



Our Services 2025

VALID FROM 26 DECEMBER 2024

Park Igls 
MEDICAL SPA RESORT

For Your Health

This is what world-class integrated healthcare should be: comprehensive, compassionate, safe and perfectly delivered.« These were the rewarding and moving words of praise we heard when we received the Condé Nast Traveller Award 2023 for winning the Destination Health category in London.

Your health is in the very best of hands with us! For over 30 years, we have been successfully introducing people from all over the world to a healthier lifestyle with the help of Modern Mayr Medicine.

Our guests count on and appreciate the advantages they have always enjoyed at the Park Igls Medical Spa Resort: the highest competence in medicine, diagnostics and therapy; the greatest possible privacy and discretion as well as an experienced and caring team that takes time for each guest. We do our very best to provide you with the best possible conditions for improving your health!

Which medical programme is right for you? Our team will advise you with expertise and discretion. We look forward to your call on +43 (0)512 377 305.

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Medical Director



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PROGRAMMES

Detox Classic5	Detox Intensive6	Detox Short Break7	Detox Medical Check8
De-Stress9	Physio Fit10	Meno Chance11	Fit not Fatigue12
Immune Booster13	Neuro Fit14		

SPECIALS

New Year's Eve at Park Igls16	Easter at Park Igls17	Feldenkrais® Week18	Active Summer Weeks19
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DIAGNOSTICS & MEDICAL SERVICES

Medical Services & Therapies21	Health Psychology22	Laboratory Diagnostics22	Gastrointestinal Diagnostics22
Specialist Medical & Consultant Services23	Medicine for Him and Her24	Ultrasound Check25	Super Medical Check26

THERAPIES & MASSAGES

Physiotherapy & Sports Therapy28	Medical Massages28	Physical Therapies & Baths29	Spa Body Treatments29
----------------------------------	--------------------	------------------------------	-----------------------

MOVEMENT

Golf31	kybun®32	Feldenkrais®33	Therapeutic Climbing34
bellicon®35			

FURTHER INFORMATION

Cosmetics & Hair Styling37	Rooms and Suites39	Basic Services40	Booking and Arrival Information42–43
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Prices are per person in euro including VAT



Programmes

Detox Classic

Time out for your health – This therapeutic module includes relaxing full body massages and provides the ideal introduction to Modern Mayr Medicine.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- 5 full body massages (50 mins each)
- Basic services (see page 40)

2,057

for 1 week excluding Mayr medication, each additional week **1,882**
price excludes accommodation (see page 39 for room rates)

Also available without massages for **1,445**

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

Detox Intensive

Detox Intensive is the premier class of Modern Mayr Medicine and the most popular detox programme for long-term weight loss. You'll notice an improvement to your health already during your stay as you begin to feel fitter and discover new strength and energy. Based on the initial medical examination, our team of doctors will put together a custom therapy programme for you. In order to achieve optimum results, we recommend a minimum stay of two weeks.

- Initial examination – holistic health check (30 mins)*
- 2 medical examinations – manual abdominal treatments (20 mins each)
- Final examination (30 mins)
- 1 bioimpedance measurement (lean tissue, water and body fat)
- Comprehensive blood laboratory check
- 1 urinalysis
- 5 full body massages (50 mins each)
- 1 exercise therapy/personal training session (25 mins)
- 3 detox compresses with beeswax
- Basic services (see page 40)

2,733

for 1 week excluding Mayr medication, each additional week **2,320**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

Detox Short Break

Time for a well-deserved time-out! This short break is the ideal way to get away from it all and relax mind, body and soul. You will be introduced to Park Igls, the benefits of Modern Mayr Medicine and our exquisite Mayr Cuisine. A great opportunity to discover whether a longer stay – including made-to-measure treatments and goals – is the right thing for you.

- Initial examination – holistic health check (30 mins)*
- Final examination (30 mins)
- 1 full body massage (50 mins)
- Basic services (see page 40)

4 THERAPEUTIC TREATMENTS – PLEASE SELECT FROM THE FOLLOWING

- 1 partial body massage (25 mins)
- 1 exercise therapy/personal training session (25 mins)
- 1 heat pack (hay flowers or moor)
- 1 nourishing body pack
- 1 detox compress with beeswax
- 1 digestive herb wrap
- 1 lavender chest compress
- 1 swiss pine pack
- 1 scalp treatment including peeling, lotion and styling
- 1 individual cosmetic treatment (for men and women), counts as two treatments (50 mins)

1,279

for 4 nights excluding Mayr medication
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

Detox Medical Check

This medical check gives you the opportunity to complete a series of comprehensive and important preventative examinations using state-of-the-art equipment and knowledge. No need to wait for an appointment, no need to stand in line – just a team of expert medical professionals who will give you a thorough check-up in the exclusive atmosphere of Park Igls with maximum privacy and discretion. Further medical examinations can be added on request.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- Comprehensive blood laboratory check including hormone status
- 1 oxidative stress test (free radicals)
- 1 urinalysis
- Haemoccult® (stool analysis to detect traces of blood)
- 1 spirometry (lung function)
- 1 physiotherapeutic assessment (50 mins)
- Ultrasound of abdominal organs and vessels
- Ultrasound of brain-supply vessels (carotid)
- Ultrasound of thyroid gland
- Ultrasound of prostate and testes/breasts
- Ultrasound of heart (echocardiography)
- Resting and exercise ECG
- 5 full body massages (50 mins each)
- Basic services (see page 40)

4,630

for 1 week excluding Mayr medication, only available when **booked in advance**. Price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

De-Stress

Mayr De-Stress is a burnout prevention programme: sleep disorders, a lack of motivation, rapid heartbeat, restlessness or stomach cramps are serious warning signals from the body that could indicate an imminent burnout or chronic exhaustion. Most of us are familiar with high pressure at work or stress in our daily lives. Only few, however, know how to cope with this. Reduce the pace! Dedicated coaching sessions, physical exercises and relaxation training as well as targeted treatment can help to release blockages. This programme promotes regeneration, allowing you to experience a new level of wellbeing. It offers a welcome timeout and is not just for stressed-out managers.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- 3 full body massages – primarily acupuncture and connective tissue massages (50 mins each)
- 2 craniosacral therapy sessions (50 mins each)
- 2 talk therapy/coaching sessions (50 mins each)
- 3 combination heat packs (hay flowers and moor)
- Basic services (see page 40)

2,788

for 1 week excluding Mayr medication, each additional week **2,613**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

Physio Fit

Our Mayr Physio Programme focuses on relieving back and joint pain so that you can live a healthy and pain-free life. The programme targets pain syndromes in the muscular-skeletal system. The cause of this kind of condition can often be traced to high stress levels, a lack of exercise and an unbalanced diet. Heat packs, physiotherapy, massages and exercise, in combination with Modern Mayr Medicine and healthy Mayr Cuisine, promote healing.

This programme is often booked by people with the following indications: back problems, arthrosis, osteoporosis, painful muscle tension, joint pain or muscular disbalance.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- 1 bioimpedance measurement (lean tissue, water and body fat)
- 1 diagnostic physiotherapy session (50 mins)
- 2 physiotherapy sessions (25 mins each)
- 2 exercise therapy sessions (25 mins each) or 1 gait analysis
- 3 full body massages (50 mins each)
- 3 electrotherapeutics/ultrasonic therapies (25 mins each)
- 2 combination heat packs (hay flowers and moor)
- Basic services (see page 40)

2,646

for 1 week excluding Mayr medication, each additional week **2,316**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

Meno Chance

Love your age – experience your body, mind and soul as a harmonious whole, discover your second Spring with joy and have time for being a woman. Our Meno Chance Programme aims at helping women better understand themselves and their bodies during this often challenging phase of life. Over the course of a week we help give participants a new confidence, thereby reducing stress and improving both physical and mental wellbeing to facilitate weight-loss and allow women to adopt a more relaxed approach to this new phase.

This programme is popular among women suffering from menopause-related symptoms such as sleeping disorders, hot flushes, mood swings and weight gain.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- Comprehensive blood laboratory check + special lab check "Menopause"
- 2 full body massages (50 mins each)
- 1 shiatsu treatment
- 1 Do-In – physical exercises for at home
- 2 personal training sessions (25 mins each)
- 2 talk therapy/coaching sessions (50 mins each)
- 1 lavender chest compress
- Herbal workshop
- Basic services (see page 40)

3,108

for 1 week excluding Mayr medication
price excludes accommodation (see page 39 for room rates)

Additional recommendation for 429

2 Medical Beauty facial treatments including skin analysis

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

Fit not Fatigue

Get your energy back and enjoy everyday life. This programme will help you to alleviate physical and psychological symptoms of fatigue and enhance your well-being. The interdisciplinary therapy concept focuses on identifying metabolic substances responsible for fatigue as well as our body's mitochondria. Thanks to an IHHT (cell training) series, we can rejuvenate tissue and increase performance. Invigorating infusions, detoxifying liver wraps and vitalising massages round off the range of treatments in this programme.

We recommend the Fit not Fatigue programme for people affected by persistent fatigue, difficulty performing daily tasks, concentration problems and myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS).

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- 1 CFS urinalysis
- 4 IHHT (cell trainings) (50 mins each)
- 3 intravenous drips with fortifying infusion
- 1 diagnostic physiotherapy session / breathing therapy (50 mins)
- 2 exercise therapy/personal training sessions (25 mins each)
- 3 full body massages (50 mins each)
- 3 detox compresses with beeswax
- Basic services (see page 40)

3,705

for 1 week excluding Mayr medication, each additional week **3,034**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

Immune Booster

This programme focuses on strengthening your immune system, making you more resilient to illnesses. Due to the fact that two thirds of your immune system's defence cells are located in the intestines, Modern Mayr Medicine achieves outstanding results. Boost your immune system with active oxygen, zinc and vitamin C infusions. You can book our package all year round, but we recommend late summer as an ideal time for this programme.

We recommend this programme for people affected by increased susceptibility to infections.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- Comprehensive blood laboratory check
- 3 intravenous drip therapies with activated oxygen (ozone)
- 3 intravenous drip therapies with zinc
- 3 intravenous drip therapies with vitamin C
- 5 full body massages (50 mins each)
- Basic services (see page 40)

3,258

for 1 week excluding Mayr medication
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

Neuro Fit

This specialised programme helps for degenerative diseases of the nervous system such as Parkinson's or multiple sclerosis. What Mayr doctors have assumed for a long time has now been proven by neuro-scientific findings: Degenerative diseases can originate in the intestines. Modern Mayr Medicine, in combination with physiotherapy, will stimulate neuro-intestinal regeneration, which in turn will improve your overall mobility and coordination in the long run. Additional coaching sessions will teach you essential strategies for everyday life, and in Feldenkrais® lessons you will re-learn 'lost' movement patterns. Deep tissue massages will provide relaxation and ensure better overall mobility and more restorative sleep.

This programme is often booked by people with the following indications: neuro-degenerative diseases such as Parkinson's or multiple sclerosis as well as strokes with late effects such as residual paresis and motoric impairment.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- 1 diagnostic physiotherapy session (50 mins)
- 2 exercise therapy sessions (25 mins each)
- 3 one-to-one Feldenkrais® lessons (50 mins each)
- 3 partial body massages (25 mins each)
- 2 talk therapy/coaching sessions (50 mins each)
- Basic services (see page 40)

2,945

for 1 week excluding Mayr medication, each additional week **2,698**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**



Specials

New Year's Eve at Park Igls

10 nights – arrive on 26 December 2024

After all that eating and drinking over Christmas, your body needs time to recover. A stay at Park Igls with a detox programme is the ideal way to do just that and prepare your body for a healthy start into the New Year. Enjoy the festive atmosphere and start the New Year with us!

- Initial examination – holistic health check (30 mins)*
- 2 medical examinations – manual abdominal treatments (20 mins each)
- Final examination (30 mins)
- 2 bioimpedance measurements (lean tissue, water and body fat)
- 7 full body massages (50 mins each)
- 3 exercise therapy/personal training sessions (25 mins each)
- 3 detox compresses with beeswax
- 1 swiss pine pack
- 1 moisturising treatment
- 1 Schiele foot bath
- Basic services (see page 40)

OUR SPECIAL PROGRAMME

- Festive New Year's Eve with the ensemble "Don & Giovannis" and the internationally acclaimed tenor Andreas Winkler, highlights from Modern Mayr Cuisine, followed by a torchlight walk and fireworks at midnight
- Enjoy a cinematic transmission of the Vienna Philharmonic's New Year's concert
- Celebrate New Year's Day with a long walk
- Winter hike on the Patscherkofel mountain

We can organise tickets for the New Year's concert of the Innsbruck Symphonic Orchestra on request.

3,239

for 10 nights excluding Mayr medication
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**



Easter at Park Igls

13 to 20 April 2025

Turn the fasting period before Easter into a relaxing break for body and mind. Activate your self-healing powers through inner cleansing, find peace and strengthen your resilience. Be mindful in the here and now surrounded by a wonderful natural backdrop with fresh mountain air. This is how you find inner lightness and form a positive mindset. Just one week can make a real difference.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- 3 full-body massages (50 mins each)
- 1 cranio-sacral therapy (50 mins each)
- 2 detox wraps with beeswax
- 1 moisturising pack
- 3 mental training group sessions (50 mins each)
- 3 relaxation movement group sessions
- 3 evening meditation group sessions
- Basic services (see page 40)

ENJOY THE WONDERFUL EASTER ATMOSPHERE

- Easter market at Park Igls, forest hike in silence, visit to Innsbruck Cathedral and a visit to the Easter market in Innsbruck
- Festive Easter breakfast as a delicious, healthy ending to your stay

We are also happy to support you with mobile phone fasting.

2,089

for 1 week excluding Mayr medication
price excludes accommodation (see page 39 for room rates)

* Verlängern Sie die **Erstuntersuchung auf 50 Minuten**. Anmeldung erforderlich; Aufpreis: **136**

Feldenkrais® Week

18 to 25 May 2025

During this week, you will learn about your habitual movement patterns and discover relieving and pain-free ways of moving, guided by a Feldenkrais® coach. You will experience a new feeling of lightness thanks to the gained awareness of movement patterns, combined with Modern Mayr Medicine.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- 5 Feldenkrais® group classes (60 mins each)
- 1 one-to-one Feldenkrais® lesson (50 mins)
- 3 full body massages (50 mins each)
- 3 detox compresses with beeswax (25 mins each)
- Basic services (see page 40)

2,325

for 1 week excluding Mayr medication
price excludes accommodation (see page 39 for room rates)

As an add-on module to another programme for 432

- 5 Feldenkrais® group classes (60 mins each)
- 1 one-to-one Feldenkrais® lesson (50 mins)

Additional recommendation for 232

- One-to-one mental coaching session (50 mins)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**



Active Summer Weeks

29 June to 6 July and 6 to 13 July 2025

Benefit from the perfect mix of exercise, detox and regeneration in a breathtaking natural environment which offers ideal conditions for health-conscious athletes and outdoor enthusiasts. Boost your performance and intestinal health with a programme that is tailored specifically to the needs of sporty people – with experienced physicians, coaches, trainers and therapists always on your side. Add to this a panoramic gym with state-of-the-art equipment, delicious alkaline food from Modern Mayr Cuisine and a spacious spa with swimming pool, sauna and infrared cabin – and off you go into your Active Summer Holiday.

- Initial examination – holistic health check (30 mins)*
- Final examination (30 mins)
- 2 bioimpedance measurements (lean tissue, water and body fat)
- 4 IHHT (Cell Trainings) (50 mins each)
- 3 full body massages or lymphatic drainage, craniosacral therapy, shiatsu (50 mins each)
- 3 partial body massages (25 mins each)
- 1 mental strength coaching group session (50 mins)
- 1 nutrition lecture
- 3 activating activity group sessions
- Basic services (see page 40)

Enjoy our Active Summer Weeks in the sports capital of Innsbruck:

Mountain running, mountain biking, sports climbing: what better place is there to engage in these activities than a host city of the Olympics? We are happy to organise a professional guide for demanding individual bike tours for you.

2,365

for 1 week excluding Mayr medication, each additional week **2,099**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **136**

DIAGNOSTICS & MEDICAL SERVICES

Medical Services and therapies

Expanded neural therapy	186
Standard neural therapy	109
Acupuncture or laser acupuncture	151
Medical hypnosis/Hypno-acupuncture	382
5 intravenous drips with activated oxygen (ozone)	880
10 intravenous drips with activated oxygen (ozone)	1,449
4 IHHT (cell trainings)	544
9 IHHT (cell trainings)	1,087
Therapeutic phlebotomy	77
Intravenous drip therapy, depending on infusion, for example	
— <i>Vitamin C</i>	109
— <i>Pick-me-up</i>	192
— <i>Alkaline</i>	192
5 Haemo-laser therapies	530
10 Haemo-laser therapies	875
Colon hydrotherapy	278
Liver cleanse	1,995
Spirometry (lung function)	92
24-hour blood pressure monitoring	276

Additional diagnostic and medical services on request.

DIAGNOSTICS & MEDICAL SERVICES

Health Psychology

Talk therapy/coaching (50 mins) **232**

Laboratory Diagnostics

Standard blood laboratory check	100
Comprehensive blood laboratory check	240
— with special immune system test	<i>on request</i>
Heart & circulation blood tests	160
Hormone screening for women	145
Hormone screening for men	145
Tumour markers	<i>on request</i>
Oxidative stress test (free radicals)	94
Live blood analysis (dark field laboratory)	206
Comprehensive food allergy testing/blood test	490

Gastrointestinal Diagnostics

Intolerance test (for fructose malabsorption, sorbitol malabsorption or lactose intolerance)	88
Fungal infection testing (urinalysis)	107
Biovis microbiome analysis	<i>on request</i>

Additional diagnostic and medical services on request.

DIAGNOSTICS & MEDICAL SERVICES

Specialist Medical & Consultant Services

Ultrasound diagnostics (radiology):

– Carotid	207
– Thyroid	207
– Abdominal organs and blood vessels	388
– Transrectal sonography of the prostate	207
– Testes	207
– Breast ultrasound	275

Cardiovascular diagnostics (cardiology):

– Resting ECG	126
– Resting and exercise ECG/ergometry	420
– Echocardiography (Ultrasound of heart)	364

CT and MRI scans	on request
Somnography/sleep diagnostics	1,279
Pulmonological consultation	on request
Dermatological examination (skin)	225
Neurological examination	293
Urological examination including consultation (50 mins)	425
Endocrinological consultation	on request
Colonoscopy/gastroscopy	on request
Ocular fundus and intraocular pressure	on request
ENT examinations	on request
Phlebological investigation (veins)	on request

Additional diagnostic and medical services on request.

DIAGNOSTICS & MEDICAL SERVICES

Medicine for Him and Her

For many years, our guests have had the opportunity to get an expert opinion on gender-specific questions during their stay. Park Igls offers accurate high-level diagnostics and counselling on gender medicine, in particular on topics such as better ageing, menopause, unfulfilled desire to have children, infertility or erectile dysfunction.

Hormone status	145
Urological examination including consultation (50 mins)	425
Ultrasound diagnostics (radiology)	
— Transrectal sonography of the prostate	207
— Testes	207
— Bladder and kidneys	275
— Breast ultrasound	275
Endocrinological consultation	on request
Osteoporosis prevention	on request

Additional diagnostic and medical services on request.

It has been proven that a Mayr treatment increases fertility and is an ideal way to prepare for a planned pregnancy.

DIAGNOSTICS & MEDICAL SERVICES

Ultrasound Check

Benefit from a comprehensive ultrasound screening at our radiologist during your stay at Park Igls. Our diagnostic ultrasound assessments are carried out directly in the medical department of our hotel. You can book this module as a supplement to your programme (ideally prior to arrival). An annual ultrasound screening is a useful addition to your health prevention scheme, in particular cancer prevention, covering a broad range of areas such as the abdominal organs, blood vessels, brain-supply vessels, thyroid gland, prostate and female breasts.

COMPREHENSIVE DIAGNOSTIC MODULE

- Ultrasound of abdominal organs and vessels
- Ultrasound of brain-supply vessels (carotid)
- Ultrasound of thyroid gland
- Ultrasound of prostate and testes/breasts

1,077

As an add-on module to a programme, only available when
booked in advance.

Super Medical Check

This comprehensive diagnostic programme offers an effective preventative medical package within only a few days. You don't have to see several different specialists, which will save you time and provide you with a comprehensive analysis of all vital functional processes in your body. By assessing potential risk factors, our doctors and our team of staff offer an ideal screening programme using state-of-the-art diagnostics.

COMPREHENSIVE DIAGNOSTIC MODULE

- Comprehensive blood laboratory check including hormone status
- 1 urinalysis
- Haemoccult® (stool analysis to detect traces of blood)
- 1 spirometry (lung function)
- 1 oxidative stress test (free radicals)
- 1 physiotherapeutic assessment (50 mins)
- Ultrasound of abdominal organs and vessels
- Ultrasound of brain-supply vessels (carotid)
- Ultrasound of thyroid gland
- Ultrasound of prostate and testes/breasts
- Ultrasound of heart (echocardiography)
- Resting and exercise ECG

2,573

in conjunction with a programme, only available when **booked in advance**.
Guests who opt out of a programme are required to schedule an initial examination for **244** and a final consultation for **222**.

🏥 **Collaboration with Innsbruck University Hospital:** Further investigations are available on site if required. We can offer the most up-to-date diagnostic methods thanks to our associations with Innsbruck University Hospital and specialist private health care suppliers.

THERAPIES & MASSAGES

Physiotherapy & Sports Therapy

Diagnostic physiotherapy session (50 mins)	172
Physiotherapeutic muscle function test (50 mins)	172
Physiotherapy session (25 mins)	92
3 electrotherapeutics/ultrasonic therapies	155
Gait analysis	194
Exercise therapy/personal training session (50 mins)	151
— flat rate for 2 or more	232
Exercise therapy/personal training session (25 Min.)	80
— flat rate for 2 or more	122
Therapeutic climbing training session (25 mins)	80
Respiratory therapy (20 mins)	92

Medical Massages

Penzel acupressure, connective tissue massage, craniosacral therapy, the Dorn-Breuss method, detox massage, reflexology, Swedish massage, lymphatic drainage, intense back massage, shiatsu, structural integration, Marnitz therapy etc.

Special massage (80 mins)	195
Full body massage (50 mins)	136
Partial body massage (25 mins)	74

Additional therapeutic services on request.

THERAPIES & MASSAGES

Physical Therapies & Baths

Schiele foot bath	50
Heat pack (hay flowers or moor)	66
Swiss pine pack	66
Vein wrap	82
Detox compress with beeswax	77
Digestive herb wrap	63
Chest or lower abdomen compress	63
Inhalation with a selection of ingredients	43
Roeder therapy with essential oils	43

Spa Body Treatments

Terra-Vit full body wrap	197
Body wrap	175
Thalasso pack	217
Full body exfoliation	136
Nourishing body pack	95
— <i>Alpine fir (tense muscles, colds)</i>	
— <i>Moisturising treatment</i>	
Cleopatra pack	107

Additional therapeutic services on request.



Movement

Golf

Around 60% of golfers suffer from pain resulting from dysfunctional movement patterns or muscle imbalances. Park Igls is able to offer a golf-specific training programme combining medical and physiotherapeutic components. It is a training programme that can help golfers of any handicap achieve a healthy and successful swing. An expert team of therapists helps you identify and, if necessary, correct movement sequences to ensure that you can enjoy playing golf without pain. This model is ideal in preparation for the golf season!

The sunny plateau around Park Igls is a golfers' paradise with three nearby **golf courses and a driving range** offering varied fairways for all levels of ability. Additional golf courses within a radius of 100 kilometres – e.g. at Seefeld, Achensee and Kitzbühel.

Park Igls also has its **own chipping and putting green**, built and maintained to golf course standards, which offers additional, exciting opportunities for our on-site exercise programme. Of course, it's also ideal for your chipping and putting practice!

- | | |
|---|-------------------|
| • Golf-specific functional analysis (50 mins) | 151 |
| • Golf-specific training session to improve coordination and strength (50 mins) | 151 |
| • Pre-shot and warm-up unit (25 mins) | 80 |
| • Golf lesson with a pro | <i>on request</i> |

☛ As a founding member of the Innsbruck-Igls golf club, Park Igls is able to offer its guests greatly reduced green fees for Rinn and Lans.

kybun®

Standing, walking and running on soft surfaces is a superb way to exercise the stabilising muscles around the joints and spine, as well as training strength, endurance, coordination and balance.

Based on cutting-edge biomechanical research, kybun® promotes the interaction of brain, nerves and muscles, and is also used in prevention, recovery and rehabilitation. kybun® improves body awareness and sensomotoric functions, thereby speeding up healing processes. The kybun® technique is ideal as a complementary therapy following injury or surgery.

KYBUN®

- Strengthens the body's stabilising muscles
- Improves posture and balance
- Activates the leg vein pump
- Boosts concentration and performance
- Promotes strength and resilience

ONE-TO-ONE KYBUN® LESSONS

- On the kyBouncer mat
- On the kyTrainer treadmill with its unique micro-interval exercise programme
- kyBoot outdoor interval walking with kyBoots (air-cushioned shoes)

One-to-one kybun® lesson (50 mins)

151

One-to-one kybun® lesson (25 mins)

80

🐾 **KyBoots to take home with you** available for purchase in our shop.

Feldenkrais®

Feldenkrais® is not about rules, there is no 'right' or 'wrong'. Instead, the method encourages us to explore and experiment with small changes in our movement patterns. Dr Moshé Feldenkrais (1904–1984) studied the way in which movement, perception, thought and feeling are connected. Recognising the close interaction between them, he developed a method based on the human nervous system's natural learning ability. Its capacity for building new connections in the brain is fundamental to achieving any real change.

THE BENEFITS OF FELDENKRAIS®

- Improved flexibility and quality of life
- Improved athletic performance without additional effort
- Improved options for artistic expression – especially helpful for dancers and musicians
- Improvement of psychomotor complaints (e.g. back pain, neck tension, tinnitus)
- Reduction of tension and stress
- Ideal for people with neurological conditions

AWARENESS THROUGH MOVEMENT: FELDENKRAIS® GROUP CLASSES

During group work, the teacher talks you through a sequence of movements.

FUNCTIONAL INTEGRATION: ONE-TO-ONE FELDENKRAIS® LESSON

One-to-one Feldenkrais® lessons are custom-tailored to your individual needs. Passive, guided movement provides direct and faster access to new movement patterns.

One-to-one Feldenkrais® lesson (50 mins)

172

Therapeutic Climbing

Improve your overall mobility, strength and coordination with therapeutic climbing. This therapy method optimises the coordination and interplay of different muscle groups or extremities (motor coordination). Potential strength deficits can be analysed and overcome (joint stabilisation). Thanks to targeted strengthening of the muscular-skeletal system, this therapy method can be used for every performance and strength level.

Therapeutic climbing can be applied in many different ways as a part of Modern Mayr Medicine, achieving outstanding therapy results in the following areas:

ORTHOPAEDICS/TRAUMATOLOGY

- Poor posture
- Back pain (lumbago)
- Scoliosis (spinal curvature)
- Instabilities and muscular imbalances (spine, shoulder, knee, ankle)
- Rehabilitation (slipped discs, cervical spine syndrome, cruciate ligament ruptures, shoulder dislocation, bone fractures)

NEUROLOGY

- Disturbed motion planning and execution such as in multiple sclerosis (MS), Parkinson's or ataxia
- Paralysis caused by stroke
- Coordination disorders and balance issues
- Body perception disorders

Personal training therapeutic climbing (25 mins)	80
5x personal training therapeutic climbing (25 mins)	340
10x personal training therapeutic climbing (25 mins)	600

bellicon®

Experience the joys of movement and effective exercise with bellicon® – mini-trampolining for strength and happiness. As well as improving muscular and cardiovascular strength, these mini-trampoline exercises gently activate the metabolism in every one of the body's cells.

EFFECTS OF DAILY FIVE-MINUTE BELLICON® EXERCISES

- Stronger cardiovascular system and muscles
- Improved balance
- Activated cell metabolism
- Stimulates lymphatic drainage and boosts immune system
- Improved posture
- Exercises are gentle on joints and back
- Tones the pelvic floor
- Prevents osteoporosis
- Beneficial for people with allergies and diabetes
- Reduces stress and fatigue
- Releases happiness hormones

ONE-TO-ONE BELLICON® LESSONS

- Effective interplay of tension and relaxation
- Easy exercises that are suitable for everybody

One-to-one bellicon® lesson (50 mins)

151

One-to-one bellicon® lesson (25 mins)

80

🛒 Create your personal **bellicon**® in our shop to **take home with you**.

Cosmetics & Hairstyling

COSMETIC STUDIO AT PARK IGLS

Located on the ground floor | Open: weekdays 8.30am – 6pm

kosmetik-park-igls.at | Make an appointment: phone +43 (0)676 377 3005

Under the direction of Sonja Sojer and Tabea Stöckl, **Cosmetics at Park Igls** stands for exclusive Medical Beauty treatments, first-class, state-of-the-art derma-cosmetics for face and body, podiatry and individual, compassionate advice. Awarded the REVIDERM seal of approval, let our team of experts pamper you with outstanding treatment quality.

Recommendations:

- Mesoporation and radiofrequency – tissue tightening and wrinkle reduction
- REVIDERM ultrasound – anti-ageing treatment for healthier and more beautiful skin
- Micro/nano-needling – gentle or intensive for skin rejuvenation and increased radiance
- Multi face one – freshness boost

HAIR SALON AT PARK IGLS

Located on the lower level | Opening hours: Tuesday until Friday and on two Saturdays every month

headandsoul.at | Make an appointment: phone +43 (0)660 904 0528

New hairstyles, fashionable cuts, fresh colours, blow-drying for the theatre or soothing treatments. Ladies and gentlemen can be pampered by Claudia Steixner and her staff at **Head & Soul**. We preferably use La Biosthétique and other natural products.

Recommendations:

- Scalp peeling enriched with essential oils
- Scalp analysis with personalised scalp care
- Energetic haircut



Room rates

SINGLE ROOMS

Standard (approx. 20sqm)	211
Superior (approx. 24sqm)	268
Deluxe (approx. 35sqm)	442
Deluxe plus* (approx. 40sqm)	488

DOUBLE ROOMS

Standard (approx. 28sqm)	204	(single occupancy surcharge 78)
Superior (approx. 33sqm)	245	(single occupancy surcharge 100)
Deluxe (approx. 43sqm)	355	(single occupancy surcharge 148)

SUITES

Standard (approx. 45sqm)	388	(single occupancy surcharge 155)
Superior (approx. 50sqm)	481	(single occupancy surcharge 192)
Deluxe (approx. 64sqm)	574	(single occupancy surcharge 229)
Deluxe plus* (approx. 64sqm)	620	(single occupancy surcharge 248)
Park Igls Suite	1,420	(rate is for up to 5 occupants)

☞ **Prices in euro per day per person including breakfast** and parking in the underground car park or transfer from/to Innsbruck airport/railway station. Modern Mayr cuisine, exercise programmes and treatments are not included in the room rates. Guests who opt out of a programme are charged an additional basic daily rate of 129 euro (services see page 40). Discounts: 5% for stays of two weeks or more, 10% for stays of three weeks or more. All rooms are equipped with a safe, flat screen TV, free internet connection, bathtub and/or shower and bidet. All rooms have air conditioning and a balcony overlooking the Tyrolean Alps. Two of the rooms are wheelchair-accessible.

* With its own infrared cabin

Basic services

The foundation of your stay and included in every programme:

- Daily Kneipp treatments (leg, arm or seated contrast baths)
- Delicious alkaline-based Personal Modern Mayr Cuisine according to individual diet plan
- Mineral water, herbal tea and alkaline vegetable broth
- Diverse programme of medical relaxation and exercise activities
- Lifestyle management and mental coaching in groups
- Talks and presentations on getting healthy and staying healthy
- Use of swimming pool, saunas, steam bath, infrared cabin and spacious panoramic gym of high quality
- Use of our chipping and putting green

129

per day per person, already included in the programmes

🕒 Length of stay: We recommend a minimum of two weeks, ideally three weeks, for optimum curative results, although even a single week will produce a noticeable improvement in any existing condition and greatly enhance your wellbeing.



Additional information

VITAL POINTS

If you book directly with us, you will receive vital points amounting to a 10% discount on the room price for your next stay. The same applies for recommending us to your friends, family or business partners.

PETS

Dogs are only permitted access to the Mayr clinic by prior arrangement. Charge: 30 euros per day per dog in its own basket, food not provided. An additional 150 euros special cleaning charge applies. Dogs are not permitted in the communal areas, parkland or medical department.

PREPARATION FOR YOUR VISIT

Once you have made a booking, you will receive detailed information about how to prepare at home to get the best results from your stay.

ARRIVAL & DEPARTURE

Check-in from 2 pm. The rooms need to be made available at 11 am on the day of departure. We recommend Sunday as the best day to start your stay at Park Igls. We greet our guests at 5.30pm with a welcome drink followed by a tour of the Mayr clinic and welcoming dinner. On Monday at 4.30pm, one of our physicians gives an introductory lecture during which you'll discover the latest findings of Modern Mayr Medicine.

TERMS & CONDITIONS

Prices are per person and in euros, including all taxes and fees, valid from 26 December 2024. In addition to bank transfers we accept cash, debit cards, Visa, Mastercard, Amex and Diners cards.

CANCELLATION POLICY

Up to 2 weeks before arrival: no charge.
Up to 1 week before arrival: 50% of all booked services.
Within the last week before arrival: 100% of all booked services. Refunds cannot be given for special offers and fixed room reservations in cases of early departure. Austrian Hotel Contract Terms and Conditions apply.

WEB AND SOCIAL MEDIA

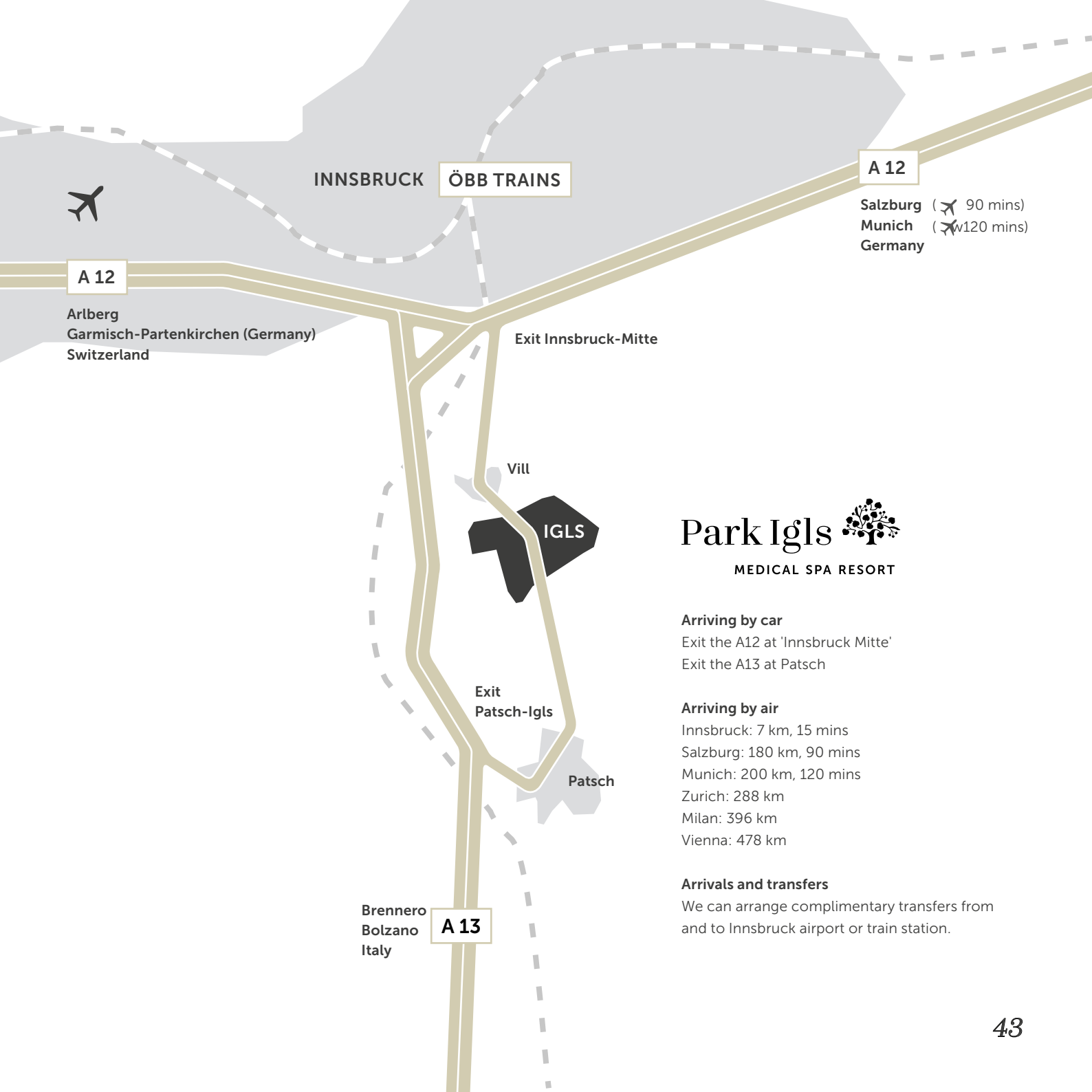
Find all news and tips in our Park Igls app and our health blog at www.park-igls.at. And don't forget to visit our Facebook and Instagram pages.

PARK IGLS BOOKS

Our Mayr 'Health is Central' book (47.90 euros) contains a broad range of tips for a healthy lifestyle. You can also order the cook booklet 'FX Mayr for Gourmets' (12 euros).

SORRY, NO SMOKING

The Park Igls building is a smoke-free zone.



INNSBRUCK

ÖBB TRAINS

A 12

Salzburg (✈ 90 mins)
Munich (✈ w120 mins)
Germany

A 12

Arlberg
Garmisch-Partenkirchen (Germany)
Switzerland

Exit Innsbruck-Mitte

Vill



IGLS

Exit
Patsch-Igls

Patsch

Brennero
Bolzano
Italy

A 13

Park Igls

MEDICAL SPA RESORT

Arriving by car

Exit the A12 at 'Innsbruck Mitte'
Exit the A13 at Patsch

Arriving by air

Innsbruck: 7 km, 15 mins
Salzburg: 180 km, 90 mins
Munich: 200 km, 120 mins
Zurich: 288 km
Milan: 396 km
Vienna: 478 km

Arrivals and transfers

We can arrange complimentary transfers from
and to Innsbruck airport or train station.

Awards

CONDÉ NAST JOHANSENS AWARDS FOR EXCELLENCE

Winner 2025 Best Destination Spa

THE LUXURY SPA EDIT AWARDS

Top 3 Best Global Detox Retreat 2025

CONDÉ NAST TRAVELLER READERS' CHOICE AWARDS

Winner 2024 Best Destination Spa Europe

CONDÉ NAST JOHANSENS

Featured 2026, 2025, 2024

CONDÉ NAST TRAVELLER SPA AWARD

Winner 2023 Destination Health

Winner 2015 Most Effective Medi-Spa

CONDÉ NAST TRAVELLER SPA GUIDE

Featured 2023, 2019, 2018, 2017, 2016, 2015, 2014, 2013

LOOK! SPA AWARD

Winner 2023 Best Medical Spa

LUXLIFE RESORTS & RETREATS AWARD AUSTRIA

Winner 2023 Best Alpine Health & Wellness Retreat

CONNOISSEUR CIRCLE

Top 3 Medical Spa 2024, 2023, 2022, 2021

FALSTAFF READERS' CHOICE

Top 3 Medical 2023

NATIONAL GEOGRAPHIC TRAVELLER

Winner 2021 Best for Serious Spa-lovers

TATLER SPA GUIDE

Featured 2023, 2021, 2019, 2018, 2017, 2016, 2015, 2014, 2013, 2012, 2011

TATLER SPA TROPHY

Winner 2014 Best for Medical Marvels

Winner 2011 Hardcore Turnaround

CONDÉ NAST TRAVELLER READERS' TRAVEL AWARD

Winner 2013 Best Destination Spa

WORLD LUXURY SPA AWARD

Regional Winner 2020 Best Detox Program

THE TIMES MAGAZINE

10 Best Spas for Men

TOWN & COUNTRY HOUSE SPA GUIDE

Featured 2018

GEO-SAISON

Quality Seal 2018

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