

# PRICES /2020



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YOUR NEW  
LIFE BEGINS  
WHERE ANCIENT  
WISDOM MEETS  
MODERN SCIENCE.

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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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# / Rooms and Services



## ROOMS & SUITES

		Single Occupancy Per Night	Double Occupancy Per Person/Night
Comfort 35 m <sup>2</sup>	Mountain View	270	180
	Lake View	360	250
Deluxe 43 m <sup>2</sup>	Mountain View	330	220
	Lake View	430	300
Junior Suite 60 m <sup>2</sup>	Mountain View	550	350
	Lake View	630	410
Senior Suite 97 m <sup>2</sup>	Lake View	–	550
Extra bed available in Suites			150

## PENTHOUSE

1-2 Persons / Night

Penthouse 110 m <sup>2</sup>	Lake View	1.350
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## PARK RESIDENCES

1-2 Persons / Night

Park Residence 120 m <sup>2</sup>	Lake View	1.450
Park Residence 160 m <sup>2</sup>	Lake View	1.750
Surcharge for each additional 3rd + 4th guest		300
Surcharge for companion who is not doing the cure		300
Single Apartment 55 m <sup>2</sup>	Park View	1 Person / Night 550

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. The services provided are listed on page 06.



# / Medical Applications

## MEDICAL APPLICATIONS

**A variety of medical analyses and treatments are personalised to match your condition. Our interdisciplinary team accompanies you throughout the process, ensuring optimal comfort.**

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

## REQUIRED DIAGNOSTICS AND SERVICES

**VIVAMAYR medical support and treatments are paramount to your success. The medical services listed below are obligatory:**

1 x Initial Medical Examination	30 min or 60 min	195 390
1 x Final Medical Examination	30 min or 60 min	195 390
1 x Functional Myodiagnosis	30 min	195
Medical-Manual Abdominal Treatments (3-5 per week)	15 min á	85
1 x Nutritional Consultation	45 min	90
Acid-Base and Mineral Nutrient Analysis		95
Free Radicals (FRAS) & Biological Anti-Oxidative Potential (BAP)		95

**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	170
Customised Training Programme	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 will learn the basics of healthy nutrition and receive a customised plan that empowers you and strengthens your body confidence.**

Nutritional Consultation	45 min	90
Individual Nutrition Plan with Recipes		150
Online Nutritional Coaching	3 x 15 min	112

# / 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
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# / Cosmetic Treatments

## FACIAL TREATMENTS

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

Skin Consultation		free
Deep Cleanse	50 min	90
Deep Cleanse Intensive	65 min	125
Activator Treatment	60 min	121
Collagen Rejuvenation Treatment	70 min	172
Gentleman's Hour A deeply energising men's skin treatment	60 min	120
Balancing Facial Treatment for sensitive skin	50 min	100
Pure Oxygen Treatment	70 min	180
VITALASER Hyaluronic and Cold Laser Treatment	60 min	210
Hollywood Peel	45 min	220
Hollywood Peel décolleté	15 min	66
Muscle Gymnastics Massage	30 min	50
DERMALUX™ LED Phototherapy	30 min	55
VIVAMAYR Signature Treatment	70 min	180
Omorovicza Illuminating Facial	60 min	160
Eye reviver	20 min	49
Lip Zone repair	20 min	49

**BODY  
TREATMENTS**

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

Back Cleanse	50 min	75
Machine Lymph Drainage Tip: can be combined with any facial treatment	25 min	75
Machine Lymph Drainage with Body Scrub	60 min	150
Machine Lymph Drainage & LED-Light therapy	30 min	130
Body Smooth	35 min	65
Cellu Attack	60 min	114

**TOTAL BALANCE  
PACKAGES**

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

**Weekend Revival** 75 min 200  
Pure weekend bliss!

Regenerating facial combined with the Machine Lymph Drainage and LED light therapy

**Bodylicious** 90 min 250  
An enjoyable combination of applications that supports your detox programme.

Deep cleansing facial treatment, Machine Lymph Drainage with Body Scrub and LED light therapy

**Foot Spa** 75 min 120  
A deeply touching and energising ritual.

Foot bath and scrub with natural rock salt. Gentle foot massage with gemstones using aroma oil and TCM. Light touch manipulations of spine reflex zones on the feet. This metamorphic method releases (Qi) energy, so it flows freely again.



# / 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
Soak off semipermanent gel nails (hands)	25 min	35

## 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

Chest	40	Underarms	23
Back	43	Full Legs	66
Chest & back	80	Half Legs	42
Lip or chin	17	Lip & chin	23

# / Terms of Payment

## ROOMS, ARRIVAL & DEPARTURE

We require a credit card to guarantee your reservation. Upon arrival, we ask for a down payment equal to the cost of your room. You can do this with cash or card.

**Cancellation** If you cancel two weeks prior to arrival (also late arrival & early departure), 100% of the room cost will be charged, including our required medical diagnostics (see page 06).

## MEDICINE & COSMETICS

Medical treatments are scheduled exclusively following a medical consultation with you in person. In order to create a customised plan to suit your unique health needs, your treatments will be prescribed individually. Unfortunately, we cannot guarantee the availability of certain doctors and therapists.

**Lab Tests** Other individual laboratory examinations will be invoiced separately.

**Appointments** Appointments must be cancelled by 4:00 pm the day before, otherwise they will be charged in full.

**GENERAL** [reservations@vivamayr.com](mailto:reservations@vivamayr.com) +43 3622 71450

**MEDICINE** [ambulatorium@vivamayr.com](mailto:ambulatorium@vivamayr.com) Extension 506

**OUR LOCATION** Fischerndorf 222, 8992 Altaussee, Austria



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LEARN A NEW  
LIFESTYLE 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**