

Healthy Aging.
Exclusively for women.

Arrangements

www.lapura.at

la pura[®]
women's health resort
kamtal

To date, the most comprehensive concept to stay young.

la puraMed Healthy Aging

Your medical and therapeutic services:

- Initial medical examination, 50 min.
- Detecting inflammations, 30 min.
- 3D facial skin analysis, 30 min.
- Determination of biological age, metabolic type
- Mental coaching, 50 min.
- Performance check based on sports science, 50 min.
- 3 x la pura healthy aging therapy sessions, 90 min. each
- Individual serum

Your Basis:

6 nights in a Classic room incl. la pura GourMed® Cuisine full board plan and all Arrangement Services.

€ **2.390** (arrival possible from Sunday to Tuesday)

An intestinal cure with weight-loss effect.

la pura F.X. Mayr Therapy 7 Nights

Your medical and therapeutic services:

- Initial explanatory consultation and physical examination
- Individual therapy planning after female-specific analysis and diagnosis
- 3 x Medical manual abdominal treatments, 20 min. each
- Cleansing and relaxation units:
 - Detox peel, 30 min.
 - Detox massage, 50 min.
 - Facial treatment, 60 min.
- At least 3 exercise units daily in a group in the context of the activity programme
- Final medical consultation incl. recommendations for the integration of important every-day measures

F. X. Mayr Plus:

- Exclusive restaurant area for our F.X. Mayr guests
- Individual composed nutrition according to F.X. Mayr diagnosis while taking into account your individual food intolerances
- Mini-bar with still and mild water, free of charge
- 1 small towel for your liver pack and 1 can of Epsom salts including instructions
- 2 x Daily base soup served in your room
- Electric kettle/herbal tea/hot-water bottle in the room

Your Basis:

7 nights in a Classic room incl. nutrition according to F.X. Mayr and all Arrangement Services.

€ 1.790 (Daily arrival possible)

F.X. Mayr Therapy 7 nights	€ 1.790
9 nights	€ 2.390
14 nights	€ 3.280
21 nights	€ 4.350

The number of treatments are adapted to the length of the arrangement.

Detox and watch the pounds fall off.

la pura Detox Slim

Your medical and therapeutic services:

- 2 x Medical examinations, initial and final consultation
- Individual training based on sports science incl. aircheck
- 4 x Individual training based on sports science, 25 min. each
- Detox sea salt & grape seed whole body peel, 30 min.
- 3 x Detox massages, 50 min. each
- 3 x Detox packs, 20 min. each
- 3 x Fat burn body wraps deluxe, 60 min. each
- 3 x Galileo training (incl. for muscle generation), 20 min. each
- Medical nutrition consultation, 25 min.
- 2 x Oxythermia treatments, 30 min. each
- Lymph drainage, 50 min.

Your Basis:

9 nights in a Classic room incl. la pura GourMed® Cuisine Detox and all Arrangement Services.

€ 2.590 (Daily arrival possible)

la pura Detox Intensiv

Your medical and therapeutic services:

- Medical examination, 20 min.
- Sea salt & grape seed whole body peel, 30 min.
- 3 x Detox massages, 50 min. each
- 2 x Detox packs, 20 min. each
- 3 x Silhouette body wraps deluxe, 60 min. each
- 2 x Galileo training, 20 min. each
- 2 x Oxythermia treatments, 30 min. each

Your Basis:

6 nights in a Classic room incl. la pura GourMed® Cuisine Detox and all Arrangement Services.

€ 1.790 (Daily arrival possible)

Detox Light 3 nights € 739

Detox Intensiv 6 nights € 1.790

Detox Slim 9 nights € 2.590

The number of treatments are adapted to the length of the arrangement.

Individual stress relief.

la puraMed Stress Management Intensive

Your medical and therapeutic services:

- Medical admission consultation with 24 h vitality check
- Blood sampling, Bio-impedance analysis
- Individual therapy planning after female-specific analysis and diagnosis
- Participation in health lectures and the activities programme
- Medical nutrition consultation, 20 min. (discussion of results, ECG, lab)
- Consultation with our dietologist, 25 min.
- 2 x Personal mental coaching sessions for stress management with our psychologist, 50 min. each
- 8 x Individually guided relaxation therapies, 25 min. each (Mindfulness training, progressive muscle relaxation according to Jacobson, yoga, autogenic training, qigong)
- Biofeedback – diagnosis, 50 min.
- 3 x Biofeedback training units, 25 min. each
- 3 x Special head massages, 50 min. each
- 2 x Energetic body therapy sessions, 50 min. each
- 5 x Cellgym sessions
- Final examination

Your Basis:

9 nights in a Classic room incl. la pura GourMed® Cuisine full board plan and all Arrangement Services.

€ 2.900 (Daily arrival possible)

Help against headaches and spinal column pain.

la puraMed Pain-free

Your medical and therapeutic services:

- Medical examinations with anamnesis, status analysis, basic examinations on the arrival day. Preliminary findings can also be brought along to the consultation.
- Preparation of the individual therapy plan and collecting the neurological status analogous to the results of investigations with the following contents:
 - Initial explanatory consultation and physical examination
 - Osteopathic Physician, 30 min
 - Medical Acupuncture, 30 min
 - 3 x Medical Training-Therapy, 50 min each
 - 3 x Underwater Extension therapy, 20 min each
 - 2 x Healing Massage, 50 min each
 - Oralyzer (detect inflammatory foci)
- Continuous monitoring of the success of the therapy during the consultation with your physician, possible modifications of the therapy package
- Final medical consultation with monitoring of the success of the therapy on the day of departure

Your Basis:


7 nights in a Classic room incl. la pura GourMed® Cuisine full board plan and all Arrangement Services


€ 1.980 (Daily arrival possible)

Our basic hotel offer for a healthy time off.


la pura All Inclusive

Your Inclusive Services:

 **GourMed® Cuisine full board plan:** Healthy nutrition with the highest culinary enjoyment. The plan includes the la pura breakfast buffet, lunch buffet, afternoon snack, light 5-course evening menu or low-calorie 4-course menu.

 **Food intolerances:** We will gladly take your individual food intolerances into account. In addition, our daily menus always also include vegetarian and vegan dishes. The menu is pork-free. Halal Food has to be preordered prior to arrival.

 **Ladies Spa** with special treatments women enjoy.

 **Daily activity programme** (indoor/outdoor), different kinds of sports and entertainment such as lectures of our physicians on health topics or cooking classes.


 **Medical team** available every day.

 **No single room surcharge**, even for single occupancy of a double room.

 **Tea station** in room, free mini-bar (alcohol-free). **All-day tea lounge** in the Boccaccio Room with regional and international tea specialties.

 **Free transport** from and to the airport if you stay longer than **5 nights**.

 **Spa Accessories** (flip-flops, la pura spa bag, towels, bath robe etc..)

 One **€ 45 treatment voucher** per night. For each booked night, you will also receive a treatment voucher in the value of € 45 for any treatments of your choice. (except medical arrangements)

Your Basis - Example for one week:

7 nights in a Classic room incl. la pura GourMed® Cuisine full board plan and all Inclusive Services.

€ 1.399 (Daily arrival possible)

Free pick-up (with a booking of at least 5 nights) from:

- Wien-Schwechat Airport
- Wien Westbahnhof train station
- St. Pölten Hauptbahnhof train station

When a stay of 5 nights or more has been booked, our international guests or guests who have booked packages can use their flight or rail ticket as a free shuttle ticket. The pick-up takes place at specified fixed times.

Sightseeing- or shopping-tours

You can extend your stay at la pura with

- A trip to Vienna, one of the most amazing and important European capitals or
- A stop-over at the Designer Outlet Parndorf

la pura women's health resort kamptal

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A resort of

