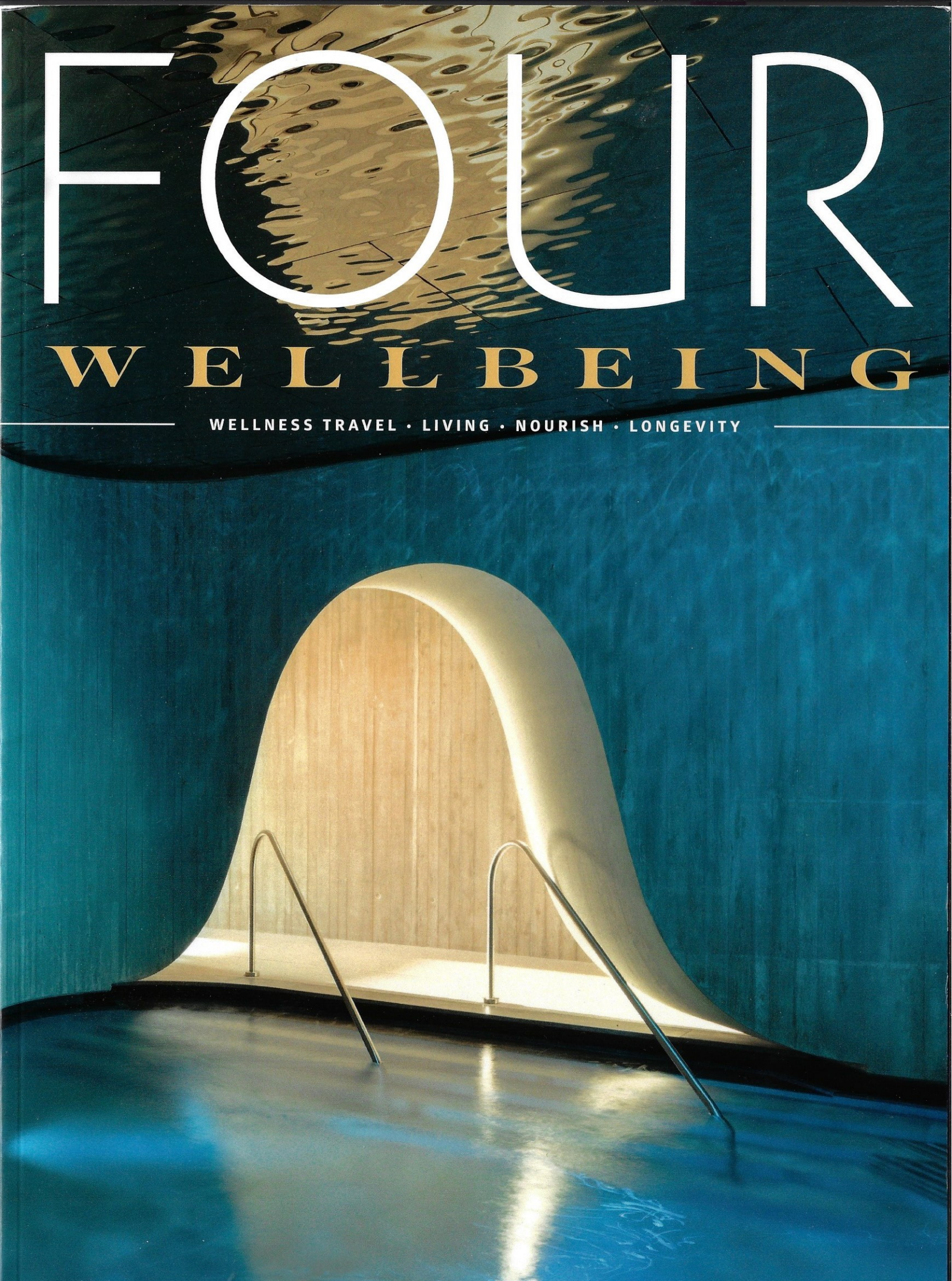


# FOUR

## WELLBEING

WELLNESS TRAVEL • LIVING • NOURISH • LONGEVITY







# Boost Your SENSES

Regular, medically supervised fasting doesn't just support overall health—it can also sharpen the sense of taste. It's no wonder gourmands, top chefs, sommeliers, and food critics often turn to fasting retreats to fine-tune their palates.

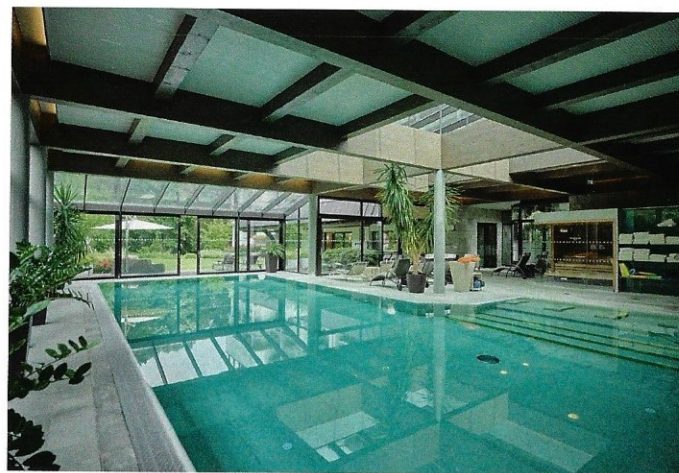
**P**ark Igls Medical Spa Resort in Innsbruck, Austria, one of Europe's leading wellness retreats, is the place to be. Those who check into this renowned, luxurious, and internationally award-winning hotel for 10 to 14 days or longer usually do so for good reason. First, it's to take a conscious time-out. Second, it's to actively and proactively do something for personal health. And third, it's to enjoy the highest level of discretion and medical expertise.

This privately run medical spa resort, located in a magnificent natural setting blessed with invigorating fresh air and glorious views of the surrounding mountains, specialises in medical diagnostics and therapy. Which method is practised here? Conventional »





## NOURISH



PREVIOUS SPREAD, CLOCKWISE FROM TOP LEFT Park Igls is set on a sunny alpine plateau above Innsbruck © Park Igls; Modern Mayr Cuisine at Park Igls © David Johansson; yoga in the park © Park Igls.

CLOCKWISE FROM ABOVE Indoor pool at Park Igls; treatments at Park Igls are performed by expertly trained professionals; guest suite at Park Igls © Fred Einkemmer.

« university medicine combined with Modern Mayr Medicine, which is based on the traditional Mayr cure according to Austrian physician Dr. Franz Xaver Mayr. The tenets of his methods are supplemented with modern procedures. Rather than combating symptoms, the focus is on identifying the underlying causes.

People from all over the world travel here to maintain and revitalise their health. Alongside therapy concepts for treating typical lifestyle diseases such as migraines, obesity, back pain, burn-out, and type-two diabetes, the most common reasons guests come back regularly are for prevention, comprehensive medical checks by experts from all medical disciplines, and classic detox and fasting cures. This also includes top chefs, sommeliers, and others who rely on an excellent sense of taste for their profession. The reason? They take advantage of a tremendous side effect resulting from cleansing and fasting cures, namely, the sharpening and heightening of the sense of taste.

“Few people are aware that conscious fasting allows us to perceive tastes much more intensely and in a differentiated manner—even weeks and months after completing a fasting cure. Top chefs and top sommeliers are well aware and take advantage,” explains Dr. Peter Gartner, Head Physician and Medical Director at Park Igls.

Especially when it comes to sweet and salty foods, the sense of taste reacts much more sensitively after consistent periods of fasting. “Throughout the year, our sense of taste is constantly exposed to stimuli,” says Dr. Gartner. “A 10- to 14-day fasting cure greatly reduces the stimuli by either not eating any food at all over a certain period of time or by consuming only consciously selected, natural foods, such as Modern Mayr Cuisine. This allows the sense of taste to recover, and it is noticeably sharpened. This effect can be quite long-lasting.”

Working in collaboration with the expert medical team, chef Markus Sorg has created his signature Modern Mayr Cuisine exclusively for Park Igls. The eight-stage dietary programme involves alkaline-based, low-carb meals prepared with organic ingredients and adapted to each guest's needs. Every dish is beautifully presented, tasty, and satisfying. This approach to nutrition, exclusive to Park Igls, helps guests embark on a pathway to healthy living.

All programmes at Park Igls are administered under close medical supervision. They always begin with an initial medical examination by a competent and empathetic team of doctors. Based on this examination, an individually tailored therapy programme and dietary plan is created for each guest. This includes both the nutritional classification of the diet and the therapeutic treatment programme with recommended sports activities for the duration of the stay. Everything is personalised, just as discerning guests demand.

“At least 10 days should be set aside for this kind of healthy time-out. Two to three weeks are better, as this improves the results considerably,” advises the Head Physician.

Discretion, cordiality, and high-level medical competence, therapy, and diagnostics have made Park Igls one of the leading medical spas in Europe. With just 51 rooms and suites, this four-star hotel is the ideal setting to recharge your batteries and undergo a medical check-up in a private, discreet atmosphere. It's also worth mentioning that there is a high rate of returning guests, owing to the fact that the staff at Park Igls do a lot of things the right way with peerless attention to detail and communication. ■



leading you  
to a healthier  
lifestyle



park-igls.at – the place to be

Park Igls   
MEDICAL SPA RESORT

