

MOST  
EFFECTIVE  
MEDI-SPA

## PARKHOTEL IGLS INNSBRUCK, AUSTRIA

### IN BRIEF **Mayr-focused spa backed up by MRI scans**

**THE LOWDOWN** Ok, so initially it isn't pretty: the diabolical detox headaches, feeling weepy and low. It takes a while to embrace the Alpine surroundings of this fresh, contemporary hotel as you are quickly preoccupied by your 'second brain' – your stomach. Guests here learn more about the workings of their intestinal tract than if they had done a PhD in digestion, and come to realise that the most precious thing in their bodies is not a beautiful heart or brilliant mind, but their saliva: everything about this modern Mayr cure is focused on generating more of it. You take bitter drops before every meal to stimulate biliary flow and refrain from drinking with food so as not to dilute the saliva's efficacy. And chew, chew, chew on stale bread until jaws ache and teeth rattle in their sockets. Why? If food is pre-digested in the mouth, it gives the stomach a rest. You glug enough water and vegetable broth to make you feel like you're swimming in liquid, and snooze through lovely daily hot compresses to detoxify the liver, or hay packs to relax painful muscles. And as your stomach flattens, energy levels rise. The German doctors perform a treatment to unclog the abdominal lymphatic system and activate intestinal peristalsis. Then they measure the angle of your ribs at the sternum as this indicates toxin release. A few days make an amazing difference. There are eight levels of nutrition, so those who don't want to do the traditional Mayr cure can eat doll-like portions of sensational food. The soups are superbly inventive – mustard, horseradish or olive flavour, anyone? Try the new De-Stress week where, after craniosacral therapy (which leaves you delightfully woozy), there are talking-therapy sessions to clear the cobwebs in your mind. Fitness instructor Michael Multerer makes exercise enjoyable: Nordic walking and Kybun, an innovative system of pacing on soft mats, to tone muscles. This is the place to come to address health niggles as the team works with the University of Innsbruck on MRI and other scans. Guests leave cleansed from the inside out, with a new appetite for chewing their way to a healthier life.

**INSIDER TIP** Take a box set and ask for a DVD player as the hotel is like a ghost town after 7pm.

**BOOK IT** Healing Holidays (+44 20 7843 3592; [www.healingholidays.co.uk/condenast](http://www.healingholidays.co.uk/condenast)) offers a seven-night De-Stress programme from £2,155 per person full board, including a medical health check, activities, treatments, flights and transfers.

