▪ from 32 €	▪ 35 €	▪ da 80 €

Gold
For soft and silky hair
▪ 45 € (drying not included in the price)

Diamant
Gloss
▪ 45 € (drying not included in the price)

Color Protection Reconstruction:
Basic: for thin and brittle hair
Intensive: for brittle treated hair
▪ 55 € (drying not included in the price)

SPECIFIC TREATMENTS

Thalasso Purity
Dandruff
▪ 45 € (drying not included in the price)

Thalasso Vitality
Hair loss
▪ 45 € (drying not included in the price)

Thalasso Comfort
For sensitive scalps
▪ 45 € (drying not included in the price)

Thalasso Balance
For greasy hair
▪ 45 € (drying not included in the price)

BEAUTY SERVICES

Luxury Manicure
▪ 50 min. 55 €

Luxury Pedicure
▪ 50 min 55 €

Professional Make-up
▪ 20 min. 49 €

Solarium
▪ Body 23 €, 3 sessions, 49 €
▪ Face 18 €, 3 sessions, 37 €

Spa Programmes 2012

TOP FORM WOMAN
In strong shape

1 Anti-cellulite Clay Treatment
1 Radio frequency
1 Anti-aging Massage with vegetable melatonin
1 Spa Essentiel
1 LPG Endermologie® Body

417 €

MATERNAL BLISS
Exclusive for mums (before and after baby birth)

1 Shiatsu for Mums
1 Milk & Honey envelopment
1 Mum's Excellence Facial Treatment
1 Connective Tissue Massage
1 Pressotherapy for the Legs

377 €

RADIANT FACE
Rejuvenation for the skin

1 Facial Cleansing
1 Beauté Neuve
1 Liftosome
1 Professional Make-Up

297 €

FOR MAN
Specially for men

1 Bacchus Ritual
1 Swedish Massage
1 Peeling Massage in the Vichy shower
1 Exellence Anti-aging

361 €

AYURVEDA RELAX
Cleansing and harmony for the whole body

1 Abhyanga
1 Kerala
1 Udvarthana
1 Ayurveda Facial Treatment
1 Essence Bath

397 €

NATURAL TUSCANY
Natural wellbeing

1 Facial Treatment with Grapes
1 Milk & Honey, Brunello or olive oil envelopment
1 Grape Massage
1 Olive Cream Massage
1 Tuscan Dream Treatment

358 €

APHRODITE & ADONIS
Feel-good sensations enjoyed together

1 Romantic Aroma Experience for two
1 Brunello Ritual for two
1 Rasul Bath with black soap for two
1 Grotta Salina for two
1 Excellence Facial Treatment for two

Twosome package, 349 € per person

THALASSO
The power of the sea for fresh vitality and energy

1 Peeling Massage in the Vichy shower
1 Thalasso Aqua-massage
1 Thalasso Alghelba
1 Thalasso Facial Treatment
1 Fonctionel Massage

437 €

LOTUS BLOSSOM
Oriental secrets of relaxation

1 Hatma Purity
1 Shiatsu
1 Tibetan Sound Bowl Treatment
1 Water Zen Massage
1 Private Oriental Treatment
1 Harmonising Scalp Massage

477 €

RELAX & BACH FLOWERS
Reducing daily stress and creating harmony

1 Anti-stress Massage in the Vichy shower
1 Hatma Harmony
1 Anti-stress fango pack
1 Relaxation Massage
1 Harmonising Scalp Massage
1 Hot Stone Massage
1 Bach Flower Therapy

459 €

Physiotherapy, Rehabilitation & training

Aquatherapy
Hydro-kinesiotherapy – highly relaxing interaction between the warm thermal water and gentle mobilisation techniques. Relaxes the muscles and reduces back pain.
▪ 45 min. 67 €

Physiotherapeutic Massage
A traditional massage targeted at your specific needs, available as a full-body massage or part-body massage for the thoracic and lumbar spine. Releases muscle tension and relieves back pain.
▪ 45 min. 77 €
▪ 20 min. 53 €

Harmonising Backbone Treatment
Precise but gentle grips are used to locate tension along the vertebral column and provide effective relief.
▪ 45 min. 113 €

Pancafit® Posture Therapy
Active muscle lengthening and special breathing techniques help relax the diaphragm for effective relief of pain in the back and vertebral column.
▪ 50 min. 67 €

Osteopathic Treatment
A manual technique in which the therapist locates and treats the blockages in the body that are the cause of the disorder. Recommended for joint pains, muscular pain, tendon problems, restricted mobility, incorrect posture, etc.
▪ 45 min. 113 €

Functional Rehabilitation
For complete restoration of the functions of the body following a trauma.
▪ 50 min. 77 €

Manual Mobilisation
▪ 50 min. 77 €

Cervical and Spinal Pompage
▪ 20 min. 57 €

Physiotherapeutic Rehabilitation
▪ 50 min. 87 €

Postural Rehabilitation
▪ 50 min. 92 €

Lymph drainage
▪ 50 min. 77 €

Suggested programme

BACK TO BACK
1 spinal column assessment with the Spinal Mouse
1 spinal column compensation therapy
1 private coaching to meet your individual needs
249 €

LPG-Endermologie® for Therapy and Rehabilitation New
Special massage using the latest dedicated equipment to release tension, loosen the tissues and relieve pain. Also recommended for inflammation, disturbed lymphatics, post partum, and before and after surgery (lifting, mastoplasty, mastectomy, liposuction, abdominoplasty, etc).
▪ 50 min. 98 €
▪ 3 treatments 258 €

LPG-Endermologie® Sport New
Ideal for athletes – in preparation for peak performance, for enhanced muscle tone and regeneration afterwards. A special massage is performed using the latest dedicated equipment to speed up recovery after intensive training sessions and remove the accumulated toxins and lactic acid from the muscles.
▪ 50 min. 98 €
▪ 3 treatments 258 €

Spinal Mouse
An electronic scanning device is used to produce an accurate assessment and record of the shape and mobility of the spinal column. Problem areas are quickly identified and possible causes of back pain diagnosed.
▪ 20 min. 73 €

PREVENTION AND REHABILITATION

Back Prevent
Prophylactic exercises for the vertebral column.
▪ 45 min. 60 €

Knee workout
▪ 45 min. 60 €

Shoulder workout
▪ 45 min. 60 €

Hips workout
▪ 45 min. 60 €

PREPARATION FOR SPORTING ACTIVITIES

Golf training
Preparatory physical exercises.

Tennis training
Preparatory physical exercises.

MFT
Prophylactic exercises for stability of the ankle joints, knees, hips and back.

ADLER Life Fitness
Programme of exercises for improved musculature with a range of equipment.

▪ 45 min. 60 € ▪ 2 sessions 111 €

TRAINING TO COMPENSATE FOR A SEDENTARY LIFE

ADLER Free Body
Programme of exercises with balls and elastic resistance equipment. For enhanced musculature.

Pilates
Core stability training to strengthen the muscles of the back.

Fat burning
The fast way to get into shape.

▪ 45 min. 60 € ▪ 2 sessions 111 €

ADLER MED

Holidays are the perfect time to do something for your health. Our ADLER MED team, comprising experts from the fields of traditional, natural, aesthetic and Ayurvedic medicine, are there to accompany you along the road to vitality and wellbeing in body and soul.

Consultation
▪ 67 €
▪ short 35 €

General Check-up
- Bio-impedancometry, basic metabolism and vitality indicators
- Bio-electric check-up
- Your personal nutrition plan

▪ 157 €

Functional diagnostics with Vega Check and harmonising detoxification of the organs
Functional diagnostics with Vega check and harmonising detoxification of the organs Detoxification is of critical importance for maintaining good health and psychosomatic equilibrium. With the help of a precise anamnesis and Vega check, functional medicine enables us to locate and eliminate disturbances.
▪ 97 €

Body Composition Test
Bio-impedance analysis is used to measure the percentages of fat, muscle and water in the body.
▪ 89 €
▪ plus personal nutrition profile 156 €

Food Intolerance Test
ELISA blood test for food intolerance. This uncomplicated procedure is currently the only scientifically recognised method for detecting allergies.
▪ 280 €

Osteopathic Treatment
Manual therapy in which the therapist senses and treats blockages in the body. Recommended for joint and muscle pain, tendon problems, etc.
▪ 45 min. 113 €

HOLISTIC MEDICINE

Bach Flower Therapy
Bach flowers, Nature's gentle helpers, harmonise the psyche, support the psychosomatic balance and stimulate the body's powers of self-healing.
▪ 96 €

Natural Medicine Counselling
Our naturopath is familiar with the various natural medicines and their positive effects on health and wellbeing.
▪ 96 €

Acupuncture New
Acupuncture is an ancient form of therapy in which needles are placed in specific points of the body for a positive influence on the flow of energy and wellbeing in body and soul.
▪ 98 €

Homeopathy New
Homeopathy is a gentle but highly effective form of medicine. It works with diluted natural agents that stimulate the natural defences of the body in support of the healing process.
▪ 127 €

Weihe Points New
Weihe points are specific areas of the skin where the pressure of the therapist's fingers triggers a painful reaction. That provides precise information on the location of disturbances and the appropriate therapy.
▪ 98 €

Gentle Aesthetic Medicine

Aesthetic Consultation
- Analysis of the proportions of face and body
- Counselling on the various treatment methods
- Individual nutrition plan and lifestyle counselling

▪ 87 €

Skin Check-up
Skin analysis for moisture, sebum content, pigmentation, pH and photosensitivity as the basis for the optimum choice of treatment for your type of skin.
▪ free of charge

FACIAL TREATMENTS

Lip Shaping
The shape and volume of the lips can be modified naturally by injecting hyaluronic acid.
▪ from 407 €

Fillers
Fillers are biocompatible and biodegradable substances like hyaluronic acid, collagen or calcium hydroxylapatite. They are used to fill out skin creases and to harmonise the proportions of the face.
▪ from 387 €
▪ whole face from 1.500 €

Botox
Botox is a muscle-relaxing agent that is used to reduce laugh and frown lines and rejuvenate the facial features.
▪ 420 €

Superficial or medium-depth Peeling
Medical peeling for smoothing the skin and stimulating cell renewal. Recommended for ageing of the skin from both UV exposure and the passage of time as well as acne, scars and discolouration.
▪ from 127 €

Biostimulation and Biovitalisation
A prophylactic treatment to build up deep skin moisture (Hydrobalance®) and stimulate the production of elastin and collagen to tighten the tissues.
▪ 247 €

Non-invasive Nasal Correction
Natural shaping of the nose using biocompatible and biodegradable substances.
▪ from 407 €

BODY TREATMENTS

Mesotherapy draining and liporeducing
For the treatment of local accumulations of fat and cellulite. Also effective in the case of unaesthetic vascular changes in the legs. Promotes cell renewal and confers freshness and elasticity on the skin.
▪ 97 €

Intralipotherapy
An absolutely painless treatment for the reduction of local accumulations of fat.
▪ 270 €

Stabilisation Therapy
Injections of a special active agent are used to strengthen and tone the capillaries of the skin.
▪ 107 €

ADLER BALANCE: Detoxification and regeneration

FOR THAT BORN-AGAIN FEELING!

We have combined the best methods for you on an interdisciplinary basis:
▪ Detoxification and inner cleansing for fresh vitality ▪ Weight loss and nutrition counselling ▪ Stress management

BALANCE DETOX

Based on the four pillars of Mayr medicine: rest, purification, awareness and integration

Natural cleansing and regeneration programme for the whole organism according to F.X. Mayr – a method that has been successfully employed for over a hundred years.

Indications
- Cleansing and regeneration for the whole organism
- Chronic fatigue and lack of energy
- Digestion disorders, irritable bowel syndrome, allergies and intolerances

A preparatory programme is sent out for the week prior to arrival.

Programme*	Intensive	Basic
Programme introduction	1	1
Medical consultation	1	1
Bioelectric check-up	1	1
Bio-impedancometry	1	1
Personal nutrition profile	1	1
Mayr medicine methods	2	1
Draining Balance pack	2	-
Balance hydromassage	2	-
Soin antioxidant océanique	1	1
Aqua Detox foot-bath	2	2
Medical check	1	-
Balance massage	4	2
Private coaching	2	-
Breathing group exercises	2	1
Final medical consultation	1	1
	979 €	640 €

BALANCE WEIGHT CONTROL

The efficient path to permanent weight reduction

Permanent weight reduction programme with a focus on healthy and relaxed eating habits.

Indications
- Finding and maintaining your ideal weight
- Accepting and learning to love your body
- High blood pressure, excessive cholesterol, nervous hunger

A preparatory programme is sent out for the week prior to arrival.

Programme*	Intensive	Basic
Programme introduction	1	1
Medical consultation	1	1
Bioelectric check-up	1	1
Bio-impedancometry	1	1
Personal nutrition profile	1	1
Balance massage	3	1
Soin beauté minceur	1	1
Draining algae pack	2	2
Balance hydromassage	1	-
Medical check	1	-
Body Fit	2	-
Pressotherapy with wraps	2	-
Private coaching	2	1
Breathing group exercises	2	1
Final medical consultation	1	1
	979 €	640 €

BALANCE MIND & SPIRIT

Bringing harmony to body, mind and spirit

Full relax programme for body and soul.

Indications
- Controlling stress and its effects
- Achieving self-knowledge and new self-confidence
- Facing the world with fresh vitality

Programme*	Intensive	Basic
Programme introduction	1	1
Body & Soul consultation	1	1
Bio-energetic check-up	1	1
Harmonising energy treatment	1	-
Reflexology zones in thermal water	1	-
Body pack with herbs	1	-
Hatma harmony	1	1
Shiatsu	-	1
Hatma Purity	1	1
Private session with Oriental technique	1	-
Harmonising treatment with Tibetan sound bowls	1	-
Guided meditation	2	-
Water sound massage	1	1
Yoga in the group	6	3
Breathing group exercises	2	1
ADLER Mind & Spirit kit	1	-
Final medical consultation	1	1
	979 €	589 €

* The programme will be personalized according the doctor's indications.

Nutrition
Delicious healthy dishes prepared with fresh mainly regional products. For your programmes, the following nutrition options are available:
- individual nutrition plan derived from your personal nutrition profile (obligatory for the Detox and Weight Control programmes)
- free choice of dishes from our varied menu

Ayurveda for your health

TREATMENTS BY OUR AYURVEDA PHYSICIAN

Master Ayurveda Treatment
Individual treatment adapted to your state of health.
▪ 75 min. 137 €

Soft Panchakarma
Gentle cleansing massage with clarified butter (Ayurvedic ghee). The massage has cleansing and detoxifying effects and strengthens the body's immune system.
▪ 3 treatments 290 € ▪ 5 treatments 485 €

Kati Vasti or Uro Vasti
For back and neck pains.
▪ 50 min. 110 €

Marma Treatment
Marmas are vital energy points in the body corresponding to the organs. Stimulation generates a feeling of wellbeing.
▪ 60 min. 110 €

Shiro Picchu
Oil wraps on the forehead decelerate and harmonise the flow of thoughts.
▪ 60 min. 110 €

Shiro Vasti
For relaxation, harmony and enhanced powers of memory.
▪ 50 min. 110 €

Kundalini Treatment
Energy massage to arouse your spiritual potential and release tension; powerful liberating effect.
▪ 50 min. 110 €

Navara Kizhi
Massage with warm bags of rice and herbs dipped in oil; nourishes and tightens the skin.
▪ 50 min. 110 €

Nasya Therapy New
Cleansing and nutritious therapy for the nasal sinuses – for improved breathing and free nasal passages.
▪ 50 min 110 €

Karna Purana New
Ayurvedic ear treatment with warm sesame oil. Recommended for earache, tinnitus and headache. Relaxes the whole body and especially the jaw.
▪ 50 min 110 €

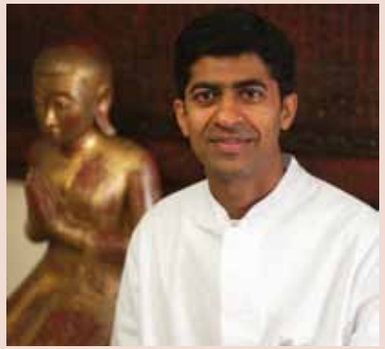
AYURVEDIC CLEANSING New

A complete programme including diagnosis, detoxification and counselling for a more harmonious lifestyle in keeping with your true needs. The ideal way to restore the natural balance of your vital energies (Doshas). Find relief from troublesome complaints and live a long and fulfilled life.

Our tip for you:
For optimum results, you are advised to eat three meals daily during the therapy but to avoid snacks in-between as far as possible. For lunch and dinner, we recommend you focus on fish and avoid carbohydrate.

Programme	
Anamnesis, determination of heart rate and the Dosha to be balanced, nutrition counselling, lifestyle recommendations	1
Ayurvedic detox treatment	1
Snehapana detoxification (with Ghee butter)	1
Udvarthana massage	1
Navara Kizhi treatment	1
Abhyanga massage	1
Inner cleansing with Virechana (with honey and Ayurvedic herbs)	1
Harmonising Marma treatment	1
Ayurvedic food supplements	1
Ayurvedic detoxification tea	1
Daily Yoga exercises in the group	
	587 €

(3 nights minimum stay)



Dr. Nahrenda Babu, Ayurveda physician
"In many cultures, Ayurveda is a recognised school of healing – not only in my home country but around the globe."

AYURVEDIC REGENERATION New

For restoration of the harmonious interaction of the Doshas, specific treatments are provided to reactivate the body's powers of self-healing and stimulate the natural functioning of all organs. As a welcome side effect, this programme also has visible rejuvenating effects on your appearance.

Programme	
Anamnesis, determination of heart rate and the Dosha to be balanced	1
Shiro Picchu	1
Kerala	1
Water Zen Massage	1
Kundalini treatment	1
Foot reflex zone massage in the thermal water	1
Ayurvedic food supplements	1
Ayurvedic detoxification tea	1
Private Yoga	1
Daily Yoga exercises in the group	
	537 €

(3 nights minimum stay)

Organic Cosmetics ADLER SPA

NATURALLY GOOD

ADLER SPA is the name of the **line of organic cosmetics** carefully prepared from **pure and natural ingredients** from the unspoilt natural landscape of the Dolomites and Tuscany.

ADLER SPA Organic Cosmetics are based on the principles of cosmeceutics, an innovative science with a medicinal approach to beauty care. The resulting products combine cosmetic with pharmaceutical properties and have a focus on the **health of the consumer.**

ADLER SPA Organic Cosmetics **contains no chemical preservatives** or colorants. They are made exclusively from the **vegetable and mineral ingredients** contained in natural raw materials and from animal produce (sheep's milk, honey). The skin-care base takes the form of fats and emulsifiers of vegetable origin. The **absence of soaps and sulphates** makes the products especially kind to the skin.

The philosophy behind the development of ADLER SPA Organic Cosmetics is to provide the skin with **care and beauty by natural means.** Many of our tempting Organic Spa applications (see p. 15) offer you a first-hand opportunity to discover the benefits of the various products.

You can also enjoy this sensuous experience in your own home. The **Spa Shop** has a full stock of our ADLER SPA product lines and will be happy to provide you with useful tips on skin care and beauty. Our products can also be ordered online at www.adler-shop.com.

Organic Cosmetics ADLER SPA "Tuscany"

- **Red grapes: radiant and youthful face:**

Cleansing milk	23 €
Facial lotion	21 €
Day cream	57 €
Night cream	59 €
Eye cream	39 €
Serum	67 €

Body:

Body emulsion	47 €

- **Olive Oil: moisturising**

Body oil	45 €

- **Milk & Honey: nutritive and firming**

Body emulsion	43 €

Organic Cosmetics ADLER SPA "Dolomites"

- **Edelweiss: revitalising, anti-aging**

Cleansing milk	25 €
Facial lotion	23 €
Day cream	69 €
Night cream	73 €
Eye cream	45 €
Serum	77 €

- **Raspberry: moisturising**

Shower gel	43 €
Body emulsion	33 €
Body oil	45 €

- **Vegetal-based melatonin: super lifting**

Facial cream	97 €
Body cream	67 €

Food supplements ADLER SPA

HEALTH AND BEAUTY FROM WITHIN

Vitamins, minerals and trace elements are the basis of healthy life. Our Spa Shop offers a wide range of **ADLER SPA food supplements** for a variety of requirements - from slimming and inner cleansing to anti-aging.

- **Detox**

Anice 7 Plus	19 €
Planto Pur +	21 €
Planto Dren	23 €
Mineral Sal	19 €

- **Economy pack Detox:**
  Planto Pur+Planto Dren+Anice 7 Plus: 57 €

- **Perfect Body**

Planto Slim	29 €
Planto Cell	26 €
Vaso Ven	21 €
Pro Diur	23 €

- **Economy pack Perfect Body:**
  Planto Slim+Planto Cell+Pro Diur: 70 €

- **Anti Age**

Vitalvit-E	37 €
Omega 3 Plus	25 €
Cellula Defense	35 €

- **Economy pack Anti Age:**
  Vital Vit-E+Cellula Defense+Omega 3 Plus: 75 €

- **Wellness**

Immuno Plus	24 €
Fisio Fit	23 €
Hair Plus	26 €
Night Relax	15 €

ADLER AQUAE

Flowing forces of healing

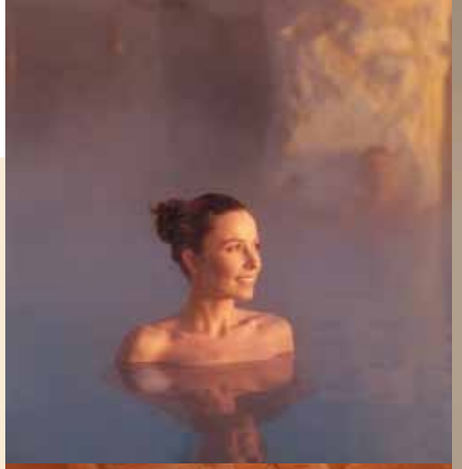
The thermal waters of Bagno Vignoni are charged with healing powers from the depths of the earth. As the rainwater seeps into the ground, it washes minerals and sulphur compounds out of the limestone rock. At a depth of 1,000 metres, the water comes into contact with hot layers of volcanic material, which warm the water, causing it to rise again. After a year-long journey down into the earth and back, the water emerges as a spring in the vicinity of the ADLER THERMAE Spa & Relax Resort.

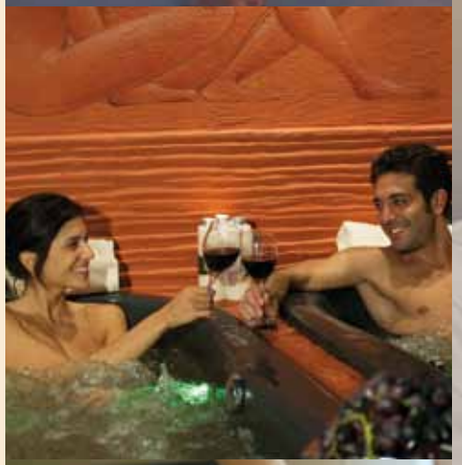
Salus per Aquam

The thermal waters of Bagno Vignoni and ADLER THERMAE have proven powers of healing. In combination with the beneficial warmth, the bicarbonates, sulphates, alkaline and earths contained in the water, which rises at a temperature of 50° C, have positive effects on the human organism and especially on the respiratory tracts, the vascular system, the skin and the bones.

ADLER AQUAE

- Outdoor thermal pool at 36° C (96.8 F°)
- Indoor thermal pool at 36° C (96.8 F°)
- Sport pool at 28° C (82.4 F°)
- Whirlpool attractions and water features
- "Wild River" flume
- Children's fun pool at 36° C (96.8 F°)
- "Artemisia" - herbal steam room
- "Salino" - Etruscan salty steam bath
- "Olivae" - sauna on the travertine lake
- "Grotta del Filosofo" - steam bath
- "Argillae" - Rasul Mud bath
- "Grotta Salina" - underground salt bath
- Relaxation area on two levels





Spa etiquette

Please make an appointment as soon as possible to be sure of receiving the desired treatment.

For further information or personal counselling, please do not hesitate to contact the ADLER SPA reception.

Our spa is a refuge for quiet relaxation. You can help us maintain a peaceful atmosphere by refraining from using mobile phones, computers, cameras, etc.

A relaxing shower is recommended to get you in the mood for your treatment.

If you wish to change or cancel an appointment, please notify the reception desk at least 24 hours before the scheduled time.

If you have any health problems (high blood pressure, disorders of the cardiac and circulatory systems, etc.), please consult the doctor in advance to determine whether our treatments are suitable for you.

Pregnant ladies are advised to consult the doctor before taking spa treatments.

ADLER SPA

I-53027 Bagno Vignoni (SI)
Booking +39 0577 889 001
ADLER SPA +39 0577 889 955
Fax +39 0577 889 999
www.adler-thermae.com
info@adler-thermae.com

TUSCANY