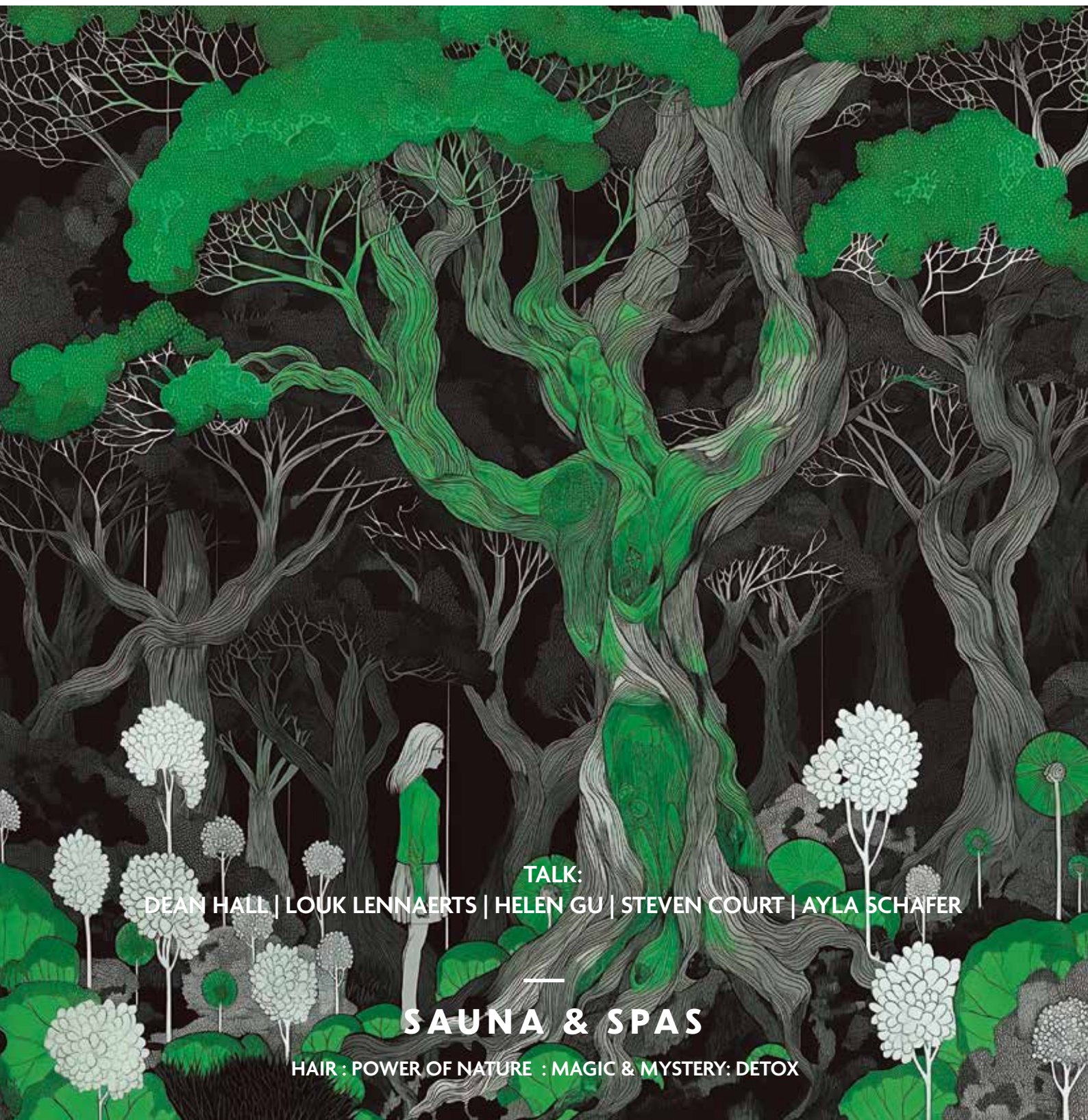


N°. 108

# WELLBEING MAGAZINE

EST · 2006



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## SAUNA & SPAS

HAIR : POWER OF NATURE : MAGIC & MYSTERY: DETOX

ROAM

# RECLAIMING BALANCE

MODERN MAYR MEDICINE AT PARK IGLS, AUSTRIA

WORDS:  
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# A

bove Innsbruck, surrounded by alpine meadows and snow-dusted peaks, Park Igls Medical Spa Resort is more than just a Spa resort — it's a medical spa where modern science meets mindful living. For over a century, this elegant Austrian sanatorium has been helping guests reset their health, rebalance digestion and rediscover vitality through the principles of Modern Mayr Medicine — a philosophy that believes the gut is the foundation of wellbeing.

I've experienced many retreats, but this was my first medical detox. I arrived curious, slightly apprehensive, and with only a vague idea of what to expect from a "Mayr Cure." What followed was restorative and total reset experience.

The Philosophy: From Classic Mayr to Modern Mayr Medicine At the heart of Park Igls lies the time-honoured wisdom of Mayr Medicine — a holistic system first developed by Austrian physician Dr. Franz Xaver Mayr in the early 20th century. Dr. Mayr believed that "health begins in the gut," and that by restoring digestive balance, the entire body could heal itself. His original method was built around four core principles designed to cleanse, rest, and retain the digestive system.

**The Original FX Mayr Method focuses on:**

**Rest:** Allowing the gut to recuperate by encouraging thorough chewing so that digestion begins in the mouth, rather than overburdening the stomach.

**Cleansing:** Gently eliminating toxins through hydration and daily doses of Epsom salts to cleanse the digestive tract.

**Education:** Teaching mindful eating habits — slowing down, chewing properly, and never eating "on the run."

**Substitution:** Replenishing the body with essential alkaline minerals and trace elements to restore balance.

While these original principles remain the foundation of the famous "Mayr Cure," Park Igls has redefined and expanded the philosophy to meet the needs of modern life. Under the guidance of their medical team, they have developed Modern Mayr Medicine — an evolution that adds two vital dimensions: Exercise and Mindfulness.

Modern Mayr Medicine now embraces six principles to also include:





**Exercise:** Individually tailored daily movement plans, designed by physiotherapists and sports scientists, to enhance metabolism and complement the detox process.

**Mindfulness:** The inclusion of mental and emotional wellbeing through counselling, coaching, craniosacral therapy, and mind-body awareness — all supervised by trained Mayr doctors and psychologists.

This expanded approach recognises that true wellness extends far beyond digestion. At Park Igls, every programme is 100% personalised, addressing not just physical detoxification, but emotional and behavioural patterns that influence health. Guests often come not only to reset their metabolism or lose weight, but to break addictions, recover from stress or illness, or find balance after major life transitions. The centre also has a rehabilitation department, supporting recovery after surgery, injury, or stroke — a testament to its medical depth and clinical credibility.

For peace of mind, the University Hospital of Innsbruck is only minutes away, providing access to advanced diagnostics or treatment should any serious findings arise during a stay.

This modern interpretation of Mayr medicine integrates science, nutrition, movement, and mindfulness into one comprehensive system of healing — and Park Igls has become its international benchmark.

#### Arrival & First Impressions

After a scenic drive from Innsbruck, I arrived at Park Igls — a serene complex blending traditional Tyrolean charm with contemporary

minimalism.

My week began with a Liver Compress — a soothing ritual to ease digestion and support detoxification. Lying on a warm waterbed, a therapist placed a beeswax sheet and hot compress over my liver area, gently wrapping me in linen. The heat lulled me into deep rest — the perfect antidote to a busy week and the first step in preparing my body for detox.

Later, during a welcome talk with Dr. Peter Gartner and a tour led by Andrea Gnagi, I began to understand the scientific depth behind the programme. That evening, in my spacious mountain-view room — complete with a private infrared sauna — I discovered the Mayr Guide, detailing everything from hydrotherapy and abdominal treatments to mindful eating techniques and water intake.

#### The Mayr Diet: Mindful Relearning

The first morning began with my medical examination and consultation with Dr. Hinteregger, one of Park Igls' leading physicians in Modern Mayr Medicine. All the doctors are trained medical physicians (i.e. medical doctors) as well as Mayr physicians enabling them to take both a conventional and alternative medical approach. Every guest undergoes a comprehensive health assessment on arrival — a process designed not only to identify goals, but to measure progress by the end of the stay.

My initial tests included weight, Body Mass Index (BMI), blood pressure, heart rate, and a series of specific abdominal measurements such as circumference and epigastric angle — markers that help the team assess digestive health, metabolism, and internal tension. While

my results were generally positive, I hoped to reduce my abdominal circumference and gently reset my system after a busy few months of travel and deadlines.

Following the examination, we discussed my lifestyle, energy levels, sleep, digestion, and stress patterns. From this, Dr. Hinteregger created my personalised programme — a careful balance of rest, movement, and nutrition designed to optimise my body's ability to detoxify and restore. He explained that at Park Igls, every guest follows one of eight dietary levels, ranging from the simplest broth-based fasting to the most substantial, gourmet-style menus. I would begin at Level 2, gradually increasing to Level 5 as my body adapted and energy improved. Only a small number undertake the most minimal "Level 0" tea fast, while those on higher levels enjoy vibrant, nourishing plates that are as satisfying as they are restorative.

My first breakfast marked the true beginning of the Mayr eating ritual — a deceptively simple bowl of yoghurt, a boiled egg, and a single rye bread roll, intentionally two days old to encourage slow, mindful chewing. The practice requires each mouthful to be chewed 30–40 times, allowing digestion to begin in the mouth. What at first felt almost comical soon became the norm. A quiet, meditative act that reconnected me with my food and my body's natural rhythm.

Meals are intentionally taken without water or distraction, ensuring the digestive process is never diluted or rushed. Lunch, the day's largest meal, began with around 30g of protein — slowly increasing as the week went on — while dinner was a light vegetable soup with crispbreads. Despite the simplicity, I rarely felt hungry. Instead, I felt lighter, clearer, and surprisingly energised, with an unmistakable

sense of mental clarity emerging by day three.

The culinary philosophy at Park Igls perfectly embodies the evolution of Modern Mayr Medicine. Each dish created by a Mayr-trained chef, whose precision and creativity would not feel out of place in a Michelin-starred kitchen. Ingredients are seasonal, local, and artfully prepared to maximise both flavour and therapeutic benefit.

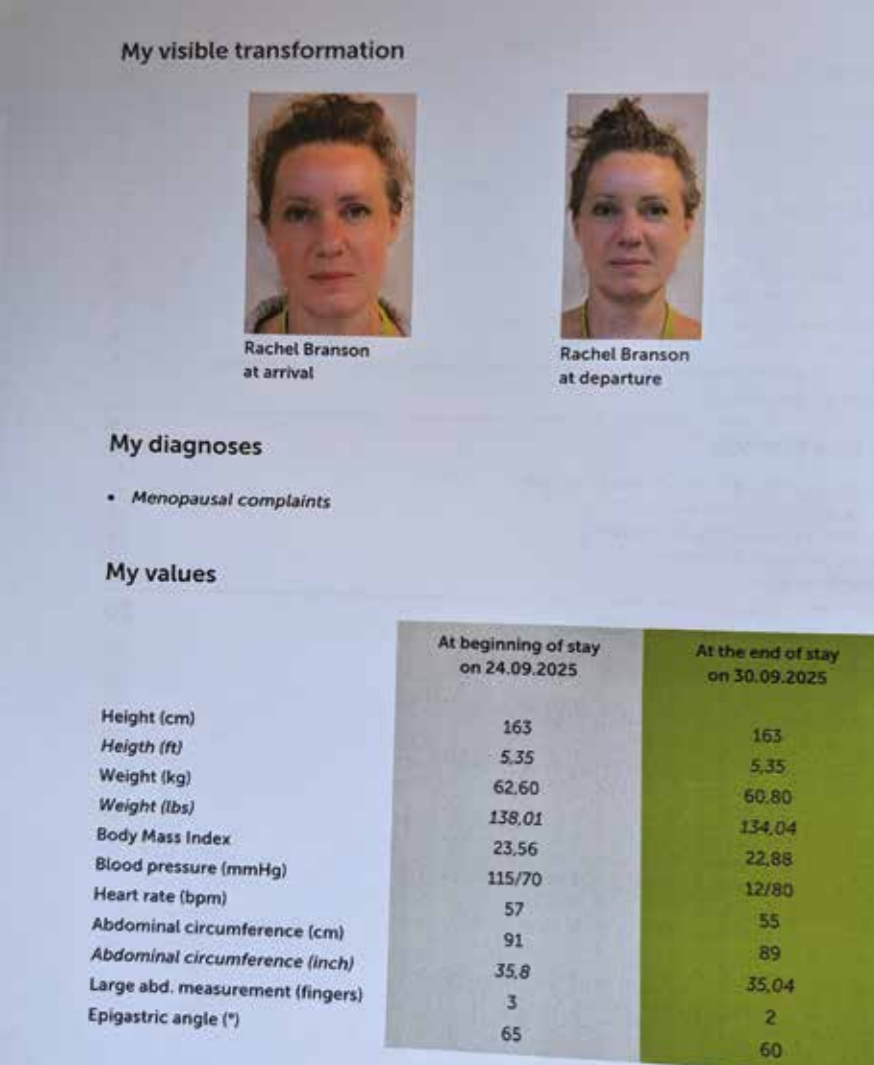
By the end of that first full day, I realised that what appeared to be a strict detox was, in fact, a powerful act of re-education — a return to mindful nourishment, guided by science, simplicity, and deep respect for the body's innate intelligence.

#### Detox in Motion: Treatments & Therapies

Each morning began with a small glass of "bitter water" — a blend of magnesium sulphate (Epsom salts) that encourages bowel elimination. Not my favourite taste, but undeniably effective. Afterward, I'd take a brisk walk in the mountain air before returning for breakfast. My days unfolded in a gentle rhythm of treatments, movement and rest. I experienced Kneipp hydrotherapy, alternating hot and cold foot baths to stimulate circulation and strengthen immunity. Recommended daily, these seated contrast baths are especially beneficial for headaches, poor circulation and fatigue.

The Hay Flower Compress — a heated herbal wrap placed over the liver and abdomen — encouraged detoxification and improved blood flow, while the Moor Mud Compress soothed inflammation and eased muscle tension. The indulgent Cleopatra Pack, a warm layer of mare's milk, goat's milk and evening primrose oil, nourished and hydrated the skin — a sensory highlight of the week.

# SAUNA CULTURE AND BATHING RITUALS



Massage therapy was central to the programme. My daily sessions ranged from connective tissue and detox massage — deep, oil-free strokes that stimulate circulation and open pores — to reflexology, which works on foot pressure points to activate the body's natural healing responses. A physiotherapy session helped me correct posture from long hours at a desk, while personal training added movement back into my day in a sustainable way.

#### Nature, Movement & Learning

Afternoons often included guided hikes through alpine forests or herbal workshops, where we foraged yarrow, nettle, and dandelion, learning how these simple plants support digestion and liver function. Back at the spa, I made herbal salt, rosemary oil, and a balm for headaches — a wonderful reminder of how nature provides its own medicine.

I also joined a cookery class with Markus Sorg, the resident chef, to see how our beautifully presented meals were crafted. Each dish was designed to heal from within — seasonal, local, and full of flavour despite their simplicity.

Evenings were reserved for relaxation: infrared sauna sessions, gentle stretching, or a visit to the nearby opera in Innsbruck — a cultural contrast to the day's stillness.

#### The Results: Transformation from Within

By the end of the week, something had shifted. My skin glowed, my eyes were brighter, and I felt lighter — physically and mentally. My final measurements revealed a 2kg weight loss and a 2cm reduction in abdominal circumference, but more importantly, I felt deeply reset.

Park Igls recommends a minimum of one week, though many guests stay two or three. Some come annually for maintenance,

others to recover from illness or burnout. It's telling that over 70% of guests return regularly, treating it not as a luxury escape but as an essential ritual of self-care.

#### A Legacy of Healing

Park Igls has an extraordinary history. First opened in 1905, it became a sanatorium under Emperor Franz Joseph, renowned for its "physio-dietary" therapies. Over the decades it evolved from a family hotel to a pioneering medical spa, always maintaining its focus on holistic health. Under the guidance of Dr. Martin Winkler, the property re-established itself as the Centre for Modern Mayr Medicine, introducing Mayr Medicine in 1993, seamlessly blending scientific advancement with timeless care.

**Today, Park Igls remains a global benchmark in preventive medicine and therapeutic detox. The property features panoramic suites, a medical wing, spa facilities, and an expert medical team — all within a landscape that inspires serenity and renewal.**

#### The Takeaway

A week at Park Igls isn't simply a detox — it's a recalibration of the body's intelligence. It reminds you to slow down, chew, breathe, and listen. It's a pause that reconnects you with what your body has been quietly asking for all along.

**For me, it took four days to unwind — and by day seven, I felt profoundly renewed. I left with glowing skin, better posture, and a clarity of mind I hadn't felt in years. Park Igls isn't just a destination; it's a lesson in longevity and a reminder that wellness begins with the gut — and with presence.**

DISCOVER: [park-igls.at](http://park-igls.at)



There's something profoundly human about stepping into the heat, shedding the layers—both literal and emotional—and surrendering to the stillness of a sauna. Modern life often demands that we keep moving, achieving, and doing—but stepping into the quiet heat of a sauna invites the opposite. The simple acts of sweating, resting, and allowing yourself to just be can feel almost rebellious. Across Europe, however, this ancient practice isn't seen as indulgence or escape—it's a ritual, a tradition, and for many, a deeply rooted way of life.