



Hotel Igls  Parahotel Igls

Health Retreat Parkhotel Igls

Your place for new beginnings

Our 'House in the Park' is an oasis of comfort and luxury. Located just a few kilometres from Innsbruck, this area is renowned for its energy boosting qualities due to our excellent climate and the spectacular Alpine setting. The Parkhotel Igls was completely renovated and expanded in 2009 and has since emerged as a leading health retreat in Central Europe. Guests enjoy superb facilities, luxurious accommodations and top-class service in a spacious, light-flooded environment with a wide choice of treatment, exercise and regeneration options.

Regular time-out under expert medical supervision is a widely accepted and increasingly popular way to treat chronic conditions or to prevent the onset of illnesses. At Parkhotel Igls we are highly experienced and specialised in dealing with key issues such as stress, burnout syndrome, eating disorders, allergies, breathing problems and back discomfort.

Almost 100 years ago, the Austrian doctor and scientist FX Mayr – a leading pioneer of preventive medicine – found that most recurring civilisation illnesses originate in the digestive system. Indeed 80% of all chronic disorders are the result of improper nutrition and lack of exercise. Consequently, the regeneration of the digestive system is the basis of our treatment modules at Parkhotel Igls today. We promote a revolutionary combination of conventional and alternative medicine and match it with an individually tailored diet and exercise plan. Our guests experience quantifiable success with their chosen treatment plan, designed to give lasting benefits well beyond their 'time-out' at Parkhotel Igls.

Three Pillars for your Health

based on the Modern Mayr Medicine



Modern Mayr Cuisine offers light, natural and organic nutrition on the highest culinary level. 8 different stages for sustainable dieting are suggested, from tea fasting to a Modern Mayr menu including a salad or dessert. During the medical entry consultation your individual nutrition plan will be discussed and defined. Internal cleansing is promoted with spring water, herbal teas, vegetable broth and bitter water.



Essential exercise is available with a wide range of state of the art fitness equipment and facilities, from a gym and a swimming pool to pulse-controlling cardiovascular training, water aerobics, Kybun training and morning strolls. And of course there are endless choices of outdoor activities with which to enjoy the magnificent landscape of Igls. A consistent exercise programme is essential for physical and mental balance.



Regeneration is guaranteed in our new modern spa with a unique, landscaped indoor pool featuring hydrotherapy and relaxation zones, sauna, textile sauna, steam bath, infrared cabins and a substantial range of treatments and special massages. Our magnificent, mature park with ancient lime trees, birches and spruces, meditation and relaxation rooms and a loggia with reading corners are the perfect backdrop for rest, meditation and relaxation.

Our **Detox Beauty Programme** promotes a holistic cosmetic assortment, 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.

Therapy Modules & Prices

The Basic Programme € 800

The foundation for our range of treatments

Mayr Classic € 1,010

Introduction to Modern Mayr Medicine,
focus on diet & exercise

Mayr Intensive € 1,380

Centres on detox and overall improvement
of general health & fitness

Musculoskeletal System € 1,350

Focus on alleviating back pain, improving
posture and generally easing movement

Heart & Circulation € 1,530

Focal points are eating disorders,
nutrition imbalance & stress

Metabolism & Detox € 1,560

Ideal for those with food intolerances,
allergies, burnout symptoms, sleep disorders

*Prices are per person for one week. All modules
include the basic programme.*

*Rates for additional weeks on request. Hotel prices
are excluded, please see below.*

Hotel prices

Single rooms from €135 to €305 per day

Double rooms from €130 to €220 per day*

Suites from €205 to €345 per day*

Reduction 5% for 2 weeks, 10% for 3 weeks

*single occupancy supplement on request

Services & Facilities

Medical

Doctor's surgery, sleep diagnostics, treatment
rooms, physiotherapy & massage cubicles

Spa

Indoor swimming pool with hydrotherapy
section, sauna, textile sauna, steam bath,
infrared cabins, cosmetics studio

Exercise

State of the art panoramic fitness centre
with open air rest areas, multipurpose
fitness room with exterior decking for open
air sessions

Relaxation

Meditation and relaxation areas, tea lounge,
loggia with reading zones, ancient hotel park
with a stunning alpine panorama, rest areas
and a Kneipp foot massage circuit

Dining

Restaurant dedicated to preparing Modern
Mayr cuisine; light and delicious food based
on local and seasonal produce

Comfort

42 single & double rooms and 9 luxurious
suites, all with balconies overlooking
Tyrolean Alps, some with infrared cabins
and/or wheelchair access. Generous,
light-flooded public areas & restaurant.

Exclusive in Austria

TheMedGolf® and Kybun



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Winner of the TATLER Spa Trophy
'Best of the Best'
Top Award in the 2011 TATLER Spa Guide
for 'Hardcore Turnaround'



Parkhotel Igls

Health is Central

Nutrition, Exercise & Regeneration based on the Modern Mayr Medicine