

ENGLISH



SPA & MED

2025 Thermæ

WELCOME TO ADLER SPA,

where the best in Beauty, Spa and
Wellness awaits you.

We offer you proven Beauty, Spa and Wellness
applications from all over the world in a
wide-ranging offering based on a spa
philosophy that sees the human being as a unity
of body, mind and spirit.

**Our solutions are individual and unique -
just like you.**

In an environment of harmony and peace, the ADLER Spa team
of experts will personally take care of you.

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SPA PROGRAMMES

Selected programmes with SPA treatments.
Ask the specialised staff at ADLER Spa for advice and
choose the ideal programme to reach your objective.

SPA PROGRAMMES

BEST OF ADLER SPA

- 1 Tension Relief Massage
- 1 Abhyanga
- 1 ADLER Body Scrub
- 1 ADLER Facial Prime 50 min.
- 1 Salt Grotto

419 €

ANTISTRESS

- 1 Sound Massage
- 1 HAKI® Flow in thermal water
- 1 ADLER Tuscany Massage
- 1 ADLER Facial Sensitive 50 min.

388 €

HEALTHY BACK

- 1 Fango with ADLER Therapeutic Massage
- 1 Intense Back Massage®
- 1 Therapeutic Exercises in thermal water
- 1 Tecar Therapy 50 min.

417 €

AQUA WELLNESS

- 1 Tension Relief Massage & Private Hydro
- 1 Foot Reflexology in thermal water
- 1 HAKI® Flow in thermal water
- 1 Salt Grotto

327 €

new AQUA DETOX

- 1 ADLER Draining Treatment
- 1 Fango with Draining Massage
- 2 Salt Grotto

299 €

top MAGNIFICENT BEAUTY

- 1 HydraFacial MD® 75 min.
- 1 JetPeel™ Premium 50 min.
- 1 ADLER Luxury Visage 75 min.

697 €

FACIAL BEAUTY

- 1 JetPeel™ ADLER Premium 50 min.
- 2 Facial Treatments 50 min.

449 €

PERFECT BODY

Meeting with the doctor

- 1 Cryolipolysis
- 1 EMSculpt®
- 1 LPG Endermologie® body 50 min.

744 €

TOP FORM BODY

- 1 ADLER Body Thalasso 50 min.
- 1 ADLER Draining Treatment
- 1 ADLER Body Silhouette 50 min.
- 2 ADLER High Performance Body Treatments 50 min.

504 €

new ADLER BEAUTY

- 1 JetPeel™ Premium 50 min.
- 1 ADLER Facial Treatment
- 1 ADLER Body Treatment

404 €

new EMSCULPT INTENSIVE
DEFINITION FOR HER

- 2 EMSculpt®
- 1 Radiofrequency Body Treatment

744 €

new EMSCULPT INTENSIVE
DEFINITION FOR HIM

- 2 EMSculpt®
- 1 LPG Endermologie® Body Treatment for Him

744 €

FOR MAN

- 1 ADLER Facial Man Energy
- 1 Tension Relief Massage
- 1 LPG Endermologie® Body Treatment for Him **new**
- 1 ADLER Tuscany Massage

424 €

JUST AMORE

- 1 Brunello Ritual
- 1 Thai Dream
- 1 Rasul Bath
- 1 Salt Grotto exclusive for two
- 1 ADLER Aromatic Facial Crystal

Package for 2 persons

399 € per person

AYURVEDA EXPERIENCE

- 1 Abhyanga
- 1 Sound Massage
- 1 Chakra Massage
- 1 Kalari

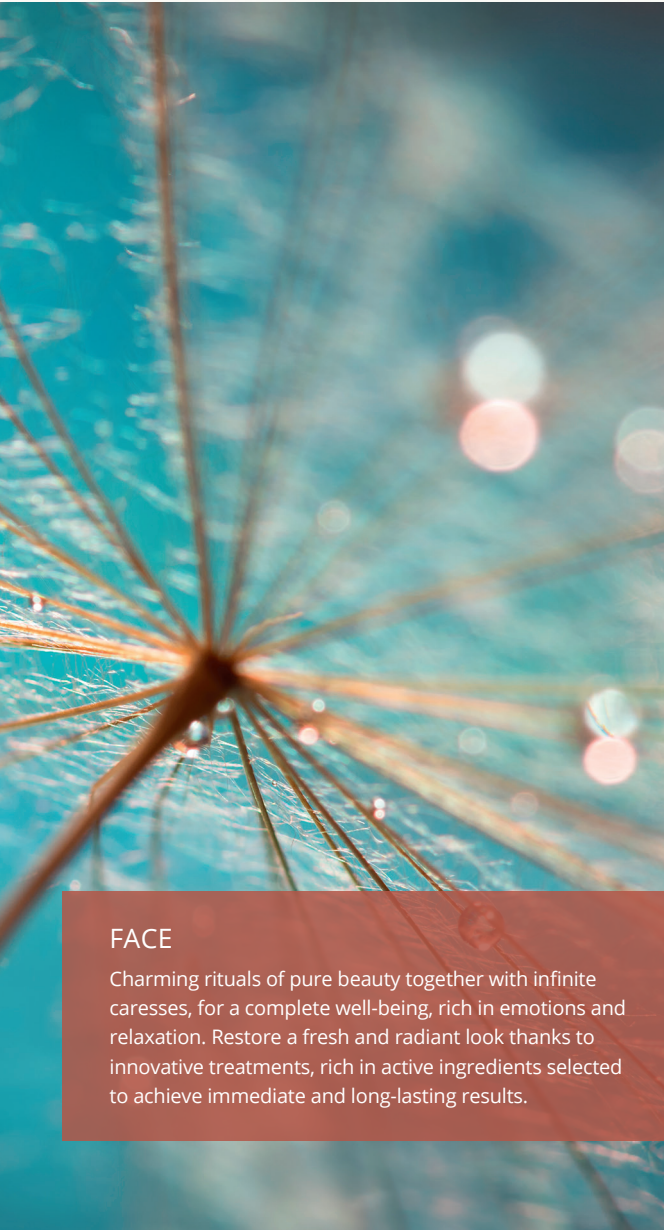
430 €

ADLER MED POWER BOOSTER

- 1 Medical consultation
- 1 IV Therapy Myers' Cocktail
- 1 Oxygen Ozone Therapy
- 1 Specific Blood Test
- 1 Medical report

546 €

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



FACE

Charming rituals of pure beauty together with infinite caresses, for a complete well-being, rich in emotions and relaxation. Restore a fresh and radiant look thanks to innovative treatments, rich in active ingredients selected to achieve immediate and long-lasting results.

FACE

Professional Skin Check up 20 min.

Choose the ADLER Skin Care that is best for you with a professional skin test. Our expert analyzes discolorations, hydration, oxidation and signs of aging with the videodermatoscope in order to choose together with you the ideal treatment and the right products for your skin care at home.

47 €

CLEANSING

HydraFacial MD® Deluxe 50 min.

Treatment to deeply purify, increase collagen production and stimulate cell regeneration thanks to specific boosters designed to promote hydration and the anti-aging effect. Rejuvenates your face, removes impurities, reduces skin hyperpigmentation in case of spots and makes you regain a new luminosity. Immediate result with long-lasting and visible effect in the following months.

297 €

JetPeel™ Purity 50 min.

The high-tech JetPeel™ method deeply purifies, eliminates toxins and damaged cells and prepares the skin to receive active ingredients selected according to your individual needs. Stimulates collagen production and smoothes and hydrates the skin for a fresh and youthful appearance.

207 €

ADLER Classic facial cleansing 50 min.

A cleansing treatment that eliminates skin impurities while the soothing mask based on edelweiss softens the skin and hydrates it.

133 €

ADLER EXCLUSIVE

top ADLER Luxury Visage 75 min.

Pure luxury for the skin. This customized treatment combines the relaxation of a facial massage to state-of-the-art technologies, such as LED lighttherapy mask, radiofrequency or LPG Endermologie®.

ADLER Facial Prime 50 min.

Smoothing and revitalizing

For all skin types. A burst of vitality and energy that makes the skin smoother and more compact. Glycolic acid and Vitamin C stimulate cell renewal and improve the elasticity of the skin. New! Even better results thanks to the new SKIN TECH Booster specifically tailored to the needs of your skin.

ADLER Facial Fresh 50 min.

Purifying and hydrating

Reduces skin shine, eliminates impurities and decongests the skin. Seaweed, sea water and Vitamin C from citrus fruits are the precious components from Sicily that regulate the metabolic processes of the skin and support epidermal cell turnover. The draining massage donates a fresh and uniform complexion. New! Even better results thanks to the new SKIN TECH Booster specifically tailored to the needs of your skin.

ADLER Facial Sensitive 50 min. - 75 min.

Anti-aging soothing

Dedicated to the most delicate and sensitive skins with a tendency to couperose and redness. Edelweiss flower strengthens the skin, thanks also to Vitamin B5 and the waters of the Dolomites. Gives tone and protection while wrinkles are minimized. New! Even better results thanks to the new SKIN TECH Booster specifically tailored to the needs of your skin.

ADLER Facial Radiance 50 min.

Skin lightener for dyschromia

For a radiant and even complexion. Renews the skin thanks to the powerful antioxidant effect of grapes, Vitamin C and the thermal water of Bagno Vignoni. The skin will be radiant and hydrated. New! Even better results thanks to the new SKIN TECH Booster specifically tailored to the needs of your skin.

ADLER Facial Regeneration 50 min.

Global rejuvenating

The best of cosmetics to dominate time! Senna alata extracts and vegetal melatonin modulate the expression of genes involved in cutaneous aging, preserving the functional integrity of the extracellular matrix and protecting DNA. Ideal both on young and more mature skins carrying the signs of age. Combined with waters of the Dolomites and hyaluronic acid, the DNA Complex provides deep hydration for the skin and a regenerated look. New! Even better results thanks to the new SKIN TECH Booster specifically tailored to the needs of your skin.

ADLER Facial Lift 50 min.

Anti-aging lifting

Treatment with tightening and lifting effects. Sour grape stem cells awake dormant cells and stimulate their production of new fibroblasts, which resume the production of collagen and elastin. Combined with the thermal waters of Bagno Vignoni, peptides and Vitamin A, their restructuring action increases skin tone, elasticity and firmness. New! Even better results thanks to the new SKIN TECH Booster specifically tailored to the needs of your skin.

ADLER Man Energy 50 min.

Anti-aging specific for men

A stimulating massage prepares the skin for the new SKIN TECH Vitamin C Booster conveyed deeply into the skin through innovative technologies that activate cell regeneration. Complete facial treatment that restores skin tone and elasticity, minimizes wrinkles and provides deep relaxation.

Prices: 50 min. 133 € - 75 min. 163 €

FACE

HIGH PERFORMANCE

HydraFacial MD®

Advanced medical technology recognized in elite aesthetic medicine clinics around the world for an extraordinary and innovative deep cleansing of the face while stimulating cell regeneration. For treatments on high level for their customization.

HydraFacial MD® Deluxe 50 min.

Treatment to deeply purify, increase collagen production and stimulate cell regeneration thanks to specific boosters designed to promote hydration and the anti-aging effect. Rejuvenates your face, eliminates impurities, reduces skin hyperpigmentation in case of spots and makes you regain a new luminosity. Immediate result with long-lasting and visible effect in the following months.

297 €

new HydraFacial MD® Plus 75 min.

Complete treatment for face, neck and décolleté that regenerates the skin with specific boosters for a luminous appearance, a rejuvenated eye and lip contour and a plumping effect on neck and décolleté.

387 €

Radiofrequency with Fisioline Radiant®

Radiofrequency diathermy treatment counteracts skin slackening and induces skin contraction. Reduces wrinkles, restores skin tone and has an exceptional antioxidant effect on cells. Stimulates cell activity and promotes the production of elastin and collagen fibers.

Radiofrequency face 50 min.

Plumping treatment with an intensive lifting effect, revitalizes and improves complexion, skin density and elasticity.

133 €

JetPeel™

This high-tech method conveys active ingredients customized according to your skin type with jets at 720 km/h up to 1.5 mm deep into the skin. The skin produces new collagen and is deeply hydrated.

JetPeel™ Premium 50 min.

Rejuvenate with oxygen, vitamins and nutrients for an immediately visible result. Small wrinkles are smoothed, the skin appears much fresher and younger.

207 €

JetPeel™ Premium Plus 75 min.

Complete face, neck and décolleté treatment with a targeted anti-aging action thanks to oxygenation and specific products for the regeneration of the neck tissues.

349 €

JetPeel™ ADLER Deluxe 75 min.

Luxurious treatment to eliminate toxins and damaged cells and deep nutrition. The skin is smoothed and plumped throughout the treated area. The new SKIN TECH Boosters provide luminosity and an important anti-aging action on the face, neck and décolleté.

312 €

LPG Endermologie®

Latest generation device that performs an endodermal massage and stimulates the cellular activity dormant in the heart of our skin to fight against blemishes. Reactivates the production of collagen, elastin and hyaluronic acid and reshapes the treated areas.

LPG Endermologie® face 50 min.

Highly customizable anti-aging facial treatment. Firms and tones the skin, smoothes wrinkles around the lips and reduces puffiness around the eyes. The best treatment to effectively eliminate imprisoned fat from the double chin and redefine the oval of the face.

133 €

REGENERATIVE AND AESTHETIC MEDICINE - FACE

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

Aesthetic medical visit 120 €

Peeling

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

from **147 €**

REVITALIZE

Biorevitalization facial treatment with PRX T33

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

from **197 €**

Multivitamin biostimulation

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

from **247 €**

Regenerative biostructuring treatment

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

from **297 €**

CORRECT

Non-invasive dermatologic micro-surgery

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

from **247 €**

Nasal correction or Rhinofiller

Nose remodelling.

from **427 €**

Non-surgical blepharoplasty

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

from **500 €**

Filler

Filler on the temples **407 €**

Filler on zygomatic region **407 €**

Filler lips **397 €**

Botox from 420 €

LIFT

top Ultherapy® Natural Lifting

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

face **1.800 €**

neck **1.600 €**

face and neck **3.000 €**

new Medical temple facelift

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

427 €

BODY

ADLER EXCLUSIVE

top ADLER Luxury Body 75 min.

Pure luxury for the body. Tailored treatment combining the pleasure of massage with highly effective products. The specific ADLER cosmetic products act on imperfections in synergy with the technology of radiofrequency or LPG Endermologie®.

163 €

ADLER Body Scrub 50 min.

Gentle exfoliating massage with olive oil or milk and honey followed by a moisturizing pack that regenerates and nourishes the skin.

ADLER Vitamins 50 min. - 75 min.

The synergy of peeling and massage create a smoothing, moisturizing and antioxidant effect which, thanks to the raspberry extracts, promote cell regeneration. In the 50 min. treatment. we focus on the body and in the treatment of 75 min. we also treat the face.

ADLER Body Thalasso 50 min. - 75 min.

From the sea of Sicily, the active substances of seaweed together with aescin and caffeine improve the tissues by reactivating metabolism, detoxification and cell drainage. Counteracts cellulite and water retention and reactivates microcirculation.

ADLER Draining Treatment 50 min.

Stimulates the drainage of the tissues and improves microcirculation thanks to a massage with centella, red vine and mentholond-based products. A localized slimming body wrap donates an effect of total lightness.

ADLER Body Silhouette 50 min.

Manual modelling and elasticizing treatment based on vegetable melatonin, DNA complex and hyaluronic acid. The localized "push up" body mask helps to regain a firming and compact effect.

ADLER Body Slim 50 min.

Manual slimming treatment. Rich cream mask with unripe grapes and bitter orange that softens the appearance of orange peel skin which, combined with a remodeling massage with the silicone cup technique, oxygenates the tissue.

ADLER Body Tone 50 min.

Manual toning treatment. Precious body mask with a creamy consistency based on Shea butter, grape stem cells and Vitamin A that revitalizes the skin thanks to the massage performed with special wooden tools.

HIGH PERFORMANCE

new HydraFacial MD® Silk Body 75 min.

Performing smoothing treatment to treat specific areas subject to skin roughness or thickening such as elbows, buttocks, arms and back with a 15% peeling. A pleasant massage is followed by an ADLER pack that donates silky skin.

297 €

Radiofrequency body with Fisioline Radiant® 50 min.

Localized treatment that induces skin contraction, with a lifting and plumping effect visible from the first sessions. Promotes the elimination of stagnant liquids. Restores cell activity by promoting the production of elastin and collagen fibers. Effective for tissue atony, cellulite and sagging skin.

133 €

Prices: 50 min. **94 €** - 75 min. **137 €**

REGENERATIVE AND AESTHETIC MEDICINE - BODY

LPG Endermologie® body treatment 50 min.

Endodermic massage of mechanical stimulation of the skin that reactivates the natural cellular metabolism with a triple action that smoothes cellulite, eliminates resistant and localized adipose accumulations, stimulates the natural production of collagen, elastin and hyaluronic acid. The stimulation is precisely and tailored to every skin and body type.

133 €

new LPG detox intensiv 75 min.

Exclusive Endermopuncture treatment which acts simultaneously on the adipocyte and the youth cell, activating the physiological purification processes through stimulation along the meridians.

163 €

top LPG anti-cellulite intensiv 75 min.

Targeted treatment that combines LPG® technology with the manual massage of specific highly effective products. Acts on adipose, aqueous and fibrous cellulite. Eliminates localized fat, boosts circulation and firms.

163 €

Pressure Therapy with body wraps 50 min.

Mechanical lymphatic drainage massage indicated for those suffering from water retention. Improves the circulatory and lymphatic system and smoothes the imperfections of cellulite. The ADLER thalasso bandage, containing algae, caffeine, aescin and butcher's broom, optimizes the action of pressotherapy. A relaxing face and head massage accompanies the treatment.

133 €

new EMSculpt®

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

EMSculpt®

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

1 session **347 €**

3 sessions **885 €**

top Cryolipolysis

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

347 €

Biostimulation Profhilo® Body

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

597 €



THERMAL WATER

Water takes us back to our mother's womb, it is the symbol of our emotions and through it, we come in contact with ourselves. In water, we overcome our fears and rediscover love for life.

ACQUA & RELAX

Tension Relief Massage & Private Hydro 75 min.

Release tension with a massage combined with the beneficial effects of a high-pressure hydromassage with 170 water jets.

147 €

TREATMENTS IN PRIVATE THERMAL POOL

top HAKI® Flow in thermal water 45 min.

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

94 €

Therapeutic exercises in thermal water 45 min.

Ideal for back pain. The positive effects of thermal water and mobilisation techniques restore articular mobility, increasing muscular tropism and making the exercises kind to the joints.

105 €

Foot Reflexology in thermal water 45 min.

The benefit foot reflexology which, by stimulating specific points of the foot provides an extended relief to the internal organs, is combined with the benefit of water, which deeply relaxes the body, amplifying its effect.

94 €

SALT GROTTO

Salt Grotto 20 min.

The healing properties of salt, its extraordinary cleansing and regenerating effects on the respiratory tract and skin were already appreciated in ancient times. Immerse yourself in the warm thermal water enriched with Dead Sea salt in the intimate and suggestive atmosphere to feel weightless and relaxed.

Frequent baths have a notable draining and detoxifying effect, leaving the skin smooth and silky.

50 € exclusive for 1-4 persons

Suggested programmes

new AQUA DETOX

- 1 ADLER Draining Treatment
- 1 Fango with Draining Massage
- 2 Salt Grotto

299 €

AQUA WELLNESS

- 1 Tension Relief Massage & Private Hydro
- 1 Foot Reflexology in thermal water
- 1 HAKI® Flow in thermal water
- 1 Salt Grotto

327 €

FANGO MULTI ACTION

The mud contains spagyric extracts from wild plants collected in uncontaminated areas. The freshness of the plants, the timing of harvest in harmony with the planetary, solar and lunar cycles allows to obtain the fullness of their strength. The processing involves additional steps to the simple herbal extraction in order to obtain the best from the plant in terms of chemical and energy properties.

Mud pack multi action 20 min.

The multi action mud has a multiple effect: soothes and regenerates thanks to its antiinflammatory and detoxifying properties. Particularly beneficial effect on joints and muscles in the back, neck, hands and knees. The skin is smooth and soft.

54 €

Fango with Draining Massage 75 min.

Specific treatment to drain excess liquids and oxygenate the tissues. Combines the phytotherapeutic properties of green clay, lavender and arnica with a draining massage with ivy and birch spagyric oil for a pleasant sensation of lightness.

133 €

Fango with Fonctionnel Massage 75 min.

Targeted massage against cellulite carried out with ivy and birch spagyric oil. The warm mud wrap with green clay, arnica and lavender stimulates tissue detoxification and smoothes the skin.

133 €

Fango with Tension Relief Massage 75 min.

For complete regeneration. You will be wrapped in a warm mud rich in clays and spagyric lavender and arnica oleolites with anti-inflammatory properties. The personalized massage gradually relaxes the points of maximum muscle tension.

143 €

MASSAGES

ADLER MESSAGES

top ADLER Tuscany Massage 50 min. - 75 min.

Choose the best natural product for your skin and enjoy a personalised massage that alleviates tension, for a lighter body and a liberated mind.

ADLER Harmony 50 min.

An alternation of gentle and rhythmic massage techniques on the head, face, shoulders and nape that improves blood circulation. The intense stimulation also helps releasing painful muscular contractions in the shoulders and jaws. The ideal treatment to disconnect from everyday life, free your mind and relax.

ADLER Revive 75 min. - 100 min.

Warm cushions and scented balms prepare the body for a massage with basalt stones and relaxing movements that dissolve the deepest tensions. Back, cervical and face will be enveloped by a flow of warm regenerating oil in a wellness experience that will make you feel reborn.

ADLER Fonctionnel Massage 50 min.

"Tailored" on the blemish to treat: Slim and Tone, Silhouette or Dren, it combines a customised massage technique with highly targeted and functional active ingredients.

ADLER Light Feet 20 min. - 50 min.

It is our feet that carry us through life. That is why they deserve careful attention. This foot massage is highly relaxing, a special treat for busy and tired feet. It also helps reduce stress.

WELLBEING MESSAGES

Classic Massage 50 min.

Traditional Swedish massage to relax and rebalance performed slowly with kneading, brushing and friction.

Foot Reflexology Massage 50 min.

Stimulation of reflex points on the sole of the foot to restore energy balance. Helps rebalance the body systems by awakening the less active zones and calming the overactive ones.

HAKE® Purna 75 min.

Antistress treatment from head to feet to reactivate the balance of body and mind. Ideal for head-controlled people with too many thoughts.

Hot Stone Massage 50 min. - 75 min.

With millennia-old roots in Ayurveda and the traditions of Native Americans, the special combination of the enveloping massage with hot stones that release thermal energy on contact with the skin promotes well-being and a gentle release of tension.

Thai Massage 50 min.

Employs yoga techniques and various maneuvers, from stretches to twists, to promote muscle and joint elasticity. Pressures and stretches along the ten Sen energy lines release accumulated tension, infusing life force into the body and mind.

THERAPEUTIC TREATMENTS

ADLER Therapeutic Massage 20 min. - 50 min.

Full-body individualised massage with positive effects on joints, muscles and vertebral spine. Ideal for back, neck and shoulder pain and for sciatica. Recommended with fangotherapy.

Tension Relief Massage 50 min.

A personalized massage that aims to gradually relax the points of maximum muscle tension.

Tension Relief Massage & Private Hydro 75 min.

Release tension with a massage combined with the beneficial effects of a high-pressure hydromassage with 170 water jets.

Therapeutic mobility exercises 50 min.

Body memory retains traces of all the movements in our daily lives and influences our posture. Targeted exercises to train and strengthen the muscles improve joint recovery and vascular circulation and promote a correct movement pattern.

Intense Back Massage® 50 min.

Massage that combines the use of forearm maneuvers, acupressure and cups to relieve tension in back, shoulders, neck and arms. Provides intense well-being.

Draining Massage 50 min.

Light, rhythmic movements along the lymph vessels oxygenate tissues and achieve a draining effect. The result is a restored sense of lightness.

Lymph Drainage 50 min.

Specific treatment to reduce cellulite, to improve lymphatic and venous circulation and to regain lightness. A gentle and slow massage, light stroking and pumping movements that reactivate the lymphatic circulation with immediate results.

Sound massage with Tibetan singing bowls 50 min.

In many ancient traditions, sound is considered spiritual knowledge. Welcoming the vibrations of the Tibetan bowls allows the energy to flow. Promotes deep breathing in harmony with the rhythm of the heart. An authentic and personal journey within yourself.

Shiatsu 50 min.

Gentle pressure is applied with the fingers on the whole body. Alleviates tension, reactivates the energy of the Qi and stimulates the immune system, increasing vitality and well-being.

Craniosacral Massage Treatment 50 min. - 75 min.

Gentle manipulation technique targeted at the cranial and sacral bones to restore the glow of cerebrospinal fluid. Recommended for stress, tension, migraine and depressive moods.

Suggested programme

HEALTHY BACK

- 1 ADLER Therapeutic Massage with mud pack
- 1 Intense Back Massage®
- 1 Therapeutic Exercises in thermal water
- 1 Tecar Therapy 50 min.

417 €

Prices: 20 min. **75 €** - 50 min. **105 €** - 75 min. **147 €**

EFFICIENT TECHNOLOGY TREATMENTS

new EMSculpt®

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

EMSculpt®

Super effective, painless and non-invasive treatment to define and strengthen the muscles with results that cannot be achieved in the gym. Fortifies poorly trained muscles, improves posture, alleviating lumbosacral pain. Recommended for those who lead a sedentary lifestyle.

1 session **347 €**

3 sessions **885 €**

Tecar Therapy with Fisioline Radiant®

Brand new device, the most effective and safe ever for high level customization. Treatment with anti-inflammatory and analgesic effect indicated in case of joint and tendon pathologies, neck pain and lumbago, for post-traumatic and rehabilitation therapy.

20 min. **75 €**

50 min. **105 €**

new ADLER Free from Tension 75 min.

A Tecar treatment with an anti-inflammatory and analgesic effect is followed by a tension relief massage that acts deeply on rigidity and stiff muscles. Relieves pain.

147 €



MAN SPA

Selected treatments for men. Abandon stress, regenerate body and mind for a result of well-being and anti-aging.

MAN SPA

FACE

HydraFacial MD® Deluxe 50 min.

Treatment to deeply purify, increase collagen production and stimulate cell regeneration thanks to specific boosters designed to promote hydration and the anti-aging effect. Rejuvenates your face, eliminates impurities, reduces skin hyperpigmentation in case of spots and makes you regain a new luminosity. Immediate result with long-lasting and visible effect in the following months.

297 €

JetPeel™ Premium 50 min.

Rejuvenate with oxygen, vitamins and nutrients for an immediately visible result. Small wrinkles are smoothed, the skin appears much fresher and younger.

207 €

ADLER Man Energy 50 min.

Anti-aging specific for men

A stimulating massage prepares the skin for the new SKIN TECH Vitamin C Booster conveyed deeply in the skin through innovative technologies that activate cell regeneration. Complete facial treatment that restores skin tone and elasticity, minimizes wrinkles and provides deep relaxation.

133 €

BODY

new LPG Endermologie® Body Treatment for Him 50 min.

Endodermic massage of mechanical skin stimulation that reactivates the natural cell metabolism with a targeted and effective action on resistant fat deposits in the abdomen, thighs and arms. Firms pectorals and loosens back muscles. The stimulation is precisely tailored to your needs.

133 €

MASSAGES

ADLER Tuscany Massage 50 min.

Choose the best natural product for your skin and enjoy a personalised massage that alleviates tension, for a lighter body and a liberated mind.

94 €

Intense Back Massage® 50 min.

Massage that combines the use of forearm maneuvers, acupressure and cups to relieve tension in back, shoulders, neck and arms. Provides intense well-being.

105 €

Tension Relief Massage 50 min.

A personalized massage that aims to gradually relax the points of maximum muscle tension.

105 €

Lomi Lomi Hawaiian Massage 50 min.

Regenerate yourself as if you were massaged by the waves of the sea. Performed with the forearms on the muscle bands, tension is released and energy restored.

94 €

Earth - Heaven 50 min.

The human being stands at the centre between earth and sky; from both they receive energy. The balancing head and foot massage with warm oils rich in spices and essential oils regenerates and restores inner strength. Reduces migraine and improves sleep.

105 €

Thai Dream 50 min.

From the ancient Thai tradition, a relaxing massage with precious essential oils. Envelops the body with friction and gentle stretching movements to re-establish profound harmony.

105 €



TREATMENTS FOR TWO

A unique experience to share with your partner, friends or loved ones.

TREATMENTS FOR TWO

WATER

Salt Grotto Exclusive for Two 20 min.

Feeling weightless floating in water enriched with Dead Sea salt in a romantic atmosphere for a pleasant feeling of relaxation.

50 € exclusive for two persons

Rasul Bath with purifying mud 40 min.

Exclusive steam bath where to experience together a beauty ceremonial with purifying and velvety clays. The final application of olive oil calms and nourishes the skin.

57 € per person

Rasul Bath with vegetable soap 40 min.

Exclusive steam bath for a highly perfumed beauty ceremony with lemongrass soap that stimulates circulation. The final application of the lemon balm and lavender lipogel makes the skin smooth and soft.

57 € per person

Suggested programme

JUST AMORE

- 1 Brunello Ritual
- 1 Thai Dream
- 1 Rasul Bath
- 1 Salt Grotto exclusive for two
- 1 ADLER Aromatic Facial Crystal

Package for 2 persons

399 € per person

MASSAGES

ADLER Tuscany Massage 50 min.

Choose the natural product that best suits your skin and enjoy a massage for couples that releases tension, for a lighter body and a liberated mind.

94 € per person

Thai Dream 50 min.

From the ancient Thai tradition, a relaxing massage with precious essential oils. Envelops the body with friction and gentle stretching movements to re-establish profound harmony. An unforgettable experience to share.

105 € per person

new **Thai Experience** 75 min.

The most enveloping and harmonious mirror massage technique, from Northern Thailand traditions, which activates the 10 Sen lines that flow throughout the body with friction and repeated discharges to rebalance energy. A sensual experience with white sesame oil and a synergy of essential oils that donates new energy and vitality called Lom Pran, the wind of life.

137 € per person

ADLER Revive 75 min. - 100 min.

Warm cushions and scented balms prepare the body for a massage with basalt stones and relaxing movements that dissolve the deepest tensions. Back, cervical and face will be enveloped by a flow of warm regenerating oil in a wellness experience that will make you feel reborn.

75 min. **137 €** per person - 100 min. **183 €** per person

Romantic Experience 50 min.

Enjoy a massage of head, neck and shoulders with warm coconut oil and essences of lavender, geranium and eucalyptus, enriched with ginger balm to relax muscles and relieve contractures. A revitalising foot massage with coconut oil and eucalyptus cream follows, for a beneficial feeling of lightness.

105 € per person

RITUALS

Brunello Ritual 75 min.

Velvety sensations evoked by refined and full-bodied olfactory notes from ancient winemaking traditions. The relaxing massage with warm candles takes you on a sensory journey to the intense aromas of red grapes. The tasting of Brunello wine combined with the pleasure of bathing in grape-seed salts envelops you in a casket of well-being.

137 € per person

ADLER Aromatic Facial Crystal 50 min.

An alchemy of precious quartz crystals and aromatic textures will be the protagonists of this luxurious and unique ritual of beauty and well-being deriving from ancient Oriental philosophies. An extraordinary vibrational energy exchange to rebalance body and mind and rejuvenate the skin of your face.

105 € per person

Oriental Ceremony 50 min.

A ritual like one in an exotic fairy tale. Warm bags of precious herbs and Oriental spices immersed in warm and aromatic coconut oil are massaged on the whole body. This ritual from South East Asia pampers your senses and provides fragrant well-being.

105 € per person

top **Luxury Oriental Ritual** 100 min.

Beguiling aromas of the Orient accompany this most exclusive of all treatments for couples! Choose the aroma of your treatment among lotus, jasmine and frangipani. After a gentle peeling follows a relaxing massage with aloe vera pulp and warm coconut oil while a facial treatment with nourishing products will make your skin dreamlike.

183 € per person

AYURVEDA



Dr. Nahrenda Babu
Ayurveda doctor

top Master Ayurveda Treatment 75 min.

A rebalancing massage customized by the Ayurvedic Master that follows the reading of the flow of Prana energy.

Abhyanga 50 min.

Nutrition for mind and body

The Ayurvedic massage par excellence. Rebalances the main vital centers by massaging the whole body with extensive techniques and gives an immediate sensation of harmony and well-being.

Kalari 50 min.

Energizing

Ancient traditional technique complementary to the Indian martial art that uses the feet to act on the muscles. Increases tone and elasticity through stretching and twisting movements, stimulating the passage of energy along the Nadi and Marma points. Soothes pain, softens stiffness and calms the mind.

Kerala 75 min.

Longevity

From the ancient wisdom of Ayurvedic masters a special and complete holistic massage dedicated to rebalancing the energy constitution. Its regenerating power it has a positive effect on the nervous system.

Shirodhara 60 min.

An emotional experience

A balancing oil prepares the body to receive a continuous and enveloping flow of warm oil on the forehead, that frees the mind and provides a feeling of mental peace. Invigorates the memory and promotes sleep.

147 €

Pinda-Sweda 75 min.

Detoxifying

The warm herb and spice pads help purify the tissues and warm up the joints, reawakening vital energy.

Earth - Heaven 50 min.

Rebalancing

The human being stands at the centre between earth and sky; from both they receive energy. The balancing head and feet massage with warm oils rich in spices and essential oils regenerates and restores inner strength. Reduces migraine and improves sleep.

Chakra Massage 75 min.

Harmonizing

A sense of profound stillness calms the soul by giving peace and harmony to each Chakra which is combined with the specific essential oil that rebalances your energy field on a sensorial and ethereal level.

Ayur-Senses 50 min. - 100 min.

Regenerating

A beauty ritual that improves tissue quality for a regenerating and purifying effect with medicinal plant powders and warm aromatic oils indicated to harmonize and warm up Vata Dosha, activate and stimulate Kapha Dosha and drain and pacify Pitta Dosha. The massage techniques activate the circulation and counteract toxin stagnation, giving a feeling of lightness for body and spirit.

Suggested programme

AYURVEDA EXPERIENCE

- 1 Abhyanga
- 1 Sound Massage
- 1 Chakra Massage
- 1 Kalari

430 €

Prices: 20 min. **75 €** - 50 min. **105 €** - 75 min. **147 €** - 100 min. **183 €**



KIDS & TEENS

ADLER Kids Massage

A relaxing and mouth-watering massage with chocolate oil or with milk and honey butter.

20 min. (4-12 years) **62 €**

50 min. (from 13 years) **94 €**

ADLER Tuscany Massage 50 min.

Relaxing and enveloping massage with olive oil.

94 €

new Aki Flow Teen 20 min.

Gentle, enveloping movements initiate the 'Dance of Breathing'. Everything comes to life and being gently lulled will bring a pleasant moment of joy and liberation to all children and teens who love thermal water.

62 €

Facial Cleansing Pretty Boys & Girls

For pure and luminous skin. Simply to make you feel beautiful and pampered.

20 min. (10-12 years) **72 €**

50 min. (from 13 years) **133 €**

HydraFacial MD® Teen 45 min.

Super effective treatment recommended up to 18 years of age to remove impurities, excess sebum and shine from the skin, providing deep purification, balance and prolonged hydration. Two free cleansing products are included to prolong the benefits of the treatment.

297 €

KIDS & TEENS

Wellbeing for the youngest means special moments of pampering, inner peace and relaxation. It also implies learning from an early age how important it is to know and love yourself and to take care of your own wellbeing.

HAIR SPA & BEAUTY SERVICES

new Trichological consultation 30 min.

In-depth analysis using a 3D micro-camera that detects the thickness of the hair, the health of the bulb, the moisture and sebum status of the skin and the sensitivity of the scalp. For strong, healthy hair and effective hair loss prevention.

47 €

HAIR SPA WELLNESS RITUALS

Live a multi-sensory wellness experience while we take care of scalp and hair with specific natural products for a professional performance. Oxygen therapy prepares the skin for treatment with vital cosmetics with a high concentration of active principles. Enveloped by the inebriating aromas you will receive a relaxing head and hand massage.

Intense Nourishment Ritual restructuring, donates volume and shine for a plumping effect on the lengths. Ideal for dry, thin and brittle hair.

Purifying Ritual detoxifying the scalp and normalizing the sebaceous glands. Contrasts the imperfections of oily dandruff and has a rebalancing and refreshing action.

50 min. 127 € (hairstyling not included)

HIGH PERFORMANCE HAIR SPA

new Keratin Plus straightening treatment

Long-lasting straightening and disciplining effect thanks to a new generation product with an innovative, completely natural formula, free of harmful substances. Deeply reinforces the hair structure, maintaining the result for a long time. from 157 € (with blow-dry)

new Thermo Repair plumping treatment

Botox effect for immediate recharging action. Increases hair volume and instantly donates vitality and volume, radiance and softness. The result lasts over time. from 177 € (with blow-dry)

COIFFEUR

top Sensorial Ritual with Dyeing Herbs

A synergy of pure botanical extracts and sustainable biotechnology. Semi-permanent vegan hair colouring activated by thermal water and based on natural extracts reinforced by pure direct pigments. Covers grey hair for a brilliant and natural result. Protective, restructuring action on scalp and hair.

60 min. 97 €

Hair cut woman 55 € / man 45 €

Wash & dry short/medium hair 47 €

Wash & dry long hair 79 €

Colour 67 €

Lightening from 95/125 €

RASAGE

Wellness Rasage Ritual

For a re-energized face with a relaxing shaving and face lift massage ritual wrapped in warm, flavored towels.

50 min. 97 €

Rasage classic 30 min. 45 €

HANDS AND FEET

Spa Manicure or Pedicure

A gentle olive oil peeling prepares hands and feet for a manicure or pedicure.

70 €

FITNESS

PRIVATE COACHING

An expert coach defines your perfect workout.

30 min. **64 €**

45 min. **94 €**

Fat Burning

Training to restore the ideal shape and stimulate the metabolism.

Power Training

Workout on our power training machines to increase your strength.

ADLER Free Body

A programme of exercises for muscle toning that uses elastic resistances and balls. Ideal for sedentary lifestyle.

Preparation for Sporting Activities

Specific workout for golf and tennis.

Prevention Training

Programme of targeted exercises to preserve and restore the muscular tone of:

- Back
- Knees
- Shoulders
- Thighs

BODY & SOUL

Pilates

Body and mind are closely linked. This relation is the foundation of Pilates, full-body exercising to strengthen the muscles, improve flexibility, coordination, speed, agility and stamina.

Private Yoga 50 min.

Private Yoga session for deep relaxation and a new inner harmony.

104 €

Private Meditation 50 min.

Active listening and a guided personalized coaching to feel good.

104 €



Prices 30 min. **64 €** - 45 min. **94 €**

OUR TEAM

Our expertise to make you feel good.



MD Stefania Mazzieri

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

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



MD Michele Bianchini

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

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

ADLER MEDICAL LAB

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

Blood Analysis

Check up* from **130 €**

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

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

Food intolerance test 295 €

Test Cell Wellbeing S-Drive

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

248 €

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

THE TOP OF SCIENTIFIC INNOVATION

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

Medical visit 120 €

top Oxygen Ozone Therapy

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

Big self-infusion 178 €

Small self-infusion 128 €

Subcutaneous, intramuscular injections 128 €

Rectal insufflations 97 €

Bio-Impedance Analysis

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

248 €

top IV-Therapy with micronutrients and multivitamins

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

Antioxidant and detoxifying glutathione drip 167 €

Specific cocktails 270 €

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

PPG Stress Flow

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

167 €

2 sessions **264 €**

ADLER MED PROGRAMMES

WEIGHT LOSS and DETOX PROGRAMME

Guided programme for healthy and sustainable weight loss and detoxification

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

1 PPG Stress Check

Basic blood tests

1 Medical report

5 Body treatments 50 min.

2 Physical therapy with private coach 45 min.

5 Personalized massages 50 min.

1 Final medical examination

1.627 €

Recommended for stays of minimum 7 nights

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

POWER BOOSTER

1 Medical consultation

1 IV Therapy Myers' Cocktail

1 Oxygen ozone therapy

Specific blood test

1 Medical report

546 €

NO STRESS

1 Medical consultation

1 IV Therapy Mind Set

1 Oxygen ozone therapy

Specific blood test

1 Medical report

546 €

new Healthy and in shape with DietaCOM®

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

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

1 PPG Stress Check

Blood test with hormone profile

1 Cell Wellbeing S-Drive test

1 Food intolerance test and indole test

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

1.246 €

DETOX NOW

1 Medical consultation

1 IV Therapy Detox Set

1 Oxygen ozone therapy

Specific blood test

1 Medical report

546 €

PERFECT BODY

Meeting with the doctor

1 Cryolipolysis

1 EMSculpt®

1 LPG Endermologie® body 50 min.

744 €

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

ADLER SPA ACTIVE NUTRIENTS

For a balanced supply of vitamins, minerals, and trace elements; for seasonal changes, or for specific moments of life.

DETOX WEIGHT

PLANTO DREN Purifies the liver
PRO DIUR Activates the drainage of body fluids
CHELANT Purifies the organism and regulates the intestine
ALGA SLIM Supports the normal thyroid function

DIGEST

PLANTO PUR PLUS Has a regulatory effect on the intestine
ANICE 7 PLUS Reduces belly swelling and intestinal gases
LACT Supports the natural balance of the intestinal flora
ALOE Activates the normal digestive function

LONGEVITY

OMEGA TOP Supports the natural cardiac function
LONGEVITY DAY Activates the drainage of body fluids and contributes to natural weight regulation and normal immune system function
LONGEVITY NIGHT Protects cells from oxidative stress damage
VITA E Supports the repairing of cell damages due to oxidative stress
COLLAGEN Slows down the natural ageing process

RE-BALANCE

RELAX Improves sleeping quality
LADY Counters menopausal symptoms
ALKALIN Supports a normal energetic metabolism and helps muscle function
SERENITY Promotes a stable mood
MELATONIN PLUS Reduces the time to take sleep

VITALITY

IMMUNO PLUS Reinforces the immune defence system
MULTIVIT Reduces fatigue and restores energy
CURCUMIN Counters the symptoms of the menstrual cycle
HAIR & NAILS Restores healthy hair and nail growth
VASOCELL Supports a natural microcirculation
VITA D3 Supports a natural absorption of calcium and phosphorus

Available at ADLER's Beauty Shop or on www.adler-shop.com.
Please call +39 0577 889 955 for individual consultation.



ADLER Spa Active Cosmetics

Premium quality active ingredients, spring water and the best of cosmetology for your beauty.

ADLER SPA ACTIVE COSMETICS LINE

ADLER Spa – innovative & natural

Natural beauty and technological innovation are the inspiring principles at the basis of the creation of the exclusive, highly-performing products of the ADLER Spa Active Cosmetics.

Selected active ingredients, combined with the science of cosmetology and the unique properties of the exceptionally light spring waters of the Dolomites; of the mineral-rich thermal water of Bagno Vignoni, and of the sea of Sicily, rich in potassium and magnesium, penetrate deep in the skin, achieving immediately visible and long-lasting effects that will surprise you.

FACIAL COSMETICS

CLEAR A line of cleansing products responding to specific needs. The different formulations are created to respect the natural hydrolipidic film of the skin and consist of pure algae extracts, vitamins, alpine star extracts, sea water and Dolomite spring water.

- 101 Soothing cleansing milk
- 102 Soothing facial lotion
- 103 Balancing cleansing mousse
- 104 Balancing face lotion
- 105 Balancing cream peeling
- 106 Lightening enzymatic peeling

SENSITIVE Created to protect and soothe sensitive, reactive and dehydrated skin. Rich in alpine star extract, vitamin B5 and the exceptionally light water of the Dolomites, it nourishes and restores the natural hydrolipidic film of the skin, protecting it from stress factors.

- 201 Soothing day cream
- 202 Soothing night cream
- 203 Soothing intensive serum
- 204 Soothing eye cream
- 206 Soothing mask

RADIANCE Based on red grape extract, kojic acid and vitamins, these formulations have an anti-oxidative action, boost skin radiance, brighten up age spots and contrast photo-aging. Rich in magnesium, the thermal waters of Bagno Vignoni reactivate cellular energy.

- 301 Lightening day cream
- 302 Lightening night cream
- 303 Lightening intensive serum
- 304 Lightening eye cream
- 305 Lightening face mask
- 306 Lightening eye patch

REGENERATION Its intense regenerating and restructuring effect, based on water from the Dolomites and phytomelatonin, a powerful anti-oxidative extract from alpine plants, boosts energy and elasticity of skin that looks tired and longs to be revitalised.

- 401 DNA protection face cream
- 403 DNA protection intensive serum
- 404 DNA protection eye cream
- 405 DNA protection face mask
- 409 DNA protection facial oil
- 1406 DNA protection body oil

LIFT Stem cells, the vital heart of sour grape berries, and the thermal water of Bagno Vignoni are the protagonists of this specific, lifting line. They protect skin from aging, boosting skin tone, plumpness and firmness.

- 501 Rejuvenating day cream
- 502 Rejuvenating night cream
- 503 Rejuvenating lifting serum
- 507 Rejuvenating bio-cellulose mask

FRESH The purifying, balancing and hydrating effect of algae extracts, sea water and Vitamin C oxygenates the cells and frees them from toxins for a pure, smooth and healthy skin.

- 601 Balancing moisturizing fluid
- 603 Balancing pore refining serum
- 605 Balancing purifying mask

MAN Created to meet the needs of the masculine universe, it is based on sea weed, aloe vera and anti-aging substances, to rebalance, regenerate and revitalise skin.

- 702 Energy after shave balm
- 700 Energy face cleanser
- 701 Energy anti aging cream

BOOSTER

SKIN TECH Advanced technology, concentrated and high-performance active ingredients, for glowing skin.

- 7001 Booster Vitamin A
- 7002 Booster Vitamin C 30%
- 7003 Booster Botox

Available at ADLER's Beauty Shop or on www.adler-shop.com.

Please call +39 0577 889 955 for individual consultation.

ADLER SPA ACTIVE COSMETICS

BODY COSMETICS

THALASSO Rich in minerals such as potassium and magnesium contained in the waters of the sea of Sicily, this line for thalassotherapy is ideal for the proper functioning of cellular osmosis, and favours the drainage of excess fluid, subsequently reducing cellulite.

- 1501 Draining intensive serum
- 1502 Draining body lotion
- 1503 Moisturizing body lotion

SLIM & TONE These highly-performing concentrates are formulated with sour grape stem cells, for a slimming or firming effect. The combination of thermal water of Bagno Vignoni and hyaluronic acid restores hydration and firmness.

- 1101 Intensive firming serum
- 1102 Intensive slimming serum
- 1105 Light legs gel

SILHOUETTE A luxury, light-textured cream that absorbs quickly. Thanks to the presence of powerful active ingredients - phytomelatonin, tetrapeptides and cellular protectors - it restores tissue elasticity and structure, reshaping the silhouette.

- 1400 Body shaping cream
- 1401 Body shaping lipogel

CARE Dedicated to sensitive skins with a poor hydro-lipidic film, this line is composed of organic honey, milk proteins and Bagno Vignoni's thermal water, that nourish the skin and make it velvety.

- 1202 Nourishing body lotion
- 1203 Nourishing hand cream
- 1204 Nourishing protective stick SPF 50

PURE These ultra-pure formulations based on Tuscan olive oil were created to restore skin softness and rehydrate it, boosting smoothness, elasticity and radiance.

- 1001 Velvet body peeling
- 1002 Velvet body oil

VITAMINS Particularly rich in vitamins, polyphenols and stimulants of the circulatory system extracted from raspberries, these products stimulate cellular regeneration and hydrate the skin, making it soft and silky-smooth.

- 1302 Power boost body oil

SENSES Sweet orange, verbena, iris, lemon, sage, cedar and rosemary fragrances envelope the body in a pleasant embrace.

- 1701 ADLER perfumed body lotion
- 1702 ADLER perfumed body water

AROMA Rich in natural extracts, these oils are ideal after-bath moisturizers to nourish and regenerate the skin.

- 1601 Nourishing Oil
- 1602 Vitality Oil
- 1603 Arnica Oil
- 1604 Relax Oil
- 1605 Vata Oil
- 1606 Pitta Oil
- 1607 Kapha Oil
- 1608 Chocolate Oil

SUN Phytomelatonin contained in solar protection, favours natural tan whilst protecting cells from oxidative stress caused by UVA and UVB rays and have a repair action.

- 801 Protection face & body SPF 25
- 802 Protection face & body SPF 50
- 803 After sun for face & body



SPA INFO

We are at your disposal from 8.00 a.m. to 8.00 p.m. daily. You will find us at the Spa-reception, or simply use the internal telephone to **call us on 2955**.

We are happy to advise

We want our treatments to be just right for you. Tell us what your wishes and expectations are, and we will be pleased to offer counselling. Be sure to inform us of any problems like high blood pressure, heart disorders etc. or pregnancy.

Jewellery

In order for your treatment to go as smoothly as possible we request to remove all your jewellery in advance. We recommend to deposit it in your room.

Make yourself at home

Please come to your treatment five minutes earlier. With a bath robe and slippers you are well dressed for a visit to the spa facilities.

If anything should come up

If you have to change or cancel your appointment, please do so 24 hours prior to the appointment at the latest. Otherwise you will be charged for the booked treatment.

Peace and quiet at ADLER Spa

Please help to preserve an atmosphere of peaceful relaxation at ADLER Spa and keep your mobile switched off. Please respect the silence in the saunas, relaxation areas and during the gong sound bath.

If you are late

we will have to reduce your treatment time.



SPA & MED

I-53027 Bagno Vignoni (SI)

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ADLER Spa +39 0577 889 955

adlerspa@adler-thermae.com

www.adler-thermae.com