

PARK ZEIT



DIAGNOSTICS

STATE-OF-THE-ART ULTRASOUND DIAGNOSTICS

Whether as part of our Ultrasound Check, Super Medical Check and Detox Medical Check or for targeted diagnostics: guests at Park Igls benefit from state-of-the-art ultrasound technology.

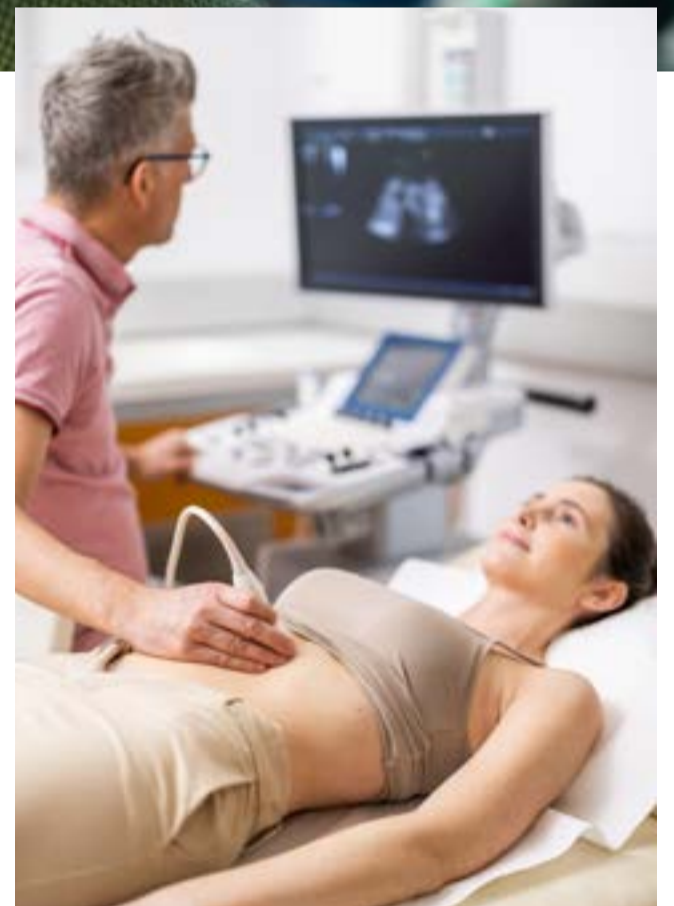
Experienced Mayr physicians recognise many diseases before pronounced symptoms show. Furthermore, sonographic in-house examinations provide reliable confirmation of any diagnosis. A brand-new diagnostic ultrasound device has been in use at Park Igls since April this year. "This device allows us to offer our guests the best technological diagnostics currently available on the market," explains Medical Director Peter Gartner. All ultrasound examinations are carried out by consultant Dr Stefan Hiehs, a renowned expert in radiology.

Ultrasound imaging is pain-free, implies a low risk and does not expose the patient to radiation. During the examination, which usually takes no longer than 60 minutes, the physician "looks" into our body. This procedure allows us to examine organs such as the liver, pancreas, thyroid gland, prostate, breast, kidneys and spleen as well as the vessels supplying our brain.

Medical Director Peter Gartner explains, "With comprehensive ultrasound diagnostics, which we offer at Park Igls, we obtain essential information about the patient. Add to that Mayr diagnostics and other procedures, such as a blood tests or urinalysis, and you get a complete picture of a person's state of health. This is how every annual check-up should be; it's ideal in terms of prevention."

Radiologist Stefan Hiehs also carries out targeted primary diagnostics at Park Igls – always based on the individual symptoms of each person. Patients often present with non-specific joint pain in the shoulders or feet. Ultrasound enables us to recognise the onset of osteoarthritis in the hands, knees or feet, as well as joint effusion and bursitis at an early stage.

Our medical team will be happy to provide you with more information about our ultrasound diagnostics. Simply enquire about our **Ultrasound Check, Super Medical Check** and **Detox Medical Check** programmes.



More information on the programmes offered at Park Igls Medical Spa Resort



Park Igls 

MEDICAL SPA RESORT

Top-notch quality: the key to success



Prevention is the name of the game – today more than ever before. Top-notch quality and utmost care are at the heart of everything we do at Park Igls – so that you, our dear guest, can rest assured that you are in the best of hands during your stay. While the size of our resort has remained unchanged over the course of time, we have continuously expanded our team of professionals. Seven physicians and more than 100 experts are there to cater to you, your health and your well-being. And while the world seems to be spinning ever faster, our path and our commitment have stayed the same: we create optimal conditions and the best possible environment for you and your health.

This includes our new natural park. Whether you want to take a stroll, seek inspiration, engage in active regeneration or simply unwind – a stunning 6,000 m² of natural space are all yours to explore. Enjoy the magnificent views and discover your new favourite spots.

As a state-of-the-art and best-in-class medical spa resort, for us, top-notch quality means that we constantly ask ourselves how we can expand and enhance our medical services.

As a recent development, we have proven our commitment to excellence by introducing personalised probiotic mixtures to our guests – based, of course, on latest technology and processes that are unique throughout the world. Using Artificial Intelligence that browses through all sources of information available worldwide in order to adapt probiotics to individual needs is not only fascinating but also, and above all, helpful. After all, this is a task that the human brain would be unable to complete. Read more about AI-generated personalised probiotics on the next pages.

Enjoy your stay – and stay healthy!

Sincerely yours,

Yours, Andrea Gnägi

CLINICAL CLOUT MEETS HOLISTIC HEALTHCARE IN THE ALPS

“This is what first-class integrated healthcare looks like: comprehensive and compassionate, assured and beautifully executed.” Even after being established for 30 years, it is always insightful to learn how experts see us. Sit back and read what Jane Alexander, one of the world’s most renowned spa journalists, has to say about Park Igls after her stay.



Journalist and author **JANE ALEXANDER** (in the middle) visited Park Igls in 2023 and is one of the most experienced and high-profile journalists in the luxury travel industry with more than 20 years of experience. She writes for Condé Nast Traveller, among others, and in her great career has written for most UK national newspapers such as the Daily Mail, Telegraph, Express, Mirror, Guardian or Times as well as a fair number of the glossy women’s magazines like Red, Cosmopolitan, Psychologies, Woman & Home, ELLE, Harper’s.

SET THE SCENE

Just 15 minutes from Innsbruck airport, Park Igls is as clear-cut as the stern Alps that surround it. A medical health resort underpinned by the principles of Modern Mayr medicine, Igls offers clinical clout combined with high-calibre holistic healthcare. No drama, no metaphysics, nothing that hasn’t been tried, tested, scientifically verified. There’s not the faintest whiff of incense about the place.

It inspires massive loyalty – 73% of guests are returnees (some have been coming for 25 years) and the vast majority are over 40. It’s a discreet crowd but a well-heeled one who accessorise their spa robes with Chanel ballet pumps or Hermès sliders. Although Igls advises guests to come solo (less chatting at meals equals better digestion, plus sharing a bathroom on detox is never advisable), around half come in couples. “It’s our yearly MOT,” say a pair of lean, fit Frankfurt financiers.

However, Igls is starting to attract a younger clientele, drawn by the extensive exercise facilities and the chance for a total health reboot. A sprinkling of Brits are joining the predominantly German-speaking guests who come for smart diagnostics, joined-up medical thinking, and the ‘gourmet fasting’ iteration of the Mayr regime.

WHAT’S THE BACKSTORY?

Park Igls was first launched as a health resort in 1905. Come 1993, new co-owner Dr Martin Winkler started applying Dr Franz Xaver Mayr’s medical diagnostic and therapeutic methods. Park Igls’ career as a Mayr clinic began. It’s now owned by the Gnägi family with Dr Peter Gartner as Medical Director. “There are no plans to expand,” says Dr Gartner. “We don’t want to dilute the expertise.” A subtle dig at its Lanserhof and Vivamayr competitors, perhaps? Gartner heads a team of four GPs who orchestrate psychologists, sports scientists and medical massage therapists, with an impressive roster of consultants across most specialisms on call in the wings. Radiologist Dr Stefan Hiehs comes in twice a week to conduct ultrasounds and makes the process almost pleasurable.

WHAT’S THE WELLNESS CONCEPT?

Modern Mayr Medicine believes a poorly functioning gut is a contributing factor, if not the root cause, of a vast array of physical and emotional malaise (from hay fever and dermatitis to migraine, burnout and depression.) The goal is to allow the digestive tract to first rest and then repair. “I’d say around 95 per cent of chronic conditions have their origins in the gut,” says Dr Gartner.

Finding the underlying cause of the problem, rather than just treating the symptoms, calls for comprehensive diagnostics and the occasional pow-wow between experts. Detailed sleep diagnostics can be carried out in your room. Inevitably people lose weight, but it’s seen as a byproduct rather than an end goal.

WHAT ARE THE SIGNATURE TREATMENTS?

Regular medical massage is the backbone of bodywork here, although the Structural Integration (or Rolwing, a type of deep-tissue manipulation to help balance the body) and Feldenkrais (movement to emphasise connections between the brain and body) are superb. Everything is prescribed by the medical team and bodywork can generally be adapted for people with cancer or during pregnancy.

WHICH THERAPIST SHOULD I BOOK?

Hanni and Josef have fanatical followings (both also use Rolwing for fascial release). Feldenkrais practitioner Helga reads bodies and firmly unwinds them. Multi-tasker Hanni is also mistress of the therapeutic climbing wall – ideal for sports training or anyone wanting to improve coordination and strength.

WHAT MAKES IT DIFFERENT?

Park Igls has looked long and critically at Mayr medicine – everything here has to earn its place and be scientifically valid. Kinesiology for diagnostics →

(a complementary therapy using muscle monitoring) is firmly shown the door for being too unreliable, while, maybe surprisingly, the curd cheese wraps and beeswax compresses stay. The PTs are all sports scientists, sports therapists and/or physiotherapists – the range of exercise options is encyclopaedic.

WHAT ELSE DO THEY OFFER?

There are eight levels of Mayr diet but the original hard fasting options (0–2) are rarely used here. However the old mantra of ‘chew, chew, chew’ (to produce saliva and kickstart predigestion) still rules and choices remain spartan in the lower stages of the cure (monotony is encouraged). However once you hit level four, the Igls promise of ‘gourmet fasting’ comes into its own – at least at lunchtime. Head chef Markus Sorg spins local organic produce into tiny taste explosions – thumb-sized columns of venison with jus; skate wing and sea urchin caviar with wasabi foam. Gentle cooking retains nutrients, and herbs and spices cunningly replace salt (it truly isn’t missed). The soups are exceptional – fortunate, as supper is always soup (with maybe a spelt crispbread).

The fitness offering is comprehensive and imaginative. The Panorama gym has 180-degree views of the mountains. Over 50 group classes rotate, including bellicon® trampolining, kybun® (exercising on soft surfaces that challenge balance), and aqua jogging (wearing floatation jackets). Guided walks encircle the day. Going solo, there are 70km of marked running routes and mountain bikes (including ebikes) available. Cross-country skiing is a winter option.

Waterwise, there is an indoor pool, four saunas, steam room and plunge pool. The bath floor, home to Kneipping, wraps and packs, positively bustles between 7.30 to 11.30am (and Park Igls isn’t the bustling kind of place). The beauty offering is streamlined and assured with tailor-made high-tech facials from anti-ageing brand Reviderm, alongside Jessica mani-pedis and a hair salon.

Igls embraces the old European spa tradition of cultural expansion with a programme of excursions to the theatre and opera, alongside trips to the Alpenzoo, Tyrol Panorama or the Bobsleigh Centre.

WHERE DO YOU STAY?

You never forget you’re in a clinic first and foremost at Park Igls, albeit a very comfortable one. This isn’t the place for glamorous Insta reels (Lanserhof Tegernsee and Viva Mayr Altaussee possess the design wow factor, if that’s important).

Rooms are generous, with substantial bathrooms and, in some cases, their own infrared saunas. The décor is as quiet as breakfast: shades of mushroom, cream and sage with the odd daring flash of orange. It’s almost a surprise to find a television. A tea station (rotating over 40 home-made herbal teas) leads into the lounge and adjoining library offering a decent selection of books in English and a billiard table. Outdoor loungers with cosy throws are popular.

ANYTHING ELSE TO MENTION?

As is common in central and northern Europe, sauna and steam rooms are naked. However, there is one ‘textile’ sauna for the shy. Breast ultrasounds are a gentle alternative to mammograms – however they do need repeating yearly. This is a caffeine-free zone – however complaints of withdrawal headaches may result in a purely medicinal espresso being prescribed.

FINAL WORD

This is what first-class, integrated healthcare looks like: comprehensive and compassionate, assured and beautifully executed.

This text was first published in Condé Nast Traveler.



MEDITATION AND MINDFULNESS

Meditation and mindfulness can help you let go of negative thoughts and live in the here and now.

PRACTISE GRATITUDE

Take time every evening to think about the things you are grateful for. This will help you to recognise positive aspects in your life.

CHOOSE YOUR ENVIRONMENT

Spend time with positive people who support and inspire you. Avoid negative influences.

POSITIVE SELF-TALK

Change your inner dialogue. Replace negative thoughts with positive and encouraging statements. Ask yourself questions like: “What can I learn from this situation?” or “How can I overcome this challenge?”

MENTAL HEALTH

OPTIMISTS LIVE LONGER

Optimism is not only a key to ageing better – optimism can be learnt.

We all want to live to a very old age, but still feeling young. It’s quite possible that you’ve heard this phrase during one of the medical lectures at our hotel. As a health-conscious person, you know that a healthy lifestyle is certainly not detrimental to a long life. But did you know that optimism also plays an important role? Research suggests that optimism not only improves our well-being but can also increase our life expectancy.

Growing old may be an unstoppable process. But how we influence and embrace this process is up to us. Optimism is one option that can have a positive impact on our health and lifespan. Even though we know that there will always be phases in our life when it is not at all easy to be optimistic.

“Even the most passionate optimists come up against their limits time and again. Nobody is always optimistic; that’s just the way our lives are. I think it’s important to keep that in mind,” says psychologist Dr Melanie Robertson.

But why is optimism so essential for healthy ageing? Optimistic people often have a comprehensive psychosocial toolkit that not only supports their health but also helps to mitigate adverse health effects. They manage stress more effectively; and chronic stress can have a negative impact on our health and ageing. In addition, optimistic people often have more social support and use more effective strategies to cope with

health risks. They are better able to regulate their emotions and adapt their behaviour to different situations.

You can probably think of people in your family or circle of friends who you’d clearly categorise as optimists or pessimists. Which group do you belong to? Research has shown that optimism can be inherited to a certain extent. More importantly, however, optimism can be learnt! Nonetheless, it takes time and willingness to work on your own thought patterns. Practice and dedication are the keys to success.

As our psychologists Dr Melanie Robertson and Thomas Blasbichler explain, “It’s important to understand that it’s not about thinking positively all the time or about suppressing negative emotions. Optimism is about dealing with challenges in a realistic way and developing the ability to see hope and come up with positive solutions. It takes time and practice, but optimism is a skill that can be learnt and will have a positive impact on your life.”

To help you on your way to more optimism, our experts have put together a roadmap to more optimism. Feel free to talk to our specialists about your personal journey to developing optimism during your next stay at Park Igls.

DEVELOP POSITIVE EMOTIONS

Joy, interest, curiosity and cheerfulness are positive emotions that promote personal and professional success. Each and every one of us can cultivate these emotions.

LEARN FROM SETBACKS

View failures and setbacks as learning opportunities, not as final defeats. Every setback can lead to personal growth.

PROFESSIONAL SUPPORT

In the event of persistent difficulties, pessimistic thought patterns that cannot be altered, or serious emotional challenges, support from psychologists or therapists can be helpful.

THINK IN TERMS OF SOLUTIONS

Instead of focussing on problems, try to look for solutions. See challenges as opportunities for personal development and growth.

RECOGNISE YOUR OWN THINKING

Become aware of your mental patterns and thoughts in any given moment. Pay attention to how you react to challenges and stressful situations. Identify negative thought patterns.

GUT HEALTH: PERSONALISED PROBIOTICS

By integrating an innovative method that develops personalised probiotics and prebiotics using precise diagnostics and Artificial Intelligence (AI), the renowned health centre Park Igls is setting new standards in personalised medicine and gut health.

COMPREHENSIVE DIAGNOSTIC APPROACH

First of all, physicians at the Park Igls Medical Spa Resort record any symptoms a patient might have using a questionnaire specifically designed for this purpose. An integral part and essential element of diagnostics is taking a stool sample. Every sample is sent to a specialist laboratory near Frankfurt, Germany, for molecular genetic testing. This advanced analysis creates a precise picture of the patient's intestinal flora by examining not only bacteria – as is the case with conventional stool analyses – but also their DNA.

THE HUMAN MICROBIOME: AN ECOSYSTEM WITHIN US

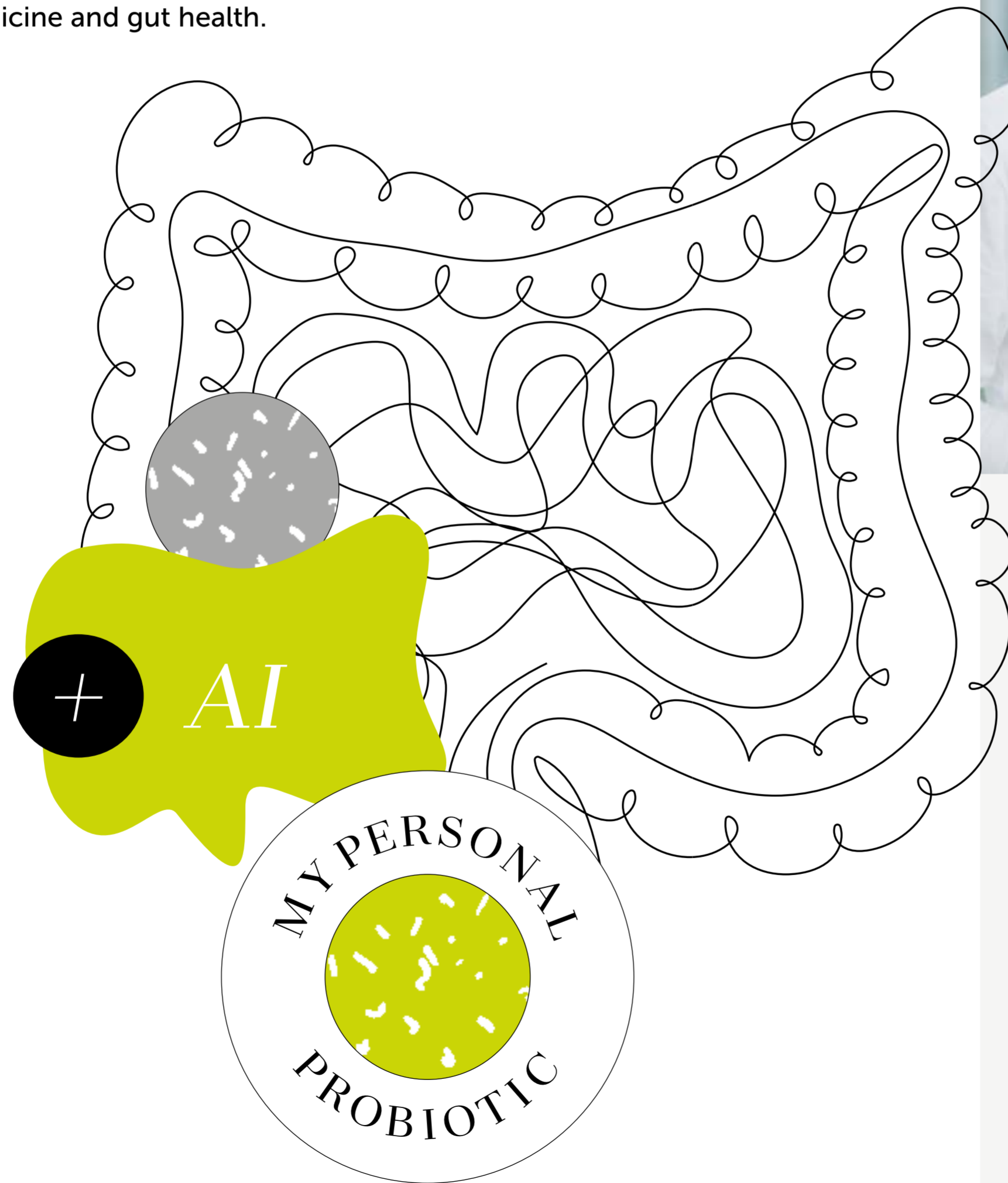
The human microbiome, consisting of trillions of micro-organisms, such as bacteria, viruses and fungi, is crucial for our health. It not only supports digestion and strengthens the immune system; it also protects against pathogens. An imbalance in this microbial community can lead to digestive disorders, chronic inflammation and other health problems. Personalised probiotic therapy aims to restore this balance based on each patient's individual diagnosis.

INTEGRATION OF ARTIFICIAL INTELLIGENCE

Once the microbiome findings and questionnaire data have been received and analysed, Artificial Intelligence springs into action. Experts at Park Igls use AI to search through all the scientific studies and data available worldwide in order to generate precise recommendations to put together a personalised probiotic-prebiotic mixture for each patient based on his or her individual symptoms and findings. "This personalised approach, supported by AI, allows us to tailor treatments to the individual needs of our patients – using state-of-the-art precision that has never been seen before now. All of this is based on unprecedented data analyses, which are completely impossible for the human brain to perform," explains Medical Director Dr Peter Gartner.

BACTERIAL BALANCE IN THE GUT

Based on the recommendations generated by AI, a specialist company in the Netherlands puts together a personalised probiotic-prebiotic mixture for each patient. The customised solution is then sent directly to the patient who usually takes the mixture for two months, according to the doctor's instructions. This approach not only allows for precise and unprecedented treatment of intestinal health but can also be seamlessly integrated into the comprehensive concept of Modern Mayr Medicine as practised at the Park Igls Medical Spa Resort.



Asking Dr Peter Gartner about personalised probiotics



How does personalised probiotics differ from conventional probiotics?

"The composition of conventional probiotic products is based on general experience. We often had to make a gut decision (pun intended) in favour of one standard product over another. Personalised probiotics, on the other hand, are specifically tailored to the unique microbial composition and specific needs of each person, which increases the benefits and efficacy."

How is efficacy monitored and evaluated?

"We stay in touch with our guests after their stay; this kind of follow-up allows us to monitor and evaluate the outcome."

Can anyone use probiotic therapy?

"This kind of therapy is intended for people who are looking to improve their intestinal health. But any intake of probiotics or dietary supplements should always be preceded by a medical check-up, which we perform inhouse at our hotel, and a subsequent diagnosis."

Can personalised probiotics also be used for prevention?

"Yes, in addition to treatment, it is of course possible to use them preventatively to promote a healthy microbiome. But as always: you should discuss using these types of products with your physician."

How long does a course of probiotics last?

"One package of customised probiotics lasts for two months. Pre-existing symptoms usually significantly improve during that time. If necessary, another two-month course can be added, in which case you can order your probiotics online with prior authorisation from your Mayr doctor."

How much does it cost?

"A molecular genetic microbiome analysis costs between 300 and 400 euros, depending on your condition. Our Dutch partner company charges around 300 euros to produce the customised product. The personalised Mayr prescription is free of charge."

Do you take personalised probiotic-prebiotic mixtures yourself?

"If I needed to, I would certainly do so. Being able to offer personalised probiotics is an important step in customised treatment and enables us doctors to take a much more precise therapeutic approach."

DR PETER GARTNER

After completing his medical studies in Innsbruck and training as a general practitioner, Dr Gartner specialised in holistic medicine, nutritional medicine, acupuncture and hypnotherapy, and has been practising diagnostics and therapy according to F.X. Mayr with great success ever since. Peter Gartner has been Medical Director at Park Igls since 2011.

How long have you been offering personalised probiotics at Park Igls?

"The method for putting together individual probiotics is brand-new; we've been involved from the very start and have offered this service for just under a year."

What's your first impression?

"It's been extremely positive. Our guests' interest in personalised probiotic-prebiotic mixtures is quite staggering. It's easy to understand, I think, that we humans want to have the best possible customised solution for ourselves. Many patients report that their digestive health has improved, that they have a stronger immune system and that they generally feel better."



"My motto in life:
share what you love."

Dr Richard Kogelnig, Deputy Medical Director

FROM KEY EXPERIENCE TO PASSION

Sometimes life just happens to us. Sometimes unexpected events turn an entire professional life upside down and become a passion.

Richard Kogelnig, Deputy Medical Director at Park Igls, has a story to tell. Let's turn the clock back 40 years. Marc Zuckerberg is born. Liechtenstein introduces the right to vote for women. Steve Jobs launches the Macintosh personal computer in the US. And fans go mad when Liverpool win the European Cup final after a dramatic penalty shoot-out. At that time, mankind was still years away from the global mass phenomenon called internet as we know it today. After completing his medical studies, Richard Kogelnig works at Innsbruck University Hospital. In addition, he delves into psychology textbooks for his psychology degree, which should help him to better understand psychosomatic correlations. Just shortly after that, he completes his master's thesis on the successful application of the Mayr Method for psychosomatic symptoms.

Already during his studies, Dr Kogelnig was interested in the methods and procedures of alternative medicine, in particular the findings of Mayr Medicine. "I secretly deepened my knowledge on the field. At that time, anything other than conventional medicine was frowned upon," Dr Kogelnig recalls. And it's thanks to his wife that today, four decades later, he is a committed and passionate Mayr physician who has dedicated his professional life to Modern Mayr Medicine. It was she who experienced the positive effects of fasting first hand. "At the time, my wife was suffering from symptoms where conventional medicine had simply reached its limits. After a period of fasting, the symptoms just disappeared. As a physician, I was baffled, and her story made me curious. It was a key experience and the decisive impulse that led to my intensive studies of Modern Mayr Medicine. Yes, to dedicate my life to it, if you like."

Richard Kogelnig has been working at Park Igls Medical Spa Resort for over 19 years. He is Deputy Medical Director and a trusted expert for guests from all over the world. "Trust," he says, "is of paramount importance in any good doctor-patient relationship, but also for me as an employee. Albert Gnägi, the founder of Park Igls, placed this trust in me from my very first day at work. Being able to work here is truly special."

You often hear people say that their profession is their vocation. This is clearly the case with Richard Kogelnig. "Honest care and expertise – we are simply better at that than anywhere else. Our guests feel, need and appreciate this. They feel that they are welcome at Park Igls and in all its departments," explains the Mayr expert.

Hanging up his white coat is not an option for him just yet, even though he has reached what is typically retirement age. "It's just a number, isn't it? Modern Mayr Medicine and prevention are more important today than ever. And we see that every day. I'm fit and healthy, and I still enjoy helping people as much as I did on my first day." And with that, Dr Kogelnig sets off to give one of his medical lectures at Park Igls.

He is about to share his passion about "Better ageing – growing old fit and in good health" in the lecture room. It is one of his favourite topics and a matter close to his heart. He will show what each and every one of us can do to contribute to better ageing. As always, he will share his knowledge with his listeners. "Share what you love" is his motto in life. And he will also touch on a personal level: goals that everyone needs – also at an older age; tasks that keep you young, and the reasons that show why it is so important to promote your own and other people's talents in order to grow old in good health.

CLEAR TOMATO SOUP



4 SERVINGS

1 kg sun-ripened organic tomatoes
500 g organic cherry tomatoes
200 g leek
1 red onion
150 g shiitake mushrooms
150 ml cooking Madeira wine
1 l vegetable stock
Salt
Cayenne pepper
Olive oil

Wash the tomatoes and fry them whole in olive oil in a large pan over a high heat. Wash the leek, peel the onion, chop both and add. Add the whole shiitake mushrooms and simmer for another five minutes, stirring constantly. When the tomatoes burst open, deglaze with the Madeira wine. Then reduce for another two to three minutes, stirring constantly.

Pour in the vegetable stock and cook on two-thirds heat for 20 minutes. Strain everything through a coarse sieve, carefully

pressing the juice out of the tomatoes with a fork. Strain the cloudy stock through a fine cloth strainer. Season with salt, cayenne pepper and olive oil.

Place a thin slice of tomato in the bowl before pouring in the soup. Bon appétit!

Want to try out more healthy and tasty recipes? There you go:



PEOPLE

MORE DOCS IN THE HOUSE

For even better medical care of our guests. We are happy to have seven doctors on our team at Park Igls now. From left to right: **Dr Elias Hinteregger, Medical Director Dr Peter Gartner, Dr Sybille Matzenauer, Deputy Medical Director Dr Richard Kogelnig, Dr Karin Hof, Dr Katharina Breit and Dr Peter Barth.**



IN BEST HANDS FOR TOP PERFORMANCE

Leading athletes are also amongst our regulars at Park Igls. The Tyrolean **extreme athlete Bianca Somavilla**, for example, uses our Medical Checks and engages in targeted preparation using IHHT cell training. Bianca's great passions are races on the road bike and mountain bike as well as ski mountaineering competitions. The altitude training offered at Park Igls is not only time-efficient, effective and healthy but also an integral part of the athlete's professional pre-season preparation.

"Park Igls offers optimal conditions. In my job, I simply don't have the time to travel long distances for altitude training – so it's ideal that I can use such a competent medical facility in

my home country. I'm in the very best hands here," says the 36-year-old. Bianca Somavilla is amongst the best in class; one of her greatest successes in mountain biking last year was winning the Salzkammergut Trophy, Austria's toughest and longest mountain bike marathon over a distance of 210 kilometres with over 7,000 (!) metres of elevation gain.

Further successes (selection): first place in the Mountain Attack ski mountaineering competition; Austrian runner-up champion in ultracycling (2022); Race Around Austria Challenge (2nd place, 2022); Öztaler Cycle Marathon (3rd place, 2021).

AMBITIOUS TEAM

Exercise is an important pillar of Modern Mayr Medicine. Our experts **Leonie Konermann, Marlene Mach, Gert Königsrainer** and **Simone Huemer** will be right by your side with their expertise, professionalism and support during your stay with us.

FOR YOUR HEALTH

Questions? Our team will answer all your questions discreetly and competently in order to select the best health programme for your needs. Give us a call, we look forward to speaking with you! +43 (0)512 377 305

COMPREHENSIVE PREVENTIVE CARE CHECKS IN 1 WEEK

Super Medical Check

During your stay, you will receive comprehensive preventive medical examinations at the highest level, including ultrasound examinations of the heart, prostate and testicles for men or a breast exam for women, thyroid gland, abdominal organs and blood vessels. Best of all, there's no queuing and no waiting for doctor's appointments – this saves time and nerves!

SPECIALIST EXAMINATION

Ultrasound Examination

For every programme and stay, you can also book comprehensive specialist ultrasound examinations. All ultrasound diagnostics are performed directly at Park Igls in our medical department. An annual ultrasound examination of the abdominal organs, blood vessels, brain-supplying vessels, thyroid gland, prostate or female breasts provides guests with a broad overview for preventive healthcare, especially cancer screening. Our team will be happy to give you more information about the Ultrasound Examination.



OUT OF THE RAT RACE

De-Stress

Do you have the feeling that your resources are insufficient to cope with all the demands in your private and professional life? Do you suffer from heart palpitations, listlessness or insomnia? These are strong warning signs from your body that you should take seriously. Let us help you discover and strengthen your personal resources so that you can better manage stressful situations. Frequently booked for burn-out prevention.

THE VERY BEST OF MODERN MAYR MEDICINE

Detox Intensive

Our most popular programme for sustainable weight control. Already during your stay, you will feel fitter, more revitalised and notice the positive effects on your health. Your programme will be curated by our medical reception on a completely individual basis after the medical examinations. Recommended length of stay: at least two weeks. This is often booked by people who are overweight or for diabetes prevention.

STRENGTHEN YOUR IMMUNE SYSTEM

Immune Booster

This programme strengthens your immune system, allowing you to become more resistant to illness. It's perfect for late summer and autumn, allowing you to remain fit throughout the winter. It is frequently booked by those susceptible to infections, hay fever and food allergies.

INTRODUCTION TO MODERN MAYR MEDICINE

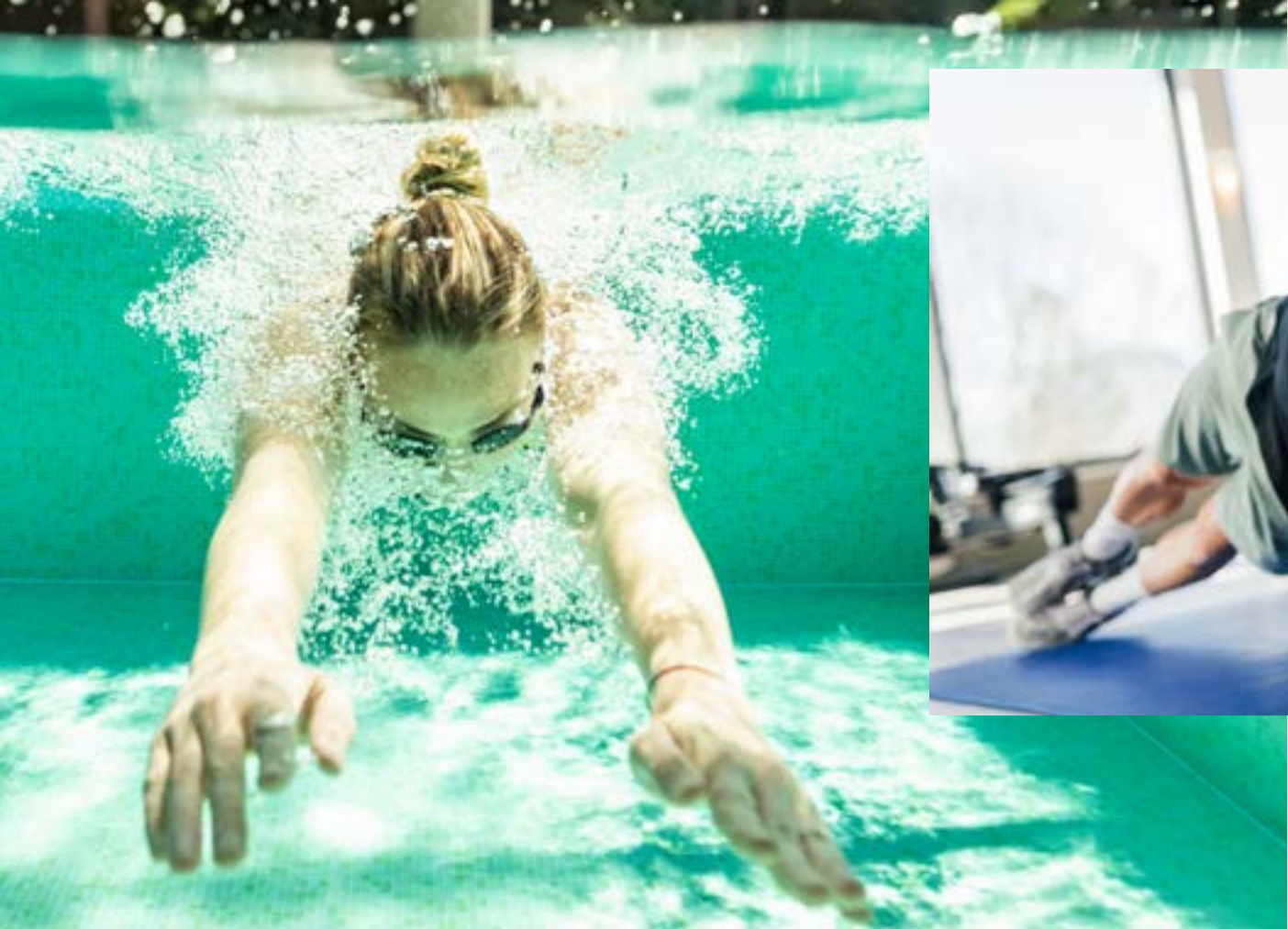
Detox Classic

Get fit and healthy by enjoying a guided medical time out. Our therapy module featuring relaxing full-body massages is your ideal introduction to Modern Mayr Medicine.

Get twice or triple the amount of **Vital Points for your loyalty**: for every stay and every recommendation.

More information at our reception.





SUCCESS STORY

EFFECTIVE THERAPY AGAINST SMOKING

A gentleman with a complex medical history came to us for help: despite suffering from coronary disease, he was unable to quit smoking.

The gentleman decided to engage in a three-week stay. He followed a special diet that helped him to relieve strain on his digestive system. Instead of massages, he opted for cranio-sacral therapies and health-psychology counselling. A particular focus was on smoking cessation through hypno-acupuncture. During the counselling sessions, his fears and worries became evident, especially his fear of dementia. A neuropsychological examination showed, however, that there was no cause for concern and that his cognitive skills were fine. After 23 days, the patient travelled home in a better state of health: he had become a non-smoker, was mentally stronger and physically fitter.

Physician: Dr Peter Gartner.
Measures: initial examination, final examination, 7 medical appointments, 4 cranio-sacral therapy sessions, 3 conversational therapy sessions, 1 sonography of the abdomen and blood vessels.

Menopause Fit

Providing women with new self-awareness. The week-long programme has a stress-reducing, beneficial effect on the body and mind and readies participants to accept the coming changes and to take a more relaxed approach to a new stage of life.

Detox Short Break

Take a short time out to relax physically and mentally with soothing massages, beauty treatments and baths.

Physio Fit

Get support for back pain and joint problems so that you can be free of pain again and cope with everyday life with renewed ease. In a targeted manner, we treat your pain syndromes in the muscular-skeletal system. This programme is often booked for back pain, osteoarthritis, osteoporosis or painful muscle tension.

Neuro Fit

This special therapy programme is designed to help you with degenerative diseases of the nervous system or following strokes. Degenerative diseases of the nervous system often originate in the intestine. Neuro-intestinal regeneration using Modern Mayr Medicine in combination with physiotherapy can improve your mobility and coordination in the long term.

Fit after Covid

Frequently booked for those affected by Long Covid. Prevention: decline in fitness and chronic infectious diseases.

If you suffer from symptoms such as chronic fatigue, lack of strength, headaches or a chesty cough, or have problems with your sense of smell and taste, the specially developed Fit after Covid diagnostic and therapy programme can help. During the course of comprehensive diagnostics (including ruling out damage to the heart muscle), we will determine your current health status and promote regeneration through a variety of treatments. From a therapeutic point of view, Modern Mayr Medicine and Mayr Cuisine have an additional detoxifying and strengthening effect while sharpening your senses.

Find all our services here



Price information is available at www.park-igls.at