

# platinum

LIVE, LOOK, AND FEEL FABULOUS

## It's Julia!

Oscar tipped, shining bright, still got it

**PLUS!**

Your 2025 review: learn the lessons to supercharge 2026

## Health Reboot

Sleep deeper, beat the bloat, double your energy

## 'How I Became a Model at 53'

One woman's inspiring story

## Fabulous at Any Age

How to dress for the woman you are now

## Comfort Food Cure

Stop feeding your emotions, start feeling better

## SMALL CHANGES Big Calm

Try micro steps, not massive goals, in the 1% wellness experiment

## Adventure time!

Escape the ordinary with adventures that rejuvenate body, mind and spirit, from alpine wellness to London's chicest cultural stays.

**P114** Reset your body and mind with a wellness holiday that swaps indulgence for restoration at the Park Igls Medical Spa Resort in Austria.

**P120** Explore London's cultural heart, from world-class art at the V&A to chic cocktails at The Other House, your perfect design-led escape.

IMAGE: PARK IGLS





# Holidays for health

A holiday doesn't have to be all about excess and indulgences – quite the opposite, it can be a unique opportunity to reset your body and kickstart a healthier lifestyle.



Gentle activities like yoga are part of daily movement at Park Igls.

The sun is glinting off the narrow stream as it flows between the grassy banks. Crystal clear, it has travelled down from the Austrian Alps, which frame the idyllic landscape: a pretty picture of wooden chalets, green fields and the odd goat, whose presence is signalled by a bell around its neck. In front of me a lady is removing her shoes and socks and rolling up her trousers – I follow her lead. Part of the stream here is diverted into a narrow channel, edged by handrails and paved underfoot for safety. We take turns in wading through the cold, fresh water, which comes up to our knees. This is the gentler alternative to the Wim Hoff method. Just wading through this water three times daily, as many people do on their morning walks, can stimulate circulation, reduce inflammation and support lymphatic flow, according to Kneipp hydrotherapy, which is based on the teachings of Sebastian Kneipp.

It's hard to picture people doing this in the UK, but this part of Austria, just a 15-minute drive from Innsbruck, exudes a healthy lifestyle. Twice home to the winter Olympics, it offers great skiing, trekking, cycling, climbing and running, and the mountain air and clean mineral water that comes out of the taps here all combine to make you feel like good health is entirely possible!

## WHERE MEDICINE MEETS THE MOUNTAINS

At the heart of this healthy community is the beautiful Park Igls Medical Spa Resort. This is the leading health retreat for the Modern Mayr Method, an evolved version of the natural therapy programme pioneered by Austrian physician Dr F. X. Mayr over a century ago. The central philosophy is that many chronic health issues originate in the digestive system, and healing the gut can bring the body back into balance. The resort combines this with diagnostics, modern preventative medicine and natural therapies to create programmes to put people back on the path of a healthy lifestyle.

The structured medical programme, combining digestive rest, mindful eating, an alkaline and seasonal diet based on individual needs, medical monitoring and supportive therapies including massage, hydrotherapy, physiotherapy, herbal medicine and supplements along with gentle movement, aims to create not just a short-term detox, but long-term digestive optimisation, improved energy, immune resilience and emotional balance.

## A SYSTEM RESET

Like many guests, I've arrived with a high level of stress, causing poor sleep and subsequent fatigue. Our fast-paced modern lifestyles can lead to a cascade of symptoms including insomnia, poor





immunity, inflammation, skin issues, anxiety and hormonal imbalances. In the long term, this heightened state can make us more susceptible to serious diseases, but it's hard to break bad habits and old patterns back home surrounded by temptations and demands. This is why coming away to make an investment in our health in a supportive environment where you can completely focus on a reset can have a positive impact that can last years.

Guests can choose a programme that focuses on various areas, such as detox, destress or sleep issues, amongst others, but the fundamental underlying principles are the same throughout. The idea is to rest and reset the digestive system, along with the body and the mind, whilst supporting this with detoxing and system cleansing, education, alternative practices, gentle exercise and mindfulness support.

On arrival, all guests receive a medical consultation so that each programme can be individually tailored based on diagnostic testing, lifestyle assessments and personal health goals. Our small group has signed up for the classic detox week, however, once each person has seen the Mayr doctor, their programme is adapted to suit their specific needs.

#### LAYING THE FOUNDATIONS

Positioned as a preventative health investment, not a luxury escape – despite offering the trappings of a stylish hotel such as a pool, spa, huge sauna area, gym and pretty gardens

along with Nordic style rooms, all with their own private balconies and stunning views – this is primarily a health centre and you won't find any alcohol or caffeine served in the restaurant. What's interesting is that you don't miss it. The food is so good, the setting so beautiful and the programme full of activities and incredible massage treatments, that it feels like a treat, even though everything you are doing is aimed at improving your health and quality of life.



## The Six Principles of Modern Mayr Medicine

**1 Rest** Central to the method is resting the digestive system. Through reduced food intake, simpler meals and mindful eating, the gut is given time to recover. Physical rest and good sleep also support regeneration.

**2 Cleansing** This focuses on gently eliminating waste and toxins from the digestive tract and body. This is achieved through a light, alkaline diet, hydration, herbal supplements and supportive treatments like liver compresses or hydrotherapy, all under medical supervision.

**3 Education** Guests are taught how daily habits affect long-term health. Emphasis is placed on correct chewing, eating patterns and food choices. Education includes talks, coaching and guidance to help apply the principles after leaving the clinic.

**4 Substitution** If lab diagnostics show deficiencies, then diet changes and supplements such as vitamins, minerals or probiotics may be prescribed. These help rebalance the body and support immune, digestive and metabolic functions.

**5 Exercise** Daily movement is adapted to individual fitness levels and health conditions. Supervised by physiotherapists and sports scientists, activities may include walking, stretching or gentle strength training to support circulation and detoxification, and aid recovery.

**6 Mindfulness** Mental wellbeing is integrated into the programme. Psychological support, coaching or therapies like craniosacral treatment are available. The goal is to reduce stress and promote emotional balance.



Enjoy a dip in the indoor pool, before heading outdoors...



## 'At Park Igls, your programme is adapted to suit your specific needs'

Everyone follows the basic principles of increasing water intake through a combination of mineral water, delicious herbal teas and the base broth, a warm, clear vegetable broth, all of which are made available in abundance. In addition, simple liver detoxing is encouraged with nightly abdominal wraps using a hot water bottle and a few towels. There are daily short group walks, along with a multitude of exercise classes to join, so it's easy to incorporate a new exercise routine into the day.

Bitter drops are supplied to use before eating to increase digestion, although drinking with meals is discouraged. Guests are taught to slow down and chew every small mouthful 30 times. Treating this like a mindful practice is a therapy in itself. At the beginning of the week, the food is simple to give the gut a rest, and although a complete fast is rarely prescribed, the quantity is carefully managed (everyone lost weight on the programme as a side benefit, although this is not the primary focus of the week). We are given a teaspoon with which to eat our daily soup, which helps

with the slower pace and digestion, and is easy to continue with at home.

If this sounds restrictive, it doesn't feel like that because the food is so incredibly delicious. I've never had a simple soup that was more full of flavour. Not only are meals tailored by medical nutritionists to ensure that the food is both healing and satisfying, with an emphasis on reducing the inflammatory load on the system, but they are also designed to be delicious by talented head chef, Markus Sorg, and what I ate matched any Michelin-star restaurant I've visited. In addition, I never came away with a feeling of being over full, and of course, without alcohol, there's a complete absence of hangovers!

### THERAPIES THAT SUPPORT THE BODY

Contrast therapies – alternating hot and cold treatments – are part of the daily activities here. Many people now associate hot and cold therapy with the Wim Hoff method they may have seen celebrities try on TV. However, Kneipp Therapy is a more gentle version.

...to the alpine stream for some Kneipp therapy.



A light alkaline menu is offered.



Aimed at activating the body's natural healing systems, cold water immersion has been increasingly supported by research showing its effects on immunity, mood and cardiovascular health. However, you don't have to drop into an ice-cold bath to benefit from this!

At Park Igls, Kneipp Therapy is part of the systematic detox and regeneration plan. Daily sessions involve the feet and calves, rather than the whole body, and can be either a simple outdoor session or indoor dip in the spa, with three hot footbaths, each followed by walking through cold water. Combined with the other treatments on offer, it helps to regulate the nervous system and subsequently reset your physiology.

Having five massages over one week is not only an incredibly relaxing treat, it also helps with the detox and gives the expert therapists time to release deep muscle tension, therefore helping to rebalance the body, which may help release pain and support deeper sleep. Each of the therapists bring their own area of expertise to the table, from lymph drainage to physiotherapy, and by the end of the treatments my body felt different: lighter, more relaxed and in less pain.

As the end of the week approached, I didn't want to leave. Not only were there so many other classes and activities on offer that I wanted to try, I also found it so incredibly relaxing just to focus on my health with the clinic's support.

### A SUSTAINABLE APPROACH

The appeal of Park Igls lies in its balance between clinical care, luxurious facilities and the tranquillity of the beautiful, natural setting. It's neither a punitive regime or a spa of superficial relaxation. It offers a safe, professional environment where people can step back from work, stress and screens and focus entirely on rebuilding their inner foundations. Changing habits here, like giving up sugar, alcohol, caffeine, seemed so much more simple than they did at home. In such a supportive environment, it was easy to make better choices for my health and fitness. After a final session with the Mayr doctor, my file in my hand, containing the guidance I needed on how to continue this journey at home, I knew that every moment of this week had been well spent as an investment in my health.

The goal at Park Igls is to uncover root causes, support the gut-brain axis and help the digestive and nervous systems return to a stable state. This medical-led, down-to-earth approach has now made it one of Europe's most respected centres for health-focused travel, attracting guests from all over the world. Its success lies in its clinically rooted, person-centred approach.

If you're seeking a purposeful pause, this is the perfect place.



### HOW TO BOOK

**Reservations:** Park Igls Medical Spa Resort (park-igls.at / +43 512 377305).

**Accommodation:** Standard doubles from €210 per person per night (two sharing – single supplement applies); standard singles from €217 per room per night; suites from €399 per person per night (two sharing – single supplement applies). Prices include breakfast, parking and return transfers from Innsbruck airport/station.

**Treatment programmes:** The 7-day Detox Classic programme is €2,120 per person in addition to the room rate. Price includes entry/exit/medical examinations, five massages, a personalised Modern Mayr Cuisine diet plan and extensive on- and off-site optional activities. Guests also enjoy use of the facilities and complimentary base broth, water and hot/cold teas throughout the day. Prices do not include Mayr medication.

English is spoken fluently throughout the clinic. There are direct flights to Innsbruck from Gatwick, which take just over an hour.

Wi-Fi is available, but guests are encouraged to disconnect and embrace a rest from digital life where possible.