

*A healthy start to the **New Year***

New Year's Eve 2019 at Park Igls

Decidedly joyous and festive, but reflective and wholesome too: the period between Christmas and New Year is a very special time for us at Park Igls. Come to rest after all the feasting and celebrating, and treat yourself to a restorative detox programme based on Modern Mayr Medicine.

This year the New Year's Eve special encompasses 10 fabulous nights, and, as before, we will hold a range of great dance workshops including salsa, swing, slow foxtrot and classic waltz. So put your best foot forward and dance your way into 2020.

Luxuriate in the tranquillity of the park and snow-covered forests, recharge your batteries and soak up the heat of our saunas and steam rooms – simply stop the clock for a few days, reflect on the old year and look forward to the new.

New Year's Eve night

Our delicious New Year's Eve buffet is based on Modern Mayr cuisine and meets all the requirements of our guests' individual dietary stages.

Let soprano Maria Erlacher and countertenor Markus Forster whisk you away to musical eras of the past with lightness and wit! After a wintry torchlight walk and fireworks at midnight, we will ring in the new year together.

New Year's Eve offer *10 nights, arriving* *on 26 December 2019*

After Christmas, most of us need to give our bodies time to recover. Park Igls offers the perfect environment for recharging your batteries – and there's no better time than straight after Christmas. Our highly qualified team and peaceful ambience provide the ideal backdrop for a detox programme based on Modern Mayr Medicine – giving you plenty of room for celebrating the turn of the year in style.

- **Initial examination – integrated health check (30 mins)**
- **2 medical examinations – manual abdominal treatment (20 mins each)**
- **Concluding examination (30 mins)**
- **2 bioimpedance measurements (lean tissue, water and body fat)**
- **5 full body massages (50 mins each)**
- **1 personal training session (50 mins)**
- **3 liver compresses with beeswax**
- **3 Terra-Vit full body wraps**
- **1 metabolic detox bath**
- **Daily Kneipp treatments (leg, arm or seated contrast baths)**
- **Personal Modern Mayr cuisine diet plan**
- **Mineral water, herbal tea and base broth**
- **Group exercise sessions, active and passive anti-stress exercises (relaxation), lifestyle management and mental coaching**
- **Lectures and presentations**
- **Use of swimming pool, sauna and panoramic gym**

€2,343 per person excluding accommodation
(10 nights from **€1,520**)



Special New Year's Eve *programme*

Snowshoeing or winter walking
on the Patscherkofel

*

Curling

*

Cross-country skiing in Seefeld

*

A visit to the Bergisel qualification ski jump

*

Dance workshops

*

New Year's Eve party with
Modern Mayr cuisine buffet seasoned
with musical interludes
by soprano Maria Erlacher and
countertenor Markus Forster.
Subsequent torchlight walk, and
fireworks at midnight

*

Celebrate New Year's Day with a long walk

*

Enjoy a cinematic transmission of the
Vienna Philharmonic's New Year's concert

*

We can organise tickets for Innsbruck's
New Year's concert on request



BOOK NOW!
park-igls.at