



PARK IGLS

WEIGHT
LOSS

INNSBRUCK, AUSTRIA

A FULL MEDI RESET WITH CAREFULLY CONTROLLED ALKALINE FOOD

Park Igls works to the same method as the other Mayr clinics: a severely restricted diet; instructions to chew everything to a puree before swallowing; Epsom salts to churn up your insides. The point of all this is to optimise the digestive system and thus fend off disease. The process begins two weeks prior to arrival. No caffeine, no raw food after 4pm, a light evening meal before 7pm but preferably no meal at all. All of which gives you a head start. It's not just about detoxing here, though. The hotel doesn't feel particularly clinical – it's spacious, light and airy, with white wooden panelling, a gift shop and beauty salon – but this is a medi-spa through and through. The white-coated staff have strong links with Innsbruck University Hospital, and there's an astonishing range of diagnostics available: oxidative stress measurement, live blood analysis, colonoscopies, CT scans and ECGs. For anyone with niggling health worries or even just a tendency towards hypochondria, the sheer scale of testing is fantastically reassuring. Gentle ultrasound scans examine each and every organ, and Professor Fraucher will hone in on areas of concern, such as lungs, stomach or thyroid glands. There is also massage, physiotherapy and personal training because exercise is a pivotal part of the programme here – despite the 400 calorie a day intake. A large timetable displays the week's activities, from good-morning gymnastics and Nordic walking to motivational lectures, most only 30 minutes long so not too demanding on shaky energy levels and attention spans. In between, sustenance is provided by gallons of water, herbal tea, bread rolls and 30g portions of protein (trout, turkey, tofu, a boiled egg). This is a stage two diet, but there are eight different graded eating plans. The final one even includes pudding. Not all guests are here to lose weight: the clinic also helps with self-esteem and mental health, creating coping strategies for dealing with grief. Much head-clearing takes place outdoors. Long walks can be taken through the valley and along miles and miles of marked trails. All that fresh air, along with the tiny food portions and a sweet sachet of magnesium, ensures the deepest sleep. This is preventative health care, something regulars take in their stride as a yearly MOT. And what could be a more sensible investment than that?

INSIDER TIP If you're especially hungry, order the goat's curd with herb oil and pumpkin seeds. It's delicious, filling and, spread thinly, can be eked out to convince your stomach of being full.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers a seven-night retreat from £1,965 per person, full board, including flights, transfers and all treatments and activities as per the Basic Detox Mayr programme.

