



# MAYRLIFE

MEDICAL HEALTH RESORT  
ALTAUSSEE



*Services  
and Prices*

2026

# Rooms & Services

ROOMS & SUITES			Single occ. per pax / night	Double occ. per pax / night
<b>Comfort</b>	35 m <sup>2</sup>	Mountain view	485	305
		Partial lake view	540	370
		Lake view	590	400
<b>Deluxe</b>	43 m <sup>2</sup>	Mountain view	550	340
		Partial lake view	650	420
		Lake view	695	450
<b>Junior Suite</b>	60 m <sup>2</sup>	Mountain view smart	760	485
		Mountain view	830	515
		Lake view	960	620
<b>Senior Suite</b>	97 m <sup>2</sup>	Lake view	---	850

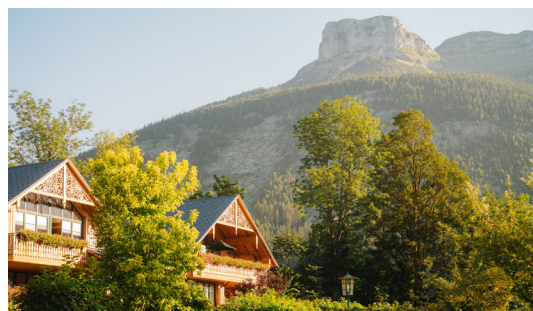
PENTHOUSE			Per night for 1 - 2 pax
<b>Penthouse</b>	110 m <sup>2</sup>	Lake view	2,000

PARK RESIDENCES			Per night for 1 - 2 pax
<b>Park Residence</b>	120 m <sup>2</sup>	Lake view	2,420
<b>Park Residence</b>	160 m <sup>2</sup>	Lake view	2,830
Surcharge for each additional 3 <sup>rd</sup> + 4 <sup>th</sup> guest			550
Surcharge for companion who is not doing the cure			550
<b>Park Residence Single</b>	55 m <sup>2</sup>	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 nights 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. More information: [www.mayrlife.com/en/agb](http://www.mayrlife.com/en/agb)

# Signature programs



## Classic Program

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

1 week from 2,975 €  
2 weeks from 4,740 €



## Classic 10 Years Special

An individually tailored program designed to sustainably enhance vitality and quality of life.

1 week from 3,155 €  
2 weeks from 5,000 €



## Active Detox

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

1 week from 4,130 €  
2 weeks from 6,545 €



## Optimal Weight

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

1 week from 3,540 €  
10 days from 4,680 €



## Meno Classic

Individualised program for women that supports hormonal balance and promotes long-term vitality.

1 week from 3,950 €  
2 weeks from 5,635 €



## Anti-Inflammation

Holistically prevent and alleviate body inflammation with the Anti-Inflammation Program.

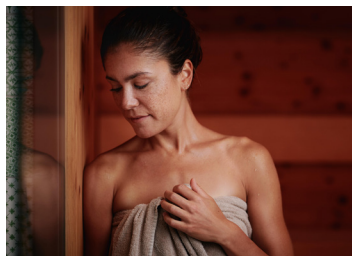
1 week from 4,190 €  
2 weeks from 6,460 €



## Stress Control

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

1 week from 4,385 €  
2 weeks from 6,430 €



## Longevity/ Healthy Aging

Effectively and sustainably slow aging with the innovative Healthy Aging program.

1 week from 5,090 €  
2 weeks from 7,860 €



## GLP-1 & Lifestyle Integration

Structured support program integrating your GLP-1 therapy into a holistic health concept.

1 week from 4,435 €  
2 weeks from 6,330 €

# Reset programs



## Health Potential Reset

A precisely structured short stay can provide effective stimuli for regeneration and long-term health.

4 days

from 1,820 €



## Weight Balance Reset

A short program featuring in-depth root cause analysis and a clear, personalized success strategy.

4 days

from 2,175 €



## Leader's Performance Plus

Your compact intensive program for enhanced resilience and lasting vitality.

4 days

from 2,645 €

## Saisonale Programme



## Summer Longevity Program

Summer Longevity is the seasonal MAYRLIFE program for anyone who wants to combine medical regeneration, personalized care, and active recovery in nature with the lightness of a summer in the Alps.

- **Programprice:** from 2,250 €
- **Duration:** from 7 nights

# Medical treatments

## MEDICAL APPLICATIONS

		Euro
Initial medical examination	45 min	345
	60 min	460
Initial medical examination incl. functional myodiagnosis	45 min	345
Final medical examination	15 min	115
	30 min	230
	60 min	460
Functional myodiagnosis	30 min	230
Medical manual abdominal treatments	15 min	115
Medical consultation	15 min	115
	30 min	230
	60 min	460
Review of results with the doctor	15 min	115
Acupuncture	30 min	190

## PSYCHOLOGY

Stress balance	50 min	250
Holistic coaching	70 min	320
Stress regulation test + biofeedback	75 min	290
Breathing exercise (breath work)	50 min	170
Tapping into the power	90 min	300
WATSU (Water shiatsu)	75 min	250

## NUTRITIONAL CONSULTATION

		Euro
Nutritional coaching	45 min	150
Individual nutrition concept + online follow up	55 min	250
Cure follow-up	30 min	100



## 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
Aqua training	45 min	180
Body impedance analysis	30 min	95
Spiroergometry	45 min	260
Customised training program + App		100
Sport follow up via Teams	30 min	110
Medi tape application		ab 30
Metabolic analysis with e-scan	30 min	95
3D Bodyscan	30 min	95
Yoga / Aerial / Nidra	45 min	150
Spiraldynamic therapy	50 min	210
Myoact analyse	50 min	250
Reformer Pilates	50 min	150
Reformer Pilates for 2 pers.	50 min	225
Stand up paddling (seasonal)	50 min	180
Stand up paddling + yoga	50 min	180

## MASSAGES

		Euro
Massage	25 min	70
	50 min	140
Osteopathy	50 min	210
Visceral Osteopathy	50 min	210
Manual Therapy	50 min	210
Physiotherapy	50 min	190
Craniosacral therapy	50 min	210
Holistic body work	60 min	190
Singing bowl therapy	50 min	150
Shiatsu	50 min	160
Liebscher & Bracht	75 min	190
Shock wave therapy	25 min	90
	50 min	190
Laser therapy	20 min	75
Magnetic field therapy	20 min	65
Electro- and ultrasound therapy	25 min	45

# Medical treatments

## LABORATORY TESTS AND SERVICES

	Euro
Acid-base and mineral analysis	120
Free radicals (FRAS) & biological antioxidative potential (BAP)	120
Cardiovascular risk factors	174
Standard lab test (including hormon status)	542
Women's Vitalcheck (Hormonstatus)	394
Full blood analysis	69
Fatty acid analysis	61
Urine analysis	10
Urine iodine analysis	35
Bloodletting	80
ECG resting	90
Transcranial direct current stimulation (10 units)	500
Waterplasma	80
Hypoxy training (IHHT)	140

## ULTRASOUND AND SONOGRAPHY

	Euro
Abdominal ultrasound	320
Thyroid sonography	180
Carotid ultrasound	180
Echocardiography	390
Emergency ultrasound	180
Bone density test (Bindex)	120
<i>Preventive Ultrasound Plus</i>	<i>790</i>

## PRECARE, POSTCARE AND MED@HOME

	Euro
Precare blood diagnostic	650
Precare stool diagnostic	330
Precare food intolerance test	390
Online nutritional counseling	100
Online psychological counseling	150
Online medical counseling	230

## INFUSIONS

	Euro
Mineral infusions and/or Vitamin infusions (according to medical prescription)	from 114
Ozone infusion	120
High-dose ozone therapy	300

## BIO-FREQUENZ MEDIZIN

	Euro
Bio-frequency measurement, discussion of results + analysis	55 min 250
Bio-frequency chip	45 min 150

## HYDROTHERAPY TREATMENTS

	Euro
SalinAir inhalation	60
Nasal reflexology treatment (Röder)	40
Electrolysis foot bath	65
Whole body algae wrap	115
Liver detox wrap	85
Austrian stone pine wrap	95
Whole body mud pack	115
Goat butter pack	115
Salt peeling	115
Healing brine full body treatment	115
Body wrap deluxe	115
Brush massage	170
Cold pack for the legs	85
Cryotherapy	90
Colon hydrotherapy	250



During your therapy, 100% of the fee will be charged for any treatment or therapy appointments not cancelled by 4:00 pm on the previous day. To ensure the success of the therapy, the program price cannot be reduced. All prices are in euros, including VAT. Prices are subject to change. (Last update: 05/26)