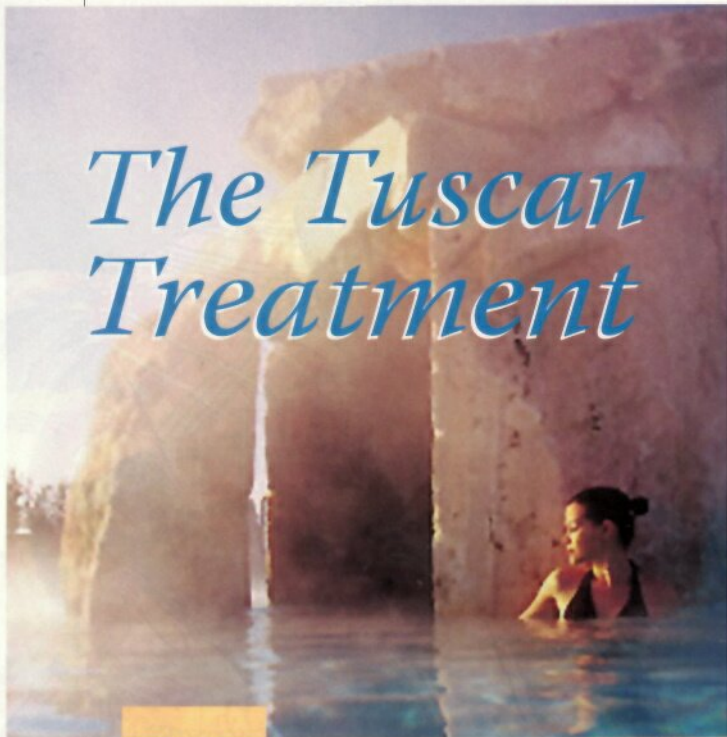


The Tuscan Treatment



The word for "heaven" is the same in Spanish and Italian: cielo. In Tuscany, Italy though, heaven goes by the name Adler Thermae. This luxurious spa and wellness resort, nestled within Italy's Orcia Valley by the thermal baths of Bagno Vignoni, is undeniably divine.

Ancient Etruscans traveled to this region to bask in the thermal waters, relish the delicious wines and foods and take in the country air. Not much has changed in the last few millennia. You, too, will feel like a Roman god as Adler lavishes you with all of the rejuvenating treasures that Tuscany has to offer.

This exclusive, five-star resort has 90 rooms, each with a view of the central park or surrounding hills. Architects Hugo and Hans Peter Dementz built Adler Thermae to integrate with the area's natural landscape. The resort is eco-friendly, dedicated to enhancing rather than intruding upon the unique Italian town.

The wellness center is divided into two slices of heaven: Adler Aquae and the Adler Spa. The valley's unique oils and the region's grapes, sheep's milk and honey are basic ingredients in the Adler's exclusive spa treatments.

Aquae is a wellness dream; with its Etruscan steam room and clay bath; underground salt grotto ("Grotta Salina") and Vicny thermal shower from the town's restorative waters (visited by the Medici Prince Lorenzo and Pope Pius II).

The Spa offers watsu, or water shiatsu; Ayurveda and Oriental treatments; Swedanam, a bath combination of steam, colored light, herbs and mud; and even a medical doctor on call to answer guests' health questions.

After a day of fitness, perhaps horseback riding on paths adorned with vibrant poppies and slender cypress trees, you can sit down to a warm Tuscan dinner, prepared especially by



By Kerri Allen



Adler Thermae chefs Gaetano Vaccaro and Onofrio Fusillo. Enjoy a mouth-watering five-course meal in the Starlight Roof Restaurant. Don't miss the rich buffet of fresh salads, cheese and decadent desserts. (Fitness menus and personalized diet programs are also available.)

To help it all go down, sommeliers Francesco Vessio and Andrea Rosselli offer a selection of more

than 160 wines from various regions and countries, though most come from the South Tyrol province.

To highlight these splendid amenities, Adler Thermae is offering the four-night package called "Totally Tuscan." Ranging from 840€ to 910€ per person (approx. \$1,100 to \$1,700 at press time) through December 24, 2006, this spectacular deal includes four night accommodations with full breakfast and gourmet dinner; one massage with grape seed oil; one sheep and honey wrap; one Sangiovese red grape facial treatment; nourishing and draining baths with Tuscan olive oil; a Tuscan oil cream massage; entrance to the "Grotta Salina;" two guided walking tours in the Tuscan countryside; and more.

As you can see, you don't have to be good to ascend to el cielo, you just have to make a reservation at Adler Thermae. 🇮🇹

Adler Thermae Spa & Wellness Resort
1-53027 Bagno Vignoni San Quirico d'Orcia Toscana, Italy
Tel. +39 0577 889 000 Fax +39 0577 889 999
info@adler-thermae.com www.adler-thermae.com

Information contained in this article was accurate at press time. We encourage you to confirm all rates and details before planning your trip.