



# *Our Services 2023*

*valid from 26 December 2022*

Park Igls 

MEDICAL SPA RESORT

# *For Your Health*

*In our fast-paced society it has (sadly) become all too rare for people to take time to appreciate what is truly important in life – the things they enjoy and that promote their health and wellbeing. That's why we are pleased that you are reading these words. By picking up this brochure you have taken the first step towards a valuable time-out supported by experienced medical professionals – a chance to relax, recover and recharge your batteries.*

*For almost 30 years now we have had the privilege of running one of Europe's leading medical spa resorts and helping our guests adopt a healthier lifestyle. Our team of doctors and therapists have accompanied almost 40,000 guests on their journey to a healthier way of living. That is something we are truly proud of.*

*Top-level medical knowledge, diagnostics and therapy combined with healthy, tasty food, absolute discretion and plenty of privacy are the principles we continue to uphold. Those are the standards we ask you to judge us by.*

*Still not sure which of our programmes is the right one for your personal needs? Our reception team will be happy to tell you more about the options available. Better health is just a phone call away at +43 (0) 512 377 305. We and our team look forward to welcoming you!*



Andrea Gnagi MAg  
Managing Director



Dr Peter R. Gartner  
Medical Director



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Commercial Director

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# *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 – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding examination (30 mins)
- 5 full body massages (50 mins each)
- Basic services (see page 40)

**1,832**

for 1 week excluding Mayr medication, each additional week **1,679**  
price excludes accommodation (see page 39 for room rates)

Also available without massages for **1,287**

\* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **122**

# *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 – integrated health check (30 mins)\*
- 2 medical examinations – manual abdominal treatments (20 mins each)
- Concluding examination (30 mins)
- 1 bioimpedance measurement (lean tissue, water and body fat)
- Expanded laboratory blood tests
- 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)

**2,460**

for 1 week excluding Mayr medication, each additional week **2,072**  
price excludes accommodation (see page 39 for room rates)

\* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **122**

# *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 – integrated health check (30 mins)\*
- Concluding 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 individual cosmetic treatment (for men and women), counts as two treatments (50 mins)

**1,136**

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: **122**

# *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 – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding examination (30 mins)
- Expanded laboratory blood tests including hormone status
- 1 oxidative stress test (free radicals)
- 1 urinalysis
- Haemocult® (stool analysis to detect traces of blood)
- 1 spirometry (lung function)
- 5 full body massages (50 mins each)
- 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 ECGs
- Basic services (see page 40)

**4,296**

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: **122**



# 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 – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding 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)

**2,484**

for 1 week excluding Mayr medication, each additional week **2,331**  
price excludes accommodation (see page 39 for room rates)

\* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **122**

# *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 and painful muscle tension. Prevention: back pain, joint pain and muscular disbalance.

- Initial examination – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding examination (30 mins)
- 1 bioimpedance measurement (lean tissue, water and body fat)
- 1 diagnostic physiotherapy session (50 mins)
- 2 physiotherapy sessions (25 mins each)
- Gait analysis or 2 exercise therapy sessions (25 mins each)
- 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)

**2,387**

for 1 week excluding Mayr medication, each additional week **1,942**  
price excludes accommodation (see page 39 for room rates)

\* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **122**

# *Menopause Fit*

Our Menopause 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. We will give you the tools you need to deal with this new situation and all that it brings.

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

- Initial examination – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding examination (30 mins)
- Expanded laboratory blood tests + special laboratory '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)

**2,758**

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

**Additional recommendation for 399**

Medical Beauty Basic: 2 cosmetic facial treatments with  
computer-based skin analysis

\* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **122**

# *Fit after Covid*

Do you suffer from chronic fatigue, powerlessness, headaches, irritating cough or problems with your sense of smell or taste after a COVID-19 infection? Our special diagnostic and therapy programme Fit After Covid will help to determine your current health status and promote regeneration. Diagnostic measures include physiotherapy and exercise therapy assessments, lung function testing and a special blood test so as to exclude diagnostic cardiac muscle damage which often occurs after COVID-19 infections. Modern Mayr Medicine and Mayr Cuisine stimulate detoxification, providing you with energy and sharpened senses.

This programme is often booked by people with the following indications: Long COVID with decreased performance capacity, fatigue, smell and taste disorders, irritating cough, myocarditis-like symptoms. Prevention: decreased performance capacity and chronic infections.

- Initial examination – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding examination (30 mins)
- Expanded laboratory blood tests including cardiac muscle blood test
- 1 individual performance diagnostics session (50 mins)
- 1 spirometry (lung function)
- 3 fortifying infusions
- 1 diagnostic physiotherapy session/respiratory 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)

**3,079**

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: **122**

# *Immune Booster*

This programme focuses on strengthening your immune system, making you more resilient to illnesses. You can book our package all year round, but we recommend late summer as an ideal time for this programme. Special lab tests will determine whether your immune system is strong enough and how you can enhance your immune status. 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.

This programme is often booked by people with the following indications: increased susceptibility to infections. Prevention: infectious diseases.

- Initial examination – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding examination (30 mins)
- Expanded laboratory blood tests + special immune system test
- Evaluation and discussion of results
- 3 intravenous drip therapies with activated oxygen (ozone)
- 3 intravenous drip therapies with zinc and vitamin C
- 5 full body massages (50 mins each)
- Basic services (see page 40)

**3,320**

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: **122**

# Neuro Fit

This specialised therapy 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 – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding 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)

**2,619**

for 1 week excluding Mayr medication, each additional week **2,402**  
price excludes accommodation (see page 39 for room rates)

\* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **122**



*Specials*

# *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.

**153**

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



# *Feldenkrais® Week*

*from 18 through 25 June 2023*

Ideal for back pain, arthrosis, sport injuries, impaired mobility, migraine or stress. During your one-week stay, you will explore your movement patterns and discover relieving and pain-free ways to move with the help of our Feldenkrais® coach. Combined with Modern Mayr Medicine, this programme will help you to experience a new level of lightness.

- Initial examination – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding 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)

**2,068**

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

**As an add-on module to another programme for 383**

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

**Additional recommendation for 206**

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

\* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **122**



# Yoga

Settle, feel your breath, enjoy gentle movements and a deep, mindful awareness of your inner spirit... Yoga offers all of this and more as you find connection and unity with your true self.

Like Modern Mayr Medicine, Yoga is about consciousness and body awareness. Activating the musculoskeletal system with Yoga has positive effects on every aspect of the body. Different postures and breathing techniques stimulate the circulation, gently massage internal organs to activate digestion, and help still the mind. Calming inhalations and exhalations combine with meditation exercises for relaxation and inner harmony.

## THE BENEFITS OF YOGA

- Improves body awareness and posture
- Promotes efficient, easy breathing
- Strengthens the immune and nervous systems
- Stimulates internal organ function
- Relaxation
- Enhances strength and mobility
- Strengthens the cardiovascular system

**134**

One-to-one Yoga lesson (50 mins)

# Yoga Weeks

*from 3 through 10 September 2023 (in English)*

Take a deep breath, find your balance and gain new energy thanks to a combination of yoga and Modern Mayr Medicine. Enjoy this revitalising timeout against the backdrop of our breathtaking mountains, forests and meadows.

- Initial examination – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding examination (30 mins)
- 4 Yoga group classes (75 mins each)
- 1 one-to-one Yoga lesson (50 mins)
- 3 full body massages (50 mins each)
- 3 detox compresses with beeswax (25 mins each)
- Basic services (see page 40)

**2,074**

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

**As an add-on module to another programme for 390**

- 4 Yoga group classes (75 mins each)
- 1 one-to-one Yoga lesson (50 mins)

\* Extend the **initial examination to 50 minutes**. Please book in advance; extra charge: **122**





# *New Year's Eve at Park Igls*

*6 nights – arrive on 26 December 2022*

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 to the New Year. Enjoy the festive atmosphere and see in the New Year with us!

- Initial examination – integrated health check (30 mins)\*
- 1 medical examination – manual abdominal treatment (20 mins)
- Concluding examination (30 mins)
- 4 full body massages (50 mins each)
- 2 exercise therapy/personal training sessions (25 mins each)
- 1 full body exfoliation
- 2 detox compresses with beeswax
- 1 lavender chest compress
- Basic services (see page 40)

## **OUR SPECIAL PROGRAMME**

- Festive New Year's Eve buffet based on Modern Mayr Cuisine, including live music by the band Trio Tafelspitz. Subsequent torch-lit 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.

**2,017**

for 6 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: **122**





*Diagnositics &  
Medical Services*

## DIAGNOSTICS & MEDICAL SERVICES

# *Medical Services and therapies*

Expanded neural therapy	166
Standard neural therapy	97
Acupuncture or laser acupuncture	134
Medical hypnosis/Hypno-acupuncture	340
5 intravenous drips with activated oxygen (ozone)	782
10 intravenous drips with activated oxygen (ozone)	1,288
Therapeutic phlebotomy	68
Intravenous drip therapy, depending on infusion, for example	
– <i>Vitamin C</i>	85
– <i>Pick-me-up</i>	177
– <i>Alkaline</i>	138
5 Haemo-laser therapies	470
10 Haemo-laser therapies	775
Colon hydrotherapy	247
Liver cleanse	1,781
Spirometry (lung function)	82
24-hour blood pressure monitoring	245

# *Health Psychology*

Talk therapy/coaching (50 mins)	206
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*Additional diagnostic and medical services on request.*

## DIAGNOSTICS & MEDICAL SERVICES

# *Laboratory Diagnostics*

Standard laboratory blood tests	100
Expanded laboratory blood tests	240
– with special immune system test	614
Heart & circulation blood tests	160
Hormone screening for women	120
Hormone screening for men	120
Tumour markers	<i>on request</i>
Oxidative stress test (free radicals)	84
Live blood analysis (dark field laboratory)	183
Comprehensive food allergy testing/blood test	490

# *Gastrointestinal Diagnostics*

Intolerance test (for fructose malabsorption, sorbitol malabsorption or lactose intolerance)	78
Fungal infection testing (urinalysis)	95
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	199
– Thyroid	199
– Abdominal organs and blood vessels	373
– Transrectal sonography of the prostate	199
– Testes	199
– Breast ultrasound	264

### Cardiovascular diagnostics (cardiology):

– Resting ECG	121
– Resting and exercise ECG/ergometry	404
– Echocardiography (Ultrasound of heart)	349

CT and MRI scans	<i>on request</i>
Somnography/sleep diagnostics	<b>1,229</b>
Pulmonological consultation	<i>on request</i>
Dermatological examination (skin)	<b>216</b>
Neurological examination	<b>222</b>
Urological examination including consultation (50 mins)	<b>409</b>
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.*



## 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	<b>120</b>
Urological examination including consultation (50 mins)	<b>409</b>
Ultrasound diagnostics (radiology)	
– <i>Transrectal sonography of the prostate</i>	<b>199</b>
– <i>Testes</i>	<b>199</b>
– <i>Bladder and kidneys</i>	<b>264</b>
– <i>Breast ultrasound</i>	<b>264</b>
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

**1,035**

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

- Expanded laboratory blood tests including hormone status
- 1 urinalysis
- Haemocult® (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 ECGs

**2,464**

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 (217 euro) and a final consultation (197 euro).

🏥 **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*

## THERAPIES & MASSAGES

# *Physiotherapy & Sports Therapy*

Diagnostic physiotherapy session (50 mins)	153
Physiotherapeutic muscle function test (50 mins)	153
Physiotherapy session (25 mins)	82
3 electrotherapeutics/ultrasonic therapies	137
Gait analysis	172
Exercise therapy/personal training session (50 mins)	134
– flat rate for 2 or more	206
Exercise therapy/personal training session (25 Min.)	71
– flat rate for 2 or more	108
Therapeutic climbing training session (25 mins)	71
Respiratory therapy (20 mins)	82

# *Medical Massages*

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

Special massage (80 mins)	172
Full body massage (50 mins)	121
Partial body massage (25 mins)	65

*Additional therapeutic services on request.*

## THERAPIES & MASSAGES

# *Physical Therapies & Baths*

Schiele foot bath	44
Heat pack (hay flowers or moor)	59
Swiss pine pack	59
Vein wrap	73
Detox compress with beeswax	68
Digestive herb wrap	56
Chest or lower abdomen compress	56
Inhalation with a selection of ingredients	38
Roeder therapy with essential oils	38

# *Spa Body Treatments*

Terra-Vit full body wrap	175
Body wrap	156
Thalasso pack	192
Full body exfoliation	121
Nourishing body pack	85
— <i>Alpine fir (tense muscles, colds)</i>	
— <i>Moisturising treatment</i>	
Cleopatra pack	95

*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) **134**
- Golf-specific training session to improve coordination and strength (50 mins) **134**
- Pre-shot and warm-up unit (25 mins) **71**
- Golf lesson with a pro *on request*

🏌️ 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.

Lans 9 holes **36**, 18 holes **64**

Rinn 9 holes **36**, golf cart **32**

Lans and Rinn 3-day or 5-day green fee *on request*



# *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)	<b>71</b>
5x personal training therapeutic climbing (25 mins)	<b>302</b>
10x personal training therapeutic climbing (25 mins)	<b>533</b>

# 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)

**134**

One-to-one kybun® lesson (25 mins)

**71**

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

# *bellicon*®

Experience the joys of movement and effective exercise with bellicon® – mini-trampoline 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)

**134**

One-to-one bellicon® lesson (25 mins)

**71**

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



*Beauty*

# *Beauty, Cosmetics & Hair Styling*

Treat yourself at our beauty department, hairdresser (for men and women) or beauty salon. Up for a new hair style, a fashionable hair cut or an exclusive, invigorating beauty treatment in addition to your regeneration programme? You can book your beauty appointment ahead of your stay or after check-in at our hotel.

The beauty programme of our beauty salon is based on holistic cosmetics in harmony with nature and the elements. Our invigorating and regenerative treatments begin with a detailed skin analysis in order to provide you with an individual, tailor-made treatment and care concept for optimal results that live up to your expectations. In addition to the classics, our beauty salon offers a comprehensive and exclusive beauty menu for him and her.

## **OUR BEAUTY BESTSELLERS**

- Anti-ageing treatments with collagen fleece
- Regenerative Reviderm treatment with microdermabrasion
- Cold plasma face treatment
- Cellulite treatment with vacuum drainage and colour
- Pulsation detox massage

[www.kosmetik-park-igls.at](http://www.kosmetik-park-igls.at)



# Room rates

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## SINGLE ROOMS

Standard (approx. 20sqm)	<b>193</b>
Superior (approx. 24sqm)	<b>237</b>
Deluxe (approx. 35sqm)	<b>392</b>
Deluxe plus* (approx. 40sqm)	<b>433</b>

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## DOUBLE ROOMS

Standard (approx. 28sqm)	<b>186</b>	(single occupancy surcharge <b>72</b> )
Superior (approx. 33sqm)	<b>217</b>	(single occupancy surcharge <b>89</b> )
Deluxe (approx. 43sqm)	<b>314</b>	(single occupancy surcharge <b>132</b> )

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## SUITES

Junior suite (approx. 45sqm)	<b>344</b>	(single occupancy surcharge <b>140</b> )
Suite (approx. 64sqm)	<b>464</b>	(single occupancy surcharge <b>186</b> )
Suite plus* (approx. 64sqm)	<b>493</b>	(single occupancy surcharge <b>186</b> )
Park Igls Suite	<b>1,300</b>	(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 115 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-oriented Personal Modern Mayr cuisine diet plan
- Mineral water, herbal tea and base 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 and panoramic gym
- Use of our chipping and putting green

**115**

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*

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## **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.

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## **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.

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## **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.

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## **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.

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## **TERMS & CONDITIONS**

Prices are per person and in euros, including all taxes and fees, valid from 26 December 2022. In addition to bank transfers we accept cash, debit cards, Visa, Mastercard, Amex and Diners cards.

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## **CANCELLATION POLICY**

30 days or more prior to arrival: no charge.

Within 30 days of arrival: 50% of all booked services.

Within 21 days of arrival: 70% of all booked services.

Within 14 days of arrival: 100% of all booked services.

Refunds cannot be given for early departures from special offers and fixed room reservations. The Austrian hotel contract terms and conditions shall apply.

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## **WEB AND BLOG**

Visit our health blog at [www.park-igls.at](http://www.park-igls.at). You can also find us on Facebook and Instagram.

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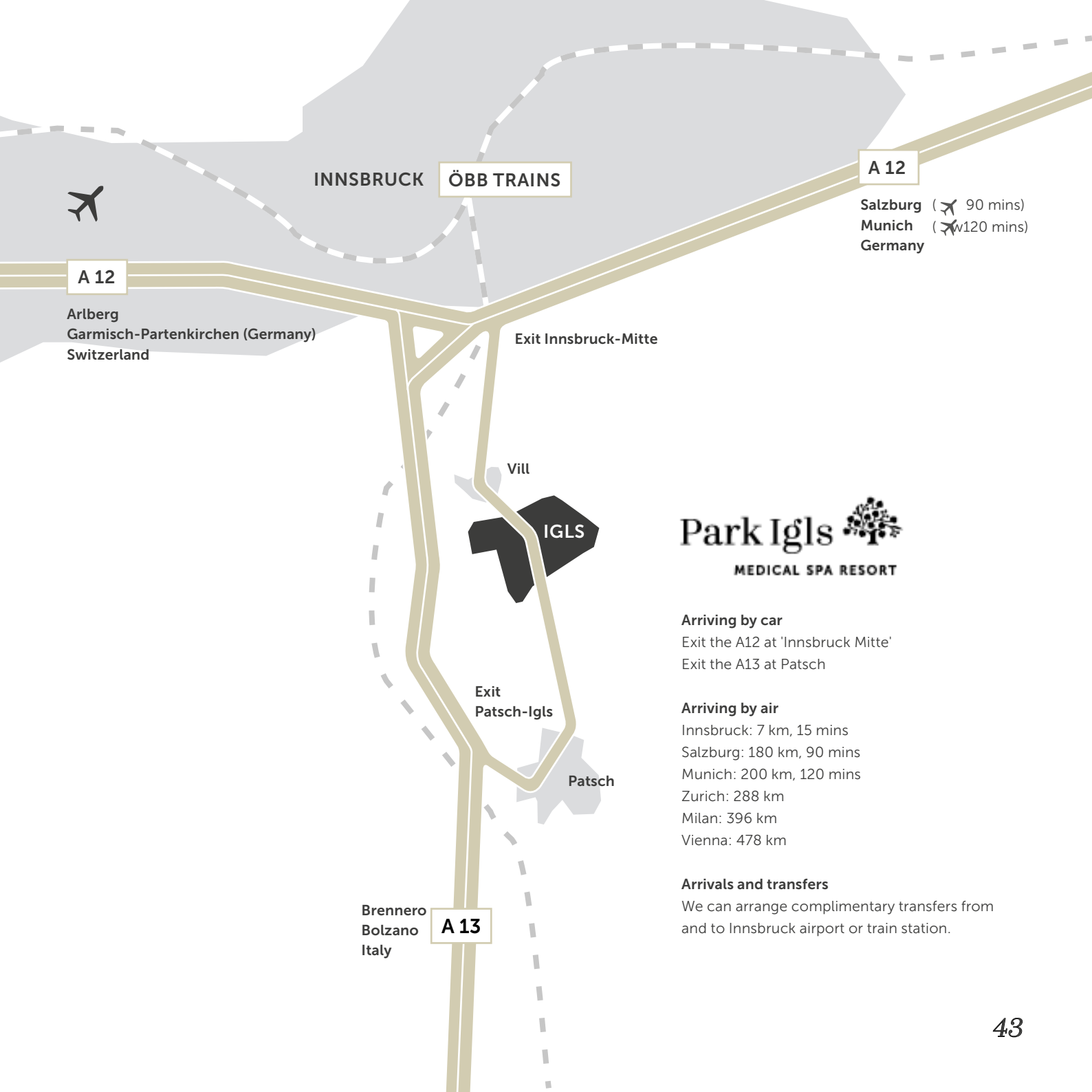
## **PARK IGLS BOOKS**

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).

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## **SORRY, NO SMOKING**

The Park Igls building is a smoke-free zone.



INNSBRUCK

ÖBB TRAINS

A 12

Salzburg (✈ 90 mins)  
Munich (✈ 120 mins)  
Germany

A 12

Arlberg  
Garmisch-Partenkirchen (Germany)  
Switzerland

Exit Innsbruck-Mitte

Vill

IGLS

**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.

Exit  
Patsch-Igls

Patsch

Brennero  
Bolzano  
Italy

A 13

# Awards

## **COINNOISSEUR CIRCLE 2022, 2021**

Top 3 Medical Spa

## **TATLER SPA GUIDE**

Featured 2021, 2019, 2018, 2017,  
2016, 2015, 2013, 2012

## **NATIONAL GEOGRAPHIC TRAVELLER 2021/22**

Best for Serious Spa-lovers

## **WORLD LUXURY SPA AWARD 2020**

Regional winner of best detox  
program

## **CONDÉ NAST TRAVELLER SPA GUIDE**

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

## **CONDÉ NAST TRAVELLER READERS' TRAVEL AWARDS**

Featured Best Destination Spas  
2018, 2017, 2016, 2012

## **THE TIMES MAGAZINE**

10 Best Spas for Men

## **TOWN & COUNTRY HOUSE SPA GUIDE**

Featured 2018

## **GEO-SAISON**

Quality Seal 2018

## **GESUND&FIT AWARD 2017**

Nominated for Best Medical  
Wellness

## **SPA STAR 2017**

Nominated for Best Destination Spa

## **CONDÉ NAST TRAVELLER SPA AWARD 2015**

Most Effective Medi-Spa

## **TATLER SPA TROPHY 2014**

Best for Medical Marvels

## **CONDÉ NAST TRAVELLER READERS' TRAVEL AWARDS 2013**

Best Destination Spa

## **TATLER SPA TROPHY 2011**

Hardcore Turnaround

**Park Igls  
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