

**Medical Center Altaussee**

# **OUR OFFER FOR YOUR HEALTH**



**VIVAMAYR**



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YOUR NEW  
LIFE BEGINS  
WHERE  
ANCIENT  
WISDOM  
MEETS MODERN  
SCIENCE.

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## Medical Center 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.

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## / Long-term health at VIVAMAYR

### MEDICAL PHILOSOPHY

**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

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



|                                 |      |       |
|---------------------------------|------|-------|
| 1 week excluding accommodation  | from | 2.145 |
| 2 weeks excluding accommodation | from | 3.705 |

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



|                                 |      |       |
|---------------------------------|------|-------|
| 1 week excluding accommodation  | from | 2.590 |
| 2 weeks excluding accommodation | from | 4.465 |

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



|                                 |      |       |
|---------------------------------|------|-------|
| 1 week excluding accommodation  | from | 3.550 |
| 2 weeks excluding accommodation | from | 5.740 |

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



|                                 |      |       |
|---------------------------------|------|-------|
| 1 week excluding accommodation  | from | 2.630 |
| 2 weeks excluding accommodation | from | 4.555 |

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



|                                 |      |       |
|---------------------------------|------|-------|
| 1 week excluding accommodation  | from | 3.240 |
| 2 weeks excluding accommodation | from | 6.060 |

## 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 will be useful for you, and how much they will be useful.

## INDIVIDUAL



### 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.



### 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.



### RESTORE BALANCE

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



### MENTAL STRENGTH

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



### 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.



### WEIGHT OPTIMISATION

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



# / Our 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  $\beta$ -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 base services, the therapies are put together individually for you. The VIVAMAYR Classic program is structured as follows:

|                                                                                                                                                                                        |                                                       | 1 WEEK<br>stimulates<br>metabolism | 2 WEEKS<br>significant<br>results |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------|-----------------------------------|
| 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<br>TREATMENTS                                                                                                                                                                 | / BIA - Body impedance analysis                       |                                    |                                   |
|                                                                                                                                                                                        | / Cryo therapy                                        |                                    |                                   |
|                                                                                                                                                                                        | / Electrolysis foot bath                              |                                    |                                   |
|                                                                                                                                                                                        | / Functional training                                 |                                    |                                   |
|                                                                                                                                                                                        | / Liver wrap                                          |                                    |                                   |
|                                                                                                                                                                                        | / Salin air inhalation booth                          |                                    |                                   |
|                                                                                                                                                                                        | / Therapy-Massage                                     |                                    |                                   |
|                                                                                                                                                                                        | / Heated bed mud/algae/brine                          |                                    |                                   |
| INDIVIDUALLY<br>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<br>from<br>€ 2.145          | 2 weeks<br>from<br>€ 3.705        |

# / Our 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,<br>vitalized, fit and<br>energized | relieved of<br>tiredness | more mobile and<br>dynamic | light and<br>free |
|------------------------------------------------|--------------------------|----------------------------|-------------------|

## 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 base services, the therapies are put together individually for you. The VIVAMAYR Active Detox program is structured as follows:

|                                                                                                                                                                                        |                                                       | 1 WEEK<br>thorough<br>detoxification | 2 WEEKS<br>reinforce<br>regeneration |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------------------------|--------------------------------------|
| 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<br>TREATMENTS                                                                                                                                                                 | / BIA - Body impedance analysis                       |                                      |                                      |
|                                                                                                                                                                                        | / Body work / Singing bowls                           |                                      |                                      |
|                                                                                                                                                                                        | / Colonic irrigation                                  |                                      |                                      |
|                                                                                                                                                                                        | / Craniosacral therapy                                |                                      |                                      |
|                                                                                                                                                                                        | / Cryo therapy                                        |                                      |                                      |
|                                                                                                                                                                                        | / Electrolysis foot bath                              |                                      |                                      |
|                                                                                                                                                                                        | / Functional training                                 |                                      |                                      |
|                                                                                                                                                                                        | / IHHT Hypoxytraining                                 |                                      |                                      |
|                                                                                                                                                                                        | / Liver wrap                                          |                                      |                                      |
|                                                                                                                                                                                        | / Nasal reflex zone therapy                           |                                      |                                      |
|                                                                                                                                                                                        | / Osteopathy                                          |                                      |                                      |
|                                                                                                                                                                                        | / Salin air inhalation booth                          |                                      |                                      |
|                                                                                                                                                                                        | / Therapy-Massage                                     |                                      |                                      |
|                                                                                                                                                                                        | / Heated bed mud/algae/brine                          |                                      |                                      |
|                                                                                                                                                                                        | / Yoga                                                |                                      |                                      |
| INDIVIDUALLY<br>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<br>from<br>€ 2.590            | 2 weeks<br>from<br>€ 4.465           |

# / Our 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,<br>mentally & physically<br>invigorated, resilient | ready for any<br>challenges<br>that may arise | energized and<br>free from<br>previous stresses | mindful of your<br>own needs |
|-----------------------------------------------------------|-----------------------------------------------|-------------------------------------------------|------------------------------|

## 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 base services, the therapies are put together individually for you. The VIVAMAYR Stress Control program is structured as follows:

|                                                                                                                                                                                        |                                                       | 1 WEEK<br>rest and<br>regeneration | 2 WEEK<br>deepening<br>experience |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------|-----------------------------------|
| 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<br>TREATMENTS                                                                                                                                                                 | / Body work / Singing bowls                           |                                    |                                   |
|                                                                                                                                                                                        | / Breathing exercise                                  |                                    |                                   |
|                                                                                                                                                                                        | / Craniosacral therapy                                |                                    |                                   |
|                                                                                                                                                                                        | / Liver wrap                                          |                                    |                                   |
|                                                                                                                                                                                        | / Osteopathy                                          |                                    |                                   |
|                                                                                                                                                                                        | / Psychotherapy / Coaching                            |                                    |                                   |
|                                                                                                                                                                                        | / Shiatsu / Watsu                                     |                                    |                                   |
|                                                                                                                                                                                        | / Stress Balance                                      |                                    |                                   |
|                                                                                                                                                                                        | / Stress test                                         |                                    |                                   |
|                                                                                                                                                                                        | / Therapy-Massage                                     |                                    |                                   |
|                                                                                                                                                                                        | / Heated bed mud/algae/brine                          |                                    |                                   |
|                                                                                                                                                                                        | / Yoga                                                |                                    |                                   |
| INDIVIDUALLY<br>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<br>from<br>€ 3.550          | 2 weeks<br>from<br>€ 5.740        |











# / Our 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 base services, the therapies are put together individually for you. The VIVAMAYR Immune Boost program is structured as follows:

|                        |                                                       | 1 WEEK<br>immune system<br>activation                                                                                                                                                                                                         | 2 WEEK<br>long-term<br>strengthening |
|------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| 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<br>TREATMENTS | / Aquabike                                            |                                                                                                                                                                                                                                               |                                      |
|                        | / Aquagymnastics                                      |                                                                                                                                                                                                                                               |                                      |
|                        | / BIA - Body impedance analysis                       |                                                                                                                                                                                                                                               |                                      |
|                        | / Body work / Singing bowls                           |                                                                                                                                                                                                                                               |                                      |
|                        | / Breathing exercise                                  |                                                                                                                                                                                                                                               |                                      |
|                        | / Colonic irrigation                                  |                                                                                                                                                                                                                                               |                                      |
|                        | / Cryo therapy                                        |                                                                                                                                                                                                                                               |                                      |
|                        | / Electrolysis foot bath                              |                                                                                                                                                                                                                                               |                                      |
|                        | / Functional training                                 |                                                                                                                                                                                                                                               |                                      |
|                        | / IHHT Hypoxytraining                                 |                                                                                                                                                                                                                                               |                                      |
|                        | / Infusions                                           |                                                                                                                                                                                                                                               |                                      |
|                        | / Liebscher & Bracht / Chirotherapy                   |                                                                                                                                                                                                                                               |                                      |
|                        | / Liver wrap                                          |                                                                                                                                                                                                                                               |                                      |
|                        | / Nasal reflex zone therapy                           |                                                                                                                                                                                                                                               |                                      |
|                        | / Osteopathy                                          |                                                                                                                                                                                                                                               |                                      |
|                        | / Personal training program                           |                                                                                                                                                                                                                                               |                                      |
|                        | / Psychotherapy / Coaching                            |                                                                                                                                                                                                                                               |                                      |
|                        | / Salin air inhalation booth                          |                                                                                                                                                                                                                                               |                                      |
|                        | / Shiatsu / Watsu                                     |                                                                                                                                                                                                                                               |                                      |
|                        | / Therapy-Massage                                     |                                                                                                                                                                                                                                               |                                      |
|                        | / Heated bed mud/algae/brine                          |                                                                                                                                                                                                                                               |                                      |
|                        | / Yoga                                                |                                                                                                                                                                                                                                               |                                      |
|                        |                                                       | <div>INDIVIDUALLY<br/>TAILORED TO YOU</div> <div>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.</div> |                                      |
|                        |                                                       | 1 week<br>from<br>€ 2.630                                                                                                                                                                                                                     | 2 weeks<br>from<br>€ 4.555           |



# / Our 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  $\beta$ -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 base services, the therapies are put together individually for you.

The VIVAMAYR Weight Care is structured as follows:

|                        |                                                       | 1 WEEK<br>metabolism<br>stimulation                                                                                                                                                    | 2 WEEKS<br>sustainable<br>results |
|------------------------|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| 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<br>TREATMENTS | / Acupuncture                                         |                                                                                                                                                                                        |                                   |
|                        | / Aquabike                                            |                                                                                                                                                                                        |                                   |
|                        | / Aquagymnastics                                      |                                                                                                                                                                                        |                                   |
|                        | / BIA - Body impedance analysis                       |                                                                                                                                                                                        |                                   |
|                        | / Breathing exercise                                  |                                                                                                                                                                                        |                                   |
|                        | / Colonic irrigation                                  |                                                                                                                                                                                        |                                   |
|                        | / Electrolysis foot bath                              |                                                                                                                                                                                        |                                   |
|                        | / EMS (Electrical muscle stimulation)                 |                                                                                                                                                                                        |                                   |
|                        | / Functional training                                 |                                                                                                                                                                                        |                                   |
|                        | / IHHT Hypoxytraining                                 |                                                                                                                                                                                        |                                   |
|                        | / Infusions                                           |                                                                                                                                                                                        |                                   |
|                        | / Liver wrap                                          |                                                                                                                                                                                        |                                   |
|                        | / Nasal reflex zone therapy                           |                                                                                                                                                                                        |                                   |
|                        | / Osteopathy                                          |                                                                                                                                                                                        |                                   |
|                        | / Personal training program                           |                                                                                                                                                                                        |                                   |
|                        | / Spiroergometry                                      |                                                                                                                                                                                        |                                   |
|                        | / Therapy-Massage                                     |                                                                                                                                                                                        |                                   |
|                        | / Salin air inhalation booth                          |                                                                                                                                                                                        |                                   |
|                        | / Heated bed mud/algae/brine                          |                                                                                                                                                                                        |                                   |
|                        | / Yoga                                                |                                                                                                                                                                                        |                                   |
|                        |                                                       | <b>INDIVIDUALLY<br/>TAILORED TO YOU</b>                                                                                                                                                |                                   |
|                        |                                                       | 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<br>from<br>€ 3.240                                                                                                                                                              | 2 weeks<br>from<br>€ 6.060        |

# / 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



## / 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<br>with medical consultation |           | 240 |
| Emotional detoxification<br>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 |
| Cryo therapy                                 | 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 |

# / 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.

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## 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](mailto:health@vivamayr.com)





# / 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 |
|---------------------|--------|-----|

### **Bodylicious**

|                                                                              |        |     |
|------------------------------------------------------------------------------|--------|-----|
| An enjoyable combination of applications that supports your detox programme. | 90 min | 250 |
|------------------------------------------------------------------------------|--------|-----|

### **Foot spa**

|                                          |        |     |
|------------------------------------------|--------|-----|
| A deeply touching and energising ritual. | 75 min | 120 |
|------------------------------------------|--------|-----|





## / 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<br>Per Night | Double Occupancy<br>Per Person / Night |
|-------------------------------|---------------|-------------------------------|----------------------------------------|
| Comfort 35 m²                 | Mountain View | 290                           | 190                                    |
|                               | Lake View     | 390                           | 270                                    |
| Deluxe 43 m²                  | Mountain View | 350                           | 240                                    |
|                               | Lake View     | 460                           | 320                                    |
| Junior Suite 60 m²            | Mountain View | 580                           | 370                                    |
|                               | Lake View     | 670                           | 440                                    |
| Senior Suite 97 m²            | Lake View     | —                             | 580                                    |
| Extra bed available in Suites |               |                               | 150                                    |

## PENTHOUSE

1-2 Persons / Night

|                  |           |       |
|------------------|-----------|-------|
| Penthouse 110 m² | Lake View | 1.440 |
|------------------|-----------|-------|

## PARK RESIDENCES

1-2 Persons / Night

|                       |           |       |
|-----------------------|-----------|-------|
| Park Residence 120 m² | Lake View | 1.530 |
|-----------------------|-----------|-------|

|                       |           |       |
|-----------------------|-----------|-------|
| Park Residence 160 m² | 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 m² | Park View | 1 Person / Night | 580 |
|-----------------------------|-----------|------------------|-----|

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

**VIVAMAYR Altaussee**  
**Fischerndorf 222**  
**8992 Altaussee**  
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**+43 3622 71450**  
**[reservations@vivamayr.com](mailto:reservations@vivamayr.com)**





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LEARN A  
NEW LIFE-  
STYLE WITH  
OUR CARING  
SUPPORT.

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## **OUR LOCATIONS**

**/ Medical Center Maria Wörth**

**/ Medical Center Altaussee**

**/ Day Clinic Vienna**

**/ Day Clinic London**

**/ Clinic Dates International**

Follow us on Instagram:

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**[www.vivamayr.com](http://www.vivamayr.com)**