



ADLER MED

ADLER MED...

Offers cutting-edge medical services in the cocooning comfort of a 5-star Spa resort

Appointments without delay

No long waits with ADLER MED. Book directly online or contact us by phone: you will be given the necessary advice and an appointment without delay.

Laboratory tests on the premises

Blood tests allow us to pinpoint any risks for your health and make an early diagnosis of any disorder. At our laboratory you can have blood tests performed and get the results in a single day.

Out-patient service or overnight stay

You can choose whether to use the wide range of medical services offered by ADLER MED as an outpatient or combine them with a stay at our hotel.

Assistance during and after treatment

Our medical staff will assist you throughout your treatment programme. We also offer a follow-up service to assist you during the subsequent phases, which will help you prolong and consolidate the effects of the therapy.

Competent specialists

You will be cared for by highly qualified doctors and therapists – a team of specialists in various fields able to offer you a made-to-measure therapeutic plan.

The personal approach and relaxed atmosphere will help you feel at ease at all times.

A modern, exclusive environment

The exclusive combination of elegant environments and 5-star services, enhanced by the spectacular frame of the Dolomites, a UNESCO heritage site, provides the ideal place to restore well-being and harmony.

ADLER MED Vital cuisine

A healthy diet based on natural, genuine ingredients is fundamental for health and well-being. During your stay, you will be able to sample the simple but top-quality dishes of our Vital cuisine, prepared exclusively with fresh, natural ingredients and locally-sourced produce in season whenever possible.

ADLER MED's medical team agree: each of us is unique, just as our sense of taste and way of metabolising food are unique.

Strictly personalised diet strategies therefore need to be developed that will take into account individual characteristics. A principle that has 360-degree validity, whether it be a case of cleansing the body, losing weight, building muscular mass or simply keeping yourself in good health.

Detox

A detoxifying cure frees the body of toxins and cell debris that accumulate, enabling its complete regeneration.

ADLER MED Basic - Preliminary and final consultations

At the start of each ADLER MED module there is a preliminary medical consultation to establish your state of health and decide on the best therapeutic plan for you.

180 €



The **Essential module** includes the basic treatments and may be tailored according to individual needs on the patient's initiative or based on the instructions of the referring doctor.

ADLER MED Essential Detox

- | | |
|------------------------------------|-----------------------------|
| 1 Bioelectrical impedance analysis | 1 Detoxifying pack |
| 1 Bioenergetic footbath | 1 Follow-up diet plan |
| 1 Bioelectric check-up | 1 Massage |
| | 1 Abdominal massage therapy |

357 €



The **Intensive module** may be added to the Essential module the ideal solution for stays of 7-14 days. For this intensive care plan we recommend one preparatory week and one restorative week at home.

ADLER MED Intensive Detox

- | | |
|-----------------------------|--------------------------|
| 1 Blood test | 1 Guided breathing class |
| 4 Massages | 2 Bioenergetic footbaths |
| 1 Medical report | 2 Detoxifying packs |
| 2 Private coaching sessions | 1 Facial detox treatment |
| 1 Abdominal massage therapy | 3 Hydromassages |

782 €

ADLER MED Efficient Modules

The extra-mile packages for your health and well-being. May also be booked without accommodation.

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180 €



ADLER MED Check Detox

- 1 Bioelectrical impedance analysis
- 1 Bioelectric check-up
- 1 Hair mineralogram for the measurement of heavy metals in the body
- 1 Blood test

307 €

ADLER MED Detox for the intestine

- 1 ADLER MED Detox diet plan
- 1 Gastrointestinal flora analysis and aromagram
- 1 Abdominal massage therapy
- 1 Colon hydrotherapy

417 €

ADLER MED Start Detox

- 1 ADLER MED Detox diet plan
- 1 Abdominal massage therapy
- 1 Bioelectrical impedance analysis

141 €

ADLER MED Detox for the liver

- 1 Specific preparation for cleansing
- 1 Gastrointestinal flora and bacteria analysis
- 1 Blood test
- 1 Intravenous detox therapy

347 €

Weight Loss and Nutrition

To successfully reduce body weight you need a well-balanced diet that does not just aim to reduce calories but is tailored to the individual's energy balance.

By discovering which foods are the best allies for your health, ADLER MED will help you find new vitality and restore harmony to your body. A personalised diet plan, combined with a targeted exercise programme and state-of-the-art treatments and technologies, guarantees lasting, sustainable weight loss.

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180 €



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ADLER MED Essential weight loss

- | | |
|------------------------------------|----------------------------|
| 1 Bioelectrical impedance analysis | 1 Massage |
| 1 Hydromassage | 1 Follow-up diet plan |
| 1 Bioelectric check-up | 1 Private coaching session |
| | 1 Slim pack |

357 €



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ADLER MED Intensive weight loss

- | | |
|----------------------------|--------------------------|
| 1 Blood test | 5 Slim packs |
| 5 Massages | 3 Group fitness sessions |
| 1 Medical report | 5 Hyromassages |
| 1 Private coaching session | |

782 €

ADLER MED Efficient Modules

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180 €



ADLER MED Harmonise your weight

- 1 Blood test
- 1 Nutritional profile
- 1 Biofeedback
- 1 Bioacoustic frequency treatment

459 €

ADLER MED Improve your diet

- 1 Bioelectrical impedance analysis
- 1 Follow-up diet plan
- 1 Food intolerance test

255 €

ADLER MED Start weight loss

- 1 Nutritional profile
- 1 Private coaching session
- 1 Body Slim pack
- 1 Body Slim treatment
- 1 ADLER MED Slimming diet plan

289 €

ADLER MED Body Shape

- 1 Private coaching session
- 1 Body Slim treatment
- 1 Mesotherapy treatment
- 1 Adipose tissue treatment

311 €

Stress Management

A programme to enhance relaxation skills, cleanse the body, and increase stress resistance.

Learning to relax properly enables you to manage stress better. Relaxation techniques, a healthy, well-balanced diet, ad hoc treatments and other strategies combine to help restore your psycho-physical well-being.

ADLER MED Basic - Preliminary and final consultations

At the start of each ADLER MED module there is a preliminary medical consultation to establish your state of health and decide on the best therapeutic plan for you.

180 €



The **Essential module** includes the basic treatments and may be tailored according to individual needs on the patient's initiative or based on the instructions of the referring doctor.

ADLER MED Essential stress relief

- 2 Energising treatments
- 1 Hydrotherapy session
- 1 Stress-relieving massage
- 1 Arnica pack
- 1 Head, face and feet rebalancing treatment

339 €



The **Intensive module** may be added to the Essential module the ideal solution for stays of 7-14 days.

ADLER MED Intensive stress relief

- 3 Energising treatments
- 1 Plantar reflexology
- 1 Hydrotherapy session
- 1 Shiatsu massage
- 2 Stress-relieving massages
- 2 Private coaching sessions
- 1 Arnica pack

719 €

ADLER MED Efficient Modules

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180 €



ADLER MED De-Stress

- 1 Bioelectric check-up
- 1 Biofeedback
- 1 Stress-relief treatment

224 €

ADLER MED Energy

- 1 Bioelectrical impedance analysis
- 1 Revitalising diet plan
- 1 Rebalancing treatment
- 1 Intravenous revitalising therapy

254 €

ADLER MED Stress Check

- 1 Blood test with stress profile
- 1 Evaluation of free radicals and antioxidative stress based on blood tests
- 1 Biofeedback
- 1 Rebalancing treatment

429 €

Prevention and Diagnosis

The first step forward to a personalised strategy for lasting good health. Prevention is fundamental to stay healthy and dynamic in later life. The ADLER MED Health Centre offers a wide range of basic clinical tests, medical consultations and specific tests performed both using traditional and innovative techniques, to analyse your state of health and develop a personalised prevention package.

ADLER MED Basic - Preliminary and final consultations

At the start of each ADLER MED module there is a preliminary medical consultation to establish your state of health and decide on the best therapeutic plan for you.

180 €



The **Essential module** includes the basic treatments and may be tailored according to individual needs on the patient's initiative or based on the instructions of the referring doctor.

ADLER MED Essential Prevention Check-up

- 1 Bioelectrical impedance analysis
- 1 Bioelectric check-up
- 1 Complete blood test
- 1 Fecal occult blood test
- 1 Urine test

345 €



The **Intensive module** may be added to the Essential module the ideal solution for stays of 7-14 days.

ADLER MED Intensive Prevention Check-up

- 1 Follow-up diet plan
- 1 Hair mineralogram for the measurement of heavy metals in the body
- 1 Intestinal flora test with aromatherapy
- 1 Biofeedback

545 €

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At the start of each ADLER MED module there is a preliminary medical consultation to establish your state of health and decide on the best therapeutic plan for you.

180 €



ADLER MED Anti-Ageing

- 1 Bioelectrical impedance analysis
- 1 Nutritional profile
- 1 Blood test with hormone profile

327 €

ADLER MED Start Check

- 1 Blood test with basic profile

27 €

Functional Orthopaedics

Functional orthopaedics deals with the interaction between the mind, anatomical structures and metabolism. Any functional imbalance in these areas can cause pain, though the point where the pain originates is often to be found in a different area from where the symptoms arise. Correct postural analysis, especially if combined with additional disciplines like applied kinesiology and neural therapy, enables acute and chronic pain to be treated effectively.

ADLER MED Basic - Preliminary and final consultations

At the start of each ADLER MED module there is a preliminary medical consultation to establish your state of health and decide on the best therapeutic plan for you.

180 €



The **Essential module** includes the basic treatments and may be tailored according to individual needs on the patient's initiative or based on the instructions of the referring doctor.

ADLER MED Essential Performance

- | | |
|--------------------------------------|------------------------------------|
| 1 Postural and motor skills check-up | 1 Bioelectrical impedance analysis |
| 1 Therapeutic treatment | 1 Posture therapy session |
| 1 Breathing technique lesson | 1 Private coaching session |

389 €



The **Intensive module** may be added to the Essential module the ideal solution for stays of 7-14 days.

ADLER MED Intensive Performance

- 1 Blood test
- 1 Bioelectric check-up
- 1 Intestinal flora test and GUT SCAN functional test
- 1 Follow-up diet plan
- 1 Biofeedback

462 €

ADLER MED Efficient Modules

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ADLER MED Basic - Preliminary and final consultations

At the start of each ADLER MED module there is a preliminary medical consultation to establish your state of health and decide on the best therapeutic plan for you.

180 €



ADLER MED Back

- 1 Postural and motor skills check-up
- 1 Posture therapy session
- 1 Breathing technique lesson
- 1 Therapeutic treatment

277 €

ADLER MED Sports Performance

- 1 Blood test
- 1 Private coaching session
- 1 Kinesiology test

217 €

ADLER MED Posture Check-up

- 1 Custom orthotics
- 1 Bioelectric check-up

119 €

ADLER MED Thermal Arthrosis

- 1 Mineral mud body pack
- 1 Hydrotherapy session
- 1 Therapeutic treatment

168 €

Gentle Aesthetic Medicine

• Medical introduction	0 €
• Visit for aesthetic medicine	100 €
• Medical anti-aging visit	154 €

TREATMENTS

• Medical peeling	from 114 €
• Medical peeling with yellow peel	210 €
• Medical peeling with PRX	120 €
• Carboxy therapy	103 €
• Carboxy and mesotherapy	188 €
• Carboxy and vitamin therapy	290 €
• Biolifting with vitamins	210 €
• Biolifting with hyaluronic acid	260 €
• Fillers from	350 €
• Removal of elevated from benigne	124 €
• Mesotherapy:	103 €
- Cellulite	
- Stimulation of the circulation	
- Alopecia and hair loss	
- Revitalizing	
• Anti-aging for hands or décolleté	from 300 €
• Sclerotherapy	from 103 €
• Laser therapy:	
- Facial rejuvenation	from 420 €
- Mini lifting neck, inner arm, arms and tights	from 500 €
- Remove:	
Pigment spots	from 256 €
Acne	from 256 €
Minor skin blemishes	from 160 €
Xanthelasma	from 210 €
Capillaries (couperose, rosacea, birthmarks, spider veins, angiomas rubies)	from 260 €
• Treatment of onychomycosis	from 90 €
• Epilation	from 160 €
• Acne and rosacea treatment	from 260 €
• Stretch marks treatment	from 260 €
• Eyelid lifting	from 310 €
• PRP	450 €
• i-lipo cellulite and fat deposits	110 €
• Innovative PDO thread lift	from 300 €
• Microneedling face, neck, décolleté	200 €
• Shockwave therapy	200 €
tissue and muscle reinforcement, treatment of cellulite and fat deposits	

DERMA ACTIVE

Special package with our most effective treatments. In only two hours your skin will be smooth and your face look rejuvenated.

- 1 Personalised medical peeling
- 1 Shockwave therapy
- 1 Bio-lifting with vitamins

400 €

Medical diagnostics

Medical consultations

• Medical introduction	0 €
• General medical consultation	97 €
• Aesthetic medicine consultation	97 €
• Iridology diagnostics	154 €
• Medical anti-ageing visit	97 €
• Complementary medical visit (homeopathy, homotoxicology, herbal medicine)	154 €

Instrumental examinations*

• Complete check-up Bio-impedance analysis, Bioelectric check-up & Personal nutrition profile	274 €
• Nutritional profile Bio-impedance analysis & Personal nutrition profile	207 €
• Nutritional profile blood group Bio-impedancemetry with nutrition blood group diet	207 €
• Diagnostic profile Bio-impedance analysis & Bioelectric check-up	207 €
• Bio-impedance analysis provides an accurate picture of the composition of your body	137 €
• Bioelectric check-up la functional diagnostic method which diagnose functional disorder (inflammation, covert or chronic disorders and allergies)	137 €
• Spirometry pulmonary function testing	97 €

ADLER BALANCE laboratory *

Blood samples taken and test results available on the same day from the ADLER BALANCE® laboratory in the hotel.

• Basic blood tests	120 €
• Specific blood tests	
- TOP profile	308 €
- Thyroid profile	155 €
- Stress profile	245 €
- Women's profile	229 €
- Men's profile	210 €
• Food intolerance test	215 €
• Urine test	14 €
• Test DILIGENTIS	159 €
- Swab test in case of chronic infections	
- Aromatogram	
• Test FLORA LADY	189 €
- vaginal swab	
- Aromatogram	
• Heavy metals Hair Test	172 €

Gastrointestinal tests *

The health of your gastrointestinal system is extremely important to your overall wellbeing. Largely responsible for the critical functions of the body's digestive and immune systems, the intestinal flora has the capability of affecting your body's vitamin and mineral absorbency, hormone regulation, digestion, vitamin production, immune response, and ability to eliminate toxins, not to mention your overall mental health.

Essential oils can be used therapeutically to treat a large number of digestive disorders.

The aromatogram is a laboratory technique that can elucidate the antimicrobial activities of specific essential oils in relation to specific microbial pathogens.

• EQUILIBRIUM GOLD & DILIGENTIS	258 €
- Test of intestinal flora	
- Aromatogram	
• IDEA & ZONULINA	219 €
- Test of digestive activity	
- Test of intestinal permeability	
• GUTSCAN	172 €
- Test of intestinal flora	
- Test of digestive activity	
• HELICOBACTER PYLORI & DILIGENTIS	159 €
- Helicobacter pylori test	
- Aromatogram	
• PARASITOLOGICAL examination GOLD	215 €
- to find intestinal parasites	

Therapy *

• Hydro-colon therapy	133 €
• Manual abdominal treatment	97 €
• Homeomesotherapy	103 €
• Phytotherapy	103 €
• Bach Flower Therapy	103 €
• Homeopathy	103 €
• Neural therapy	from 56 €
• Revitalising Infusion	from 70 €
• Autohemotherapy	from 56 €
• HeartMath Bio-Feedback	97 €
• Physiotherapy	87 €

SOUNDBALANCE therapies

• Physio – Sound therapy with analgesic effect	from 90 €
• Breath – Sound therapy with balancing effect	from 190 €

* Only after medical consultation.