



ADLER SPA

TUSCANY

HEALTH & WELLBEING 2017

# 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 large number of international awards.

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

## CONTENT

■ <b>ADLER TREATMENTS</b>	page	Ayurveda for your health	13
Organic Cosmetics ADLER SPA & Food Supplements	4	Massages	14
ADLER facial treatments	5	Therapeutic treatments	15
ADLER body treatments	6	HAKI®	18
ADLER relaxing rituals	7	Spirit & Energy <i>New!</i>	18
■ <b>BEAUTY &amp; BODY</b>		■ <b>TIME FOR TWO</b>	17
Facial treatments	8-9	■ <b>SPA PROGRAMMES</b>	23
Body-styling & Thalasso	9-10	■ <b>THERMAL CENTER &amp; HEALTH</b>	
Aqua Wellness & Fango therapy	11	ADLER MED - 5 pillars of health	24
Man Spa	19	ADLER BALANCE® health programmes	25
Mama	20	ADLER MED - Thermal Spa	26
Boys & Girls	20	ADLER MED - diagnosis and prevention	27
Teen Agers	21	ADLER MED in a day <i>New!</i>	28
Hair Spa & Beauty Services	21	ADLER MED - Aesthetic Medical Spa	28-29
■ <b>MASSAGES &amp; THERAPEUTIC TREATMENTS</b>		■ <b>FITNESS</b>	30
Ayurveda	12	Spa-etiquette	31



We look forward to welcoming you there. Let us spoil you!

The team of ADLER THERMAE SPA



## Bio-Cosmetics and food supplements ADLER SPA

ADLER SPA Bio-Cosmetics for the natural approach to gentle skin and body care without chemical preservatives – with pure ingredients from the mountains of South Tyrol and the Tuscan Garden of Eden.

### BIO-COSMETICS

#### ADLER SPA «TUSCANY»

- **Red grape:**  
**regenerating, anti-oxidative**
- Cleansing milk 23 €
- Face lotion 21 €
- Day cream 57 €
- Night cream 59 €
- Eye cream 39 €
- Serum 67 €
- Body emulsion 47 €
- **Olive Oil:**  
**moisturising**
- Body oil 45 €
- **Milk & Honey:**  
**nutritive, firming**
- Body emulsion 43 €

#### • ADLER Body oils

- Arnica Oil (Fir, Cypress) 15 €
- Vitality Oil (Lemon, Mint) 15 €
- Relax Oil (Bitter Orange) 15 €
- Nourishing Oil (Evening Primerose) 15 €
- Fitomelatonin Oil 21 €

#### • ADLER Ayurveda oils

- Vata Oil (Relaxing) 17 €
- Pitta Oil (Refreshing) 17 €
- Kapha Oil (Vitalizing) 17 €

### BIO-COSMETICS

#### ADLER SPA «DOLOMITES»

- **Edelweiss:**  
**revitalising, anti-aging**
- Cleansing milk 25 €
- Face lotion 23 €
- Day cream 69 €
- Night cream 73 €
- Eye cream 45 €
- Serum 77 €
- **Raspberry:**  
**moisturising**
- Shower gel 33 €
- Body emulsion 43 €
- Body oil 45 €
- **Vegetal-based melatonin:**  
**firming-tightening**
- Day cream 97 €
- Day cream for men 97 €
- Facial peeling 41 €
- Facial mask 52 €
- Body cream 67 €
- **Green staminal:**  
**firming**
- Day cream 83 €
- Serum 107 €

ADLER SPA food supplements for a balanced supply of vitamins, minerals and trace elements for your special needs.

- **Detox**
- Anice 7 Plus 19 €
- Planto Pur + 21 €
- Planto Dren 23 €
- ADLER 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 €
- ADLER Pro Diur® 23 €
- Economy pack Detox**
- Planto Slim, Planto Cell & ADLER Pro Diur® 70 €
- **Anti-Aging**
- Vitalvit-E 25 €
- Omega 3 Plus 25 €
- Economy pack Detox**
- Vitalvit-E & Omega 3 Plus 42 €
- **Wellness**
- Immuno Plus 24 €
- Hair Plus 26 €
- Night Relax 21 €



## ADLER facial treatments

Nature's best. Exclusively for you, we have created a series of effective high-grade treatments to delight the senses and deliver a unique wellness experience. Natural ingredients like red grapes, olive oil, milk, honey and various medicinal herbs of Val d' Orcia offer wellbeing for body and soul.

### ADLER Luxury Visage *Top!*

Pure luxury for a dreamlike skin. Personalized facial treatment based on your skin that combines the dexterity of a relaxing facial treatment with the most advanced technological equipment such as oxygen, radio frequency, Hydradermie or LPG.

• 75 min. 154 €

### PURIFYING

#### ADLER facial cleansing

Full-depth cleansing of skin impurities, followed by a facial grape-based mask for a soft revitalised complexion.

• 50 min. 99 €

### ANTI-AGING

#### Anti-aging with grapes *New!*

Pure and radiant skin. Red grapes contain the powerful antioxidants polyphenol and resveratrol fighting efficiently against free radicals. As already known at the times of Cleopatra, red grapes favour cell renewal. Gentle peeling and a draining mask provide a fresh and youthful look.

• 50 min. 127 €

• with LPG 75 min. 154 €

### ADLER GREEN STAMINAL

Plant stem cells are the vital heart of the plants and a precious source of natural active ingredients rich in energy. For our line, we have chosen the stem cells of sour grape berries. The antioxidant action of resveratrol combined with the energetic force of stem cells, prevent the skin from aging and recharge it with vitality for a toned, young looking and bright face.

#### Anti-aging with green staminal

Sensitive skins respond to green staminal with sensational results! Effective cleansing of face, neck and décolleté is followed by innovative feel-good treatments with the stem-cell extract of the grape to give the skin a new radiance and freshness.

• 50 min. 127 €

• with oxygen 75 min. 154 €

### REJUVENATING

#### Excellence Rejuvenating

Relaxing and anti-aging facial treatment with vegetable melatonin extracted from sage, oats and yarrow. For intensive stimulation and rejuvenation of the skin. The whole treatment is accompanied by a pleasant massage.

• 50 min. 127 €

• with radio frequency 75 min. 154 €



The ADLER SPA shop has the complete product line and lots of useful tips for effective skin care. Go to [www.adler-shop.com](http://www.adler-shop.com) to order your favourite products with maximum convenience.



## ADLER body treatments

### ADLER Luxury body *Top!*

Body styling treatment with immediate results. Personalized facial treatment based on your skin that combines the dexterity of a massage with draining, anti-cellulite or toning effect and the most advanced technological equipment such as LPG, cavitation, radio frequency, cellultrim or pressure therapy.  
• 75 min. 125 €

### REDUCING

#### Body scrub with Brunello

A relaxing anti-aging treatment with grape seed peeling and a Brunello mask provides a wonderful feeling of relaxation and lightness of being.  
• 50 min. 87 €

#### Draining Fango Bath

Body treatment with volcanic halloysite clay with pronounced draining and cleansing effects. Recommended for cellulite, lymph blockages and swollen legs.  
• 50 min. 87 €  
• with Cellutrim 75 min. 125 €  
• with LPG 75 min. 125 €

#### Anti-cellulite Cellutrim with green staminal

Draining and firming treatment suggested especially for jodhpurs and buttocks. After an intensive electrotherapy a thermal pack with the stem cell extract of the grape is applied, stimulating microcirculation and reducing cellulite.  
• 50 min. 87 €

### TONING

#### Body scrub with milk and honey

Gentle full-body peeling followed by a moisturising milk and honey pack cleanses and nourishes the skin.  
• 50 min. 87 €

#### Nourishing body treatment with olive oil

The fruity notes of Tuscan olive oil give the treatment its beneficial anti-stress effects. Treat yourself to an olive body pack and body oiling with natural products.  
• 50 min. 87 €

#### Body Toning with vegetable melatonin

This specific body treatment strengthens and firms the deep tissues, gives the skin a new elasticity and tone and compensates skin irregularities.  
• 50 min. 87 €

### MASSAGES

#### Anti-stress Massage on the Vichy bed *Top!*

You lie pleasantly relaxed under jets of warm thermal water and enjoy a feel-good massage with almond oil for an all-round revitalised body feeling.  
• 45 min. 79 €

#### ADLER Tuscany Massage

Personalized relax massage with the best that Mother Earth has to offer. Spoil yourself with milk and honey body butter, velvety olive cream, and body oil with vegetable melatonin or grape seed oil.  
• 50 min. 79 €

#### ADLER Harmony

This rhythmic massage for head, face, shoulders and neck involves gentle strokes as well as vigorous pressure on specific vital points for a deeply relaxing effect. The intense stimulation revitalizes the skin of your face and scalp and activates the flow of Prana life energy in head and neck. It is a perfect path to release stress, clear your mind and find back to deeply experienced wellness for your whole body.  
• 50 min. 79 €

#### ADLER Light Feet

A relaxing massage for tired or swollen feet for total well-being.  
• 50 min. 79 €



## ADLER relaxation rituals

### Cypress dream

Draining and cleansing treatment, comprising a full-body peeling massage with salt followed by a warm milk bath enriched with sweet clover and pure natural cypress oil. For a sensational feeling of lightness.  
• 50 min. 87 €

### Harmonising Experience with Lavender

Anti-stress treatment for deep relaxation which includes a warm cream bath enriched with passion flower, camomile, vervain and essences of lavender, followed by an individual full-body massage. For inner harmony and a calm spirit.  
• 75 min. 125 €

### Brunello Ritual

A feel-good Brunello bath and a regenerating grape seed oil massage relax body and soul. With a tasting session for all the senses to complete this unique ritual.  
• for couples 75 min.  
107 € per person

### Salt Grotto

Weightless floating and relaxation in warm thermal water enriched with Dead Sea salt bring deep cleansing and harmony to the skin.  
• 13 € per person  
• exclusive for two 25 € per person

### Suggested programme

#### BEST OF ADLER SPA

- 1 Tension relief Massage
  - 1 Abhyanga-Massage
  - 1 Body scrub with Brunello
  - 1 Excellence Rejuvenating
  - 1 Salt Grotto
  - +10% discount on additional treatments
- 363 €

### Suggested programme

#### TUSCAN NATURE

- 2 ADLER Tuscany Messages
  - 1 Body scrub with milk and honey or body scrub with Brunello
  - 1 ADLER facial treatment (50 min.)
  - 1 Nourishing body treatment with olive oil
  - +10% discount on additional treatments
- 393 €





## Facial treatments

### ADLER Luxury Visage *Top!*

Pure luxury for a dreamlike skin. Personalized facial treatment based on your skin that combines the dexterity of a relaxing facial treatment with the most advanced technological equipment such as oxygen, radio frequency, Hydradermie or LPG.  
• 75 min.

### Free facial skin check-up

Professional facial skin analysis using a micro-camera to determine moisture status, pigment spots and wrinkle depth as a basis for recommended treatments and products.

### PURIFYING

#### ADLER facial cleansing

Full-depth cleansing, followed by a facial grape-based mask for a soft revitalised complexion.  
• 50 min. 99 €

### Beauté Neuve

A smooth facial skin and faded pigment spots are the result of this treatment with a highly effective fruit extract for the removal of dead flakes of skin, a serum with 56 active agents and a vitamin C mask.  
• 50 min.

### Hydradermie Plus

In-depth cleansing for a clearly revitalised skin of harmonious texture. Double ionisation promotes oxygen uptake in the cells of the skin and smoothes away irregularities.  
• 75 min.

### ANTI-AGING

#### Anti-aging with grapes *New!*

Pure and radiant skin. Red grapes contain the powerful antioxidants polyphenol and resveratrol fighting efficiently against free radicals. As already known at the times of Cleopatra, red grapes favour cell renewal. Gentle peeling and a draining mask provide a fresh and youthful look.  
• 50 min.  
• with LPG 75 min.

#### Anti-aging with green staminal

Sensitive skins respond to green staminal with sensational results! Effective cleansing of face, neck and décolleté is followed by fine new treatments with the stem-cell extract of the grape for a fresh and radiant skin.  
• 50 min.  
• with oxygen 75 min.

#### LPG-Endermologie® Face

Innovative facial treatment with a special cosmetic instrument for shaping the facial contours. For a firm and smooth skin with reduced wrinkles.  
• 50 min.

#### LPG Eye Contours *New!*

Reduces eye bags and dark circles, smoothes wrinkles and lifts eyelids for an open gaze.  
• 50 min.

### Oxygen therapy

Oxygen infusions and natural serum counteract aging of the skin for instantly visible effects. The result is a smoother and younger skin.  
• 50 min.

### Hydradermie Lift

Lifting treatment reduces facial expression lines through the increased production of elastin and collagen fibres. For a facial skin as smooth as silk.  
• 50 min.

### Soin Thalasso Visage

A treatment with the power of the sea! An active agent selected specially for your type of skin unfolds its full effects under the cooling Masque Thalasso. At the same time, an algae mask cleanses the skin and delivers moisture in concentrated form.  
• 50 min.

### Soin Dermatologique

Luxurious facial treatment based on a wealth of valuable active agents to rebalance the skin. From impurities of the skin and hyper-pigmentation to dry skin and redness, this is a full and complete treatment. Love your skin again and rediscover its beauty!  
• 50 min.

### REJUVENATING

#### Excellence Rejuvenating

Relaxing anti-aging facial treatment with vegetable melatonin extracted from sage, oats and yarrow. For intensive stimulation and rejuvenation of the skin. The treatment is accompanied by a pleasant massage.  
• 50 min.  
• with radio frequency 75 min.

**PRICES:** • treatments 50 min. 127 €  
• treatments 75 min. 154 €



## Body-styling

### ADLER EXCLUSIVES

#### ADLER Luxury body *Top!*

Body styling treatment with immediate results. Personalized treatment based on your skin that combines the dexterity of a massage with draining, anti-cellulite or toning effect and the most advanced technological equipment such as LPG, cavitation, radio frequency, cellultrim or pressure therapy.  
• 75 min.

### REDUCING

#### Body scrub with Brunello

A relaxing anti-aging treatment with grape seed peeling and a Brunello mask provides a wonderful feeling of relaxation and lightness of being.  
• 50 min.

#### Draining Fango Bath

Body treatment with volcanic halloysite clay with pronounced draining and cleansing effects. Recommended for cellulite, lymph blockages and swollen legs.  
• 50 min.  
• with Cellutrim 75 min.  
• with LPG 75 min.

#### Anti-cellulite Cellutrim with green staminal

Draining and firming treatment suggested especially for jodhpurs and buttocks. After an intensive electrotherapy a thermal pack with the stem cell extract of the grape is applied, stimulating microcirculation and reducing cellulite.  
• 50 min.

### Pressotherapy

An effective treatment to reduce cellulite and drain the tissues accompanied by a facial massage for enhanced well-being.  
• 50 min., 2 sessions 160 €  
• with drainage wraps 50 min., 2 sessions 160 €

### Cavitation

Innovative ultrasound treatment for increased fat metabolism and the targeted reduction of local fat pads.  
• 50 min.

### LPG-Endermologie® body treatment

An innovative lipomassage programme with anti-cellulite and figure sculpting effects; reduces fat pads, smoothes the skin and stimulates the microcirculation.  
• 50 min., 2 sessions 165 €

### Cryolipolysis *Top!*

Body treatment with immediate effects on local fat pads. As a result of the local application of cold, the sensitive fat cells crystallise and a natural reduction process is triggered.  
• 50 min. 197 €

### Draining body treatment Guinot

Local body treatment with slimming, detoxifying and draining effects. A massage followed by application of a firming body wrap with caffeine stimulates drainage of the tissues and sculpts the contours of the body.  
• 50 min.

### Radio frequency lifting treatment

The use of radio frequency energy strengthens the metabolism and stimulates the production of collagen for visible lifting effects.  
• 50 min.

### Age Summum

The peak of rejuvenating beauty care! Special products with almond oil and vegetable butter in combination with hyaluronic acid produce a smooth and firm facial skin.  
• 50 min.  
• with radio frequency 75 min.

### Soin Mille

Unique luxury treatment with the precious active ingredients of white truffle and collagen for smooth, silky and radiant skin.  
• 50 min.

### Soin Masque Modelant

The ultimate treatment for spectacular lifting effects. The self-warming mask with trace elements leaves the facial contours firm and fresh.  
• 50 min.

### Ultherapy® *Top!*

Ultherapy® is the natural choice for a non-surgical way to lift, tone and tighten your skin using safe, time-tested ultrasound technology. More info on page 29.

### Suggested programme

#### FACIAL BEAUTY

1 Preparatory facial treatment

2 Facial treatments (50 min.)

1 Eye treatment

+10% discount on additional treatments

337 €

**PRICES:** • treatments 50 min. 87 €  
• treatments 75 min. 125 €



## Body-styling

### Aromatic Corps Minceur Guinot

Local body treatment with sauna effects to reduce water retention and eliminate toxins. Clay, green tea and caffeine combine to produce firming, draining and also slimming effects.  
• 50 min.

### Soin Detox Minceur Maria Galland

Customized anti-cellulite body treatment with detoxifying and draining effect to find back to a harmonious silhouette. Reshapes your body and stimulates micro-circulation with immediate slimming effect.  
• 50 min.

### TONING

#### Body scrub with milk and honey

Gentle full-body peeling followed by a moisturising milk and honey pack cleanses and nourishes the skin.  
• 50 min.

#### Nourishing body treatment with olive oil

The fruity notes of Tuscan olive oil give the treatment its beneficial anti-stress effects. Treat yourself to an olive body pack and body oiling with natural products.  
• 50 min.

#### Body Toning with vegetable melatonin

This specific body treatment strengthens and firms the deep tissues, gives the skin a new elasticity and tone and compensates skin irregularities.  
• 50 min.

### Radio frequency body treatment

Local ultrasonic body toning treatment for renewed elasticity and a harmonious skin.  
• 50 min., 2 sessions 165 €

### Soin Fermeté Maria Galland

Specific and localized treatment to firm, smooth and improve the look of your skin. It firms and prevents skin sagging. The peel off mask is rich in the active ingredients of glaucina and caffeine and intensifies lipolysis (fat splitting) and stimulates circulation for a more toned body.  
• 50 min.

### Soin Modelant Corps Maria Galland

Local body shaping treatment with a thermal mask to promote uptake of the active agents applied to the skin. Sea-salt peeling and a firming serum combine to produce a smooth skin and clearly improved tone.  
• 50 min.

### Suggested programme

#### TOP FORM WOMAN

1 Draining massage

1 Draining treatment

1 Body toning with vegetable melatonin

2 High-efficiency technology treatments

+10% discount on additional treatments

393 €

### THALASSO

#### Salt peeling Massage on the Vichy bed

You lie pleasantly relaxed under jets of warm thermal water and enjoy a cleansing full-body massage with sea salt and almond oil for an all-round revitalised body feeling.  
• 40 min. 79 €

#### Thalasso Alghelba

A firming and draining anti-cellulite treatment with extracts of algae from the island of Elba. Full-body peeling followed by a body pack and a warm bath guarantee a complete feel-good experience.  
• 50 min.  
• 75 min.

### Suggested programme

#### THALASSO

1 Peeling Massage on the Vichy bed

1 Thalasso facial treatment

1 Thalasso body pack

1 Thalasso Alghelba

1 Salt Grotto

+10% discount on additional treatments

343 €



## Aqua Wellness & Fangotherapy

### Salt Grotto

The cleansing and regenerating effects of sea salt on the respiratory tract and skin were appreciated in ancient times already. Immerse yourself in the mystical atmosphere of the Salt Grotto, float weightlessly in the warm thermal water enriched with Dead Sea salt and enjoy an infinite feeling of lightness and total relaxation.

• 20 min. 13 € per person

• exclusive for two 25 € per person

### Anti-stress Massage on the Vichy bed *Top!*

You lie pleasantly relaxed under jets of warm thermal water and enjoy a feel-good massage with almond oil for an all-round revitalised body feeling.

• 45 min. 79 €

### Watsu

Shiatsu in warm thermal water for deep relaxation in body and soul. The floating effect in the water releases blockages and stimulates the flow of energy.

• 45 min. 87 €

### Water Zen Massage

Harmonisation and relaxation for body and soul in the warm thermal water, created by the use of special Shiatsu, Ayurveda and Thai massage techniques.

• 45 min. 87 €

• for couples 45 min. 87 € per person

### HYDROTHERAPY

#### Salt Bath

High-pressure water jets and warm Thalasso mud stimulate the circulation and lymphatics.

• 15 min. 42 €

#### Relaxing Herbal or Essence Bath

Feel-good bath in the hydromassage tub with 170 massage jets, enriched with a choice of organic herbs or oil essences. Ideal preparation for a massage.

• 15 min. 42 €

#### Hydrokinesiotherapy

Supervised motor exercises in the warm thermal water with positive effects on the joints and locomotor system. Reduced body weight in the water makes the exercises more effective and kinder to the joints, vertebral discs and veins.

• 87 €, 2 sessions 165 €

### FANGOTHERAPY

Inorganic minerals are a precious natural resource important for life. Produced in the lab mineral muds are highly efficient, containing bioactive volcanic minerals and thermal water, stimulating natural regeneration.

- **Tension:** Fango with zeolite clay is good for back and neck pains, tendinitis and strained muscles. Releasing muscle tension it offers an optimal preparation for a massage.

- **Traumas:** Fango with halloysite clay accelerates the resorption of water in the tissues. Recommended for bruises and swellings.

- **Arthrosis:** Fango with montmorillonite reduces inflammation and eases pain. Recommended for joint wear and chronic joint pains.

• 20 min. 47 €, 2 sessions 87 €

**PRICES:** • treatments 50 min. 87 €  
• treatments 75 min. 125 €



# Ayurveda

## Kerala

Full-body massage, including the head and face, using warm sesame oil for relaxation, improved sleep and a stronger immune system.

• 75 min.

## Abhyanga

Relaxing and moisturising full-body massage with warm sesame oil for tension release, inner cleansing and improved sleep.

• 50 min.

## Shirodhara

The warm flow of oil onto the «third eye» in the middle of the forehead liberates the spirit and creates inner harmony. The application is most effective after an Abhyanga or Kerala treatment.

• 75 min.

## Garshan

Peeling massage with untreated natural raw silk gloves to tighten the tissues. The gloves are then yours to use for massaging at home.

• 50 min.

## Udvarthana

Peeling massage with selected herbal pastes for activating the local blood profusion and in-depth cleansing of the skin

• 50 min.

## Pinda Sweda

This gentle full-body oil treatment with warm bags of spices and herbs has cleansing and regenerating properties.

• 75 min.

## Kundalini

Ayurveda treatment including yoga elements. Kundalini is the biggest evolutionary force hidden within us. This potential exists in the body through the chakras which are centers of potential energy. The treatment reactivates this energy, awakening maximum potential by creating a psychophysical balance in body and mind.

## Kalari

A full-body sesame oil massage performed with the feet releases muscle tension and stimulates the flow of energy for perfect relaxation.

• 50 min.

• 75 min.

## Detoxifying Ayurveda Treatment

A cleansing and detoxifying full-body treatment. The application of warm sesame oil and an Ayurvedic herbal pack to the body on the Swedanam steam bed has dewatering effects, which remove the toxins.

• 50 min.

## Four-handed Synchronous Massage

Full-body massage performed by two masseurs working together. Stimulates the circulation, regenerates tendons and muscles.

• 50 min. 137 €

### Suggested programme

#### AYURVEDA RELAX

3 Ayurvedic Massages (50 min., except four-handed synchronous Massage)

1 Ayurvedic Massage (75 min.)

1 Essence bath

**+10% discount on additional treatments**

393 €

**PRICES:** • treatments 50 min. 87 €  
• treatments 75 min. 125 €



# Ayurveda for your health



**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.»*

## Master Ayurveda Treatment *Top!*

Ayurvedic treatment tailored to your individual needs for physical wellbeing and spiritual harmony.

• 75 min.

## Panchakarma

The gentle cleansing massage with ghee has detoxifying effects and stimulates the immune system.

• 50 min.

• 2 treatments 50 min. 165 €

## Marma Treatment

The body's vital points are stimulated through light pressure to restore the flow of energy and bring harmony to body and soul.

• 50 min.

## Ayurvedic Cleansing

An individualised treatment comprising diagnosis, cleansing and counselling for a healthy and harmonious lifestyle. The ideal way to restore the balance of the Doshas.

### Suggested programme

1 Ayurvedic consultation and individual treatment programme

1 Ayurvedic detox treatment

1 Snehapana detoxification (with Ghee butter)

1 Inner cleansing with Virechana (drink of honey and herbs)

1 Kerala

1 Abhyanga

1 Ayurvedic food supplements

Daily Yoga exercises in the group

**+10% discount on additional treatments**

487 €

## Shiro Picchu

Oil compresses on the forehead harmonise the flow of thoughts.

• 75 min.

## Navara Kizhi

A cleansing massage with warm bags of medicinal rice and herbs. Good for rheumatism, pains of the joints and muscles, and back pains (e.g. sciatica, slipped disc, etc).

• 75 min.

**PRICES:** • treatments 20 min. 57 €  
• treatments 50 min. 87 €  
• treatments 75 min. 125 €

## Ayurvedic Regeneration

Specific treatments are used to restore the harmonious interaction of the three Doshas. They reactivate the body's powers of self-healing and stimulate the natural functioning of all the organs. As a «welcome» side effect, this also has visible rejuvenating effects on your looks.

### Suggested programme

1 Ayurvedic consultation and individual treatment programme

1 Inner cleansing with Virechana (drink of honey and herbs)

1 Foot reflex zone Massage in the thermal water

1 Kerala

1 Kundalini

1 Marma

1 Ayurvedic food supplements

Daily Yoga exercises in the group

**+10% discount on additional treatments**

487 €

## Avagaha Sweda

A gentle massage with warm oil followed by a relaxing bath stimulates the circulation, creating detoxifying effects and revitalising the skin.

• 75 min.

## Karna Purana

A special treatment for the ears with warm sesame oil. Good for earache, tinnitus, headache, bodily tension and pain in the jaw.

• 20 min.

## Nasya Therapy

A special treatment that clears the respiratory system.

• 20 min.



# Massages

## Anti-stress Massage on the Vichy bed *Top!*

You lie pleasantly relaxed under jets of warm thermal water and enjoy a feel-good massage with almond oil for an all-round revitalised body feeling.

• 45 min.

## ADLER Tuscany Massage

Personalised relax massage with the best that Mother Earth has to offer. Spoil yourself with milk and honey body butter, velvety olive cream and body oil with vegetable melatonin or grape seed oil.

• 20 min.

• 50 min.

## Tension relief Massage

This relaxing full-body massage releases muscle tension and creates a feeling of harmony and wellbeing. Even more effective in combination with a fango pack.

• 20 min.

• 50 min.

## Classic Massage

Traditional full-body Swedish massage for relaxed muscles, improved circulation and mental calm. We recommend an Adler Massage oil selected to meet your individual needs: Vitality, Arnica, Almond, Fitomelatonin, Grape Seed or Olive.

• 20 min.

• 50 min.

## Fonctionnel Massage

*New!*

Highly effective functional massage employing a combination of specific serums from aromatic essential oils and a stimulating massage for targeted problem zone results.

• 50 min.

## ADLER Harmony

This rhythmic massage for head, face, shoulders and neck involves gentle strokes as well as vigorous pressure on specific vital points for a deeply relaxing effect. The intense stimulation revitalizes the skin of your face and scalp and activates the flow of Prana life energy in head and neck. It is a perfect path to release stress, clear your mind and find back to deeply experienced wellness for your whole body.

• 50 min.

## ADLER Light Feet

A relaxing massage for tired or swollen feet for total well-being.

• 50 min.

## Mediterranean Massage

Relaxing and moisturising massage with citrus essences for wellbeing in body and soul.

• 50 min.

## Sports Massage

Powerful massage with intensive effects on the muscles – in preparation for sport activities or for relaxing the muscles afterwards.

• 50 min.

## Draining Massage

This special massage technique strengthens the microcirculation and stimulates the lymphatic system. For cleansing the tissues and draining accumulations of water – and a heightened sense of the lightness of being.

• 50 min.

## Foot reflexology Massage

For every organ of the body there is a reflex zone in the feet. Stimulation applied to a certain point on the sole of the foot has a reflex influence on the corresponding organ and subsequent healing effects.

• 50 min.

## Hot Stones Massage

Relax massage with warm lava stones and oil to relieve muscle tension and activate the flow of energy.

• 50 min.

## Aromatherapy Massage

Some etheric oils have stimulating effects in cases of exhaustion or lack of energy while others have calming effects and are used to treat insomnia or nervous tension. An individual full-body massage for harmony in body and soul.

• 50 min.

## Suggested programme

### ANTISTRESS

1 Anti-stress Massage on the Vichy bed

1 Fango bath

1 HAKI® Flow in thermal water

1 Excellence facial treatment

1 Salt Grotto

**+10% discount on additional treatments**

317 €



# Therapeutic treatments

## Hydrokinesiotherapy

Effective for back pains. Supervised motor exercises in the warm thermal water with positive effects on the joints and locomotor system. Reduced body weight in the water makes the exercises kind to the joints, vertebral discs and veins, and permits effective exercising.

• 87 €, 2 sessions 165 €

## Therapeutic Massage

Individualised massage with positive effects for the joints, muscles and vertebral column. Recommended for back, neck and shoulder pain, and for sciatica.

• 20 min.

• 50 min.

## Harmonising Backbone Treatment

Deep but gentle grips are used to release muscle tension and blockages caused by poor posture.

• 50 min.

## Lymph Drainage

Gentle grips are employed to stimulate the circulation and lymphatic flow. Effective treatment for oedemas, impaired drainage, swellings, cellulite and for general drainage and toxin removal.

• 50 min.

## Shiatsu

This Far Eastern massage technique works with the meridians of the body. Gentle pressure is applied with the fingers to clear blockages in the meridians so that your life energy Qi can flow again.

• 50 min.

## Energy balance treatment

A combination of the techniques used in foot reflexology massage, Shiatsu and Reiki opens up the body's energy paths and relaxes the nervous system so that your life energy Qi can flow again.

• 75 min.

## Tui Na

Chinese massage targeted at the meridians. The massage harmonises Yin and Yang, relieves pain and regulates the circulation.

• 75 min.

## Craniosacral Therapy

Gentle manipulation technique targeted at the cervical spine and coccyx to stimulate the flow of cerebrospinal fluid. Recommended for stress, tension, back pain, migraine, tinnitus and depressive moods.

• 50 min.

• 75 min.

## Heaven and Earth

Relaxing neck and head massage combined with an energising foot massage.

• 50 min.

## Thai Massage

In Thai massage, special stretching and compression techniques are employed to loosen the various muscle groups and improve the circulation and the flexibility of the joints.

• 75 min.

## Abdominal massage

*New!*

Releases Diaphragm tension and stimulates the digestion

• 50 min.

## EFFICIENT TECHNOLOGY TREATMENTS

### Tecar Therapy

Treatment with an appliance for stimulating the body's natural repair mechanisms. Pain and inflammation control effects on muscles, tendons and fascia often set in after the very first application.

• 20 min., 2 sessions 119 €

• 50 min., 2 sessions 165 €

### Electromedical Treatment

For relief from inflammation and muscle tension. Ultrasound treatment stimulates the self-healing processes.

• 20 min., 2 sessions 119 €

• 50 min., 2 sessions 165 €

## Suggested programme

### HEALTHY BACK

1 Therapeutic Massage

1 Tension relief Massage

1 Fango pack

1 Private Coaching (45 min.)

1 Hydrokinesiotherapy

**+10% discount on additional treatments**

343 €

**PRICES:** • treatments 20 min. 55 €

• treatments 50 min. 79 €

**PRICES:** • treatments 20 min. 63 €

• treatments 50 min. 87 €

• treatments 75 min. 125 €





## Treatments for couples

### ADLER Luxury Aetos Ritual *New!*

New exclusive and frizzy 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.

- 100 min. 167 € per person

### Salt Grotto exclusive

Magic moments and a romantic experience for two. Weightless floating in warm thermal water enriched with Dead Sea salt brings deep cleansing and harmony to the skin.

- 20 min. 25 € per person

### Brunello Ritual

A romantic experience for couples comprising a relaxing bath with Brunello and an enjoyable massage with grape-seed oil followed by a vine tasting session in a relaxed atmosphere.

- 75 min. 107 € per person

### Rasul Bath

Beauty ritual with a long time tradition in Orient. Purifying mud is applied on the body and makes you skin smooth and velvety.

- 40 min. 44 € per person

### ADLER Tuscany Massage

Relaxing and moisturising full-body massage with milk and honey butter to revitalise and pamper the skin.

- 50 min. 79 € per person

### Salt Ritual

Magic moments and a romantic experience for two. Weightless floating and relaxation in warm thermal water enriched with Dead Sea salt followed by a cleansing aroma bring beauty to the skin and calm to the mind.

- 35 min. 42 € per person

### Water Zen Massage

Harmonisation and relaxation for body and soul in the warm thermal water, additionally heightened by the use of special Shiatsu, Ayurveda and Thai massage techniques.

- 50 min. 87 € per person

### Luxury Oriental Ritual *Top!*

Beguiling aromas of the Orient accompany this most exclusive of all treatments for twosomes. Immerse yourself with your partner in a unique world of intensive feeling and pure wellbeing!

- 100 min. 167 € per person

### Romantic Experience

A relaxing footbath with rose aromatic salt prepares you for a massage of head, neck and shoulders with warm coconut oil and essences of lavender, geranium and eucalyptus. Pleasant-smelling ginger balm releases the muscles. A foot massage with warm coconut oil and eucalyptus cream rounds off the ritual and provides a sensation of lightness.

- 75 min. 107 € per person

### Oriental Aroma Ceremony

A ritual like in an exotic fairy tale. Warm pads of aromatic herbs and Oriental spices are massaged on the whole body. This treatment from South East Asia pampers your senses and provides fragrant wellbeing.

- 50 min. 97 € per person

### Thai Sensation *New!*

This exceptional facial treatment is a real youth elixir. Warm herbal pads, perilla oil and scented essences of ylang ylang, curcuma and kaffir lime make the relaxing facial massage a romantic event for Two.

- 50 min. 127 € per person

### Aromatic Savonage *New!*

Purifying anti-aging ritual. Soft natural soap and precious aromatic oils clear and regenerate your skin. The savonage of black sesame, lemongrass or thai noni soap is followed by a soft pampering full-body massage with warm coconut oil and essences of lavender, ylang ylang and curcuma.

- 50 min. 97 € per person

### Suggested programme

#### JUST AMORE

- 1 Brunello Ritual
- 1 Romantic Experience
- 1 Salt Grotto exclusive for two
- 1 Oriental Ceremony
- 1 Rasul Bath

Package for 2 persons

+10% discount on additional treatments

357 € per person



HAKI®

Haki is a holistic concept created for people that have too much stress, cannot «pull the plug», with back tension and difficulty to concentrate. The treatments aim to cure the symptoms on their roots and focus on shoulders, neck and head. Overcoming the resistance of body and mind, tensions are relieved, you get in touch with yourself, your mind is carefree and lighter, you find back to a state of well-being and long lasting relax.

**HAKI® Flow in thermal water *Top!***

Reborn in water, light and carefree. With the lightness of a wave, your body is gently straightened, rotated and stretched. Find back to yourself with gentle movements and the healing power of the water.  
• 50 min.

**HAKI® Stretch & Relax**

Wellness starts from the head. This treatment focuses on shoulders and neck, head and feet with pressure and strains targeted to restore your contact with your own interior vibrations. The so achieved harmony in the nervous system and muscles gives you a sensation of regeneration and balance.  
• 50 min.

**HAKI® Purna**

Full body treatment head to feet. Thanks to specific strains performed with Haki handles the balance of your body and mind is restored. Ideal for head controlled people with too many thoughts, in case of sedentary lifestyle and back pain caused by muscular tension.  
• 75 min.

**HAKI® Sacral**

Relieves back tension with gentle pressure and gives an effect of harmony and relaxation by activating the self-healing powers of your body.  
• 50 min.

**HAKI® Sacral Deluxe**

The back treatment for women. By conscious and mindful touches – starting with the neck, leading over the back and ending at the loins – the Haki® Sacral Deluxe back treatment for women loosens tensions and discharges them through pressure, rhythm and vibration. During the treatment, the body center is activated and enriched with the energetic fire of life.  
• 50 min.

**Suggested programme**

**ADLER NEW ENERGY**

1 ADLER Light Feet

1 ADLER Harmony

1 HAKI® Stretch & Relax

1 HAKI® Flow in thermal water

1 Salt Grotto

**+10% discount on additional treatments**

319 €



*New!*

**Spirit & Energy**

**Reconnective Healing®**

Reconnective Healing is a return to an optimal state of balance with benefits on your physical, emotional, mental and spiritual existence. It is the result of interacting with the fully comprehensive Reconnective Healing spectrum of frequencies that consists of energy, light and information. Physical contact is not needed. One to three sessions are recommended before the session of Reconnection®.  
• 50 min. 97 €

**The Reconnection®**

The Reconnection is an accelerated exchange of the energy, light and information found in the Reconnective Healing Frequencies. It is a focused formation to connect three systems: the ley lines of our planet, the meridian lines of the human body and the universal energy grid. The Reconnection is a once-in-a-lifetime experience that ties us back into a timeless system of intelligence.  
• 2 sessions of 50 min. 333 €

**S.E.R. – Somato Emotional Release®**

Somato-emotional release is a therapeutic procedure that uses the concepts of cranio-sacral therapy to free the body and mind of the discomforting side effects of trauma. The therapy focuses on establishing a strong mind-body connection in order to the release of emotional trauma and the resolution of physical symptoms.  
• 75 min. 137 €



**Man Spa**

**FACIAL TREATMENTS**

**ADLER facial cleansing**

Full-depth cleansing of impurities of the skin, followed by a facial grape-based mask for a soft revitalised complexion.  
• 50 min. 99 €

**Anti-aging with grapes *New!***

Pure and radiant skin. Red grapes contain the powerful antioxidants polyphenol and resveratrol fighting efficiently against free radicals. As already known at the times of Cleopatra, red grapes favour cell renewal. Gentle peeling and a draining mask provide a fresh and youthful look.  
• 50 min. 127 €  
• with LPG 75 min. 154 €

**Excellence Rejuvenating**

Relaxing and anti-aging facial treatment with vegetable melatonin extracted from sage, oats and yarrow. For intensive stimulation and rejuvenation of the skin. The whole treatment is accompanied by a pleasant massage.  
• 50 min. 127 €  
• with radio frequency 75 min. 154 €

**LPG Eye Contours *New!***

Reduces eye bags and dark circles, smoothes wrinkles and lifts eyelids for an open gaze.  
• 50 min. 127 €

**BODY TREATMENTS**

**Anti-stress Massage**

**on the Vichy bed *Top!***  
You lie pleasantly relaxed under jets of warm thermal water and enjoy a feel-good massage with almond oil for an all-round revitalised body feeling.  
• 45 min. 79 €

**LPG-Lipomassage® Massage Stomach**

Innovative treatment with a special cosmetic appliance with sculpting effects. Reduces fat pads, tightens and smoothens the skin and stimulates drainage of the lymphatics.  
• 50 min. 87 €

**Fango Therapy**

A relaxing body pack with bioactive volcanic mud containing zeolith loosens the muscles and provides optimal preparation for a massage.  
• 20 min. 47 €

**Relax Massage**

Relaxing full-body massage to release muscle tension. Even more effective in combination with a fango pack.  
• 20 min. 55 €  
• 50 min. 79 €

**Sports massage**

Powerful massage with intensive effects on the muscles – in preparation for sporting activities or for relaxing the muscles afterwards.  
• 50 min. 79 €

**Harmonising Experience with Lavender**

Anti-stress treatment for deep relaxation which includes a warm cream bath enriched with passion flower, camomile, vervain and essences of lavender, followed by an individual full-body massage. For inner harmony and a calm spirit.  
• 75 min. 125 €

**Private Coaching**

• 30 min. 40 €, 2 sessions 72 €  
• 45 min. 60 €, 2 sessions 107 €

**Suggested programme**

**FOR MAN**

1 Facial cleansing

1 Relax Massage

1 Anti-stress Massage on the Vichy bed

1 Cypress Dream

1 Manicure or pedicure

**+10% discount on additional treatments**

367 €

**PRICES:** • treatments 50 min. 87 €  
• treatments 75 min. 125 €



## Mama

### FACIAL TREATMENTS

#### ADLER facial cleansing

Full-depth cleansing of impurities of the skin, followed by a facial grape-based mask for a soft revitalised complexion.  
• 50 min. 99 €

#### Excellence Rejuvenating

Relaxing and anti-aging facial treatment with vegetable melatonin extracted from sage, oats and yarrow. For intensive stimulation and rejuvenation of the skin. The whole treatment is accompanied by a pleasant massage.  
• 50 min. 127 €  
• with radio frequency 75 min. 154 €

#### Anti-aging with green staminal

Sensitive skins respond to green staminal with sensational results! Effective cleansing of face, neck and décolleté is followed by innovative feel-good treatments with the stem-cell extract of the grape to give the skin a new radiance and freshness.  
• 50 min. 127 €  
• with oxygen therapy 75 min. 154 €

### BODY TREATMENTS

#### Body scrub with milk and honey

Gentle full-body peeling followed by a moisturising milk and honey pack cleanses and nourishes the skin.  
• 50 min. 87 €

#### HAKI® Flow in thermal water

Reborn in water, light and carefree. With the lightness of a wave, your body is gently straightened, rotated and stretched. Find back to yourself with gentle movements and the healing power of the water.  
• 50 min. 79 €

Nourishing body treatment with olive oil The fruity notes of Tuscan olive oil give the treatment its beneficial anti-stress effects. Treat yourself to an olive body pack and body oiling with natural products.  
• 50 min. 87 €

#### Draining Massage

This special massage technique strengthens the microcirculation and stimulates the lymphatic system. For cleansing the tissues and draining accumulations of water – and a heightened sense of the lightness of being.  
• 50 min. 79 €

#### ADLER Tuscany Massage

Personalized relax massage with the best that Mother Earth has to offer. Spoil yourself with milk and honey body butter, velvety olive cream, and body oil with vegetable melatonin or grape seed oil.  
• 50 min. 79 €

#### Watsu for Mums

Floating in the warm thermal water, you are at one with yourself and your child.  
• 45 min. 87 €

### Suggested programme

#### MAMA

1 Anti-aging with green staminal

1 Draining Massage

1 ADLER Tuscany Massage

1 Body Scrub with milk and honey

**+10% discount on additional treatments**

343 €



## Boys & Girls

### WELLNESS FOR KIDS

#### Aki Chocolate Massage

A sweet blend of skin-care agents and a gentle feeling on the skin. The chocolate aroma brings happiness.  
• 20 min. 44 €

#### Aki Milk & Honey Massage

A wonderful children's massage with a fine honey aroma provides gentle care for young skins.  
• 20 min. 44 €

#### Massage with Mum or Dad

Enjoy rare relaxing moments with your child!  
• 20 min. 44 € per person



## Teen Ager

### Facial cleansing

Facial cleansing treatment to remove impurities with soothing mask made from grapes for a soft, hydrated and oxygenated skin.  
• 50 min. 99 €

#### Body scrub with milk and honey

Gentle full-body peeling followed by a moisturising milk and honey pack cleanses and nourishes the skin.  
• 50 min. 87 €

#### ADLER Massage

Personalized relaxing massage, tonifying with milk butter and honey, smoothing with olive cream or rebalancing with Phytomelatonin oil or with grape seed oil.  
• 50 min. 79 €

#### Ayurveda Massage

Relaxing body massage with nourishing hot sesame oil for a complete relax.  
• 50 min. 87 €

#### Happy Hands & Feet

Filed and varnished nails plus hands and feet massage.  
• 50 min. 59 €

#### Private Coaching

A personal trainer at your disposal for a customized training!  
• 30 min. 40 €, 2 sessions 72 €



## Hair Spa & Beauty Services

### BEAUTY SERVICES

#### Manicure

• 50 min. 56 €

#### Nail Design

• 54 €

#### Beautiful Nails

• 121 €

#### Depilation

• from 20 €

#### Eyelash Tinting

• 20 min. 27 €

#### Eyebrow Tinting

• 20 min. 20 €

#### Professional Make-up

• 20 min. 54 €

#### Pedicure

• 50 min. 56 €

### HAIRDRESSER

#### Free hair check-up

Thanks to a visual analysis carried out with a micro camera, you check in detail the health conditions of your hair and receive professional advice for targeted treatments and products for your specific hydration level, sebum and dandruff.

Hair cuts for him and her • 23 €

Wash & Dry • from 32 €

Colour • from 35 €

### HAIR CARE & DRYING

Thalasso Purity indicated hair treatment for dandruff.  
• 55 €

Thalasso Vitality good for hair loss; nourishes and strengthens the scalp.  
• 55 €

Thalasso Comfort for sensitive and irritated scalps; offers protection and relaxation.  
• 55 €

Thalasso Balance for greasy hair; with harmonising effects on the scalp.  
• 55 €

Gold treatment for soft and silky hair.  
• 55 €

#### Professional Keratin Hair Treatment *Top!*

For immediate spectacular results. One treatment is enough to strengthen and revitalise your hair for a silky and shiny effect.  
• Short hair 131 €  
• Long hair 161 €

We are always pleased to advise on the best treatments and products for your individual styling needs.



## Spa programmes

### BEST OF ADLER SPA

- 1 Relax Massage
- 1 Abhyanga-Massage
- 1 Body scrub with Brunello
- 1 Excellence Rejuvenating
- 1 Salt Grotto

363 €

### TOP FORM WOMAN

- 1 Draining massage
- 1 Draining treatment
- 1 Body toning with vegetable melatonin
- 2 High-efficiency technology treatments

393 €

### AYURVEDA RELAX

- 3 Ayurvedic Massages (50 min., except four-handed synchronous Massage)
- 1 Ayurvedic Massage (75 min.)
- 1 Essence bath

393 €

### ADLER NEW ENERGY

- 1 ADLER Light Feet
- 1 ADLER Harmony
- 1 HAKI® Stretch & Relax
- 1 HAKI® Flow in thermal water
- 1 Salt Grotto

319 €

### THALASSO

- 1 Peeling Massage on the Vichy bed
- 1 Thalasso facial treatment
- 1 Thalasso body pack
- 1 Thalasso Alghelba
- 1 Salt Grotto

343 €

### JUST AMORE

- 1 Brunello Ritual
- 1 Romantic Experience
- 1 Salt Grotto exclusive for two
- 1 Oriental Ceremony
- 1 Rasul Bath

Package for 2 persons,  
357 € per person

### TUSCAN NATURE

- 2 ADLER Tuscany Massages
- 1 Body scrub with milk and honey or body scrub with Brunello
- 1 ADLER facial treatment (50 min.)
- 1 Nourishing body treatment with olive oil

393 €

### FOR MAN

- 1 Facial cleansing
- 1 Relax Massage
- 1 Anti-stress Massage on the Vichy bed
- 1 Cypress Dream
- 1 Manicure or pedicure

367 €

### HEALTHY BACK

- 1 Therapeutic Massage
- 1 Tension relief Massage
- 1 Fango pack
- 1 Private Coaching (45 min.)
- 1 Hydrokinesiotherapy

343 €

### FACIAL BEAUTY

- 1 Preparatory facial treatment
- 2 Facial treatments (50 min.)
- 1 Eye treatment

337 €

### ANTISTRESS

- 1 Anti-stress Massage on the Vichy bed
- 1 Fango bath
- 1 HAKI® Flow in thermal water
- 1 Excellence facial treatment
- 1 Salt Grotto

317 €

### MAMA

- 1 Anti-aging with green staminal
- 1 Draining Massage
- 1 ADLER Tuscany Massage
- 1 Body Scrub with milk and honey

343 €



By booking a Spa program, special reduction of 10% on any additional treatment.



Experience an ideal holiday while improving your health conditions. In addition to a wide range of individual medical therapies, we offer highly effective holidays for health – adapted to meet your personal needs and goals – with a choice of focus: natural cleansing & detoxification, permanent weight loss and beauty & anti-aging.

Our doctors are at your disposal:

Dr. Michele Bianchini, surgeon, specialized in hygiene and preventive medicine, aesthetic dermatology and surgery.

Dr. Stefania Mazziari, surgeon, specialized in phytotherapy, homeopathy, Traditional Chinese Medicine and cell nutrition.

### 5 PILLARS OF HEALTH

#### DIAGNOSIS

The point of departure for individual and effective treatment.

Before we set off on the path to health in body and soul, we need a clear picture of your present condition. To ensure optimum benefits, your ADLER BALANCE holiday will begin with an initial medical consultation followed by the diagnostic procedures needed to design your individual programme for health and wellbeing.

#### NUTRITION

A positive physical feeling is a powerful source of vitality.

Nutrition is the best medicine, as they rightly say. Take advantage of your holiday for health to develop an awareness for your nutritional habits and find the motivation for change. An analysis of your personal nutrition profile will form the basis for recommendations for a healthy and balanced diet.

#### EQUILIBRIUM

The path to yourself and the achievement of personal goals.

Take time off for yourself, listen to your inner voice and access your own personal resources. Guided relaxation and breathing awareness exercises, meditation, and individual stress management and motivation coaching sessions will help you discover your deepest needs, successfully implement your personal goals through the power of the spirit, and find your way to emotional harmony.

#### EXERCISE

The precondition for physical and mental fitness.

Regular and effective exercise is essential if we are to remain healthy and active in the long term. Let us show you how exercise can be fun as well as a source of wellbeing, something to look forward to every day. Our efficient home exercise programmes will help you make healthy exercise a natural part of your daily routine.

#### SPECIAL TREATMENTS

Targeted measures for long-term health.

If you want to remain healthy, you have to do something about it. Our wide range of individually tailored treatments in the form of medical applications, baths, packs and massages helps promote your physical and emotional balance for good and lasting health. Relax and enjoy the positive effects on body, mind and soul!



#### CUSTOMISED PROGRAMMES FOR DETOX AND WEIGHT LOSS

The innovative ADLER BALANCE health programmes are based on a combination of medical diagnostics, preventive counselling, revitalising spa and wellness treatments, exercise and healthy nutrition.

ADLER BALANCE® DETOX	Basic
Medical consultation	1
Bio-impedancemetry	1
Bioelectric check-up	1
Personal nutrition profile	1
Abdominal massage	1
Aqua Detox	1
Purifying algae pack	1
Balance massage	1
Final consultation and tips for back home	1
	537 €

ADLER BALANCE® WEIGHT LOSS	Basic
Medical consultation	1
Bio-impedancemetry	1
Bioelectric check-up	1
Personal nutrition profile	1
Purifying algae pack	1
Salt hydromassage	1
Massage to improve the circulation	1
Private Coaching	1
Final consultation and tips for back home	1
	537 €

Book a Balance programme and receive a 10% discount on all additional treatments!

ADLER BALANCE® DETOX	Intensive
Medical consultation	1
Blood test	1
Bio-impedancemetry	1
Bioelectric check-up	1
Personal nutrition profile	1
Abdominal massages	2
Aqua Detox	3
Purifying algae packs	3
Balance hydromassages	3
Balance massages	5
Detox facial treatment with phytomelatonin	1
Private Coaching	2
Breathing exercises in the group	1
Final consultation and tips for back home	1
	1.319 €

ADLER BALANCE® WEIGHT LOSS	Intensive
Medical consultation	1
Blood test	1
Bio-impedancemetry	1
Bioelectric check-up	1
Personal nutrition profile	1
Analysis of the values	1
Medical control	1
Purifying algae packs	6
Salt hydromassages	6
Massages to improve the circulation	3
Draining massages	3
Private Coaching	2
Fat Burner exercises in the group	3
Final consultation and tips for back home	1
	1.319 €



For a holiday that is a complete success, be sure to take advantage of our free counselling service. Our in-house physician will be pleased to draw up an individual spa programme to meet your individual needs.

## THE HEALING POWERS OF THE THERMAL WATERS OF BAGNO VIGNONI

Thermal baths have always been prized as places of relaxation and wellbeing and the secret for long and healthy life.

The warm water raises the body temperature and triggers vascular dilatation for improved breathing and draining effects. It also stops inflammation, and the muscles of the body relax in response to the enhanced oxygen supply.

The thermal waters of Bagno Vignoni are rich in minerals that have positive influences on a variety of complaints including arthrosis, rheumatic disorders (pain of the lower back, tendinitis, etc.), disorders of the venous circulation, and gynaecological and dermatological complaints.

## OUR INDIVIDUAL THERMAL PACKAGES

### Wellbeing for the back

Beneficial for back and neck pains, weak muscles, and for rebuilding the body after pregnancy and strengthening the circulation after a bypass operation.

### Osteoporosis: Strong bones well into old age

Improves bone density during the menopause, in people leading sedentary lives, and in cases of poor nutrition or reduced calcium uptake.

### Arthritis: wellbeing for the joints

Reduces inflammation and pain. For stiff joints and rheumatic arthritis in its various forms.

### Anti-aging: for a fresh and radiant skin

Revitalises the skin, reduces expression lines and pigment spots, and helps control inflammation of the skin caused by dermatitis, psoriasis or acne.

### Harmony for ladies

Effective in cases of chronic cystitis, candidiasis, stress and fatigue, and for inner cleansing.



## MEDICAL CONSULTATIONS

- Medical introduction  
Adler Balance 0 €
- Medical consultation 97 €
- Aesthetic medicine consultation 97 €
- Anti-aging consultation  
Preventive check-up for good health and a long and active life. 97 €
- Complementary medical visit (homeopathy, homotoxicology, herbal medicine) 154 €
- Iomet test for active cell nutrition  
Detects cell nutrition deficiencies and determines measures to compensate vital substance deficiencies 137 €
- Acupuncture 137 €
- Moxibustion  
Traditional Chinese treatment for pains, fatigue and digestive disorders.  
- Two sessions of 20 min. 137 €
- Bach Flower Therapy  
Bach flowers harmonise the psyche and stimulate the body's own powers of healing. 137 €

## INSTRUMENTAL EXAMINATIONS

- Bio-impedancemetry  
For measuring muscle mass, body fat and over-acidification. 137 €  
- with nutrition profile 156 €  
- with blood group diet 243 €
- Bioelectric check-up with the Vega Check  
(inflammation, covert or chronic disorders and allergies) 137 €
- Diagnostic profile:  
Bio-impedance analysis & Bioelectric check-up with the Vega Check 207 €

- General check-up:  
- Impedancemetry, basal metabolic rate, vitality index  
- Bioelectric check-up  
- Personal nutrition profile 274 €

## Nutrition profile with

### Nutrigenetics test iGenesis®

*New!*

Thanks to Nutrigenetics it is possible to test the DNA regarding predispositions and individual nutritional needs while recognizing every person as unique and ensuring the upmost scientific rigor. The DNA investigation of iGenesis® is structured in five complementary modules which analyze different functional areas for a fully personalized and integrated approach to the patient's health.

**Slim:** Metabolism of macronutrients and weight management

**Micro:** Metabolism of vitamins and minerals

**Sensor:** Predisposition to food intolerances and sensitivities

**Health:** Predisposition to risk conditions and metabolic diseases

**Detox:** Antioxidant and detoxification capability.

- Medical consultation
- Bio-impedancemetry with nutrition profile
- Nutrigenetics test iGenesis®
- Personalized diet 857 €

## LABORATORY ANALYSES

- Food intolerance test 215 €
- Stress hormone test 97 €
- Coeliac test 97 €
- Oxidative stress test 97 €
- Dysbiosis test 97 €

## BLOOD TESTS

### Blood test, diagnosis and consultation during your stay

- Basis profile 120 €
- Thyroid hormone from 155 €
- Female sexual hormone from 229 €
- Male sexual hormone from 210 €
- Urine test 14 €
- Faecal occult blood test 28 €

## THERAPY

- Mesotherapy for pain relief from arthrosis, arthritis, etc. 103 €

## PREVENTIVE CHECK-UPS

You are recommended to undergo a full preventive check-up at least once a year. Take advantage of your stay to do so in a relaxed holiday atmosphere in the comfort and convenience of the hotel.

- Bioelectric check-up
- Bio-impedance analysis
- Specific blood tests
- Urine test
- Check-up female/male 35+ 604 €
- Check-up female 45+ 609 €
- Check-up male 45+ 672 €
- Check-up female/male 60+ 672 €



New!

## ADLER MED in a day

### SUPER OFFER: START CHECK

- 1 Medical consultation
- 1 Various blood tests
- 1 Follow-up consultation with blood count analysis

207 €

### DETOX-DAY

The cause for many disorders lies in the intestine. An in-depth purification can support the peristalsis and promote the restoration of a healthy intestinal flora. Thereby it counteracts annoying symptoms as griping and diarrhea. Enjoy a new feeling of lightness!

1 Medical consultation

1 Soin Detox Minceur Maria Galland

1 Balance lunch

1 Private breathing course

1 Salt Grotto

1 Abdominal massage

1 Detox cure set

337 €

### FEMALE HORMONE LEVEL

#### TOP PERFORMANCE

A new «Anti-Aging» package just for women that includes a full medical check-up and a specific blood analysis that looks at hormone balance, which has a major impact on aging. Through the blood analysis, we will be able to assess your blood count; liver, kidney and thyroid function; metabolism of sugars and fats; and levels of stress hormones and the female DHEA hormone, plus more. Based on the results, we will then prescribe a recommended course of action that may include DHEA supplements (DHEA being a hormone normally produced in the body, which peaks in a woman's mid-20s and then dramatically decreases with age).

1 Short medical consultation

1 Blood test

1 Follow-up consultation with blood count analysis

317 €

### PACKAGE «HEALTHY INTESTINE»

The intestine is our most important immune system and converts what we eat in energy. Nevertheless, we often give it only attention when we feel disorders as gas, bloating, constipation or fatigue after eating. The IDEA diagnostic tests provides information on its state of health and the presence of inflammatory processes in the intestine. Due to the test analysis we find out how to be able to return to an optimal digestion.

1 Medical consultation

1 Test of digestive activity

347 €



## ADLER MED - Aesthetic Medical Spa

### CONSULTATION

Dr. Michele Bianchini is at your disposal for a **free counselling session**.

#### Aesthetic medicine consultation

• 97 €

### FACIAL TREATMENTS

#### Bio-revitalisation without Needles with PRX T33

Special treatment with immediately visible results for a smooth and supple skin. The treatment strengthens the connective tissues and collagen production.

• from 187 €

#### Bio-stimulation with multivitamins and bio-revitalisation

The combination of hyaluronic acid and vitamins is an aid to effective firming and toning of the face, neck, décolleté and hands.

• from 247 €

#### Depigmentation Peeling

Peeling with fruit acids to reduce unaesthetic discolourations of the skin of the face, neck, décolleté and hands.

• from 127 €

#### Skin toning with absorbable threads

For a youthful, fresh and natural appearance. The use of subcutaneous absorbable threads made of biocompatible materials stimulates collagen production and the skin's own processes of renewal.

• from 287 €

Filler • from 387 €

Botox • 420 €

### Ultherapy® - natural Lifting

New!

Nature skin ageing takes its course and the effects of sun exposure, gravity and muscle deterioration inevitably result in flabby, drooping skin. Until recently, the only way to correct this downward spiral was through surgery, but not anymore. Giant leaps in the medical world have resulted in the development of effective non-invasive treatments that do not leave scars and do not require long periods of recuperation. Ultherapy® is a state-of-the-art treatment, which uses safe, time-tested ultrasound energy to lift and tighten the skin naturally. It is the only non-invasive procedure cleared by the FDA (Food & Drug Administration) in the United States to lift skin on the neck, under the chin and on the eyebrow, and will also work to improve the appearance of lines and wrinkles on the décolletage.

**How it works:** With Ultherapy®, collagen production is stimulated in the skin's foundation layer that is typically addressed by cosmetic surgery, but without cutting or disrupting the surface of the skin. Unlike lasers, radio frequency, surgery and other technologies, non-surgical Ultherapy® bypasses the surface of the skin to deliver the right amount of ultrasound energy at the right depths and the right temperature. This energy triggers a natural response under the skin, jumpstarting the regenerative process that produces fresh, new collagen.

**Result:** Some patients see an initial effect right after their treatment, but the real results appear over 3-6 months as new collagen works to lift and tighten skin on the neck, chin and brow as well as smooth skin on the chest.

• price after free consultation from 600 €

#### Restoration of the Natural Proportions of the Face

Aesthetic treatment to shape and enlarge the lips, chin or cheeks using biocompatible and biodegradable substances.

• from 407 €

#### Special eye treatment for the reduction of rings and bags under the eyes

Hyaluronic acid and natural bio-stimulators achieve immediately visible effects, with reduced rings around the eyes and improved tear secretion.

• from 397 €

#### Nasal Correction or Rinofiller

None-invasive nasal sculpting using biocompatible and biodegradable substances.

• from 407 €

#### Needling Technical System

Innovative, non-invasive method for tightening the skin of the face, neck, arms, tummy, hips and legs. Gives the skin a fresh radiance and reduces skin discolouration, minor cheek and lip creases, and acne scars.

• from 287 €

#### Non-invasive facelift with absorbable threads

For remodelling the face and treating flaccid, sagging skin.

• from 1.000 €

#### Scalp treatment to counter hair loss

A combination of active agents comprising B vitamins and hyaluronic acid is used to slow the rate of hair loss, revitalise the roots of the hair and stimulate hair growth.

• 267 €

### BODY TREATMENTS

#### Phlebotonic and lipolytic mesotherapy

Highly effective active agents stimulate microcirculation and fat removal to reduce unaesthetic cellulite.

• from 97 €

#### Cryolipolysis *Topo!*

Body treatment with immediate effects on local fat pads. As a result of the local application of cold, the sensitive fat cells crystallise and a natural reduction process is triggered.

• 50 min. 197 €

#### Cavitation

Innovative ultrasound treatment for increased fat metabolism and the targeted reduction of local fat pads.

• 50 min. 87 €

#### Lipodissolve with Aqualyx®

• from 270 €

#### Treatment of stretch marks

For visible improvements to skin texture and reduced stretch marks.

• from 287 €

#### Hyperhidrosis Treatment

Deactivates the hyperactive glands that cause excessive sweating of the hands, feet and armpits.

• from 507 €



# Fitness

## PRIVATE COACHING

### Fat Burning

Individual programme to stimulate the metabolism and achieve your Ideal weight.

### Power training

Effective workout on our power training machines to increase your strength, reduce fat pads and shape the body.

### Kinesis training

Kinesis is a three-dimensional training concept based on the body's natural movements. Kinesis can be used for training individual muscles or muscle combinations of the chest, back, tum, bum and thighs. An intensive and dynamic workout for the whole body.

### TRX suspension training

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

### ADLER Free Body

An innovative programme using medicine balls and bands for improved posture, muscle tone and breathing.

### Pilates Workout with the Allegro® 2 Reformer

The latest generation of equipment from Balanced Body® makes it even easier for you to achieve a supple and balanced body and harmony in movement. The system strengthens the deep muscles and visibly improves posture.

### Pilates

Full-body rehabilitative exercising to strengthen the muscles, stabilise the posture and improve the mobility of the joints.

### Private Yoga

Private yoga sessions for deep relaxation and harmonisation of the senses.

Gianluigi Cenciai, graduate in sports science, sport masseur and massage therapist with international experience, specialized in prevention, conservation and restoration of the physical fitness

### Prevention training

Prevention and Treatment  
An individual programme to strengthen the muscles and stabilise critical parts of the body:  
- back  
- knees  
- vertebral column  
- hips

### MFT Intelligent Coordination Training

The programme is ideal for maximum mobilisation prevention of injury curing problems with the vertebral column and joints. Improves mobility in old age.

### Preparation for sporting activities

Individual workouts for golf, tennis and cycling.

Free counselling is available from our fitness coaches.

**PRICES:** • 30 min. 40 €, 2 sessions 72 €  
• 45 min. 60 €, 2 sessions 107 €



# 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.

Please remove any jewellery before entering the spa.

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

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TUSCANY