Parkhotel Igls
Health is Central

Nutrition, exercise & regeneration based on Modern Mayr Medicine
Me time
Health in the best of hands
Our health reflects many interconnected factors and circumstances and a sense of security and belonging. At times this fine balance is subjected to immense pressure; this is when we appreciate that our health is an invaluable treasure.

Taking ‘time out’ from everyday life should be a component of all phases and ages. Enjoying life to the full is easily combined with a responsible attitude to care and prevention, and includes being mindful of the need for regeneration. Regular ‘time out’ under medical supervision is essential to counter silent conditions or chronic diseases from an early stage.

Parkhotel Igls has an excellent track record and international reputation for their expertise and qualifications in this specialised field. A light diet, an individual exercise plan as well as the pioneering combination of conventional and alternative medicines ensure that our guests can experience considerable success with their chosen treatment plan, lasting well beyond their ‘time out’ with us. Wellbeing and good health add up to quality time. We look forward to supporting you in this aim at every stage – unequivocally and with long lasting results.
Early in the 20th Century, the Austrian doctor and scientist Franz Xaver Mayr developed a theory that would fundamentally reshape the course of preventative medicine. He based his approach on the fact that the majority of common illnesses originate in the digestive system. Eighty percent of all illnesses can be traced back to inappropriate nutrition and lack of exercise. As the body’s ‘central organ’, the gut provides the human body with everything it needs. When supplied with an excess of harmful or improperly composed nutrients, the body begins to accumulate hazardous toxins in its connective tissues and cells. Regular detoxes therefore create the ideal conditions for staying healthy. Hence, regenerating the digestive system is the main focus of our approach. Early diagnosis, as advocated by F. X. Mayr, plays a vital role and is combined with the super-modern methods of conventional medicine.

In addition to its preventative character, Modern Mayr Medicine focuses on the following: disorders of the digestive system, metabolic dysfunctions, allergies and food intolerances, burn-out syndrome and sleep disorders, joint problems and discomfort of the supporting apparatus, heart and circulation problems, excess weight and eating disorders etc
The feel-good factor
A tranquil environment
Prevention, nutrition and health – the Parkhotel Igls is a leading pioneer of Modern Mayr Medicine. Early diagnosis based on conventional medicine together with targeted regeneration of the digestive system and lifestyle improvements can prevent the manifestations of illness. The Parkhotel Igls offers an ideal environment for achieving and maintaining physical and emotional health.

An experienced medical team looks after our guests during their stay. Following a medical health check, our guests and the physician draft a personalised programme for the duration of their stay, which is then implemented as a sustainable therapeutic strategy. Medically trained massage therapists, hydrotherapists, physiotherapists, sports scientists, health and exercise instructors and psychologists are on site to support your success.

The medical team at the Parkhotel Igls works with eminent specialists from Innsbruck University Clinic and is therefore able to offer additional comprehensive screening options and a diagnostic module to ensure preventative medical care of the highest standard.
A stay at a Health Retreat represents new beginnings, an important time for regeneration and reflection. It is quite normal for guests to feel vulnerable and sensitive during this time, particularly as the focus is on a change of eating habits. A harmonious, energy boosting environment and friendly, attentive hospitality are of crucial importance for success during a stay at Parkhotel Igls.

Our well-established house was refurbished and extended in 2009. The works included the addition of a brand new pool complex and new medical facilities. This superbly appointed refuge now offers 42 comfortable, peaceful rooms in Deluxe, Superior and Standard categories, plus 9 luxurious suites. All accommodation offers balconies with stunning panoramic views. Spacious public areas and lounges, our modern spa with a pool, sauna, steam room, relaxation areas and other facilities offer the perfect environment for relaxation. Guests also appreciate our extensive natural park planted with young and mature trees.

Igls is renowned for its excellent air quality and natural power, and is surrounded by majestic Tyrolean mountains. The Parkhotel Igls is situated just a few kilometres from beautiful Innsbruck – we organise regular excursions to the wonderful sights and cultural highlights of the city and surroundings.
A firm foundation for good health
The diet cuisine prepared in our kitchens is designed to rest and bring ease to the digestive system. The focus is on providing alkaline (base), light, and beautifully prepared Modern Mayr cuisine using organic and regional foods.

At the initial examination, you and your doctor discuss which dietary stage is most suitable for you. The doctor will pay particular attention to your personal constitution as well as any potential food intolerances or allergies.

An enjoyable and energy-packed diet based on the latest scientific findings is a key element of detox therapy and preventative health care.
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
Fasting with pleasure
Exercise is essential, and a consistent, well designed exercise programme can help us achieve equilibrium in both body and mind. 20 minutes of exercise a day is enough to boost our physical and psychological resources, which is why exercise is integral to Modern Mayr Medicine.

We offer a comprehensive range of exercise opportunities: in the panoramic gym, the indoor pool, the fitness studio, the relaxation room – or outside in the health retreat's beautiful surroundings. In addition to fully customised personal training sessions, we also provide a varied programme founded on the five pillars of cardiovascular exercise, strength & muscle development, sensomotoric coordination, flexibility and relaxation.

The training plans are individually adapted to the requirements of our guests; your achievements are monitored, your potential is increased and your personal trainers set new challenges in co-operation with your doctors and therapists. Here you have a solid opportunity to improve your weak points and to grow stronger. A personal exercise programme is tailored to your needs, and you will notice your physical fitness improve steadily with the help of our sports coaches, physicians and physiotherapists. Our personal trainers can also help improve your fitness and performance.
Regeneration

Here at the Parkhotel Igls, we place you in the capable hands of an excellent team of doctors and therapists with extensive experience and competence in the field of regenerative medicine.

The basic structure for achieving a long-lasting improvement in energy levels is provided by the diagnostic concept developed by F. X. Mayr in combination with a tailor-made nutrition, exercise and relaxation plan. Medical lectures, discussions on health topics, cookery courses and a wide choice of cultural excursions provide additional benefits and encouragement during your stay.

Our bright and generously proportioned public areas and lounges, the spa zone, and our beautiful park provide havens of rest and relaxation. You will notice a marked improvement within your first week at the Parkhotel Igls, although the intensity of revitalisation increases exponentially during stays of two or even three weeks.
Renewal of life’s energies
The Parkhotel Igls
Facts & Figures

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

The house
51 single rooms, double
rooms, junior suites and
suites, all with balconies and
views of the Tyrolean Alps.
Spacious hotel facilities and
official 4-star rating

The park
An extensive natural park
with both young and mature
trees, a herb garden and a
Kneipp foot massage circuit

Medical facilities
Doctors’ surgery, treatment
rooms, physiotherapy,
massage cubicles, baths
department, soft pack
system, sleep diagnostics,
medical reception

Exercise &
relaxation
Top floor panoramic gym,
fitness studio with outdoor
decking and park access,
15 x 6m indoor swimming
pool with hydrotherapy jets,
Finnish sauna, textile sauna,
steam room, bio sauna,
infrared cabin, meditation
and relaxation rooms,
reading areas, three golf
courses nearby

Parkhotel
beauty salon
120sqm beauty salon

General facilities
Library, lounge with open
fireplace, lecture room,
boutique

Underground
car park
38 underground parking
spaces
Additional information

For additional information
please see ‘Tariffs & Offers’
or visit our website at
www.parkhotel-igls.at
Arrival by car
Exit the A12 at 'Innsbruck Mitte'
Exits the A13 at Patsch

Arrival by air
Innsbruck International Airport: 7km, 15 mins
Salzburg: 180km, 90 mins
Munich: 200km, 120 mins
Zurich: 288km
Milan: 396km
Vienna: 478km

Arrivals and transfers
We can arrange free transfer from and to Innsbruck airport or train station.