



MAYRLIFE

MEDICAL HEALTH RESORT
ALTAUSSEE



Services and prices

2024

MAYRLIFE Altaussee, Fischerndorf 222, A-8992 Altaussee
+43 (0)3622 71450, reservations@mayrlife.com, www.mayrlife.com

Rooms & Services

Rooms & Suites		Single occ. per pax / night	Double occ. per pax / night
Comfort 35 m ²	Mountain view	460	290
	Lake view	510	350
Deluxe 43 m ²	Mountain view	520	320
	Lake view	610	400
Junior Suite 60 m ²	Mountain view	720	460
	Lake view	850	560
Senior Suite 97 m ²	Lake view	---	720
Penthouse		Per night for 1 - 2 pax	
Penthouse 110 m ²	Lake view		1,770
Park Residences		Per night for 1 - 2 pax	
Park Residence 120 m ²	Lake view		1,900
Park Residence 160 m ²	Lake view		2,300
Surcharge for each additional 3rd + 4th guest			530
Surcharge for companion who is not doing the cure			530
Park Residence Single 55 m ²	Lake view	680	---

Check in from 3:00 pm / **Check out** until 12:00 pm

Enjoy our beautiful rooms a few hours longer at 50% off the regular rate.

Included services:

Individually customised dietary meals, still water & water bottle, tea, daily program of activities, wellness area, fitness room, private lake access, fluffy bath-robe, spacious bath bag and a hot water bottle (for liver wraps) during your stay

Room rates excluding local tax (3.50 p.P./day), medical services and cosmetic treatments. The minimum stay is 7 days and booking a stay is possible only in connection with one of our medical programs. All reservations can be cancelled or changed free of charge up to 14 days prior arrival. In the event of an early departure or if the cancellation is not made in time, up to 100% of the costs for the hotel as well as for the medical program will be charged.

All prices are in Euros including VAT, prices subject to change.

Medical programs



CLASSIC

The classic program is the basis of everyone's stay and enables an individual therapy plan to be created.

1 week from € 2,740
2 weeks from € 4,505



HEALTHY AGING

Slow down the aging process effectively and sustainably with the innovative Healthy Aging program.

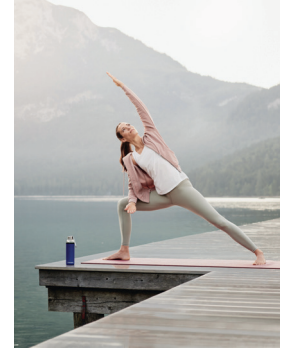
1 week from € 4,830
2 weeks from € 7,510



STRESS CONTROL

You will be able to better cope with stresses and strains and improve your performance.

1 week from € 4,775
2 weeks from € 7,190



WEIGHT CARE

We accompany you on your journey to your ideal weight in a healthy, balanced and sustainable way.

1 week from € 3,455
10 days from € 4.500



ANTI-INFLAMMATION

Prevent and alleviate inflammation throughout the body with the innovative Anti-Inflammation Program holistically.

1 week from € 3,665
2 weeks from € 5,935



ACTIVE DETOX

Detoxification provides noticeable regeneration and better quality of life in the long run.

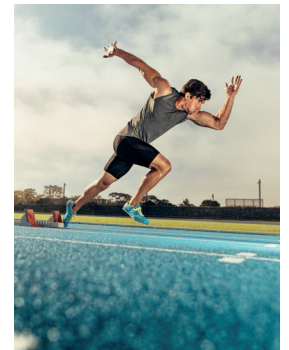
1 week from € 3,700
2 weeks from € 6,115



DIABETES CARE

Helps prevent or improve diabetes by enhancing metabolic performance and treats it sustainably and naturally.

1 week from € 3,990
2 weeks from € 7,490



SPORTS PERFORMANCE BOOST

Increase your sports performance along with our experts to achieve long term health.

1 week from € 4,250
2 weeks from € 7,135

Medical treatments

MEDICAL APPLICATIONS

Initial medical examination	45 min 60 min
Final medical examination	30 min 60 min
Functional myodiagnosis	30 min
Medical manual abdominal treatments	15 min
Medical consultation	30 min
Review of results with the doctor	15 min
Acupuncture	30 min
Emotional detoxification	50 min
Holistic coaching	70 min
Stress balance	50 min
Stress regulation test + biofeedback	75 min
Breathing exercise	50 min

NUTRITIONAL CONSULTATION

Nutrition counseling	45 min
Cure follow-up	30 min

BIO-FREQUENCY MEDICINE

Bio-frequency measurement, discussion of results + analysis	55 min
Bio-frequency analysis	45 min

MOVEMENT AND TRAINING THERAPIES

Individual training session	25 min 50 min
Muscle building (vibration plate)	30 min
Aqua bike	30 min
Body impedance analysis	30 min
Spiroergometry/ Fitness test with gas analysis	45 min
Customised training program	
Medi tape application	
Metabolic analysis with e-scan	
Bodyscan	30 min
Yoga / aerial yoga	45 min 75 min
Stand up paddling (seasonal) with yoga	50 min 50 min

MASSAGES

Massage	25 min 50 min
Shiatsu treatment	50 min
Osteopathy	50 min
Craniosacral therapy	50 min
Spiraldynamic therapy	50 min
WATSU (Water Shiatsu)	75 min
Singing bowl therapy	50 min
Feldenkrais method	50 min
Energetic body clearing	75 min

Medical treatments

LABORATORY TESTS AND SERVICES

Acid-base and mineral analysis

Free radicals (FRAS) & biological anti-oxidative potential (BAP)

Standard lab test (including hormone status)

Full blood analysis

Fatty acid analysis

Urine analysis

Urine iodine analysis

Cardiovascular risk factors

Bloodletting

ECG resting

Hypoxo training (IHHT)

INFUSIONS

Mineral infusions and/or Vitamin infusions
(according to medical prescription)

Ozone therapy

High-dose ozone therapy

HYDRO THERAPIES

SalinAir inhalation

Nasal reflexology treatment (Röder)

Electrolysis foot bath

Whole body algae wrap

Herbal detox wrap

Austrian stone pine wrap

Whole body mud pack

Goat butter pack deluxe

Salt peeling

Healing brine full body treatment

Cold pack for the legs

Cryotherapy

Colon hydrotherapy

PRECARE, POSTCARE AND MED@HOME

Precare blood diagnostic

Precare stool diagnostic

Postcare

Medical counseling	30 min
Nutrition counseling	30 min
Online nutritional counseling	30 min
Online psychological counseling	30 min
Online medical counseling	30 min

During your therapy, we will charge 100% for treatment and therapy appointments, that are not cancelled by 4:00 pm the previous day. In order to ensure the success of the therapy, the cost of the program cannot be undercut. All prices are in Euros incl. VAT, prices subject to change.