



June 2010

## Press Release

### **Austrian Health Retreat introduces Mini Programme Parkhotel Igls pioneers 3-4 day detox course**

The Parkhotel Igls near Innsbruck is a leading force in European Health Retreats, offering superb accommodation and state of the art facilities, rounded off by experienced medical supervision and light, delicious cuisine - following the principles of the new Modern Mayr Medicine.

Totally renovated and lavishly extended in 2009, Parkhotel Igls is now the destination to deal with all symptoms of stress and overindulgence, back problems, allergies and eating disorders. The house is luxuriously appointed with acres of room to relax, be active or get thoroughly spoilt.

#### **Detox – slim – rest – rejuvenate**

This summer the Parkhotel Igls offers a new detox programme for either 3 or 4 nights. It is a short version of 'Igls-Power', a not too time consuming option to sample the Modern Mayr philosophy, a chance to recharge the batteries and to have a potentially life-changing experience.

#### **This is the deal**

An individual Diet Programme based on Modern Mayr Cuisine and all dishes prepared with freshest regional produce + A state-of-the-art Spa with pool, bathing applications, Saunas & relax areas + A gorgeous park with old lime trees, a spectacular alpine panorama and a Kneipp circuit + Extensive fitness & exercise areas with expert supervision and instruction + Excellent service & medical guidance throughout

**The Mayr Basic Mini-Programme /3 nights from €699pp / 4 nights from €852pp  
Includes doctor's examination & 4 individual therapies  
valid to 30 September 2010 - [www.parkhotel-igls.at/mayr-basic](http://www.parkhotel-igls.at/mayr-basic)**

PS These short programmes coincide with direct flights by easyJet from London Gatwick to Innsbruck, [www.easyjet.com](http://www.easyjet.com), Parkhotel Igls is just 20 mins from Innsbruck airport.

For additional information, images, programmes or press trips please contact:

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