



## PARK IGLS

WEIGHT  
LOSS

INNSBRUCK, AUSTRIA

### TRADITIONAL MAYR RECHARGING IN ALPINE SURROUNDINGS

It can be quicker to see a doctor at this busy, brilliant medi-spa halfway up a mountain, travel time included, than at your local surgery. Certainly the consultation will prove more thorough than the typical session with a hard-pressed GP. Considerably more productive, too. Besides traditional qualifications the doctors all have healthy-gut-equals-healthy-body Mayr training, giving them a 360-degree perspective on health. And as the spa's Dr Peter Gartner says, somewhat mesmerisingly: 'Exercise combined with Mayr method eating is the only regime I would say that can truthfully be described as anti-ageing.' So let's go! Twenty minutes after being collected at Innsbruck airport you're walking into the large, pale-marble lobby. And within about an hour of checking in – efficiency in all things being the Park Igls mantra – you'll be climbing onto an examination table. Whatever you've come for, your stay will start with this initial consultation with one of the four doctors: Dr Gartner, Dr Irene Brunhuber, Dr Richard Kogelnig or Dr Peter Barth. It will last an hour and be friendly, non-judgmental, piercingly detailed and comprehensive. For those who have booked a full medical check-up, the intensive range of blood, hormone, vitamin and mineral tests, plus ultrasound scans of your carotid artery, thyroid and breasts or prostate, starts there and then. The Modern Mayr programmes tackle problems such as insomnia, eating disorders, stress, burnout, allergies, diabetes and circulatory problems, and with consultants from

### THE GYM HAS WRAPAROUND MOUNTAIN VIEWS AND A TRAINER OF SUCH FIZZING ENTHUSIASM EVEN THE RECALCITRANT JOIN THE 7AM HIKE

Innsbruck University Hospital on call – specialists in everything from neurology and obesity to spinal pain and vein surgery – there are few health issues they can't address. Digestive problems, of course, remain a key focus. 'Eighty per cent of so-called IBS cases, in my experience, are due to eating too quickly, eating too late and not chewing properly,' says Dr Gartner. 'Change those habits – eat only natural, fresh food, have a very light evening meal as early as possible – and bloating and discomfort usually disappear.' Every guest is prescribed a particular diet (former wild-boy chef Markus Sorg's food is exquisite) and leaves with a New Lifestyle folder detailing useful stuff such as the protein content of 100 grams of various foods. Who knew wheat germ, soya beans, Emmental cheese and peanuts, ranging from 26g to 34g, all outdo red meat at 19.5g? The third-floor gym has wraparound mountain views and, in Michael Multerer, a trainer of such fizzing enthusiasm – 'Just 20 minutes of exercise a day is good!' – even the recalcitrant can find themselves joining the daily 7am (or 5pm) hikes and buying a resistance band from the shop in the lobby. Feldenkrais, yoga, kybun movement exercises – treatments extend well beyond the usual offerings, with shiatsu and reflexology arguably the most pleasurable. But it's the medical expertise on offer that makes this place exceptional. 'We've been seriously impressed by the check-up. Our feeling now is we'll be back to repeat it, to stay on top of any potential issues, every five years,' says a sporty English guest (husband in the City, son at Eton). 'Sooner if, God forbid, we develop any health problems.'

**INSIDER TIP** Some of the 51 rooms have an infra-red sauna for detoxing, and if you book one on the mountain side you avoid daytime traffic noise.

**BOOK IT** Healing Holidays (+44 20 7843 3592; [healingholidays.co.uk/condenast](http://healingholidays.co.uk/condenast)) offers a seven-night Basic Detox Mayr Programme from £1,980 per person, full board, including flights and transfers. Healing Holidays is the only UK tour operator that works with Park Igls.

