

MAGICAL HEALING

Hollistic rejuvenation and purification of the mind, body and soul is what Viva Mayr is all about. The retreat restores and cures leaving you younger and happier.

By Radhika Sikaria



LOCATIONS

Maria Wörth

Housed in a modern five-star hotel with futuristic facilities, on Lake Wörth, Austria, Viva Mayr makes for an outstanding setting for the clinic with picturesque views. It heals the mind and body alike.

Altaussee

Sister property of the first Viva Mayr on Lake Wörth, the center at Altaussee provides the best of modern luxury. It is located on one the beautiful Austrian Alps at the foot of mountain Loser, and offers the patrons breath-taking views.

London

The Viva Mayr London clinic is a stone's throw away from Oxford Street. Overlooking a beautiful private courtyard, the international destination for private medical excellence, the clinic is an oasis of calm and serenity.

Vienna

The Viva Mayr clinic in Vienna offers a wide range of basic examinations and check-ups, ensuring a sustainable health.

At its optimum level of functionality, the human body is perhaps the most finely tuned machine, ever. However, lifestyle choices, age and various other factors combine to throw it out of gear, pretty often. This is when the body needs to be recalibrated. Developed by pioneering doctor Franz Xaver Mayr at the turn of the 20th century, the Mayr cure focuses on a holistic detoxification of the body. It is an ideal place to rest and reboot the human system. The Mayr healthcare is completely tailor made, and adapt itself to individual needs. The basis of the Dr Mayr's regimen lies in a strict digestive

detoxification plan. The clinic's hallmarks include chewing each mouthful of food at least 30 times, drinking Epsom salts to help intestinal cleansing, daily abdominal massages and liver compresses. Combining fresh air with mineral rich water, Viva Mayr medical spas offers effective treatments to ensure exceptional health.

Weight loss is a welcome effect of the regeneration of the colon. Through flushing toxins out of the body, an overall rejuvenation is achieved. The Mayr cure promotes improved brain power and activities and provides all the essential tools for self-healing. ❏

