

Preparing for your treatment at the MAYRLIFE Health Resort Altaussee

FOR YOUR ARRIVAL

Help us to optimise your arrival by providing us with important information beforehand

- Please let us know what time you'll be arriving (see link "Pre-check-in" in this email).
- Do you need our transfer service? We'll be happy to arrange this for you (see link "Book a transfer" in this email).

PACKING LIST

During your stay, you can take part in an extensive range of activities

Therefore, please bring with you:

- Casual clothing and sports shoes for indoor gymnastics
- Weatherproof outdoor sports clothing
- Sturdy shoes for gentle hikes
- Swimwear
- Winter boots for snowshoe hikes (for winter stays)

WHAT TO EAT BEFORE THE TREATMENT

To make your introduction to the MAYRLIFE treatment easier, we recommend adjusting your eating and sleeping habits seven days before the start of the treatment

- Only eat easily digestible meals.
- Try to eat little or nothing in the evening and avoid all forms of raw food (salads, fruit, fruit juices).
- Drink 2 to 3 litres of still water or herbal tea each day, but not during mealtimes.
- Avoid coffee, black tea, alcohol and nicotine.
- Plan breaks for yourself and go to bed early.

On the day of arrival

HOW TO GET HERE

Our Medical Health Resort is easily accessible from several airports and train stations or 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.

We offer a barrier-free environment and garage parking for our guests. Charging stations for electric cars are also available.

CHECK-IN

When checking in, you will be given an invitation for your initial medical examination

Check-in: from 3 pm

Check-out: by 12 pm

Your MAYRLIFE treatment will begin with an initial consultation with your MAYRLIFE doctor the day after you arrive (exception: weekends).

If you arrive on a Saturday or Sunday, you will be treated to our light, alkaline MAYRLIFE cuisine from the very first day, to gently guide your body into the detoxification and cleansing process. This is the optimum way to prepare for your initial medical examination on the Monday.

RESTAURANT

We serve our meals in our restaurant – and weather permitting, the terrace is also available

Breakfast: 7:15 am - 9 am

Lunch: 12 pm - 1:30 pm

Dinner: 5:30 pm - 7 pm

WEEKLY PROGRAMME

You can make use of the wide range of activities that we offer as part of your MAYRLIFE treatment as soon as you arrive

We organise different group activities each day, talks by doctors and nutritionists, cooking courses and trips around the region. You can find out more about the current weekly programme when you check in.

FITNESS STUDIO
AND SPA

Our Medical Health Resort is equipped with a fitness studio and a spa

Opening hours:
Fitness studio: 24 hours
Spa: 7 am - 9 pm

SURROUNDING
AREA

MAYRLIFE Altaussee is located in a picturesque setting overlooking one of Austria's most beautiful lakes

The region offers plenty of hikes, a walk around lake Altaussee, idyllic lake swimming and so much more.

Your first day of treatment

INITIAL
MEDICAL
EXAMINATION

Start of the treatment

The MAYRLIFE health concept is optimally tailored to meet your needs. The extensive initial examination, including testing for intolerances, blood analyses and check-ups, forms the basis for drawing up your therapy plan – fully customised to suit you.

In addition, dietary supplements and medicines are prescribed to accompany your treatment.

THERAPY PLAN

Individual treatment plan

Based on the results of the initial examination, an individually tailored plan of treatments and therapies is put together for your entire stay. You'll be given this on the evening of the first day of your treatment.

MAYRLIFE CUISINE

Customised nutrition

Since everyone's organism has different needs, we put together a personalised nutrition plan specifically for you that is adjusted to your unique metabolism and intolerances. Our chef uses regional and organic ingredients to create menus of the highest quality, transforming mealtimes into an experience for all the senses.

**DAILY MEDICAL
CONSULTATION****Personally accompanied by your MAYRLIFE doctor**

To guarantee the best possible success of your treatment, your MAYRLIFE doctor will accompany you throughout your entire stay. A daily check-in with your doctor is a matter of course here with us.

MEALTIMES**The mindful, pleasurable consumption of food is just as important as following specific rules for each meal**

Mealtimes are designed around the natural daily rhythm. This means eating plenty at breakfast, a normal amount at lunch and consuming only light meals in the evening. Mindful consumption of food with intensive chewing is particularly important.

**SPORTS, WELLNESS
AND BEAUTY****You'll have plenty of time to rest between your daily programme of activities**

To complement your therapy plan, you'll find a whole range of regenerative sports, wellness and beauty offers such as the saline pool, the salt-enriched floating pool for individual WATSU treatments, the sauna area with a steam bath and the infrared cabin. In the Skin and Beauty section, you'll receive treatments that provide the ideal finishing touch to your process of cleansing and renewal. The stunning mountain scenery and unique location of Altaussee are perfect for day trips. The activities on offer range from yoga classes on the pier and mountain bike tours in the surrounding area to tennis and guided hiking tours. What's more, golfers can enjoy a 9-hole course in the immediate vicinity.