

# PARK ZEIT



## MEN'S HEALTH

# HORMONES IN THE SPOTLIGHT

**Blood testosterone levels in men decrease with age – similar to women, whose hormone levels fall during menopause. The process is different in men, however.**

While women experience an abrupt drop in hormone levels, testosterone levels in men decline gradually from around the age of forty. Not every man is affected, and the symptoms vary greatly. Terms such as "male menopause", "andropause" or "male climacteric" should therefore be treated with caution because they suggest that the menopause in women is comparable to the drop in male testosterone levels.

Testosterone is the most important male sex hormone. It plays a decisive role in the development of primary and secondary sexual characteristics (testicles, penis, voice, muscle mass, body hair), sperm production and libido. It also promotes muscle development, maintains bone density and has a mood-regulating effect.

### **SYMPTOMS OF TESTOSTERONE DEFICIENCY**

A severe testosterone deficiency – medically referred to as hypogonadism – can lead to various symptoms.

The most common and well-known are fatigue and a lack of energy, depressive mood and irritability, osteoporosis, an increase in body fat and loss of muscle mass, sleep disorders, erectile dysfunction and a reduced sex drive. The effects go far beyond the widely known aspects of sexuality.

### **CAN YOU STOP THE DECLINE IN TESTOSTERONE?**

No, the age-related decrease in testosterone levels is a normal process that cannot be completely halted. There are measures, however, that men can take to slow down the decline and alleviate symptoms, such as regular physical activity, a healthy diet, weight management, stress reduction and sufficient sleep (7-8 hours per night).

### **CONTROLLING HORMONAL BALANCE**

It is important to monitor and assess hormone levels on a regular basis. This allows us to identify and treat potential health issues at an early stage, maintain physical and mental well-being and better manage age-related changes. This is why Park Igls offers specialised blood tests for men as well as ultrasound examination of the prostate and testicles, clinical urological check-ups and endocrinological consultation. →



*Dear guests,*



As a leading private medical spa resort, we stand for innovation and state-of-the-art medical health care. Browsing through our countless offers and services, you may have come across Fit not Fatigue. This new programme is our response to the increasing demand for solutions to persistent fatigue and lack of energy. In this ParkZeit issue, you can learn why symptoms of fatigue should be taken seriously and what options you have in terms of diagnostics and treatment at Park Igls.

We will also shine a light on men's health and explain why it is essential for men to have their hormone status checked on a regular basis. You can also find out everything you need to know about sleep analysis at Park Igls and how healthy selfishness can promote your well-being.

We also have a new consulting physician on board. Dr Michael Spiegel is a renowned expert in the medical field of neurology. In conversation with our Medical Director, Dr Peter Gartner, we will discuss all things neurology.

Last but not least: sustainability matters to us. In order to further decrease our CO<sub>2</sub> footprint, we have reduced the print run of our magazine. You will continue to receive the spring edition directly to your postal address; the autumn edition will be sent out together with our newsletter. If you would like a printed copy of this issue, please send a short email to [info@park-igls.at](mailto:info@park-igls.at).

Thank you very much for your understanding and your support in everything we do to promote a more sustainable future.

Be it online or offline – I wish you an interesting read and look forward to seeing you again at Park Igls!

Yours sincerely,

*A. Gnägi*

Andrea Gnägi

Testosterone is the most important male sex hormone. It plays an important role for men's health.



Dr Germar-Michael Pinggera from Innsbruck University Hospital, one of Austria's leading andrologists, is available as a consultant. Our guests appreciate that they do not have to leave the hotel to undergo these specialist examinations.

#### WHAT ARE THE TREATMENT OPTIONS?

A change in lifestyle through Modern Mayr Medicine during a stay at Park Igls and maintaining a healthy lifestyle can significantly reduce symptoms. Psychological therapy and counselling are recommended in order to be able cope with emotional and psychological changes. In some cases, testosterone replacement therapy can normalise testosterone levels and alleviate symptoms.

Dr Peter Gartner, Medical Director at Park Igls, says, "If you experience symptoms or feel an imbalance in your hormone levels, consult a doctor you trust as soon as possible. Annual medical checks should be a matter of course for every man anyway. We bring our cars in for an inspection once a year. Are our vehicles more important to us than our own health? No? Exactly!"



#### TIP

### Men's health

Add a clinical-urological examination and a consultation that includes hormone status to your one-week Detox Medical Check.



Check out the programme





MENTAL HEALTH

# TIME FOR: MYSELF

Self-esteem and mindfulness – striking a balance between one's own needs and respectful behaviour towards others

In all the hustle and bustle of today's demanding world, it is becoming increasingly important for many people to recognise and appreciate their own needs. At the same time, it is essential to treat others with respect. In this context of self-appreciation and mindfulness, the term "healthy selfishness" plays a central role. What strategies do we have at our disposal for recognising, appreciating and standing up for our own needs without neglecting the needs of others in our personal environment?

"A strong sense of self-confidence is the basis for recognising and appreciating our own needs. We know from studies and from our experience that self-reflection on a regular basis helps to strengthen self-confidence and self-acceptance," say Melanie Robertson and Thomas Blasbichler, the psychology team at Park Igls. Techniques such as keeping a diary or structured self-reflection exercises can help to systematically analyse and understand one's own thoughts and feelings. One easy-to-implement example is self-observation, where you take a few minutes every day to reflect on your own experiences and emotions and document them in writing.

**MINDFULNESS**

Mindfulness – the conscious perception of the moment without judgement – is crucial for identifying needs. Regular mindfulness exercises such as meditation or breathing techniques can not only reduce stress, but also raise awareness of your own needs. "This is the aim of the meditation techniques that we offer at Park Igls. We always see the positive effects that these exercises have on emotional well-being and body awareness," says Melanie Robertson.

According to the experts, it is also essential to communicate or address your own needs in an appreciative and respectful manner without causing hurt or offence to others. As Thomas Blasbichler explains, "That's exactly what many people find quite difficult. Explanatory 'I' messages are an effective way to express one's own needs and feelings and to promote understanding and cooperation. For example: 'I feel overwhelmed because I need more time for myself' or 'I don't want to do this now because I don't feel like it'."

**EMPATHY & COMMUNICATION**

Empathy and active listening are fundamental for respectful interaction. The ability to empathise with the perspective of others and understand their feelings promotes mutual understanding. Acting responsibly means taking responsibility for your own decisions and their consequences, which requires commitment and integrity. People who demonstrate a high level of responsibility and integrity tend to be perceived as more reliable and trustworthy.

Practising self-care is not only crucial for one's own well-being, but also for maintaining interpersonal relationships. Scheduled "me time", in which you pursue activities that are relaxing and good for you, leads to more well-being and reduced susceptibility to stress. "And a healthy lifestyle is the foundation for all this," say the experts.

**HEALTHY & NEGATIVE SELFISHNESS**

The term "healthy selfishness" refers to the ability to prioritise one's own needs and interests without being self-centred or inconsiderate. Healthy selfishness is an attitude or form of self-care that allows us to protect and strengthen ourselves in order to be there for others in the long term. "This is crucial to finding a balance between self-respect and respect for the needs of others," explains Melanie Robertson. The expert also says that setting clear boundaries at work and at home to protect yourself from overload, stress or burnout is an example of "healthy selfishness".

Healthy selfishness must, of course, be distinguished from negative selfishness. Negative selfishness is asserting one's own needs and interests at the expense of others by, for instance, constantly dominating conversations without giving others space to express their opinions and feelings. "This often leads to conflict and destructive relationships because the needs and feelings of others are disregarded," says Melanie Robertson. "In contrast, healthy selfishness means respecting one's own needs as well as the boundaries and needs of others. This includes being allowed to say no when it feels right in order to protect your own needs."

**FAMILY STRUCTURE & ENGRAINED PATTERNS**

"The way we are wired today has a lot to do with the patterns we have learnt or experienced in our families. This has a formative effect on us," explains Thomas Blasbichler. For example, many people have learnt from an early age to put their own needs aside in order to meet the expectations and demands within the family. Allowing themselves to say no is often extremely difficult for these people. As Melanie Robertson adds, "This is precisely what is so important when you realise that your own resources are exhausted. Recognising these patterns and consciously breaking them requires courage and self-reflection; very often this is best achieved with input and impetus from a neutral, external person."

**POSITIVE EFFECTS**

Finding a balance between appreciating your own needs and treating other people with respect is not easy, but it can be learnt. Self-reflection, mindfulness, good communication, empathy, a sense of responsibility and self-care all help us to lead a fulfilling and harmonious life. "This is an ongoing process that requires constant attention and adjustment, and you have to be aware of that. But if this process is successful, it will have a tremendously positive effect on your well-being and your interpersonal relationships," conclude the experts.



BURNOUT PREVENTION

## De-Stress

Learn how to cope with stressful situations, strengthen your own resources and deal with pressure. We support effective recuperation.



Check out the programme

"Explanatory 'I' messages are an effective way to express one's own needs and feelings."



## DIAGNOSTICS

# GUT WITH BRAINS

Our body is a highly complex system and is in constant internal dialogue.

As F.X. Mayr has taught us, it is primarily the intestine that influences our overall well-being and health. Even though it functions autonomously for the most part, it is in permanent exchange with one organ: the brain.

It is a special relationship that connects two smart minds in our body. Hence the term "gut-brain axis". The two communicate via messenger substances, microbial metabolites and nerve pathways. It is for this reason that neurological disorders and neurodegenerative diseases often have a negative effect on people. The Neuro-Fit programme at Park Igls aims to provide support to people with degenerative conditions such as Parkinson's disease or multiple sclerosis. Dr Michael Spiegel, a specialist in neurology, is available as a consultant alongside the Mayr Doctors at Park Igls.

**The Neuro-Fit programme is tailored to guests with neurological conditions. When do patients come to you?**

Peter Gartner: Neuro-Fit is aimed at patients with neurodegenerative diseases in the early stages. Usually, they have already been diagnosed and we provide therapy. Sometimes people come to us with a suspected condition that we then either confirm or rule out. We cooperate with specialists in a wide range of fields and consult them when a diagnosis or second opinion is required. We greatly appreciate our collaboration with Innsbruck University Hospital. One of our consultants from there is Michael Spiegel, an expert in neurology. He comes to us and works with our guests at the hotel.

**How does a neurological examination work?**

Michael Spiegel: Basically, all I need is a lamp to test light reflexes, a reflex hammer and my hands. And even though a comprehensive medical history has already been completed at Park Igls, every appointment starts with a conversation with the person in order to give

me an overview of the person's overall condition. This is then followed by a physical examination from head to toe, standing and lying down. The great thing about neurology is that it takes just a few simple steps to pinpoint the source of the complaint. If additional imaging is required, an ultrasound is available directly at Park Igls, or we make an appointment with a radiologist. Neurological examinations are generally very efficient and pain-free.

**What therapeutic gains can be achieved during a stay at Park Igls?**

Peter Gartner: Neurological complaints do not disappear within weeks, and many conditions cannot be fully cured. But we can give people the tools they need to improve their quality of life in the long term. Based on each person's specific diagnosis, we give them an optimal treatment plan and help them to better understand themselves and their bodies.

**Which therapies are included in the Neuro-Fit package?**

Peter Gartner: The foundation of each stay is always the Modern Mayr Cure. This is because we believe – and there is now increasing scientific evidence for this – that the gut is the root of health. Usually, the intestinal flora of people is compromised, and we bring it back into a healthy balance over the course of a stay with us. This also helps to improve other existing symptoms in the long term. The Neuro-Fit package also includes massages to loosen up muscles as they are often affected by neurodegenerative conditions. Physiotherapy is also included. Our therapists are trained in neuro-physiotherapy and can help patients to improve their

movement and mobility patterns, for example. The programme also comprises Feldenkrais sessions, which provide additional support in internalising new movements.

Michael Spiegel: Physical activity is extremely important for neurodegenerative diseases. Neurological conditions often lead to people feeling restricted in their movements or they experience pain. That's why people often avoid certain movements and activities, but the exact opposite makes sense. A stay at Park Igls is all about regaining confidence in your body and allowing it to cope with strain and stress. The brain needs to be constantly stimulated in order to relearn and consolidate certain processes.

Peter Gartner: Conversational therapy is also an important part. Many neurodegenerative conditions cannot be cured, and that gets to you. You may feel trapped in your own body. This is why support from clinical psychologists who are well-versed in neurology is extremely important. In fact, the counselling doors at Park Igls are always open to all guests.

**What is the much-cited gut-brain axis all about?**

Peter Gartner: There are more and more studies that focus on the connection between the gut, the microbiome, the related metabolic situation and the central nervous system. Increasing evidence suggests that strengthening the microbiome supports the treatment of neurodegenerative conditions.

Michael Spiegel: There are studies that clearly show that the bacterial composition in our gut has a decisive influence on our health and even our personality. Special diets

"It seems as if the gut and brain are in constant dialogue, with the gut possibly having more to say to the brain than vice versa."

Dr Peter Gartner, Medical Director

such as the Mayr Cure alter the microbiome within less than 24 hours and have a positive influence on both body and mind. The axis between brain and gut is therefore clearly present.

Peter Gartner: Henning Sartor, who I would say is one of the best research brains at the Mayr Society, has postulated that we have two brains: our primary brain in the gut, from which our secondary brain has developed in the course of evolution.

Michael Spiegel: The nerve structures and receptors of the brain and gut are actually quite similar. At the same time, both work completely independently of each other.

**So you can definitely relate to the term "gut brain"?**

Peter Gartner: We Mayr Doctors definitely do. It seems as if the gut and brain are in constant dialogue, with the gut possibly having more to say to the brain than vice versa.

"The nerve structures and receptors of the brain and gut are actually quite similar."

Dr Michael Spiegel, neurology consultant

### DR MICHAEL SPIEGEL

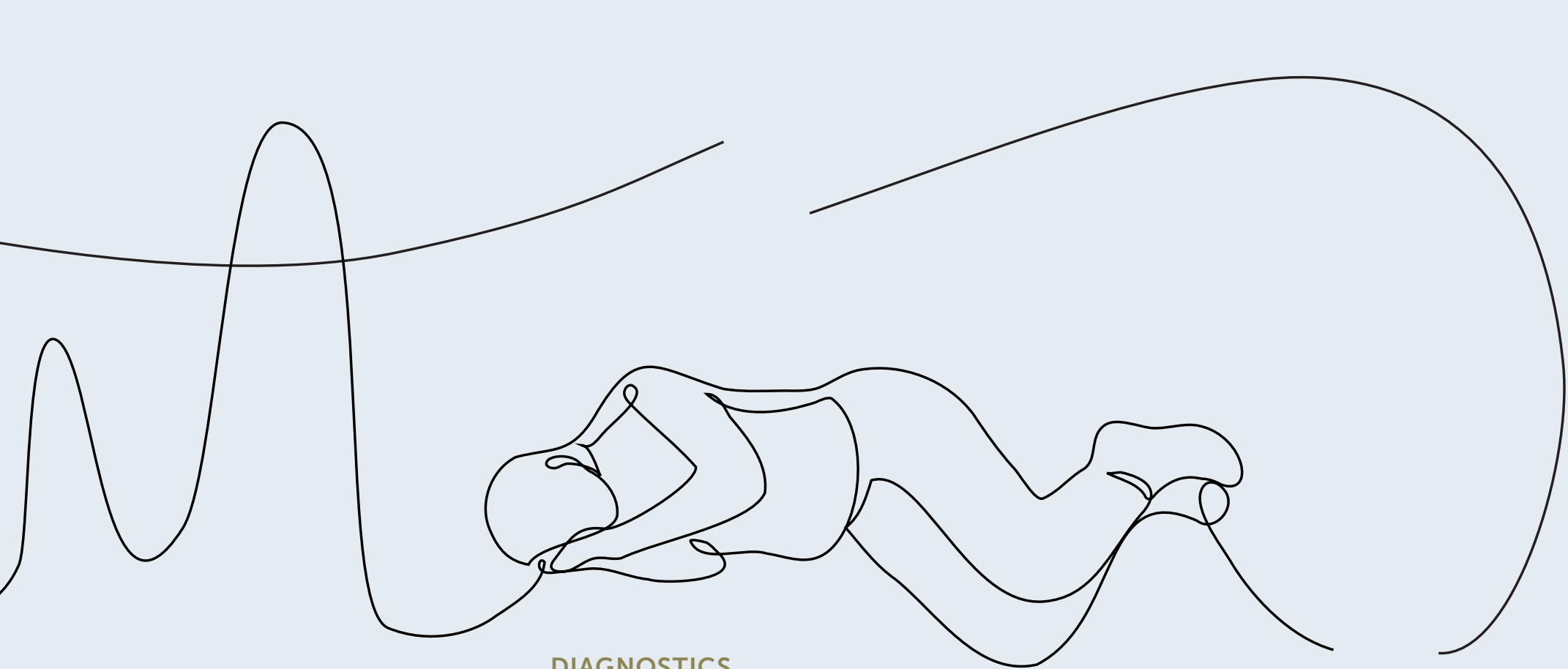
Neurologist and consultant physician at Park Igls

Born in Austria's westernmost province of Vorarlberg, Michael Spiegel received his Doctor of Medicine degree in 1997.

Between 1997 and 2005, he completed specialist training in neurology at Innsbruck University Hospital, where he worked as a senior physician from 2005 to 2010. During this time, he held leading positions in various fields of neurology, including the emergency department, neurological outpatient clinics and stroke aftercare.

From 2008 to 2010, he was the managing senior physician at the University Hospital Neurology Department and chairman of the training programme at the Austrian Society of Neurology. Since August 2010 he has run his own neurology practice in Innsbruck.





## DIAGNOSTICS

# WHAT OUR SLEEP TELLS US

**Restful sleep is key to physical, mental and emotional health. There are around one hundred different types of sleep disorders, many of which are very common, and they should be taken seriously. How do we monitor sleep quality at Park Igls? Our mobile sleep labs are part of Carina Gollmayer-Vuga's field of work. The medical assistant has been supporting our guests for eighteen years and explains what we need to know about sleep analysis.**

### What are the benefits of mobile sleep analysis at Park Igls?

It has two major advantages: firstly, a familiar, comfortable sleeping environment; and secondly, no waiting time. Why? The sleep analysis is carried out in the hotel room – very easy. People usually sleep better or at least more normally in a familiar environment than they would in an inpatient sleep lab unit that they don't know. We also have no waiting times for appointments, which is really worth its weight in gold.

### How does somnography work?

It's actually quite simple. You are wired up before going to bed. I attach special sensors which measure various sleep parameters. This allows our doctors to draw conclusions about aspects such as breathing, the time it takes to fall asleep, sleep duration, night-time waking times, deep sleep or dream sleep phases, and behavioural abnormalities while sleeping. The whole equipment fits into a small box. It's basically a computer not much bigger than two large smartphones that we hang around your chest for analysis. People are often concerned that they won't be able to sleep with the technology attached, but it usually works without problems, so it's nowhere near as bad as some might assume.

### What parameters are measured?

We use electrodes to measure brain activity during sleep, from which we derive a sleep EEG. We also monitor and measure eye movement, muscle tension, oxygen saturation in the blood, breathing, snoring noises and heart activity as well as body position, respiratory effort and leg movement. All these parameters provide a comprehensive picture that allows us to draw informed

conclusions about sleep quality. The results are available the next day and our consultant physician Jörg Duftner discusses them with the guest as soon as possible, usually during their stay with us.

### When should a somnography be carried out?

We all know what it feels like to not be able to fall asleep, to not sleep through the night or to not feel rested and fit in the morning. It's completely normal for this to happen from time to time. However, if you experience episodes like this frequently and over a longer period of time, you should talk to a doctor. Significant breathing interruptions at night, which are often noticed by a partner, are a sign of apnoea. You should really try to get to the root cause of the problem.

### What are the most common causes of sleep disorders?

Sleep disorders are caused by a variety of physical and psychological environmental factors. Stress, an unhealthy lifestyle or excessive strain very often lead to disturbed sleep. Undiagnosed conditions can also be the cause. Sleep analysis helps to find out.

"Sleep disorders are caused by a variety of physical and psychological environmental factors."

Carina Gollmayer-Vuga, medical assistant

Somnography is carried out as an additional diagnostic service at Park Igls. We also offer in-depth pulmonological consultation if required. Our consultant in this medical field is the renowned pulmonologist Dr Jörg Duftner.

## DIAGNOSTICS

# FIT NOT FATIGUE

Park Igls offers a new programme for people who suffer from exhaustion.

**"I feel drained, exhausted, tired."** Unfortunately, we have heard this very often over the past year from some of our guests," says Dr Peter Gartner, Medical Director at Park Igls Medical Spa Resort. "If patients don't improve even though they get sufficient sleep and rest, they need to see a doctor," says the experienced physician. Constant tiredness, an increased need for rest and a lack of energy can be hallmarks of fatigue syndrome. This condition is defined as persistent debilitating physical and mental exhaustion. If fatigue symptoms do not subside over a period of four to six months or if they recur, they are referred to as ME/CFS – myalgic encephalomyelitis or chronic fatigue syndrome.

The root cause of fatigue has not been identified yet. There is increasing evidence that the condition might be caused by dysregulation of the immune system and the autonomic nervous system, primarily due to viral or bacterial infections.

Common symptoms include difficulty falling and staying asleep, brain fog (i.e. difficulty concentrating and focussing), unstable blood circulation, reduced performance capacity, susceptibility to infections, gastrointestinal complaints, chronic or acute pain in muscle tissue, bones and joints, and increased sensitivity to pain and external stimuli. The main hallmark of ME/CFS is post-exertional malaise (PEM), which is a stress-induced, disproportionate deterioration in condition due to an impaired physiological post-activity recovery response. In simple terms, this means that people affected by ME/CFS are barely or not at all able to tolerate exertion; even minor physical, cognitive, mental, orthostatic (drop in blood pressure when standing up or standing upright) or sensory stress can lead to a deterioration in health and/or the emergence of new symptoms. The deterioration can last for hours, days or even weeks.

"Despite the very high number of people affected, there is by and large no suitable healthcare system to turn to in the entire German-speaking region," says Dr Gartner.

### COMPLEX AND DIFFICULT DIAGNOSIS

As there is no clear fatigue marker, i.e. no biometric or physiological indicator that could be used to measure and assess tiredness and fatigue, the diagnosis of fatigue is extremely complex. The diagnostic approach at Park Igls is therefore multidimensional. "By taking a detailed medical history and analysing bloods, physiotherapeutic findings, nutritional history and current medication, we get a full picture of a

patient's state of health and are able to rule out other conditions such as hypothyroidism, diabetes or anaemia. A key component of our diagnostic approach is a special chemical laboratory urine analysis, which provides information about tryptophan metabolism, including energy-relevant neurotransmitters and other metabolic substances responsible for fatigue," explains Dr Gartner. ME/CFS is diagnosed at Park Igls based on the internationally established Canadian Consensus Criteria.

### THERAPEUTIC APPROACH

There is currently no curative treatment for fatigue syndrome. This is why treatment at Park Igls Medical Spa Resort is based on an interdisciplinary and symptom-orientated approach. Together with experts from various medical and therapeutic fields, who work together to alleviate symptoms and improve the well-being of those affected, Park Igls aims to provide the best possible care. At present, only individual symptoms can be treated with medication.

In addition to intestinal cleansing and regeneration, overall rest and an alkaline-based Modern Mayr Medicine diet, the new Fit not Fatigue programme puts a particular focus on the mitochondria. With specialised cell training (IHHT), our mitochondria allow tissue to be rejuvenated and performance to be increased. Detoxifying liver wraps, invigorating infusions and vitalising massages complete the range of therapies on offer. What length of stay is recommended for Fit not Fatigue? "This question is actually irrelevant for those affected," says Dr Gartner. "The relevant question is: 'Where can I go to get professional help for my symptoms and challenges?' But what I can say for sure is that the length of stay for diagnosis and treatment tends to be longer for issues such as fatigue, but this should always be assessed on an individual basis taking into account existing symptoms. Ideally, you should stay for three, or even better four weeks to really achieve lasting effects."



## NEW PROGRAMME

# Fit not Fatigue

Do you feel exhausted? Are you low on energy and need more rest than usual, and even sufficient sleep doesn't help? This could be a sign of fatigue syndrome. Our programme offers comprehensive diagnostics including metabolic substance and physiotherapeutic analysis. It focuses primarily on our mitochondria. With specialised cell training (IHHT), our mitochondria allow tissue to be rejuvenated and performance to be increased. Detoxifying liver wraps, invigorating infusions and vitalising massages complete the range of therapies on offer.



Check out the programme

Got questions about fatigue, symptoms or programmes at Park Igls? Our medical department will answer them discreetly and personally. Phone: +43 (0)512 377 305



PEOPLE

# INVISIBLE BUT INDISPENSABLE



"Sorting, washing, drying, ironing and folding – the work of our laundry team is the same as at home, just on a much larger scale."

Danielle Mathé, housekeeping team

"There is nowhere else that looks after you with such kindness and courtesy for a fortnight." "Park Igls is my 'go to' place every year and I would never miss an opportunity to visit." Such positive feedback is the result of the tireless efforts of around one hundred people. Much of what contributes to a perfect stay happens "backstage"; i.e., the background work of many invisible hands doing great things.

The staff at Park Igls work in a total of sixteen departments – medical reception, massage, exercise, physiotherapy, spa, medical night service, hotel reception, housekeeping, facility management, restaurant, kitchen, shop, consultants, physicians, psychologists as well as management and administration.

While guests enjoy our amenities during their stay, the housekeeping team discreetly ensures that rooms are always in perfect condition. The gardeners lovingly care for the park; the caretakers look after the entire infrastructure of

our medical spa resort. In the kitchen, the next course is meticulously prepared – every single action is geared towards ensuring the highest level of comfort and well-being.

This also applies to the laundry. Here, Danielle Mathé and her colleagues prepare up to 300 kilos of laundry by early afternoon every day. Born in Innsbruck, she has been part of the housekeeping team for eight years. Her coworkers describe her as "a wonderful colleague, a cheerful character full of life with a great, often mischievous sense of humour".

This characterises Danielle perfectly; every time you meet her, you get infused with her cheerfulness and positive energy. Anyone who lists "lots of laughter" as one of her favourite hobbies is certainly unique. Being in good spirits and enjoying work is the name of the game in the laundry department. "I'm a lucky girl, because I get to work with nice and friendly people," says Danielle. Her motto in life is short and sweet, but full of optimism and energy: "Today is my favourite day!"

Before the laundry ends up in the large washing machines and dryers to do its cycles, it is meticulously sorted; every bathrobe has to pass through Danielle's strict control. It's not uncommon for guests to forget something in their bathrobe pockets and rediscover lost jewellery, reading glasses or a fountain pen. "Sorting, washing, drying, ironing and folding – the work of our laundry team is the same as at home, just on a much larger scale," says Danielle. She recognises the importance of high-quality, clean, well-maintained and pleasantly scented laundry for the well-being and comfort of every guest. "It's great that our team can contribute to this," concludes Danielle before she sets off to bring fresh bath towels to the spa area.

For Managing Director Andrea Gnägi, achieving a maximum degree of guest satisfaction is part of Park Igls' DNA: "All employees across all departments and divisions do their very best every single day to make our guests happy. This is extremely important to me. And a large part of this is thanks to the hard work that happens behind the scenes – by people who seem to be invisible but are in fact indispensable."



29 JUNE – 13 JULY 2025

## 2025 Active Summer Weeks

For athletes and fitness enthusiasts: a tailor-made, medically supervised programme for exercise, detox and regeneration.



Check out the programme



13 APRIL – 20 APRIL 2025

## Easter at Park Igls

Activate your self-healing powers through inner cleansing, find peace and strengthen your resilience. Use Holy Week as a time-out for your body and mind. Particularly nourishing after the winter months.



Check out the programme



## DELICIOUS & HEALTHY



Stuffed artichoke base, soft goat's cheese mousse, artichoke crisps, pattypan squash – a truly special dish from Modern Mayr Cuisine. Head chef Markus Sorg tells you how to make it online.

Scan the QR code and enjoy.





# FOR YOUR HEALTH

*Our team will advise and inform you personally and discreetly  
for your best health programme. Phone +43 (0)512 377 305*



26 DECEMBER 2024 – 5 JANUARY 2025

## *New Year's Eve at Park Igls*

Start the new year in good health and excellent shape with a 10-day detox after the lavish Christmas holidays – including a festive New Year's Eve. We recommend booking in good time to secure a place.



Check out the programme

### COMPREHENSIVE PREVENTATIVE CARE

## *Detox Medical Check*

No queuing and no waiting. Undergo a comprehensive annual preventive medical check-up within a week, including an ultrasound and other examinations.

### THE MOST POPULAR PROGRAMME

## *Detox Intensive*

Sustainable weight control with Modern Mayr Medicine at its best. You will significantly improve your health and recharge your batteries.

### FIRST STAY

## *Detox Classic*

Our streamlined therapy module with relaxing full body massages is the ideal introduction to Modern Mayr Medicine.

### STRENGTHENING THE IMMUNE SYSTEM

## *Immune Booster*

Do you suffer from food allergies, susceptibility to infections or hay fever? Strengthen your immune system and make it more resistant to illnesses and infections.

### BETTER THROUGH MENOPAUSE

## *Menopause Fit*

Active, open, self-confident and well-informed during the second half of life – mastering new challenges through diagnostics, coaching and the right mindset.

### A BREAK FROM THE HUSTLE AND BUSTLE OF EVERYDAY LIFE

## *Detox Short Break*

A short break for great well-being: 4-night stay including soothing massages, beauty treatments and health check.

### MUSCULAR-SKELETAL SYSTEM

## *Physio Fit*

Particularly useful for back pain, osteoarthritis, osteoporosis or painful muscle tension. Targeted treatment of pain syndromes.

### MOBILITY & COORDINATION

## *Neuro Fit*

This special therapy programme helps with strokes and degenerative diseases of the nervous system.



18 MAY – 25 MAY 2025

## *Feldenkrais® Week*

Improve your mobility under the guidance of a Feldenkrais® coach. Ideal for back pain, osteoarthritis, restricted mobility and other conditions.



Check out the programme

*Price information is available at [www.park-igls.at](http://www.park-igls.at)*