ADLER SPA

DOLOMITES

BEAUTY & WELLBEING 2011/12

«It was late summer, autumn lights gleamed in the air and the snowy peaks of the Sassolungo glowed in purest white. Down by Silver Lake, whose waters concealed a fabulous treasure, sat Dolasilla, the young princess of the realm of the Dolomites. Her forehead was adorned with Rajeta – the magical blue stone given her by Ey de Net, courageous warrior and her secret lover. Dolasilla's fame as a radiant beauty and proud mistress spread to the farthest, most alien lands ...»

(from: Karl Felix Wolff, Dolomite Sagas)

Mittelberger Silvia Sauerer Verena

Today the enchanting Princess of the Dolomites lives on at ADLER SPA «Dolasilla». We look forward to welcoming you there. Let us spoil you!

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Adler Spa «Dolasilla»

Rooted in the Dolomites and open to the world

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

Holistic and individual

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

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

Individual and unique - just like you.

«Enjoy the moment because the moment is your life.»

Jerry Brown

Bio-Cosmetics ADLER SPA

NATURALLY GOOD

ADLER SPA bio-cosmetics are the natural choice for gentle and healthy skin care based on scientific research and natural ingredients from the mountains of South Tyrol and the Garden of Eden called Tuscany.

ADLER SPA's quality bio-cosmetics for face and body
- **contain no chemical preservatives or colorants,**
- **are made exclusively from natural raw materials of vegetable and mineral origin and animal derivatives (sheep's milk, honey),**
- **are 100% pure and natural,**
- **contain no soaps or sulphates,**
- **are especially mild and kind to the skin.**

At **ADLER SPA Dolasilla** we employ our own proprietary brand of bio-cosmetics for traditional Alpine Spa treatments (see page 10) and other applications (see pages 6 and 8).

You can also take our products home with you. The **ADLER SPA shop** stocks the complete range and is also a source of useful tips.

To order your favourite product with maximum convenience from your own home, go to **www.adler-shop.com**.

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 €
Body cream	67 €

BIO-COSMETICS ADLER SPA «TUSCANY»

- **Red grape: regenerating, anti-oxidative**

Face:

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

Body:

Body emulsion	47 €

- **Olive Oil: moisturising**

Body oil	45 €

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

Body emulsion	43 €

Food supplements ADLER SPA

HEALTH AND ATTRACTIVENESS FROM WITHIN

Vitamins, minerals and trace elements are the basis of healthy life. **ADLER SPA food supplements** supply the body with the essential ingredients for vitality and are formulated to meet different needs: from inner cleansing and anti-aging to weight loss. The following products are available:

- **Detox**

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

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

- **Perfect Body**

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

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

- **Anti-Aging**

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

Economy pack Anti-Aging
Vitalvit-E+Cellula Defense+Omega 3 Plus: 75 €

- **Wellness**

Immuno Plus	24 €
Fisio Fit	23 €
Hair Plus	26 €
Night Relax	21 €

Facial treatments

Facial cleansing
- approx. 55 min. 98 €

ADLER SPA Bio-Cosmetics

Edelweiss facial treatment
The edelweiss extracts protect the skin against moisture loss, inflammation and solar radiation. This facial treatment involves no aromatic substances and is ideal for sensitive skins.
- approx. 55 min. 98 €
- with hand pack 107 €

Excellence facial treatment with vegetable melatonin
Effective anti-aging treatment with melatonin, an extract obtained from mountain plants. Its moisturising and rejuvenating properties leave your skin radiant and elastic. Ideal for the mature skin.
- approx. 50 min. 127 €
- Eye treatment approx. 20 min. 45 €

GUINOT

Beautè Neuve treatment
Fruit acids and enzymes create a gentle peeling effect for a clear skin.
- approx. 50 min. 98 €

Liftosome treatment
Orange extract and ginseng give your skin fresh energy and elasticity. Ideal for tired and stressed skins.
- approx. 55 min. 127 €

Aromatic feel-good facial treatment
Treatment with etheric oils and aromatic extracts.
- approx. 50 min. 98 €

Hydradermie eye treatment
The sensitive area around the eyes requires repeated special treatment to effectively reduce wrinkles and rings.
- approx. 40 min. 75 €

Hydradermie
An exclusive treatment adapted to your type of skin. Ionisation enhances absorption of valuable active agents by the skin. Ideal for maximum moisturising effects and impure skins.
- Hydradermie Plus approx. 75 min. 127 €
- Hydradermie Base approx. 55 min. 98 €

Hydradermie Lift treatment
Tightens the facial muscles, stimulates skin perfusion and produces a natural lifting effect.
- approx. 55 min. 127 €

MARIA GALLAND

Thalasso facial treatment
Sea water and algae masks supply your skin with valuable minerals, vitamins and moisture.
- approx. 50 min. 107 €
- Facial and eye treatment approx. 55 min. 127 €

Prolift treatment
Innovative lifting treatment with 3D effects. The combination of oriental and western massage techniques ensures effective delivery of the active agents and gives your face a naturally relaxed look.
- approx. 50 min. 127 €

Cocoon facial treatment
Wonderfully relaxing beauty treatment accompanied by a feel-good massage ritual.
- approx. 55 min. 127 €

Masque Modelant
This highly effective mask warms up as it hardens so that skin temperature also increases slightly. Activates the lymphatics and skin perfusion with lifting effect.
- approx. 55 min. 127 €

Puretè treatment
Ideal for oily and mixed skins. Leaves you with a clear and pure complexion.
- approx. 50 min. 98 €

De Luxe facial treatment
Exclusive facial treatment with gold, caviar, collagen and plant hormones.
- approx. 55 min. 127 €

OTHERS

Flash beauty treatment
A quick tonic for your skin.
- approx. 25 min. 45 €

Rejuvenating Express treatment
This treatment is used to stimulate and train the skin's natural anti-aging mechanism.
- approx. 25 min. 45 €

Facial massage
Choose between a rhythmic massage with stimulating and draining effects or a classic facial massage with high-grade skin-care products.
- approx. 20 min. 39 €

Beauty Services & Hair Spa

BEAUTY SERVICES

Manicure, pedicure
- Manicure approx. 50 min. 44 €
- Manicure with pack approx. 60 min. 55 €
- Pedicure approx. 60 min. 56 €

Make-up
- approx. 40 min. 65 €

Eyelash and eyebrow tinting
- Eyebrow shaping approx. 20 min. 29 €
- Eyelash tinting approx. 30 min. 29 €
- Eyebrow tinting approx. 20 min. 21 €

Hand treatments
- Thalasso hand treatment
- Masque Modelant hand treatment approx. 45 min. 51 €

Solarium
- Body approx. 12 min. 22 €
- Facial approx. 15 min. 17 €

Depilation
- Complete hair removal 67 €

HAIR SPA

Washing and drying
- short hair treatment 32 €
- medium hair treatment 35 €
- long hair treatment 37 €

Ladies and gentlemen's cut
- from 17 to 28 €

Tint
- from 30 to 45 €

Special hair loss treatment
Promotes growth in your hair and helps prevent hair loss.
- Treatment 67 € (without drying)

Harmonising scalp treatment
This treatment promotes scalp perfusion and delivers essential nutrients to the hair follicles.
- Treatment 67 € (without drying)

Strengthening treatment for challenged hair
Recommended for thin, brittle, and dyed or permed hair.
- 45 € (without drying)

Body-styling & Thalasso

ADLER SPA BIO-COSMETICS

Excellence body treatment with vegetable melatonin
Efficient push-up treatment with immediately visible tissue-firming and draining effects.
- Body treatment approx. 50 min. 92 €
- Breast treatment approx. 50 min. 92 €

MARIA GALLAND

Salt peeling pack
Salt peeling works in two ways: with a pronounced peeling action and a drainage effect. While the salt grains create a sloughing action on the surface of the skin, the osmotic effect of the salt achieves in-depth cleansing.
- approx. 25 min. 53 €

Algae pack
Algae contains several active substances such as iodine, vitamins, trace elements and minerals which stimulate the metabolism.
- Body pack approx. 20 min. 51 €
- 3-pack programme 138 €

Soin Silhouette Sculptant
An exclusive anti-cellulite treatment with an innovative combination of active agents for a neat and attractive silhouette.
- approx. 50 min. 92 €
- 5-mask package 393 €

Masque Modelant body treatment
This body treatment is the key to a beautifully groomed skin and an effective help for your problem zones. The self-warming mineral mask intensifies the effects of the firming agents and ensures full absorption by the skin.
- Body treatment approx. 50 min. 92 €
- Breast treatment approx. 50 min. 92 €
- 3-masks packages 235 €

GUINOT

Tightening or draining clay pack
Clay is used in particular for its absorbent effects and is enriched with active agents with tightening or draining effects against cellulite.
- approx. 20 min. 51 €
- 5-pack programme 198 €

Soin Beauté Minceur New!
A «4-in-1» manual body treatment with simultaneous benefits for cellulite, fat deposits, flabby skin and fluid retention. The results derive from the multiple effects of the individual ingredients plus product synergies.
- approx. 50 min. 92 €

Suggested programme:
- **PERFECT BODY** (page 22)
- **FLAT TUM** (page 22)

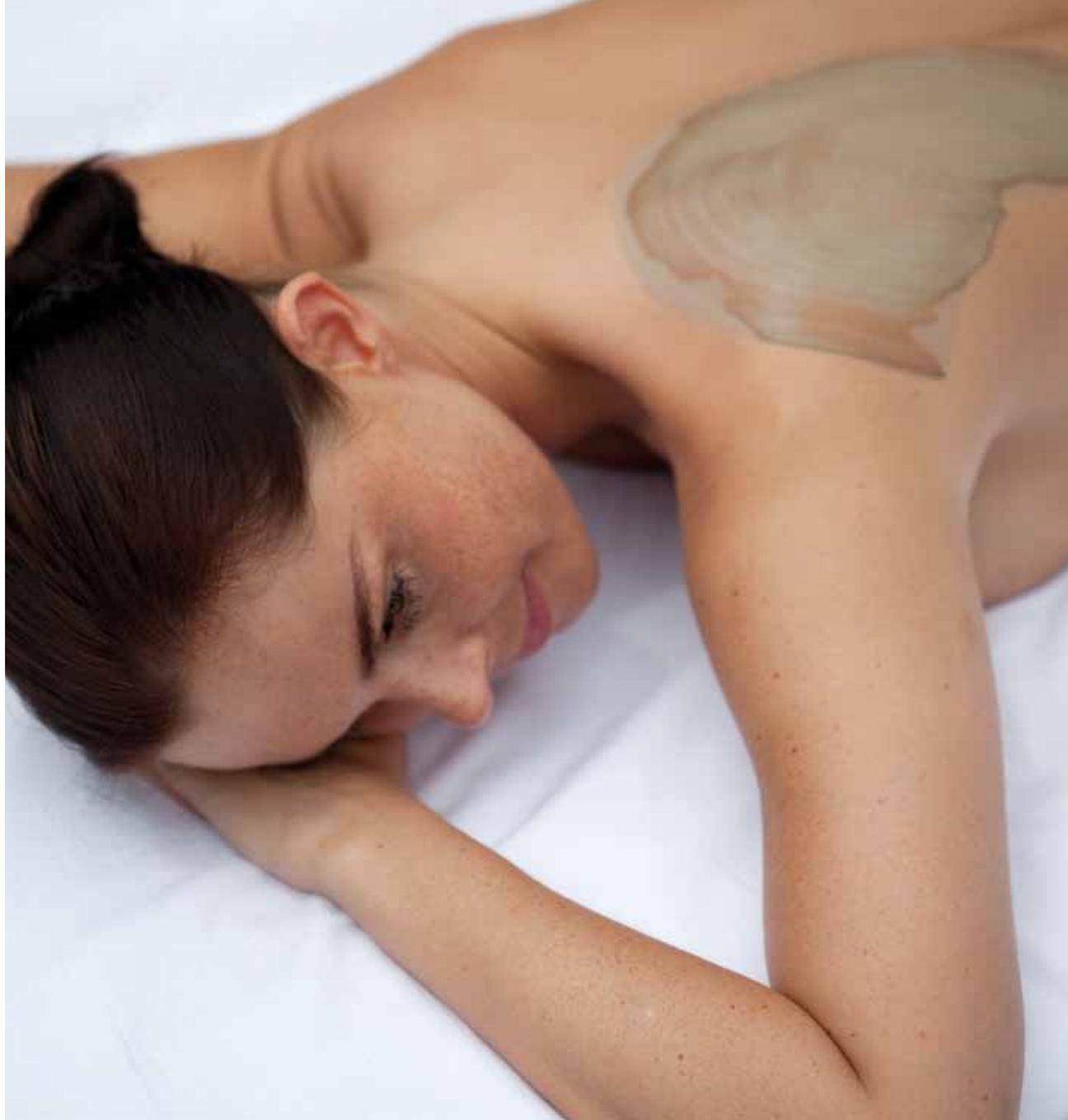
EFFICIENT BODY-STYLING

Aqua Detox
This bio-energetic footbath supports the process of detoxification in the cells, strengthens the organism and reinforces your feeling of wellbeing.
- approx. 30 min. 40 €

Infrasnella
After this treatment with electronic stimulation combined with infrared rays, you will literally be in better shape. Muscle tone is increased and your silhouette is visible changed.
- approx. 40 min. 59 €
- approx. 30 min. 51 €
- approx. 20 min. 47 €

Cellutrim
An effective in-depth treatment involving gentle stroking movements over the surface of the body so as to activate the metabolism in the relevant zones. This stimulates the anti-cellulite capacity of the body's own tissues. The results are worth seeing.
- approx. 45 min. 69 €
- 5-treatment package 295 €

Presso treatment
A special massage device is used to stimulate the lymph circulation and the release of toxins from the tissues. Ideal after sports, and for heavy legs and cellulite.
- approx. 20 min. 47 €
- with wrap 30 min. 68 €



Alpine Spa

ADLER SPA Bio-Cosmetics

Edelweiss facial treatment
The edelweiss is a symbol of the Dolomites, of strength and purity. It is immune to the effects of the sun, altitude and weather, and protects the skin against moisture loss and inflammation. As it involves no aromatic substances, this facial treatment is ideal for sensitive skins.
- approx. 55 min. 98 €
- with hand pack 107 €

Excellence facial treatment with vegetable melatonin
Effective anti-aging treatment with melatonin, an extract obtained from mountain plants. Its moisturising and rejuvenating properties leave your skin radiant and elastic. Ideal for the mature skin.
- Facial treatment approx. 50 min. 127 €
- Eye treatment approx. 20 min. 45 €

Excellence body treatment with vegetable melatonin
Effective push-up treatment with immediately visible results. Draining and firming effects.
- Body treatment approx. 50 min. 92 €
- Breast treatment approx. 50 min. 92 €

Suggested programme:
- ALPINE SPA (page 23)
- PACKAGE FOR ATHLETES (page 22)

Private Spa Tyrol
Spoil yourself and your partner in a snuggy «Stube» with a raspberry-based feel-good ritual. Enjoy a bio-sauna, a fruity peeling, fragrant bath, relaxing back massage and body pack for a smooth skin. The raspberry is rich in nutrients, vitamins and moisturising agents. The result is a radiant and fresh skin, and a born-again feeling.
- approx. 120 min. 232 €

TREATMENTS WITH REGIONAL PRODUCTS

Kraxenofen hay bath
«Kraxen» is a local word for a backpack once used to bring the hay down from the mountains. Mountain hay is also the main ingredient of the Kraxenofen hay bath, in which the body benefits from the mild herbal vapours. It loosens the muscles and is especially effective for back and neck problems.
- approx. 20 min. 24 €
- Weekly rate 106 €

Trehs treatment
Trehs was a herbal witch who achieved wonders with the Sarentine pine. The needles of the dwarf pine are still used in various treatments today. Their cleansing and invigorating effects let you feel the strength of the mountains.
- Peeling with ground dwarf pine cones approx. 15 min. 39 €
- Creme pack approx. 20 min. 36 €
- Relax bath approx. 20 min. 35 €

Imperial herbal and essence bath
As in earlier times, you lie in a fine copper bath and enjoy the essence or herbal bath of your choice. The additives are effective through the skin and sense of smell, bringing relaxation to body and soul.
- approx. 15 min. for 1 person 32 €
  for 2 people 46 €

Apple or grape peeling and pack
Two fruity body treatments to give your skin a fresh sheen. Rich in vitamins and anti-oxidants, the grape is the ideal anti-aging ingredient. With their mineral salts and vitamins, South Tyrolean apples have a powerful cleansing effect.
- approx. 50 min. 76 €

South Tyrolean hay bath
Curative herbs from the mountain slopes have pain-relieving properties and are a source of wellbeing, relaxation and health.
- approx. 20 min. 46 €

Mountain orchid wellness ritual
The local mountain orchid brings beauty and wellbeing. Following a cleansing peeling and nutritive body pack, a gentle cream is applied to the whole body – a feel-good ritual for body and soul.
- Body ritual approx. 50 min. 79 €
- with face pack approx. 50 min. 89 €

Baths & packs

Body peeling
Chemical or mechanical exfoliations remove dry skin layers and your skin becomes smooth, bright, fresh and receptive for active substances.
▪ approx. 10-15 min. 39 €

Evening Primrose cream pack
This treatment with precious evening primrose oil, distilled water, urea and basic cream assures a smooth skin. The precious ingredients relax, heal skin irritations and moisturise it deeply.
▪ approx. 20 min. 41 €

Rasul bath
The roots of this beauty ritual go back to ancient traditions. Different types of mineral-rich mud are distributed on parts of the body and then massaged into the skin using the effects of herbal vapours. The Rasul bath purifies and invigorates the immune system.
▪ approx. 50 min. for 3-4 people
30 € per person
for 2 people 38 € per person

Hydro massage
The warm water massage raises body temperature and dilates the blood vessels; your breathing becomes deeper and more vital oxygen is absorbed. The buoyancy of the water reduces body weight for minimum loads on muscles and joints. Tension and stress disappear, and deep relaxation ensues. Targeted hydro massage for the problem zones increases local perfusion right down to the deeper tissue layers, an effect that is reinforced with the use of various bath additives.
▪ Hydro massage approx. 20 min. 35 €
▪ Salt hydro massage approx. 20 min. 39 €

Swedanam steam bed
Simply lie down, close your eyes and enjoy. The combination of steam, coloured light, herbs and fango has a holistic effect on body and soul.
▪ Swedanam with pack
approx. 20 min. 59 €

Cleopatra bath
A sheet infused with milk and honey is draped over you while you rest on a waterbed. After being covered with a blanket the water mattress is lowered into the warm bath but you remain dry in your milk and essences cocoon.
▪ approx. 20 min. 35 €

Mud pack
Warm healing mud – also called Fango – is a particularly mild and prolonged heat conductor. Therefore, it develops a highly relaxing, antispasmodic and purifying effect.
▪ approx. 20 min. 35 €

Curative muds
Curative muds of volcanic origins are rich in various minerals. In combination with pure spring water, they have detoxifying and absorbing effects. They are used particularly in the field of naturopathy to stimulate the body's natural powers of regeneration.
- **Bolus Alba,** traumata and bruising
- **Tephra Figularis,** arthrosis and bone pain
- **Saxa Magnetica,** pain in the joints
- **Crura Candida**, inflammation, back pain and tense muscles

The treated zone is covered with a film so that the curative mud can do its work overnight.
▪ 27 €

Feel-good rituals

Exfoliation with black soap
This treatment removes dead skin cells, regenerates the tissues and produces a soft and supple skin.
▪ approx. 50 min. 73 €

Mountain orchid wellness ritual
The local mountain orchid brings beauty and wellbeing. Following a cleansing peeling and nutritive body pack, a gentle cream is applied to the whole body – a feel-good ritual for body and soul.
▪ Body ritual with face pack
approx. 50 min. 89 €

Heaven & Earth New!
A unique wellness ritual in an oriental atmosphere. Feel-good scents put all the senses at rest. The treatment has a focus on the head, face and feet as an effective path to equilibrium for the body's energies. Perfect grooming plus pure relaxation. Enjoy this fine wellness ritual alone or with your partner.
▪ 120 € per person

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

Massages

Classic massage
This massage loosens the muscles and stimulates the circulation. Recommended in combination with a fango pack.
- Body massage approx. 45 min. 68 €
- Partial massage approx. 20 min. 43 €

FEEL-GOOD MASSAGES

Anti-stress massage
A holiday is the perfect opportunity to devote some time to yourself. This special massage literally strokes the stress out of the body, creating space for fresh energy and a feeling of harmony and wellbeing.
- approx. 45 min. 68 €

Four Seasons aromatic oil massage
Scents have mysterious powers. They trigger memories and change our moods. Enjoy a massage with pure natural ethereal oils, and enjoy the fine feeling of warm compression while enveloped in the scent of your choice – in spring, summer, autumn or winter.
- approx. 50 min. 80 €

Salt peeling-massage
A relaxing peeling massage with oil and sea salt. Afterwards a moisturising pack is recommended.
- approx. 40 min. 69 €

Candle massage
A fascinating and relaxing ritual, with liquid heat to pamper the skin. The candle is made of high-grade wax containing natural plant extracts. As it burns it produces a soothing massage balm. The warm and pleasantly scented oil is allowed to drip onto your body for a relax massage that is the height of enjoyment.
- approx. 45 min. 80 €

ANTI-CELLULITE, FIRMING AND DRAINING MASSAGES

Fonctionnel massage New!
Highly effective functional massage employing a combination of specific serums from aromatic etheric oils and a stimulating massage for targeted problem zone results.
- 50 min. 87 €

Draining massage
Pleasantly relaxing massage with draining effects. Recommended in combination with a thalasso sea mud pack.
- approx. 45 min. 68 €

IAM massage
A massage that focuses on the body's energy paths for a positive born-again feeling. The application is also recommended for its lymph draining properties.
- approx. 45 min. 68 €

MUSCLE RELAXING MASSAGES

Sport massage
Powerful massage with intensive effects on the muscles. Enjoy the massage before doing sports for improved performance and afterwards to loosen the muscles.
- approx. 45 min. 77 €

Myofascial massage
This relaxing massage is performed with a special lower arm technique. It improves posture and loosens the muscles. Ideal after walking or skiing.
- approx. 45 min. 68 €

Suggested programme:
- **ANTISTRESS** (page 22)

Therapeutic treatments

Your special massage
A massage targeted individually at your maximum relaxation points.
- approx. 45 min. 77 €
- approx. 20 min. 47 €

Back treatment
The inversion bench brings you into the upside-down position. That takes the load off your vertebral discs and stretches the muscles. The massage brings relief from tension.
- approx. 45 min. 77 €

Connective tissue massage
This massage is performed with slow transversal strokes. It loosens the tissues and creates a pleasant feeling of liberation.
- approx. 45 min. 77 €

Tecar treatment
This effective treatment has a highly stimulating effect on the cells and promotes natural regeneration.
- approx. 45 min. 77 €
- approx. 20 min. 47 €

Ultrasonic treatments New!
Ideal for pain relief and support of the self-healing process. The gentle warmth improves skin perfusion and relaxes the muscles. The blood vessels are dilated, and the cells take up more oxygen and nutrients. During the treatment, a pressure/suction effect develops in the ultrasonic field corresponding to a micro-massage.
- Ultrasonic treatment starting at 25 €
- Ultrasonic treatment & electrotherapy starting at 35 €

Ayurveda

Ayurveda counselling
Energy diagnosis plus nutrition and lifestyle counselling.
▪ approx. 50 min. 96 €

Abhyanga or Kerala
Massages with warm herbal oils to reduce tension and strengthen the immune system.
▪ Abhyanga approx. 50 min. 76 €
▪ Abhyanga partial massage approx. 20 min. 47 €
▪ Kerala approx. 80 min. 110 €

Harmonising treatment of the head, face and feet
Beauty treatment with oils, herbs and masks plus a head and feet massage for inner equilibrium.
▪ approx. 55 min. 98 €

Ayurveda pack
The special mix of herbs, milk and honey neutralises your skin's pH and leaves the skin soft and supple.
▪ approx. 20 min. 39 €

Udvarthana
Peeling massage with herbal pastes for in-depth cleansing of the skin and activation of the circulation and metabolism.
▪ approx. 50 min. 88 €

Kalari treatment
Gentle stretching to relax the posture and a combination of breathing, massage and herbal applications generate inner harmony.
▪ approx. 70 min. 117 €

Synchronous massage
Four hands working simultaneously for the ultimate wellbeing in body and soul.
▪ approx. 50 min. 137 €

Garshan
Peeling massage with untreated natural raw silk gloves to tighten the tissues. The gloves are then yours to use for massaging at home.
▪ approx. 50 min. 98 €

Shirodhara
A gentle trickle of warm oil onto your forehead strengthens the nerves and harmonises the hormonal system. This treatment simply washes stress away.
▪ approx. 60 min. 122 €

Midhi
This massage technique involves the use of the feet. It activates all the muscles of the body.
▪ approx. 45 min. 88 €

Ayurveda on the steam bed
Enjoy a detoxifying and regenerating oil massage and then relax enveloped in the pleasant scents of herbal vapours.
▪ Abhyanga with Ayurveda pack and herbal steam approx. 80 min. 125 €

Pinda body care application
Pinda Othadam is a calming and detoxifying treatment, in which the body is massaged with herbal oils and little cotton bags of herbs, spices and flour.
▪ approx. 50 min. 90 €
▪ approx. 75 min. 117 €

India Baby massage & bath
A gentle massage followed by a milk and honey bath.
▪ approx. 40 min. 65 €
Minimum age 1 month
Maximum age 6 months

Suggested programme:
- **AYURVEDA** (page 22)

Oriental treatments

Hot Stone massage
This is an old massage technique that employs lava stones. Through the Hot Stone massage muscular tensions are released and the energy in the meridians reactivated. It leaves a beautiful sensation of lightness and wellbeing.
▪ approx. 50 min. 90 €

Energy balance massage
Feel the power of a touch that loosens tension and allows your life energy «Qi» to fully flow. This extensive treatment incorporates techniques such as reflexology, Shiatsu and Reiki. Your breathing becomes deeper, your nerves relax and new energies flow.
▪ approx. 75 min. 133 €

Thai massage
Let those heavy thoughts float away and your tense muscles relax. The Thai massage uses particular stretch techniques which include all muscle groups and relax them. At the same time, blood circulation and mobility are increased.
▪ approx. 75 min. 133 €

Reflexology
Our feet are a mirror of all the internal organs. Stimulating a certain point on the sole of the foot has an associated influence with healing effects on the corresponding organ.
▪ approx. 45 min. 70 €

Shiatsu
This Far-Eastern massage technique is based on the knowledge of the meridian body lines through which flows energy. Through gentle pressure with the fingers, tensions in the body are released and «Qi», our life energy, starts to flow again. The perfect way to eliminate stress.
▪ approx. 50 min. 95 €

Treatments for Two

Private Spa Asia
Alone together in an enchanting world, enjoying an oriental wellness ritual in the traditional spirit of the Far East. Let us envelop you in beneficial vapours, clean your body with gentle peeling agents and introduce you to the pleasures of a brine and herb bath. Finally your skin will be pampered with natural herbal oils while a relaxing footmassage leads to wellbeing in body and soul.
▪ approx. 120 min. 210 €

Private Spa Tyrol
Spoil yourself and your partner in a snuggy «Stube» with a raspberry-based feel-good ritual. Enjoy a session in the bio-sauna, a fruity peeling, a fragrant bath, a relaxing back massage and a gentle body pack. The raspberry is rich in nutrients, vitamins and moisturising agents. The result is a radiant and fresh skin, and a born-again feeling.
▪ approx. 120 min. 232 €

Rasul bath for two
An oriental beauty ceremony with gentle fango and herbal vapours. The Rasul bath has a purifying effect and strengthens the immune system.
▪ approx. 50 min. 76 €

Aqua detox for Two
A combination of everyday stress, poor nutrition and environmental pull causes unwanted waste products to accumulate in the body.
This bio-energetic footbath supports the process of detoxification in the cells, strengthens the organism and leaves you with a fine sense of wellbeing.
▪ approx. 30 min. 40 € per person

Bath for two
Enjoy a soothing essence or herbal bath in a double copper tub. The various additives are effective through the skin and sense of smell, bringing relaxation to body and soul.
▪ approx. 15 min. 46 €

Kraxenofen for two
«Kraxen» is a word used in South Tyrol for a backpack frame that the farmers used in the past to bring the hay down from the mountain slopes. Mountain hay is also the main ingredient of the Kraxenofen hay bath in which the body benefits from the mild herbal vapours. It is especially effective for back and neck problems and generally loosens the muscles.
▪ approx. 20 min. 24 € per person

Heaven & Earth New!
A unique wellness ritual in an oriental atmosphere. Feel-good scents put all the senses at rest. The treatment has a focus on the head, face and feet as an effective path to equilibrium for the body's energies. Perfect grooming plus pure relaxation. Enjoy this fine wellness ritual alone or with your partner.
▪ 120 € per person

Suggested programme:
- ADLER PACKAGE FOR COUPLES (page 23)

Spa for Mothers

WELLNESS TREATMENTS

Facial treatments
Beauty treatments in combination with a massage.
Edelweiss facial treatment ▪ 98 €
Cocoon facial treatment ▪ 127 €

IAM massage
A massage technique that focuses on the body's energy paths for a positive and powerful reborn feeling. This application is also recommended for its lymph draining properties.
▪ approx. 45 min. 67 €

Baby massage and bath
A gentle massage followed by a milk and honey bath. (from 1 month - 6 months).
▪ approx. 40 min. 65 €

BODY & MIND

Private Yoga
An ideal form of preparation for expectant mothers – for enhanced awareness of body and breathing.
▪ 73 €

Acqua Soft
The water gives you a feeling of weightlessness. Stretching and breathing exercises in the water at 32°C promote bodily awareness and relaxation. They also alleviate pregnancy ailments.
▪ approx. 45 min. 63 €

Acqua Harmony
Playful parent-and-child session in the water with our personal coach. This is all about fun in the water and mutual trust. The water experience also has a positive influence on the child's general development: on the heart, circulatory system and breathing, and on motor skills and bodily control.
▪ approx. 30 min. 63 €

Suggested programme:
- **PREMAMAN** (page 23)

Man Spa

South Tyrolean hay bath
Curative herbs from the mountain slopes have pain-relieving properties and are a source of wellbeing, relaxation and health.
▪ approx. 20 min. 46 €

Myofascial massage
Treat yourself to this deeply relaxing massage. Performed with a special technique using the arm, it helps improve posture.
▪ approx. 45 min. 68 €

Suggested programme:
- **«MAN IN SHAPE»** (page 23)
- **MAN BEAUTY DAY** (page 23)

Hot Stone massage
This is an old massage technique that employs lava stones. Through the Hot Stone massage muscular tensions are released and the energy in the meridians reactivated.
▪ approx. 50 min. 90 €

Basic Homme treatment
The male skin is tougher and rougher. It also produces more sebum and is subjected to the daily stress of shaving. Delivers the optimum amount of moisture and gives the skin its original suppleness.
▪ approx. 55 min. 98 €

Hydradermie Trés Homme
The Hydradermie treatment strengthens and also relaxes the skin, provides the necessary moisture and has a generally revitalising effect.
▪ approx. 55 min. 120 €

Thalasso facial treatment
See page 6

Special hair loss treatment
Against hair loss, helps rebalancing the function of the scalp.
▪ Teatment 67 €
(not including washing and drying)

Salt grotto

Salt was esteemed for its curative properties in ancient times and is still used for its positive effects today. Visit our Salt Grotto to experience its cleansing and regenerating effects on the skin and respiratory tracts.

The salt grotto is for use at an extra charge of € 12 per person. Maximum length of stay: 90 min.
You are kindly requested to maintain absolute quiet in the Salt Grotto.

Underground Salt lake enriched with Dead Sea salt
Water temperature 36° - salt content 11%

Let your body float weightlessly in the warm salt water and enjoy the play of light and the sounds of the spheres. The high-grade salt has a cleansing effect on the skin and stimulates the circulation. The state of weightlessness brings complete relaxation to the muscles, joints and spine for an exquisite feeling of lightness and inner harmony. Spend 20 minutes floating in the warm salt water and then enter the rock salt sauna.

Rock salt sauna
with crystal salt from the Himalayas
Temperature 40° - humidity 30%

In our rock salt sauna with salt from the depths of the Himalayas, the air is enriched with healthy ions and saturated with valuable minerals. In combination with the high temperature and humidity, the salt cleanses the respiratory tracts and strengthens the body's natural defences. It also has anti-inflammatory, antibacterial, anti-allergic and fungistatic effects. It binds the moisture in the layers of the skin and promotes the processes of regeneration for a fresh and revitalised appearance. After about 20 minutes in the sauna, take a cold shower and rest.

Spa programmes 2011/12

ANTISTRESS	5-6 days	3 days
Herbal baths	2	1
Thalasso face and eye treatment	1	-
Reflexology	1	-
Fango packs	2	2
Anti-stress massages	4	3
Evening primrose moisture bath	1	-
	544 €	272 €

PERFECT BODY	6 days	3 days
Body peeling	1	1
Algae packs	4	-
Infrasnella	2	-
Presso treatments	2	2
Reflexology	1	-
Anti-cellulite massages	4	3
Body Tec	2	-
Tightening or draining clay packs	-	3
	718 €	438 €

FLAT TUM	4-5 days	3 days
Infrasnella tummy treatments	3	3
Reflexology	2	1
Tummy-reduction bandage applications	4	3
Flat tum massages	3	2
	577 €	419 €

AYURVEDA	6 days	3 days
Ayurveda counselling	1	-
Rasul bath	1	-
Kerala	1	1
Kraxenofen hay bath	1	1
Shirodhara	1	-
Abhyanga	1	1
Ayurveda pack	1	1
Ayurveda facial treatment	1	-
Cleopatra bath	1	-
Udvarthana	1	1
Essence bath	1	1
	638 €	324 €

VITAL AGING	5 days	3 days
Beauté Neuve facial treatment	1	1
Hydradermie Lift	1	1
Eye treatment	1	-
Liftosome facial treatment	1	1
Grape peeling and pack	1	1
Thalasso face and eye treatment	1	-
	504 €	368 €

PACKAGE FOR ATHLETES WITH PINUS SARENTENSIS	4-5 days	3 days
Classic massage	1	1
Body peeling	1	1
Myofascial massages	2	1
Body pack with pinus sarentensis oil	1	1
Relax baths	2	1
Sport massage	1	1
	357 €	287 €

ADLER PACKAGE FOR COUPLES	4-5 days	2-3 days
Private Spa	1	-
Kraxenofen hay bath for two	1	-
Anti-stress massages for him	2	1
Draining massages for her	2	1
Thalasso facial treatment for him	1	1
Cocoon facial treatment for her	1	1
Essence bath for two	1	1
Rasul bath for two	-	1
per person	342 €	214 €

ALPINE SPA	4-5 days	3 days
Mountain orchid body care ritual	1	1
Four Seasons aromatic oil massages	2	1
Facial treatment with vegetable melatonin	1	1
South Tyrolean hay bath	1	1
Classic massage	1	1
Essence bath	1	-
Anti-stress massage	1	-
	489 €	349 €

PREMAMAN	5 days	3 days
Grape peeling and pack	1	1
Facial treatment with vegetable melatonin	1	1
Lavender bath	1	1
Pedicure	1	-
Evening primrose moisture bath	1	-
IAM massages	3	2
Facial lymph drainage	1	-
Manicure	1	-
	516 €	324 €

TEENAGER	1-2 days
Apple peeling and pack	1
Partial massage	1
Facial cleansing treatment	1
	190 €

BEAUTY DOLASILLA	5 days	3 days
Body peeling	1	1
Tightening or draining clay packs	2	1
Aromatic facial treatment	1	1
Presso treatments	2	-
Salt hydro massage	1	-
Classic massages	2	1
Soin Beauté Minceur	1	1
Draining massage	1	-
	543 €	294 €

«MAN IN SHAPE»	5 days	3 days
Kraxenofen hay bath	1	1
Sport massage	1	1
Hot Stone	1	-
Basic Homme treatment	1	1
Pedicure	1	1
Manicure	1	-
Fango packs	2	1
Anti-stress massages	2	1
Private Coaching	1	1
	557 €	369 €

ADLER BEAUTY DAY	1-2 days
Classic massage	1
Edelweiss facial treatment	1
Kraxenofen hay bath	1
Fango pack or Cleopatra bath	1
	197 €

MAN BEAUTY DAY	1-2 days
Private Coaching	1
Fango pack	1
Classic massage	1
Basic Homme treatment	1
Manicure	1
	260 €

ADLER Health & Lifestyle Coaching

Our coaching programmes provide the individual targeted support you need to fully develop your potential and achieve defined goals. In a private consultation, you and your coach will develop individual strategies and solutions for your specific needs. Health & Lifestyle Coaching at the ADLER can be additionally supported through a selection from our wide-ranging health-promoting offering: Wellness & Spa treatments, in-depth relaxation, exercises for body and breathing, exercise in the open air …

Individual stress management
«FROM STRESS TO EQUILIBRIUM»
Following an examination to assess your present situation, you will learn how to employ your personal resources for stress prevention and management with the goal of harmonising the various aspects of your life. The coaching is supported by relaxation exercises designed to meet your individual needs and to help you find a firm foundation within your self, and create islands of relaxation and harmony in your daily life.

Motivation training
«PERMANENT WEIGHT LOSS STARTS IN THE MIND»
Slimming and remaining slim – how is it done? What is important is not to get side-tracked with calorie counting and miracle diets, but to find a firm mental basis for weight reduction. Through the enormous power of thought and changes in habits, slimming can become a permanent and above all fairly effortless undertaking!

Motivation training
«ACHIEVING YOUR GOALS»
Shaping your life so as to be happy requires know-how and practice. With the help of mental training methods, you will be shown how to address your own self-image and innermost wishes, and how to redefine your goals and give them a firm emotional foundation. That will help you strengthen contact with your true self, develop more effective access to your innate resources, and build the strength and confidence you need to achieve your personal objectives.

▪ Coaching - Initial consultation 80 min. 125 € ▪ Coaching - Follow-up consultation 50 min. 85 €

Please ask at the reception for details of our weekly talks on a variety of subjects.

Spirit & Energy - Inner Harmony

Meditation
In many ways we are the prisoners of our own thoughts, which deprive us of an eye for the essentials and the spiritual strength on which true repose is based. Meditation helps us to find rest and contentment and to live in harmony with the world around us.
▪ approx. 50 min. 73 €

Breathing exercises
We rightly speak of the 'breath of life': We can survive for thirty days without food and three days without water, but for only three minutes at most without breathing. Special exercises are offered to release the blockages and learn deep and uniform breathing.
▪ approx. 50 min. 73 €

Reiki
Strengthening your powers of self-healing is the focus of this old Japanese method of healing, in which the energy flows through the hands of the therapist and into your body.
▪ approx. 75 min. 133 €
▪ approx. 50 min. 95 €

Private Yoga and Private Tai Chi
Body, breathing and relaxation exercises.
▪ approx. 50 min. 73 € ▪ 3 sessions 199 €

ADLER MED

MEDICAL DIAGNOSTICS

Medical examination
Psycho-physical anamnesis.
▪ 90 €

Consultation for hydro-colon therapy
▪ 70 €

F.X. Mayr diagnostics
In his diagnostics, the Austrian physician F.X. Mayr worked on the assumption that many of today's lifestyle diseases such as circulatory disorders, obesity, metabolic illnesses, muscle pain, and a reduced tolerance to physical and mental stress are caused by problems of the digestive system. An F.X. Mayr diagnosis points the way to effective therapy.
▪ 90 €

Examination on the basis of integrative medicine
(homeopathy, homotoxicology, herbal and flower medicine)
For seeing and treating the human being as a unity of body and soul.
▪ starting at 150 €

Iris diagnostics
The iris is a mirror of the body and the soul. Analysis of the eye provides a picture of your state of health.
▪ 120 €

MEDICAL CHECK-UPS & ANALYSES

Body fat measurement
On the basis of the bio-impedancometry analysis it is possible to measure not only the body fat, but also the intra and extra-cellular quantity of water and muscle textures which build up our body.
▪ 100 €

Nutrition profile
Your individual nutrition plan will be drawn up with graphic calculations on the basis of body composition, basic metabolism, and your daily sugar and acid intake.
- Bio-impedance analysis
- Personal nutrition profile

▪ 160 €

Bioelectric check-up
- Determination of your general state of health
- Measurement of glandular function
- Localisation of inflammatory processes
- Measurement of oxidative stress
- Determination of over-acidification of the tissues

▪ 100 €

Total Fit Check, sport check-up
- general consultation
- lactate check-test
- elaboration of a personalized training programme

▪ 230 €

Oxidative stress check
- Biochemical measurement of your free radical load and antioxidative protection

▪ 150 €

Cardiac and circulatory system risk check-up
Measurement of cholesterol, blood pressure, abdominal girth and weight.
▪ 100 €

Food intolerance check
ELISA blood test for food intolerance. This uncomplicated procedure is currently the only scientifically recognised method for detecting allergies.
▪ 290 €

Laboratory analyses
Classic laboratory analyses and specific innovative tests designed to meet your individual needs:
- Wide range of genetic tests
- Saliva analysis
- Analysis of neurotransmitters in the urine
- Blood tests

Total Fit Check
Sports performance profiling under medical supervision, with lactate test, body composition analysis and personal training plan.
▪ 240 €

MEDICAL TREATMENTS AND THERAPIES (following a prior medical examination)

Hydro-colon therapy
Hydro-colon therapy has been in use for years as a successful technique for intestinal cleansing and rehabilitation. The colon is gently flushed with sterilised water and oxygen so that the wastes are dissolved and washed out. The colon then starts to work properly again and normal peristalsis is restored, and a healthy intestinal flora can develop.
▪ 101 €

Manual stomach treatment by the doctor
This stomach treatment promotes digestion, improves the blood circulation and flow of lymph in the abdomen, stimulates the digestive glands and optimises the metabolism.
▪ 60 €

Bio-feedback
HeartMath: for breathing awareness, harmonised heart beat and emotional equilibrium.
▪ 80 €

Biospectrum lamp
For pain relief and cell regeneration.
▪ 40 €

Mesotherapy for pain relie ▪ 90 €

Neural therapy ▪ starting at 40 €

However you define beauty, what is important is that you should feel good in yourself. Our Center of Gentle Aesthetic Medicine is the ideal place to develop that sense of wellbeing and look-again radiance.

Consultation for Gentle Aesthetic Medicine
At the end of the session you will receive an individual treatment schedule taking due account of the natural proportions of the face and a balance between biological age and desired age. The objective is to achieve the most harmonious effect possible and underscore your individual type.
▪ starting at 100 €

TREATMENTS

Medical peeling
Biological peeling of the top layers of the skin to stimulate the natural skin rejuvenation processes. Ideal for reducing superficial facial wrinkles, brightening up a dull complexion and lacklustre skin tone, treating impurities of the skin, and reducing pigment marks and age spots.
▪ starting at 150 - 200 €

Carboxy therapy
Micro-injections are used to place medical CO_2 in the fatty subcutaneous tissue. This improves micro-perfusion and promotes venous and lymphatic drainage of the tissues.
▪ starting at 100 €

Bio-lifting
Organic revitalisation for him and her with the aim of normalising the moisture content of the skin and restoring lost elasticity and tone.
▪ with vitamins starting at 200 €
▪ with hyaluronic acid starting at 250 €

Fillers
A gentle and painless method of filling skin creases and cheeks, tightening the skin of the neck and shaping the lips with hyaluronic acid. This treatment, with its immediately visible results, is the ideal way to tackle the inroads of time by building up volume.
▪ starting at 350 €

Removal of:
common warts, seborrhoeic warts, broken capillaries and minor capillary haemangiomas.
▪ starting at 100 €

Mesotherapy
Injections with homeopathic substances. Indications: cellulite, overweight, poor blood circulation, hair loss, detox, revitalisation.
▪ starting at 100 €

Anti-aging for the hands or décolleté
- Medical peeling to reduce pigment or age spots
- Carboxy therapy for the hands
- Mesotherapy for revitalisation and treatment of age spots

▪ starting at 200 €

ADLER FIT

Vital check-up
A simple but effective test for strength, stamina and elasticity. The test shows what shape you are in and helps our coaches select the most suitable type of sporting activity for you.
▪ 30 min. 45 €

ADLER FIT - PRIVATE COACHING

Our fitness coaches will help you draw up your personal training plan in line with your health requirements, and your aesthetic and sporting goals. That is followed by individual training with your ADLER FIT private coach.

Healthy Back
Targeted back and stretching exercises for stronger muscles.

Body Toning
Strengthening the muscles for a healthy appearance.

Fat Burner
For shedding the kilos and maintaining your desired weight. The first session comprises a fitness walking test, spirometry and abdominal measurement as the basis for a training programme for permanent weight loss.

Water Private Coaching
A playful method that is kind to the joints for gentle strength build-up in the water.

Rehabilitation
A personal programme for restoring the muscles and mobility after an accident or operation.

Retone stomach and back New!
Individual session for strengthening the stomach and back muscles.
▪ 1 session (45 min.) 63 €, 3 sessions 165 €
▪ 1 session (45 min.) 41 €, 3 sessions 108 €

Panca Fit
Active and passive stretching of the relevant muscle groups to lengthen foreshortened muscles, protect the joints and relax the diaphragm. The result is improved breathing and stimulation of the venous and lymphatic circulation. Ideal for muscular relaxation.
▪ 1 session (45 min.) 70 €, 3 sessions 189 €

Body Tec
Efficient full-body training that is kind to the joints and offers fast results: increased strength, reduced fat and a shapelier body.
▪ approx. 20 min. 46 €, 3 treatments 114 €

ALL-INCLUSIVE FITNESS

ADLER FIT Cardio & Power Training
Work out free of charge at any time in our modern ADLER FIT Fitness World with the latest cardio and strength training machines. Our team will be happy to show you the secrets of efficient training.

Body & Soul courses
Keep in shape with our daily vitality programmes under professional supervision:
▪ Back School ▪ Theraball
▪ Fat Burning Circuit ▪ Yoga
▪ Aqua Gym ▪ Aqua-Pilates ▪ Pilates
▪ Stretching ▪ BTL (bums, tums and legs)
▪ Kids Gym ▪ Junior Fit

Outdoor programmes
Against the fascinating backcloth of the Dolomites, our sports team is there to take you on a range of outdoor activities in keeping with the season.

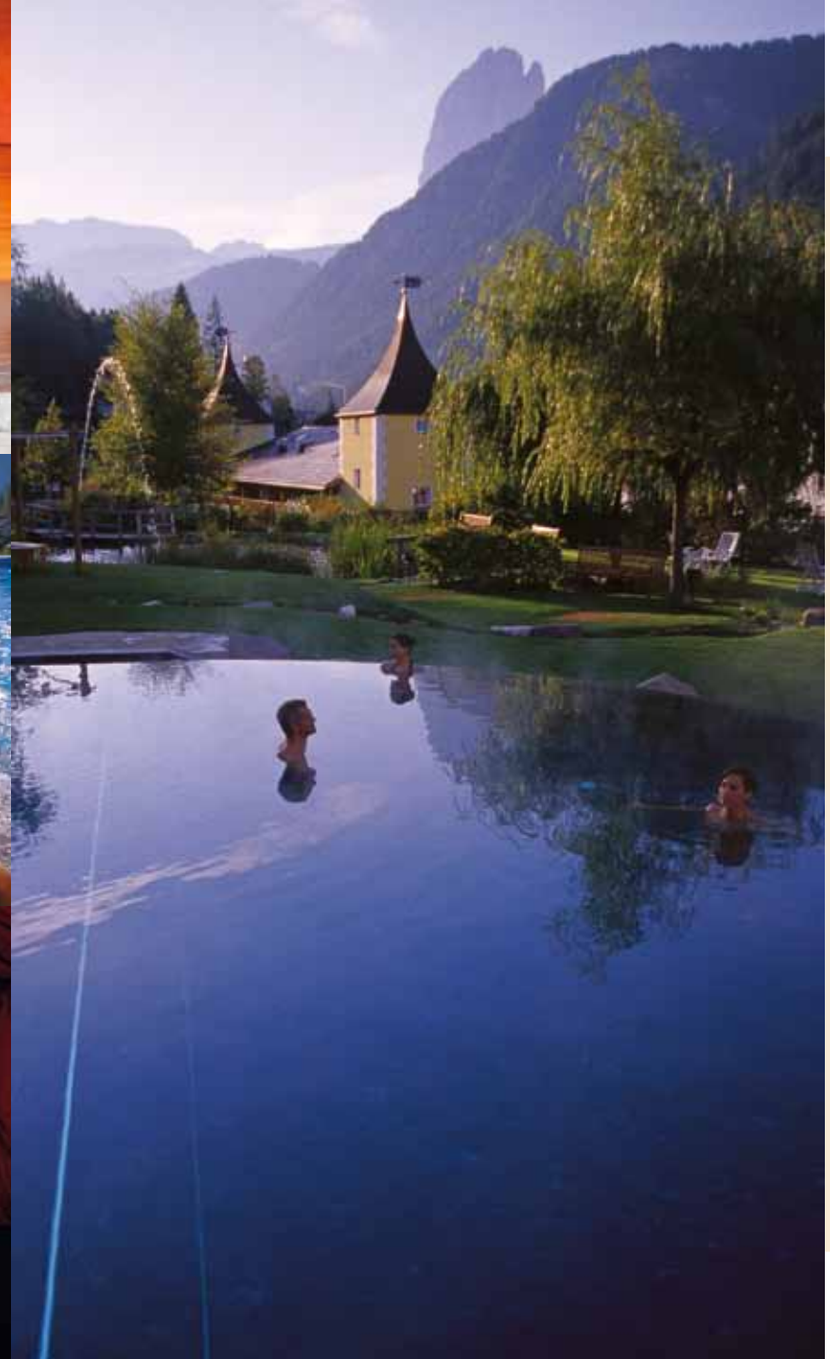
Programme recommendation
Body Fit
1 Bio-impedance analysis
2 Private Coaching sessions
200 €

Programme recommendation
Postural Tip!
1 Posture analysis with photo
1 Panca Fit session
1 Retone stomach and back session
183 €

AGUANA - Water World

Immerse yourself and relax
«Aguanes» – that is the name of the mysterious water spirits in the Dolomite fairy tales.
The enchantment lives on in our «AGUANA» Water World. Immerse yourself in this unique world of diverse bathing and sauna facilities – for hours of exquisite relaxation in response to the sheer desire for wellness with a difference.

The impressive «AGUANA» Water World
- 32°C indoor pool with crystal bath
- big 32°C open-air pool with whirlpool features
- 35°C indoor brine pool
- 35°C open-air brine pool in the grotto and panorama brine pool
- hot whirlpool with view on the Dolomites
- panorama sauna
- hay sauna in the mountain hut
- blossom vapour bath in the grotto
- Ladies' zone with a rose bath and «Symphony for the senses»
- mountain lake with whirlpool features
- oriental Rasul bath (extra charge)
- salt grotto with underground salt lake and rock salt sauna (extra charge)
- spacious relaxation and quite areas
- panorama relaxation area with open fire
- cozy bathrobe and bathing articles



SPA Info

Welcome to our ADLER SPA
We are at your disposal from **8.30 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 1544.

Make your appointments in good time
It will greatly help us to meet your wishes for treatments at the time of your choice if you make the appointment as early as possible, preferably when you book your room.

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.

Make yourself at home
With a bath robe and slippers you are well dressed for a visit to the spa facilities. Come to your treatment five minutes earlier and enjoy a cup of tea for a relaxed start to your feel-good programme.

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 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.

ADLER SPA

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