

# YOUR COMPANION /FOR A PRECIOUS LIFE



LEAVE YOUR COMFORT ZONE





## **FOR A BETTER VIVAMAYR YOU**

A healthy life is a wealthy life with VIVAMAYR by your side. Our philosophy and insight about nutrition and regeneration will help shape a healthier lifestyle as you discover yourself on a deeper level. The wisdom gained at VIVAMAYR lasts forever.



By changing your diet and lifestyle, you are ready to begin the important process of detoxification, renewal and self-discovery. At VIVAMAYR you will take these initial steps as you continue along a path towards better wellbeing. We start with a comprehensive and clinical diagnosis of your overall health, before working together with you to create a holistic and personalised programme of treatments, nutritional advice, activities and rest periods. VIVAMAYR promotes a lifestyle of mindfulness that helps strengthen and inspire you long after your stay. Like a gift to cherish forever, you will be able to integrate this knowledge into everyday life.

Ancient wisdom meets  
modern science.

**THE VIVAMAYR PRINCIPLE**



The VIVAMAYR principle was developed on the basis of Modern Mayr Medicine: a unique therapy of disciplined nutritional guidelines combined with modern holistic medicine. Our diagnostic care is supported by appropriate naturopathic applications, resulting in a unique health experience for optimal wellbeing. We also offer moments of self-discovery and physical activity in an uplifting atmosphere. Our core values and methods are continually being evaluated and optimised ensuring our guests receive the most up-to-date treatments and services.

We promote health, we do  
not fight symptoms.

**MEDICINE ACCORDING TO VIVAMAYR**

**Do you  
trust your  
body to  
heal itself?**

/ FROM THE  
VIVAMAYR  
GUESTBOOK

***»At VIVAMAYR, I realised that I could  
take my health into my own hands.«***

***»VIVAMAYR is unique: the expert know-  
ledge in alternative and conventional  
medicine, the compassionate, helpful and  
motivating staff, a place of relaxation...  
Thank you for showing me how much my  
body has to say to me – and how I can  
listen to it.«***















At VIVAMAYR you will learn life-changing and empowering dietary habits. We place great emphasis on slow, mindful eating, where you will learn behaviours that nourish your body and mind, whilst respecting food sensitivities. During this process, you will develop new strength and a refreshed lightness of being.

Pay attention to when,  
how, and what you eat.

**A NEW WAY OF EATING**



## **HEALTH IS GOOD TASTE**

It is important to us that you enjoy VIVAMAYR meals leisurely and with all of your senses. High quality ingredients are selected and prepared for you by gourmet master chefs. Our cuisine does not sacrifice taste or flavour and you will experience the pleasure of delicious, flavoursome foods at every meal.

## **TASTE GOOD HEALTH**

As we show you new ways to experience the essence of flavours, you will develop a new and impeccable sense of what is good for you and your body. You will learn how to taste intensely and how to preserve these sensory experiences. It is our sincere pleasure to assist you in this sensory evolution.

**Do your  
meals  
strengthen  
you, or  
drain your  
energy?**





/ FROM THE  
VIVAMAYR  
GUESTBOOK

***»I've learned what I need to eat, when  
and how in order to increase and sustain  
my energy over the long term.«***

***»When I was a child, my mom insisted that  
I chew slowly, sit straight and not speak  
while eating. Now, 50 years later, I'll do it  
again. But better this time, because it's  
healing for me.«***





At VIVAMAYR, exercise is an important part of our philosophy and your daily health regimen. Movement promotes circulation and enhances digestive functions. Our experienced team will create an individualised programme that focuses on movements that please and motivate your body, as you integrate physical activity into your new lifestyle.

We deliver the plan.  
You run with it.

**FEEL THE ENERGY MOVE YOU**





**DAYS LIKE THESE  
YOU NEVER FORGET...**





**... WHEN YOUR LIFE IS  
CHANGED FOREVER.**









 **Medical Center Maria Wörth**

Source of pure energy.



The VIVAMAYR health center Maria Wörth is the home of Modern Mayr Medicine. Under the renowned guidance of Prof. Dr. Harald Stossier, guests find tranquillity and new vitality on the picturesque peninsula of Lake Wörthersee. This place of relaxation invites you to absorb the life-empowering VIVAMAYR philosophy in an idyllic environment.

LOCATION **Seepromenade 11, 9082 Maria Wörth, Austria**  
GET IN TOUCH **[office@vivamayr.com](mailto:office@vivamayr.com) +43 4273 31117**

 **Medical Center Altaussee**

Where real change begins.

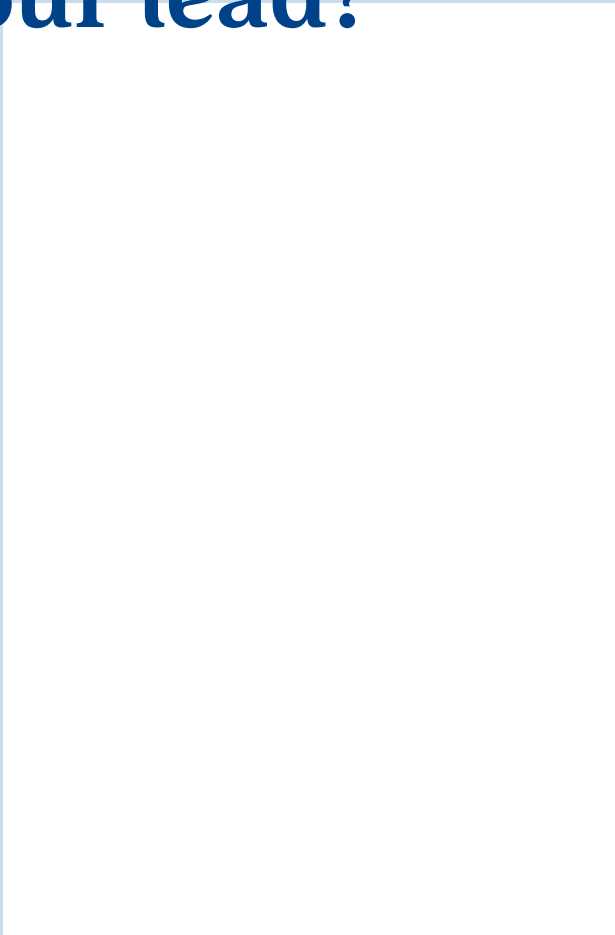


The purity of Lake Altaussee and the surrounding pristine mountains work in harmony to charge body and mind, fostering a deep sense of peace and balance. The health center's modern and spacious construction conveys a lightness of wellbeing. This natural atmosphere creates an ideal space for personal transformation and dramatic change, along with supportive and empathetic care from VIVAMAYR medical staff and caregivers. Your journey to long-term health starts here.

LOCATION  
GET IN TOUCH

**Fischerndorf 222, 8992 Altaussee, Austria**  
**[reservations@vivamayr.com](mailto:reservations@vivamayr.com) +43 3662 71450**

**Long-term  
health starts  
with the first  
step. Are you  
ready to follow  
our lead?**



/ FROM THE  
VIVAMAYR  
GUESTBOOK

***»That was my third stay. Thank you for changing my life!«***

***»A week full of friendly and competent people has given us a sustained boost for body and soul.«***

***»That was a wonderful experience for us. The doctors showed us ways that changed our lives.«***







## Bring us your tired souls

**What is missing from your life?  
Peace? Space?  
A time to think, a time to plan?**

**A chance to undo the wrong  
paths you have taken.  
To touch nature.  
Emotional and physical.**

**Here you can take a deep breath,  
retrace your steps, and...**

**VIVAMAYR –  
A place to begin again.**

/ LYALL WATSON  
AN INSPIRED GUEST  
FROM THE VIVAMAYR MEDICAL CENTERS










## Our day clinics: Support within reach.

As we are a life-long companion on your journey to long-term health, it is wise to stay connected to VIVAMAYR after a retreat in one of our Austrian facilities. The day clinics are ideal for follow-up treatments as well as optimising prescribed or upcoming therapies. They offer maintenance treatments, access to our medical team to discuss clinical results, as well as short-term visits that support your VIVAMAYR journey.



**What helps  
you have a  
consistently  
healthy  
lifestyle?**



/ FROM THE  
VIVAMAYR  
GUESTBOOK

***»It's good that there are day-care clinics if I need support and motivation every few months.«***

***»To VIVAMAYR – this is simply Paradise with all the thrills and without the snake! A fountain of youth with all the happiness – I will return with all my friends. Thank you from my heart.«***

***»With good intentions that affect my diet, I quickly find reasons for not falling into old habits or doing things inconsistently. At VIVAMAYR I am able to defeat my old comfort zone.«***

## Day Clinic Vienna

The day clinic in Vienna makes it possible to combine the glamour of a world-class city and your personal wellbeing. Vienna is a fountain of creativity and culture, making it an excellent location to bring the VIVAMAYR philosophy to life. Enjoy premier treatments and first-class consultation in one of the world's most elegant cities.

LOCATION **Krotenthallergasse 3/3, 1080 Vienna, Austria**  
GET IN TOUCH **wien@vivamayr.com +43 1 2350544**

## Day Clinic London

This first VIVAMAYR location outside Austria was founded on London's Harley Street to support a growing number of inspired international guests. Here in cosmopolitan London, we offer everything you need to experience and enhance the VIVAMAYR lifestyle. Our team is specially qualified in the treatment of health conditions associated with modern living, including stress-related illnesses.

LOCATION **15 Harley Street, London, W1G 9QQ, United Kingdom**  
GET IN TOUCH **london@vivamayr.com +44 20 30341331**



A lifestyle that supports you.



In your pursuit of excellent health, VIVAMAYR offers preliminary and follow-up care in many international locations. After staying in one of our Austrian health centers, you are encouraged to visit one of our Clinic Dates in Dubai, Istanbul, Moscow or India for a personal follow-up, energy reboot, or to help maintain your VIVAMAYR lifestyle. As a lifelong companion, we are always nearby to support you.

LOCATIONS  
INFORMATION

**Dubai / Istanbul / Moscow / India**  
**[www.vivamayr.com](http://www.vivamayr.com)**







## **OUR LOCATIONS**

**Medical Center Maria Wörth**

**Medical Center Altaussee**

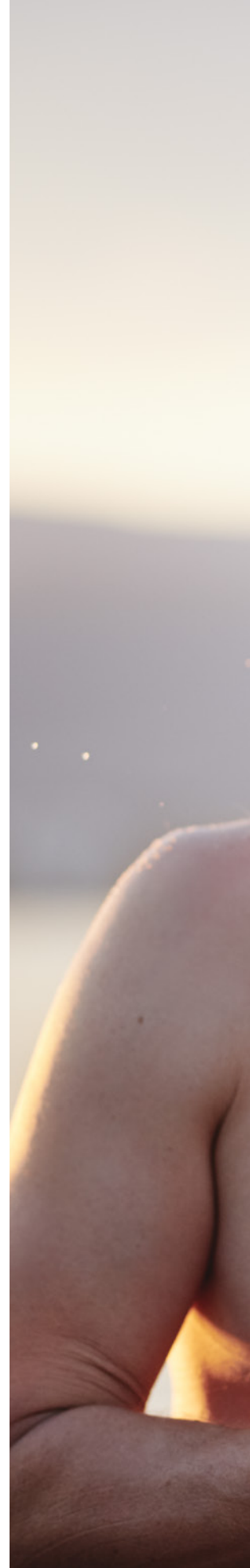
**Day Clinic Vienna**

**Day Clinic London**

**Clinic Dates International**

## **THE FIRST STEP TO YOUR NEW LIFE**

To begin your journey of improved health and wellbeing, please visit one of our VIVAMAYR medical centers, or for a short-term alternative, visit one of our day clinics.





DETOX DELUXE WITH VIVAMAYR



Renewal / Modern Mayr Medicine / Activity /  
Lifestyle / Self Discovery / Analysis / Healing / Eating Habits /  
Mobility / Movement / Discipline / Health / Strength /  
Transformation / Individuality / Detox Deluxe