

AYURVEDA SONNHOF

After a stay at this Austrian sanctuary for the soul, guests leave as if they're walking on air. Why? It could be the stunning alpine setting (the hotel is located at an altitude of 900 metres among the soaring Kaiser mountains in Tyrol) or it might just as well be the detoxing, chakra-cleansing and endless good energy on offer. Panchakarma, one of the hotel's signature treatments, encompasses all five pillars of Ayurvedic purification to remove toxins, boost the immune system and enhance sleep. Healing Holidays also offers exclusive programmes, from intensive targeted AyurDetox and energy healing retreats to an Ayurveda Taster, ideal for those looking to sample different treatments or for busy individuals in need of a short break.

How to book

Healing Holidays offers a three-night Ayurveda Taster programme from £995pp including British Airways flights, transfers and full-board accommodation

*European Ayurveda
Resort Sonnhof in the
Tyrolean mountains*

PARK IGLS

Park Igls is a medical detox clinic that adheres to the Mayr principle, which is based around one simple belief: clean guts are the route to good health. A stay in this bright, contemporary space in the scenic Tyrolean Alps offers to reboot your entire system with a light diet, gentle exercise plan and tailor-made course of treatments. Food and nutrition are a key part of any stay and locally sourced organic ingredients make for beautifully crafted dishes that are surprisingly delicious as well as healthy. Alongside the food, guests can expect cutting-edge conventional and complimentary medicine, coaching and preventive care, all of which follows a comprehensive check-up. The medical attention is matched with more low-key health-boosting activities, including guided walks, yoga and personal training. Ready to book? Look no further than Healing Holidays.

How to book

Healing Holidays offers a seven-night Mayr Basic Detox programme from £2,099pp including British Airways flights, transfers and full-board accommodation

New heights

*Take to the Austrian Alps to find two of the best
detox retreats for an unparalleled level of wellness*

*Park Igls in the
scenic Tyrolean Alps*



Healing  Holidays

For more information, please call 020 7529 8551 or visit healingholidays.com

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