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## About Regina

Welcome to Spa Adagio Holistic Wellness Center, 27 years in business since 1999.

Where our commitment to your well-being continually expands. Founded by Regina Schneider.

- Nurse in Germany over 20 years
- Heilpraktiker since 1995 incl. Acupuncturist in Germany
- Sleep Consultant (former research assistant at JHU Sleep Center 1997- 1999),
- Co- Founder of the american sleep clinic in Frankfurt am Main/Germany since 2009
  - [www.american-sleep-clinic.com/en/](http://www.american-sleep-clinic.com/en/)
- LMT Maryland/USA since 6/1999
- Teacher at the International Spa School/Founder and Owner [www.internationalspaschool.com](http://www.internationalspaschool.com)
- Couples Massage trainer; Prenatal Classes and Facial/Skin health Classes

Regina fosters a nurturing atmosphere, guiding clients to feel aligned, relaxed, and helps to reevaluate their lifestyles including sleep.

A consultation with Regina includes a comprehensive overview of actionable steps to enhance your life. Even correcting to little changes which can have a powerful outcome.

Drawing also on her experience as a sleep-study research assistant at JHU, Regina understands the significance of a good night's sleep.

Our latest offering, the Itamar WatchPAT, is a sleep-screening device that monitors your sleep patterns. Analyzing this information can provide valuable insights into improving your energy levels. High levels of anxiety can be evaluated during the sleep helping to understand if there are dysregulations in the night sabotaging your effort to

- Feel Better
- Feel Rested
- Losing Weight

Married to the renowned medical doctor, visionair, founder and expert in sleep medicine Regina is on the road with him since 1988 when sleep medicine was still in its Kinderschuhe/beginnings.

Regina's holistic approach extends beyond sleep, encompassing massage therapy, exercise, stretching, and relaxation techniques like breathing, Yoga and more. These personalized recommendations will help you slow down and embrace a healthier, happier lifestyle.

SEE YOU SOON!

### Pictures of Spa Adagio





