

PRICES /2019



YOUR NEW
LIFE BEGINS
WHERE ANCIENT
WISDOM MEETS
MODERN SCIENCE.



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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/ Rooms and Services

ROOMS & SUITES

		Single Occupancy Per Night	Double Occupancy Per Person / Night
Comfort 35 m²	Mountain View	270	180
	Lake View	360	250
Deluxe 43 m²	Mountain View	330	220
	Lake View	430	300
Junior Suite 60 m²	Mountain View	550	350
	Lake View	630	410
Senior Suite 97 m²	Lake View	—	550
Penthouse Suite 110 m²	Lake View	1.350	850
Park Residence 120 m²	Lake View	1.450	950
Park Residence 160 m²	Lake View	1.750	1.100
Surcharge for each additional 3rd + 4th guest in the Park Residence			300
Extra Bed available in all categories, except Comfort and Deluxe			150

Spacious

Our junior and senior suites have separate living quarters and a bedroom. The Penthouse Suite has two living rooms and a bedroom on two levels. The exclusive Park Residences overlook the lake and offer the most space for expansion.

Come Sooner, Stay Longer

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.



Prices are per person / per night; excluding local tax (2,50 per person / day), medical services and cosmetic treatments.
All prices are in euros including VAT.



/ 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	185
Acupuncture	20 min	120
VIVAMAYR Functional Stress Test with Medical Consultation		230
Emotional Detoxification with Psychological Consultation	60 min	190

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	185 370
1 x Final Medical Examination	30 min or 60 min	185 370
1 x Functional Myodiagnosis (Applied Kinesiology)	30 min	185
Medical-Manual Abdominal Treatment (at least 3 per week)	15 min	80

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 50 min	85 125
Muscle Building on a Vibration Plate System	25 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)	25 min	85
EMS with mobilisation	50 min	140
Yoga / Aerial Yoga	45 min 75 min	95 140
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	190
Nutritional Consultation Follow-Up	30 min	75
Two Week Diet Plan		75
Online Diet Plan – for at home use	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
Hypoxo 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	35
Electrolysis Foot Bath	49
Nasal Reflexology Therapy according to Röder	20
Heated Bed:	
Full Body Mud Pack	55
Full Body Seaweed Pack	60
Liver Compress	37
Heated Bed Deluxe:	
Goat Butter Pack	70
Healing Brine:	
Full Body Treatment	47
Salt Peeling	60

MASSAGES

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

Massage	25 min	50
	50 min	95
Shiatsu Treatment	50 min	150
Osteopathy	50 min	160
Craniosacral Therapy	50 min	160
Spiraldynamik Therapy	50 min	170
WATSU (Water Shiatsu)	75 min	150
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
Cardiovascular Risk Factors	140
Allergo-Screen Basic IgG	225

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	65 to 110

/ Cosmetic Treatments

FACIAL TREATMENTS	Regenerative beauty treatments support the skin during detoxification and foster a heightened sense of well-being.		
	Skin Consultation	15 min	free
	Deep Cleanse	50 min	75
	Deep Cleanse Intensive	65 min	125
	Activator Treatment	60 min	89
	Collagen Rejuvenation Treatment	75 min	139
	Gentleman's Hour A deeply energising men's skin treatment	60 min	80
	Balancing Facial Treatment for sensitive skin	50 min	90
	Pure Oxygen Treatment	75 min	175
	VITALASER Hyaluronic and Cold Laser Treatment	65 min	189
	Hollywood Peel	45 min	220
	Muscle Gymnastics Massage	35 min	45
	DERMALUX™ LED Phototherapy	30 min	55
	VIVAMAYR Signature Treatment	75 min	165
BODY TREATMENTS	Our body treatments are wonderfully relaxing and designed to restore the mind-body balance.		
	Back Cleanse	50 min	75
	Mechanical Lymphatic Drainage Tip: can be combined with any facial treatment	25 min	75
	Mechanical Lymphatic Drainage with Body Peeling	60 min	125
	Mechanical Lymphatic Drainage & LED-Phototherapy	35 min	130
	Body Smooth	35 min	65

TOTAL BALANCE PACKAGES	Enjoy a combination of our most popular treatments for your skin, mind and soul.		
	Weekend Revival	90 min	160
	Pure weekend bliss!		
	Regenerating facial, revitalising hand scrub and relaxing back massage with warm vitamin oils.		
	Bodylicious	120 min	250
	An enjoyable combination of applications that ideally supports your detox programme.		
	Deep cleansing facial treatment, lymphatic detox drainage, revitalising hand peeling and LED light therapy.		
	Foot Spa	75 min	105
	A deeply touching and energising ritual.		
	Foot bath and peeling with Altausseer stone salts, soft foot brushing with gemstone aroma oil using 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. They will thank you.

Manicure with peeling & massage	60 min	55
Relaxing Pedicure with salt foot bath, exfoliation and massage	60 min	63
	70 min	75
	90 min	87
	110 min	99
Varnish (hands or feet)	10 min	12
Nail File & Polish (hands or feet)	15 min	25

ADDITIONAL TREATMENTS

We know the finishing touches make an attractive contribution to the whole. Please choose from these enhancements.

Eyelash Tinting	20
Eyebrow Tinting	15
Eyebrow Shaping	15

Warm Wax Depilation

Hollywood	35	Bikini	20
Armpit Zones	15	Full Legs	40
Chest	30	Lower Legs	30
Back	40		

/ 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 +43 3622 71450**

MEDICINE **ambulatorium@vivamayr.com Extension 506**

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

LEARN A NEW
LIFESTYLE WITH
OUR CARING
SUPPORT.



OUR LOCATIONS

Medical Center Maria Wörth

Medical Center Altaussee

Day Clinic Vienna

Day Clinic London

Clinic Dates International

