

Final preparations for your treatment

TO MAKE THE START EASIER

Help us to optimize your treatment experience by providing us with important information in advance.

We kindly request that before your arrival, you:

- upload your medical findings via the Personal Health Center.
- please let us know your time of arrival.
- Do you require our transfer service? We will be happy to arrange this for you.

PACKING LIST

During your stay, you can take advantage of an extensive range of activities.

Therefore, please bring the following with you:

- relaxed clothing and sports shoes for indoor exercise
- weather-proof outdoor sports clothing
- good footwear for gentle hikes
- swimwear
- winter boots for snowshoe hikes (for stays during the winter)
- any medication you take regularly *

* Please bring any medication you take regularly and take it as usual up until your initial doctor's consultation. Your MAYRLIFE doctor will discuss with you whether you should continue with this medication.

WHAT TO EAT BEFORE TREATMENT BEGINS

So that you find the start of your treatment easier, we recommend adjusting your eating and sleeping habits a full seven days before the start of the treatment course.

- Only eat easily digestible foods.
- Try to eat little or nothing in the evening and avoid all forms of raw fruit and vegetables (salads, fruit, fruit juices).
- Drink 2-3 liters of still water or herbal tea per day, but not during meal times.
- Avoid coffee, black tea, alcohol and nicotine.
- Allow for breaks to rest, and go to bed early.

On the day of arrival

HOW TO GET HERE

You can reach our Medical Health Resort from several airports and train stations or arrive by car.

Salzburg airport: 1 hr. 15 min.

Linz airport: 1 hr. 45 min.

Munich airport: 3 hrs.

Vienna airport: 3 hrs.

Salzburg train station: 1 hr.

Bad Aussee train station: 10 min.

Our center has barrier-free access and provides underground parking spaces for our guests.

CHECK IN

Upon checking in, you will receive your invitation to your initial doctor's consultation.

Check-in: from 3 p.m.

Check-out: by 12 p.m.

The starting point for your stay is the initial consultation with your MAYRLIFE doctor, which takes place on the day after your arrival (except on weekends). We'll plan and book your medical program after you've had your initial consultation with the doctor.

If you arrive on a Saturday or Sunday, you'll be given our light, alkaline MAYRLIFE cuisine from the first day to provide your body with a gentle introduction to detoxification and cleansing. This is the ideal preparation for your initial medical examination on Monday.

RESTAURANT

Our meals are served in our restaurant - if the weather permits, you are also welcome to eat them on the terrace.

Breakfast: 7:15 - 9:00 a.m.

Lunch: 12:00 - 1:30 p.m.

Dinner: 5:30 - 7:00 p.m.

WEEKLY PROGRAM

You may take advantage of our broad range of activities from the moment you arrive.

We offer different group activities every day along with excursions in the region. You'll find out more about the latest social program when you check in.

FITNESS ROOM &
SPA

Our Medical Health Resort has a fitness room and a spa.

During opening hours, these are available for you to exercise or relax as you wish.

SURROUNDINGS

MAYRLIFE Altaussee is located in a picturesque setting at one of the most beautiful lakes in Austria.

The region has much to offer: countless hiking trips, a round trip of Lake Altaussee, lake bathing and much more.

Your first day of treatment

INITIAL
MEDICAL
EXAMINATION

Start of your treatment

Your MAYRLIFE doctor will record your case history and perform a body examination as per the principles of F. X. Mayr. The course of the treatment, therapy recommendations, further diagnoses and diet are then determined on the basis of this diagnosis. This is also when you will receive a prescription for any dietary supplements and medicines to accompany the treatment.

THERAPY PLAN

Individual treatment based on your plan

Based on the results of the initial examination, an individually tailored treatment and therapy plan is created for your entire stay. You will receive this plan on the evening of your first day of treatment.

MAYRLIFE CUISINE

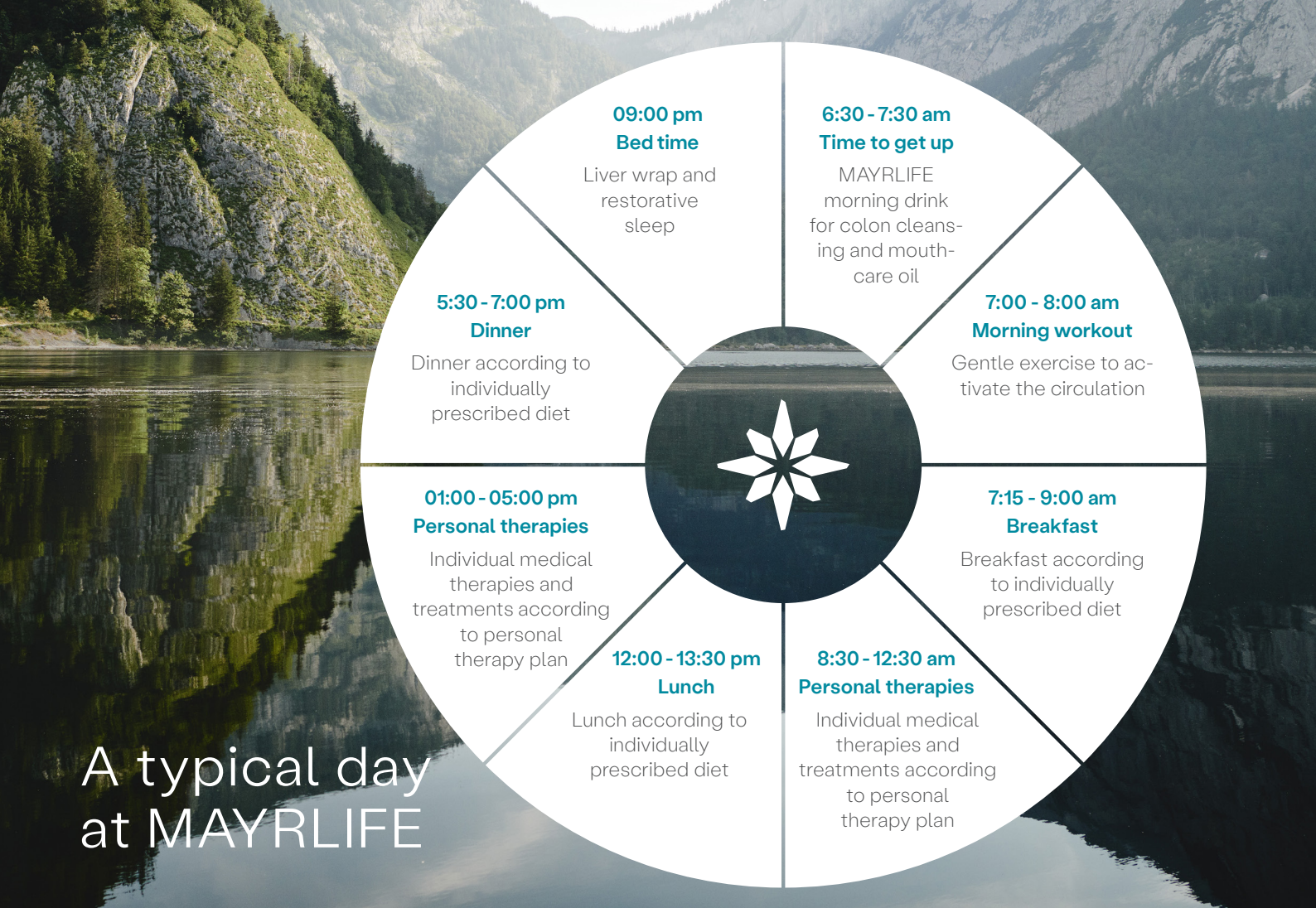
Customized nutrition

At the start of your treatment course, we will test to determine any food intolerances or strains on the body that should be taken into particular consideration when healing the gut. This will serve as the basis for your individual diet, which will then be served to you in our restaurant.

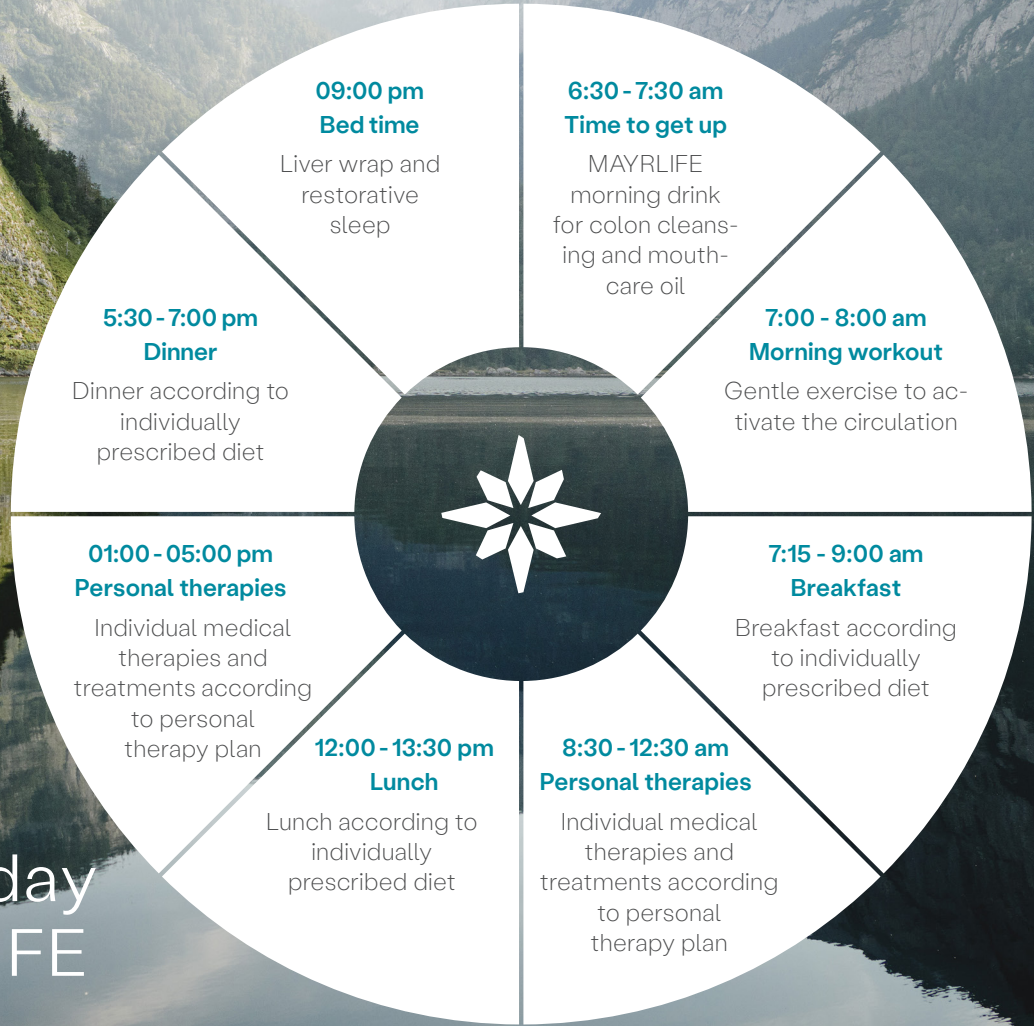
DAILY DOCTOR'S
CONSULTATION

Your MAYRLIFE doctor will provide personal support

To guarantee the greatest possible therapy success, you will be supported by your MAYRLIFE doctor throughout your entire stay. For us, being able to check in daily with your doctor is a given.



A typical day at MAYRLIFE



MEAL

A conscious and pleasurable dining experience is just as important as observing specific rules at every meal.

Meals are structured around the natural circadian rhythm. This means: eating a sufficient quantity at breakfast, a normal meal for lunch and consuming just a light dinner in the early evening. All meals are carefully prepared using the very best ingredients. This guarantees that you get the very most out of your food, in terms of both nutrition and enjoyment. Conscious consumption of food with lots of chewing is particularly important. We also pay special attention to proper drinking at the right times.

SPORTS, WELLNESS AND BEAUTY

There is plenty of time to rest and relax during your daily activity schedule.

To complement your therapy plan, a multitude of regenerative sports, wellness and beauty offers are also on offer: saltwater swimming pool, saline floating pool for individual WATSU treatments, sauna area with steam bath, and infrared cabin. The Skin & Beauty Department can also provide treatments to round off your process of cleansing and renewal perfectly.

All this is topped off by delightful surroundings: the picturesque mountains and forests, the unique location at Altaussee, and a first-rate golf course are all waiting to be explored. Nordic walking, skiing, and boat trips are also possible.