



Our Services 2026

VALID FROM 26 DECEMBER 2025



Park Igls

MEDICAL SPA RESORT

“Health isn't everything, but without health everything is nothing.”

At Park Igls Medical Spa Resort, we see health as a path to a better quality of life and longevity. With state-of-the-art diagnostics, individual care and programmes based on Modern Mayr Medicine, we guide you to new vitality and balance.

Our mission: Leading you to a healthier lifestyle – in an environment that combines privacy, tranquillity and excellence. This is what our entire team stands for, day after day.

Yours sincerely,

Andrea Gnägi MAG
Managing Director

Dr Peter R. Gartner
Medical Director

Werner Chizzali
Commercial Director



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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)

2,120

for 1 week excluding Mayr medication, each additional week **1,939**
price excludes accommodation (see page 39 for room rates)

Also available without massages for **1,490**

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**

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)

2,816

for 1 week excluding Mayr medication, each additional week **2,396**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**

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 moisturising pack
- 1 detox compress with beeswax
- 1 digestive herb wrap
- 1 lavender chest compress
- 1 swiss pine pack
- 1 detox scalp treatment including peeling, lotion and styling
- 1 individual cosmetic treatment (for men and women), counts as two treatments (50 mins)

1,318

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: **108**

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)

4,723

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: **108**

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 acupressure and connective tissue massages (50 mins each)
- 2 craniosacral therapy sessions (50 mins each)
- 2 psychological coaching/talk therapy sessions (50 mins each)
- 3 combination heat packs (hay flowers and moor)
- Basic services (see page 40)

2,846

for 1 week excluding Mayr medication, each additional week **2,665**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**

Physio Fit

Focus 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)

2,719

for 1 week excluding Mayr medication, each additional week **2,379**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**

Meno Chance

Love your age – experience your body, mind and soul as a hormonious 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 + hormone screening for women
- 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 psychological coaching/talk therapy sessions (50 mins each)
- 1 lavender chest compress
- Herbal workshop
- Basic services (see page 40)

3,178

for 1 week excluding Mayr medication, each additional week **1,939**
price excludes accommodation (see page 39 for room rates)

Additional recommendation for 429
2 Medical Beauty facial treatments

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**

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)

3,795

for 1 week excluding Mayr medication, each additional week **3,116**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**

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)

3,351

for 1 week excluding Mayr medication, each additional week **2,616**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**

Sleep Fit

Restful sleep is not a given – yet it is essential for physical regeneration, mental clarity and emotional stability. Sleep Fit was developed for people who suffer from sleep disorders, daytime fatigue, inner restlessness or non-restorative nights – and who are not looking for superficial solutions. This programme relies on a sound combination of medical diagnostics, manual therapy, mental coaching and relaxation-promoting treatments – individually tailored and medically supervised.

- Initial examination – holistic health check (30 mins)*
- 1 medical examination – manual abdominal treatment (20 mins)
- Final examination (30 mins)
- Comprehensive blood laboratory check
- 3 full body massages (50 mins each)
- 2 craniosacral therapy sessions (50 mins each)
- 2 lavender chest compresses
- 1 aroma therapy (50 mins)
- 1 breathing therapy (25 mins)
- 1 sleep coaching/talk therapy (50 mins)
- Basic services (see page 40)

2,856

for 1 week excluding Mayr medication, each additional week **2,459**
price excludes accommodation (see page 39 for room rates)

Additional recommendations

- Mobile sleep laboratory: Comprehensive sleep diagnostics (polysomnography) and medical sleep consultation for **1,292**
- Medical hypno-acupuncture: preliminary consultation and targeted medical hypno-therapy for **534**
- 4 IHHT (Cell Trainings) (50 mins each) for **551**

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**

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)
- 1 gait analysis
- 3 one-to-one Feldenkrais® lessons (50 mins each)
- 3 partial body massages (25 mins each)
- 2 psychological coaching/talk therapy sessions (50 mins each)
- Basic services (see page 40)

3,206

for 1 week excluding Mayr medication, each additional week **2,772**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**



Specials

Easter at Park Igls

29 March to 5 April 2026

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 craniosacral therapy (50 mins)
- 2 detox compresses with beeswax
- 1 moisturising pack
- 3 mental strength coaching 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.

2,154

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: **108**

Feldenkrais®-Week

17 to 24 May 2026

Discover new freedom of movement and lightness – through mindful, gentle impulses for your body. Experience the benefits of mindful movement! Under the expert guidance of an experienced Feldenkrais® coach, you will explore your habitual movement patterns and discover gentle, relieving alternatives. The Feldenkrais® Method promotes a new awareness of your body, helping to release tension and reduce pain. Combined with Modern Mayr Medicine, this holistic approach creates greater freedom of movement, well-being, and lightness in everyday life.

- 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 or lymphatic drainage, craniosacral therapy, shiatsu (50 mins each)
- 3 detox compresses with beeswax
- Basic services (see page 40)

2,400

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: **108**



Active Summer Weeks

28 June to 5 July or 5 to 12 July 2026

Combine your passion for sport with Modern Mayr Medicine – and let Olympic champion Maria Riesch inspire you to enjoy an active, healthy summer. Together with the ski racer and our experienced team of physicians, trainers, and therapists, we guide you on your path toward greater energy, stability, and well-being.

- 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)
- 3 activating activity group sessions
- Basic services (see page 40)

EXCLUSIVE HIGHLIGHTS WITH MARIA RIESCH

- 1 indoor exercise group session per week
- 1 outdoor exercise group session per week
- Inspiring evening lecture "Gold Must Be Forged" – every Wednesday
- Joint hike on Sunday, 5 July 2026 in the afternoon

Surrounded by the impressive natural landscape of the sports city of Innsbruck, you will find ideal conditions for mountain running, mountain biking, climbing, and a wide range of outdoor activities.

2,430

for 1 week excluding Mayr medication, each additional week **2,149**
price excludes accommodation (see page 39 for room rates)

* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **108**

Medical Services and therapies

Expanded neural therapy	192
Standard neural therapy	112
Acupuncture or laser acupuncture	156
Medical hypnosis/Hypno-acupuncture	394
5 intravenous drips with activated oxygen (ozone)	905
10 intravenous drips with activated oxygen (ozone)	1,491
4 IHHT (cell trainings)	551
9 IHHT (cell trainings)	1,102
IP compression therapy	82
Therapeutic phlebotomy	80
Intravenous drip therapy, depending on infusion, for example	
– <i>Vitamin C</i>	112
– <i>Pick-me-up</i>	198
– <i>Alkaline</i>	198
5 Haemo-laser therapies	550
10 Haemo-laser therapies	905
Colon hydrotherapy	278
Liver cleanse	2,054
Spirometry (lung function)	95
24-hour blood pressure monitoring	284

Additional diagnostic and medical services on request.

DIAGNOSTICS & MEDICAL SERVICES

Health Psychology

Psychological coaching/talk therapy (50 mins)	235
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Laboratory Diagnostics

Standard blood laboratory check	100
Comprehensive blood laboratory check	240
– <i>with special immune system test</i>	<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)	97
Live blood analysis (dark field laboratory)	212
Comprehensive food allergy testing/blood test	490

Gastrointestinal Diagnostics

Intolerance test (for fructose malabsorption, sorbitol malabsorption or lactose intolerance)	91
Fungal infection testing (urinalysis)	110
Biovis microbiome analysis	<i>on request</i>

Additional diagnostic and medical services on request.

DIAGNOSTICS & MEDICAL SERVICES

Specialist Medical & Consultant Services

Ultrasound diagnostics (radiology):

– <i>Carotid</i>	209
– <i>Thyroid</i>	209
– <i>Abdominal organs and blood vessels</i>	392
– <i>Transrectal sonography of the prostate</i>	209
– <i>Testes</i>	209
– <i>Breast ultrasound</i>	278

Cardiovascular diagnostics (cardiology):

– <i>Resting ECG</i>	127
– <i>Resting and exercise ECG/ergometry</i>	424
– <i>Echocardiography (Ultrasound of heart)</i>	368

CT and MRI scans	<i>on request</i>
Somnography/sleep diagnostics	1,292
Pulmonological consultation	<i>on request</i>
Dermatological examination (skin)	227
Neurological examination	296
Urological examination including consultation (50 mins)	455
Endocrinological consultation	<i>on request</i>
Colonoscopy/gastroscopy	<i>on request</i>
Ocular fundus and intraocular pressure	<i>on request</i>
ENT examinations	<i>on request</i>
Phlebological investigation (veins)	<i>on request</i>

Additional diagnostic and medical services on request.

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)	455
Ultrasound diagnostics (radiology)	
– <i>Transrectal sonography of the prostate</i>	209
– <i>Testes</i>	209
– <i>Bladder and kidneys</i>	278
– <i>Breast ultrasound</i>	278
Endocrinological consultation	<i>on request</i>
Osteoporosis prevention	<i>on request</i>

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.

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

1,088

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

2,604

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 **252** and a final consultation for **229**.

❖ **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)	177
Physiotherapeutic muscle function test (50 mins)	177
Physiotherapy session (25 mins)	95
3 electrotherapeutics/ultrasonic therapies	160
Gait analysis	200
Exercise therapy/personal training session (50 mins)	156
— flat rate for 2 or more	240
Exercise therapy/personal training session (25 Min.)	83
— flat rate for 2 or more	126
Therapeutic climbing training session (25 mins)	83
Breathing therapy (25 mins)	95

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)	201
Full body massage (50 mins)	140
Partial body massage (25 mins)	76

Additional therapeutic services on request.

THERAPIES & MASSAGES

Spa Services

Aroma Therapy	96
Body wrap	175
Chest or lower abdomen compress	63
Cleopatra pack	129
Combination heat pack (hay flowers and moor)	95
Detox compress with beeswax	80
Detoxifying algae wrap	160
Moisturising pack	98
Digestive herb wrap	63
Firming body wrap (anti-cellulite, draining)	129
Full body exfoliation	175
Heat pack (hay flowers or moor)	66
Inhalation with a selection of ingredients	38
Roeder therapy with essential oils	23
Schiele foot bath	47
Swiss pine pack	70
Terra-Vit full body wrap	197
Vein wrap	72

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)	156
• Golf-specific training session to improve coordination and strength (50 mins)	156
• Pre-shot and warm-up unit (25 mins)	83
• 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 *kyBounder* mat
- On the *kyTrainer* treadmill with its unique micro-interval exercise programme
- *kyBoot* outdoor interval walking with *kyBoots* (air-cushioned shoes)

One-to-one <i>kybun®</i> lesson (50 mins)	156
One-to-one <i>kybun®</i> lesson (25 mins)	83

● **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)

177

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)	83
5x personal training therapeutic climbing (25 mins)	353
10x personal training therapeutic climbing (25 mins)	623

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 <i>bellicon</i> ® lesson (50 mins)	156
One-to-one <i>bellicon</i> ® lesson (25 mins)	83

>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:

- New: IMAGE Skincare – professional skin care
- 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

Holistic hair care – that's what **Head & Soul** by Claudia Steixner stands for. Hair care on a whole new level: new hair styling, fashionable cuts, fresh colours, blow-drying for a night out at the theatre or soothing treatments. Every treatment is carried out with the utmost care – for healthy hair, a revitalised scalp and a new sense of well-being.

Recommendations:

- Scalp peeling enriched with essential oils
- Scalp analysis with personalised scalp care
- Energetic haircut
- Detox intensive hair wash



Room rates

SINGLE ROOMS

Standard (approx. 20sqm)	217
Superior (approx. 24sqm)	276
Deluxe (approx. 35sqm)	454
Deluxe plus* (approx. 40sqm)	501

DOUBLE ROOMS

Standard (approx. 28sqm)	210	(single occupancy surcharge 84)
Superior (approx. 33sqm)	252	(single occupancy surcharge 101)
Deluxe (approx. 43sqm)	365	(single occupancy surcharge 146)

SUITES

Standard (approx. 45sqm)	399	(single occupancy surcharge 160)
Superior (approx. 50sqm)	494	(single occupancy surcharge 198)
Deluxe (approx. 64sqm)	589	(single occupancy surcharge 236)
Deluxe plus* (approx. 64sqm)	637	(single occupancy surcharge 255)
Park Igls Suite	1,460	(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 133 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

133

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 2025. 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

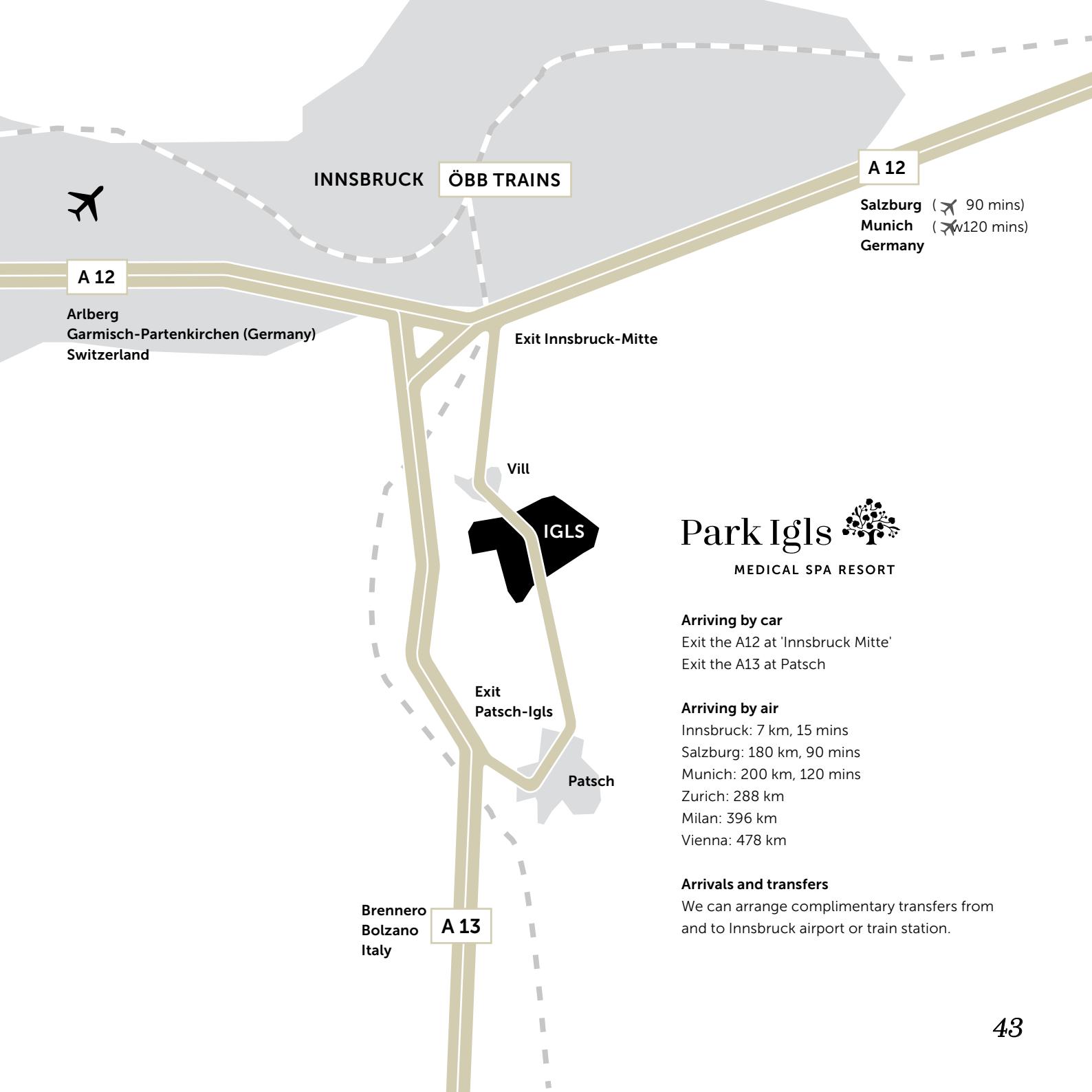
Find all news and tips in our Park Igls app and our health blog at www.park-igls.at. And don't forget to visit our Facebook and Instagram pages.

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.



Awards

CONDÉ NAST JOHANSENS AWARDS FOR EXCELLENCE

Winner 2026 Best Wellness Programme
Winner 2025 Best Destination Spa

THE TIMES MAGAZINE

The World's Best Detox Spa 2025

LOOK! SPA AWARDS

Winner Best Medical Spa 2025
Winner Best Medical Spa 2023

CONNOISSEUR CIRCLE

Winner Top Medical Spa 2025
Top 3 Medical Spa 2024, 2023, 2022, 2021

THE LUXURY SPA EDIT AWARDS

Top 3 Best Global Detox Retreat 2026, 2025

CONDÉ NAST TRAVELLER READERS' CHOICE AWARDS

Winner 2024 Best Destination Spa Europe

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

LUXLIFE RESORTS & RETREATS AWARD AUSTRIA

Winner 2023 Best Alpine Health & Wellness Retreat

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

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