

# PRICELIST



# / Rooms and Services

## ROOMS & SUITES

	<i>Single Occupancy Per Night</i>	<i>Double Occupancy Per Person / Night</i>
Standard	320	–
Comfort	360	250
Comfort Lake View	430	300
Deluxe Lake View	510	350
Junior-Suite Lake View	790	520
Suite Lake View	1,210	730
Extra Bed (available in all categories, except standard)		220

## APARTMENT & VILLA *Double Occupancy / Night*

Apartment on the ground floor with lake view, private dock & parking	2,100
Apartment on the upper floor with lake view	1,650
Villa 187 m² (ground floor + first floor) with lake view, private dock & parking	3,750
Surcharge for each additional 3rd + 4th guest	550
Room rates excluding local tax (2,70 per person / day)	

## SPACIOUS

Our junior suite and suite, the apartment on the ground floor and the villa have separate living and sleeping quarters.

## COME SOONER, STAY LONGER

Enjoy our beautiful rooms a few hours longer at 50 % off the normal rate

CHECK-IN  
**From 2:00 pm**  
CHECK-OUT  
**Until 12:00 pm**  
LATE CHECK-OUT  
**Until 5:00 pm**

Me and  
VIVAMAYR

## INCLUDED SERVICES

- / Individually customised and medically prescribed dietary meals according to Modern Mayr Medicine
- / Still mineral water, soothing teas and a portable water bottle
- / Daily programme of activities
- / Free use of the wellness area: includes sauna, garden sauna, steam baths, pool, fitness room and more
- / Private lake access and sunbathing area with docks, beds and umbrellas
- / Fluffy bathrobe, spacious bath bag and a hot water bottle (for liver wraps) during your stays

## MEDICINE

VIVAMAYR medical support and treatments are required to ensure a successful stay. Booking a stay is only possible in combination with one of our medical programmes.

# / Terms of payment

## BOOKING & CANCELLATION

For reserved rooms that are not cancelled up to 2 weeks before the date of arrival, we charge a cancellation fee of 50 % of the room rate for the number of cancelled nights.

In the event of a cancellation up to 7 days before arrival, 100 % of the room rate for the number of cancelled nights is incurred as a cancellation fee.

All cancellation costs described also apply in the same manner for accompanying persons in the same room.

## MEDICAL & COSMETICS

During your therapy, we will also charge you in full for treatment and therapy appointments that are not cancelled by 4 pm the previous day. In order to guarantee the success of the therapy, the costs of the program cannot be cut.

## LABORATORY ANALYSIS

Individual laboratory tests are charged according to time and effort.

## CANCELLATION POLICY

If the stay is subsequently shortened as a result of a later arrival or early departure, the costs for the hotel room for the period booked as well as for the medical program will be charged in full.

In connection with COVID-19, our cancellation policy has been eased and applies until further notice:

Our regular cancellation policy as stated above does not apply if a planned stay is not possible due to restrictions as a result of the COVID-19 pandemic (travel restrictions, quarantine requirements etc.).

Payments that have already been made may be transferred to a later stay or may of course, upon request, also be transferred back to the customer.

## CONTACT

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# / Medical Applications

## MEDICAL APPLICATIONS

**At VIVAMAYR, you see your doctor every day.**

**The medical support builds the foundation for a successful stay.**

Initial medical examination	30 min	230
	45 min	345
	60 min	460
Final medical examination	30 min	230
	45 min	345
	60 min	460
Functional myodiagnosis	30 min	230
Medical manual abdominal treatments	15 min á	95
Medical consultation	30 min	230
Acupuncture	30 min	150
Earacupuncture	15 min	120
VIVAMAYR functional stress test with medical consultation		240
Emotional detoxification with psychological consultation	60 min	250
Sleep lab		350
Neural therapy	15 min	85
Heart rate variability measurement including doctors consultation		295
Vascular diagnostics including doctors consultation		160

## MEDICAL AESTHETIC TREATMENTS

PRP Injection	15 min	145
	30 min	350
Aesthetic Mesotherapy	30 min	300
Medical Needling	30 min	400

## ULTRASOUND

Abdomen		240
Vessels		240
Thyroid gland		140

NUTRITIONAL  
CONSULTATION  
AND COOKING  
LESSON

**Here, you receive basic knowledge on healthy eating and we will put together a diet plan that is tailored to your individual needs.**

Nutritional consultation	60 min	160
Cooking lesson private		190
Cooking lesson group		85

SPORT SCIENCE  
MOVEMENT  
AND TRAINING  
THERAPIES

**Movement is a central theme of the VIVAMAYR principle.  
We'll show you how to move your body with pleasure.**

Individual training session	25 min	90
	50 min	180
Muscle building on a vibration plate system	30 min	90
Aquabike	30 min	90
Icaros® (virtual reality)		90
Pilates Reformer		95
Fitness test with breathing gas analysis		170
Bioelectrical impedance analysis (body fat composition)		85
Metabolic analysis with an E-Scan		80
Customised training program		80
Medi tape application		30
Ion-induction device therapy		90

RELAXATION

**Relaxation contributes significantly to regeneration and intestinal health.  
Optimising breathing activity and technique can improve digestive performance.**

Yoga	50 min	170
Yoga stretch massage	50 min	170
Shiatsu treatment	50 min	170
Breathwork	50 min	170
Bowtech® relaxation technique	45 min	160

## / Medical Applications

### MEDICAL THERAPIES

**Our individual selection of different holistic therapies guarantees optimal success.**

Colon hydrotherapy	250
Bloodletting	60
Medical Lipo-laser + training	235
H2 Breath test – fructose / lactose	60
ECG Resting	90
Ozone therapy	120
Ozone high-dose therapy	300
Ozone autohaemotherapy	85
Rectal insufflation therapy (ozone)	40
Hypoxo training (IHHT)	130
Medical laser therapy	35
Intravenous laser treatment	60
Laser therapy & Oral irrigator	20
Immune laser / Laser watch	35

### HYDRO THERAPIES

**As proven and effective elements of the VIVAMAYR philosophy, hydrotherapy water treatments are a tried-and-true component of our traditional therapies.**

Herbal baths in a hydroxeur tub	15 min	75
Vino forming treatment (vinothérapie)	45 min	110
Full body moor mud pack in a heated bed	20 min	75
Electrolysis foot bath	25 min	65
SalinAir inhalation cabin	20 min	50
Nasal reflexology therapy	15 min	25
Softpack royal	30 min	95
Cryotherapy -110°		59

## MASSAGES

**Massages are an important pillar at VIVAMAYR. They help with detoxification and address specific physical and emotional blockages. We will find a therapeutical massage method that suits your individual needs.**

Massage (Klassische-, Fußreflex-und Kopfmassage)	25 min	65
	50 min	130
Lymphdrainage	50 min	130
Craniosacral therapy	50 min	190
Osteopathy	50 min	210
Feldenkrais treatment	50 min	150
Manual mobilization	25 min	75
	50 min	150
Manipulative massage	25 min	75
Stress reduction treatment		150

## LABORATORY TESTS

**Lab tests reveal your personal metabolism and form the basis of your customised therapy.**

Acid-Base and mineral nutrient analysis	95
Free radicals (FRAS) & Biological anti-oxidative potential (BAP)	95
Standard lab test (including hormone status)	450
Analysis of minerals and trace elements	145
Fatty acid analysis	100
Urine analysis	10
Cardiovascular risk factors	170
Intestinal health check	250
Heavy metal analysis (urine) incl. DMPS ampoule	185

## INFUSIONS

**To counteract a lack of nutrients in our modern diet, we offer special infusion mixtures that bring the body back into balance.**

Mineral infusions and / or	
Vitamin infusions according to medical prescription	130 bis 180

# / Derma & Beauty

## FACIALS

**Regenerative beauty treatments during the detox process have a supporting effect and help the skin to achieve a new radiance.**

## VIVAMAYR SIGNATURE TREATMENTS

**It is important to us that your skin is optimally accompanied during your entire stay. Our specially developed VIVAMAYR signature treatments are individually adapted to your skin needs.**

Initial facial incl. skin analysis and skin therapy plan	70 min	195
Final facial incl. homecare plan	60 min	165

## DERMACEUTICALS

Sphero Derm medilight low level laser therapy	50 min	210
Hollywood TCA peeling	60 min	240
Dermaplaning	60 min	185
Microneedling/Microchanneling	50 min	265

## DR. BARBARA STURM

Instant glow facial	45 min	150
Super anti-aging facial	80 min	300
Darker skin tones facial	60 min	225
Clarifying facial	75 min	250

## QMS

Active lift	50 min	144
Collagen rejuvenation	80 min	215
Pure oxygen therapy	80 min	243

## PHYTOMER

Hydration intense	50 min	138
Deep cleansing	50 min	138
Anti aging plus	70 min	195



MEN SPECIALS	Active energy	70 min	187
	Essential glow	45 min	135
	Destressing skin booster	60 min	164

**ADD ONS**      **It is the subtleties that create a special whole. Choose from a wide variety of additional treatments for your absolute skin experience.**

Microdermabrasion face	10 min	40
Microdermabrasion face, neck and décolleté	15 min	60
High frequency selective		19
Lymphatic drainage face	30 min	76
Facial massage	30 min	76
LED light therapy (red, yellow, green, blue)	10 min	35
	25 min	70
Pure oxygen therapy	30 min	83
Eye reviver lifting	15 min	48
Lipzone repair & boost	15 min	48
Back cleaning	30 min	75
Eyelash tinting		25
Eyebrow tinting		22
Eyebrow shaping		18

**BODY**      **Our body treatments are wonderfully relaxing and let you find your inner balance. Ask about the possible combinations of treatments for a good body feeling.**

Seaweed wrap / Marin minceur	60 min	138
Sea salt peeling	45 min	68
Sea salt peeling with a body treatment	30 min	45
Cellu-active treatment	60 min	156
Cellulite wrap	40 min	84
Hot stone massage	50 min	128

## / Derma & Beauty

### BODYFORMER

**Get your body in shape with our compression therapy!**  
**Different programs optimize the detoxification of the tissues and cellulite, flabby connective tissue and water retention successfully.**

Anticellulite / slim & cellulite	program each	95
Sport / relax / lymphdrainage / cavitation	program each	115
Extra booster-serum		30

### DEPILATION

**With skin-caring wax, unwanted hair is gently removed.**  
**Long lasting smooth skin is the result.**

Arms	68	Upper lip	19
Whole legs	92	Upper lip & chin	38
Lower leg to knee	68	Back / shoulder / chest	from 62
Underarms	36		

### MANICURE / PEDICURE

**Give your hands and feet the time out and care they deserve.**  
**They will thank you for it.**

Spa manicure with peeling & massage	64
Spa pedicure with peeling & massage	74
Varnish	18

### HAIRSTYLING

**A new lifestyle starts at the roots.**  
**Let us nourish your healthy and beautiful hair.**

<b>Ladies</b>	Wash / cut / blow dry	from	70
	Wash / blow dry	from	50
<b>Gentlemen</b>	Wash / cut / blow dry	from	38
	Wash / blow dry	from	25



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YOUR NEW LIFE  
BEGINS WHERE  
ANCIENT  
WISDOM MEETS  
MODERN  
SCIENCE.

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## **OUR LOCATIONS**

**/ Medical Health Resort Maria Wörth**

**/ London Day Clinic**

**/ Biogena Plaza Vienna**

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**[www.vivamayr.com](http://www.vivamayr.com)**