



VIVAMAYR

— ALTAUSSEE —

SKIN & BEAUTY



VIVAMAYR

SKIN & BEAUTY DETOX

VIVAMAYR Skin and Beauty works in synergy with your other medical treatments and health programme to give you the best in skincare with maximum results. Throughout the year our facial and body treatments are made bespoke to suit your skin and body needs allowing you to leave looking fresh, glowing and more youthful.

Visit the Skin and Beauty Clinic to set up a skin detox plan for your stay at VIVAMAYR. Wellbeing, science and results are our number one goals meaning we work with only the best in skincare and modern technology.

Our certified therapists bring together a multitude of international skills, expertise and knowledge.



Dr. Sepp Fegerl

Medical Director at VIVAMAYR Altaussee recommends
to add skin therapies to your medical programme:

“VIVAMAYR guides you to your personal best in health and beauty through inner cleansing and tailor suited care. Combine medicine and cosmetic treatments for best results.”

VIVAMAYR FACE

Skin Consultation

15 mins free

Complimentary skin consultation on arrival at VIVAMAYR.

Once completing your medical plan please make sure you visit the skin and beauty clinic. Your therapist will be able to guide you towards the best treatments to suit you during your stay.

Deep Cleanse

50 mins €75.00

For those looking for a quick fix.

Steam, exfoliation and extractions, finishing with a pore tightening cooling mask. Fast, yet effective.

Deep Cleanse Intensive

80 mins €125.00

This is a thorough deep cleansing facial, a perfect fit to your VIVAMAYR detox. This treatment aims to remove tired dead skin cells, clear pores and help purge the skin of all impurities. The treatment includes steaming, exfoliating, extractions and a revitalising mask. We thoroughly recommend this treatment at the start of VIVAMAYR stay to help promote the skin's detoxification.

Vitamin C Skin Tone Facial

50 mins €85.00

Uneven skin tone, pigmentation, dull, lacklustre skin.

This intensive vitamin C and hyaluronic facial will help lighten pigmentation and revitalise tired skin. Using a powerful combination of ingredients to aid the reduction of melanin and a formulated massage to aid penetration, this treatment combined with a micro-circulation boosting thermo-active mask will revitalise the skin from within.

Activator Treatment

60 mins €89.00

Strip back the layers and hydrate.

This is an energizing treatment that regenerates and refuels the skin with a fruit acid exfoliation and a potent hyaluronic hydrating mask. This highly effective peeling method of fruit acids and enzymes removes dead skin cells and enhances absorption of active ingredients Hyaluronic Acid and Marine Collagen present in the luxurious Activator Mask. This treatment will leave the skin looking firm, fresh and glowing. Perfect to revitalize tired or jet-lagged skin.

Stem Cell Collagen Rejuvenation Treatment

90 mins 139.00

Concerned about fine lines, firming and anti-aging.

This advanced anti-aging treatment is designed to restore, plump up and revitalize. Featuring QMS Medicosmetic's unique system of high-grade 70% natural soluble collagen, matrixyl 3000 and hyaluronic acid, this potent cocktail of ingredients aims to stimulate collagen and elastin plumping and hydrating the skin from within. Finishing with a skin remodeling mask this intensive treatment is great before returning home and showing off the new you. We recommend using QMS Cellular Marine with sea fennel stem cells to prolong results and achieve long term anti-aging.

VIVAMAYR FACE

Pure Oxygen Treatment

90 mins €160.00

A breath of pure oxygen.

To regenerate skin cell metabolism, awaken and stimulate skin functions and reduce skin aging. This immediate lifting treatment uses the power of fruit acids and exfoliating enzymes to remove the top layer of dead skin for a deep clean. Followed by oxygen skin cell therapy to push in hyaluronic acid and a cocktail of cell boosting anti-oxidants. A muscle gymnastiques massage and lymphatic drainage promote detoxification and awaken facial muscles followed by our deeply hydrating Activator Mask rich in hyaluronic acid and marine collagen to provide moisture and smoothness to the skin.

Muscle Gymnastiques Massage

35 mins €45.00

Tired and dull skin needing a boost of circulation and hydration.

Boost your skin during your stay with regular facial massage and a hydrating cold skin mask. Perfect for puffy, tired and sallow skin. Facial massage exercises help to promote lymphatic drainage and stimulate blood flow easing dark circles and improving sinus congestion.

VIVAMAYR VitaLaser Hyaluronic and Cold Laser Treatment

75 mins €189.00

This is where science and technology come into their own.

This innovative treatment harnesses the power of technology, the VitaLaser to stimulate micro-circulation, cell metabolism and collagen and elastin production. Hyaluronic acid is infused into the skin during the process maximising hydration and skin functions. Skin will look immediately tighter, plumper and visibly rejuvenated. The treatment also incorporates steam, fruit enzyme exfoliation, extractions, muscle gymnastiques and a skin remodelling and firming mask.

DERMALUX™ LED Phototherapy

30 mins €55.00

We recommend Dermalux either as a stand alone treatment or in combination with any facial or body treatment.

Dermalux™ is a pain free and relaxing treatment which is suitable for all skin types and conditions, without downtime and recommended for:

- Skin Rejuvenation
- Acne and Problem Skin
- Rosacea and Redness
- Sun Damage
- Wound Healing and Scarring
- Eczema, Psoriasis and Dermatitis
- Sensitive and Inflammatory conditions
- Restoring Radiance

Gentleman 's Hour

60 mins €80.00

A deeply energizing men 's skin treatment. The treatment includes face scrub and deep cleanse, eyebrow grooming, eye treatment and a firm neck and shoulder massage. To finish a collagen and mood boosting 10 minutes of light therapy.

VIVAMAYR BODY

Back Cleanse

50 mins €75.00

For those suffering from unwanted congestion or skin irregularities on their backs. Enjoy a rigorous back exfoliation followed by an enzyme mask to remove dead skin cells and impurities. Extractions to reduce black-heads, breakouts and a thermal mask to calm inflammation. To finish a gentle back massage to aid detoxification and drainage.

Detoxify, Stimulate and Firm

60 mins €90.00/90 mins €125.00

Tackle cellulite, firm, reduce inches and detoxify. Using the powers of marine algae, salts, pepper oil and sea minerals this 100% natural treatment gives truly magnificent results. A combination of fruit acids, enzymes and salts to exfoliate and smooth. Followed by a thermal algae treatment to purge and detoxify. This treatment is fantastic for those who want to reduce the size of waist and thighs. To finish a revitalising massage to invigorate cells. We recommend Resurfaslim to use at home for those wishing to fight cellulite thoroughly.

Body Smooth

45 mins €65.00

An uplifting, stress busting treatment aimed at removing dead skin cells using enzymes, fruit acids and salts followed by an oil massage to eliminate toxins and lactic acid.

Foot Scrub and Rub

25 mins €35.00

The treatment starts with a footbath followed by a thorough foot scrub with muscle relaxing salts and an invigorating foot massage. This may be combined with all facial for ultimate relaxation.

Wrap It Up

35 mins €45.00

Top up your original body treatment with a body wrap. Detoxifying serum with chilli oil to aid circulation and a marine body wrap for skin tightening. Wrap, shower and go.



VIVAMAYR PACKAGES

Weekend Revival

90 mins €160.00

Use weekends at VIVAMAYR for quiet meditation and relaxation. Indulge yourself with a restorative 60 minute facial, invigorating foot scrub and rub and a 15 minute back massage with warm vitamin oils. This is the ideal weekend treat.

Refresher

50 mins €75.00

Whether you have just touched down in Altaussee and looking to banish the travelling blues or you want that final VIVAMAYR touch before you fly, stop in and have a quick refresher. This wonderful combination of face, neck and shoulder massage with face pack and foot scrub and rub will leave you feeling recharged from head to toe.

VitaLaser Package

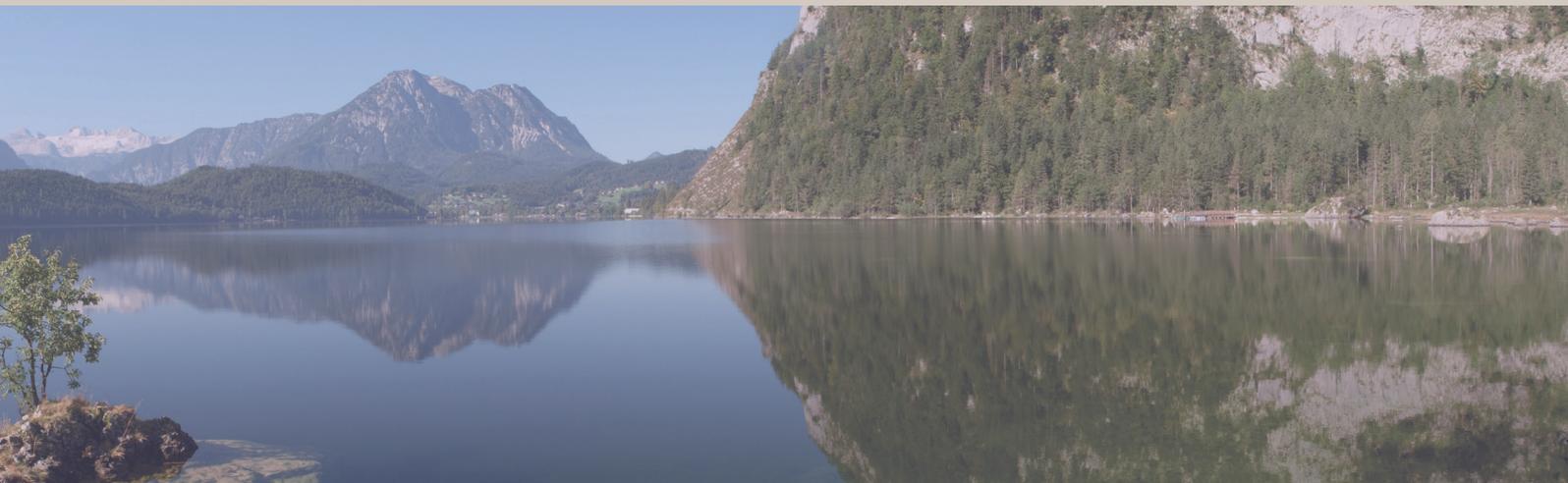
3 Sessions for €460.00

Enjoy three 45 minute sessions of regenerative light therapy to help stimulate the production of fibroblasts and skin healing. An ideal treatment to help heal the skin, fight inflammation and acne and also to improve the appearance of fine lines.

Bodylicious

120 mins €250.00

Relax with a deep cleansing facial, invigorating body wrap, foot scrub and rub and 20 minutes LED light treatment. This indulgent treatment will compliment your detox programme and will help purge the body of residual impurities.





VIVAMAYR



Advanced Treatments in Conjunction with Teresa Tarmey

www.teresatarmey.com

Dedicated skincare expert Teresa Tarmey will be available personally at VIVAMAYR Altaussee periodically. She is behind many of London's most flawless faces. A wealth of skincare knowledge combined with high potency products and cutting-edge technology.

Our own personal skin expert Tarryn Warren is working in collaboration with Teresa and will be available for some advanced treatments at the clinic full time.

Offering a new generation of facial treatments including the following:

Advanced TT Facial

70 mins €270.00

Including a deep clean followed by a light peel to brighten the skin, not peel the skin. If extractions and removal milia are required we use steam during the cleanse to make the most out of the cleansing time, leaving more time for technology. We use a combination of LED, Radio Frequency for tightening, followed by our signature lymphatic and lifting massage. This treatment requires no downtime, leaving your skin bright and lifted.

Fractional Radio Frequency (FRF)

60 mins €420.00

An aesthetic technique that uses RF energy to heat tissue and stimulate subdermal collagen production in order to reduce the appearance of fine lines, wrinkles and loose skin. The technique induces tissue remodeling, production of collagen and elastin.

Intense Puls Light (IPL) *available only in winter*

price on application

It helps to diminish the appearance of freckles, age spots, spider veins, sun damage, enlarged pores, redness, flushing (rosacea), and irregular pigmentation. The IPL treatment targets imperfections on the surfaces of the epidermis. The skin tone will have a more even look and feel, sunspots will fade and pore sizes will shrink. These improvements will steadily increase with each treatment.

Cryolift Anti-Aging Lift

15 mins €65.00

Cryolift is a revolutionary registered system that allows performing a shocking facial treatment through a safe, fast and efficient method. The Coolifting gun projects a powerful CO2 gas on the facial tissue at a very low temperature and a very high pressure, combined with a high concentration of atomized actives. Coolifting, in a single 5 minutes session will provide you with a younger, more youthful looking skin.

VIVAMAYR Foot Wellness

VIVAMAYR Holistic Foot Spa
Realise your true potential.

75 mins €95.00

The aim of Modern Mayr Medicine is not only to regenerate the body but also to regenerate your spirit and your soul. This deeply moving ritual uses the powers of a salt bath and footscrub, reflexology foot massage, high quality precious stone aromatherapy oils, TCM and the Metamorphic Technique. This treatment will help unblock energy and release the mind of stress.

We all have great potential, but due to limiting beliefs that we hold about ourselves and our lives, we tend to get ourselves stuck in particular patterns that keep us from fully realising that potential. These patterns can show up in various ways - physical or mental illness, emotional problems, limiting attitudes or repeating patterns of response or behaviour.

The Metamorphic Technique offers us a new and fascinating way to look at life and also offers us the possibility of changing it by releasing our subconscious resistance. The practitioner acts as a catalyst to the client's own life force energy. Releasing points in your body that prevent energy from flowing freely.

At the end of your cure this sustainable treatment will allow you to go back to your daily life feeling holistically strengthened and supported. This treatment is highly recommended for those who suffer from stress, anxiety and lack of energy.

Available from Friday to Monday. Please book in advance.



VIVAMAYR Hand & Foot Care

VIVAMAYR Manicure

60 mins €55.00

Full manicure with hand scrub, cuticle care, file and polish and a luxurious hand massage.

Take your polish home for €12.00

File & Polish

15 mins €25.00

Nail filing and polish

VIVAMAYR Pedicure

60 mins €63.00

A relaxing treatment with bubbling hot salt foot bath, intensive exfoliation, cuticle work, file and polish with a firm foot massage.

Take your polish home for €12.00

VIVAMAYR Intensive Pedicure

90 mins €87.00

Designed for those with hard skin and feet needing a little TLC.

Silky Hands

30 mins €38.00

Cuticle care and file with a nourishing hand treatment.

Waxing

- Half leg €30.00
- Full leg €40.00
- Bikini €20.00
- Bikini Brazilian €30.00
- Hollywood €35.00
- Underarm €15.00
- Chest €30.00
- Back €40.00

Eyebrows and Eyelashes

- Eyebrow Shaping €15.00
- Eyebrow Tinting €15.00
- Eyelash Tinting €20.00

Hairdresser (appointments on request)

Hair Cut *(including pampering, hair care, styling and finishing products)*

short hair 45 mins €68.00
long hair 75 mins €85.00

Hair Styling *(including pampering, hair care, styling and finishing products)*

short hair 45 mins €68.00
long hair 75 mins €85.00

Hair Cut for men *(including pampering, hair care, styling and finishing products)*

30 mins €43.00

Intensiv Hair care 20 mins €26.00

Scalp treatment 5 mins €8.00

Mask 10 mins €10.00

Coloration 45 mins €58.50

Strands 45 mins €58.50

Hair extension on request



VIVAMAYR

VIVAMAYR Skin & Beauty booking regulations:

Please make your reservation at the Hotel or Beauty Reception. To provide you with the perfect spa experience, we kindly ask you to inform us about special requests or specific health concerns prior to your treatment.

Cancellation policy:

Appointments that cannot be met must be cancelled at least 24 hours in advance. For late cancellation or “no show“ the full price of the treatment will be charged. We kindly ask you to arrive 10 minutes before the start of your treatment.

VIVAMAYR Altaussee, Fischerndorf 222, 8992 Altaussee, phone +43 3622 71450-712, e-mail: cosmetics@vivamayr.com

We reserve the right to changes, misprints and typing errors.