english

ADLER SPA

DOLOMITES

BEAUTY & WELLBEING 2013/14

«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)

Mitterberger 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!

ADLER SPA SIGNATUR & ALPINE SPA	page
ADLER SPA Bio-Cosmetics and food supplements	4
Alpine Spa	5
BEAUTY & BODY	
Facial treatments	6
Beauty Services & Hair Spa	7
Body-styling & Thalasso	8
RELAX & WEELBEING	
Baths & packs	10
Feel-good rituals	11
Massages	12-13
Therapeutic treatments	14
Ayurveda	15
Oriental treatments	16
HARMONY & ENERGY	
Spirit & Energy - Inner Harmony	17
ADLER Health & Lifestyle Coaching	17
ADLER SPA SPECIALS	
Treatments for Two	19
Spa for Mothers	20
Man Spa	20
ADLER Kids Spa	21
Spa programmes 2013/14	22-23
Salt Grotto	24
HEALTH & VITALITY	
ADLER MED - Medical diagnostics	25
ADLER MED - Medical check-ups & analyses	25
ADLER MED - Medical treatments & therapies	26
ADLER MED - Gentle Aesthetic Medicine	27
EXERCISE & VITALITY	
ADLER FIT - Private Coaching	28
All-inclusive fitness	28
Fitness programmes	28
AGUANA - Water World	30
SPA Info	31

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.

«We have to rest from time to time and wait until our souls have caught up with us.»

Indianische Weisheit

Bio-Cosmetics and food supplements ADLER SPA

ADLER SPA Bio-Cosmetics for the natural approach to gentle skin and body care without chemical preservatives – with 100% naturally pure ingredients from the mountains of South Tyrol and the Tuscan Garden of Eden.

BIO-COSMETICS ADLER SPA «DOLOMITES»

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

Cleansing milk	25 €
Face lotion	23 €
Day cream	69 €
Day 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 €

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

- **Detox**

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

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

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.
- 55 min. 99 €
- with hand pack 108 €

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 50 min. 127 €
- Eye treatment 20 min. 46 €
- Facial and eye treatment 55 min. 142 €

Excellence body treatment with vegetable melatonin
Effective push-up treatment with immediately visible results. Draining and firming effects.
- Body treatment 50 min. 93 €
- Breast treatment 50 min. 93 €

Suggested programmes:
- 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.
- 120 min. 238 €

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.
- 20 min. 24 €
- Weekly rate 118 €

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 15 min. 39 €
- Creme pack 20 min. 38 €
- Relax bath 20 min. 36 €

Imperial herbal or 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.
- 15 min. for 1 person 33 €
  for 2 people 47 €

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.
- 50 min. 78 €

South Tyrolean hay bath
Curative herbs from the mountain slopes have pain-relieving properties and are a source of wellbeing, relaxation and health.
- 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 50 min. 83 €
- with face pack 50 min. 91 €

Facial treatments

Facial cleansing ▪ 55 min. 99 €

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.
▪ 55 min. 99 €
▪ with hand pack 108 €

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 50 min. 127 €
▪ Eye treatment 20 min. 46 €
▪ Facial and eye treatment 55 min. 142 €

GUINOT

Beautè Neuve treatment
Fruit acids and enzymes create a gentle peeling effect for a clear skin.
▪ 50 min. 99 €

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

Aromatic feel-good facial treatment
With essential oils and aromatic extracts.
▪ 50 min. 99 €

Hydradermie eye treatment
This special treatment for the eyes reduces dark circles and wrinkles.
▪ 40 min. 77 €

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 75 min. 127 €
▪ Hydradermie Base 55 min. 99 €

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

MARIA GALLAND

Thalasso facial treatment
Sea water and algae masks supply your skin with valuable minerals, vitamins and moisture.
▪ Facial treatment 50 min. 108 €
▪ Facial and eye treatment 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.
▪ 50 min. 127 €

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

Infiniblanc
Anti-ageing in its most radiant form! Harmonises uneven pigmentation and stimulates visible rejuvenation of the skin.
▪ 50 min. 127 €

De Luxe facial treatment
New formula for still more luxury for the skin – with gold, truffle and collagen. An outstanding product for optimum effect.
▪ 55 min. 127 €

OTHERS

Flash beauty treatment
A quick tonic for your skin.
▪ 25 min. 46 €

Rejuvenating Express treatment
This treatment is used to stimulate and train the skin's natural anti-aging mechanism.
▪ 25 min. 46 €

Facial massage
Choose between a rhythmic massage with stimulating and draining effects or a classic facial massage with high-grade skin-care products.
▪ 20 min. 44 €

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

Beauty Services & Hair Spa

BEAUTY SERVICES

Manicure, pedicure
▪ Manicure 50 min. 46 €
▪ Manicure with pack 60 min. 56 €
▪ Manicure with semi-permanent varnishing 60 min. 65 €
▪ Pedicure 60 min. 57 €
▪ Semi-permanent varnishing 25 min. ab 35 €
▪ Semi-permanent varnishing French nails 40 min. 45 €

Hand treatments
▪ Thalasso hand treatment
▪ Masque Modelant hand treatment 45 min. 58 €

Eyelash and eyebrow tinting
▪ Eyebrow shaping 20 min. 30 €
▪ Eyebrow tinting 20 min. 21 €
▪ Eyelash tinting 20 min. 30 €

Make-up
▪ 40 min. 66 €

Depilation
▪ Complete hair removal 68 €

Solarium
▪ Body 12 min. 22 €
▪ Facial 15 min. 17 €

HAIR SPA

Washing and drying
▪ short hair treatment 33 €
▪ medium hair treatment 36 €
▪ long hair treatment 38 €

Ladies and gentlemen's cut
▪ from 23 €

Hair coloring
▪ from 38 to 48 €

SPA EKSperience
A professional hair care system combining technologically advanced products with special hair care rituals:

Thalassotherapy
Specific treatments for the hair and scalp with the strength of the sea. These feel-good applications are customised to meet your individual needs:
- **Rebalance** – for the oily scalp; absorbs excessive sebum, restores the natural balance and creates a feeling of lightness.
- **Purity** – ideal for dandruff; with refreshing and deep cleansing effects.
- **Vitality** – nutrition for the skin plus energy reserves; ideal for preventing and treating hair loss.
- **Comfort** – soothes irritated scalps and protects sensitive skins; for a completely relaxed feeling.

▪ each treatment 45 min. 67 €
(without drying)

Re-Construct
This fortifying algae-based treatment adds a protective barrier layer to your hair and delivers moisture and minerals for healthy hair and a wonderful sheen.
- **Re-Hydra** for brittle hair
- **Re-Lumina** for damaged hair

▪ each treatment 30 min. 48 €
(without drying)

Age-Control
Anti-ageing care with regenerative effects to counter the signs of the passing of time. Restores the scalp and gives your hair strength and fullness.
▪ 30 min. 48 € (without drying)

Purity scalp peeling
This scalp peeling harmonises oily and dry scalps and scalps with a tendency to dandruff. It has deep cleansing and regenerating effects.
▪ 10 min. 25 €

Body-styling & Thalasso

ADLER SPA BIO-COSMETICS

Excellence body treatment with vegetable melatonin
Efficient push-up treatment with immediate tissue-firming and draining effects.
- Body treatment 50 min. 93 €
- Breast treatment 50 min. 93 €

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.
- 25 min. 54 €

Algae pack
Algae contain active substances like iodine, vitamins, trace elements and minerals which stimulate the metabolism.
- Body pack 20 min. 51 €
- 3-pack programme 138 €

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 50 min. 93 €
- Breast treatment 50 min. 93 €
- 3-masks packages 243 €

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

Soin Silhouette Sculptant
An exclusive anti-cellulite treatment with an innovative combination of active agents for a attractive silhouette.
- 50 min. 93 €
- 5-mask package 395 €

GUINOT

Tightening or draining clay pack
Clay is used for its absorbent effects and is enriched with active agents with tightening or draining effects against cellulite.
- 20 min. 51 €
- 5-pack programme 210 €

Soin Beauté Minceur
A «4-in-1» manual body treatment with benefits for cellulite, fat deposits, flabby skin and water retention. The results derive from the multiple effects of the individual ingredients plus product synergies.
- 50 min. 93 €

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.
- 30 min. 40 €

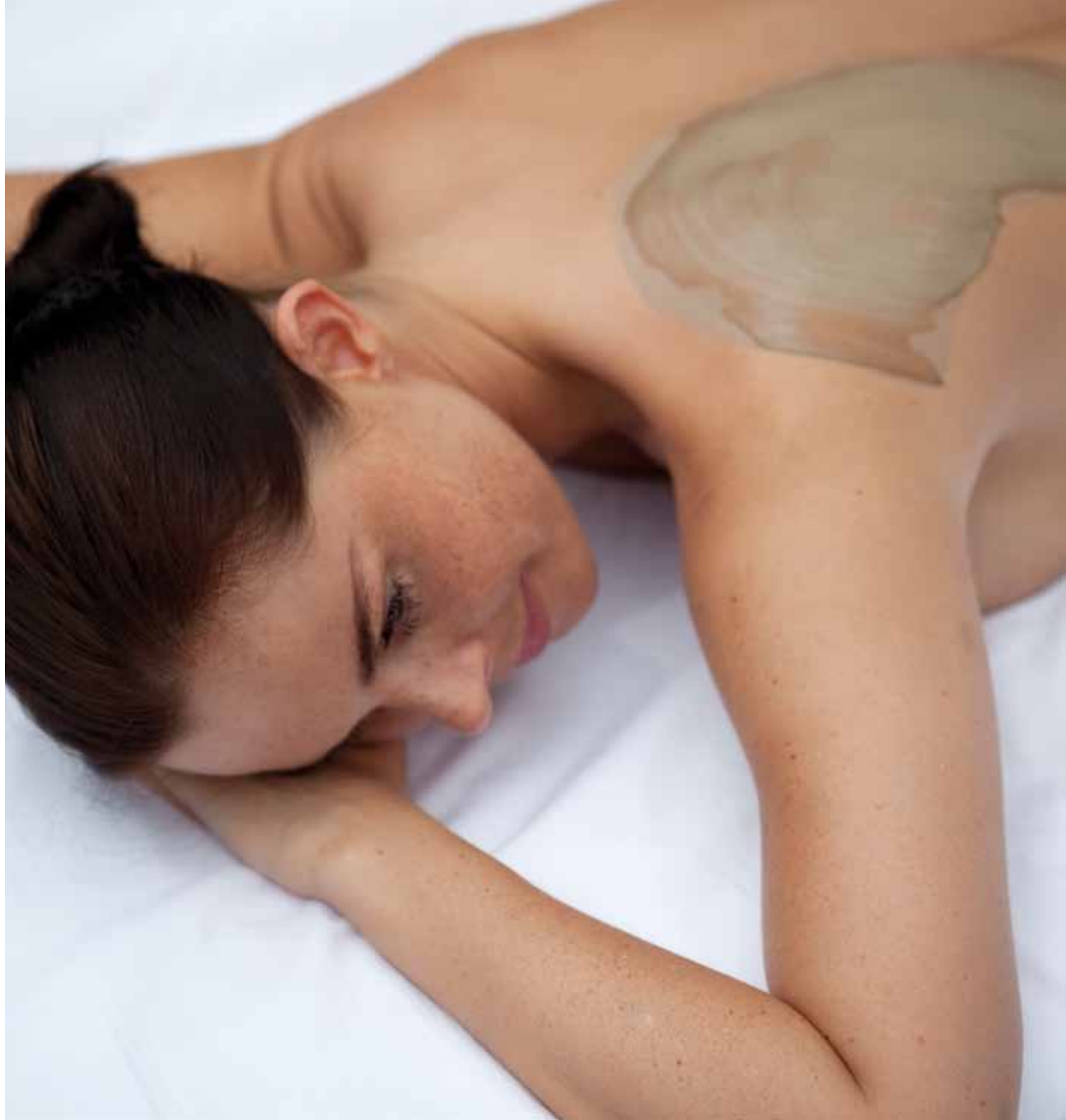
Infrasnella
After this treatment with electronic stimulation combined with infrared rays you will be in better shape, with increased muscle tone and an enhanced silhouette.
- 40 min. 59 € • 30 min. 51 €
- 20 min. 47 €

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.
- 45 min. 69 €
- 3-treatment package 183 €

Presso treatment
A special appliance is used to stimulate the circulation and lymphatics. The pump massage technique helps cleanse the tissues and is ideal after sport or against heavy legs and cellulite.
- 20 min. 48 €
- with anti-cellulite bandages 30 min. 68 €

Light legs
This refreshing treatment stimulates and strengthens the circulation. Effective for reducing swellings and preventing the development of spider veins. The combination of Presso with high-grade products makes this therapy particularly efficient.
- 25 min. 58 €

i-lipo *New!*
The intelligent and effective way to shed the pounds with special laser light.
(More on page 27)
- First session 150 €
- Every additional session 100 €



Baths & packs

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

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.
▪ 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.
▪ 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 20 min. 36 €
▪ Salt hydro massage 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 20 min. 61 €

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.
▪ 20 min. 36 €

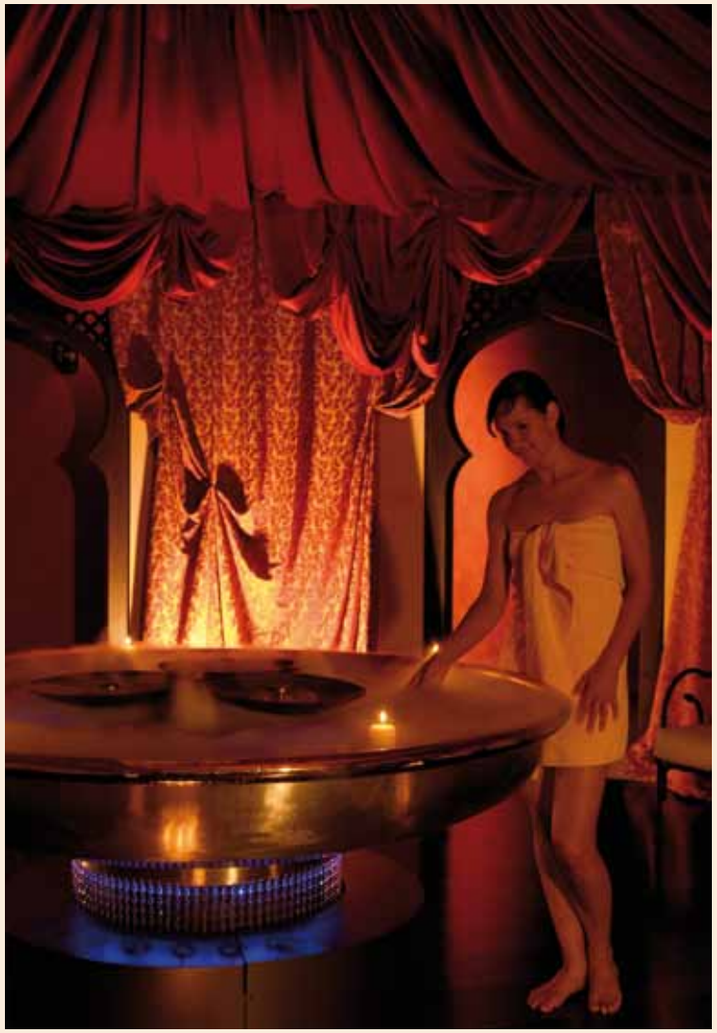
Arnica fango pack *New!*
Warm curative mud – also known as fango – has gentle and long-lasting heat transmission properties. That makes it so relaxing – ideal for the relief of tension and cramps. The addition of arnica gives the fango pack a strong anti-inflammatory effect.
▪ 20 min. 36 €

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.
▪ 29 €

Nuvola
Light as air, floating on a water bed, massaged by gentle water jets, enveloped in wonderful warmth and surrounded by coloured light – Nuvola, a unique experience that gives you the feeling of floating on a cloud. Treat yourself to this incredibly relaxing form of chromotherapy.
▪ 20 min. 17 €

Feel-good rituals



Savonage with black soap
An oriental facial and body ritual performed on a heated massage stone. The cleansing treatment, using a peeling glove and black soap (a paste made from black olives), removes dead skin cells, regenerates the tissues and leaves the skin soft and smooth. Shea butter is applied at the end of this feel-good ritual to provide valuable moisture and form an aromatic protective layer on the skin.
▪ 50 min. 78 €

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 50 min. 93 €

Heaven & Earth
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.
▪ 122 € for the 1st person
▪ 100 € for the 2nd person

Massages

Classic massage
This massage loosens the muscles and stimulates the circulation. Recommended in combination with a fango pack.
▪ Body massage 45 min. 69 €
▪ Partial massage 20 min. 44 €

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.
▪ 45 min. 69 €

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

Salt peeling-massage
A relaxing peeling massage with oil and sea salt. Afterwards a moisturising pack is recommended.
▪ 40 min. 72 €

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.
▪ 45 min. 80 €

Dorsalis resonance massage *New!*
A combination of traditional Alpine methods and proven techniques from ancient cultures brings harmony to body and soul. Dorsalis resonance massage releases tension in the muscles of the back and improves the dynamics of the vertebral column. Following a relaxing manual back massage, the muscles are further loosened with the help of cupping glasses and a hot massage roller. Finally, sounding bowls are used to release the very last blockages. The sound waves stimulate the metabolic function so as to ward off future problems with tension. This treatment provides wellbeing and relaxation for the stressed back, promotes good posture and confers fresh beauty and radiance.
▪ 50 min. 79 €

Honey back treatment
This intensive back treatment palpably releases tensions. For centuries honey has ben used in naturopathy. A special massage technique is employed to rub natural honey deep into the back muscles and release the toxins from the tissues. With the help of the meridians, the whole organism is cleansed, stimulated and strengthened.
▪ 45 min. 79 €

ANTI-CELLULITE, FIRMING AND DRAINING MASSAGES

Fonctionnel massage
Highly effective functional massage employing a combination of specific serums from aromatic essential oils and a stimulating massage for targeted problem zone results.
▪ 50 min. 88 €

Draining massage
Pleasantly relaxing massage with draining effects. Recommended in combination with a algae pack.
▪ 45 min. 69 €

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.
▪ 45 min. 69 €

Suggested programme:
- ANTISTRESS (page 22)

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.
▪ 45 min. 79 €

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.
▪ 45 min. 69 €

Suggested programme:
- PACKAGE FOR ATHLETES WITH PINUS SARENTENSIS (page 22)

Therapeutic treatments

Specific massage
A massage targeted individually at your maximum points of tension.
- 45 min. 79 €
- 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.
- 45 min. 79 €

Deep tissue massage
This massage is performed with slow transversal strokes. It loosens the tissues and creates a pleasant feeling of liberation.
- 45 min. 79 €

Tecar treatment
This effective treatment has a highly stimulating effect on the cells and promotes natural regeneration.
- 45 min. 79 €
- 20 min. 47 €

Ultrasonic treatments
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 26 €
- Ultrasonic treatment & electrotherapy starting at 36 €

Ayurveda

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

Abhyanga or Kerala
Massages with warm herbal oils to reduce tension and strengthen the immune system.
- Abhyanga 50 min. 79 €
- Abhyanga partial massage 20 min. 47 €
- Kerala 80 min. 115 €

Harmonising treatment of the head, face and feet
Beauty treatment with oils, herbs and masks plus a head and feet massage for inner equilibrium.
- 55 min. 99 €

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

Udvarthana massage
Peeling massage with herbal pastes for in-depth cleansing of the skin and activation of the circulation and metabolism.
- 50 min. 90 €

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

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

Garshan massage
Peeling massage with untreated natural raw silk gloves to tighten the tissues. The gloves are then yours to use for massaging at home.
- 50 min. 99 €

Shirodhara massage
A gentle trickle of warm oil onto your forehead strengthens the nerves and harmonises the hormonal system. This treatment simply washes stress away.
- 60 min. 123 €

Midhi massage
This massage technique involves the use of the feet. It activates all the muscles of the body.
- 45 min. 90 €

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 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.
- 50 min. 90 €
- 75 min. 117 €

Marma massage
Ayurvedic marma massage is based on a tradition that is thousands of years old. It serves to stimulate the marma points. These marma points, of which there are 108, are the centres of our vital energy. The massage has positive stimulating effects on the inner organs, reduces pain and keeps the whole organism in a healthy condition.
- 50 min 90 €

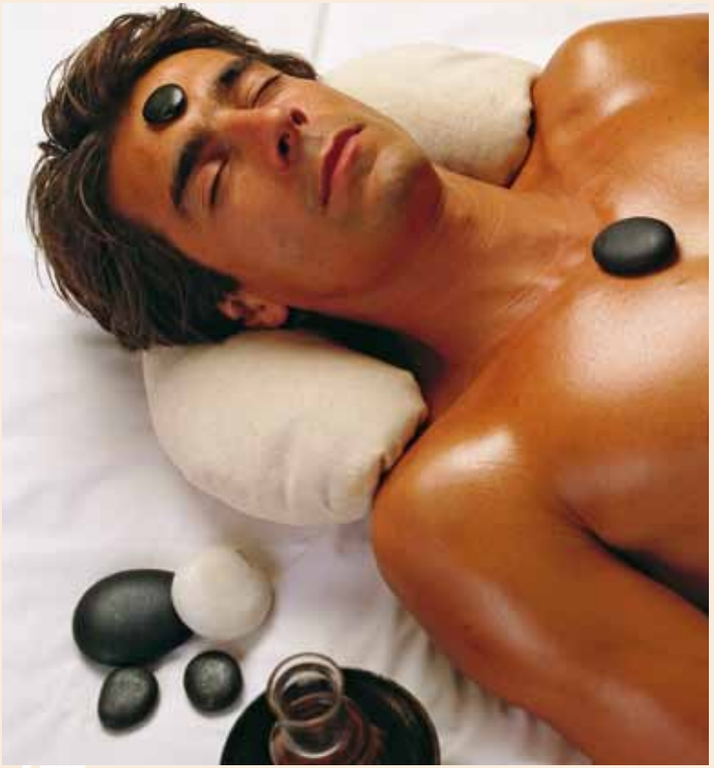
India Baby massage & bath
A gentle massage followed by a milk and honey bath.
- 40 min. 69 €
  Minimum age 1 month
  Maximum age 6 months

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.
▪ 50 min. 90 €

Energy balance massage
Feel the power of a touch that loosens tension and allows your life energy «Qí» 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.
▪ 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.
▪ 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.
▪ 45 min. 71 €

Shiatsu massage
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 «Qí», our life energy, starts to flow again. The perfect way to eliminate stress.
▪ 50 min. 96 €

Spirit & Energy - Inner Harmony

Relax training
Ideal for people looking for an effective way of reducing stress and enjoying more relaxation and calm. Various methods such as progressive muscle relaxation, autogenic training and concentration techniques help reduce tensions and lower the blood pressure, leading to improved sleep, greater satisfaction and wellbeing, enhanced concentration and more differentiated perception.
▪ 50 min. 74 €

Forfait relaxation training
When you practise relaxation techniques often enough, conditioning processes set in that enable you to achieve calm quickly and easily in daily life. Even in stressful situations, a short self instruction exercise will help to relax quickly.
▪ 3 sessions 201 €

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.
▪ 50 min. 74 €

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.
▪ 50 min. 74 €

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.
▪ 75 min. 133 €
▪ 50 min. 95 €

Private Yoga and Private Tai Chi
Body, breathing and relaxation exercises.
▪ 50 min. 74 €
▪ 3 sessions 201 €

ADLER Mental training & Coaching

Mental coaching
Mental training helps you achieve your full potential. Successful dieting, more harmonious human relationships, enhanced ability to relax and enjoy your leisure – whatever the requirement the program teaches you, step by step, the tools you need to reach your private and professional goals. Negative responses are soon overcome to give you unfettered access to your emotions and inner resources.

Anti-stress coaching
Take advantage of the casual holiday atmosphere to consider the elements of your life that create stress, and learn to activate your physical and mental sources of strength:
- Analyse your personal stress load
- Discover the four methods of stress management, and develop effective personal strategies
- Learn targeted exercises to create islands of relaxation and equilibrium in daily life

▪ First coaching session 80 min. 128 € ▪ Additional coaching sessions 50 min. 87 €

Paarbehandlungen

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.
▪ 120 min. 216 €

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.
▪ 120 min. 238 €

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.
▪ 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.
▪ 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.
▪ 15 min. 47 €

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.
▪ 20 min. 24 € per person

Heaven & Earth
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.
▪ 122 € for the 1st person
▪ 100 € for the 2nd 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 ▪ 99 €
Cocoon facial treatment ▪ 127 €

Pre-maman massage
In pregnancy it is especially important to bring relaxation to tense muscles and improve elasticity for a heightened sense of wellbeing.
▪ 45 min. 69 €

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

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.
▪ 45 min. 69 €

Baby massage and bath
A gentle massage followed by a milk and honey bath. (from 1 month to 6 months).
▪ 40 min. 69 €

BODY & MIND

Private Yoga
An ideal form of preparation for expectant mothers – for enhanced awareness of body and breathing.
▪ 74 €

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.
▪ 45 min. 64 €

Acqua Harmony
Playful parent-and-child session in the water with your 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.
▪ 30 min. 64 €

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.
▪ 20 min. 46 €

Myofascial massage
Treat yourself to this deeply relaxing massage. Performed with a special technique using the arm, it helps improve posture.
▪ 45 min. 69 €

Suggested programmes:
- **«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.
▪ 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.
▪ 55 min. 99 €

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

Thalasso facial treatment
See page 6

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

ADLER KIDS SPA

AKI massage *New!*
Full body massage with aromatic oils.
▪ 20 min. 44 €

Fresh Face *New!*
A freshness boost for young skins.
▪ 20 min. 46 €

Teen facial cleansing *New!*
For a well groomed and pure skin.
▪ 55 min. 99 €

Happy Hands & Feet *New!*
Filed and varnished nails plus hands and feet massage.
▪ 50 min. 56 €

SKIN CARE RITUALS FOR PARENT AND CHILD *New!*

A special treat for you and your child

Milk & Chocolate Dream
The dream begins with a warm-up together in the organic sauna.
That is followed by a chocolate massage for the kids, while the big people are pampered with a milk and honey butter massage. For optimum skin care results, all then enjoy a milk bath in the wooden Tyrolean tub.
▪ 75 min. 98 €

Yoghurt Spa
Enjoy the fun of the big whirlpool together with your child and let us pamper you in an oriental setting with yoghurt-based goodness: a yoghurt-almond peeling followed by the soothing application of a vanilla oil for a smooth and supple skin.
▪ 75 min. 98 €

Spa programmes 2013/14

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	-
	554 €	275 €

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
	722 €	441 €

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 massage	1	1
Kraxenofen hay bath	1	1
Shirodhara massage	1	-
Abhyanga massage	1	1
Ayurveda pack	1	1
Ayurveda facial treatment	1	-
Cleopatra bath	1	-
Udvarthana massage	1	1
Essence bath	1	1
	653 €	335 €

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	-
	506 €	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
	368 €	289 €

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	349 €	218 €

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	-
	494 €	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	-
	524 €	329 €

TEENAGER	1-2 days
Apple peeling and pack	1
Partial massage	1
Facial cleansing treatment	1
	194 €

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	-
	553 €	297 €

«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
	567 €	376 €

ADLER BEAUTY DAY	1-2 days
Classic massage	1
Edelweiss facial treatment	1
Kraxenofen hay bath	1
Fango pack or Cleopatra bath	1
	199 €

MAN BEAUTY DAY	1-2 days
Private Coaching	1
Fango pack	1
Classic massage	1
Basic Homme treatment	1
Manicure	1
	271 €

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. (30 min. each in salt lake, rock salt sauna relaxing area)
You are kindly requested to maintain absolute quiet in the Salt Grotto.

Underground Salt lake enriched with 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 25 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 25 minutes in the sauna, take a cold shower and rest.

ADLER MED

MEDICAL DIAGNOSTICS

Medical examination
▪ 92 €

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.
▪ 92 €

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.
▪ 153 €

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.
▪ 153 €

Consultation for hydro-colon therapy
▪ 70 €

LABORATORY ANALYSIS*

Standard laboratory analyses and innovative tests:

Blood tests
- General and specific blood tests from 92 €
- Food intolerance test (Elisa test) 210 €
- Free radical test 53 €
- Lipidomic test 94 €

Stool and urine tests
- Urine test 11 €
- Stool flora analysis (I.B.E.) 173 €
- Neurotransmitter test 113 €
- Helicobacter stool test 63 €
- Heavey metall test 225 €

Saliva tests
- Stress hormone test 104 €
- Male hormone test 86 €
- Female hormone test 134 €
- Cortisol curve 160 €

Genetic testing for the following
- Overweight 203 €
- Metabolic syndrome 242 €
- Cardiovasculer system 383 €
- Detox 203 €

Prevention package *New!*
(Stool flora analysis (I.B.E.)
+ Lipidomic test + Free radical test
+ Food intolerance test 46) 273 €

(*following a prior medical examination)

NEW IN 2013/14

Prophylactic check-ups for good health and avoiding illness.

Initial check-up
- Medical consultation
- Basic blood tests
- Follow-up consultation with blood count analysis
▪ from 240 €

Special prophylactic check-ups
Specific check-ups according to age group and gender:
▪ Check-up 35+ 621 €
▪ Check-up women 45+ 657 €
▪ Check-up men 45+ 686 €
▪ Check-up women 60+ 681 €
▪ Check-up men 60+ 699 €

Please ask for full details of the individual check-ups.

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.
▪ 102 €

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

▪ 102 €

Complete Check
- bio-impedancometry
- bioelectric check-up
- nutrition profile

▪ 236 €

Diagnostics profile
- bio-impedancometry
- bioelectric check-up

▪ 180 €

Spirometry
Spirometry is a form of pulmonary function testing. The test measures the volume and flow of the air inhaled and exhaled.
▪ 92 €

Lactate test
The lactate test serves to determine the optimum training heart rate and aerobic-anaerobic threshold. The data are then used to draw up a professional training plan.
▪ 246 €

Electrocardiogram*
Heart activity monitoring.
▪ 66 €

(*following a prior medical examination)

Take a look at our new medically supervised, body-and-soul **ADLER BALANCE®** health programmes. The focus is on **inner cleansing, weight loss, anti-aging, stress management and Ayurveda.** Our reception staff at ADLER SPA will be happy to provide detailed counselling.

THERAPIES*

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.
▪ 130 €

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.
▪ 62 €

Bio-feedback
HeartMath: for breathing awareness, harmonised heart beat and emotional equilibrium.
▪ 82 €

Homeomesotherapy
▪ 100 €

Neural therapy
▪ from 56 €

Liver cleansing
▪ 112 €

Diet and food supplement counselling
▪ 160 €

However you define beauty, what is important is that you feel good.

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 €

Anti-ageing consultation
A preventive medical consultation in support of long years of health and an active life. The objective is to delay the biological ageing process, retain a youthful appearance, maintain a good quality of life for as long as possible in old age, and generally help you to live longer.
▪ 153 €

TREATMENTS

Laser treatments
This innovative method is quick and convenient and delivers impressive and lasting results. It is ideal for the following:

▪ **Facial rejuvenation**	400 €
▪ **Epilation**	from 150 €
▪ **The treatment of**	
- pigment spots	from 200 €
- onychomycosis	from 80 €
- acne	from 250 €
- stretch marks	from 250 €
▪ **The removal of**	
- dilated capillaries, spider veins	from 250 €
- minor blemishes	from 200 €

Carboxy Therapy
A therapy that delivers immediately visible results. Micro-injections of medical CO_2 are administered subcutaneously to strengthen micro-perfusion and stimulate venous and lymphatic drainage of the tissues. Medical oxygen can also be injected locally to treat superficial fat pads and firm the skin.
▪ from 100 €

Medical peeling
Biological peeling of the top layers of the skin to stimulate the natural skin rejuvenation processes.
- Medical peeling with yellow peel 200 €
- treating impurities of the skin, reducing pigment marks and age spots. 150 €

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.
▪ from 350 €

Removal of:
common warts, seborrhoeic warts, broken capillaries and minor capillary haemangiomas.
▪ from 150 €

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

Sclerotherapy
For the fast removal of spider veins.
▪ from 100 €

I-lipo
New!

The intelligent and effective path to fat reduction. i-Lipo is a new, painless form of laser lipolysis that can be applied to any part of the body with immediate results. The laser light triggers a reaction inside the fat cells; the energy reserves stored there are broken down and the cell membrane becomes pervious. The i-Lipo treatment causes the fat cells to shed their energy reserves in such a way that they are absorbed into the natural metabolism of the body. During the treatment session, the fatty cells reached by the laser light are reduced in size, quickly and effectively. Problematical depressions (cellulite) are also eliminated. i-Lipo is a gentle and effective path to a slimmer and shapelier figure.
▪ First session 150 €
▪ Each additional session 100 €

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.
▪ Vital-Check 30 min. 46 € ▪ Spiro Vital Check 60 min. 135 €

ADLER FIT - PRIVATE COACHING

Your ADLER FIT Private Coach will guide you through an individual training programme targeted at your personal goals in terms of fitness, health and looks. Plus a personal training schedule for use back home.

- **Healthy Back**
  Targeted back and stretching exercises for stronger muscles.
- **Abs Killer**
  Strengthening the abdominals with quick and visible results.
- **Functional Private Coaching**
  Simple but highly specific exercises to stimulate the metabolism, build up strength, and improve coordination and flexibility.
- **Manager workout**
  An innovative total fitness program for improved posture, muscle tone and breathing.
- **Rehabilitation**
  In support of recovery and fitness building after an accident or operation.on.
- **Water Private Coaching**
  A playful method that is kind to the joints for gentle strength build-up in the water.
- **Restart**
  The ideal way to get back into shape after a period of neglect.

▪ 1 session (45 min.) 64 €, 3 sessions 168 €
▪ 1 session (45 min.) 41 €, 3 sessions 108 €
▪ Privat Coaching Family 45 min. 84 € (1st person 64 €, 2nd person 20 €) *New!*
▪ Privat Coaching Mini Group 45 min. 31 € per person (from 3 to 5 persons) *New!*

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.) 71 €, 3 sessions 192 €

Body Tec
Efficient full-body training that is kind to the joints and offers fast results: increased strength, reduced fat and a shapelier body.
▪ 20 min. 46 €, 3 treatments 117 €

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:
Yoga, Aqua gym, Pilates, Stretching, BTL (Bums, Tums & Legs), BTS (Bums, Tums & Shoulders), Back school, Postural gym, Abdominal killer, Flexibility training, Pilates tools, Toned bum

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

Total Body Fit
1 Private Healthy Back
1 Private BBP
1 Private Outdoor
168 €

Programme recommendation

Postural
1 Posture analysis with photo
1 Panca Fit session
1 Private Healthy Back
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
- cosy 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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DOLOMITES