

Medical Health Resort Maria Wörth

# OUR OFFER FOR YOUR *HEALTH*



VIVAMAYR

## Medical Health Resort Maria Wörth

# Learn a new lifestyle with our caring support.

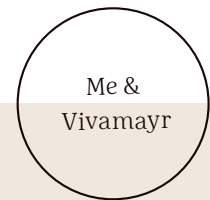
You are in good hands at the vivamayr Medical Health Resort Maria Wörth. Our highly skilled and attentive staff provide worldclass care as you rest and rejuvenate in comfortable facilities surrounded by alpine nature and a beautiful lake. Enjoy the variety of medical services and cosmetic treatments designed to enrich your new life. Everything you need is right here.



# Content

/ Rooms and Services	S.04
/ Long-term health	S.07
/ Medical base and therapies	S.08
/ Overview of our medical programs	S.10
Classic Program	S.12
Active Detox Program	S.14
Post Covid Program	S.16
Immun Boost Program	S.20
Weight Care Program	S.22
Anti-Inflammatory Skin Program	S.24
Diabetes Program	S.26
Active Breath Program	S.28
/ VIVAMAYR: A long term companion	S.30
/ Medical Applications	S.32
/ Derma & Beauty	S.36
/ Terms of payment	S.40

# Rooms and Services



## ROOMS & SUITES

	Single Occupancy Per Night	Double Occupancy Per Person / Night
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 m <sup>2</sup> (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).

All rooms are equipped with air conditioning.

## SPACIOUS:

Our junior suite and suite, the apartments and villa all 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

## 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 stay

## 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.





# Long-term health at VIVAMAYR

## HEALTH CONCEPT

Only VIVAMAYR provides you with a medical treatment that is completely tailored to your needs. Achieve a new quality of living and long-term health with our tailored, individual therapy program.

When you choose one of our medical programs, you get to decide what the focus of the therapy should be. A wide range of therapy services are available. An initial doctor's consultation and comprehensive diagnosis help to put together an entirely personal therapy programme with revitalising and relaxing applications that will help you reach your full potential.

All of our therapies are completely tailored to your needs. Your personal treatment plan will be discussed and determined during your initial medical consultation.

## MEDICAL PROGRAMS

### Structure of the VIVAMAYR medical programs

medical base services

individually tailored therapies

### 1 WEEK

The first steps towards better health lead to a stimulation of the metabolism, as well as a first and intensive removal of toxins from the body.

### 2 WEEKS OR MORE

We recommend a stay of at least 2 weeks. The in-depth experience enables sustainable regeneration and a long-lasting effect.

A profound vegetative change is possible from 3 weeks. A treatment of 3 weeks or more is also required for the treatment of various diseases.

# Medical base and therapies



## MEDICAL BASE



### MEDICAL SUPPORT

You start off with a thorough clinical examination to allow our doctors to get a full picture of your current health condition.



### DIETARY CONSULTATION

One key element is consistently keeping to your personal dietary guidelines. A personal diet plan helps with integrating them into your everyday life.



### DIAGNOSIS PROCEDURE

We carry out a variety of tests to determine which treatments to what extent will be useful for you.



## INDIVIDUAL THERAPIES



### BODY DETOXIFICATION

Getting rid of toxins to relieve the metabolism boosts your energy and vitality and, at the same time, helps counteract illnesses.



### ACTIVATION OF THE IMMUNE DEFENCE

VIVAMAYR offers invigorating therapies which promote the strength and activation of the body's immune defence.



### COMPREHENSIVE TESTS

Your VIVAMAYR doctor will advise you about other test options on location.



### MENTAL STRENGTH

Along with physical detoxification, emotional cleansing plays a crucial role in your long-term health.



### RESTORE BALANCE

Blockades in the body cause pain, inflammation and discomfort. We find problem areas and resolve them.



### WEIGHT OPTIMISATION

The changes in your metabolism during your treatment program lead to a sustainable weight regulation.



### MOBILITY & FITNESS

Targeted mobility therapy units correct blockades in the motor system as well as incorrect movement patterns.



### RELAXATION & REGENERATION

Our therapies promote your ability to relax and enable perfect regeneration of body and mind.



### REGULATE DEFICIENCIES

The fastest way to regulate deficiencies is through intravenous administration. Our targeted infusions will even out any imbalances in your mineral and vitamin levels.



### RADIANT SKIN

Inflammation leads to imbalance of your skin. Through detoxification, inflammatory reactions in the body can be dissolved and your skin will shine again.

# An overview of our medical programs

## CLASSIC

The VIVAMAYR Classic program is a solid choice for long-term health.



1 week excl. accommodation	from	2.777
2 weeks excl. accommodation	from	4.483

## BODY & MIND DETOX

The Body & Mind Detox program relieves your body of toxins and helps it to regenerate with noticeable and lasting effects.



1 week excl. accommodation	from	3.553
2 weeks excl. accommodation	from	5.976

## POST COVID

The VIVAMAYR Post-COVID program is designed to ensure optimum regeneration after falling ill with COVID-19.



1 week excl. accommodation	from	3.723
2 weeks excl. accommodation	from	6.231

## IMMUN BOOST

The VIVAMAYR Immune Boost program strengthens and activates your immune system and thus makes you more resistant to infection diseases.



1 week excl. accommodation	from	3.362
2 weeks excl. accommodation	from	5.769

## WEIGHT CARE

The VIVAMAYR Weight Care program joins you on your journey to your ideal weight in a healthy, balanced and sustainable way.



1 week excl. accommodation	from	3.832
2 weeks excl. accommodation	from	6.724

## ANTI- INFLAMMATORY SKIN

The Anti-inflammatory Skin Program by VIVAMAYR and Dr Barbara Sturm reduces inflammation and ensures healthy, radiant skin.



1 week excl. accommodation	from	4.473
2 weeks excl. accommodation	from	7.591

## DIABETES

The new VIVAMAYR Diabetes Program, for all those with prediabetes and type 2 and 1 diabetes, helps to improve the metabolism.



1 week excl. accommodation	from	3.598
2 weeks excl. accommodation	from	6.241

## ACTIVE BREATH

The VIVAMAYR Active Breath program includes tailored therapies for improved respiratory health.



1 week excl. accommodation	from	3.995
2 weeks excl. accommodation	from	6.935

# Our Classic Program

## THE BASIS OF YOUR WELL-BEING

### The VIVAMAYR Classic Program as the basis of your well-being

Our tried and tested VIVAMAYR Classic Program forms the basis for every stay and is the most individual of all our programs. Just like your body and goals are unique, this program is entirely customized according to your personal needs. It includes all necessary medical care and a variety of tests and treatments. The additional therapies which are needed for your personal well-being and health are not defined until you have your initial examination with your physician. This sets you on the right path to your new life full of ease, confidence and strength. Zuversicht und Stärke.

## BETTER QUALITY OF LIFE

### This is what your new lifestyle will feel like

mentally & physically invigorated

full of new perspectives

light, free and clear

vitalized and energized

## SCIENTIFICALLY PROVEN

### How the VIVAMAYR Classic Program works in your body

All VIVAMAYR processes and treatments are designed to cleanse your body from the inside. We use a variety of therapies and methods to stimulate renewal. For example, autophagy is a self-cleaning process of the cells that is triggered by fasting. Defective cell components or those that are no longer needed are broken down and recycled. The organism becomes more resistant to possible weight gain in the event of a high-calorie diet, visceral fat and diabetes mellitus.

Study: Autophagy Counteracts Weight Gain, Lipotoxicity and Pancreatic  $\beta$ -Cell Death Upon Hypercaloric Pro-Diabetic Regimens Fernández et al.

## MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€ 2.777
2 week	from	€ 4.483

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

The final price is based on your individual therapy plan.

The **VIVAMAYR Classic program** covers a range of examinations and treatments which offer you a solid footing for your VIVAMAYR stay. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Classic program is structured as follows:

- MEDICAL BASE**
- / Initial medical examination
  - / Functional myodiagnosics
  - / Daily medical manual abdominal treatments
  - / Final medical examination
  - / Nutrition counselling
  - / Acid-base and mineral nutrient analysis
  - / Free radicals & biological anti-oxidative potential
  - / Metabolic analysis
  - / Urine analysis
  - / Body impedance analysis
  - / Individual dietary plan
  - / Group activities
  - / Medical lectures

- TAILORED TREATMENTS**
- / Vascular diagnostics
  - / Cryotherapy
  - / Nasal reflex zone therapy
  - / Functional training
  - / Yoga
  - / Therapeutic massage
  - / Electrolysis foot bath
  - / Hydroxaur
  - / Sea salt body peeling
  - / Seaweed wrap / Marin minceur

	<b>1 WEEK</b> stimulates metabolism	<b>2 WEEKS</b> significant results
	1	1
	1	1
	3	8
	1	1
	1	1
	1	1
	1	1
	1	1
	1	1
	✓	✓
	✓	✓
	✓	✓
<p><b>INDIVIDUALLY TAILORED TO YOU</b></p> <p>From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.</p>		
	1 week from €2.777	2 weeks from €4.483

# Our Body & Mind Detox Program

## DETOXIFICATION WITH VIVAMAYR

### Give your body freedom and strength

The new VIVAMAYR Body & Mind Detox Program detoxifies both body and mind. This makes you and your entire organism more efficient. Your body learns to deal with pollutants more effectively. You will notice that you have greater energy reserves, and that these are more accessible. Your general well-being and energy levels experience a significant increase. The contents of the one to two-week program are based on recognized medical therapies and special, scientifically approved treatment methods, which our team of doctors has developed over a number of years. The positive effect of the treatments has been proven by a number of medical studies.

## BETTER QUALITY OF LIFE

### This is what your new lifestyle will feel like

detoxified, vitalized, fit and ener- gized	relieved of tiredness	more mobile and dynamic	light and free
--	--------------------------	----------------------------	-------------------

## SCIENTIFICALLY PROVEN

### How Body & Mind Detox works in your body

Well-being is increased by cleansing the gut and bringing the intestinal function back to its natural rhythm. All of our bodies have a program that is genetically designed to recycle, break down and eliminate toxins from cells. This means that the naturopathic approach to detoxification is backed up by scientific evidence. A stay at VIVAMAYR provides the ideal way to stimulate this process of self-cleansing through personalised fasting.

Study: Autophagie - Nobel Preis 2016, Takeshige, K., Baba, M., Tsuboi, S., Noda, T. and Ohsumi, Y. (1992).  
Journal of Cell Biology 119, 301-311

## MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€ 3.553
2 weeks	from	€ 5.976

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

The final price is based on your individual therapy plan.

The **VIVAMAYR Body & Mind Detox program** relieves your body of toxins and helps it to regenerate with noticeable and lasting effects. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Active Detox program is structured as follows:

**MEDICAL BASE**

- / Initial medical examination
- / Functional myodiagnosics
- / Daily medical manual abdominal treatments
- / Final medical examination
- / Nutrition counselling
- / Acid-base and mineral nutrient analysis
- / Free radicals & biological anti-oxidative potential
- / Metabolic analysis
- / Urine analysis
- / Individual dietary plan
- / Group activities
- / Medical lectures

**TAILORED TREATMENTS**

- / Infusions
- / Cryotherapy
- / Hypoxytraining
- / Nasal reflex zone therapy
- / SalinAir Inhalation
- / Mental coaching
- / Functional training
- / Yoga
- / Therapeutic massage
- / Elektrolysis foot bath
- / Hydroxeur
- / Heated bed

	<b>1 WEEK</b> thorough detoxification	<b>2 WEEKS</b> reinforce regeneration
	1	1
	1	1
	3	8
	1	1
	1	1
	1	1
	1	1
	1	1
	1	1
	✓	✓
	✓	✓
	✓	✓
<b>INDIVIDUALLY TAILORED TO YOU</b>		
From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.		
	1 week	2 weeks
	from	from
	€ 3.553	€ 5.976

# Our Post Covid Program

## POST COVID REGENERATION

### Find your old strength and resilience Bouncing back to everyday life with stability and vitality

Even if you only had a mild case, many COVID-19 patients continue to suffer from symptoms long after their recovery, including impaired lung function and reduced concentration and performance.

Our new POST-COVID program ensures your body is stabilized and strengthened. It is important to act quickly so that the inflammation the virus provokes in your body can be efficiently broken down by the immune system.

This is why we require a fully functioning immune system for regeneration. Fasting or reducing food intake strengthens the immune system and relieves the digestive system. An individualized treatment plan promotes cell regeneration, reduces inflammation and increases the number of mitochondria, which are the energy source for our cells.

## BETTER QUALITY OF LIFE

### This is what your new lifestyle will feel like



## MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€ 3.723
2 weeks	from	€ 6.231

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.  
Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

*The final price is based on your individual therapy plan.*



The **VIVAMAYR Post Covid program** is designed to ensure optimum regeneration after falling ill with COVID-19. In addition to the basic medical services, we also put together customized therapies to suit your individual needs. The VIVAMAYR Post-COVID program is structured as follows:

**MEDICAL BASE**

- / Initial medical examination
- / Functional myodiagnosics
- / Daily medical manual abdominal treatments
- / Final medical examination
- / Nutrition counselling
- / Acid-base and mineral nutrient analysis
- / Free radicals & biological anti-oxidative potential
- / Metabolic analysis
- / Urine analysis
- / Stress test
- / Individual dietary plan
- / Group activities
- / Medical lectures

**TAILORED TREATMENTS**

- / Infusions
- / Breath work
- / Cryotherapy
- / Hypoxytraining
- / Nasal reflex zone therapy
- / SalinAir Inhalation
- / Acupuncture
- / Mental coaching
- / Functional training
- / Therapeutic massage
- / Elektrolysis foot bath
- / Hydroxeur

	<b>1 WEEK</b> Activation of the immunesystem	<b>2 WEEKS</b> longterm regeneration
	1	1
	1	1
	3	8
	1	1
	1	1
	1	1
	1	1
	1	1
	1	1
	1	1
	✓	✓
	✓	✓
	✓	✓
<p><b>INDIVIDUALLY TAILORED TO YOU</b></p> <p>From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.</p>		
	1 week	2 weeks
	from	from
	€3.723	€6.231





# Our Immune Boost Program

## STRENGTHENING THE IMMUNE SYSTEM

### More resistance with VIVAMAYR Immune Boost

The new VIVAMAYR Immune Boost Program strengthens and activates your immune system. It helps your body to react more effectively to viral, bacterial and parasitic threats and makes you more resistant to infectious diseases. The contents of this program are based on special, scientifically approved treatment methods, which our team of doctors has developed over a number of years.

## BETTER QUALITY OF LIFE

### This is what your new lifestyle will feel like

more resistant against all kinds of infections	physically and mentally invigorated	motivated to lead a healthier lifestyle	energized and active
--	--	---	-------------------------

## SCIENTIFICALLY PROVEN

### How Immune Boost works in your body

In a new study carried out by Charité Berlin, it was proven that the virus replication of cells infected with COVID-19 is decreased by up to 85% as soon the cell renewal process (autophagy) begins. Autophagy involves healthy cells breaking down harmful waste, a process that is at the heart of all VIVAMAYR treatments. The immune system is strengthened in the long term and becomes better able to deal with infections.

Study: Autophagie und Covid 19, Dr. Nils C. Gassen von der Universität Bonn,  
Prof. Dr. Christian Drosten und Dr. Marcel Müller von der Berliner Charité

## MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€ 3.362
2 weeks	from	€ 5.769

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.



During the **VIVAMAYR Immune Boost program**, you boost your immune system to ensure you are best protected against any infection. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Immune Boost program is structured as follows:

<b>MEDICAL BASE</b>	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Urine analysis	1	1
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
	/ Medical lectures	✓	✓

<b>TAILORED TREATMENTS</b>	/ Infusions		
	/ Breath work		
	/ Cryotherapy		
	/ Hypoxytraining		
	/ Nasal reflex zone therapy		
	/ SalinAir Inhalation		
	/ Shiatsu / relaxation techniques		
	/ Yoga		
	/ Therapeutic massage		
	/ Hydroxeur		
/ Heated bed			

	<b>1 WEEK</b> immune system activation	<b>2 WEEKS</b> long-term strengthening
	1	1
	1	1
	3	8
	1	1
	1	1
	1	1
	1	1
	1	1
	1	1
	✓	✓
	✓	✓
	✓	✓

**INDIVIDUALLY  
TAILORED TO YOU**

From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.

	1 week	2 weeks
	from	from
	€ 3.362	€ 5.769

# Weight Care im Detail

## FEEL LIGHTER AND FREER

### Balanced for optimal weight

The path to a feel-good body begins with VIVAMAYR. The goal of our Weight Care program is to work with you to find the path to your ideal weight. The initial science-based investigation will identify where your potential lies. To support you in achieving your ideal weight, we will put together a therapy program for you that optimally supports your body. This includes a combination of medical care, sustainable nutritional advice and many other different types of therapy to promote your activity, mobility and self-healing powers. During your stay, you will learn many new habits that will have a positive effect on both your well-being and weight. We'll keep providing support after your stay so you can continue your good work.

## NEW MOBILITY AND STRENGTH

### This is what your new lifestyle will feel like



## SCIENTIFICALLY PROVEN

### How Weight Care works in your body

Fasting can help stimulate autophagy (the self-cleaning of cells) in the body. This leads to considerable weight loss. Furthermore, the study shows significant success in disease prevention - especially in the case of obesity and diabetes.

Study: Autophagy counteracts weight gain, lipotoxicity and pancreatic  $\beta$ -cell death upon hypercaloric pro-diabetic regimens  
Fernández et al.

## MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€3.832
2 weeks	from	€6.724

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.



The **VIVAMAYR Weight Care program** is aimed at optimising your weight and consists of a fixed and variable part. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Weight Care is structured as follows:

- MEDICAL BASE**
- / Initial medical examination
  - / Functional myodiagnosics
  - / Daily medical manual abdominal treatments
  - / Final medical examination
  - / Nutrition counselling
  - / Acid-base and mineral nutrient analysis
  - / Free radicals & biological anti-oxidative potential
  - / Metabolic analysis
  - / Urine analysis
  - / Body impedance analysis
  - / Individual dietary plan
  - / Group activities
  - / Medical lectures

- TAILORED TREATMENTS**
- / Infusions
  - / Cryotherapy
  - / Hypoxytraining
  - / Nasal reflex zone therapy
  - / Acupuncture
  - / Mental coaching
  - / Functional training
  - / Therapeutic massage
  - / Elektrolysis foot bath
  - / Hydroxeur

	<b>1 WEEK</b> metabolism stimulation	<b>2 WEEKS</b> sustainable results
	1	1
	1	1
	3	8
	1	1
	1	1
	1	1
	1	1
	1	2
	1	2
	✓	✓
	✓	✓
	✓	✓
<b>INDIVIDUALLY TAILORED TO YOU</b>		
From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.		

1 week  
from  
€ 3.832

2 weeks  
from  
€ 6.724

# Our Anti-inflammatory Skin Program

by Dr. Barbara Sturm

## BEAUTY FROM THE INSIDE OUT

The skin is our gateway to the outside world: it protects us, breathes and even helps to detoxify the body. To keep it healthy and functioning, a holistic approach to skincare but also diet, nutrition and lifestyle choices is required. VIVAMAYR creates the foundation for this with the Anti-inflammatory Skin Program, developed in partnership with the German aesthetics doctor Dr. Barbara Sturm.

The medical program on the part of VIVAMAYR focuses on detoxification and relief of your body in order to inhibit inflammation from the inside. The medical program is complemented by the treatments and products of Dr. Barbara Sturm, widely renowned for her anti-inflammatory philosophy and her non-surgical anti-aging skin treatments.

During the duration of the program, an optimum mix of detoxifying, nutritional and cosmetic treatments will help you achieve healthy, radiant-looking skin.

## BETTER QUALITY OF LIFE

### How you and your skin will feel

healthy and refreshed	cleansed and detoxified	balanced and nourished	radiant and youthful
--------------------------	----------------------------	---------------------------	-------------------------

## SCIENTIFICALLY PROVEN

### The innovative active ingredients of Dr. Barbara Sturm treatments

Infusing our system with regenerative ingredients exhibiting anti-inflammatory properties is essential to our overall well-being. It is equally true for the ingredients and substances applied to or otherwise exposed to our skin. This philosophy is at the core of Dr. Barbara Sturm's research and inventions; a uniquely non-aggressive approach with advanced science ingredients that provide hydration, nutrition and skin regeneration.

One such example of Dr. Sturm's approach to advanced ingredient science is the use of *Portulaca Oleracea* ("Purslane") in her product line. Purslane is a powerful, natural compound that has been widely clinically studied for its anti-inflammatory, antioxidant and other properties.

Study: The anti-inflammatory potential of *Portulaca oleracea* L. (Purslane) extract by partial suppression on NF-KB and MAPK activation, Miao et al. (2019). Food Chemistry 290(2019):239-245.

## MINIMUM RATE FOR ENTIRE PROGRAM

1 week	from	€4.473
2 weeks	from	€7.591

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.





The anti-inflammatory skin program by VIVAMAYR and Dr Barbara Sturm reduces inflammation and ensures healthy, radiant skin. Along with the medical base services, the therapies are put together individually for you. The VIVAMAYR Anti-inflammatory skin program is structured as follows:

		<b>1 WEEK</b> skin glow	<b>2 WEEKS</b> sustainable inflammation reduction
<b>MEDIACL BASE</b>	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Urine analysis	1	1
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
/ Medical lectures	✓	✓	
<b>TAILORED TREATMENTS</b>	/ Infusion		
	/ Cryotherapy		
	/ Hypoxytraining		
	/ Nasal reflex zone therapy		
	/ SalinAir Inhalation		
	/ Shiatsu / relaxation techniques		
	/ Therapeutic massage		
	/ Electrolysis foot bath		
	/ Hydroxeur		
/ Heated bed			
<b>COSMETIC TREATMENTS AND SERVICES</b>	/ Welcome package with products from Dr. Barbara Sturm	1	1
	/ Skin consultation	1	1
	/ Lymph drainage face	2	4
	/ Lymph drainage legs	2	4
	/ Red light treatments	3	6
	/ Barbara Sturm facial 45 min	1	3
	/ Barbara Sturm facial 80 min	1	1
		1 week from € 4.473	2 weeks from € 7.591

**INDIVIDUALLY TAILORED TO YOU**

From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.

# Our Diabetes Program

## NEW STRENGTH

**The new VIVAMAYR Diabetes Program, for all those with prediabetes and type 2 and 1 diabetes, helps to improve the metabolism and thus to prevent, overcome or alleviate the symptoms of this disease.**

Modified eating habits and an individual movement concept are the basis upon which our medical therapies are designed, with the goal of restoring your quality of life.

Diabetes mellitus is a disorder that affects the metabolism of glucose. As a result, the blood sugar levels are constantly elevated. Over time, this strain on the system damages the vessels and a whole host of organs. This is why it is important to detect and treat diabetes in time.

## RECLAIM AN UNIMAGINED QUALITY OF LIFE

**This is what your new lifestyle will feel like.**

balanced and in charge	Increased quality of life in the medium and long term	new zest for life thanks to fewer knock-on illnesses	physically and mentally fit
------------------------	---	--	-----------------------------

## HELP WITH DIABETES

**Who is our diabetes program suitable for?**

Our program is suitable for people with prediabetes as well as types 2 and 1. The goal is to avoid, alleviate, slow down or even completely eliminate unpleasant side effects of the disease.

These include circulation problems, disorders of the nervous system, excess weight, insulin resistance, kidney problems, eye problems, acute metabolic imbalances (hyper/hypoglycemia), vascular diseases, heart attack, stroke, diabetic foot or chronic disturbances in the healing of wounds.

## MINIMUM RATE FOR ENTIRE PROGRAM

1 weeks	from	€ 3.598
2 weeks	from	€ 6.241

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days; price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.



The **VIVAMAYR Diabetes Program** helps to prevent diabetes, or to treat it in the long term in a natural manner. Alongside the basic services, the therapies are individually put together for you. The VIVAMAYR Diabetes Program is structured as follows:

		<b>1 WEEK</b> thorough detoxification	<b>2 WEEKS</b> improvement of metabolism
<b>MEDIACL BASE</b>	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Nutrition counselling	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Body impedance analysis	1	2
	/ Urine analysis	1	2
	/ Stress test	1	2
	/ Individual dietary plan	✓	✓
	/ Group activities	✓	✓
	/ Medical lectures	✓	✓
<b>TAILORED TREATMENTS</b>	/ Infusions		
	/ Cryotherapy		
	/ Hypoxytraining		
	/ Nasal reflex zone therapy		
	/ Acupuncture		
	/ Functional training		
	/ Therapeutic massage		
/ Electrolysis foot bath			
/ Hydroxeur			
<b>INDIVIDUALLY TAILORED TO YOU</b>			
From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.			
		1 week from € 3.598	2 weeks from € 6.241

# VIVAMAYR Active Breath Program

## REGENERATION THROUGH ACTIVE BREATH

### For a better quality of life Tailor-made therapies for improved respiratory health.

In a world where more and more people are struggling with respiratory illnesses - be it asthma, Covid or other lung-specific challenges - we see it as our duty to support our guests on their way to a better and healthier life. The Active Breath program offers targeted and individualized therapies to address your specific health needs. Important parts of the therapy plan are medical consultations, breathing training, Interval Hypoxic Hyperoxic Treatment Therapy (IHHT), nasal reflex therapy, saline inhalations, yoga applications and much more.

## BETTER QUALITY OF LIFE

### This is what your new lifestyle feels like.

healthy and free of  
complaints

strong and vital

fresh and resilient

motivated and  
efficient

## MINIMUM RATE FOR ENTIRE

1 week	from	€ 3.995
2 weeks	from	€ 6.935

The precise nature and number of therapies are defined by your doctor and are tailored to your personal needs.

Duration: from 7 days, price excluding accommodation. Supplements, medication and special laboratory tests are charged separately.

*The final price is  
based on your  
individual therapy  
plan.*

In addition to the basic medical services, the therapies are individually tailored to your needs. The VIVAMAYR Active Breath program is structured as follows:

		<b>1 WEEK</b> activation of the immune system	<b>2 WEEKS</b> long-term regeneration
<b>MEDIACL BASE</b>	/ Initial medical examination	1	1
	/ Functional myodiagnosics	1	1
	/ Daily medical manual abdominal treatments	3	8
	/ Final medical examination	1	1
	/ Acid-base and mineral nutrient analysis	1	1
	/ Free radicals & biological anti-oxidative potential	1	1
	/ Metabolic analysis	1	1
	/ Body impedance analysis	1	1
	/ Urine analysis	1	1
	/ Cooking course	5	10
	/ Individual alkaline diet	✓	✓
	/ Group activities	✓	✓
<b>TAILORED TREATMENTS</b>	/ Infusions		
	/ Breathing training		
	/ Hypoxia training		
	/ Nasal reflex zone therapy		
	/ Saline Air		
	/ Inhalation cabin		
	/ Mental therapy		
	/ Psychology		
/ Yoga therapy			
/ Craniosacral			
/ Massage			
		<b>INDIVIDUALLY TAILORED TO YOU</b>	
		From these therapies, the doctor chooses the nature and number of treatments which are necessary for you. Your personal therapy plan is therefore individually tailored to your needs.	
		1 week from € 3.995	2 weeks from € 6.935

# VIVAMAYR as a long-term companion

## OUR DAYCLINIC

Because VIVAMAYR is a lifelong companion, we encourage you to stay in contact with us in the health centres even after your stay.

The day clinics are ideal for optimising existing or previous therapies. There, you can enjoy follow-up post treatments, discuss results and do everything it takes to support your VIVAMAYR lifestyle. New customers to our centres also have the option of having their health potential analysed.

## VIVAMAYR AT BIOGENA-PLAZA WIEN OPERNGASSE 8, 1010 WIEN

+43 4273 31117 135  
medbackoffice@  
vivamayr.com

At BIOGENA Plaza in Vienna, a unique wellness experience awaits you. The Plaza is dedicated to the complete realization of health and well-being, with a special focus on health and prevention.

Here, the emphasis is not only on treating symptoms but also on promoting overall health. The premium facilities and treatment options make it possible to meet the standards of VIVAMAYR as well.



VIVAMAYR LONDON  
15 HARLEY  
STREET  
LONDON W1G 9QQ

+44 20 303 41 331  
london@vivamayr.com

At our London day clinic in the heart of the city's central Mayfair district, we offer top-notch medical services specifically adapted to meet your personal needs. During your personal appointment, will you be taken care of not only individually and in accordance with the highest standards of quality, but also with ultra-modern treatments from the field of complementary medicine.



# 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 je	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
Papimi ion-induction device therapy		80

**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
Ozon autohaemotherapy	85
Rectal insufflation therapy (ozone)	40
Hypoxy 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 hydroxur tub	15 min	75
Vino forming treatment (vinotherapy)	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 (classic, foot reflex and head massage)	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
Full blood analysis	145
Fatty acid analysis	100
Urine analysis	10
Cardiovascular risk factors	170
Intestinal health check	250
Heavy metal analysis (urine)	130

## 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

## DERMACEUTI- CALS

Spheroderm medlight 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

<b>MEN SPECIALS</b>	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



All prices are in euros including VAT.

# 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	Price on request
	Wash / blow dry	Price on request
<b>Gentlemen</b>	Wash / cut / blow dry	Price on request
	Wash / blow dry	Price on request

# 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

**office@vivamayr.com +43 4273 31117**

**medbackoffice@vivamayr.com Durchwahl 135**

**Seepromenade 11, 9082 Maria Wörth, Österreich**



Your new life begins where  
ancient wisdom meets  
modern science.



## OUR LOCATIONS

/ Medical Health Resort Maria Wörth

/ London Day Clinic

/ Biogena Plaza Vienna

Follow us on Instagram:  
[@vivamayrmariawoerth](https://www.instagram.com/vivamayrmariawoerth)

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

