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NEW YEAR'S EVE BREAK: HIT THE NEW YEAR RUNNING START 2020 IN GOOD HEALTH AT PARK IGLS MAYR CLINIC

After a Christmas blast, escape on Boxing Day for a total detox. Park Igls Mayr clinic's 10-night New Year's Eve break offers a thorough physical and mental overhaul. The programme is designed to energise, inspire and stimulate good health and wellbeing for the year ahead. The combination of a peaceful ambience, restorative Modern Mayr Medicine and cuisine, clean Alpine air and exceptional facilities and staff add up to the perfect environment in which to unwind and reboot. The price is €2,343 per person for an extensive therapeutic programme inclusive of a morning-to-night New Year's Eve itinerary. Accommodation is from €1,520 per person for 10 nights.

Physical and mental restoration

After the indulgence of the festive season, embrace the Modern Mayr approach to life: detox, relax, recharge and repair. Park Igls, pioneer of highly acclaimed Modern Mayr Medicine, allows time to give body and soul that much-needed rest. Breathe clear mountain air, exercise in spellbinding Alpine surroundings, rejuvenate the muscles and reconnect with your inner self.

The New Year's Eve itinerary includes myriad optional activities from snowshoeing, winter walking or curling to cross-country skiing or dance workshops. Dinner comes with musical interludes featuring renowned soprano, Maria Erlacher and countertenor, Markus Forster, followed by a torchlit walk and midnight fireworks display. On New Year's Day there will be a cinematic transmission of the world-famous Vienna Philharmonic's New Year concert.

Park Igls Mayr clinic 10-night New Year's Eve offer includes:

- Initial examination – integrated health check (30 mins)
- 2 medical examinations – manual abdominal treatment (20 mins each)
- Concluding examination (30 mins)
- 2 bioimpedance measurements (lean tissue, water and body fat)
- 5 full body massages (50 mins each)
- 1 personal training session (50 mins)
- 3 liver compresses with beeswax
- 3 Terra-Vit full body wraps
- 1 metabolic detox bath
- Daily Kneipp treatments (leg, arm or seated contrast baths)
- Personal Modern Mayr cuisine diet plan
- Mineral water, herbal tea and base broth
- Group exercise sessions, active and passive anti-stress exercises (relaxation), lifestyle management and mental coaching
- Lectures and presentations
- Use of swimming pool, sauna and panoramic gym

About the Park Igls Mayr clinic

Austria's pre-eminent Mayr clinic is a tranquil Alpine haven set in a luxuriant park above Innsbruck, only 15 minutes from the airport and the historic city centre. In the beautiful setting of the established mountain resort of Igls, the pioneers of Modern Mayr Medicine have raised the bar for scientific health tourism. Park Igls Mayr clinic's friendly and professional team of experts offers personalised exercise and treatment programmes for sufferers from a wide range of ailments from burn-out to golf injury and sleep disorders, using conventional and complementary medical techniques to deliver sustainable results. Delectable cuisine complements all eight dietary stages of the detox process and a clean, bright décor offers an appealing environment. A panoramic pool, an extensive menu of spa and beauty treatments, and exercise sessions including Yoga and kybun® training in the gym promote physical and emotional wellbeing.

www.park-igls.at

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