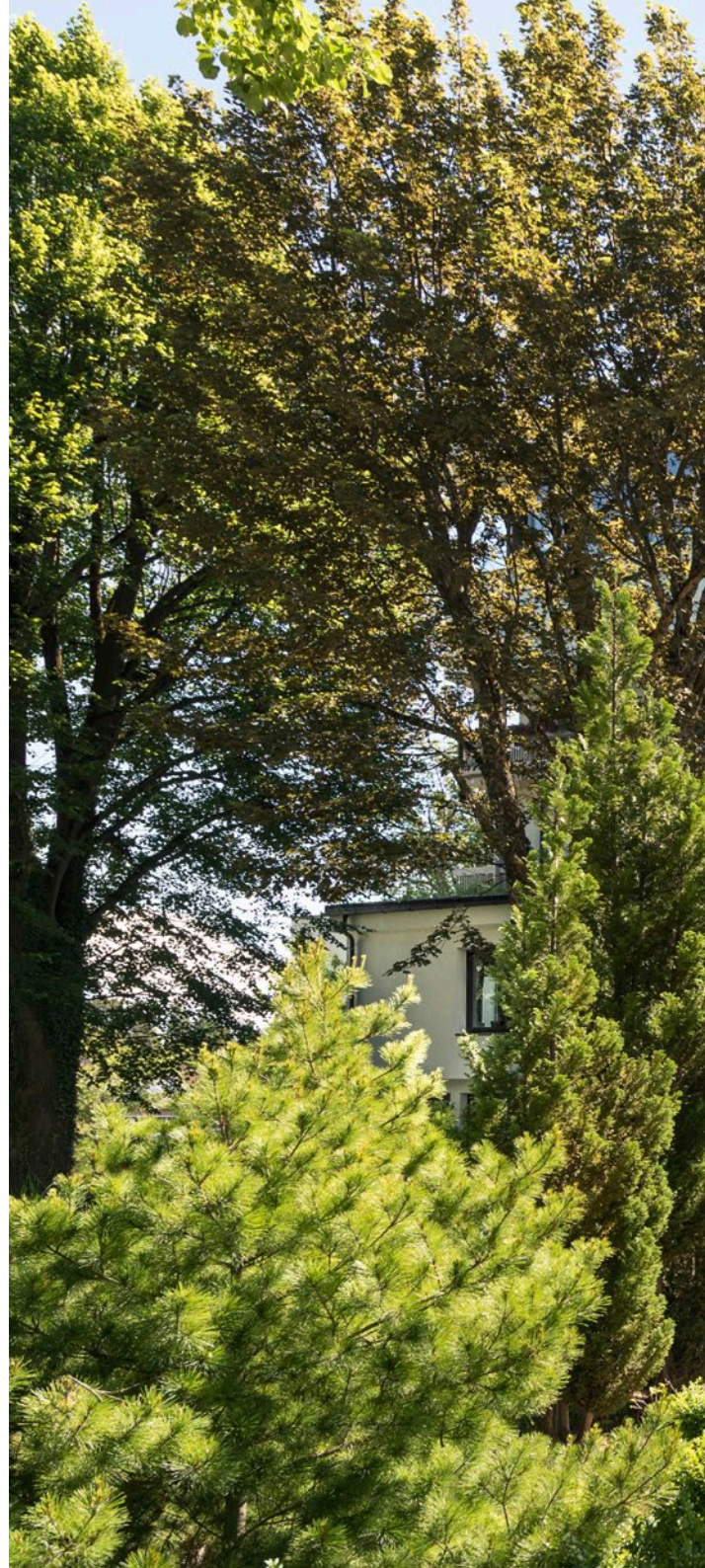


Park Igls 

☛ ***Time for health***  
*Focus on yourself –  
and your wellbeing*





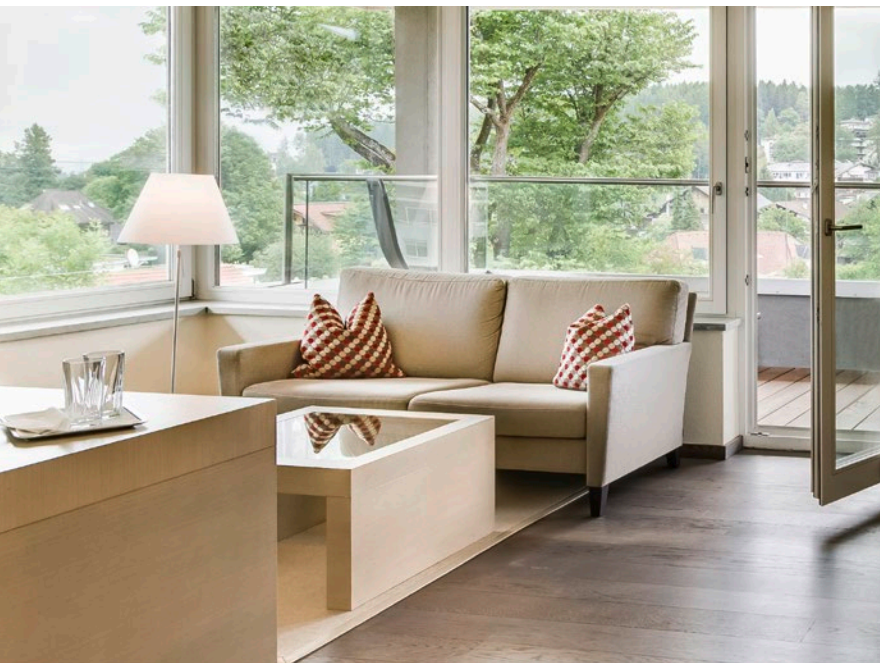


Park Igls



Park Igls





*Harmonious, energising  
atmosphere with friendly and  
attentive service*

*Gourmet fasting with  
Modern Mayr cuisine*



☛ *Cleanse body and  
mind — slow down  
in a comforting retreat*



*Take a deep breath –  
in one of Tyrol's most  
beautiful places*

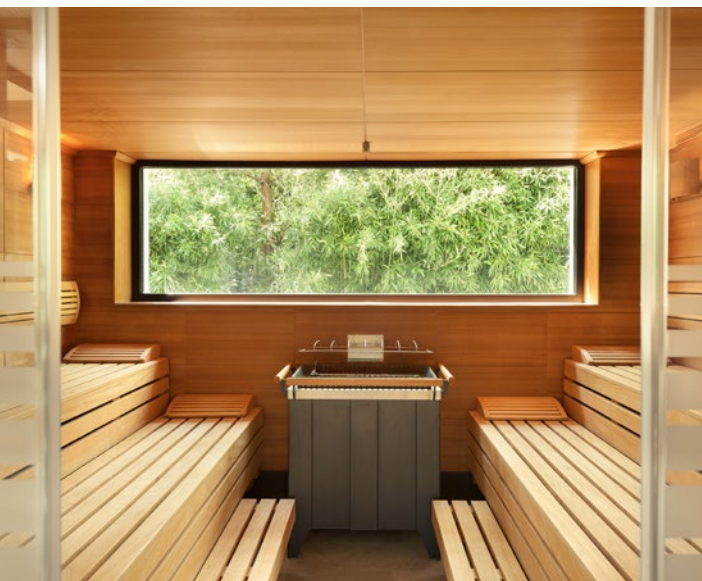


🔓 **Unlocking**  
**self-healing**  
*Pathway to*  
*a new lifestyle*

*Detox in motion –  
guidance for self-care*







*Medical massages*  
*Physical therapies & baths*  
*Spa body treatments*  
*Physiotherapy*  
*Detox treatments*

*Multi award-winning  
medi-spa*







♥ *State-of-the-art  
diagnostics — pioneers  
of Modern Mayr Medicine*



*A tailor-made  
exercise programme  
maximises the success  
of your stay*







*Personalised exercise,  
nutrition and  
regeneration concepts*

👉 *Me time*  
*Time out with  
medical supervision*





*The gut: source  
of health*

# *Modern Mayr Medicine*

## *Cutting-edge conventional and complementary medicine*

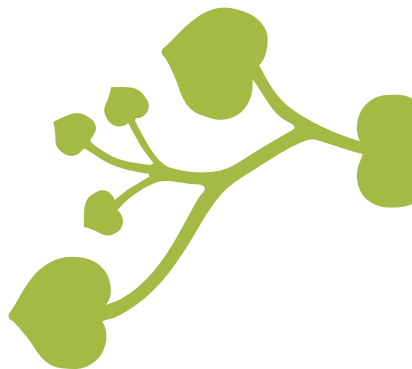
The Austrian scientist and physician Dr Franz Xaver Mayr recognised the gut as the 'root system' of a human being. The discovery that the causes of civilisation syndromes are found in the gastrointestinal tract resulted in a revolutionary concept, which continues to be proven by current research.

The gut supplies the body with nutrients. Nevertheless, the way we deal with this important organ on an everyday basis could often be described as neglectful: we tend to eat too quickly, too much, too often and at the wrong time. This puts pressure on the intestine, liver and all associated organs, resulting in digestive and metabolic disorders, joint and spinal pain, food intolerances, arteriosclerosis, sleep disorders and general impaired performance.



Modern Mayr Medicine was pioneered at the Park Igls Mayr clinic. Our holistic approach is based on the findings of Dr FX Mayr and forms the heart of our diagnostic and therapeutic work. **The focus is on investigating the cause of disease – not primarily on curing symptoms – with detoxifying, cleansing and improving gut function at the top of the list.**

The body is cleansed, the digestive system is regenerated – thereby improving the effectiveness of other healing methods. The Park Igls team of medical specialists is on hand to provide a range of diagnostic options. Thanks to our close collaboration with Innsbruck University Hospital and our wide range of specialist consultants, guests at Park Igls can benefit from the most up-to-date examination methods to counter silent conditions and chronic diseases at an early stage. 🌿



## The six principles of Modern Mayr Medicine

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### Cleansing

Purifying, detoxifying and de-acidifying the body

### Rest

Respite, relief and regeneration for the digestive system

### Education

Correcting unhealthy eating habits

### Substitution

Complementing with vitamins, minerals and trace elements

### Exercise

A tailor-made exercise programme maximises the success of your stay

### Self-discovery

Discarding psychological baggage

The manual abdominal treatment performed by your physician is a key component of Modern Mayr Medicine.



*Prevention  
Holistic diagnosis  
Therapy*







# *Modern Mayr method Prevention and treatment*

FX Mayr's approach to early diagnosis and cutting-edge conventional medicine play a central role in Modern Mayr. Unique diagnostic modules, medical services and treatments, specialist examinations, health psychology, medical massages, physical therapies and baths, spa body treatments, physiotherapy and detoxifying treatments form the core of Modern Mayr Medicine. A personalised exercise, diet and psychological programme helps you slow down and achieve significant success.

Your stay at Park Igls begins with a medical health check. Based on the results, your Mayr physician determines a personal prevention and treatment plan. Regular medical checks ensure specialist care and manual abdominal treatments promote detoxification. You will soon notice impressive results in your metabolism, blood pressure and weight, as well as in your body's natural self-healing ability.

Good health equals quality of life. We look forward to helping you achieve this – in every stage of life and with long lasting results. 🌿

*Your health in good  
hands*



*Osteopathy  
Craniosacral therapy  
Reflexology  
Haemo-Laser® therapy  
Ultrasound diagnostics  
Gait analysis*





0

*Fasting  
(tea)*

1

*Traditional  
Mayr diet*

2

*Traditional Mayr  
diet & protein  
supplement*

3

*Traditional Mayr  
diet & protein  
supplement & base  
vegetable soup*

4

*Modern Mayr  
diet – food  
combining menu*

5

*Modern Mayr  
diet – light  
diet menu*

6

*Modern Mayr  
diet – light diet  
menu & salad or  
dessert*

7

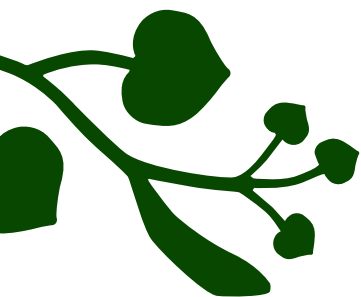
*Mayr Energy diet*



# *Modern Mayr cuisine Eight-stage, alkaline-based diet*

Modern Mayr cuisine combines natural ingredients with culinary skill. Special attention is paid to the food's acid-base composition, as well as its regional and organic origins. Eating at the right time of day is also an essential component of a healthy diet.

Your Mayr physician takes into account the key principles of nutritional therapy, such as reducing carbohydrates and gluten, and making provisions for potential intolerances. Chewing properly and eating more slowly improve digestion, sensitise the natural feeling of satiety and help sustain a healthy diet. You will experience the flavour of good food in a totally new way! 🍴





🍷 *Healthy  
haute cuisine  
Gourmet  
fasting*









## *The five pillars of fitness*

*Heart – circulation – metabolism*

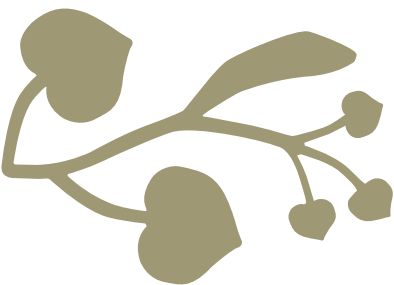
*Muscle-toning – strength training*

*Flexibility*

*Relaxation*

*Sensorimotor – coordination*





# *Exercise is the best medicine*

## *Nature as motivator*

A consistent, well designed exercise programme can help achieve equilibrium in both body and mind. 20 minutes of exercise a day is all that is needed to boost both physical and psychological resources, which is why it is integral to Modern Mayr. On the high plateau in the heart of the Tyrolean Alps, our guests enjoy crystal clear mountain air and matchless exercise conditions in incredible surroundings. In this environment, your motivation comes from within!

Park Igls Mayr clinic offers a varied range of exercise opportunities: in the panoramic gym, the indoor pool, the fitness studio and the relaxation room. We tailor your personal exercise programme to your needs and you will notice your physical fitness improve steadily with the help of our sports coaches and sports scientists. Our personal trainers can also help improve your fitness and performance. 🏃

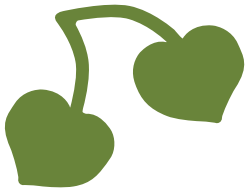




*Discover  
true health –  
recharge  
your natural  
energy source*



# *The power of regeneration Wellbeing is key*



Improve your own self-healing, achieve regeneration and prevent illness by actively managing your digestive system. Rediscover your body-awareness and be mindful of your needs. Body, mind and spirit will benefit from comprehensive regeneration. Medical lectures, discussions on health topics, cookery classes and a wide choice of cultural events and excursions provide additional benefits and encouragement during your stay.

We provide ample room for relaxation in our spacious public area including a library and fireplace lounge, as well as in our modern spa with indoor swimming pool, massage loungers, saunas, textile sauna, steam room and spacious relaxation areas. Discover your strength in the gym and your mobility in our fitness studios. The Park Igls beauty salon complements the Modern Mayr programme with treatments that stimulate the detoxification and regeneration process. Our stunning nature park with its birches, limes and spruces is a natural haven. Enjoy magnificent views of the Nordkette range and surrounding mountain scenery. A harmonious, energy-boosting environment and friendly, attentive hospitality are of crucial importance for success during a stay at Park Igls. 🍷







🍷 *Park Igls*  
*A place of  
self-recovery*



*On a sunny  
Alpine plateau  
high above Innsbruck,  
Igls is renowned  
as a place of healing.*



☛ **Park Igls**  
*Return again.  
To yourself.*

*There are many spaces  
for you to withdraw,  
take time out and focus  
on yourself.*











# *Park Igls at a glance*

## **LOCATION**

On a high plateau 900m above sea level, approximately 5km south of Innsbruck

## **THE RETREAT**

51 single rooms, double rooms, junior suites and suites, all with balconies and views of the Tyrolean Alps  
Excellent 4-star facilities

## **THE PARK**

An inviting nature park with herb garden, Kneipp circuit and chipping green

## **MEDICAL FACILITIES**

Doctors' surgery, treatment rooms, physiotherapy, massage cubicles, baths department, soft pack system, mobile sleep laboratory, medical reception

## **DINING ROOMS**

Three dining areas  
Summer terrace

## **EXERCISE AND RELAXATION**

Top floor panoramic gym, fitness studio with outdoor decking and park access, 15x6m indoor swimming pool with integrated massage loungers, Finnish sauna, textile sauna, steam room, bio sauna, infrared cabin

Meditation and relaxation rooms, loggia with reading nooks

Three golf courses nearby

## **BEAUTY AT PARK IGLS**

120sqm beauty salon

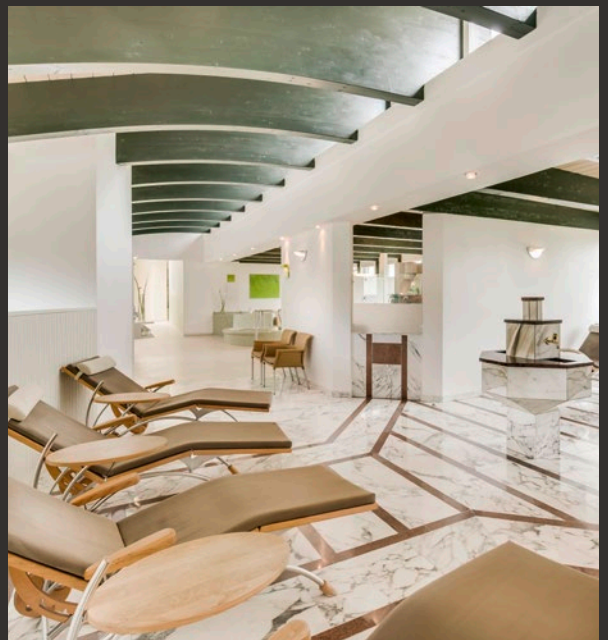
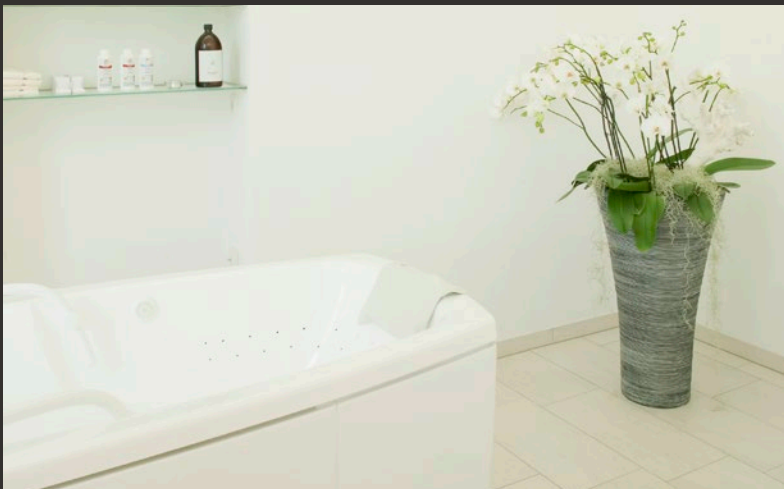
## **GENERAL FACILITIES**

Hair salon, boutique, tea bar, library, lounge with open fireplace, lecture room

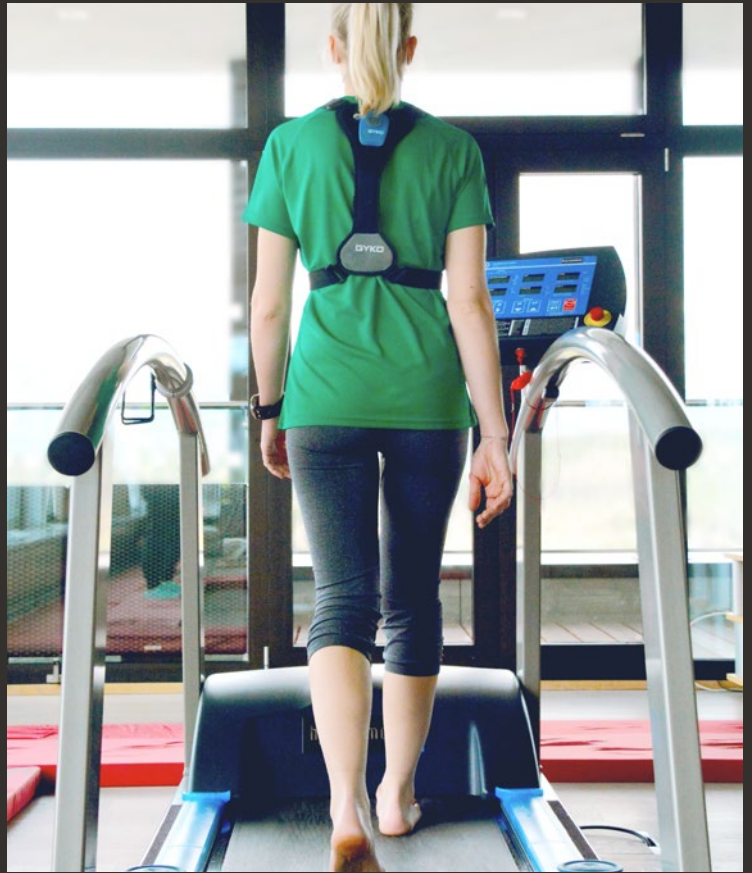
## **UNDERGROUND CAR PARK**

38 underground parking spaces and 2 EV charging points with easy access to Park Igls



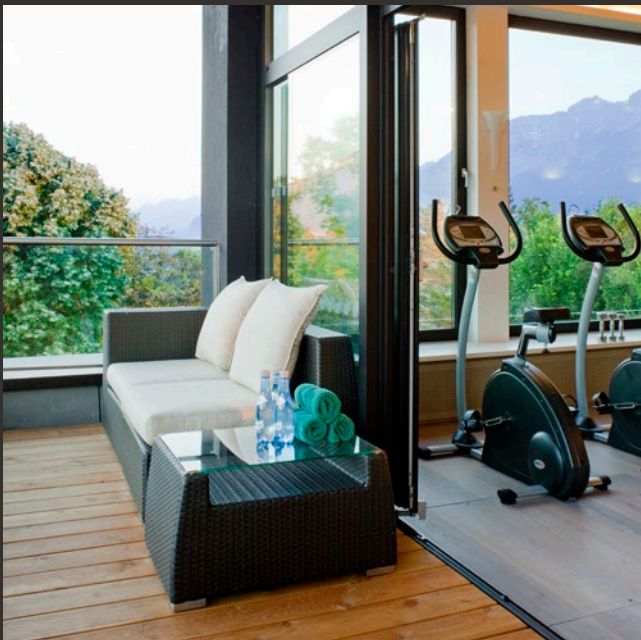














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**Tirol**