

The OCEANO Mayr program

OCEANO ADAGIO:

Weeks	2	3
Medical reception examination according to F. X. Mayr	1	1
Medical abdominal treatment	4	6
Final medical examination with nutritional recommendations	1	1
Colonic irrigation therapy (alternatively additional abdominal treatment)	2	3
Special massage/reflexology massage/lymph drainage/cupping	4	6
Soft-Pack (Thalassic/evening primrose oil crème bath/Rügen healing chalk/cucurbita) or small physiotherapy	4	6
Shiatsu or Abhyanga massage	2	3
Diet according to medical prescription (days)	14	21
Water served in room, herbal tea and Epsom salts		

2 Weeks € 1.145,00
Including 14 nights at OCEANO Hotel from € 1.873,00

3 Weeks € 1.640,00
Including 21 nights at OCEANO Hotel from € 2.732,00

From 4 weeks, each additional week at plus € 495,00

OCEANO ALLEGRO

Weeks	1	2	3
Medical reception examination according to F. X. Mayr	1	1	1
Medical abdominal treatment	4	8	12
Final medical examination with nutritional recommendations	1	1	1
Shiatsu or Abhyanga massage	1	2	3
Colonic irrigation therapy (alternatively additional abdominal treatment)	1	2	3
Special massage/reflexology massage/lymph drainage/cupping	3	6	9
Soft-Pack (Thalassic/evening primrose oil crème bath/Rügen healing chalk/Cucurbita) or small physiotherapy	3	6	9
Schiele foot bath/Liver compres/Personal Fitness Training	3/3/1	6/6/2	9/9/3
Diet according to medical prescription (days)	7	14	21
Water served in room, herbal tea and Epsom salts			

1 Week € 912,00
Including 7 nights at OCEANO Hotel from € 1.276,00

2 Weeks € 1.626,00
Including 14 nights at OCEANO Hotel from € 2.354,00

3 Weeks € 2.340,00
Including 21 nights at OCEANO Hotel from € 3.432,00

From 4 weeks, each additional week at plus € 712,00

Prices include additionally:

- Yoga (2x per week)
- 2x Morning exercises
- 1x Relaxation training

Prices are only valid in combination with accommodation at OCEANO Vitality Hotel.

Breakfast is already included in the Mayr programm.

Treatments are offered upon availability.