

ENGLISH



ADLER MED

2018 | 19

Balance

Invest in your future: improve your health.



## 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.

### 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.

## In good hands

Our trusted medical team consists of experts from different fields who cooperate closely for a holistic medical approach. With high levels of competence, tactful empathy and discreet cordiality, they guide you throughout your personalised health programme.



**MD Rossana Lo Monaco** | Specialist in plastic surgery

As an experienced aesthetic doctor I do not follow trends and beauty ideals very much, because real beauty is something that reflects the human being as a whole, not just in terms of outer appearance. Often, even putatively aesthetic mistakes contribute to expressing personality and lend a person a special, unique charm.



**MD Laura Santini** | General practitioner

After 10 years of work in the medical field, I see myself as a holistic medical practitioner. Rather than focusing on illness, I pursue health taking into account all its physical, mental, biological and social aspects. I strive to achieve the perfect synthesis of medical science and traditional medicine.



**MD Sergio Veneziani** | Specialist in surgery, orthopaedics and traumatology

Patients who visit an orthopaedist usually suffer from pain or restrictions in motor functions – often both. The classical orthopaedic approach tries to cure these annoying symptoms, usually by means of suppressive measures such as drugs, physical therapies or surgical procedures. However, symptoms can also be regarded as dysfunctions in the body-mind system, the causes of which often lie outside the limited scope of the movement apparatus. Combining orthopaedics with complementary medicine, including disciplines such as applied kinesiology and neural therapy, as well as functional and instrumental tests, enables us to achieve a holistic perspective and develop a personalised therapeutic strategy to get to the root of the problem.

## 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 programme 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 session, you will receive a personalised training programme. Our time-efficient 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. From physiotherapeutic treatments to ancient oriental healing methods and the exclusive ADLER Beauty Rituals carried out with our skincare line specially designed for ADLER SPA, 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 there to tailor them to your personal needs.

### **Nutrition**

The ADLER Med nutrition concept takes into account the therapeutic effects of fresh medicinal herbs and spices, and follows a chronobiologically-conscious approach that adapts diet to the body's natural rhythms. In this respect, the combination of different foods and nutrients in the correct sequence plays a major role, as it has a direct impact on digestion, nutrient uptake, metabolism and excretion.

Health and well-being are also associated with quality products and natural ingredients. For this reason, we use exclusively natural, seasonal and mostly locally-sourced produce.



A hectic lifestyle, an imbalanced diet and pollution cause toxins to accumulate in the body, with consequences that may range from early ageing to a number of health issues. Our detoxification programmes focus on the intestine (colon cleanse) and the liver (liver cleanse) to cleanse the body from within. A gentle but effective detoxification process enables long-term results, with both physical and psychological benefits including improved functioning of the cardiovascular, nervous and immune systems, improved metabolism, a sense of lightness and more energy. During your detox retreat you will also learn how to facilitate the body's natural cleansing processes through the right type of diet, thus paving the way to long-term, sustainable well-being.

Especially recommended in the case of chronic fatigue, digestive disorders, irritable bowel syndrome, allergies and joint pain.



## 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 Essential Detox

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

357 €



## ADLER MED Intensive Detox

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

782 €



## 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

Our weight-loss programme starts with a series of medical checks to determine body composition and calculate your basal metabolic rate. Based on the results, we develop a personalised nutrition programme for you, focusing on weight loss, detoxification or metabolic rate increase.

To maximise effectiveness, it is good practice to round off the weight-loss programme with a customised exercise plan and targeted treatments, such as draining and toning massages and body packs, or the innovative I-lipo – cutting-edge, non-invasive laser technology that targets fat cells by means of light irradiation, in order to convert fat into energy.

This programme is the ideal solution for weight loss and in cases of hypertension, hypercholesterolemia, age-related diabetes and emotional eating.



# Weight Loss and Nutrition

## 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 Essential weight loss

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

357 €

## 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 Intensive weight loss

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

782 €

## 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 €

Limited time, overwhelming familial and professional responsibilities and excessive self-expectations are but some of the many factors that can lead to chronic stress – a condition responsible for physical and emotional exhaustion that can ultimately cause a number of diseases.

Based on an in-depth analysis of your stress levels through parameters such as free radicals and concentration levels of hormones like DHEA, prolactin and cortisol, we develop a holistic stress management programme to help you reduce stress levels and improve resilience.

Recommended for stress prevention and management, burnout prevention, in the case of psychosomatic disorders, to boost vitality and to restore one's abilities and resources.



## 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 Essential stress relief

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

339 €



## 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 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 oxidative stress based on blood tests
- 1 Biofeedback
- 1 Rebalancing treatment

429 €

# Prevention and Diagnosis

Prevention is fundamental to stay fit and healthy into old age. The ADLER MED Health Centre offers a wide range of basic clinical tests, medical consultations and specific tests, performed using both traditional and innovative techniques, to determine your state of health and develop a personalised prevention package.

Our modern ADLER MED lab facilities enable us to perform blood tests and have the results and relevant medical report available in a single day. A complete health check-up offers you the chance to combine comprehensive medical services with a stay at our 5-star hotels, while enjoying a relaxed atmosphere in unspoilt natural backdrops.



# Prevention and Diagnosis

## 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 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 €

## 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 €

## 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 €



Functional orthopaedics considers the body a delicate interplay of psyche, anatomical structures, and metabolic function. Any 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. A postural analysis, especially if combined with complementary disciplines like applied kinesiology and neural therapy, allows acute and chronic pain to be treated effectively, while improving posture.



## 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 Essential Performance

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

389 €



### 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 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 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 €

- 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 epidermal skin lesions from 124 €
- Mesotherapy: from 103 €
  - Cellulite
  - Stimulation of the circulation
  - Alopecia and hair loss
  - Revitalizing
- Anti-aging for hands or décolleté from 300 €
- Sclerotherapy from 103 €
- Treatment of onychomycosis from 82 €
- Stretch mark treatment from 200 €
- Cheek bone lifting from 100 €

## Laser therapy:

- Facial rejuvenation from 420 €
- Mini lifting neck, inner arm, arms and tights from 500 €
- Removal of:
  - Pigment spots from 256 €
  - Acne from 256 €

- Minor skin blemishes from 160 €
  - Xanthelasma from 250 €
  - Capillaries (couperose, rosacea, birthmarks, spider veins, angiomas rubies) from 260 €
  - 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 to improve the skin's elasticity
- 1 Biolifting with vitamins

**400 €**



## Medical consultations

• Medical introduction	0 €
• General medical consultation	97 €
• Aesthetic medicine consultation	97 €
• Iridology diagnostics	154 €
• Medical anti-ageing visit	97 €
• Orthopaedic physical examination	145 €
• 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 a functional diagnostic method which diagnoses functional disorder (inflammation, covert or chronic disorders and allergies)	137 €
• Spirometry pulmonary function testing	97 €
• Personalised orthopaedic insole	155 €

## 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	from 70 €
• Autohemotherapy	from 56 €
• HeartMath bio-feedback	97 €
• Physiotherapy	87 €
• Analgesic laser therapy	from 103 €

## SOUNDBALANCE therapies

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

## NEW

### NanoVi Regenerative Therapy

The innovative NanoVi therapy improves cellular activity counteracting the damage of oxidative stress, which is implicated in the aging process and most diseases.

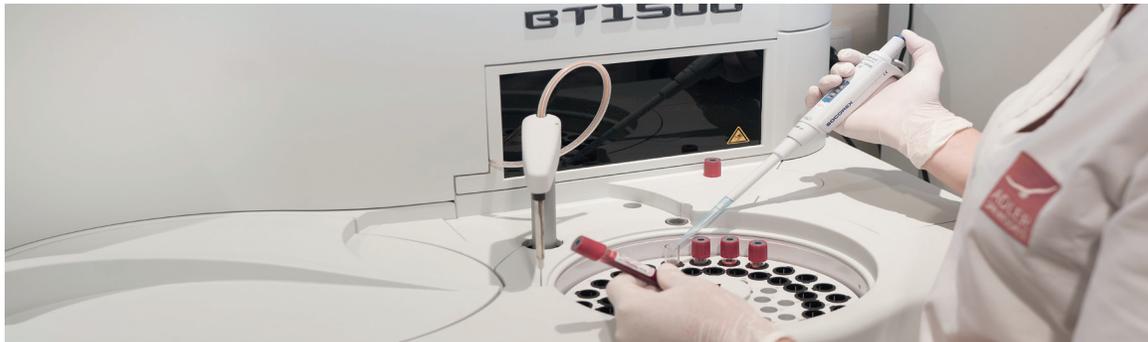
• 1 session of 20 min.	<b>38 €</b>
• 6 sessions of 20 min.	<b>193 €</b>
• 12 sessions of 20 min.	<b>356 €</b>

\* Only after medical consultation.

## ADLER MED laboratory\*

Blood samples taken and test results available on the same day from the ADLER MED 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 intestinal flora and parasitological test incl. aromatogram	258 €
• EQUILIBRIUM intestinal flora test incl. aromatogram	241 €
• Helicobacter pylori test incl. aromatogram	159 €
• GUTSCAN PLUS digestive function test and intestinal flora incl. intestinal permeability test	241 €
• GUTSCAN digestive function test and intestinal flora analysis	172 €
• IDEA and ZONULINA digestive function test	219 €
• GOLD parasitological test	215 €

### NEW

#### Analysis of the Autonomic Nervous System

The ANS Analysis alerts you as soon as a problem begins to develop - before symptoms appear and while labs and other examinations are still normal. It helps to identify and evaluate risks of organic dysfunction, risks for burnout syndrome and it helps to examine the impact of medication and therapies on the autonomic nervous system (ANS).

• Evaluation of your health status with ANS analysis	60€
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#### Cellular Regeneration

This programme is indicated for boosting vitality, improving physical and mental performance and strengthen the immune system. Moreover it supports detoxing and weight loss and enhances skin glow.

• 1 ANS analysis		• 1 ANS analysis	
• 6 sessions NanoVi	247 €	• 12 sessions NanoVi	409 €

\* Only after medical consultation.

## ADLER MED Health Centre

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