



VIVAMAYR

WEIGHT
LOSS

ALTAUSSEE, AUSTRIA

WORLD-CLASS EXPERTS IN DRAMATIC TURNAROUNDS

When it comes to reputation, Mayr clinics are held in the Alpine-highest regard. But why? Aren't the results of one style of detox the same as another? Celebrities, dignitaries and VIPs would disagree. They return regularly to VivaMayr, a chalet-style clinic beside the deep green waters of Lake Altaussee. Part turbo-charged health resort and part elegant hotel, it is also a place the locals call Starvation Castle. But deprivation and weight loss are not the initial goals here. Instead the Mayr cure focuses on the immune system within the digestive tract. Create the right environment through diet (alkaline is best) and massage (stomach-muscle rehabilitation is crucial), and the body gets a dynamic reset, enabling it to fight disease more effectively. It is challenging, as food portions are on the very small side, but it is also worth it. Glowing skin, clear eyes and boundless energy are on the lower end of the results spectrum. And not all meals are just broth. Sunshine-yellow eggs topped with watercress, paper-thin slices of beef and creamy cheese emerge from the kitchen. Yes, cheese. Yet, not everything

AFTER A SESSION WITH THE NEW MIND COACH A ZINGING SENSATION RUSHES AROUND THE BODY. NEGATIVE ENERGY AND STRESS FLOW OUT

is for everyone. Bespoke diets, devised once bloods have been checked and intolerances measured, mean that food envy is common. Daily detoxifying massages are also prescribed. Some require a finger-light touch, while others go deeper, turning handfuls of flesh before chopping sweeps of the masseuses' hands. Firm acupressure and reflexology foot rubs are folded into existing therapies, while metabolic cell-stimulating algae wraps and exfoliating salt peels leave satin-smooth arms and can-can worthy legs. To complete the holistic overhaul, VivaMayr recently turned its attention to the psyche with the arrival of a mind coach. The sessions feel similar to craniosacral therapy. At first not much seems to happen, but the after-effects are potent. A zinging, fizzing sensation rushes around the body. Negative energy and stress flow out, leaving peace and headspace in their wake. But maybe the most surprising part of a stay here is the return home. Follow the principles for long enough and something peculiar happens: an evangelical desire to keep it up takes hold. Cravings reduce, pH levels balance and weight loss, the reason most visit in the first place, kicks in. Continuing this journey to better health is easier than ever too. The outreach clinics in London and Vienna are soon to be joined by one in New York. **INSIDER TIP** Remember a sturdy pair of walking shoes. The two-hour hike around glassy Lake Altaussee is wondrously therapeutic.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.com/conde Nast) offers a seven-night Mayr Detox retreat from £2,099 per person, full board, including flights and transfers. Healing Holidays is the only UK tour operator that works with VivaMayr.

