

Medical Health Resort Altaussee

OUR OFFER FOR YOUR HEALTH



VIVAMAYR

YOUR NEW
LIFE BEGINS
WHERE
ANCIENT
WISDOM
MEETS MODERN
SCIENCE.



Medical Health Resort Altaussee

The purity of Lake Altaussee and the pristine mountains work in harmony to charge body and mind, fostering a deep sense of peace and balance.

VIVAMAYR Altaussee is where you start your long-term journey to vibrant health. We welcome you to a very special place.

CONTENT

/ LONG-TERM HEALTH	S . 05
/ OVERVIEW OF OUR MEDICAL PROGRAMS	S . 06
/ CLASSIC PROGRAM	S . 08
/ ACTIVE DETOX PROGRAM	S . 10
/ POST COVID PROGRAM	S . 12
/ STRESS CONTROL PROGRAM	S . 14
/ IMMUNE BOOST PROGRAM	S . 18
/ WEIGHT CARE PROGRAM	S . 20
/ ANTI-INFLAMMATORY SKIN PROGRAM	S . 22
/ DIAGNOSTICS BEFORE YOU TRAVEL	S . 24
/ VIVAMAYR: A LONG-TERM COMPANION	S . 26
/ MEDICAL APPLICATIONS	S . 28
/ COSMETIC TREATMENTS	S . 32
/ ROOMS AND SERVICES	S . 36
/ BOOKING CONDITIONS	S . 38



/ Long-term health at VIVAMAYR

HEALTH CONCEPT

Only VIVAMAYR provides you with a medical treatment that is completely tailored to your needs. Achieve a new quality of living and long-term health with our tailored, individual therapy program.

When you choose one of our medical programs, you get to decide what the focus of the therapy should be. A wide range of therapy services are available. An initial doctor's consultation and comprehensive diagnosis help to put together an entirely personal therapy programme with revitalising and relaxing applications that will help you reach your full potential.

All of our therapies are completely tailored to your needs. Your personal treatment plan will be discussed and determined during your initial medical consultation.

MEDICAL PROGRAMS

Structure of the VIVAMAYR medical programs

medical base services

individually tailored therapies

1 WEEK

The first steps towards better health lead to a stimulation of the metabolism, as well as a first and intensive removal of toxins from the body.

2 WEEKS OR MORE

We recommend a stay of at least 2 weeks. The in-depth experience enables sustainable regeneration and a long-lasting effect.

A profound vegetative change is possible from 3 weeks. A treatment of 3 weeks or more is also required for the treatment of various diseases.

/ An overview of our medical programs

CLASSIC

The VIVAMAYR Classic program is a solid choice for long-term health.



1 week excl. accommodation from 2.145

2 weeks excl. accommodation from 3.705

ACTIVE DETOX

The Active Detox program relieves your body of toxins and helps it to regenerate with noticeable and lasting effects.



1 week excl. accommodation from 2.590

2 weeks excl. accommodation from 4.465

STRESS CONTROL

In the VIVAMAYR Stress Control program, you will learn how to deal with stressful situations more effectively.



1 week excl. accommodation from 3.550

2 weeks excl. accommodation from 5.740

IMMUN BOOST

The VIVAMAYR Immune Boost program strengthens and activates your immune system and thus makes you more resistant to infection diseases.



1 week excl. accommodation from 2.630

2 weeks excl. accommodation from 4.555

WEIGHT CARE

The VIVAMAYR Weight Care program joins you on your journey to your ideal weight in a healthy, balanced and sustainable way.



1 week excl. accommodation from 3.240

2 weeks excl. accommodation from 6.060

ANTI- INFLAMMATORY SKIN

The Anti-inflammatory Skin Program by VIVAMAYR and Dr Barbara Sturm reduces inflammation and ensures healthy, radiant skin.



1 week excl. accommodation from 3.580

2 weeks excl. accommodation from 6.390

POST COVID

The VIVAMAYR Post-COVID program is designed to ensure optimum regeneration after falling ill with COVID-19.



1 week excl. accommodation from 3.290

2 weeks excl. accommodation from 5.470

MEDICAL BASE



MEDICAL SUPPORT

You start off with a thorough clinical examination to allow our doctors to get a full picture of your current health condition.



DIETARY CONSULTATION

One key element is consistently keeping to your personal dietary guidelines. A personal diet plan helps with integrating them into your everyday life.



DIAGNOSIS PROCEDURE

We carry out a variety of tests to determine which treatments to what extent will be useful for you.

INDIVIDUAL THERAPIES



BODY DETOXIFICATION

Getting rid of toxins to relieve the metabolism boosts your energy and vitality and, at the same time, helps counteract illnesses.



ACTIVATION OF THE IMMUNE DEFENCE

VIVAMAYR offers invigorating therapies which promote the strength and activation of the body's immune defence.



COMPREHENSIVE TESTS

Your VIVAMAYR doctor will advise you about other test options on location.



MENTAL STRENGTH

Along with physical detoxification, emotional cleansing plays a crucial role in your long-term health.



RESTORE BALANCE

Blockades in the body cause pain, inflammation and discomfort. We find problem areas and resolve them.



WEIGHT OPTIMISATION

The changes in your metabolism during your treatment program lead to a sustainable weight regulation.



MOBILITY & FITNESS

Targeted mobility therapy units correct blockades in the motor system as well as incorrect movement patterns.



RELAXATION & REGENERATION

Our therapies promote your ability to relax and enable perfect regeneration of body and mind.



REGULATE DEFICIENCIES

The fastest way to regulate deficiencies is through intravenous administration. Our targeted infusions will even out any imbalances in your mineral and vitamin levels.



RADIANT SKIN

Inflammation leads to imbalance of your skin. Through detoxification, inflammatory reactions in the body can be dissolved and your skin will shine again.

/ VIVAMAYR Classic Program

THE BASIS OF YOUR WELL-BEING

The VIVAMAYR Classic Program as the basis of your well-being

Our tried and tested VIVAMAYR Classic Program forms the basis for every stay and is the most individual of all our programs. Just like your body and goals are unique, this program is entirely customized according to your personal needs. It includes all necessary medical care and a variety of tests and treatments. The additional therapies which are needed for your personal well-being and health are not defined until you have your initial examination with your physician. This sets you on the right path to your new life full of ease, confidence and strength.

BETTER QUALITY OF LIFE

This is what your new lifestyle will feel like

mentally &
physically
invigorated

full of new
perspectives

light, free
and clear

vitalized and
energized

SCIENTIFICALLY PROVEN

How the VIVAMAYR Classic Program works in your body

All VIVAMAYR processes and treatments are designed to cleanse your body from the inside. We use a variety of therapies and methods to stimulate renewal. For example, autophagy is a self-cleaning process of the cells that is triggered by fasting. Defective cell components or those that are no longer needed are broken down and recycled. The organism becomes more resistant to possible weight gain in the event of a high-calorie diet, visceral fat and diabetes mellitus.

Study: Autophagy Counteracts Weight Gain, Lipotoxicity and Pancreatic β -Cell Death Upon Hypercaloric Pro-Diabetic Regimens Fernández et al.

MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€ 2.145
2 week	from	€ 3.705

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

The final price
is based on
your individual
therapy plan.

The **VIVAMAYR Classic program** covers a range of examinations and treatments which offer you a solid footing for your VIVAMAYR stay. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Classic program is structured as follows:

		1 WEEK stimulates metabolism	2 WEEKS significant results
MEDICAL BASE	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Urine analysis	1	1
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
	/ Medical lectures	✓	✓
TAILORED TREATMENTS	/ Body impedance analysis		
	/ Cryotherapy		
	/ Electrolysis foot bath		
	/ Functional training		
	/ Liver wrap		
	/ Salin air inhalation booth		
	/ Therapeutic massage		
/ Heated bed mud/algae/brine			
INDIVIDUALLY TAILORED TO YOU			
From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.			
		1 week from € 2.145	2 weeks from € 3.705

/ VIVAMAYR Active Detox Program

DETOXIFICATION WITH VIVAMAYR

Give your body freedom and strength

The new VIVAMAYR Active Detox Program detoxifies both body and mind. This makes you and your entire organism more efficient. Your body learns to deal with pollutants more effectively. You will notice that you have greater energy reserves, and that these are more accessible. Your general well-being and energy levels experience a significant increase.

The contents of the one to two-week program are based on recognized medical therapies and special, scientifically approved treatment methods, which our team of doctors has developed over a number of years. The positive effect of the treatments has been proven by a number of medical studies.

BETTER QUALITY OF LIFE

This is what your new lifestyle will feel like

detoxified, vitalized, fit and energized	relieved of tiredness	more mobile and dynamic	light and free
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SCIENTIFICALLY PROVEN

How Active Detox works in your body

Well-being is increased by cleansing the gut and bringing the intestinal function back to its natural rhythm. All of our bodies have a program that is genetically designed to recycle, break down and eliminate toxins from cells. This means that the naturopathic approach to detoxification is backed up by scientific evidence. A stay at VIVAMAYR provides the ideal way to stimulate this process of self-cleansing through personalised fasting.

Study: Autophagie - Nobel Preis 2016, Takeshige, K., Baba, M., Tsuboi, S., Noda, T. and Ohsumi, Y. (1992).
Journal of Cell Biology 119, 301-311

MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€ 2.590
2 weeks	from	€ 4.465

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

*The final price
is based on
your individual
therapy plan.*

The **VIVAMAYR Active Detox program** relieves your body of toxins and helps it to regenerate with noticeable and lasting effects. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Active Detox program is structured as follows:

		1 WEEK thorough detoxification	2 WEEKS reinforce regeneration
MEDICAL BASE	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Urine analysis	1	1
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
	/ Medical lectures	✓	✓
TAILORED TREATMENTS	/ Body impedance analysis		
	/ Body work / Singing bowls		
	/ Colon hydrotherapy		
	/ Craniosacral therapy		
	/ Cryotherapy		
	/ Electrolysis foot bath		
	/ Functional training		
	/ IHHT Hypoxytraining		
	/ Liver wrap		
	/ Nasal reflex zone therapy		
	/ Osteopathy		
	/ SalinAir inhalation		
	/ Therapeutic massage		
	/ Heated bed mud/algae/brine		
/ Yoga			
INDIVIDUALLY TAILORED TO YOU			
From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.			
		1 week from € 2.590	2 weeks from € 4.465

/ VIVAMAYR Post Covid Program

POST COVID
REGENERATION

Find your old strength and resilience
Bouncing back to everyday life with stability and vitality

Even if you only had a mild case, many COVID-19 patients continue to suffer from symptoms long after their recovery, including impaired lung function and reduced concentration and performance.

Our new POST-COVID program ensures your body is stabilized and strengthened. It is important to act quickly so that the inflammation the virus provokes in your body can be efficiently broken down by the immune system.

This is why we require a fully functioning immune system for regeneration. Fasting or reducing food intake strengthens the immune system and relieves the digestive system. An individualized treatment plan promotes cell regeneration, reduces inflammation and increases the number of mitochondria, which are the energy source for our cells.

MEHR
LEBENSQUALITÄT

This is what your new lifestyle will feel like

healthy and free
from symptoms

strong
and vibrant

fresh
and resilient

motivated
and capable

MINIMUM RATE
FOR ENTIRE
PROGRAM

1 week	from	€ 3.290
2 weeks	from	€ 5.470

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

*The final price
is based on
your individual
therapy plan.*

The **VIVAMAYR Post Covid program** is designed to ensure optimum regeneration after falling ill with COVID-19. In addition to the basic medical services, we also put together customized therapies to suit your individual needs. The VIVAMAYR Post-COVID program is structured as follows:

		1 WEEK Activation of the immunesystem	2 WEEKS Long-term regeneration
MEDICAL BASE.	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Urine analysis	1	1
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
	/ Medical lectures	✓	✓
	TAILORED TREATMENTS	/ Aquagymnastics	
/ Body impedance analysis			
/ Breathing exercise			
/ Colon hydrotherapy			
/ Electrolysis foot bath			
/ Functional training			
/ Heated bed mud/algae/brine			
/ IHHT Hypoxytraining			
/ Infusions			
/ Nasal reflex zone therapy			
/ Osteopathy			
/ Personal training program			
/ Psychotherapy / Coaching			
/ SalinAir inhalation			
/ Therapeutic massage			
/ Yoga			
INDIVIDUALLY TAILORED TO YOU			
From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.			
		1 week from € 3.290	2 weeks from € 5.470

/ VIVAMAYR Stress Control Program

STRESS UNDER CONTROL

More capable due to VIVAMAYR Stress Control

With the new VIVAMAYR Stress Control Program, you will be able to overcome the pressure of everyday life more successfully and increase your productivity. It helps the body to deal more effectively with stressful situations, builds up the necessary energy reserves and conveys tried and tested techniques for mental stress management. The positive effect of the therapies applied is proven by a variety of medical studies.

BETTER QUALITY OF LIFE

This is what your new lifestyle will feel like

clear, mentally & physically invigorated, resilient	ready for any challenges that may arise	energized and free from previous stresses	mindful of your own needs
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SCIENTIFICALLY PROVEN

How Stress Control works in your body

Your body always responds to stressful situations in the same way. Regardless of whether the stress is physical, emotional or mental: equilibrium must be achieved by mobilizing mineral nutrients and creating harmony in the acid-base balance. The manner and intensity of the change in mineral nutrients is a direct expression of your individual stress level and psychological resilience. It is also the basis for how we treat you, for example, with an infusion to support the adrenal glands.

Study: The effects of antioxidative treatment upon electrolyte and metabolic reactions of a chronically stressed group Prof. Dr. Harald Stossier, Univ.-Prof. Dr. Sepp Porta, Dr. Harald Gell, Dr. Josef Porta und Dr. Klaus Kisters.

MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€ 3.550
2 weeks	from	€ 5.740

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

*The final price
is based on
your individual
therapy plan.*

In the **VIVAMAYR Stress Control program**, you will learn how to deal with stressful situations more effectively. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Stress Control program is structured as follows:

		1 WEEK rest and regeneration	2 WEEK deepening experience
MEDICAL BASE	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Urine analysis	1	1
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
	/ Medical lectures	✓	✓
TAILORED TREATMENTS	/ Body work / Singing bowls		
	/ Breathing exercise		
	/ Craniosacral therapy		
	/ Liver wrap		
	/ Osteopathy		
	/ Psychotherapy / Coaching		
	/ Shiatsu / Watsu		
	/ Stress Balance		
	/ Stress test		
	/ Therapeutic massage		
/ Heated bed mud/algae/brine			
/ Yoga			
INDIVIDUALLY TAILORED TO YOU			
From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.			
		1 week from € 3.550	2 weeks from € 5.740





/ VIVAMAYR Immune Boost Program

STRENGTHENING THE IMMUNE SYSTEM

More resistance with VIVAMAYR Immune Boost

The new VIVAMAYR Immune Boost Program strengthens and activates your immune system. It helps your body to react more effectively to viral, bacterial and parasitic threats and makes you more resistant to infectious diseases. The contents of this program are based on special, scientifically approved treatment methods, which our team of doctors has developed over a number of years.

BETTER QUALITY OF LIFE

This is what your new lifestyle will feel like

more resistant
against all kinds
of infections

physically and
mentally
invigorated

motivated
to lead a
healthier lifestyle

energized
and active

SCIENTIFICALLY PROVEN

How Immune Boost works in your body

In a new study carried out by Charité Berlin, it was proven that the virus replication of cells infected with COVID-19 is decreased by up to 85% as soon the cell renewal process (autophagy) begins. Autophagy involves healthy cells breaking down harmful waste, a process that is at the heart of all VIVAMAYR treatments. The immune system is strengthened in the long term and becomes better able to deal with infections.

Study: Autophagie und Covid 19, Dr. Nils C. Gassen von der Universität Bonn, Prof. Dr. Christian Drosten und Dr. Marcel Müller von der Berliner Charité

MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€ 2.630
2 weeks	from	€ 4.555

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

The final price
is based on
your individual
therapy plan.

During the **VIVAMAYR Immune Boost program**, you boost your immune system to ensure you are best protected against any infection. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Immune Boost program is structured as follows:

		1 WEEK immune system activation	2 WEEK long-term strengthening
MEDICAL BASE	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Urine analysis	1	1
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
	/ Medical lectures	✓	✓
	TAILORED TREATMENTS	/ Aquabike	
/ Aquagymnastics			
/ Body impedance analysis			
/ Body work / Singing bowls			
/ Breathing exercise			
/ Colon hydrotherapy			
/ Cryotherapy			
/ Electrolysis foot bath			
/ Functional training			
/ IHHT Hypoxytraining			
/ Infusions			
/ Liebscher & Bracht / Chirotherapy			
/ Liver wrap			
/ Nasal reflex zone therapy			
/ Osteopathy			
/ Personal training program			
/ Psychotherapy / Coaching			
/ SalinAir inhalation			
/ Shiatsu / Watsu			
/ Therapeutic massage			
/ Heated bed mud/algae/brine			
/ Yoga			
		INDIVIDUALLY TAILORED TO YOU	
		From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.	
		1 week from € 2.630	2 weeks from € 4.555

/ VIVAMAYR Weight Care Program

FEEL LIGHTER
AND FREER

Balanced for optimal weight

The path to a feel-good body begins with VIVAMAYR. The goal of our Weight Care program is to work with you to find the path to your ideal weight. The initial science-based investigation will identify where your potential lies. To support you in achieving your ideal weight, we will put together a therapy program for you that optimally supports your body.

This includes a combination of medical care, sustainable nutritional advice and many other different types of therapy to promote your activity, mobility and self-healing powers. During your stay, you will learn many new habits that will have a positive effect on both your well-being and weight. We'll keep providing support after your stay so you can continue your good work.

NEW MOBILITY
AND STRENGTH

This is what your new lifestyle will feel like

slender
and vibrant

agile
and active

light
and strong

confident and
self-assured

SCIENTIFICALLY
PROVEN

How Weight Care works in your body

Fasting can help stimulate autophagy (the self-cleaning of cells) in the body. This leads to considerable weight loss. Furthermore, the study shows significant success in disease prevention - especially in the case of obesity and diabetes.

Study: Autophagy counteracts weight gain, lipotoxicity and pancreatic β -cell death upon hypercaloric pro-diabetic regimens Fernández et al.

MINIMUM RATE
FOR ENTIRE
PROGRAM

1 week	from	€ 3.240
2 weeks	from	€ 6.060

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

The final price
is based on
your individual
therapy plan.

The **VIVAMAYR Weight Care program** is aimed at optimising your weight and consists of a fixed and variable part. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Weight Care is structured as follows:

		1 WEEK metabolism stimulation	2 WEEKS sustainable results
MEDICAL BASE	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Urine analysis	1	1
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
	/ Medical lectures	✓	✓
	TAILORED TREATMENTS	/ Acupuncture	
/ Aquabike			
/ Aquagymnastics			
/ Body impedance analysis			
/ Breathing exercise			
/ Colon hydrotherapy			
/ Electrolysis foot bath			
/ EMS (Electrical muscle stimulation)			
/ Functional training			
/ IHHT Hypoxytraining			
/ Infusions			
/ Liver wrap			
/ Nasal reflex zone therapy			
/ Osteopathy			
/ Personal training program			
/ Spiroergometry			
/ Therapeutic massage			
/ SalinAir inhalation			
/ Heated bed mud/algae/brine			
/ Yoga			
		INDIVIDUALLY TAILORED TO YOU	
		From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.	
		1 week from € 3.240	2 weeks from € 6.060

/ VIVAMAYR Anti-inflammatory Skin Program

by Dr. Barbara Sturm

BEAUTY FROM THE INSIDE OUT

The skin is our gateway to the outside world: it protects us, breathes and even helps to detoxify the body. To keep it healthy and functioning, a holistic approach to skincare but also diet, nutrition and lifestyle choices is required. VIVAMAYR creates the foundation for this with the Anti-inflammatory Skin Program, developed in partnership with the German aesthetics doctor Dr. Barbara Sturm.

The medical program on the part of VIVAMAYR focuses on detoxification and relief of your body in order to inhibit inflammation from the inside. The medical program is complemented by the treatments and products of Dr. Barbara Sturm, widely renowned for her anti-inflammatory philosophy and her non-surgical anti-aging skin treatments. During the duration of the program, an optimum mix of detoxifying, nutritional and cosmetic treatments will help you achieve healthy, radiant-looking skin.

BETTER QUALITY OF LIFE

How you and your skin will feel

healthy and
refreshed

cleansed and
detoxified

balanced and
nourished

radiant and
youthful

SCIENTIFICALLY PROVEN

The innovative active ingredients of Dr. Barbara Sturm treatments

Infusing our system with regenerative ingredients exhibiting anti-inflammatory properties is essential to our overall well-being. It is equally true for the ingredients and substances applied to or otherwise exposed to our skin. This philosophy is at the core of Dr. Barbara Sturm's research and inventions; a uniquely non-aggressive approach with advanced science ingredients that provide hydration, nutrition and skin regeneration.

One such example of Dr. Sturm's approach to advanced ingredient science is the use of *Portulaca Oleracea* ("Purslane") in her product line. Purslane is a powerful, natural compound that has been widely clinically studied for its anti-inflammatory, antioxidant and other properties.

Study: The anti-inflammatory potential of *Portulaca oleracea* L. (Purslane) extract by partial suppression on NF- κ B and MAPK activation, Miao et al. (2019). Food Chemistry 290(2019):239-245.

MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€ 3.580
2 weeks	from	€ 6.390

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

The final price
is based on
your individual
therapy plan.

The **anti-inflammatory skin program** by VIVAMAYR and Dr Barbara Sturm reduces inflammation and ensures healthy, radiant skin. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Anti-inflammatory skin program is structured as follows:

		1 WOCH Healthy skin glow	2 WOCHEN Sustainable inflammation reduction
MEDIACL BASE	/ Initial medical examination	1	1
	/ Functional myodiagnostics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Urine analysis	1	1
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
/ Medical lectures	✓	✓	
TAILORED TREATMENTS	/ Colon Hydrotherapy		
	/ Cryotherapy		
	/ Electrolysis foot bath		
	/ Heated bed mud/algae/brine		
	/ IHHT - Hypoxytraining		
	/ Individual orthomolecular therapy incl. infusions		
	/ Massage therapy		
	/ Nasal reflexology		
	/ Psychological coaching		
	/ SalinAir inhalation		
	/ Shiatsu / Watsu		
/ Yoga			
COSMETIC TREATMENTS AND SERVICES	/ Welcome package with products from Dr. Barbara Sturm	1	1
	/ Skin consultation	1	1
	/ Lymph drainage face	2	4
	/ Lymph drainage legs	2	4
	/ Red light treatments	3	6
	/ Individual facial treatments	2	4
		1 week from € 3.580	2 week from € 6.390

**INDIVIDUALLY
TAILORED TO YOU**

From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.

/ Diagnostics before you travel

**PERFECT
START** For a perfect start to your VIVAMAYR therapy program, we recommend carrying out several tests before you travel

With our advance diagnostics, we offer you the option of discussing your blood and stool (microbiome) results with your VIVAMAYR doctor at the very first consultation. This allows us to cater to your body's needs on an even more individual basis and to tailor your treatment programme even more specifically to you.

The advance diagnostics should be carried out 2-3 weeks before you arrive so that we receive the results in good time.

When making your reservation, select the analyses of the advance diagnostics that you would like us to perform. We will email you a link for the payment. Following this, you will receive the lab kit with instructions from us free of charge in the post.

Stool test:

- / To be carried out at the latest 3 weeks before you travel
- / At home without hassle
- / To be sent to our lab immediately after carrying out with sufficient postage for express delivery

Blood test:

- / To be carried out at the latest 2 weeks before you travel
- / Blood sample taken by your GP in the tubes provided in the lab kit
- / To be sent to our lab immediately after carrying out with sufficient postage for express delivery

Currently, shipping to our partner lab is possible from all EU countries. Shipping from Austria and Germany is possible free of charge by post. When shipping from other countries, we recommend using an express parcel service.

**ADVANCED
DIAGNOSTICS**

The following analyses are available

Lab for women

Complete blood count; liver and kidney function, blood lipids, diabetes, uric acid, mineral nutrient analysis; vitamins Q10, D, B6, B9, B12, hormones; tumour markers for bowel, liver, gallbladder

570

Lab for men

Complete blood count; liver and kidney function, blood lipids, diabetes, uric acid, mineral nutrient analysis; vitamins Q10, D, B6, B9, B12, hormones; tumour markers for bowel, liver, gallbladder, prostate

570

Intestinal health check

with a genetic microbiome analysis

90

Discussion of results with your doctor

following the medical examination

15 min 95



/ VIVAMAYR as a long-term companion

OUR DAYCLINICS

Always there for you

Because VIVAMAYR is a lifelong companion, we encourage you to stay in contact with us in the health centres even after your stay.

The day clinics are ideal for optimising existing or previous therapies. There, you can enjoy follow-up post treatments, discuss results and do everything it takes to support your VIVAMAYR lifestyle. New customers to our centres also have the option of having their health potential analysed.

VIVAMAYR WIEN
AM HOF 11/1
A-1010 WIEN

+43 664 1039 095
wien@vivamayr.com



VIVAMAYR LONDON
15 HARLEY STREET
LONDON W1G 9QQ

+44 20 303 41 331
london@vivamayr.com



TELEMEDICINE

With our telemedicine offer, we also allow you to obtain an online video consultation easily and with no complications. We offer doctor's consultations and dietary advice and are constantly expanding our range of services.

BOOKABLE VIA
ONLINE SHOP

INQUIRY:
health@vivamayr.com



/ Medical Applications



MEDICAL APPLICATIONS

**At VIVAMAYR, you see your doctor every day.
The medical support builds the foundation for a successful stay.**

Initial medical examination	30 min	195
	60 min	390
Final medical examination	30 min	195
	or 60 min	390
Functional myodiagnosis	30 min	195
Medical-manual abdominal treatments	15 min á	85
Medical consultation	30 min	195
Acupuncture	20 min	120
VIVAMAYR functional stress test with medical consultation		240
Emotional detoxification with psychological consultation	60 min	230

**MOVEMENT
AND TRAINING
THERAPIES**

Movement is a central theme of the VIVAMAYR principle. We'll show you how to move your body with pleasure.

Individual training session	25 min	85
	50 min	170
Muscle building on a vibration plate system	30 min	85
Aquabike	30 min	85
Body impedance analysis	30 min	75
Spiroergometry / Fitness test with gas analysis	45 min	70
Customised training program	from	60
Medi tape application	from	30
EMS (Electrical muscle stimulation)	30 min	85
EMS with mobilisation	50 min	140
Yoga/ Aerial Yoga	45 min	150
	75 min	225
Stand Up paddling individual (seasonal)	50 min	125
Stand Up paddling Yoga (seasonal)	50 min	125

**NUTRITIONAL
CONSULTATION**

Here, you receive basic knowledge on healthy eating and we will put together a diet plan that is tailored to your individual needs.

Nutrition counseling	30 min	90
	45 min	120

/ Medical Applications

MEDICAL APPLICATIONS

Our individual selection of different holistic therapies guarantees optimal success.

Colon hydrotherapy	170
Bloodletting	50
H2 Breath test – fructose / lactose	50
ECG resting	90
Hypoxy training	105

HYDRO THERAPIES

As proven and effective elements of the VIVAMAYR philosophy, Kneipp water treatments are a tried-and-true component of our traditional therapies.

SalinAir inhalation	40
Nasal reflexology therapy according to Röder	20
Electrolysis foot bath	55
Heated Bed:	
/ Salt peeling	60
/ Full body mud pack	55
/ Full body seaweed pack	60
/ Healing brine full body treatment	55
/ Goat butter pack deluxe	70
/ Liver compress	50
Cold pack for the legs	60
Cryotherapy	70

MASSAGES

Massages are an important pillar at VIVAMAYR. They help with detoxification and address specific physical and emotional blockages. We will find a therapeutical massage method that suits your individual needs.

Massage	25 min	60
	50 min	110
Shiatsu treatment	50 min	150
Osteopathy	50 min	190
Craniosacral therapy	50 min	190
Spiraldynamik therapy	50 min	190
WATSU (Water Shiatsu)	75 min	170
Singing bowl therapy / Energy work	50 min	100

LABORATORY TESTS

Lab tests reveal your personal metabolism and form the basis of your customised therapy.

Acid-Base and mineral nutrient analysis	95
Free radicals (FRAS) & biological anti-oxidative potential (BAP)	95
Standard lab test (including hormone status)	495
Full blood analysis	145
Fatty acid analysis	115
Urine analysis	10
Urine Iodine analysis	50
Cardiovascular risk factors	140

INFUSIONS

To counteract a lack of nutrients in our modern diet, we offer special infusion mixtures that bring the body back into balance.

Mineral infusions and / or	
Vitamin infusions according to medical prescription	85 to 140

/ Cosmetic Treatments

FACIAL TREATMENTS

Our beauty treatments support the skin during detoxification and promote a sense of well-being.

	Skin consultation		free
	Express treatment	50 min	90
	Gentleman's hour		
	A deeply energising men's skin treatment	60 min	120
	Deep cleanse intensive	65 min	125
	Muscle gymnastics massage	30 min	50
	Hollywood peel	45 min	240
	VITALASER hyaluronic and cold laser treatment	60 min	210
	Eye reviver	20 min	49
	Lip zone repair	20 min	49
	Neck & Décolleté	40 min	60
	LED light therapy	30 min	55
DR. BARBARA STURM	Instant glow facial	45 min	150
	Clarifying facial	75 min	250
	Brightening facial	60 min	225
	Super anti-aging facial	80 min	300
QMS	Balancing facial treatment for sensitive skin	50 min	100
	Activator treatment	60 min	121
	Collagen rejuvenation treatment	70 min	172
	Pure oxygen treatment	70 min	180
OMOROVICZA	Illuminating facial	60 min	160
HYDRAFACIAL	Signature hydrafacial	30 min	170
	Clarifying hydrafacial	40 min	195
	Deluxe hydrafacial	50 min	240
	Platinum hydrafacial	70 min	320

**BODY
TREATMENTS**

Our body treatments are deeply relaxing and designed to restore the mind-body balance.

Machine lymph drainage		
Tip: can be combined with any facial treatment	25 min	75
Machine lymph drainage & LED-light therapy	30 min	130
Machine lymph drainage with body scrub	60 min	150
Body smooth	35 min	65
Cellu attack	60 min	114
Back cleanse	50 min	75
Head massage	20 min	46

**TOTAL BALANCE
PACKAGES**

Enjoy a combination of our most popular treatments for your skin, mind and soul.

Weekend revival

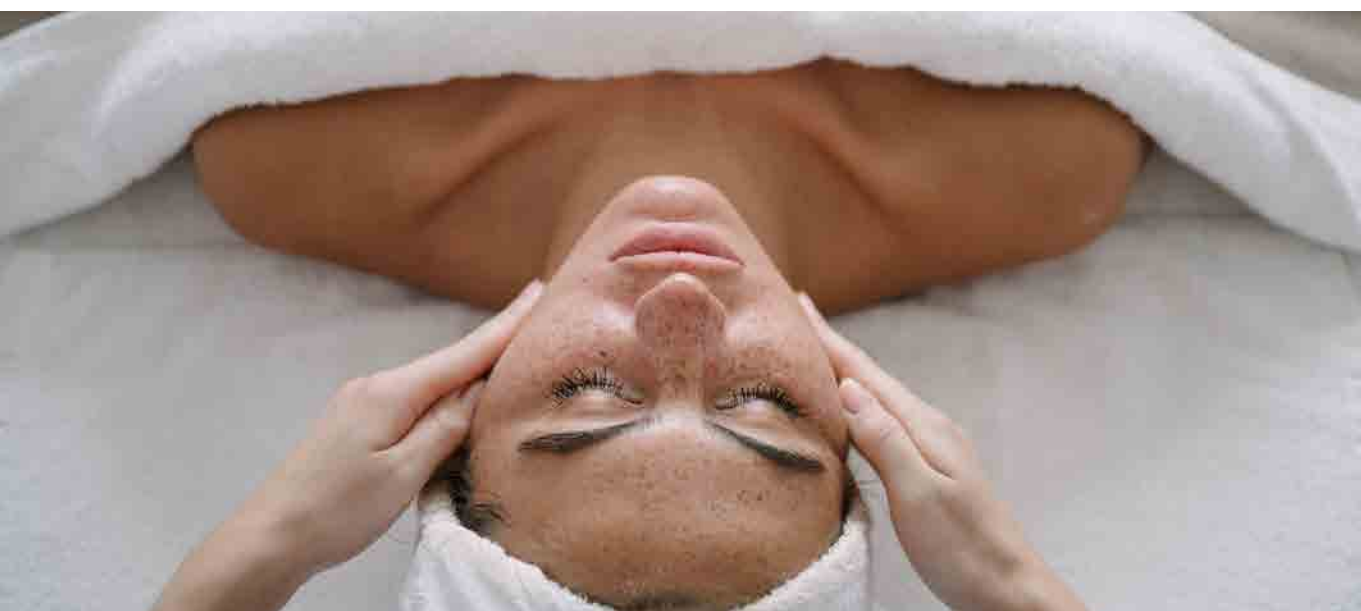
Pure weekend bliss.	75 min	200
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Bodylicious

An enjoyable combination of applications that supports your detox programme.	90 min	250
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Foot spa

A deeply touching and energising ritual.	75 min	120
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/ Cosmetic Treatments

MANICURE AND PEDICURE

Give your hands and feet the care they deserve.

Manicure	45 min	55
Manicure with varnish	55 min	67
Pedicure	60 min	63
Pedicure with varnish	75 min	75
Intensive pedicure	90 min	87
Intensive pedicure with varnish	110 min	99
File & Polish (hands)	15 min	25
File & Polish (feet)	25 min	30
Removal of semi-permanent gel nails via soaking	25 min	35
Paraffin bath	30 min	50

ADDITIONAL TREATMENTS

Choose from our professional beauty treatments.

Eyelash tint	25
Eyebrow tint	18
Eyelash and eyebrow tint	40
Eyebrow shaping	15

Warm Wax Depilation

Back	40 min	55	Underarms	20 min	25
Upper lip	15 min	17	Full leg	60 min	70
Upper lip and chin	20 min	25	Half leg	30 min	45
Arms	35 min	50			

/ Rooms and Services



ROOMS & SUITES

		Single Occupancy Per Night	Double Occupancy Per Person/Night
Comfort 35 m ²	Mountain View	290	190
	Lake View	390	270
Deluxe 43 m ²	Mountain View	350	240
	Lake View	460	320
Junior Suite 60 m ²	Mountain View	580	370
	Lake View	670	440
Senior Suite 97 m ²	Lake View	–	580
Extra bed available in Suites			150

PENTHOUSE

1-2 Persons/Night

Penthouse 110 m ²	Lake View	1.440
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PARK RESIDENCES

1-2 Persons/Night

Park Residence 120 m ²	Lake View	1.530
Park Residence 160 m ²	Lake View	1.840
Surcharge for each additional 3rd + 4th guest		300
Surcharge for companion who is not doing the cure		300

Park Residence Single 55 m ² Park View	1 Person/Night	580
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Room rates excluding local tax (2,50 per person / day), medical services and cosmetic treatments.

Spacious

Our Suites have separate living and sleeping quarters. The Penthouse Suite has two living rooms on two levels. The exclusive Park Residences overlook the lake and offer the most space for personal transformation.

Enjoy our beautiful rooms a few hours longer at 50% off the normal rate.

CHECK-IN
From 2:00 pm
CHECK-OUT
Until 12:00 pm

INCLUDED SERVICES

- / Individually customised and medically prescribed dietary meals according to Modern Mayr Medicine
- / Still mineral water, soothing teas and a portable water bottle
- / Daily programme of activities
- / Free use of the wellness area: includes saunas, steam bath, infrared sauna, heated indoor pool and fitness room
- / Private lake access with dock and sunbathing area with beds and umbrellas
- / Fluffy bathrobe, spacious bath bag and a hot water bottle (for liver wraps) during your stay

MEDICINE

VIVAMAYR medical support and treatments are required to ensure a successful stay. Booking a stay is only possible in combination with one of our medical programmes.



/ Booking conditions

BOOKING & CANCELLATION

You will receive our current booking and cancellation conditions with your inquiry.

MEDICAL & COSMETICS

The medical treatments will only be determined after a medical examination together with you. Unfortunately we cannot guarantee the availability of certain doctors and therapists.

LABORATORY ANALYSIS

Individual laboratory tests will be charged according to time and effort.

APPOINTMENTS

Appointments must be cancelled by 4 pm the day before, otherwise they will be charged in full.

CONTACT

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LEARN A
NEW LIFE-
STYLE WITH
OUR CARING
SUPPORT.

OUR LOCATIONS

/ Medical Health Resort Maria Wörth

/ Medical Health Resort Altaussee

/ Day Clinic Vienna

/ Day Clinic London

/ Clinic Dates International

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@vivamayraltaussee

www.vivamayr.com