



GUT
FEELING

PURIST VS. TOURIST

PARKHOTEL IGLS, INNSBRUCK, AUSTRIA

The Parkhotel is the real Mayr deal: fasting, chewing, salivating, Epsom salts. For the first few days, anyway –

after that, solid, delicious food is introduced. With your stomach in recovery mode, there's time for serious mindfulness, and a new programme tackles it head-on. The cranio sessions involve fractional movements of bones, body tissues and fluids, releasing constrictions in your nervous system while also undoing emotional knots in your stomach. It's a holiday for your gut, giving it the rest it's been begging for. *Healing Holidays offers seven nights from £1,749 per person, including flights, transfers, meals and treatments (healingholidays.co.uk).*

Healing Holidays