

2012



Parkhotel Igls

Health is Central

Nutrition, Exercise & Regeneration based on the Modern Mayr Medicine



hotel Igls





Me Time

A window for my health



Quality Time

Welcome to the House in the Park

Our health is the reflection of many interconnected factors and circumstances, not forgoing a well-tuned emotional equilibrium 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 fullest can easily be combined with responsible care and prevention, including conscious decisions for regeneration. Regular ‘time out’ under medical supervision is essential to counteract chronic conditions and for the early diagnosis of slowly developing illness.

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. Well-being and good health adds up to quality time.

We look forward to supporting you in this aim at every stage – unequivocally and with long lasting results.

The Comfortable Hideaway

An ideal environment for tranquillity

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 hotel has seen fundamental renovations in 2009, including 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.

Our guests can relax in the light-flooded, spacious public areas and lounges, in our new modern spa with a pool, hydrotherapy, sauna, steam bath, relaxation areas and other facilities. In addition to the sweeping views over the Tyrolean Alps, our magnificent park with ancient lime trees, birches and spruces provides a perfect backdrop for rest and relaxation.

The destination Igls is renowned for its excellent air qualities and natural power; Parkhotel Igls is situated just a few kilometres away from beautiful Innsbruck – we organise regular excursions to enjoy the wonderful sights and cultural highlights of the city and surroundings.





The Medical Centre

Health in best hands

Prevention, nutrition and health – the Parkhotel Igls is a leading pioneer of Modern Mayr Medicine. Early diagnostics based on conventional medicine, regeneration of the digestive system and lifestyle improvement can counteract illness. Parkhotel Igls is the perfect place to achieve and maintain physical, emotional and mental health.

Every ‘time-out’ starts with an entry examination and comprehensive health check. According to the results, a thorough therapeutic strategy will be developed together with your individual therapy plan for the duration of your stay. Medical check-ups guarantee the best medical care and experienced massage therapists, professionally trained spa attendants, sports scientists, physiotherapists, health & exercise trainers and psychologists are on site to support your success.

Following the reputation of best possible early diagnosis, Parkhotel Igls collaborates with specialists from the University Clinic Innsbruck, it also offers a comprehensive diagnostic module for preventative medical care of the highest standard.

Modern Mayr Medicine

A platform for your health

Early in the 20th Century, the Austrian doctor and scientist Franz Xaver Mayr developed a theory that considerably reshaped 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 a fundamental 'root organ', the intestines supply the body with all its needs. If nutrition contains harmful additives, if the system has to cope with too much food or adverse food combinations, the bodily functions cannot fulfil their natural purpose, resulting in damaging blockages of the digestive system and connective tissue. Regular cleansing of the entire organism is an important element for the maintenance of overall health and fitness.

Hence, the regeneration of the digestive system is the main focus of our approach. A vital role is played by early diagnosis, as advocated by F. X. Mayr. However, today it is combined with the latest applications 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, eating disorders.





Nutrition

Eight stages for sustainable dieting

The various diets prepared in our kitchens are designed to unburden and protect the digestive system. The focus is on basic light Mayr cuisine, carefully prepared from organic and locally grown produce.

During the preliminary examination, the doctor establishes the nutritional level on which the initial treatment is based. The constitution of the individual as well as any potential food intolerances or allergies are taken into consideration.

An enjoyable and energy-packed diet – based on cutting-edge science – is a key element of the 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 + basic vegetable broth
4 Modern Mayr diet – food combinations
5 Modern Mayr diet – light diet menu
6 Modern Mayr diet – light diet menu + salad or dessert
7 Mayr vital diet

Exercise

Training is the best medicine

Exercise is essential. A consistent and properly managed exercise programme leads to physical and mental balance. Just 20 minutes of exercise a day strengthens the physical and mental resources on a long-term basis. That is why exercise is a vital component in Modern Mayr Medicine.

A comprehensive and diversified exercise programme is available for you – whether in the top floor panoramic fitness room, the new indoor pool, the gymnastic or relaxation rooms or just simply in the beautiful outdoors surrounding the Parkhotel Igls. Exercises include morning & evening strolls, Pilates, fat-burning, pulse-controlled cardiovascular training, Nordic Walking, Kybun training, water aerobics, stretching with a theraband, Jacobson training, Hatha Yoga and athletic excursions within the region, to name but a few.

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.





Regeneration

An energy boost

Here at Parkhotel Igls you are 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 long-lasting results and to optimise your energy balance and your feel-good factor is the renowned, holistic and diagnostic concept developed by F.X. Mayr. A tailor-made nutrition and exercise plan, supplemented by consultations with our team of psychologists form your individual therapy schedule for the duration of your stay at Parkhotel Igls. This enables you to dedicate your time to regeneration and to focus on your personal needs.

From medical lectures to discussions on health topics as well as cookery courses and a wide choice of cultural excursions provide additional benefits and incentives during your stay.

Our generously proportioned and light-flooded public areas and lounges, our new spa zone and our own park filled with ancient trees are havens of rest and relaxation.

The Parkhotel Igls

Facts & figures

Location

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

The house

51 single rooms, double rooms, junior suites and suites, all with balconies overlooking the Tyrolean Alps. Spacious and bright communal areas. 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 section, soft pack system, sleep diagnostics, medical reception

Exercise & relaxation

Top floor panoramic fitness room, gymnastic room with exterior decking and park access, 15 x 6-meter indoor swimming pool with hydrotherapy – overlooking the park, sauna, textile sauna, steam bath, infrared cabins

Meditation and relaxation rooms, loggia with reading corners

Three golf courses nearby

Cosmetics at Parkhotel Igls

120 sqm cosmetics department

General facilities

Library, lounge with open fireplace, lecture room, boutique

Underground car park

38 spaces in the large underground car park





Hotel rates

Price list in Euro, excluding therapy modules

Single rooms

Standard	<i>(approx. 20 sqm)</i>	135
Superior	<i>(approx. 24 sqm)</i>	165
Deluxe	<i>(approx. 38 sqm)</i>	275
Deluxe plus*	<i>(approx. 38 sqm)</i>	305

Double rooms

Standard	<i>(approx. 28 sqm)</i>	130	<i>(single occupancy surcharge 50)</i>
Superior	<i>(approx. 33 sqm)</i>	150	<i>(single occupancy surcharge 60)</i>
Deluxe	<i>(approx. 43 sqm)</i>	220	<i>(single occupancy surcharge 90)</i>

Suites

Junior Suite	<i>(approx. 45 sqm)</i>	205	<i>(single occupancy surcharge 80)</i>
Suite	<i>(approx. 64 sqm)</i>	325	<i>(single occupancy surcharge 130)</i>
Suite plus*	<i>(approx. 64 sqm)</i>	345	<i>(single occupancy surcharge 130)</i>

Prices listed are per person per day including breakfast and underground parking.

Modern Mayr Cuisine, the exercise programme and treatments are not included.

Price discount: 5% discount as of 2 weeks, 10% discount as of 3 weeks. All rooms are equipped with a safe, flat screen TV, free Internet access, bath and/or shower and bidet.

Some rooms are wheelchair accessible.

**with own infrared cabin.*





The Therapy

Your individual health plan – an overview

Depending on the main focus of the treatment, guests are guided to select one of our five treatment modules as the basis of their stay at Parkhotel Igls. An additional diagnostic module and a wide selection of optional services make it possible to create an individual programme.

Treatment modules

Mayr-Classic Page 26

Mayr-Intensive Page 27

Metabolism and Detoxification Page 28

Musculoskeletal System Page 29

Heart & Circulation Seite 30

Diagnostics module

Super Medical Check Page 31

Individual services (prices on p. 32)

Doctors' services and medical therapies

Diagnosis

Physiotherapy and massages

Physical treatments & bath applications

Fitness

Kybun

Golf

Cosmetics

The Basic Programme

1 week for €800

The Basic Programme is a fixed component for all treatment modules and is normally combined with a therapy module. However, this module can also be combined with individual services instead of a complete module.

Medical services

- *Entry examination and comprehensive health check-up (30 min.)*
- *Medical check-up and manual abdominal treatment (20 min.)*
- *Final examination (30 min.)*

Basic services

- *Daily hydrotherapy treatments (Kneipp Circuit)*
- *Modern Mayr cuisine adapted to individual diet requirements*
- *Mineral water, herbal tea & vegetable base broth*
- *Group exercise & relaxation training*
- *Presentations & information sessions*
- *Free use of the pool, sauna & gym facilities*

Each additional week €710

Price excludes accommodation (see page 21)

Duration of your therapy: We recommend a minimum of two weeks, ideally three weeks to achieve visible results and health improvement, but even a one week stay can provide notable improvement of existing conditions and greatly increased well-being.

Mayr-Classic

1 week including the Basic Programme for €1,010

Fit and healthy thanks to a medically supervised time-out! This therapy module offers the ideal introduction to Modern Mayr Medicine.

- *Basic Programme (see page 25)*
- *5 partial massages, each 25 min.*
- *1 metabolism & detox bath*

Each additional week €930

Price excludes accommodation (see page 21)

Mayr-Intensive

1 week including the Basic Programme for €1,380

This module is the ideal concept for guests who are intent on maximum improvement and wish to optimise their overall health condition. The Mayr-Intensive is designed to further increase detoxification through customised bath applications and massages. Simultaneously, the pressure on joints is eased and connective tissue is cleansed. The essence of this module is a demonstration of the Mayr Medicine philosophy in its purest form – guests invariably become more receptive to new inspiration and impulses.

- *The Basic Programme (see page 25)*
- *Additional medical check-up and manual abdominal treatment (20 min.)*
- *Bioimpedance measurement; i.e., cell mass, body fluid and body fat*
- *Extensive blood tests or blood health checks*
- *3 partial massages, each 25 min.*
- *2 full massages, each 50 min.*
- *Continuous shower massage*

Each additional week €1,110

Price excludes accommodation (see page 21)

Metabolism & Detox

1 week including the Basic Programme for €1,560

We recommend this module for guests suffering from diabetes, high cholesterol, increased uric acid, any form of allergy, skin complaints, food intolerances, lack of energy, burn-out symptoms and sleep disorders; hence, we conduct a series of thorough laboratory tests at the outset of this module. The chronic nature of these complaints can frequently be curbed with the implementation of well targeted treatments, thereby restoring overall health. This is achieved through a comprehensive dietary and therapeutic detoxification of the body and through active stimulation of the metabolism. The results of numerous medical tests form the basis of this programme. Our goal is to increase your quality of life.

- *The Basic Programme (see page 25)*
- *Bioimpedance measurement; i.e., cell mass, body fluid and body fat*
- *Extensive blood tests*
- *Blood health check (dark field)*
- *Oxidative stress measurement*
- *1 personal fitness training session (25 min.)*
- *3 partial massages, each 25 min.*
- *2 full massages, each 50 min.*
- *1 metabolism & detox bath*
- *Continuous shower massage*

Each additional week €1,180

Price excludes accommodation (see page 21)

Musculoskeletal System

1 week including the Basic Programme for €1,350

This module focuses on the treatment of back and joint discomfort. Tension and muscular imbalance frequently leads to back pain and posture problems, as a result of stress, inadequate exercise and the resulting atrophy of muscle groups as well as unhealthy nutrition. In this module, Modern Mayr Medicine is applied with specific treatments for the back as well as healing baths and packs. Our team of physiotherapists and doctors consistently work with our guests to develop a systematic programme that can be continued at home. It is our aim to ensure that guests rediscover ease of movement and a pain-free existence both at Parkhotel Igls and at home.

- *The Basic Programme (see page 25)*
- *Bioimpedance measurement; i.e., cell mass, body fluid and body fat*
- *Physiotherapy assessment (50 min.)*
- *Physiotherapy session (25 min.)*
- *3 partial massages, each 25 min.*
- *2 full massages, each 50 min.*
- *2 combination heat packs (hay flower & moorland mud)*
- *1 metabolism & detox bath*

Each additional week €1,220

Price excludes accommodation (see page 21)

Heart & Circulation

1 week including the Basic Programme for €1,530

In addition to a genetic predisposition, adverse habits, such as smoking, imbalanced nutrition and lack of exercise, are deemed to be the main causes for heart and circulatory disorders. Hence, this module combines F. X. Mayr's healthy weight reduction diet with gentle exercise therapy, to counteract predominant risk factors including stress, high blood pressure, overweight, elevated blood lipids, increased uric acid levels, diabetes or arteriosclerosis. It is our aim to significantly improve the values of these factors as part of the module. Here we start with an extensive test programme followed by individually-tailored treatments to ensure long lasting benefits for our guests.

- *The Basic Programme (see page 25)*
- *Bioimpedance measurements; i.e., cell mass, body fluid and body fat*
- *ECG at rest and under pressure*
- *Spirometry (lung function)*
- *Oxidative stress measurement*
- *3 individual pulse-controlled heart & circulation training sessions, each 25 min.*
- *3 partial massages, each 25 min.*
- *2 full massages, each 50 min.*

Each additional week €1,110

Price excludes accommodation (see page 21)

Super Medical Check

Comprehensive diagnostic module excl. Basic Programme for €1,900

In addition to the basic diagnosis at the beginning of any treatment, we are pleased to offer a supplementary, ultra-comprehensive diagnostics module. We recommend this module to our guests who wish to have an analysis for their body's most crucial functional processes and to receive an assessment regarding any potential risk factors as part of a situation analysis. This module offers preventative medical care of the highest standard.

- *Kinetic check (50 min.)*
- *Extensive blood tests including hormone status*
- *Urine test (plus sediment)*
- *Blood health check (dark field)*
- *Oxidative stress measurement*
- *Ultrasound of abdominal organs and vessels*
- *Ultrasound of brain-supply vessels (carotis)*
- *Ultrasound of thyroid gland*
- *Ultrasound of prostate and female breasts*
- *ECG at rest and under pressure*
- *Echocardiograph*

Collaboration with University Hospital Innsbruck

According to requirements and individual circumstances further diagnostic options are available on-site. In addition, a full range of the latest diagnostic methods is available in collaboration with University Hospital Innsbruck.

Individual services

All prices in Euro

Gastro-intestinal diagnosis

Breath test (fructose or lactose intolerance)	60
Helicobacter-Pylori-C13 breath test	112
Fungal infection, allergy test (applied Kinesiology)	137
FoodSCAN Indicator	30

Ultrasound diagnosis

Carotid arteries (Carotis)	278
Thyroid	167
Abdominal organs	278
Abdominal organs and vessels	390
Prostate or breasts (mammary glands)	167

Metabolism diagnosis

Normal blood tests	140
Extensive blood tests	200
Hormones - female	75
Hormones - male	95
Tumour marker	on request
Oxidative stress measurement	58
Blood health check (dark field)	137

Heart & circulation diagnosis

ECG at rest	95
ECG at rest and under pressure	264
Echocardiography	278
Spirometry (lung function)	52

Medical services & therapies

Long neural therapy	97
Short neural therapy	58
Special medication (neural therapy)	12
Acupuncture or laser acupuncture	86
Infusion with active oxygen	119
Medical phlebotomy	45
Infusion therapy, subject to addition:	
– Vitamin C	55
– Pick-me-up	113
– Base	89
Anti-wrinkle treatment w/ Restylane injection (small)	418
Anti-wrinkle treatment w/ Restylane injection (large)	524
Sleep diagnostic	995
Ophthalmological examination	189
ENT and Skin examinations	on request

Psychotherapy services

Conversational therapy (50 min.)	146
Mental nutrition coaching	146
Nicotine treatment (60 min.)	220

Physical treatments & bath applications

Metabolism-detox bath	37
Continuous shower massage	52
‘Schiele‘ circulation bath	23
Heat pack (hay flower or moorland mud)	37
Colon hydrotherapy	160
Terra-Vit full body wrap	119
Curd cheese wrap	21
Vein wrap	49
Cleopatra wrap	46
Body wrap (firming or anti-cellulite wrap)	64
Thalasso pack	107
Peeling with oils	46
Detoxifying and purging body packs	46
<i>Alpine Pine Tree (breathing)</i>	
<i>Alpine Mountain Pine (blood flow – joints)</i>	
<i>Alpine Fir (muscle tension – colds)</i>	
<i>Alpine Spruce (rheumatism)</i>	
<i>Hydro-pack (skin)</i>	
Inhalation treatment with selection of ingredients	19
Nose therapy with essential oils	18

Physiotherapy

Physiotherapy diagnosis (50 min.)	102
Physiotherapy (25 min.)	51
Kinetic check (50 min.)	102

Exercise & Fitness

Personal fitness training (50 min.)	77
Personal fitness training (25 min.)	42

Medical massages

Special massage (80 min.)	102
Full massage (50 min.)	77
Partial massage (25 min.)	42

*Classic massage**Lymph drainage**Connective tissue massage**Detox massage**Cranio-sacral therapy**Structural integration**Intensive back massage**Dorn-Breuss method**Deep massage based on the Dr Marnitz method**Acupuncture massage based on the Penzel method**Foot reflexology**Salt massage*

Kybun®

The innovative walking method exclusive to Parkhotel Igls

The term 'Kybun' comes from Korean and means 'well-being'. Kybun was developed by Karl Müller from Switzerland, the inventor of the MBT shoe and running technique, on the basis of modern research in biomechanics. Kybun highlights the relationship between the brain, nerves and muscular system, promoting prophylaxis, regeneration and rehabilitation.

Standing and walking on a soft surface with the help of 'KyBouncers' trains strength, endurance, coordination and balance. Any physical discomfort is subsequently dampened and can be properly treated. The coordination and invigoration therapy, a main component of the Kybun philosophy, fosters inter- and intra-muscular training. This creates harmonic relaxation, leading to overall balance. Micro-activities support bodily awareness and sensory motor function, stimulating the healing process. The multifaceted Kybun technique is ideal as a supplementary therapy following an injury or operation.

Individual services

- Personal Training Kybun (50 min.) € 77
- Personal Training Kybun (25 min.) € 42

Our top floor panoramic fitness room is equipped with a 'KeyBouncer Parcours' and KyTrainers – related treadmills of a very different kind. The kyBoot, a revolutionary comfort shoe with the innovative walk-on-air-sole also developed by Karl Müller, is available at the Parkhotel Igls boutique. They are gentle on the joints and train leg, foot and trunk muscles in everyday life.





TheMedGolf®

Make it a pain free & perfect swing

Over 60% of all golfers suffer from some element of pain due to incorrect posture or muscular imbalance. Parkhotel Igls is Austria's only TheMedGolf® institute and offers a golf specific training programme combining medical and physiotherapeutic elements.

The MedGolf® training concept entirely conforms with the complex needs of the game. A repeated incorrect swing can lead to chronic back pain or strains in elbow and wrist. Are you an advanced handicap golfer? Our training programme can assist you by analysing recurring mistakes and correcting movements. Are you a beginner? We can help you from a medical and a technical point of view to get into the sport with the right moves.

TheMedGolf® Offer

- 1 x TheMedGolf® function analysis
- 3 x TheMedGolf® personal training sessions, each 50 min.
- 4 x TheMedGolf®-personal golf training with a pro (incl. range fee and balls)
- 3 x TheMedGolf® pre-shot gymnastics

Price for 1 week, € 740 per person, plus basic arrangement of € 77 per person, excluding accommodation. As a founding member of the golf club in Innsbruck-Igls, Parkhotel guests are entitled to reduced green fees.

Individual services

Golf training with a pro (60 Min.)	€ 65
One-day-Greenfee	€ 49
Three-day-Greenfee	€ 109
Five-day-Greenfee	€ 160

Three golf courses and a driving range are located near Parkhotel Igls. There is an 18-hole champion course in Rinn, 9 easier holes at Sperberegg in Lans and the Olympia Golf Igls, the first 'pay and play' golf course in Tyrol with a driving range.

Detox-Cosmetics

Holistic treatments at Parkhotel Igls

The Detox Beauty Programme harmonises rejuvenation and a detoxification process. ‘Cosmetics at Parkhotel’ provides support for the activation of body cleansing energy programmes, improving your skin and optimising your figure.

We offer a range of different programmes throughout the duration of your stay and look forward to tailoring a programme for your individual needs.

You can download further information regarding treatments and rates at www.parkhotel-igls.at under Cosmetics.

Facials

Treatments for detoxification, relaxation & anti-ageing, Derma-cosmetics from Reviderm with microdermabrasion, Teleangitron – removal of spider veins, make-up and special treatments for men.

Hands & feet

Medical pedicure, ionic footbath with deep relaxation, manicure, pedicure

Hair removal

Body treatments

Detoxification, purification & cellulite treatments, detox-purifying pack with vacuum drainage, tightening treatment with ultrasound, relaxation applications.

Our Detox-Beauty-Programme promotes a holistic cosmetic range, developed in harmony with nature, for healthier and firmer skin with a youthful glow. Following a detailed analysis, your individual needs are identified and a specific care concept developed — not only for the benefit of the skin but also to aid overall recuperation and relaxation.



Additional information

Vital Club

Complimentary Health Club membership offers our guests attractive incentives, such as reward vouchers for recommending the hotel to friends, as well as bonuses for regular guests.

Your beloved pets

Charges: €20 per day per dog in its own basket, food not provided. An additional €80 charge applies for special cleaning. Dogs are not permitted in the communal areas, hotel park or medical department. Please ask for details.

Arrival & departure

Arrival on Sundays is recommended; check in as of 2pm. We greet our guests at 6pm with a welcoming dinner and an introductory presentation at 7.30pm. Checkout is before 11am.

Transfers

Complimentary transfers to or from Innsbruck airport and the train station can be arranged.

Terms & conditions

Rates are applicable until 15 December 2012, they are per person per day including all taxes and fees. Payment methods: bank transfer, cash, EC card, Visa, MasterCard, Amex, Diners.

Cancellation policy

30 days 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 seasonal offers, modules and fixed room reservations. General Austrian hotel contract terms and conditions apply.

Your first visit to Parkhotel Igls

We recommend that you prepare for your stay at Parkhotel Igls at least one week prior to arrival, thus becoming familiarised with the intensive therapy and thereby reducing any adverse reactions. Please see www.parkhotel-igls.at for further information.

Sorry, no smoking.

The Parkhotel Igls is a smoke-free zone.



ÖBB
TRAINS

Innsbruck

A 12

SALZBURG (✈ 90 MIN)
MUNICH (✈ 120 MIN)
GERMANY

A 12

ARLBERG
GARMISCH-PARTENKIRCHEN
SWITZERLAND

EXIT INNSBRUCK-MITTE

Vill



Igls

Parkhotel Igls

Health is Central

EXIT PATSCH-IGLS

Patsch

Arrival by car:
Exit 'Innsbruck Mitte' on the A12
Exit 'Patsch' on the A13

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

BRENNERO
BOLZANO
ITALY

A 13





Parkhotel Igls

Current Awards
TATLER Spa Award «Best of the Best» 2011
Awarded inclusion in Tatler Spa Guide 2012
Relax-Guide 2011 – 18 points (outstanding)
International Association of Mayr Doctors
Quality mark Tirol-Q

Parkhotel Igls
Health is Central
Igelerstrasse 51
6080 Innsbruck-Igls
Austria
Tel +43 (0) 512 377 305
Fax +43 (0) 512 379 225
info@parkhotel-igls.at
www.parkhotel-igls.at



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