



VIVAMAYR PURE

The foundation for your
health + 6 modules

WHAT IS VIVAMAYR PURE?

Discover a tailored health concept with VIVAMAYR for sustainable health and a renewed sense of well-being.

VIVAMAYR PURE forms the foundation for all modules and creates the basis for a holistic, medically supervised orientation of your stay. It provides our team with a comprehensive overview of your well-being and ensures that all subsequent treatments can follow harmoniously. In this way, VIVAMAYR PURE also supports the long-term impact of all your chosen health focuses.

Through personal medical care, careful analysis, and individually tailored recommendations, a cohesive overall concept is created that conveys safety, clarity, and trust. It promotes balance, regeneration, and inner stability, ensuring that every measure is used specifically and effectively. The result is a harmonious combination of medical expertise, individual care, and tranquility that rounds off your stay holistically and supports your well-being at the highest level.

MEDICAL SERVICES*

- / Initial medical examination
- / Final medical examination
- / Functional myodiagnosics
- / Medical manual abdominal treatment
- / Nutritional counseling
- / Acid-base mineral analysis
- / Free radicals & biological antioxidant potentials
- / CardioScan Body & Metabolism
- / Urine analysis
- / Metabolic and training assessment
- / HRV measurement (Heart Rate Variability)
- / Yoga or Shiatsu
- / Movement therapy
- / Massages
- / Electrolysis foot bath
- / Herbal bath or mud wrap
- / Salt scrub

1 WEEK

2 WEEKS

1	1
1	1
1	1
3	8
1	1
1	1
1	1
1	1
1	1
1	1
1	2
1	2
2	4
3	6
2	3
2	4
1	2

PRICE

1 Week	2.951€
2 Weeks	4.590€

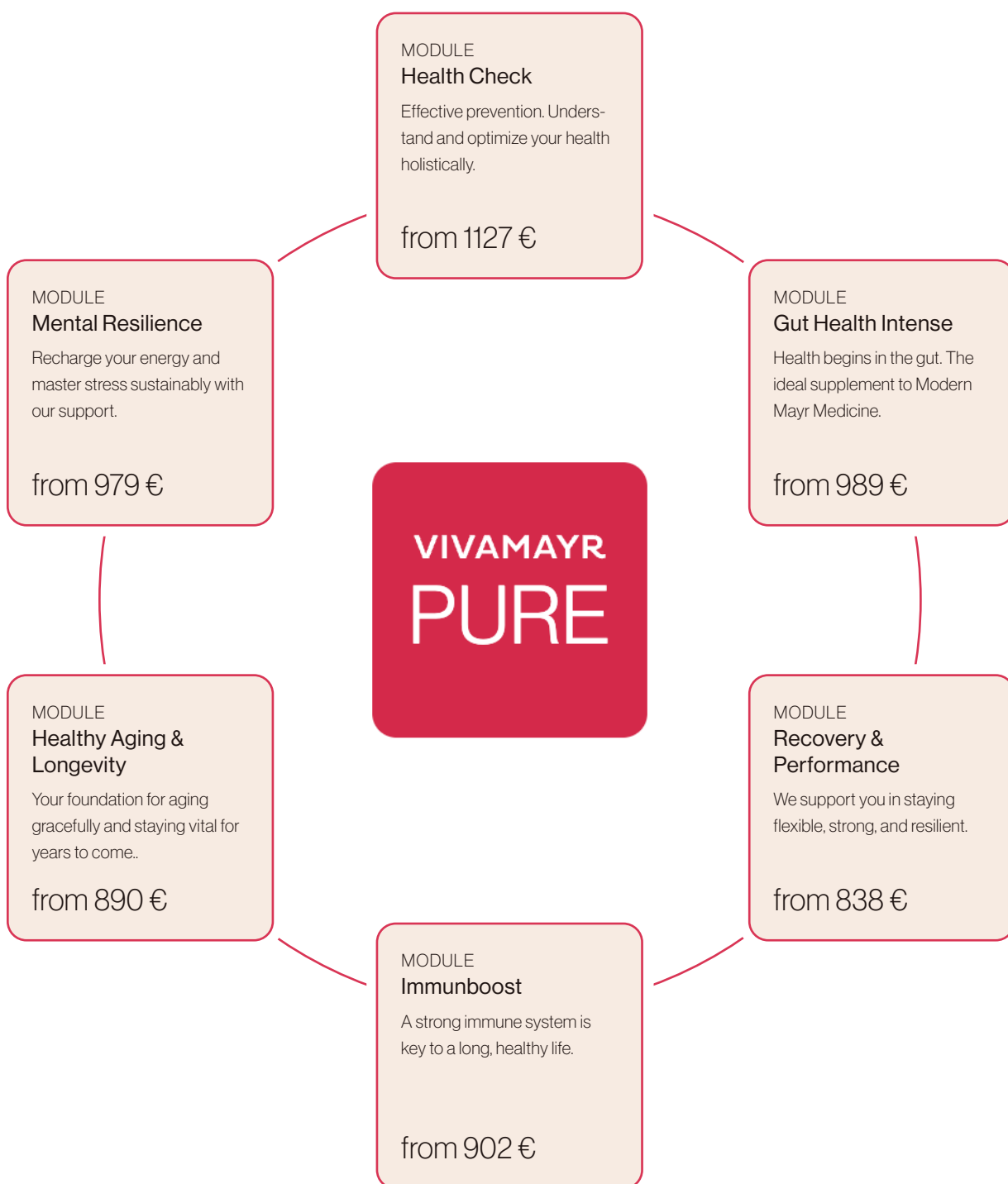
*VIVAMAYR PURE is an integral part of every stay; based on this foundation, various modules can be combined with it in consultation with the medical team.

WHAT WE CAN
DO FOR YOU

Discover a tailored health concept with VIVAMAYR for sustainable health and a renewed sense of well-being.

Based on comprehensive diagnostics, we develop an individual health concept tailored specifically to your needs, goals, and life situation. The Master Program forms the foundation and is complemented by specialized modules that can be flexibly combined. This creates a holistic approach that sustainably promotes regeneration, prevention, and performance — for greater vitality, balance, and quality of life.

One Master Program + six flexible, combinable modules:

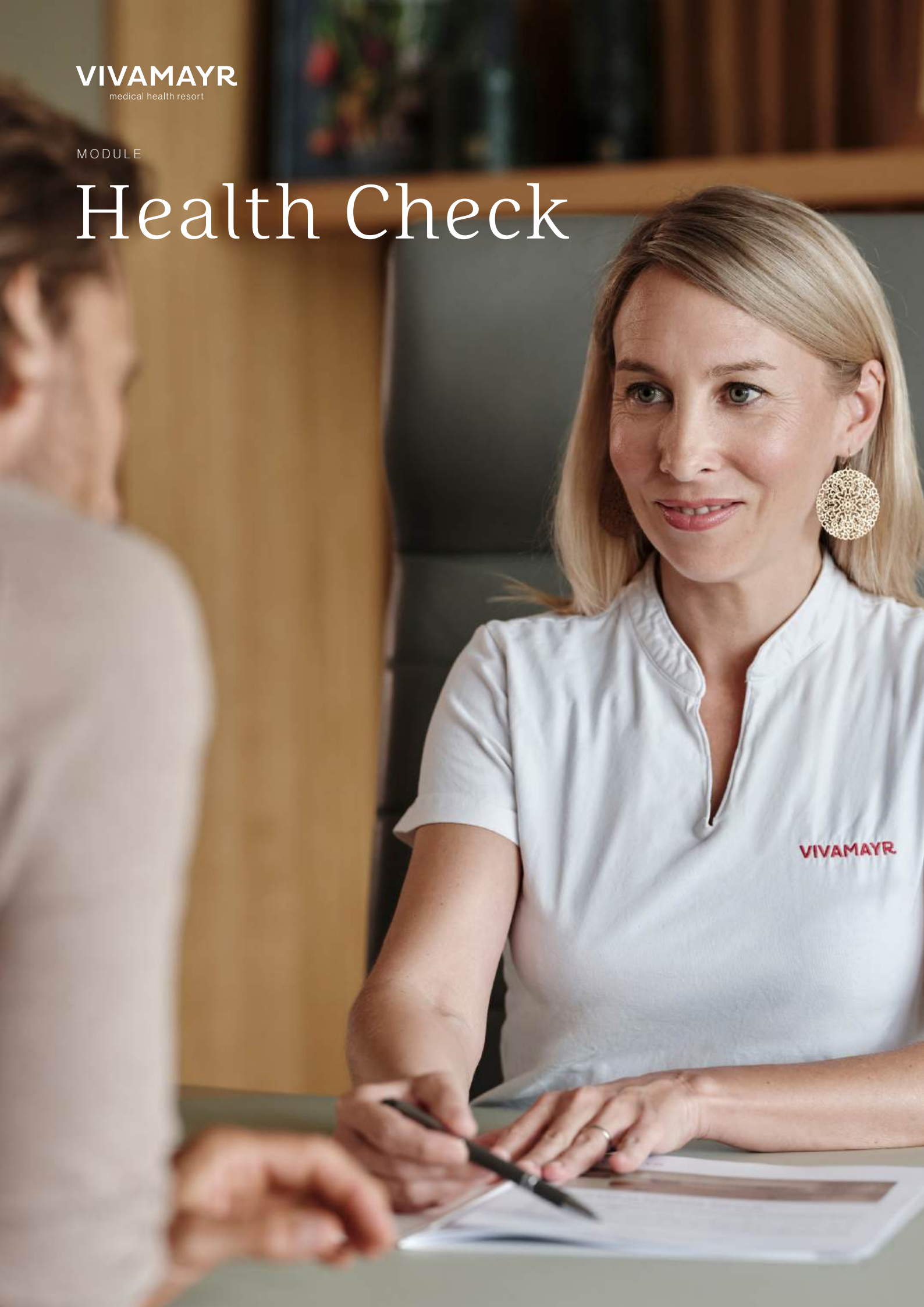


VIVAMAYR

medical health resort

MODULE

Health Check



YOUR
HEALTH
OUR
COMMITMENT

A comprehensive health check is the foundation for long-term vitality and well-being. Building on VIVAMAYR PURE, the VIVAMAYR Health Check offers you an exclusive opportunity to analyze your current state of health in detail, identify risks early on, and take targeted preventive action.

YOUR PATH TO
OPTIMAL HEALTH

By choosing the VIVAMAYR Health Check, you are opting for individually tailored health support. Modern diagnostics, well-founded evaluations, and personal care enable you to clearly understand, specifically optimize, and maintain your health in the long term.

The VIVAMAYR Health Check makes prevention tangible: through early analysis and individual recommendations, you gain control over your health. This allows risks to be reduced and your quality of life to be secured for the long term.

01

Prevention is care

By identifying potential stressors early, preventive measures can be taken before symptoms arise. Our VIVAMAYR Health Check supports you in this process.

02

State-of-the-art diagnostics

This module offers comprehensive prevention using the latest technology: ultrasound diagnostics of the abdomen, vessels, and thyroid, as well as vascular diagnostics and ECG. This provides valuable insights into your health – quickly, safely, and professionally.

03

Individual care

Based on the results, you will receive tailored recommendations that specifically support your vitality, performance, and regeneration. Each measure is adapted to your needs, allowing you to sustainably increase your well-being.

04

When we recommend this module

This module is designed for individuals who want to take responsibility for their health, engage in proactive prevention, or seek specific medical clarity. For those with high professional or private demands, our Health Check also offers the opportunity to achieve lasting health.

MEDICAL
SERVICES*

- / Routine lab tests
- / Ultrasound diagnostics
- / Vascular diagnostics
- / ECG

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MODULE PRICE

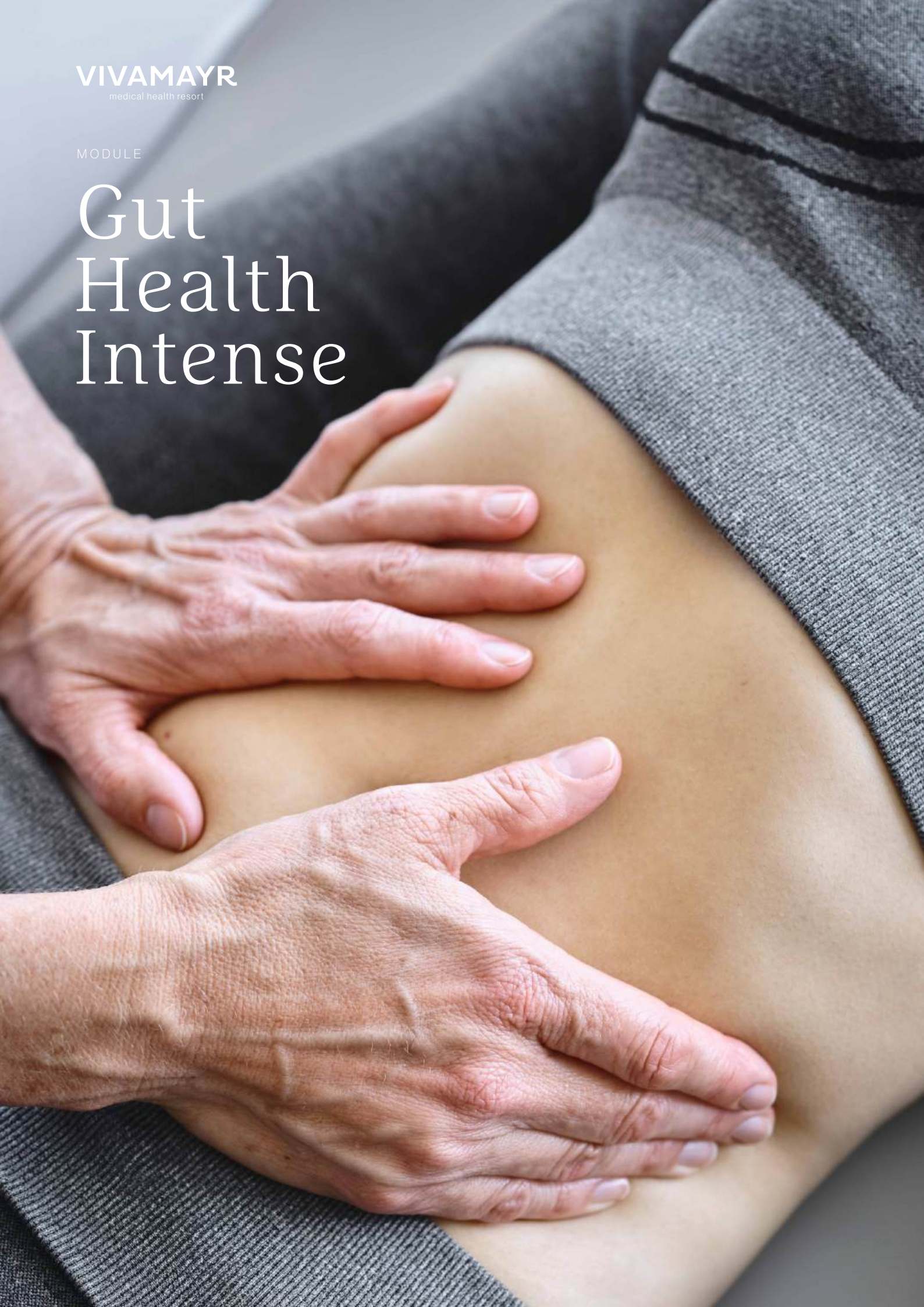
1127 €

*In addition to your VIVAMAYR PURE Master Program, combinable with other modules.

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MODULE

Gut Health Intense



YOUR
HEALTH
OUR
COMMITMENT

The gut plays a central role in well-being, energy, and inner balance. Building on VIVAMAYR PURE, the VIVAMAYR Gut Health Intense module focuses specifically on supporting gut health and creates the foundation for holistic vitality.
This module is the ideal supplement to Modern Mayr Medicine.

WHY GUT
HEALTH IS
CRUCIAL

The gut is one of the central control organs of the human body. If its function is impaired, it affects numerous areas, ranging from digestive issues and lack of energy to a weakened immune system.

VIVAMAYR Gut Health Intense starts right here. The module combines profound medical analysis with targeted therapies to identify the causes of discomfort and enable long-term positive changes.

01

Strengthening the body's center

The gut is a key organ for well-being, energy, and inner balance. VIVAMAYR Gut Health Intense specifically targets gut health support and creates the basis for holistic vitality. Through medical guidance and individually tailored treatments, the interplay of digestion, metabolism, and the immune system is harmoniously promoted.

02

Supporting digestion

The focus is on targeted medical treatments that relieve, activate, and regenerate the gut. Colon hydrotherapy supports gentle cleansing and promotes a pleasant, light body sensation. Additionally, a detailed stool analysis and an abdominal ultrasound provide valuable insights into individual gut and organ function.

03

Health in balance

VIVAMAYR Gut Health Intense does not view the gut in isolation, but as part of a complex interplay within the body. By combining medical diagnostics, targeted therapy, and individual care, a holistic approach is created that sustainably strengthens the organism and builds the foundation for long-term well-being.

04

When we recommend this module

This module is intended for those who wish to specifically support their gut health and promote their general well-being in the long term. Guests seeking more lightness, balance, and energy will also find an exclusive setting for holistic regeneration in VIVAMAYR Gut Health Intense.

MEDICAL
SERVICES*

- / Colon hydrotherapy
- / Abdominal hypnosis
- / Stool analysis
- / Abdominal ultrasound

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MODULE PRICE

989 €

*In addition to your VIVAMAYR PURE Master Program, combinable with other modules.

Recovery & Performance



YOUR
HEALTH
OUR
COMMITMENT

Movement is the source of vitality and the joy of living. Building on VIVAMAYR Pure, VIVAMAYR Recovery & Performance supports you in increasing your physical performance and maintaining mobility.

FIT FOR THE
FUTURE

Regular and targeted movement is the key to increased energy and a greater zest for life. With VIVAMAYR Recovery & Performance, we support you in sustainably increasing your performance and maintaining your mobility well into old age. Through a program individually tailored to you, you will achieve noticeable progress that you can take directly into your daily life.

By choosing this module, you are opting for expert guidance that focuses on strength and flexibility. The combination of modern treatments and the tranquility at VIVAMAYR provides the ideal framework to fully realize your physical potential. Rediscover a new sense of ease in every movement.

01

Increase strength

Targeted treatments and exercises promote muscle strength, stability, and endurance. Through the combination of movement therapy, specialized training, and regenerative measures, you will experience noticeable energy, lightness, and well-being in your daily life.

02

Improve body awareness

VIVAMAYR Recovery & Performance strengthens the interaction between muscle power, flexibility, and posture, while simultaneously promoting awareness, concentration, and inner peace – for an all-round vital sense of life.

03

Individual movement programs

Each guest receives a movement program tailored to their specific needs, providing sustainable support for physical performance, coordination, and flexibility. All measures are professionally guided and adapted to ensure every step leads to greater vitality and ease.

04

When we recommend this module

This module is designed for individuals looking to specifically improve their mobility, strength, and balance, as well as for guests who wish to proactively increase their physical performance. VIVAMAYR Recovery & Performance offers a premium framework to sustainably strengthen vitality and well-being.

MEDICAL
SERVICES*

- / Cardioscan performance
- / Functional body diagnostics
- / Osteopathy
- / Ion induction
- / Intermittent hypoxic-hyperoxic therapy
- / Cryotherapy
- / At-home training program

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MODULE PRICE

838 €

*In addition to your VIVAMAYR PURE Master Program, combinable with other modules.

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MODULE

Immunboost



YOUR
HEALTH
OUR
COMMITMENT

A strong immune system is the foundation of vitality, energy, and lasting well-being. Building upon VIVAMAYR PURE, the VIVAMAYR Immunboost Module supports the body's natural defenses while promoting inner balance and resilience.

SUSTAINABLE
VITALITY AND
WELL-BEING

A strengthened immune system has a positive effect on energy, performance, and quality of life. Through a holistic approach, VIVAMAYR Immunboost supports long-term well-being and promotes a stable inner balance – noticeable in everyday life and beyond.

By choosing VIVAMAYR Immunboost, you are opting for individually tailored health support that focuses on energy, balance, and resilience. The combination of medical expertise, targeted treatments, and a calm, exclusive environment allows you to experience your well-being at the highest level.

01

Energy and stability for daily life

A well-regulated immune system contributes significantly to physical performance and mental clarity. VIVAMAYR Immunboost helps activate the body's own resources and enhances overall well-being, leaving you feeling energized, balanced, and stable.

02

Holistic support

Through targeted treatments and medically supervised measures, the interplay between metabolism, immune function, and regeneration is harmoniously supported. The focus is on strengthening the body's natural defense mechanisms and sustainably promoting inner balance.

03

Promoting regeneration and balance

Regeneration plays a central role in maintaining a strong immune system. Immunboost combines relaxing treatments with targeted stimuli to activate the body's natural defenses. This creates a state of deep recovery that promotes vitality and resilience.

04

When we recommend this module

This module is designed for individuals seeking to enhance their vitality and sustainably promote their overall well-being. Immunboost provides a sophisticated setting for those who wish to consciously support their health.

MEDICAL
SERVICES*

- / Roeder treatment
- / Inhalation
- / Infusions
- / High-dose ozone therapy
- / Cryotherapy
- / Breathing therapy
- / Immune laser therapy
- / Papimi ion induction therapy
- / Acupuncture

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MODULE PRICE

902 €

*In addition to your VIVAMAYR PURE Master Program, combinable with other modules.

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MODULE

Healthy Aging & Longevity



YOUR
HEALTH
OUR
COMMITMENT

The desire to preserve vitality, performance, and quality of life in the long term is becoming an increasingly central concern. Building on VIVAMAYR PURE, the VIVAMAYR Healthy Aging & Longevity module specifically focuses on maintaining physical and mental fitness, preventing age-related changes, and promoting sustainable vitality.

FOR A
LONG LIFE

The aging process is complex and affects the body, mind, and metabolism equally. A proactive approach allows for the delay of age-related changes. Investing early lays the foundation for a vital life.

VIVAMAYR Healthy Aging & Longevity places health and quality of life at the center. The combination of medical expertise and individual measures in the relaxing atmosphere of VIVAMAYR makes it possible to maintain vitality and secure the joy of living in the long term.

01

Targeted strategies for a vital life

This module combines state-of-the-art medical diagnostics with individually tailored therapeutic measures. This creates a holistic picture of your current health status, which serves as the basis for implementing preventive and regenerative measures.

02

A holistic approach

VIVAMAYR Healthy Aging & Longevity does not view health in old age in isolation, but as an interplay of numerous systems. Prevention, medical monitoring, and targeted regeneration are combined to secure physical and mental performance in the long term. The combination of cutting-edge medicine, personal treatments, and individual care creates sustainable vitality.

03

Prevention as the key to quality of life

Proactive health care is crucial for securing physical and mental resources in the long term. Those who focus on prevention early on can not only prevent age-related limitations but also actively increase energy, performance, and the joy of living. This results in a stable, sustainable state of health that supports vitality for years to come.

04

When we recommend this module

This module is designed for individuals who wish to invest preventively in their health, as well as for guests who want to maintain or specifically increase their physical and mental performance. Even during times of high responsibility or demanding life phases, VIVAMAYR Healthy Aging & Longevity provides a first-class framework for securing vitality, energy, and zest for life in the long term.

MEDICAL
SERVICES*

- / Skin analysis
- / Sleep lab
- / High-dose ozone
- / Laser infusion
- / Kinetics Life
- / Cryotherapy
- / Intermittent hypoxic-hyperoxic therapy

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MODULE PRICE

890 €

*In addition to your VIVAMAYR PURE Master Program, combinable with other modules.

MODULE

Mental Resilience



YOUR
HEALTH
OUR
COMMITMENT

Mental health is a fundamental pillar of holistic well-being. Concentration, inner peace, and emotional stability influence not only quality of life but also physical health. Building on VIVAMAYR PURE, VIVAMAYR Mental Resilience is designed to reduce mental stress and promote inner clarity.

WHY
MENTAL HEALTH
IS CRUCIAL

A stable mental balance is the foundation for quality of life and performance. Since stress and emotional strain directly affect the metabolism and immune system, psychological health is inseparably linked to physical well-being.

Mental strength allows you to face challenges with greater composure and fully realize your potential. VIVAMAYR Mental Resilience offers targeted support that focuses on clarity and inner stability. The combination of medical expertise and therapeutic measures in the tranquil atmosphere of VIVAMAYR makes it possible to sustainably strengthen your own resilience.

01

Targeted regeneration for the mind

VIVAMAYR Mental Resilience focuses on stabilizing the nervous system and promoting mental resilience. Chronic stress, inner restlessness, or mental exhaustion can severely disrupt your balance. Through specially selected therapeutic approaches, tension is released, relaxation and mindfulness are encouraged, and the natural regulation of the nervous system is supported.

02

Support for the nervous system

A balanced nervous system supports sleep, concentration, emotional stability, and general well-being. The combination of targeted therapies, medical expertise, and personal care creates a sustainable mental balance and strengthens your inner resilience.

03

Health of body and mind

Mental health unfolds its effect through the interplay of body and mind. VIVAMAYR Mental Resilience takes this connection into account, supporting body awareness as well as mental mindfulness. This creates a holistic approach that promotes clarity and inner strength.

04

When we recommend this module

This module is designed for individuals affected by persistent stress, mental overload, or inner restlessness, as well as for guests who wish to proactively promote their mental health. Even during periods of high professional or personal demands, VIVAMAYR Mental Resilience offers a unique framework to recharge and gain clarity.

MEDICAL
SERVICES*

- / Emotional Detox
- / Craniosacral therapy
- / Progressive muscle relaxation
- / Meditation/Qi Gong
- / Breathing therapy

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MODULE PRICE

979 €

*In addition to your VIVAMAYR PURE Master Program, combinable with other modules.

Your new life begins where
ancient wisdom meets
modern science.



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www.vivamayr.com

