



An Austrian Beauty

Park Igls Mayr

With summer-time in full swing retreats, travel may be on your mind. There is now a growing and fashionable trend to get away - and give your mind and body a rest. Not only this, but to give it to specialist nutritionists, doctors and a whole host of therapists – all while settling down in a beautiful sanctuary. Park Igls Innsbruck Austria has built up a sound reputation for offering excellent detox and related programs. If you want to detox or just to get a health M.O.T. then this the place to go to. Park Igls is situated in the peaceful and stunning Tyrol area of Austria.

The Medicine ethos at Mayr is based around the legendary 20th century work of Franz Xaver Mayr. He recognised that the digestive system was the root cause of many lifestyle diseases. The Park Igls Mayr clinic in the Austrian Tyrol is the pioneer of Modern Mayr Medicine and offers guests a ground-breaking blend of conventional and complementary medicine, as well as excellent diagnostic services to set them on the path towards a better quality of life. This holistic approach focuses on detoxifying the digestive system as a central precondition for maintaining health and fitness. A foundation of Park Igls' detox therapy

and healthcare is a nutritious diet that is informed by the latest scientific findings: Modern Mayr cuisine offers a personalised eight-stage diet plan with meals of the highest culinary standards. The point is to avoid hunger, self-denial and calorie counting.

The Modern Mayr Medicine diet is a complete way of life: living healthily for the long term, cutting out things that are bad for us, but without sacrificing the pleasures of good food. As well as resting the digestive system, it focuses on slowing down the mind. Exercise is another extremely important part of Modern Mayr Medicine at the Park Igls. There are various opportunities for exercise based on the five pillars of fitness: cardiovascular, strength training, sensorimotor coordination, flexibility and relaxation. As well as Yoga, kybun®, sling training, interval walking, Balance Your Body and CrossFit training, there are also outdoor activities and personal training sessions on offer.

The Mayr Medicine ethos is a holistic one and is not based primarily on curing the symptoms of disease but focus is given especially to detoxifying cleansing and improving gut function. This in turn cleanses the internal body and consequential benefits include a

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regenerated body and in turn this has a beneficial and immediately recognisable impact on one's health. The Mayr Clinic works closely with Innsbruck University Hospital and a whole range of well qualified specialist consultants – offering expertise of the highest quality. Guests can expect a thorough examination and up to date medical tools to detect and control underlying chronic disease at an early stage- before it becomes toxic. The diet and exercise plan is personalised to your individual needs and disposition. The medical check-up undertaken by a Mayr Physician will form the basis of the personal prevention treatment plan that is drawn up for you (to be followed during your stay there). Depending on the package that you book into – you can expect regular medical check-ups and are provided with results that show tangible results.

Mayr has specialist expertise in gut-health and is perfect for anyone who is experiencing or suffering digestive related problems including burn-out syndrome, allergies and food intolerances A whole range of conditions are skilfully treated by the doctors and therapists working at the clinic. There are different types of programs on offer according to your budget. The 1 week Mayr Intensive therapeutic module includes: Initial examination – integrated health check / 1 medical check – manual abdominal treatment / 1 bioimpedance measurement (lean tissue, water and body fat) / Expanded laboratory blood tests / 4 partial body massages / 2 full body massages / 1 liver compress with beeswax / Concluding examination / Daily Kneipp treatments / Modern Mayr cuisine diet



Photo Credit: Park Mayr





plan / Mineral water, herbal teas and base broth / Group exercise sessions, anti-stress exercises, lifestyle management and mental coaching / Lectures all undertaken in beautiful surroundings. There's also a whole range of activities and therapies on offer including yoga, hiking, Osteopathy, Craniosacral therapy, Haemo-Laser® therapy, Gait analysis, walking and reflexology. And best of all the super clean mountain air that surrounds the Mayr Clinic is absolutely priceless and so good just to breathe in. We checked in YOGA Magazine Editor into a 1 week Intensive module. He found the retreat refreshing and different. The natural landscape and especially the cool, crisp and oxygenated air that imbues itself throughout Park Mayr were beneficial to the health. His meetings with the therapists and doctors was constructive and they offered latest up to date medical examinations, but also at the cutting edge of medical procedures. This wasn't a case of a quick consultation but there was also ample opportunity to attend lectures and talks about the body and mind backed up with evidence and research. The detox

programme was challenging at times. Getting away from a busy city life to a Park Mayr Clinic takes a day or so to adjust, but once there the programme does what it promises – to help you detox the body . Be prepared for after detox symptoms because this is not a 'seaside sit in the sun' experience. Overall our Editor looked totally cleansed out and his skin also looked as if it had been totally refreshed. You should schedule in at least 24 hours on your return home - to adjust the body and temperature, diet back to your day to day activities. Park Mayr are so good they even provide pre-travel advice on how to prepare for the visit so that your body can adjust to the new surroundings. The literature provided is excellent and very informative and it's no surprise at all that Connoisseur Circle travel magazine (2018) presented Austria's 222 best hotels and Park Igls is among their 21 top spa hotels. The Condé Nast Traveller Spa Guide 2019 lists Park Igls Mayr clinic among the world's 35 best spas and the Daily Telegraph referred to it as the "serious business of relaxation".

At the Mayr Clinic there is also a rigorous approach to eating an





alkaline based diet. Special focus is given to eating at the right time of the day and the regional, organic origins of the food. The Mayr physicians will guide you on what to eat, but also more importantly how to eat – such as chewing more and eating slower will promote good health. You can expect to be provided with information on how to improve your fitness and also how to look after your own well-being. The Mayr Clinic has its own stunning and unique park filled with birches, limes and as mentioned above mountain views. It really lives up to its reputation, as a place of healing.

SUITABLE FOR: Those who value the highest level medical expertise and a wide range of diagnostic services and treatment options. Gourmets who don't want to sacrifice the pleasures of good food even when fasting. Fitness enthusiasts who value a comprehensive exercise programme during their detox stay and those interested in prevention. Modern

Mayr Medicine focuses particularly 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, obesity and many other conditions.

WE RECOMMEND: The one-week Mayr Intensive therapeutic module is perfect for anyone looking not only to lose weight, but also to improve their health on a comprehensive basis. The Mayr Intensive module enhances detoxification while at the same time releasing pressure from the joints and cleansing the body's connective tissue.

THE MAYR INTENSIVE THERAPEUTIC MODULE

INCLUDES: Initial examination – integrated health check / 1 medical check – manual abdominal treatment / 1 bio impedance measurement

(lean tissue, water and body fat) / Expanded laboratory blood tests / 4 partial body massages / 2 full body massages / 1 liver compress with beeswax / Concluding examination / Daily Kneipp treatments / Modern Mayr cuisine diet plan / Mineral water, herbal teas and base broth / Group exercise sessions, anti-stress exercises, lifestyle management and mental coaching / Lectures.

**Price: 1 week Mayr Intensive
€1,723 person excl.
accommodation (from €148
pp/night in a double room)**

**Valid to 14 December 2019.
Advance reservation is
essential.**

**Reservations:
www.park-igls.at
+43 512 377 305**