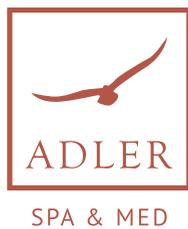


ENGLISCH



2021 | 22

MED



” Invest in your future: improve your health “

Health is our most precious asset.

The ADLER MED health centre make it easier to invest in your health by offering premium therapeutic programs and medical services - tailored to your needs and delivered with tactful professionalism in an exclusive atmosphere.

With us, taking care of your well-being becomes a uniquely rewarding experience.

OUR AREAS OF SPECIALISM

Our medically supported concept offers a diversified range of targeted service. Our expert physicians and therapists devote themselves to understanding your specific needs and accompany you on your journey towards better health and long-term well-being. In order to meet your every wish and requirement, we rely both on all-round therapeutic programs and single modules that can be combined to match your preferences. We are at your side to help you boost your vitality, improve your quality of life and lay the foundations for a healthier lifestyle.



Prevention and diagnostics

Establishing your state of health is the first step towards a personalised health and prevention plan



Weight loss and nutrition

Natural and healthy programs for lasting weight loss, greater vitality and enhanced physical well-being



Detox

A detoxifying cure frees the body of toxins and cell debris that accumulate in the tissues, restoring lightness and well-being



Stress management

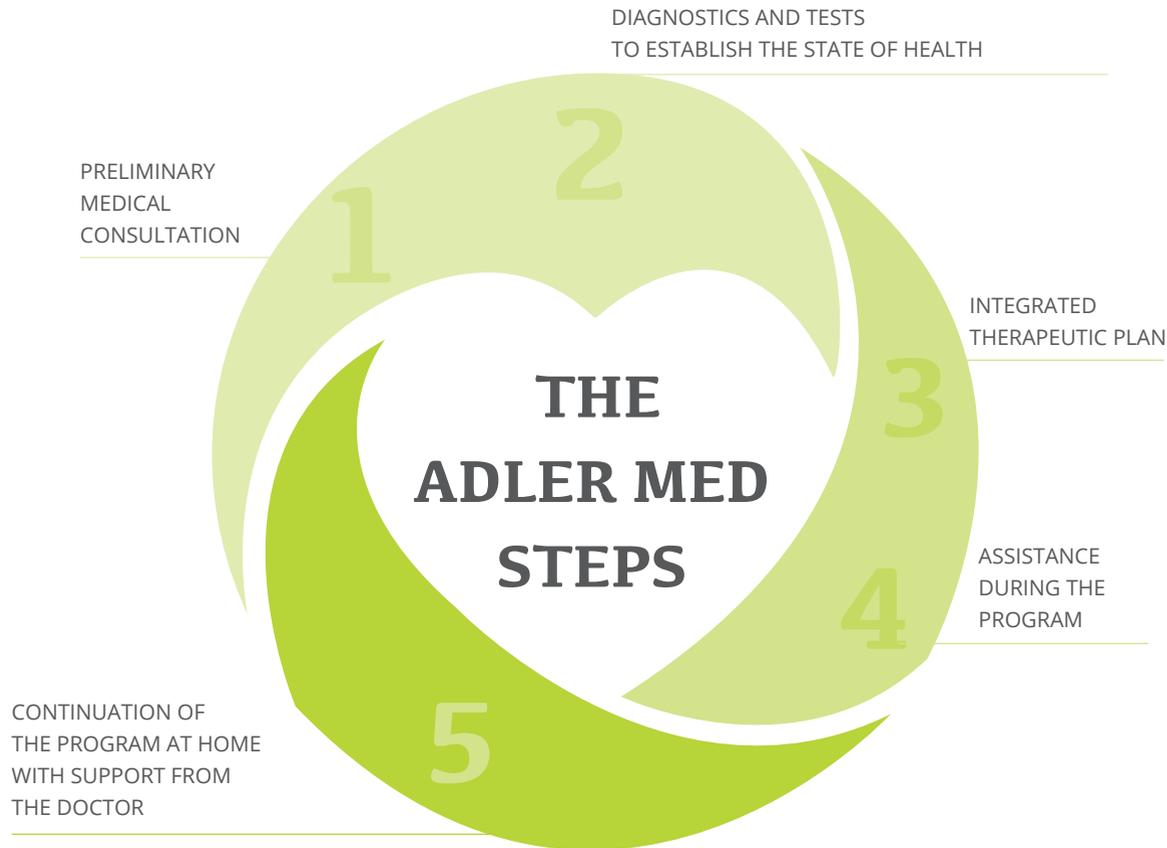
Effective stress management strategies to enhance relaxation, regenerate the mind and achieve inner peace



Aesthetic medicine

Gentle solutions for natural, harmonious beauty that radiates from within

IN GOOD HANDS



WE CARE ABOUT YOUR HEALTH

In our medical centre, we follow a holistic and individual approach. Our specialists strive to find the cause of your symptoms and to develop an adequate and personalized therapy to help you regain your well-being. Our most frequently treated complaints include:

- Abdominal bloating, digestive discomfort
- Diarrhoea or constipation
- Chronic fatigue or sleep disturbances
- Neck pain, lower back pain, headache or joint pain
- Menstrual pain or menopause
- Hypercholesterolemia
- Thyroid problems
- Mood swings, irritability or anxiety
- Hypertension
- Obesity or cravings
- Acidosis and osteoporosis
- Skin alterations and skin problems
- Low immune defences

ADLER MED VISITS, DIAGNOSTIC EXAMS AND LABORATORY TESTS

In order to identify and treat risks at an early stage, we offer a complete program of diagnostic examinations and specialist visits.



ADLER MED BASIC

In order to draw a precise picture of the state of health and to create a personalized therapy plan, each ADLER MED program begins with a thorough preliminary examination, followed by specific diagnostic tests and therapies aimed at restoring the psychophysical balance.

180€

GENERAL MEDICAL CONSULTATION

120€

new PHYTOTHERAPY VISIT WITH FLORAL ESSENCES

Phytotherapy looks back on centuries of tradition, when man lived in deep contact with nature and used his knowledge of the healing properties of herbs, plants and flowers to relieve pain. Aromatherapy says that the causes of illness in humans are mainly to be found in suffering and in the disharmony of being. This disharmony requires an energetic rebalancing through a specific vibration frequency, which is transmitted by flower remedies and that has a deep effect on the essence of people.

148 €

The following services are available in combination with the **ADLER MED Basic** package:

BIO-IMPEDANCE ANALYSIS

Provides an accurate picture of body composition: body weight, muscle mass, body fat, water balance as well as proportion of bone and concentration of different minerals and trace elements in the body.

83 €

BIOELECTRIC CHECK-UP

A diagnostic method for the detection of functional disorders (inflammation, covert or chronic disorders and allergies)

83 €

PPG STRESS FLOW

Analysis, monitoring and biofeedback of the autonomic nervous system and heart rate variability. This exam is used to improve physical and mental performance, nervous hunger, anxiety and panic attacks.

83 €

HEAVY METAL TEST

The OLIGOSCAN spectrophotometric test estimates the presence of fundamental minerals and the possible overload of heavy metals. These results make it possible to customize therapeutic proposals in terms of food supplementation and/or the use of detoxifying products, in order to stimulate the natural defences of the organism.

182 €



INTESTINAL FLORA AND PARASITE TEST

This stool test consists of a macroscopic and microscopic analysis of the digestive function and composition of intestinal flora, useful for determining the state of health of gut flora and detecting possible pathogens in the digestive tract. Based on the findings, a personalised therapeutic program is devised to regulate digestion and improve overall health.

from 200 €

BLOOD TESTS

Our inhouse laboratory allows you to do different blood test and get the result in one day. We offer a wide range of profiles ranging from simple to more complex ones.

from 130 €

BLOOD TYPE TEST

75 €

FOOD INTOLERANCE TEST

This test looks at allergic reactions to foods to which the immune system responds with G-class antibodies. To carry out this test, a drop of blood is taken from the finger. The following symptoms can indicate food intolerance: gastrointestinal disorders, obesity, skin problems, neurological disorders such as headache, migraines, nausea, breathing difficulties, mood swings and tiredness.

235 €

ADLER MED THERAPIES

After the instrumental examinations, our team of highly qualified doctors and therapists will prepare a tailored therapy program in consultation with you. The personal approach and the relaxed atmosphere ensure that you feel comfortable at all times.



ADLER MED BASIC

In order to draw a precise picture of the state of health and to create a personalized therapy plan, each ADLER MED program begins with a thorough preliminary examination, followed by specific diagnostic tests and therapies aimed at restoring the psychophysical balance.

180€

The following services are available in combination with the **ADLER MED Basic** package:

PERSONAL NUTRITION PROFILE

Our specialists devise a tailored nutrition program that is supported with a personalised dietary plan, fitness activities, massages and intensive treatments aimed at increasing you overall fitness and well-being. This profile is recommended in cases of hyperglycaemia, hypertension, hypercholesterolaemia and emotional eating. Guests are offered medical assistance throughout the program, both during and after their stay.

166 €

COLON HYDROTHERAPY

Gentle, painless procedure for cleansing the large intestine. Stimulates peristalsis, thus enabling waste and toxins to be released from the mucous membrane. This procedure is recommended for cleansing and regenerating the bowel as well as for the treatment of chronic digestive disorders, flatulence, diarrhoea, blockages, intestinal flora imbalances, skin problems, joint diseases, neurovegetative disorders and psychosomatic disorders such as fatigue, loss of vitality and reduced performance.

160 €

**new OXYGEN-OZONE THERAPY**

Ozone is a naturally occurring gas, also produced by the human body. It is a powerful antibacterial and antiviral that has an anti-inflammatory, regenerating, tension- and pain-relieving effect. Promotes the elimination of toxins from the body and rebalances the immune system. Ozone improves blood circulation, counteracts intestinal dysbiosis, dissolves localized adiposity and reduces cellulite. Ideal for premature ageing, osteoarthritis, fibromyalgia, chronic fatigue, lower back and neck pain, vaginal infections and intestinal diseases.

Big self-infusion 178 €

Small self-infusion 128 €

Subcutaneous, intramuscular injections 128 €

Rectal insufflations 97 €

INTRAVENOUS REVITALISING THERAPY

Intravenous therapy of high dosages of vitamins, minerals, trace elements and amino acids with immediate effect. Indicated in cases of susceptibility to infections, convalescence, allergies, persistent fatigue and decreased performance.

97 €

new MEDICAL BALANCE TREATMENT

This treatment is performed on the whole body using the purest and most precious essential oils combined with phytotherapeutic sprays of flower essences, following the major meridians of acupuncture, the plantar and ear acupressure as well as the principles of Reiky and abdominal Shiatsu Makoto. Thereby Chakra energies are released, having a great effect on psychophysical relaxation and vital recharge.

120€

NanoVi™ REGENERATIVE THERAPY

Innovative therapy that eliminates cell damage and increases vitality and quality of life by stimulating the metabolism and cell activity.

38 €

193 € 6 Sessions

356 € 12 Sessions



ADLER MED PROGRAMS IN THE SIGN OF HEALTH

Ongoing medical care is very important and can significantly increase the success of treatment. Our specialists will accompany you from the start of your stay to the final visit and also at home. We have created special ADLER MED programs to restore your physical and mental well-being in the best possible way.

YOUR HEALTH PACKAGE

Choose between the modules Essential and Intensive or create a package tailored to your needs.

ESSENTIAL PROGRAM

Ideal for stays of 3-4 nights. The essential module comprises the basic treatments and can be expanded according to individual needs, on the patient's initiative or on the indication of the reference doctor.

INTENSIVE PROGRAM

Ideal for stays of 7-14 nights. For this intensive program, a week of preparation and a week of continuation at home are recommended.

WEIGHT LOSS AND NUTRITION

Based on a preliminary examination of individual characteristics and requirements, the specialists at the ADLER MED centre devise a tailored nutrition programme. Guests are supported throughout the day with a personalised dietary plan, fitness activities, massages and intensive treatments aimed at increasing fitness and well-being. Guests are offered medical assistance throughout the programme, both during and after their stay.

ADLER MED WEIGHT LOSS ESSENTIAL

Ideal for short stays of 2-4 days

Diagnostic services:

- 1 Initial visit
- 1 Bio-impedance analysis
- 1 Bioelectric check-up
- 1 Final visit

Therapeutic services:

- 1 PPG Stress Flow
- 1 Customised diet plan
- 2 Body Slim treatments
- 1 Private Coaching

597 €

ADLER MED WEIGHT LOSS INTENSIVE

Ideal for stays of 7-14 days

Diagnostic services:

- 1 Initial visit
- 1 Bioelectric check-up
- 1 Bio-impedance analysis
- 1 Blood test
- 1 Final visit

Therapeutic services:

- 1 PPG Stress Flow
- 1 Customised diet plan
- 10 Body Slim treatments
- 2 Private Coachings
- 3 Fitness classes in the group

1487 €

DETOX

Detox packages are specially designed to cleanse the body and enhance psychophysical well-being. They are especially recommended in cases of digestion disorders, low energy and chronic fatigue. Each program is tailored to the guest's needs and objectives. On request, our doctor provides follow-up consulting to help consolidate the results achieved during the treatment.

ADLER MED DETOX ESSENTIAL

Ideal for short stays of 2-4 days

Diagnostic services:

- 1 Initial visit
- 1 Bio-impedance analysis
- 1 Bioelectric check up
- 1 Final visit

Therapeutic services:

- 1 PPG Stress Flow
- 1 Customised diet plan
- 1 Manual medical treatment of the abdomen
- 3 Detoxification treatments

597 €

ADLER MED DETOX INTENSIVE

Ideal for stays of 7-14 days

Diagnostic services:

- 1 Initial visit
- 1 Bio-impedance analysis
- 1 Bioelectric check up
- 1 Blood test
- 1 Final visit

Therapeutic services:

- 1 PPG Stress Flow
- 1 Customized diet plan
- 2 Private Coaching units
- 1 Guided breathing class in the group
- 2 Manual medical treatments of the abdomen
- 10 Detoxification treatments

1487 €

The ADLER REGIONAL PARTNER seal of quality

In our ADLER MED Cuisine, we use exclusively organic and 100% untreated ingredients, grown and processed whenever possible in our region or the surrounding area. Along with our partners and suppliers, through their fresh and rigorously natural foods we create culinary highlights that lay the essential foundation for successful detoxification, weight loss, healthy nutrition and for the supply of our body with vitamins, minerals and trace elements. To increase well-being and the desired result, the menus are adapted and prepared to the individual needs.

STRESSMANAGEMENT

The ADLER MED approach aims to restore physical and mental balance through targeted exercise and treatments. Stress levels are determined by means of an in-depth analysis of parameters such as free radicals and concentration levels of hormones including DHEA, cortisol and prolactin. Based on the results, the ADLER MED experts devise a personalised stress-management program to boost vitality, reduce stress and anxiety, and prevent burnout.

ADLER MED ESSENTIAL STRESS RELIEF

Ideal for short stays of 2-4 days

Diagnostic services:

- 1 Initial visit
- 1 Bio-impedance analysis
- 1 Bioelectric check-up
- 1 Final visit

Therapeutic services:

- 2 Antistress treatments
- 1 PPG Stress Flow
- 1 Customised diet plan

597 €

ADLER MED ANTISTRESS INTENSIVE

Ideal for stays of 7-14 days

Diagnostic services:

- 1 Initial visit
- 1 Bio-impedance analysis
- 1 Bioelectric check-up
- 1 Blood test and stress assessment
- 1 Final visit

Therapeutic services:

- 1 PPG Stress Flow
- 1 Customised diet plan
- 7 Antistress treatments
- 2 Private Coachings

1487 €

THE ADLER MED DAY

Our pillars of health and well-being

Staying healthy and fit for as long as possible is a wish we all share. Adopting a healthy lifestyle is a concrete step towards making that wish come true. The ADLER MED program is specifically designed around a holistic concept and based on the interplay of healthy nutrition, exercise, relaxation and regeneration. Because our lifestyle is our first and foremost source of health – present and future.

EXERCISE

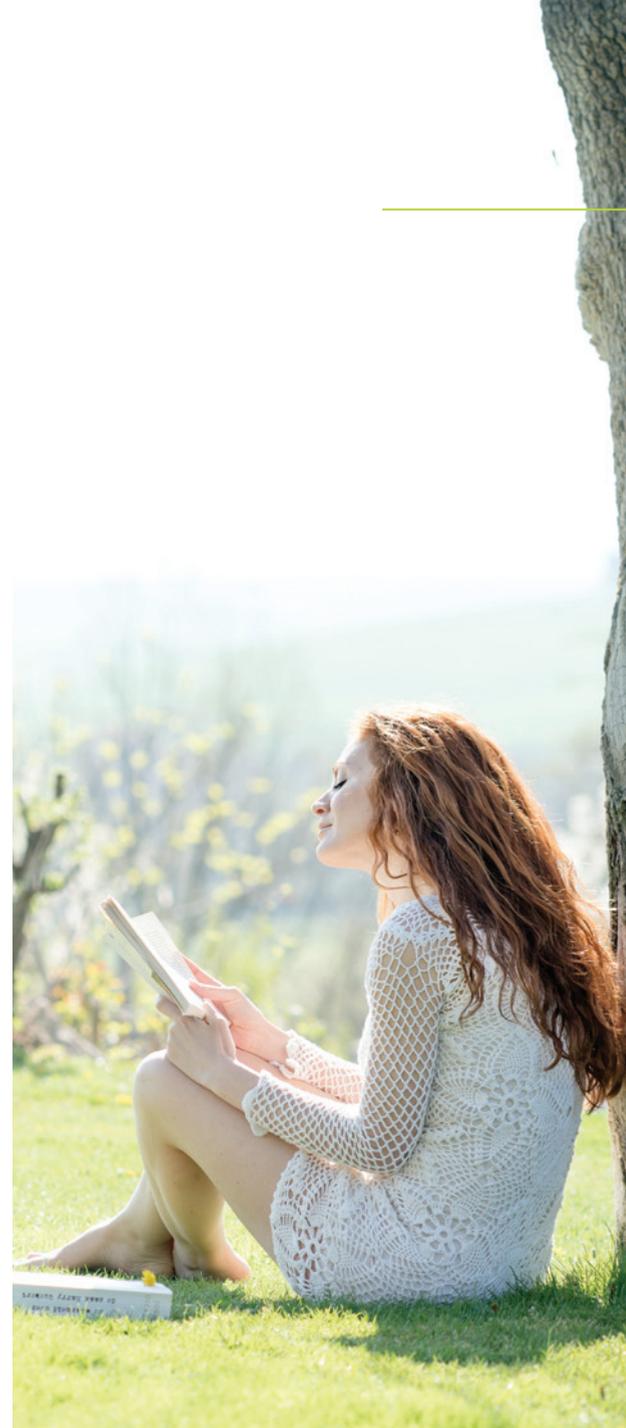
From weight loss to muscle strengthening and back health, we offer tailored solutions to meet any health requirements. During a private fitness coaching, you will receive a personalised training program. Our exercise plans can easily be integrated into any daily routine at home.

SPA & BEAUTY

Medical treatments, massages, baths and packs work at several levels, increasing health while also promoting relaxation and inner balance. We offer a wide range of spa services based on the holistic concept of the individual as a unity of body, mind and soul. Our competent staff are trained to tailor the treatment of your choice to your personal needs.

ADLER MED NUTRITION

Our nutrition concept follows a chronobiologically conscious approach that adapts diet to the body's natural rhythms, also taking into account the therapeutic effects of fresh medicinal herbs and spices. In this respect, the combination and choice of different nutrients plays a major role, that is why we use exclusively natural, seasonal and mostly locally sourced produce.



AESTHETIC MEDICINE

Aesthetic medicine not only improves appearance, it also affects psyche and quality of life. As part of a medical visit, Dr. Med. Rossana Lo Monaco draws up a treatment plan in consultation with the patient that aims to amend or correct any blemishes of the body such as pigmentations, couperose, sagging skin, expression lines, cellulite, localized adiposity and much more. Furthermore, being the skin the mirror of the well-being of our organs, a thorough investigation of it can often reveal hidden pathologies.

Tip: take advantage of the free consultation (15 min.) with our specialist for aesthetic medicine.



AESTHETIC VISIT WITH A-ONE SMART SKIN ANALYSIS

Objective examination of facial skin using the „A-One Smart“ skin analyser that measures elasticity, moisture, brightness, pigmentation, wrinkle depth and sebum changes and development of a personalized therapy program.

160 €

new IRIDIO-PSYCHO-HUMANISTIC VISIT

Assessment of our psycho-physical condition after covid19 in relation to environmental stimuli and general lifestyle, as well as considerations about our adaptive changes (epigenetics), which may be crucial for our well-being today.

200 €

MEDICAL PEELING

Medical approach in which certain molecules are applied to the skin. These peels can be divided into superficial, medium and deep, which improve impure skin with enlarged pores, acne, scars, small spots and light wrinkles.

from 200 €

LASER THERAPY TO REJUVENATE THE FACE AND BODY

Latest skin rejuvenation technology using a laser beam. It can be performed on the face, neck, décolleté, arms, thighs and abdomen to stimulate the cells of the connective tissue and to produce collagen and elastic fibres. The method is safe, minimally invasive and has a harmonizing, natural effect.

from 200 €

DERMAPEN MICRONEEDLING

Very efficient and hardly painful method, in which the skin is treated with many small pinpricks. Stimulates the production of collagen, the reduction of wrinkles, scars, stretch marks and supports the treatment of alopecia.

from 300 €

ENDOLIFT

Minimally invasive, knife-free treatment. A laser beam conveyed by minute glass fibres is used to dissolve localised fat or tighten the skin on the face, neck and arms.

from 1500 €

IMPLANT FROM RESORBABLE THREADS

Volume-building and revitalizing threads made of polylactic acids or polydioxanone are inserted into the subcutaneous fatty tissue and have a lifting effect.

from 250 €

FILLER

Injection of biocompatible substances (hyaluronic acid) to fill the skin.

from 350 €

BIOLIFTING

Skin rejuvenation through microinjections of revitalizing substances such as vitamins, minerals, coenzymes, amino acids and peptides.

from 300 €

DOUBLE CHIN TREATMENT

Targeted mesotherapy combined with vacuum shock waves.

from 500 €

NON-SURGICAL BLEPHAROPLASTY

A combination of multiple lasers that cause superficial tissue of the eyelid to retract.

from 300 €

VACUUM SHOCK WAVE TREATMENT

A new procedure to treat sagging skin in the neck and décolleté area as well as forehead lines.

160 €

SHOCK WAVE THERAPY

Recommended for:

- treating bone, muscle and tendon pain
- removing excess fat
- toning and slimming problem zones

200 €

LASER MICROSURGERY

Outpatient treatment for the removal of warts, keratoses, fibroids, eyelid xanthelasmas, scars and benign neoformations.

from 200 €

VESSEL ANOMALIES

Laser treatment of couperose, lower extremity capillaries and ruby angiomas.

from 250 €

LASER LIPOLYSIS

Removes small fat deposits and skin irregularities using a laser-linked micro-optical fibre.

from 1500 €

LASER PERMANENT EPILATION

Fast, effective and painless hair removal.

from 200 €

MESOTHERAPY

Introduction of specific substances using injection technology for a faster therapeutic response.

- Relief of venous disorders and disorders of the microcirculation in the lower limbs
- Reduction of cellulite and localized fat
- Pain relief for various ailments, including cellulite pain

from 120 €



” The groundwork
for all happiness
is good health “

(LEIGH HUNT)

ADLER MED Health Center

I - 39046 Ortisei (BZ)

Dolomites | Val Gardena - South Tyrol

+39 0471 775660 | int. 1660

www.adler-med.it | info@adler-med.it