

410-558-1185

[Massage](#) - [Facials](#) - [Couples](#) - [Spa Packages](#) - [Classes](#)

Over 26 years in business is almost a lifetime

It means dedication, responsibility, privilege, knowledge and education in the field of medicine, wellness and to bridge even two cultures since coming from Germany and living in Baltimore, MD USA

"
If you want to see Regina's videos about

why she is doing

what she does and

how she does it

- tune in to Facebook: Spa Adagio - LinkedIn: Regina Schneider

Instagram: bmoreadagio "

Choose Spa Adagio if you are seeking a boutique, personalized, and heartfelt experience - it's beloved by locals and people visiting from far away likewise. It's top tier service makes your stay memorable and feeling taken care of.

• Greeted personally by Regina

• You are the only client at a time

• I serve fresh Mineral water or hot/cold tea

• A thorough chat about the session and your goals

• An always highly customized session

• A thorough intake, assessment and recommendation

• No rushing out afterwards - Regina gives you time

- Personal good bye and sometimes a little thank you gift

Get away from the crowd into Stillness

When the door opened I thought I was stepping into a castle (Nefi from Germany)

Reserve Your Table Now !

bmoreadagio@gmail.com

[Visit us on YELP](#)

<https://www.yelp.com/biz/spa-adagio-baltimore-3>

Regina focuses on the areas of concern. Her work is precise and concentrated.

She opens tight spots layer after layer in a slow moving fashion with customized desired pressure along the muscles fibers.

Silke/Chiropractor/came for stretching and deep tissue massage

~ BABY IT'S COLD OUTSIDE ~

All "still" snow shovelers, icebreakers

IT'S COSY WARM IN HERE

STEAM TENT (if wanted) & MASSAGE

Special snow price

\$118

week of 2/3rd to 2/10th

Gift Vouchers

PER EMAIL

Gift Vouchers are available

as a dollar amount or service

Our Booking & Cancellation Policies

"Weekends" include Fri-Sun. "Weekdays" include Mon-Thurs.

Bookings

Your appointment time given is intended as your "arrival time." Your service will begin after a brief consultation and will include the full stated contact time for the service (e.g., 60-min, 70-min, etc.). We will also allow you time after the massage to relax briefly!

Cancellations

Cancellations with less than 24 hours of notice on WEEKDAYS, and less than 48 hours of notice on WEEKENDS, are subject to a cancellation fee amounting to 80% of the cost of the scheduled service. Guests who miss their appointments without giving any prior notification will be charged in full (100%) of their scheduled service.

The full service charge will be paid by you even if you decide not to use the allotted time. If you want to forfeit service time or decide not to want the booked service time the full amount is due.

We recognize the time of our clients and staff is valuable. When you miss an appointment with us, we not only lose your business, but also the potential business of other clients who could have scheduled an appointment for the same time.

Additionally, many times our staff function in an "on call" status and travel to the Spa specifically for your service. For these reasons we are obligated to compensate our staff for their time as well as cover lost revenue.

When you schedule your appointment with us, you are agreeing to these policies. All weekend services, or bookings with less than 24 hours notice, require a credit card to guarantee a reservation. You will not be billed until the completion of service, or if there is a cancellation/no-show. Payment will still be required on the day of service.

No gift vouchers can be redeemed on Memorial Day, Labor Day, 4th of July, Thanksgiving and Christmas 12/24th and 12/25th