



ORIGINAL MAYR MEDICAL RESORT

MAYR MED GUT HEALTH & DETOX

STAY FOR 7 DAYS

Medical Diagnostics	Amount
Initial medical examination	1
Medical check-up	2
Final medical examination	1
Mayr Gut Health blood analysis: Includes the most important metabolic blood parameters	1
Metabolic analysis with spirometry	1
Progress monitoring via urine analysis	1
Fitness assessment plus resting lactate test	1
BIA - Analysis of relevant body composition metrics to support an evidence-based therapy plan	1
Therapy Plan	
Original Mayr massage of your choice	2
Therapeutic abdominal massage	2
Herbal detox wrap	3
Emotional Health consultation	1
Individual diet plan consultation	1
Dietary recommendation for the time after the stay	1
Exercise recommendation for the time after the stay	1
Beauty consultation	1
Programme includes:	
*Mayr Cuisine: Breakfast, Lunch, Dinner: soup or bouillon, water & teas Mayr Starter Kit: Original Mayr water bottle, alkaline powder, potassium & magnesium, and swishing oil Inhalations Nasal reflex zone therapy Kneipp foot baths Expert lectures Daily group exercise sessions Guided group hikes Guided sauna rituals Daily relaxation sessions & meditation (season-dependent)	

€ 3,200

Price per person excl.
accommodation



ORIGINAL MAYR MEDICAL RESORT

MAYR MED GUT HEALTH & DETOX

Information about the programme:

Mayr Med Gut Health & Detox focuses on the targeted regeneration of the digestive system and the restoration of a balanced gut microbiome – as the key to a strong immune system and lasting health.

***Information on Mayr Cuisine:**

Alkaline and gut-friendly nutrition, gluten-free. The diet plan follows the 16/8 intermittent fasting principle. Your diet plan will be determined together with your doctor and individually tailored and explained by our dietitians.

We kindly ask for your understanding that modified diets (including larger portions and increased protein content) and individual food intolerance adjustments are subject to an additional fee of € 45 p.p./per day.



ORIGINAL MAYR MEDICAL RESORT

MAYR MED **GUT HEALTH & DETOX**

The programme designed to restore healthy, regulated digestive function.

Cleansing the digestive system and rebuilding a balanced gut microbiome are key to a strong immune system and the foundation of lasting health.

Mayr Med Detox & Gut Health focuses on the targeted regeneration of the digestive system and the restoration of a healthy gut flora — supporting immune resilience and long-term wellbeing. At its core lies a therapeutic approach that gently relieves the body and gradually guides it back into balance.

Nutrition plays a central role. Following the initial medical examination, the dietary level is determined and individually adjusted throughout the stay. An alkaline, gluten-free digestive diet, combined with the principle of intermittent fasting, supports the gut in its regeneration and encourages a sustainable reset of eating habits.

Alongside nutrition, targeted therapeutic treatments enhance the effect. Gentle abdominal massages stimulate digestion, lymphatic drainage promotes the removal of excess fluid, and herbal detox wraps provide both relief and deep relaxation. Complementary treatments such as Original Mayr massages, Kneipp foot baths and inhalations further amplify the regenerative process and support the body and metabolism in a holistic way.

The programme is rounded off by movement and relaxation sessions as well as specialist lectures that offer inspiration for a healthier lifestyle. The result is a harmonious interplay of nutrition, therapeutic guidance and restorative treatments — strengthening the gut, relieving the body and promoting lasting vitality.

The Mayr Med Gut Health & Detox Programme is suitable for anyone wishing to regenerate their digestion, support their metabolism and enhance their health in a holistic and noticeable way.