

PARKZEIT



BETTER AGEING

TAKING CARE OF YOURSELF IS NOT A LUXURY, IT'S A NECESSITY

In the soft dawn light, she appraises herself in the mirror. Gently caressing her cheeks, she notes the fine laugh lines that have formed around her hazel eyes in the last several years. Today they are part of who she is. She likes her wrinkles, as well as the freckles that cover her nose. "They are proof that I am alive, that I laugh and that I love the sun," she reminds herself with a smile. She knows: Those who feel beautiful are typically also healthy.

There is even scientific evidence to support this notion: What we see when we look in the mirror is in fact much more than simply the surface of our skin. It's a window into our personal health, a barometer of our well-being and often a predictive indicator of future health as well. Countless studies have revealed that people who feel good about themselves often also feel better physically and are less susceptible to illness. Such people have stronger immune systems, a more balanced hormone system and a lower risk of chronic diseases.

"In my estimation, people who are highly satisfied with their appearance tend to be more physically and mentally healthy in general. They are far less prone to stress and depressive moods, which in turn has a positive effect on their physical health," says Dr Melanie Robertson, health psychologist at Park Igls.

However, this certainly does not mean that we all have to be professional models or celebrated actors and actresses in order to be healthy! The point is to feel satisfied with one's own body, independent of societal beauty norms. People who feel comfortable in their own skin take better care of themselves, eat healthier, exercise and go to the doctor more often – all factors that contribute to excellent health.

It is therefore unsurprising that doctors and psychologists encourage people to feel content in their own skin. Self-esteem and the acceptance of one's self is not only something that can make us feel more beautiful, it is also a key to better health.

Realising that no one is perfect and that there is always something you could improve about yourself is a key to greater fulfilment. So too is learning to accept yourself for who you are. Beauty really does come from within. Ultimately, it's not about how others see us, but how we see ourselves!

A healthy lifestyle of course includes a healthy diet, sufficient exercise, adequate sleep and regular medical check-ups. In addition, it's also about consciously taking time for yourself, relaxing and doing things that make you happy. Taking care of yourself is not a luxury, it's a necessity! It not only helps us feel better, it also helps us be healthier and to remain healthy. After all, beauty is more than just skin deep: It is a feeling, an attitude, and a key to overall health. And it starts with a smile when looking in the mirror.

Afterwards I really felt ...?



After my last stay at Park Igls, I felt distinctly ...? I'm willing to bet that a few words have already sprung to your mind to describe your feelings and perceptions. Guests often tell me that after enjoying a healthy time out with us they feel energetic, encouraged, calmer, more comfortable, relieved or just simply better than they did before.

Are you currently planning your next getaway with us? Then please allow me to impart the following advice: Especially the transitional periods, i.e. autumn and spring, are ideal in terms of improving your overall health with a variety of helpful Modern Mayr Medicine treatments and therapies.

Whether you want to better manage stress – exhaustion is currently a highly prevalent reason why people decide to stay with us – intolerances and allergies, dietary changes, weight management, detoxification and cleansing, or whether you want to set the course for a more sporty and fit lifestyle as part of preventive medical check-ups: Our team will be happy to advise you personally regarding the best programme for your individual objectives.

After all, one thing is clear: Those who strengthen their immune system also significantly increase their disease resistance! In addition, regular preventative health care is the most important building block for a healthier and happier life.

At this point, I would also like to draw your attention to our newly redesigned website. We've given it a proper facelift! Take a look for yourself by visiting www.park-igls.com

I look forward to welcoming you in person soon!
Until then, stay healthy!

Sincerely yours,

A. Gnägi

Andrea Gnägi



THE SECRET TO RADIANT, MORE BEAUTIFUL SKIN

For your skin, a cure based on Modern Mayr Medicine is a true fountain of youth. Find out how you can return home with healthier skin after a therapy cure and what else you can do to improve your overall skin radiance.

Admittedly, men typically pay less attention to their skin than women do. And yet, caring for and protecting the skin is of utmost importance in order to maintain its functions and good health into old age. With an average of 1.5 to 2 square metres of skin surface for adults, the skin is the largest organ in our body and it needs to be well cared for.

The good news (not only for men): During a 10- to 14-day stay with us, a thorough cleansing for your skin is automatically included! Why? During a stay with us, elastic fibres become more elastic again, acidic toxins ("waste products") are eliminated through the skin and the metabolism improves. Best of all, the results of this cleansing process usually become readily apparent after just four or five days of treatment. By this time, the mechanisms of detoxification are usually in full swing!

Dr Richard Kogelnig: "This is a good sign because more radiant skin highlights the initial signs of the body's successful detoxification work. During the cure, the skin is additionally treated externally as well, i.e. via massages, physical therapy sessions, baths, as well as treatments such as a body wrap."

But just how is the Mayr Cure associated with beautiful, more radiant skin? The answer can be traced back to the close connection between our digestive system and skin health. A healthy digestive tract is able to more efficiently absorb nutrients and properly eliminate waste products. However, if digestive problems occur, toxins are produced and the intestinal flora changes. This can impact the skin via the gut-skin axis and the immune system. Hence, having a "cleansed" intestinal flora not only leads to an improved absorption of nutrients, but also to healthier looking skin!

Modern Mayr Cuisine's healthy diet provides the skin with important vitamins, minerals and antioxidants, all of which are essential for a radiant complexion. In addition, having a detox treatment can also reduce any ongoing inflammatory processes in the body, which often lead to skin problems such as acne or redness. By detoxifying the body, toxins are eliminated that may have accumulated in the skin leading to blemishes. And don't forget: Even the regular, conscientious chewing of food in accordance with Modern Mayr Medicine is optimal for the skin as well! After all, thoroughly chewing food not only improves digestion, but also releases enzymes that promote the processing of nutrients.

"I am not exaggerating when I say that by the end of the cure you can look forward to improved intestinal health in addition to more beautiful, healthier and firmer skin. Our guests literally glow," says Dr Kogelnig.

SKIN CARE IN PARK IGLS

What's good for your skin

Choose from our range of services to make your skin glow – here is a selection of our services.

MEDICAL SERVICES

- Dermatological examination
- IHHT Cell Training
- Body wrap
- Nourishing body wrap
- Cleopatra packing

COSMETICS

- Medical beauty facial treatment
- Hydra boost treatment
- Micro needling/nano needling
- Heat lifting via radio frequency
- Organic face lift
- Special treatments just for men

Information and booking at our medical reception and in the cosmetics department.

OXYGEN FOR COUCH POTATOES

Great health and an active lifestyle are just two of many great reasons why we so often rely on interval hypoxia hyperoxia training as a supplement to therapy

also be more inclined to lead a physically inactive lifestyle due to their genetic make-up, i.e. the specific combination of genes inherited from their parents. This does not necessarily mean that such people are inherently inactive, but that they may have a natural inclination or predilection to be so. However, genes (and this is important to emphasise) do not paint the entire picture. Numerous other factors such as our physical environment, diet, upbringing or our personal choices also play a decisive role. Thus, an inactive lifestyle is not inevitable, even if one has a genetic predisposition. Furthermore, there is reason to believe that oxygen, in the form of Interval Hypoxia Hyperoxia Training (IHHT), may provide an efficient remedy for couch potato syndrome.

THE PROBLEMATIC “COUCH POTATO GENE”

Genetics play a significant role in terms of health. Researchers have already pinpointed one gene that is associated with a higher risk of an inactive lifestyle and related health problems. This “couch potato gene” alters the brain’s reward system, which can cause people to develop a tendency towards sedentary activities. As a consequence, couch potato syndrome increasingly manifests itself and it becomes more difficult to maintain a healthy lifestyle.

METABOLIC SYNDROME AND COUCH POTATO SYNDROME

Metabolic syndrome, a combination of obesity, high blood pressure, elevated cholesterol and insulin resistance, is often considered to be the result of an inactive lifestyle and an unhealthy diet. This syndrome may increase the risk of cardiovascular disease and stroke and can be triggered by couch potato syndrome. People with couch potato syndrome often spend many hours each day sitting (i.e. “couch”), usually in front of the TV or computer, and eat a high-carbohydrate diet (i.e. “potato”), which can lead to obesity and its associated health problems.

USING OXYGEN TO COMBAT COUCH POTATO SYNDROME

Within this context, Interval Hypoxia Hyperoxia Training (IHHT Cell Training) seems to be a promising approach in combating couch potato syndrome. IHHT involves the periodic exposure to low and high levels of oxygen to promote physical and mental well-being. IHHT has been clinically demonstrated to improve physical performance, optimise tissue oxygenation and reduce the risk of chronic disease. Indeed, it can simulate the effects of physical activity without the need to actually exercise.

IHHT has also been shown to be especially beneficial in combating the symptoms of metabolic syndrome. “We frequently use oxygen training to supplement our programmes. It is also specifically requested by our guests. This therapy can help to stabilise blood sugar levels and lower blood pressure, as well as support weight loss, which make it the ideal complement to all Modern Mayr Medicine programmes at Park Igls,” explains Dr Peter Gartner.

But let’s get back to couch potato syndrome: It seems that oxygen training also has the potential to drastically improve health for people with couch potato syndrome, even if they are genetically inclined to be less active.

In addition, there is evidence that IHHT may be helpful in combating the “couch potato gene”. According to Dr Gartner, “regular oxygen training has the potential to help recalibrate the reward system in the brain so that physical activity is perceived as more enjoyable. More studies are needed, however, to fully understand these effects, but the research so far is promising.”

Dr Gartner warns, however, that “regular oxygen training will not turn a couch potato into a star athlete. But as a complementary tool in Modern Mayr Medicine, IHHT helps to get people moving and to support them towards a healthier lifestyle.”

"Regular oxygen training has the potential to help recalibrate the reward system in the brain."

Dr Peter Gartner, Head Physician

Over the years, couch potato syndrome has indeed developed into a health problem that is as weighty as it is widespread. It is closely linked to metabolic syndrome, i.e. a combination of obesity, high blood pressure, increased blood fat levels and dysfunctional sugar metabolism that increases the risk of heart attacks and strokes.

More worrying is something you may never have heard of: the “couch potato gene”. This is what researchers call a genetic predisposition to an inactive lifestyle. This means that people may



GOOD TO KNOW

Oxygen Training

**IHHT CELL-TRAINING
INTERVAL HYPOXIA HYPEROXIA TRAINING
AT PARK IGLS**

Feel free to ask your doctor about oxygen training during your initial examination. After going through your medical history, he or she will decide on an individual basis whether this medical treatment is suitable for you.

How IHHT Cell Training works: Sitting comfortably, you’ll alternate between breathing air with low (hypoxia) and high (hyperoxia) oxygen content via an oxygen mask. This prompts adaptive responses in the body that help to improve oxygen utilisation, rejuvenate your cells and promote metabolic balance. Research suggests that IHHT can help combat metabolic syndrome by supporting weight loss, regulating blood sugar levels and strengthening the cardiovascular system. The term “training” is perhaps a little misleading, as you are merely inhaling and exhaling in a seated position. One session at Park Igls lasts 30 to 40 minutes.

**FOR WHOM IS THE PARK IGLS
CELL-TRAINING – IHHT SUITABLE?**

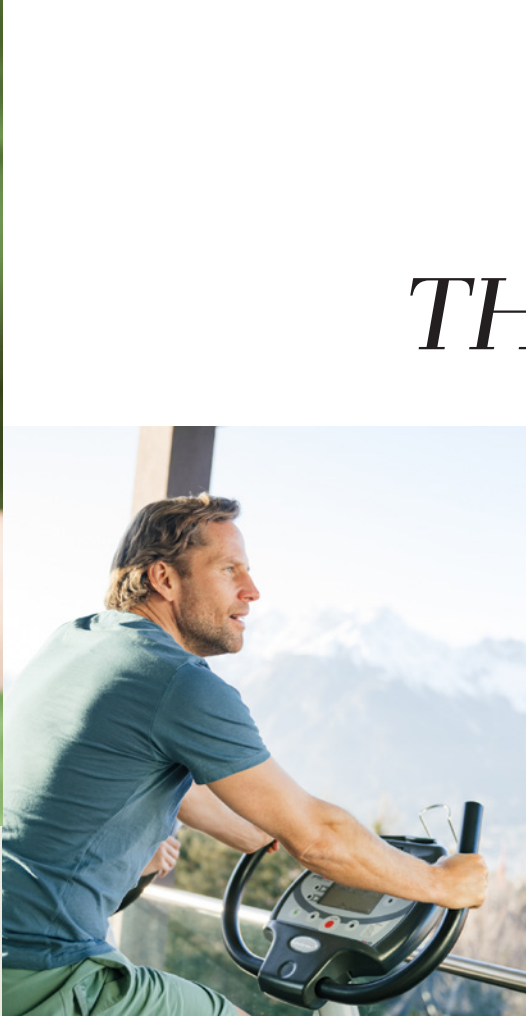
Those with chronic illnesses: Oxygen training can help improve the symptoms of chronic diseases such as diabetes, cardiovascular diseases and respiratory diseases.

People with metabolic syndrome: Oxygen training can help combat the symptoms of metabolic syndrome, including obesity, high blood pressure and obesity.

Athletes: Athletes can also benefit from oxygen training. The therapy can improve physical performance, aid recovery after exercise and increase endurance.

Older individuals: Oxygen training can also be beneficial for older people as it helps to improve tissue oxygenation, sleep and overall physical performance and fitness.

People with an inactive lifestyle: Oxygen training can help people become more active and develop healthier habits.



THE RIGHT MOVE

ADVICE AND INFORMATION

Speak to our colleagues in the medical department or send an e-mail with your questions to medizin@park-igls.at. Find out how we can discreetly and competently support you in achieving your goals without any obligation.

For many of us, modern everyday life is defined by being constantly busy, high levels of stress both in private and professional life, a lack of exercise and an unhealthy diet.

This described Paul to the letter. At first glance, the 46-year-old, successful real estate developer had everything that many people could wish for: a remarkable career, a luxurious villa in Hamburg’s best neighbourhood and a terrific wife. With diligence and skill, he even managed to achieve complete financial independence. Yet, due to his hectic and demanding lifestyle, Paul neglected his health tremendously for many years.

His most recent check-up revealed significantly elevated blood sugar levels. His doctor emphatically warned him of the imminent risk of developing type-2 diabetes. For Paul, the news hit like a ton of bricks. Never could he have imagined that he would belong to such a risk group. As a next step, Paul began to read up on type-2 diabetes. The next shock for him was the extent to which this disease is now common all over the world: According to current studies, the number of people suffering from diabetes could increase to 1.3 billion by the year 2050. 1.300.000.000! That’s about 650 times the population of his home city of Hamburg, or about 130 times the number of people living in London. This number was so astounding that it took time to truly set in!

For Paul, however, there were even more astounding numbers that gave him pause: First, the vast majority of all diabetes cases (about 90 percent) are type 2. Second, the disease is exacerbated by a lack of exercise and an unhealthy diet containing excessive sugar and white flour products. It is also associated with obesity. Third, the disease is largely preventable. Having taken these facts to heart, Paul was additionally discomfited by the following: If this metabolic condition is insufficiently managed or goes

undetected for a long time, it is associated with an increased risk of cardiovascular disease, kidney dysfunction, blindness and foot amputations. It was at that moment that Paul decided that he had read enough and became determined to change his diet and exercise habits for good.

Yet, even though he had the desire to change, his everyday professional life soon caught up with him. He was forced to realise: His attempts to lead a healthier life were repeatedly undermined by his career. In search of a solution, an acquaintance recommended a stay at Park Igls.

With a mixture of hope and scepticism, he embarked on a journey to Tyrol. He remembers thinking to himself: if it helps me to invest three weeks in to my own health, this is really nothing in comparison to a lifetime of health problems. He decided then to see the time away as an opportunity to rethink old habits and establish a new, healthier lifestyle. Best of all, thanks to the varied and diverse programme, the days flew by much faster than he could have imagined!

At the end of his stay, Paul noted feeling much healthier and more energetic. But that’s not all: He also managed to integrate recently adopted habits into his daily routine. In fact, his blood sugar levels normalised and he was motivated to maintain the new lifestyle.

Paul’s story is indicative of the battle that millions of people around the world are waging against the invisible threat of type-2 diabetes. Yet it also shows that we can shape our own future. For Paul, the story does not end here. It signalled the beginning of a healthier and happier life with the help of Modern Mayr Medicine. But making the right moves was only possible because Paul himself took the crucial first steps at the beginning.



MUSCULOSKELETAL SYSTEM

POSTURE AND OSTEOARTHRITIS

Osteoarthritis is one of the many health risks often associated with poor posture. But is there actually a connection?

Many of our guests seek help from our team of doctors and therapists when facing problems with their musculoskeletal system. Our "Physio Fit" programme is often recommended. In many cases, guests either come to us postoperatively, when symptoms are already apparent or a condition has been diagnosed.

WHEN THE JOINTS HURT

"Osteoarthritis is a particularly prevalent illness throughout the world. At Park Igls, we are confronted with this condition quite frequently. This degenerative joint disease primarily affects the cartilage tissue in the joints. Put simply, wear and tear on the cartilage causes pain, inflammation or reduced mobility," says Dr Peter Gartner.

Osteoarthritis is the world's most common joint condition. It tends to become more common with age and occurs more often in women than in men. In principle, arthritis can affect all of our joints, but it is most common in the knee, hip, foot and wrist joints. Though not everyone develops osteoarthritis as they get older, there are several

factors that increase the risk of developing this disease: In addition to age and gender, such factors include genetic predisposition, obesity, injuries, overuse through sports or physically demanding occupations, rheumatism and metabolic diseases. "It is important to note that joint disease will not necessarily develop when one or more of these risk factors are present. Nevertheless, the risk could be increased," says Dr Gartner.

POOR POSTURE

As you read this text, now would be a good time to take a moment to think about your posture and how you are reading. Are you, for example, sitting on the sofa, in a designer chair, resting in bed, sitting at your desk, using your smartphone or doing a cardio workout on the exercise bike? Depending on the position that you choose, the joints, muscles and connective tissues will be more or less stressed, depending on your posture. Oftentimes, what may seem like a "comfortable" position is actually a stressful position for the body. For example, when you strain your lower back, do not sit upright or look at your

smartphone for hours with your head constantly tilted. If possible, remind yourself of this every now and then, and straighten up! The vast majority of us sit far too much in our daily lives. On average, up to a third of our lives is spent sitting, and very often in a stressful position! The more often we consciously take note of this, the better.

There is indeed a connection between posture and osteoarthritis. "Poor", i.e. stressful, posture leads to uneven distribution of pressure on the joints," says Dr Gartner. Over the years, this uneven pressure can lead to premature wear and tear of the joint cartilage, which in turn can promote the development of osteoarthritis. Today, we know that poor posture, especially when it comes to sedentary jobs, is associated with an increased risk of osteoarthritis in the knee and hip joints. Sooner or later, chronic spine problems caused by poor posture, known as kyphotic or scoliotic posture, also lead to arthritic changes in the vertebral joints."

"Poor posture always leads to improper strains."

Dr Peter Gartner, Head Physician



PREVENTION AND TREATMENT

Given the growing body of evidence linking poor posture to osteoarthritis, prevention has a key role to play. Improved posture can be achieved, for example, through regular physical activity, weight management, workplace ergonomics and physiotherapy exercises when appropriate. It is also important to take seriously the first signs of osteoarthritis, such as joint pain, swelling and reduced mobility. The treatment of osteoarthritis usually entails physiotherapy, pain management and, in severe cases, surgery. "Poor posture always leads to improper strains," says Dr Gartner. "This not only affects the spine, but all joints that are directly or indirectly involved in our posture. Our holistic approach in Modern Mayr Medicine, together with our diagnostics and versatile therapeutic approaches, offer a wide range of possibilities for relief – in prevention as well as in the treatment of symptoms. In combination with an individually tailored exercise programme, physiotherapy measures and, not to forget, dietetics and anti-inflammatory nutrition as part of our Modern Mayr Cuisine, we can achieve plenty of positive results."

DIAGNOSTICS & ARTHROSIS

WHAT GAIT ANALYSIS CAN REVEAL ABOUT YOU

ADVICE AND INFORMATION

If you are interested in doing a **gait analysis**, our medical reception team will be happy to advise you.

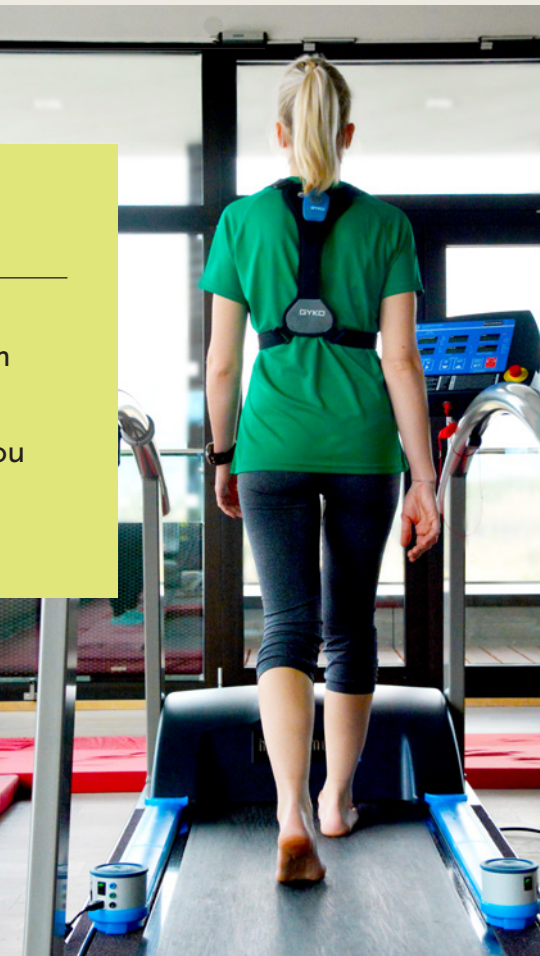
This service can be booked before you start your journey or on site during your stay at Park Igls.

In addition to anamnesis as part of the initial medical examinations and laboratory diagnostics, Park Igls offers its guests a wide range of diagnostic options. In addition to a physical examination by a doctor, these include well-known imaging tests such as X-rays, ultrasound examinations or, if required, an MRI. At Park Igls, a gait analysis will also be carried out. This is an important supplementary diagnostic tool in the clinical evaluation and therapy planning for patients with mobility disorders, limitations or pathological changes including arthrosis. By studying the mechanical aspects of walking, gait analyses can provide valuable insights into the function and possible dysfunctions of the musculoskeletal system. Together, doctors and physiotherapists can then determine personalised therapy and treatment measures for each guest based on the results obtained.

"Gait analysis is a fabulous tool for evaluating therapy success."

Marlene Mach, medical trainer

Osteoarthritis can cause a number of gait related changes, including changes in step length, gait speed, stance phase, step pattern or joint mobility. It is therefore possible to identify the presence and extent of osteoarthritis by looking closely at a person's gait. For example, patients with knee osteoarthritis may employ an altered gait with reduced stride length and gait speed in order to minimise pain



and instability. It is also possible to identify the most affected joints and biomechanical factors that lead to the development or worsening of osteoarthritis. We use gait analysis to develop individualised exercise programmes aimed at strengthening specific muscle groups in order to reduce the load on the affected joints and improve gait dynamics. Gait analysis is not only beneficial for diagnosing osteoarthritis, it also provides us with valuable information in general, which is essential for efficient therapeutic planning and strategy development. "Ultimately, gait analysis is a fabulous tool for evaluating therapy success as it provides us insights into any changes in gait dynamics," says Marlene Mach, medical trainer at Park Igls and expert on gait and posture analyses.

Gait analysis has been offered at Park Igls since many years. It is recommended for those who have pain when walking, following leg, back or spinal injuries, before and after musculoskeletal surgery, or if you already have artificial joints (hip, knee or ankle).

MISS CONGENIALITY

There is magic in every new beginning! For guests of Park Igls, charming Beatrix Gasser is an indispensable part of any stay ...



After pulling up to the Park Igls Medical Spa Resort, you'll hardly have time to collect your luggage before noticing that Beatrix Gasser is ready and waiting. Her elegance, her sincere cordiality and her catchy smile are simply infectious. But is she really always this friendly? The answer is yes! Her authentic smile is something that regular guests count on. After all, she is good humour personified. "Being in a good mood is just part of my personality. It's what people appreciate about me," she says with conviction.

"In addition to professional competence, every nook and cranny in the house is imbued with a sense of protection. It's something that I am sure the guests can feel."

Beatrix Gasser, Guest Relations

Receiving and welcoming guests along with her colleagues from the reception team is just one of the many tasks that Beatrix performs with joy and passion. For the past year, however, she has reduced her workload somewhat. She is now only on duty four days a week, looking after guests at the reception, during excursions and when saying goodbye.

Being a prime example of better ageing, Beatrix clearly gives the impression of being strong and athletic. Having already dedicated 16 years of her life to serving guests at Park Igls, she always works on Sundays of her own volition. In addition to looking after guests, she was previously responsible for the management of housekeeping. When it comes to discretion, managing expectations and problem-solving skills, she really knows her stuff. But her defining trait may just be knowing and understanding people. We recently asked her which skills are particularly essential for her job? "Empathy," she says without hesitation. "We facilitate things for our guests and make sure that they feel absolutely comfortable with us. In doing so, we provide assistance and always give our best. We are often invisible and quite fast."

All staff members at Park Igls are keenly aware of what guests can expect during their stay. They also know, for example, that the first few days of a Mayr treatment may include feeling sensitive or irritable (for example, as the body reacts to sugar, caffeine or nicotine withdrawal). Those who have undergone a course of treatment based on Modern Mayr Medicine know that brief lulls in mood are a normal part of the detoxification process before experiencing a high.

To better understand this, Beatrix herself underwent a cure at the clinic right after she started working there. "That was a good 15 years ago. The experience allowed me to gain a better understanding of what we do here for our guests at the highest level of competence. It also gave me empathy," she says. After all, experiencing something for yourself is key: "It may sound trivial, but the fact that nearly all members of staff have undergone a cure themselves is also an elementary cornerstone that enables us (in all departments in the hotel) to provide care on a different level with more empathy and sensitivity."

After almost two decades of working at Park Igls, Beatrix Gasser would have many anecdotes and stories to share. But her lips are sealed. "Discretion," she says, "like medical expertise and maximum privacy, is part of our DNA." But she nevertheless replied to our question about a very special experience for her: "The arrival and reception of three princesses from a great royal family along with several entourages. That was really very special for me at the time. I can't really say why, maybe just because they were the first princesses I ever received at the reception."

What in Beatrix's opinion is the secret of Park Igls' success? "People. The many wonderful people. We are like a 100-member family in which everyone collaborates closely together for each other and for the guests. In addition to professional competence, every nook and cranny in the house is imbued with a sense of protection. It's something that I am sure the guests can feel. Those who stay with us appreciate that you don't need a white, sandy beach, the sound of the sea or an infinity pool to enjoy a healthy break from daily life. You really just need a place where you can be yourself."

HOKKAIDO PUMPKIN CREAM SOUP



INGREDIENTS, SERVES 4

1/2 Hokkaido pumpkin
1 fennel bulb
1 tablespoon olive oil
250 ml coconut milk
300 ml strong vegetable broth
50 ml cream or soy cream
1 pinch each of cumin, turmeric, cayenne pepper, salt
Nutmeg (freshly grated)
Noilly Prat vermouth
Frisée lettuce (plucked)
100 ml apple juice
Ginger (hazelnut-sized piece)
12 g vegetable gelling agent

PUMPKIN CREAM SOUP

Heat oven to 200 degrees (hot air). Cut the pumpkin into pieces and braise in the oven for 20 minutes. Sauté thin slices of fennel with a little olive oil until translucent. Add the spices, douse with Noilly Prat vermouth and pour in the vegetable stock. Add pumpkin pieces, coconut milk and soy cream. Blend until smooth and fluffy.

PUMPKIN CHIPS

Peel thin slices from the pumpkin and dry them in the oven (90 degrees top and bottom heat, 45–60 minutes).

GINGER GEL

Blend apple juice, thinly sliced ginger and vegetable gelling agent. Bring to a boil, then strain and leave to cool. Mix the stiff gel once again until creamy. Pour into a piping bag or squeeze bottle.

PRESENTATION

Pour soup hot into soup plates, garnish with pumpkin chips, ginger gel, plucked frisée lettuce. Enjoy with a spelt bread roll.

READ OUR BLOG



NEW DOCTOR IN THE TEAM



Dr Katharina Breit has been part of the medical team at the Park Igls Medical Spa Resort since the beginning of the summer. After completing her medical studies in Innsbruck, she continued her specialist training in general medicine in Berlin, Germany, and in Bad Reichenhall and at the University Clinic in Salzburg, Austria. During her residency at the University Clinic for Gynaecology and Obstetrics in Salzburg, she also broadened her expertise specifically in the field of women's health. She has a special interest in psychosomatic medicine. Thanks to constant ongoing professional training in mental and therapeutic techniques, including mindfulness-based stress reduction and medical hypnosis, she has been able to

incorporate new insights into her work as a complement to Modern Mayr Medicine. She greatly enjoys being able to support and advise her patients on their path to physical and mental regeneration. Dr Katharina Breit is particularly enthusiastic about the holistic approach of Modern Mayr Medicine.

After eight years with us, Dr Irene Brunhuber, a valued colleague and valuable employee, expressed her wish to continue her professional career in a new direction. We respect her decision and look forward to her future successes.



CONCENTRATED EXPERTISE FOR YOUR ENJOYMENT



Flambéed celeriac

Teamwork makes the dream work. This is particularly true for our kitchen team at Park Igls, which has been reorganised into a three-person management team. In addition to **sous chef Alice Fratschöl**, the Swiss-born chef who has been cooking at Park Igls for 14 years, **sous chef Celino Waldner** now rounds off the management team under the leadership of **Markus Sorg**. Together, the trio impressively demonstrates that dietetics and the highest culinary standards can be combined in an enjoyable and creative

way. "We are very happy to have Celino on our team. His background is in international haute cuisine and he is a terrific addition," says Sorg. Celino Waldner's professional experience so far includes the Grand Hotel Europa in Innsbruck, the Schweizerhof in Kitzbühel and the star-rated restaurant Icarus in Hangar 7 in Salzburg. Five years ago, the Tyrolean-born chef even won the much-acclaimed World Championship title with the Austrian national youth team.

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



BOOKING

COMPREHENSIVE PREVENTIVE CARE CHECKS IN 1 WEEK

Detox 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!

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.

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.

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 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.



Detox Short Break

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





HEALTHY INTO 2024

NEW YEAR'S DETOX WEEK

The end of the year is a great time to make new resolutions! But you can also decide to change at any time and implement healthy habits right away – ideally during our popular Detox Week at the end of the year. It will take place this year from 26 December 2023 to 2 January 2024.

Once the excesses of the Christmas holidays are over, it's a perfect time to give your body some well-deserved time to rest and recover. What can you expect? Idyllic winter scenery, fresh and clear air rather than the hustle and bustle of the city; long walks and sports sessions in the magnificent winter landscape, and warming sauna sessions in our spa. All this and much more is available alongside medical checks, massages, training therapies and soothing treatments – ideal conditions for a healthy retreat to finally treat yourself to some time alone. Once again this year, chef Markus Sorg and his team will offer you culinary fireworks based on Modern Mayr Cuisine on New Year's Eve.

Make sure you book your stay for the turn of the year in good time. Our team will be happy to provide you with detailed information about the programme and options for an extension. If you wish, we can also organise tickets for the New Year's Concert of the Innsbruck Symphony Orchestra.

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.

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.

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 also 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.

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