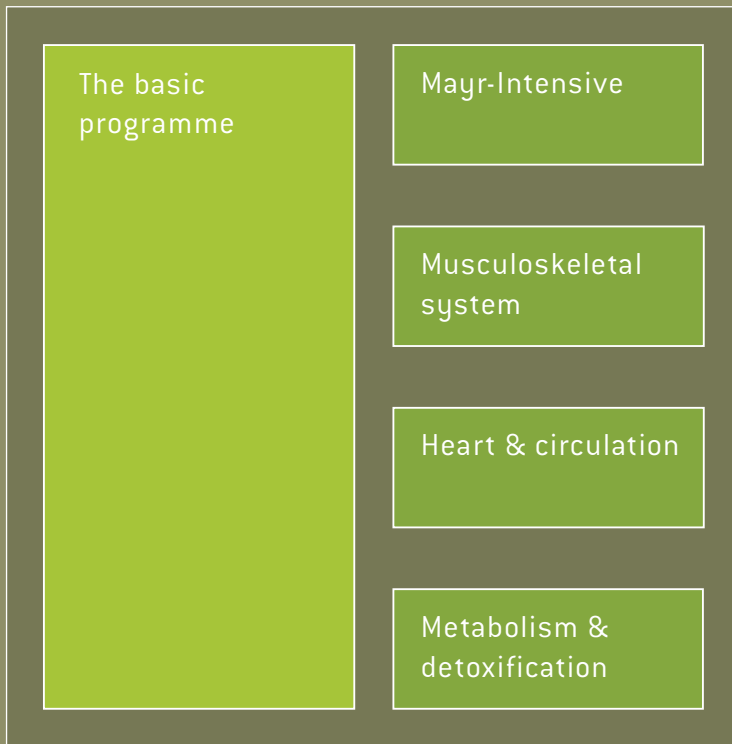
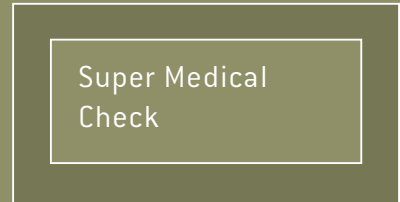


# Overview Therapy Structure

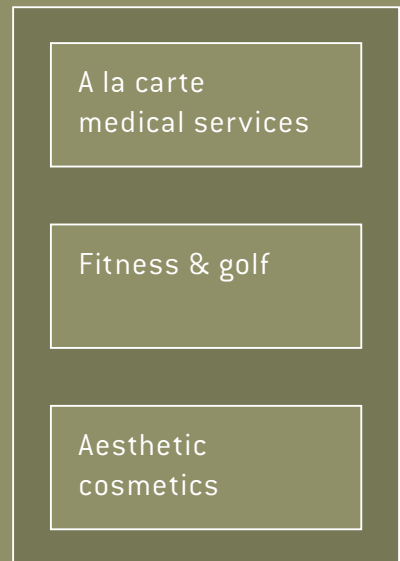
*Treatment modules according to treatment areas*



*Diagnostics module –  
For individual selection*



*Additional services –  
for individual selection*



# Therapy Modules

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## **The basic programme**

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This basic programme represents the platform for our range of treatments. Through a combination of sensible nutrition and exercise under medical supervision we aim for thorough detoxification and hence the activation of self-healing powers. We recommend a minimum stay of two weeks to achieve visible regeneration and health improvement – however, even a one week stay can show excellent results, notable improvement and significantly increased well-being.

- Entry examination – comprehensive health check-up (30 minutes)
- Medical check-up and manual abdominal treatment (20 minutes)
- Final examination (30 minutes)
- Daily hydrotherapy treatments (Kneipp circuit)
- Modern Mayr cuisine adapted to individual diet requirements
- Mineral water, herbal tea and vegetable base broth
- Group exercise & relaxation training
- Presentations & information sessions
- Free use of the pool, sauna & gym facilities

# Therapy Modules

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## **Mayr-Intensive**

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This module is the ideal concept for guests who are intent on a maximum improvement and optimising of their general condition of health. The Mayr-Intensive is designed to further increase detoxification through special bath applications and massages. At the same time, 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 and guests invariably become more receptive to new inspiration and impulses.

- The basic programme
- Medical check-up – manual abdominal treatment (20 minutes)
- Bio-impedance measurement, i.e., cell mass, body fluid and body fat
- Blood health check
- 3 partial massages, each at 25 minutes
- 2 full massages, each at 50 minutes
- PH neutral base bath
- Continuous shower massage

# Therapy Modules

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## Musculoskeletal system

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This module focuses on the treatment of back discomfort. Back pain is frequently caused by stress-induced tension as well as chronic posture problems and inadequate exercise of the muscular structure. However, even here nutrition and digestion play an essential role for successful treatment. 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 which can be continued at home. It is our aim to ensure that guests rediscover ease of movement and a pain free existence at Parkhotel Igls and at home.

- The basic programme
- Bio-impedance measurement, i.e., cell mass, body fluid and body fat
- Physiotherapy assessment (50 minutes)
- Physiotherapy session (25 minutes)
- 3 partial massages, each at 25 minutes
- 2 full massages, each at 50 minutes
- 2 combi-heat packs (hay flower & moorland mud)
- PH neutral base bath

# Therapy Modules

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## Heart & circulation

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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 a gentle exercise therapy, providing a counter reaction to predominant risk factors such as stress, high blood pressure, overweight, elevated blood lipids, increased uric acid levels, diabetes or arteriosclerosis. As part of the module it is our aim to significantly improve the values of these factors, therefore we start with an extensive test programme followed by individually tailored treatments to ensure the long lasting benefits for our guests.

- The basic programme
- Bio-impedance 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 at 25 minutes
- 3 partial massages, each at 25 minutes
- 2 full massages, each at 50 minutes

# Therapy Modules

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## Metabolism & detox

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We recommend this module for guests suffering from any form of allergy, skin complaints, food intolerances, lack of energy, burn-out symptoms and sleep disorders, which is why we conduct a series of exhaustive 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, a positive attitude and a much improved quality of life.

- The basic programme
- Bio-impedance measurement, i.e., cell mass, body fluid and body fat
- Extended blood tests
- Oxidative stress measurement
- 1 personal fitness training session (25 minutes)
- 3 partial massages, each at 25 minutes
- 2 full massages, each at 50 minutes
- PH neutral base bath
- Continuous shower massage