

**VIVAMAYR**

ALTAUSSEE

PRICE LIST 2019

## ROOM RATES FOR SINGLE OCCUPANCY PER NIGHT

Comfort Room	Mountain View	35 m <sup>2</sup>	€ 270.00
De Luxe Room	Mountain View	43 m <sup>2</sup>	€ 330.00
Comfort Room	Lake View	35 m <sup>2</sup>	€ 360.00
De Luxe Room	Lake View	43 m <sup>2</sup>	€ 430.00
Junior Suite	Mountain View, 1 bedroom, 1 livingroom	60 m <sup>2</sup>	€ 550.00
Junior Suite	Lake View, 1 bedroom, 1 livingroom	60 m <sup>2</sup>	€ 630.00
Penthouse Suite	Lake View, 1 bedroom, 2 livingrooms	110 m <sup>2</sup>	€ 1.350.00
Park Residence lake view	2 bedrooms, 1 livingroom, 1 kitchen	120 m <sup>2</sup>	€ 1.450.00
Park Residence lake view	2 bedrooms, 1 livingroom, 1 kitchen	160 m <sup>2</sup>	€ 1.750.00

## ROOM RATES FOR DOUBLE OCCUPANCY PER PERSON PER NIGHT

Comfort Room	Mountain View	35 m <sup>2</sup>	€ 180.00
De Luxe Room	Mountain View	43 m <sup>2</sup>	€ 220.00
Comfort Room	Lake View	35 m <sup>2</sup>	€ 250.00
De Luxe Room	Lake View	43 m <sup>2</sup>	€ 300.00
Junior Suite	Mountain View, 1 bedroom, 1 livingroom	60 m <sup>2</sup>	€ 350.00
Junior Suite	Lake View, 1 bedroom, 1 livingroom	60 m <sup>2</sup>	€ 410.00
Senior Suite	Lake View, 2 bedrooms, 1 livingroom	97 m <sup>2</sup>	€ 550.00
Penthouse Suite	Lake View, 1 bedroom, 2 livingrooms	110 m <sup>2</sup>	€ 850.00
Park Residence lake view	2 bedrooms, 1 livingroom, 1 kitchen	120 m <sup>2</sup>	€ 950.00
Park Residence lake view	2 bedrooms, 1 livingroom, 1 kitchen	160 m <sup>2</sup>	€ 1.100.00
	Surcharge for 3rd and 4th person	each	€ 300.00

The room is available from 2 pm on the day of arrival and until 12 noon on the day of departure.

The rate is quoted per night per person and includes your individual dietary cuisine based on the principles of the Modern Mayr Medicine. Furthermore included are: mineral water, all teas, the daily programme and the use of the wellness area with swimming pool, sauna, steam bath, infrared cabin and state-of-the-art gym. The local tax of € 2.50 per person and per night will be invoiced separately.

A stay at VIVAMAYR Altaussee is only possible in context with medical supervision and medical services. In order to ensure optimum health benefits, the following medical services are obligatory for you: initial medical check up, final medical check up, daily abdominal treatment (except Saturdays and Sundays), Functional Myodiagnostic according to Applied Kinesiology

### CANCELLATION TERMS

In case of a cancellation we charge for the room and the obligatory medical treatments 2 weeks prior to arrival and early departures 100%. This policy also applies if changing the booking.

reservations@vivamayr.com

+43 3622 71 450

## PRICE LIST FOR MEDICAL TREATMENTS

### MEDICAL APPLICATIONS

Initial medical examination	30 min	€ 185.00
	60 min	€ 370.00
Final medical examination	30 min	€ 185.00
	60 min	€ 370.00
Functional myodiagnostic/AK-Test	30 min	€ 185.00
Medical manual abdominal treatment	15 min	€ 80.00
Medical consultation	30 min	€ 185.00
Acupuncture	20 min	€ 120.00
VIVAMAYR stress test		€ 230.00
Personal medical counselling	60 min	€ 190.00

### MASSAGE

Massage	25 min	€ 50.00
	50 min	€ 95.00
Shiatsu/Tuina Treatment	50 min	€ 140.00
Osteopathy/Cranio Sacral Therapy	50 min	€ 160.00
Spiraldynamik	50 min	€ 170.00
WATSU - Water Shiatsu	75 min	€ 150.00
Singing bowl therapy	50 min	€ 100.00

### DIAGNOSTICS

Acid / alkaline / mineral analysis	€ 95.00
Free radicals (FRAS) + biological anti-oxidant potential (BAP)	€ 95.00
Standard lab analysis + hormone testing	€ 495.00
Whole blood analysis	€ 145.00
Cardio-vascular risk factors	€ 140.00
Fatty acid analytics	€ 115.00
Urine analysis	€ 10.00
Allergo-Screen Basic IgG	€ 225.00

### NUTRITIONAL COACHING

Nutritional Coaching	45 min	€ 190.00
Follow Up Nutritional Coaching	30 min	€ 75.00
Two week diet plan		€ 75.00
Online diet plan – easy for at home	3x 15 min	€ 112.00

### FUNCTIONAL TRAINING AND PHYSICAL THERAPY

Functional training	25 min	€ 85.00
	50 min	€ 125.00
Muscle training with Galileo	25 min	€ 85.00
Aquabike	30 min	€ 85.00
Spiroergometry/Fitness test with gas analysis	45 min	€ 170.00
Body impedance analysis/BIA	30 min	€ 75.00
Compilation of an individual training programme	from	€ 60.00
Medi tape	from	€ 30.00
EMS (electric muscle stimulation)	25 min	€ 85.00
EMS with mobilisation	50 min	€ 140.00
Yoga/Aerial Yoga	45 min	€ 95.00
	75 min	€ 140.00
Stand Up Paddeling (seasonal)	50 min	€ 125.00
Stand Up Paddeling Yoga (seasonal)	50 min	€ 125.00

### MEDICAL TREATMENTS

Colon-hydrotherapy	ca. 50 min	€ 170.00
Blood-letting	20 min	€ 50.00
H2 - Breath test - Fructose/Lactose	120 min	€ 50.00
Resting ECG		€ 90.00
Hypoxy training - IHHT	ca. 50 min	€ 105.00

### HYDROTHERAPY

SalinAir inhalation booth	20 min	€ 35.00
Elektrolysis foot bath	20 min	€ 49.00
Nasal reflex zone therapy acc. to Röder	15 min	€ 20.00
Heated bed/whole body mud pack	20 min	€ 55.00
Heated bed/whole body seaweed pack	20 min	€ 60.00
Heated bed/liver compress	20 min	€ 37.00
Heated bed/deluxe	20 min	€ 70.00
Healing brine full body treatment	20 min	€ 47.00
Salt peeling	20 min	€ 60.00

### INFUSIONS

Infusions with minerals and/or vitamins according to medical prescription	€ 65.00 - € 110.00
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