



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.

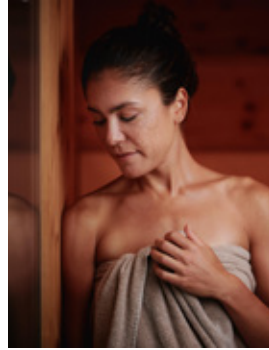
Medical programs



CLASSIC

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

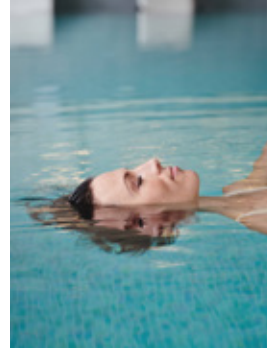
1 week from € 2,740
2 weeks from € 4,505



HEALTHY AGING

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

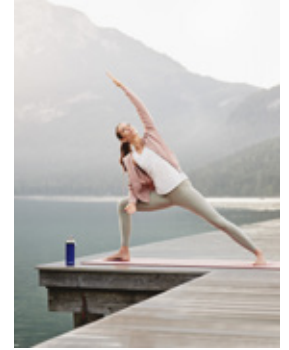
1 week from € 4,830
2 weeks from € 7,510



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



OPTIMAL WEIGHT

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



LEADER'S EXCELLENCE

A program focusing on stress management and burnout prevention for managers and top performers.

1 week from € 4,555
2 weeks from € 6,300

Medical treatments

MEDICAL APPLICATIONS

		Euro
Initial medical examination	45 min	345
	60 min	460
Final medical examination	30 min	230
	60 min	460
Functional myodiagnosis	30 min	230
Medical manual abdominal treatments	15 min	115
Medical consultation	30 min	230
Review of results with the doctor	15 min	115
Acupuncture	30 min	190
Emotional detoxification	50 min	250
Holistic coaching	70 min	320
Stress balance	50 min	250
Stress regulation test + biofeedback	75 min	290
Breathing exercise	50 min	170

NUTRITIONAL CONSULTATION

Nutritional counseling	45 min	150
Nutritional counseling + Personalised nutrition plan	45 min	200
Cure follow-up	30 min	100

BIO-FREQUENCY MEDICINE

Bio-frequency measurement, discussion of results + analysis	55 min	250
Bio-frequency analysis	45 min	175

MOVEMENT AND TRAINING THERAPIES

		Euro
Individual training session	25 min	90
	50 min	180
Muscle building (vibration plate)	30 min	105
Aqua bike	30 min	105
Body impedance analysis	30 min	95
Spiroergometry/ Fitness test with gas analysis	45 min	260
Customised training program		ab 100
Medi tape application		ab 30
Metabolic analysis with e-scan		95
Bodyscan	30 min	95
Yoga / aerial yoga	45 min	150
	75 min	250
Stand up paddling (seasonal) with yoga	50 min	180
	50 min	180

MASSAGES

Massage	25 min	70
	50 min	140
Shiatsu treatment	50 min	160
Osteopathy	50 min	210
Craniosacral therapy	50 min	210
Spiraldynamic therapy	50 min	210
WATSU (Water Shiatsu)	75 min	250
Singing bowl therapy	50 min	150
Feldenkrais method	50 min	150
Energetic body clearing	75 min	180

Medical treatments

LABORATORY TESTS AND SERVICES

	Euro
Acid-base and mineral analysis	
Free radicals (FRAS) & biological anti-oxidative potential (BAP)	120
Standard lab test (including hormone status)	120
Full blood analysis	495
Fatty acid analysis	145
Urine analysis	115
Urine iodine analysis	10
Cardiovascular risk factors	50
Bloodletting	140
ECG resting	80
Hypoxo training (IHHT)	90
	140

INFUSIONS

Mineral infusions and/or Vitamin infusions (according to medical prescription)	115 to 180
Ozone therapy	120
High-dose ozone therapy	300

HYDRO THERAPIES

	Euro
SalinAir inhalation	60
Nasal reflexology treatment (Röder)	40
Electrolysis foot bath	65
Whole body algae wrap	115
Herbal detox wrap	85
Austrian stone pine wrap	95
Whole body mud pack	115
Goat butter pack deluxe	115
Salt peeling	115
Healing brine full body treatment	115
Cold pack for the legs	85
Cryotherapy	90
Colon hydrotherapy	250

PRECARE, POSTCARE AND MED@HOME

Precare blood diagnostic		650
Precare stool diagnostic		310
Postcare		330
Medical counseling	30 min	230
Nutrition counseling	30 min	100
Online nutritional counseling	30 min	100
Online psychological counseling	30 min	150
Online medical counseling	30 min	230

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.