

SV WELLNESS & LONGEVITY  
VIVAMAYR - AUSTRIA

# VIVAMAYR

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

VIVAMAYR



**V**IVAMAYR sees itself as your life-long companion when it comes to a holistic understanding of health and wellbeing.

However, these things do not just take care of themselves - they require some effort. Our main focus therefore lies on prevention: taking good care of ourselves, reducing stress, detoxifying our inner organs and ensuring a well-balanced diet.

VIVAMAYR offers the highest level of comfort in every respect.

At present, the VIVAMAYR range of services for body and soul are available in our Medical Health Resort in Austria: in Maria Wörth located on the shores of the beautiful Lake Wörthersee in Carinthia.

A day clinic in London also provides diagnostic and therapeutic services as well as ongoing treatments and monitoring.

Individual treatments based on Modern Mayr Medicine, medical diagnostic services and a range of therapies are specifically selected to suit each patient. The body is given what it craves - rest, exercise, massage, therapy, a diet programme based on our guests own needs. Physical exercise and healthy eating are the central building blocks of the VIVAMAYR philosophy and practice.

Medical treatments are combined with alternative and complementary medicine, such as the tenets of essential nutrients and vitamins in our diet. Outstanding Mayr physicians and a highly qualified team provide customized support and advice during your personal consultations. Our focus lies on the individual guest striving to improve their subjective quality of life.

The way we eat helps to keep us healthy or increases our risk of getting ill.

This conclusion, first practiced by

the ancient Greece, still holds true today. The research done by Dr. Mayr helps us treat illnesses by changing our dietary habits. An intense focus on diet ethics under medical guidance promotes the successful treatment of a wide range of lifestyle diseases. The lessons learned from this approach - i.e. the mindful cultivation of good dietary habits in our daily lives - help us remain healthy. But why not come and experience for yourself what a personalized Mayr cure can do for you?

A true island of health, the VIVAMAYR Maria Wörth is located on the picturesque lake Wörthersee. Located unspoilt natural panorama, your view can wander across the Lake Wörthersee region - the ideal setting for you to benefit from Modern FX. Mayr Medicine.

Guests also enjoy our own lakeside beach and romantic gardens for their contemplative, restful atmosphere. The waters of Lake Wörthersee are nourishment for the soul both in summer and in winter. Two swimming

docks and an exclusive garden sauna complement your daily routine.

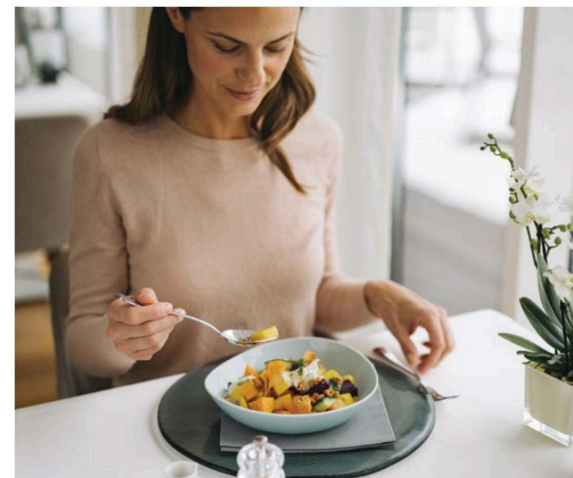
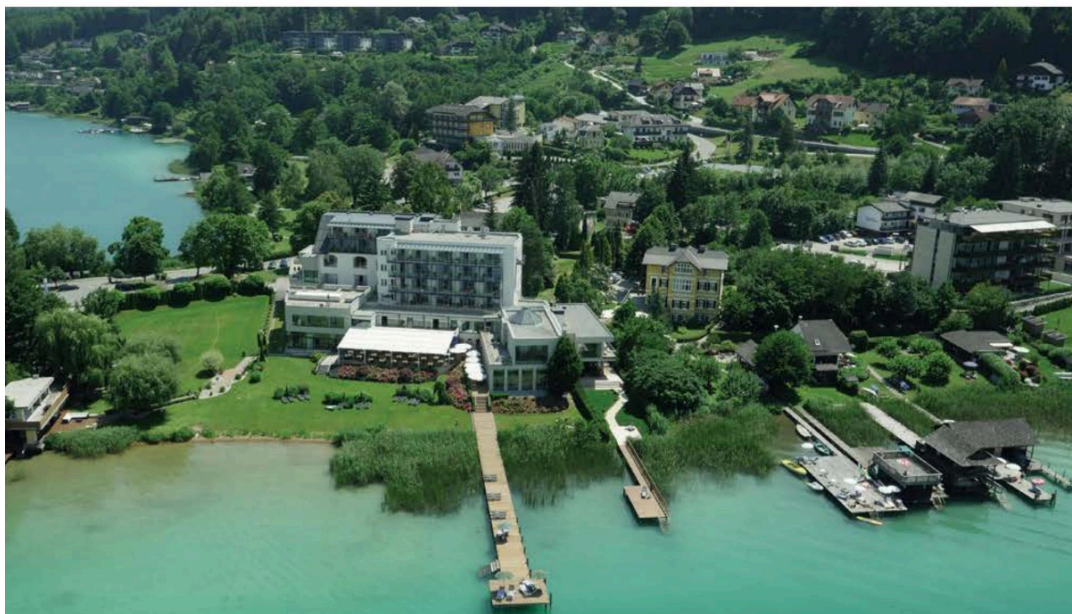
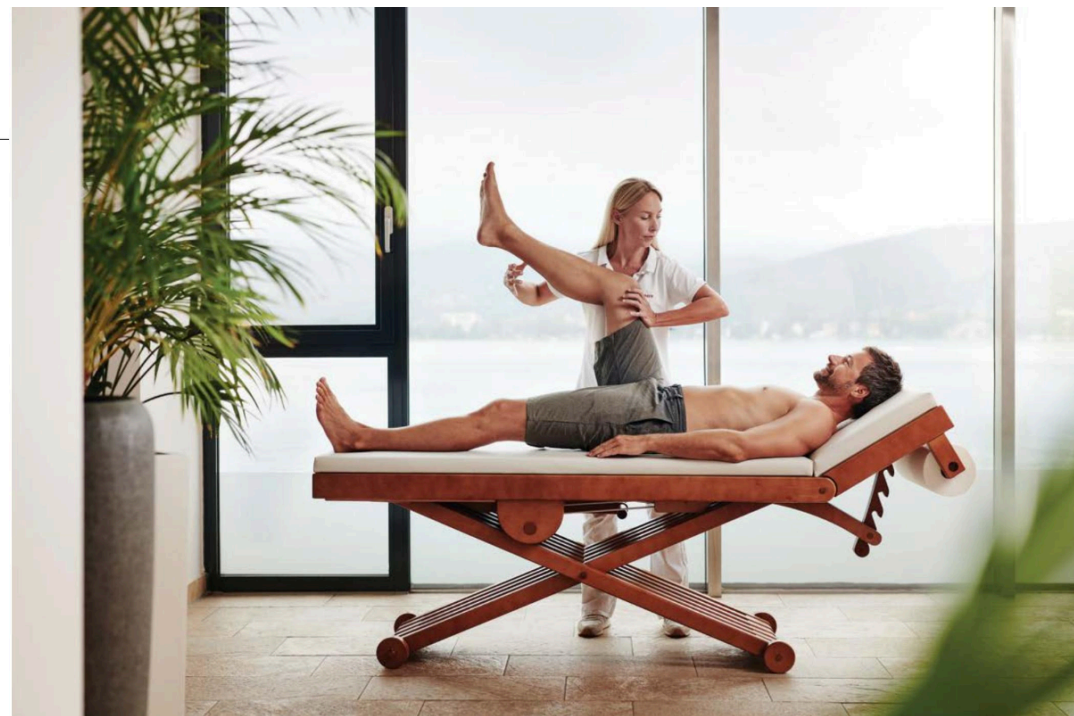
VIVAMAYR Maria Wörth provides all the comfort of an international luxury

hotel: an oasis of peace with a warm welcoming family atmosphere. Our professional team will gently put forward individual guidelines and advice, laying the ground for the step-by-step

transformation of your body, mind and soul. Outstanding medical competence paired with genuine hospitality, will make your stay a unique unforgettable experience.

A feast for the eyes: VIVAMAYR cuisine offers culinary delights that prove just how delicious healthy eating as part of the Mayr cure can be. The signature flair of our restaurant, with its unobstructed views of the lake and the romantic lakeside terrace, adds to the experience. Eating well - in every sense of the word - is one of the cornerstones of the VIVAMAYR approach.

You don't just arrive at the VIVAMAYR Maria Wörth - you are welcomed. Our unique ambience unites the comforts of modernday living with traditional warmth and hospitality, making it easy to leave the daily grind behind.





# for OPTIMIZED Health

**L** leading luxury medical detox centre VIVAMAYR has opened its first ever location outside of Austria on London's prestigious Harley Street.

In the heart of fast-paced cosmopolitan London, Harley Street is the international destination for private medical excellence and the location of the new VIVAMAYR London clinic.

A stone's throw from Oxford Street in fashionable Marylebone,

**VIVAMAYR**

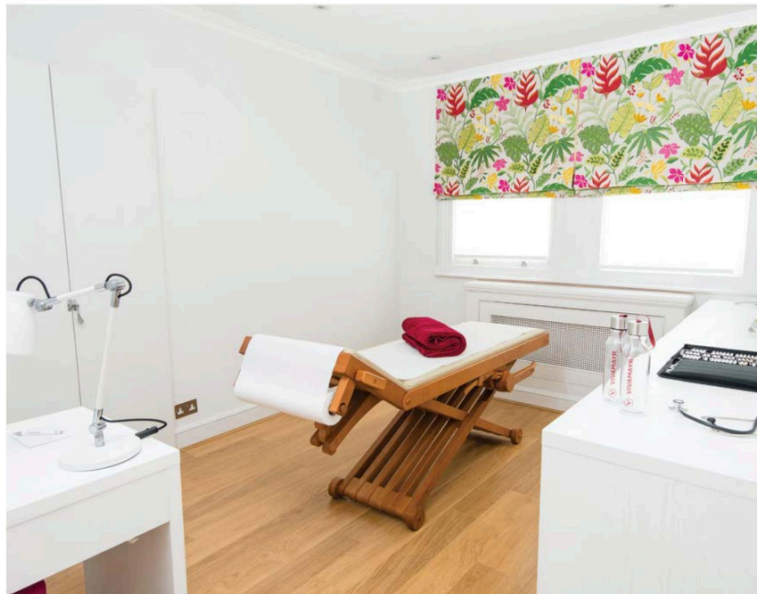
VIVAMAYR London  
15 Harley Street, London W1G 9QQ, United Kingdom  
+44 20 3034 1331 | london@vivamayr.com

VIVAMAYR has made its home in London at 15 Harley Street, an oasis of calm and contemplation overlooking a beautiful private courtyard.

VIVAMAYR London provides

access to the VIVAMAYR senior medical team who each have a weekly residency at the clinic.

Primarily offering diagnostic consultations, patients will learn how a bespoke VIVAMAYR programme



can help transform their health and wellbeing.

There is also a curated selection of therapies on offer, including diagnostic blood tests, intravenous infusions, oxygen therapy, manual abdominal treatment, applied kinesiology and stress testing.

The medical team will be available for consultations five days a week from Monday to Friday, from morning till late afternoon and patients will also be able to purchase a range of exclusive VIVAMAYR cooking and medical supplies on site. The VIVA-

MAYR approach, which combines precious natural therapies with state-of-the-art medical diagnostics and treatments, is no longer the preserve of guests at the VIVAMAYR resorts in Maria Wörth.

VIVAMAYR London will also host exclusive cooking classes with top VIVAMAYR chefs on loan from its residential Maria Wörth. They will demonstrate how to adapt the Mayr diet at home and will showcase mouth-watering yet highly nutritional recipes using the best organic and locally sourced ingredients.

