

# Skin & Beauty

Treatments



MAYRLIFE



Beauty as  
a mirror of  
health

# Skin & Beauty

MAYRLIFE is where you start your long-term journey to vibrant health.

Only at MAYRLIFE do you receive a medical program that is 100% tailored to your individual needs. This allows you to live a healthier, longer and more fulfilling life. Begin a process of cleansing and renewal with MAYRLIFE, a process that becomes a unique and memorable experience of health and well-being.

MAYRLIFE Skin & Beauty works in synergy with your other medical treatments and overall health program to give you the best in skincare with maximum results that suit your skin's and your body's needs, leaving you looking and feeling fresh, glowing and more youthful.

Contents	Page
Aesthetics & medical cosmetic	04
Total balance packages	08
Face & head	10
Dr. Barbara Sturm	12
QMS	15
Body	18
Phytomer	20
Basics	24
Booking conditions	26

# Aesthetics & Medical Cosmetic

## LIFTING EFFECT

### CURE FACIAL

In this medical application, bipolar radio frequencies stimulate the production of collagen & elastin in the upper layers of the skin. This immediately creates a younger complexion and over the following 30 days, your skin will become tighter day by day.

Face 60 min

---

Face, neck & cleavage 70 min

---

## DETOXIFYING

### SIGNATURE HYDRAFACIAL

This treatment deeply cleanses, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid.

30 min

---

## CLARIFYING

### CLARIFYING HYDRAFACIAL

This facial includes deep cleansing and blue LED light therapy for oily or congested skin.

40 min

---

## REJUVE- NATING

### DELUXE HYDRAFACIAL

The addition of DermaBuilder™ helps to reduce the appearance of fine lines and wrinkles.

50 min

---

## RENEWING

### PLATINUM HYDRAFACIAL

Discover the ultimate Hydrafacial experience! Begin the detoxification process with lymphatic therapy. Continue with the deluxe Hydrafacial to deeply cleanse, extract and hydrate the skin while addressing specific skin concerns with a specialty vial of your choice. This treatment is concluded with LED light therapy.

70 min

---



VIVAMAYR



# Aesthetics & Medical Cosmetic

## POWER OF TECHNOLOGY

### VITALASER HYALURONIC AND COLD LASER TREATMENT

This innovative treatment harnesses the power of technology; VitaLaser stimulates micro-circulation through the use of two laser frequencies, successfully treating the skin both on the surface and in the deeper layers of the dermis. Micro-circulation promotes cell renewal, increasing collagen and elastin production. Hyaluronic acid is infused into the skin during the process, maximizing hydration; the skin looks tighter and plumper, reducing the appearance of fine lines and wrinkles.

60 min

---

## MOOD ENHANCER

### LED LIGHT THERAPY

LED light therapy is a pain-free and relaxing treatment that is suitable for all skin types and conditions. It requires no downtime and is recommended for skin rejuvenation, sun damage, sensitive and inflammatory conditions, acne, and problem skin - wound healing and scarring, restoring radiance, rosacea and redness, eczema, psoriasis, and dermatitis.

30 min

---

## LIFTING EFFECT

### HOLLYWOOD PEEL

A highly effective peel with an anti-aging and lifting effect. It rejuvenates the skin and ensures an even and smooth complexion. The result is gentle skin regeneration achieved through effective bio-revitalization. Wrinkles, hyperpigmentation, as well as blemished skin are all improved.

45 min

---

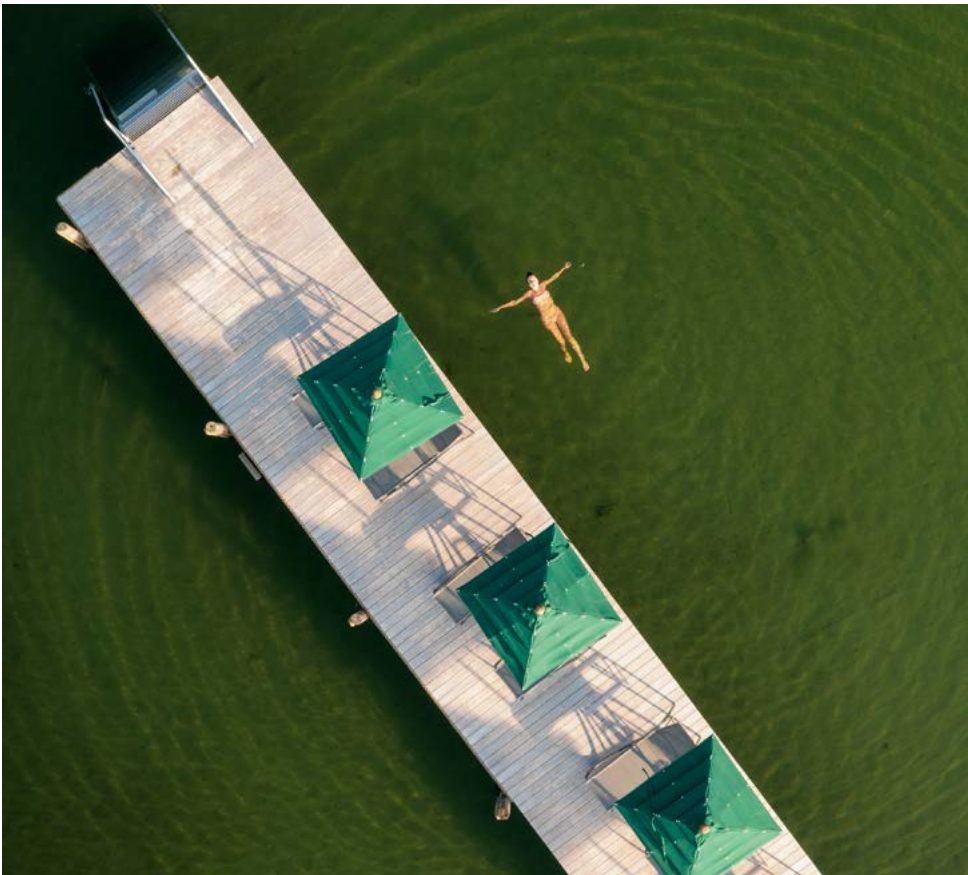
# Total Balance Packages

**REFRESH**    **WEEKEND REVIVAL**

Use weekends at MAYRLIFE for quiet meditation and relaxation. Indulge yourself with a regenerating 60-minute facial combined with machine lymph drainage and LED light therapy.

75 min

---





**DETOXIFY** **BODYLICIOUS**

Relax with a deep cleansing facial treatment and machine lymph drainage to detoxify and reduce puffiness, as well as an invigorating body scrub and LED light therapy. This indulgent treatment will complement your detox program and aid the elimination of toxins from the body.

---

 90 min
**SOUL  
DELIGHT** **MAYRLIFE FOOT SPA**

This deeply moving ritual combines the powers of a warm salt bath and a foot scrub (the Salzkammergut helps to provide positive energy) with high-quality precious gemstones, aromatherapy oils, five elements of Traditional Chinese Medicine and the Metamorphic Technique. This treatment helps to unblock energy and relieve the mind of stress.

Due to limiting beliefs we hold about ourselves and our lives, we tend to get stuck in particular patterns that keep us from fully realizing our potential. These patterns can show up in various ways – physical or mental illness, emotional problems and repeated patterns of negative behavior.

The Metamorphic Technique offers us a new and fascinating way of looking at life. It provides us with the possibility of change by releasing our subconscious resistance. The practitioner activates the body's inner healing, ultimately releasing blockages that prevent energy from flowing freely.

At the end of your cure, this effective treatment will allow you to go back to your daily life feeling holistically strengthened and supported. This treatment is highly recommended for those suffering from stress, anxiety or a lack of energy.

---

 75 min

# Face & Head

## THE FIRST STEP

### SKIN CONSULTATION

Stop by for a free skin consultation! We will be happy to advise you on the appropriate treatment and skin care routine.

10 min

---

## FITNESS FOR YOUR FACE

### FACIAL MASSAGE

Pamper your skin during your stay with regular facial massages. Metabolic processes are stimulated, the circulation of blood to the cells is boosted and the nutrient supply is improved.

25 min

---

## DETOXI- FICATION

### LYMPH DRAINAGE FACE

A specific massage technique supports natural detox processes within the superficial lymphatic system. Swelling in the area of the eyes, the entire face and even the neck area are reduced via effective stroking movements.

25 min

---

## PLEASANT

### HEAD MASSAGE

Besides having a relaxing effect, a head massage also stimulates blood circulation and lymphatic flow.

20 min

---



# Dr. Barbara Sturm

## YOUTHFUL GLOW

### INSTANT GLOW FACIAL

This express facial cleanses, nourishes and awakens the skin and helps restore the complexion's natural glow. Light-reflecting pigments in glow drops leave the skin with a visible, youthful radiance and even out any irregularities in the complexion.

**The results:** This treatment nourishes the skin and helps to restore a natural and healthy-looking glow.

45 min

---

## CLARIFYING EFFECT

### CLARIFYING FACIAL

Dr. Sturm's Clarifying Facial was formulated for blemish-prone skin. It directly improves the skin's barrier and helps to restore its natural balance. The active ingredient complex reduces discomfort and alleviates skin sensitivity and redness – for an instant calming effect, while addressing the signs of aging and reducing the appearance of fine lines and wrinkles.

**The results:** Harmful bacteria and redness are reduced, as is the production of the sebaceous glands.

60 min

---

## COMPLEXION PERFECTION

### BRIGHTENING FACIAL

The Brightening Facial decreases hyperpigmentation and gently brightens the skin using natural brightening ingredients while combating the oxidative stresses that cause premature aging and dark spots. The skin tone is boosted and more luminous thanks to the shimmer particles included in the brightening serum and face cream or lotion, which also provide essential moisturizing and rejuvenating anti-aging powers.

**The results:** Your skin is left smoother, brighter, and more vibrant-looking.

60 min

---

FOUNTAIN  
OF YOUTH

## SUPER ANTI-AGING FACIAL

Targeting the deepest layers of the skin, this Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion and promoting the skin's natural barrier function, while also reducing the appearance of fine lines and wrinkles.

**The results:** This facial visibly lifts the skin around the jaw and neck while reducing fine lines and reviving stressed skin.

75 min





# QMS

## FAST AND EFFECTIVE

### EXPRESS TREATMENT

Steam exfoliation and extractions, finishing with a pore-tightening cooling mask - fast yet effective.

50 min

---

## FACIAL FOR MEN

### GENTLEMAN'S HOUR

High-tech care specifically designed for men's skin and all of its individual needs. Highly exclusive marine active ingredients supply the skin with oxygen, boost moisture and help combat skin aging. The skin is cleansed deep into the pores and is left perfectly moisturized with the help of a relaxing massage and a facial mask. Restores a healthy and strong appearance to tired skin.

60 min

---

## DETOX SUPPORT

### DEEP CLEANSING TREATMENT

A moisturizing facial treatment that cleanses deep into the pores. After a preliminary peel and deep cleansing, your skin is optimally prepared for the sensational, soothing and intensively moisturizing algae modeling. The additional facial mask soothes your skin and allows the high-quality ingredients to penetrate even deeper. Your skin will appear firmer, smoother and healthier.

65 min

---

## OXYGEN BOOST

### PURE OXYGEN TREATMENT

This is one of our top anti-aging treatments, in which the active ingredients are applied so that they penetrate the skin with long-lasting effect. This treatment regenerates skin cell metabolism and awakens and stimulates desquamation (peeling) of the skin, slowing down the aging process. It uses the power of fruit acids and exfoliating enzymes to remove the top layer of dead skin for a deep cleanse, followed by oxygen skin cell therapy to push in hyaluronic acid and a cocktail of cell-boosting antioxidants. The treatment is rounded out with our deeply hydrating Activator Mask, rich in hyaluronic acid and marine collagen, which provide moisture to plump and smooth the skin.

70 min

---

# QMS

**SOOTHING SENSITIVE SKIN REBALANCING FACIAL**

A customized treatment designed for sensitive skin, congestion and redness. Clears impurities, calms inflammation and regenerates the basic functions of the skin. This treatment delivers effective results to improve the skin's complexion without causing further irritation.

50 min

---

**HYDRATING ACTIVATOR TREATMENT**

A revitalizing facial treatment that leaves you feeling refreshed. By means of an acid peel, the skin is prepared for the subsequent algae modeling. This is followed by the application of naturally soluble collagens in order to significantly increase the moisture content by intensively hydrating the skin and promoting cell renewal. The additional facial mask replenishes the skin and allows the high-quality ingredients to penetrate even deeper. By nourishing your skin with active ingredients, it is regenerated and appears fresh, firm and radiant. Perfect for revitalizing tired and stressed skin.

60 min

---

**RESTORE AND REVITALIZE COLLAGEN REJUVENATION TREATMENT**

A modified anti-aging treatment based on the unique QMS Medicosmetics Collagen System formulated to meet the highest of demands. By means of an acid peel, the skin is prepared for the subsequent algae modeling. This is followed by the application of naturally soluble collagens in combination with a massage in order to significantly increase the skin's moisture content by intensively hydrating the skin and promoting cell renewal. The additional plaster modeling firms the skin and allows the high-quality ingredients to penetrate even deeper.

70 min

---



PURE  
REFRESHMENT

**EYE REVIVER**

A wonderful and relaxing treatment for tired and puffy eyes. Thanks to intensive moisturization, the area around the eyes benefits from optimal blood circulation and appears refreshed and smoothed.

Add-on to facial	15 min
Stand-alone treatment	20 min

HUMIDITY  
KICK

**LIP ZONE REPAIR**

Ideal for treating the fine lines and wrinkles around the upper lip. This highly effective treatment smoothes and tightens the upper lip area while at the same time improving the skin's elasticity. Your overall appearance becomes more youthful.

Add-on to facial	15 min
Stand-alone treatment	20 min



# Body

**DETOXIFY**

**MACHINE LYMPH DRAINAGE**

The proper functioning of the lymphatic system is critical to our body's ability to detoxify, filter out toxins and maintain a healthy immune system. This treatment uses pressure equipment for lymph drainage to detoxify the lymphatic system. The treatment is effective in combating swelling, water retention and poor circulation. Machine lymph drainage can be incorporated during a facial or with the LED light therapy. Please speak to our therapists for more information.

25 min

---

**STIMULATE**

**MACHINE LYMPH DRAINAGE & LED LIGHT THERAPY**

During LED light therapy, your lymphatic system is detoxified using our lymph drainage pressure equipment.

30 min

---

**CLARIFY**

**MACHINE LYMPH DRAINAGE & BODY SCRUB**

This treatment begins with a body scrub, followed by detoxification using our lymph drainage pressure equipment.

60 min

---



# Phytomer

## SMOOTH **BODY SMOOTH**

An uplifting, stress-busting treatment aimed at removing dead skin cells using a toning body scrub followed by the application of body oil to hydrate the skin.

---

35 min

## FIRM **CELLU ATTACK**

Tackle cellulite, detoxify, firm and reduce inches. Using the powers of marine algae, salts, pepper oil and sea minerals, this 100% natural treatment yields truly magnificent results. A toning body scrub to exfoliate and smooth, followed by a thermal algae treatment to purge and detoxify, finishing with a cellulite massage. We recommend Resurfaslim to use at home for those wishing to fight cellulite thoroughly.

---

70 min

## PURIFY **BACK CLEANSE**

This treatment helps to clear congestion in the pores or skin irregularities on the back. Indulge in a rigorous back exfoliation followed by an enzyme mask to remove dead skin cells and impurities. Extractions to reduce blackheads and breakouts and a thermal mask to calm inflammation.

---

50 min

**FAT BURNING**    **SLIMMING BODY WRAP P5**

Achieve a new body sensation in just three steps with the slimming wrap P5. The slimming balm and lotion works on and reduces curves, while a body wrap with seaweed jam tightens the skin. The effect of four different algae boosts the body's fat burning process, has a draining effect and stimulates the cells. For an even more intensive result, we will be happy to prepare your skin with a sea salt peel.

without peel 45 min

---

with peel 65 min

---

**FIRMING**    **FIRMING BODY WRAP WITH SEA SPONGE PEEL**

Harness the power of the sea. Cleansing, detoxifying and firming. Dead skin cells are gently removed with a sea sponge peel and the blood circulation is stimulated at the same time. A gel pack with highly active ingredients such as brown and green algae is applied to tighten the skin and wake up sagging skin.

40 min

---

**DETOXIFYING**    **DETOX ALGAE WRAP WITH SEA SPONGE PEEL**

Whole-body algae wrap in a heat cocoon with a detox effect. Dead skin cells are gently removed with a sea sponge peel and the blood circulation is stimulated at the same time. Bentonite and montmorillonite clays are highly absorbent and intensify detoxification. Figure-improving, fat-splitting active substances from the sea purify, tighten and drain. Lastly, a high-quality serum provides the skin with all the necessary trace elements, strengthens and remineralizes the skin.

50 min

---





BEAUTY

# Basics

PAMPERING  
PROGRAM  
FOR THE  
HANDS

**MANICURE**

Manicure	45 min
Manicure with polish	55 min
File and polish	20 min
Removal of semi-permanent gel nails via soaking	25 min
Paraffin bath	30 min

TREAT  
FOR THE  
FEET

**PEDICURE**

Pedicure	60 min
Pedicure with polish	75 min
Intensive pedicure	90 min
Intensive pedicure with polish	110 min
File and polish	25 min
Removal of semi-permanent gel nails via soaking	25 min
Paraffin bath	30 min

FOR RADIANT  
EYES

**ADDITIONAL TREATMENTS**

Eyelash tint	15 min
Eyebrow tint	15 min
Eyelash & eyebrow tint	25 min
Eyebrow shaping	15 min



**FOR A SLEEK  
APPEARANCE****WARM WAX DEPILATION**

Back	40 min
Upper lip	15 min
Chin	15 min
Upper lip & chin	20 min
Arms	35 min
Underarms	20 min
Full leg	60 min
Half leg	30 min



# Skin & Beauty Booking Conditions

## OPENING HOURS

Monday to Sunday 9.00 am till 6.00 pm  
And by appointment

## BOOKING PROCEDURE

Please make your reservation at the Skin & Beauty Reception on the ground floor. To provide you with the perfect spa experience, we kindly ask you to inform us in advance about any special requests or specific health concerns.

## CANCELLATION POLICY

Please inform us by 4.00 pm on the day before your appointment if you are unable to attend. Failure to attend or appointments cancelled after this time will be charged in full.

We kindly ask you to arrive at least 5 minutes before the start of your treatment.

## SKIN & BEAUTY

cosmetics@mayrlife.com  
+43 3622 71450 712

## OUR LOCATION

Fischerndorf 222, 8992 Altaussee, Austria



SKIN & BEAUTY

---

A PLACE  
WHERE  
TRANS-  
FORMATION  
BEGINS.

---

Follow us on Instagram:  
[@mayrlife\\_official](#)



[www.mayrlife.com](http://www.mayrlife.com)