



MOUNT MED
RESORT

Health YOU UP

/ Rates Rooms & Suites





/ Mountain Resort

This part of the Mount Med Resort – refurbished, reinterpreted and expanded – reflects the health resort's more recent history. One of the oldest taverns in Tirol and a magnet for celebrities from all over the world, today's Mountain Resort and historic Monastic Heritage structures form the health hideaway's communications heart.



/ Monastic Heritage

Experience history at close range in the Monastic Heritage zone, the Mount Med Resort's historic heart. Expertly revitalised, the 850-year-old masonry, timbers and fragments of stucco and wall paintings give us an indication of the building's venerable history. As well as exhibiting physical traces of the past, this is where our socio-cultural traditions find renewal – a hub of inspiration and emotion.



/ Mountain Peak

Mountain Peak combines regional architecture and sustainable design with modern, healthy living. The alpine wood and earthy colours in these light-filled rooms create a calming atmosphere. Specially woven fabrics made by certified sustainable manufacturers combine with the breathtaking views to create a pleasing, comfortable and health-giving living experience.



/ Mountain Chalets

Experience a new dimension of privacy and healthy living in the Mount Med Resort's Mountain Chalets. Unique fabrics, natural furniture, stunning views, your private yoga and coaching space, the health bar and separate spa bathroom: it's the essence of healthy wellbeing. The Mountain Chalets are separate from the main building – accessible via an unroofed external staircase.



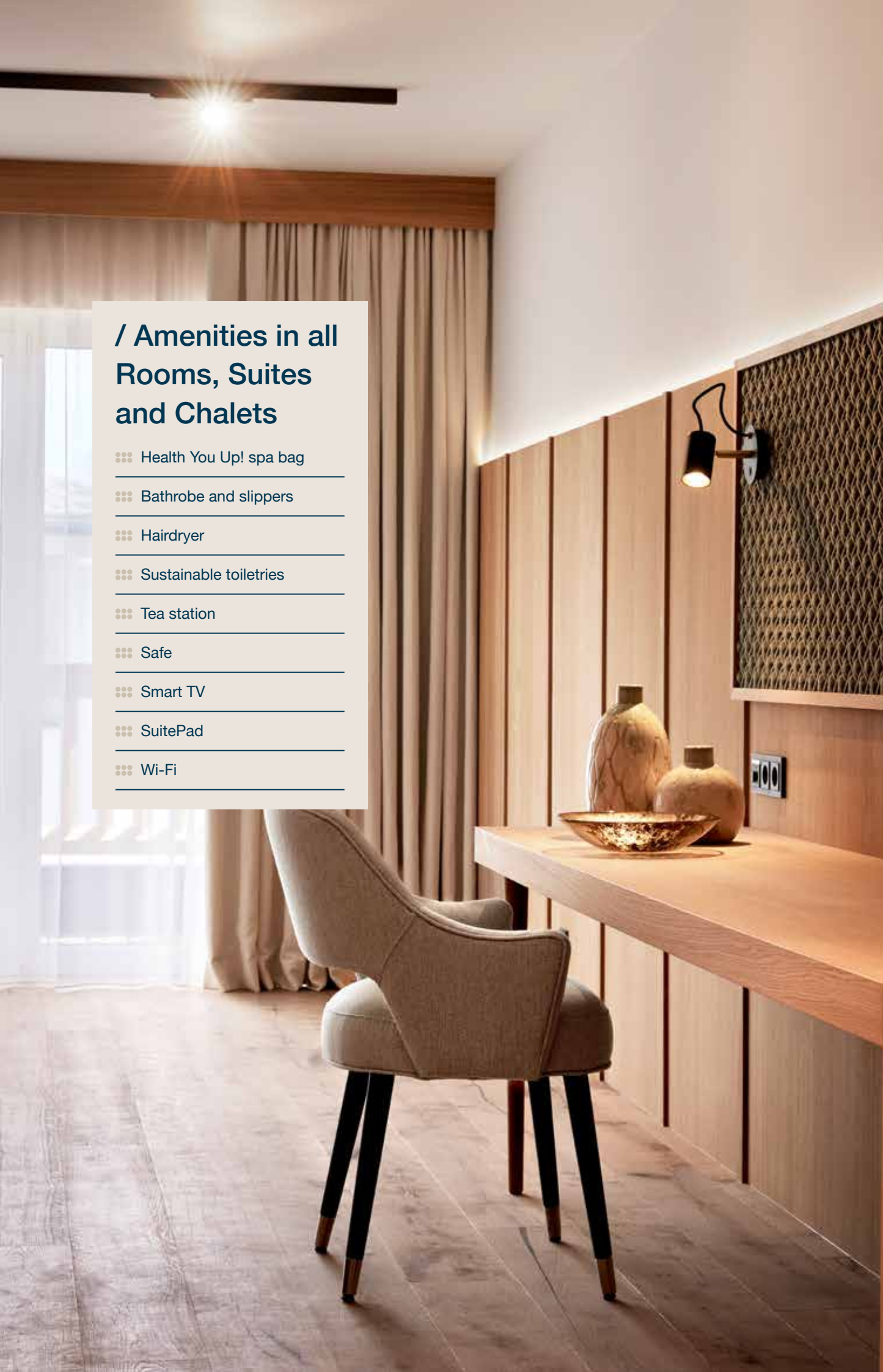
/ Mountain Spa Chalets

Find inner balance in the exclusive Mountain Spa Chalet Suites' Private Spa Heaven where we offer you absolute privacy and a refuge for your personal health and self-care. Enjoy a tepidarium or caldarium; aromatherapy, heliotherapy or Kneipp therapy; a multi-sensory shower and a private treatment room as well as a private yoga and coaching space and health bar. The Mountain Spa Chalets are separate from the main building – accessible via an unroofed external staircase.



/ Mountain Fitness Chalets

Evolve your personal healthstyle in a Mountain Fitness Chalet – a symbiosis of exclusive privacy and tailor-made fitness. Breathtaking views from terraces and balconies link your living and fitness spaces with the world of nature. Head straight to our spectacular Fitness Loft from your private yoga and coaching space.



/ Amenities in all Rooms, Suites and Chalets

- Health You Up! spa bag
- Bathrobe and slippers
- Hairdryer
- Sustainable toiletries
- Tea station
- Safe
- Smart TV
- SuitePad
- Wi-Fi

/ Rooms & Rates

/ Room Category	/ Description	/ Rates	
		Single occupancy*	Double occupancy*
Mountain Resort Single Room with Balcony 23sqm Sleeps 1	Standard single room in the resort's older core building. Reclaimed wood wall panelling, wooden floor and furniture endow this room with a cosy, rustic ambience. Features: Box spring double bed (180x200), desk, bathroom with shower, WC and balcony	270	–
Mountain Resort Room with Balcony 26sqm Sleeps 1-2	Standard double room in the resort's older core building. Reclaimed wood wall panelling, wooden floor and furniture endow this room with a cosy, rustic ambience. Features: Box spring double bed (180x200), desk, bathroom with shower, WC and balcony	270	220
Mountain Resort Junior Suite with Balcony and Spa Access 40-46sqm Sleeps 1-2	Elegant junior suite in close proximity to the spa. A stylish homage to modernism with floor-to-ceiling windows framing the mountain view. Features: Wood floor, king-sized (200 x 210) therapeutic bed system, desk, integrated bathroom with double washbasin and double shower, separate bidet and WC, balcony with view of the Hohe Salve.	540	410
Mountain Resort Suite with Balcony and Spa Access 49sqm Sleeps 2	Elegant suite in close proximity to the spa. Chic cocooning with floor-to-ceiling windows framing the mountain view. Features: Wood floor, king-size bed (200x210) with therapeutic bed system; desk; visually separate cocooning area; integrated bathroom with double washbasin, bathtub and shower; separate bidet and WC; balcony with a view of the Hohe Salve	–	430

*Rates are in euros per person per night including Cook for Health nutrition and included services.

/ Rooms & Rates

/ Room Category	/ Description	/ Rates	
		Single occupancy*	Double occupancy*
Monastic Heritage Room 23-26sqm Sleeps 1-2	Heritage-protected monastery room in the historical building. A refuge for slowing down and enjoying some digital asceticism in a contemplative atmosphere. Recharge your batteries in your temporary monastery and recentre yourself. Features: Carpeted floor, split superking-sized bed (180x200), desk, integrated bathroom with double washbasin and shower, separate WC, north-facing, no balcony	270	220
Monastic Heritage Room with Mountain View 28-32sqm Sleeps 1-2	Heritage-protected monastery room in the historical building with view of church and mountains Utterly unique room with fragments of stucco and wood panelling. Original door frames and wall paintings offer a glimpse into the building's clerical history. Features: Carpeted floor, split superking-sized bed (180x200), desk, integrated bathroom with double washbasin and shower, separate WC, south or south-west-facing, no balcony	320	295

*Rates are in euros per person per night including Cook for Health nutrition and included services.

/ Rooms & Rates

/ Room Category	/ Description	/ Rates	
		Single occupancy*	Double occupancy*
Mountain Peak Junior Suite 40sqm Sleeps 1-2	Light-filled junior suite in the new Mountain Peak building. Nature-centred ambience achieved by using local timber, stone and glass. Features: Wood floor, king-sized (200x210) therapeutic bed system, desk, integrated bathroom with double washbasin and shower, separate bidet and WC, no balcony.	455	350
Mountain Peak Junior Suite with View 40-45sqm Sleeps 1-2	Light-filled junior suite in the new Mountain Peak building. Nature-centred ambience achieved by using local timber, stone and glass. Some with balcony or patio with views of mountains or church Features: Wood floor, king-sized (200 x 210) therapeutic bed system, desk, integrated bathroom with double washbasin and shower, separate bidet and WC, some with balcony or patio, view of mountains.	540	410

*Rates are in euros per person per night including Cook for Health nutrition and included services.

/ Chalet Suites & Rates

/ Room Category	/ Description	/ Rate per Suite
Mountain Chalet Suite 115sqm Sleeps 1-3	<p>Cocooning heaven! Enter the pinnacle of privacy, and relax.</p> <p>Luxurious chalet suite above the other parts of the terraced resort, but offering all of its personalised services. A haven of peace and pure relaxation with a special ambience of timeless elegance. The exclusive chalet suite features natural materials, wood flooring and abundant glazing, bringing the beautiful mountains in.</p> <p>Further highlights of the Mountain Chalet Suite are a private yoga and coaching space with a health bar, and a separate spa bathroom with infrared benches.</p> <p>Features: 1 bedroom with therapeutic bed system (180x210), some with balcony; en-suite bathroom with double washbasin, bathtub and shower, separate bidet and WC; 1 separate private room/office with desk and sofa bed; 1 additional spa bathroom with infrared benches, walk-in shower, separate bidet and WC; 1 living room with sofa, armchairs, private yoga and coaching space and private balcony and/ or patio. Accessed via an unroofed external staircase.</p>	1,500
Mountain Chalet Suite with Panoramic View and Balcony 115sqm Sleeps 1-3	<p>Utterly private and entirely exclusive, sustainable and in the heart of nature's bounty! Enjoy your stay in absolute privacy – an experience crowned by the breathtaking mountain panorama.</p> <p>Luxurious chalet suite above the other parts of the terraced resort, but offering all of its personalised services. A haven of peace and pure relaxation with a special ambience of timeless elegance. The exclusive chalet suite features natural materials, wood flooring and abundant glazing, bringing the beautiful mountains in.</p> <p>Further highlights of the Mountain Chalet Suite are a private yoga and coaching space with a health bar, and a separate spa bathroom with infrared benches.</p> <p>Features: 1 bedroom with therapeutic bed system (180x210), some with balcony; en-suite bathroom with double washbasin, bathtub and shower, separate bidet and WC; 1 separate private room/office with desk and sofa bed; 1 additional spa bathroom with infrared benches, walk-in shower, separate bidet and WC; 1 living room with sofa, armchairs, private yoga and coaching space and balcony with a breathtaking view. Accessed via an unroofed external staircase.</p>	1,700

Access to the resort and all facilities including reception, restaurants, Mylife Changer Spa and Medical Spa is via an unroofed external staircase.

*Rates are in euros per person per night including Cook for Health nutrition and included services.

/ Chalet Suites & Rates

/ Room Category	/ Description	/ Rate per Suite
Mountain Chalet Suite with Terrace and View 115sqm Sleeps 1-3	<p>Utterly private and entirely exclusive, sustainable and in the heart of nature's bounty! Enjoy your stay in absolute privacy – an experience crowned by the spacious private patio.</p> <p>Luxurious chalet suite above the other parts of the terraced resort, but offering all of its personalised services. A haven of peace and pure relaxation with a special ambience of timeless elegance. The exclusive chalet suite features natural materials, wood flooring and abundant glazing, bringing the beautiful mountains in.</p> <p>Further highlights of the Mountain Chalet Suite are a private yoga and coaching space with a health bar, and a separate spa bathroom with infrared benches.</p> <p>Features: 1 bedroom with therapeutic bed system (180x210), some with balcony; en-suite bathroom with double washbasin, bathtub and shower, separate bidet and WC; 1 separate private room/office with desk and sofa bed; 1 additional spa bathroom with infrared benches, walk-in shower, separate bidet and WC; 1 living room with sofa, armchairs, private yoga and coaching space and spacious private patio. Accessed via an unroofed external staircase.</p>	1,800
/ Surcharge for 3 rd guest		195

Access to the resort and all facilities including reception, restaurants, Mylife Changer Spa and Medical Spa is via an unroofed external staircase.

*Rates are in euros per person per night including Cook for Health nutrition and included services.

/ Chalet Suites & Rates

/ Room Category	/ Description	/ Rate per Suite
Mountain Spa Chalet Suite with Balcony 115sqm Sleeps 1-2	<p>Maximum privacy for restful healing! The Mountain Spa Chalet suite includes a Private Spa Heaven and its own treatment room for medical visits, physiotherapy or mind coaching sessions.</p> <p>Luxurious spa chalet suite above the other parts of the terraced resort, but offering all of it and the medical spa's personalised services. A private haven of peace and pure relaxation with a special ambience of timeless elegance – the perfect environment for focusing on your health.</p> <p>The exclusive spa chalet suite features natural materials, wood flooring and abundant glazing, bringing the beautiful mountains in.</p> <p>The private treatment room for medical visits, physiotherapy or mind coaching sessions ensures maximum privacy. The Private Spa Heaven with steam room, aromatherapy, light and music therapy and multi-sensory shower supports healing. The private yoga space in the living room is ideal for peaceful sessions of mindfulness and meditation to reduce stress, improve mental health and discover a deeper connection to yourself.</p> <p>Features: 1 bedroom with therapeutic bed system (180x210), some with balcony; en-suite bathroom with double washbasin, bathtub and shower, separate bidet and WC; 1 private treatment room; 1 Private Spa Heaven with steam room, aromatherapy, light and music therapy and multi-sensory shower; 1 living room with sofa, armchairs, private yoga and coaching space and balcony. Accessed via an unroofed external staircase.</p>	1,900

Access to the resort and all facilities including reception, restaurants, Mylife Changer Spa and Medical Spa is via an unroofed external staircase.

*Rates are in euros per person per night including Cook for Health nutrition and included services.

/ Chalet Suites & Rates

/ Room Category	/ Description	/ Rate per Suite
Mountain Fitness Chalet Suite with Balcony and Access to Fitness Loft 115sqm Sleeps 1-2	<p>The maxim is privacy and luxury. Consciously sculpt your life with physical, mental and emotional fitness!</p> <p>The Mountain Fitness Chalet offers you space to develop your personal fitness lifestyle. Access your private yoga and coaching space with health bar from your balcony or head for the spectacular fitness loft next door.</p> <p>Features: 1 bedroom with therapeutic bed system (180x210), some with balcony; en-suite bathroom with double washbasin, bathtub and shower, separate bidet and WC; 1 separate private room/office with desk and sofa bed; 1 additional spa bathroom with infrared benches, walk-in shower, separate bidet and WC; 1 living room with sofa, armchairs, private yoga and coaching space and balcony with a breathtaking view.</p>	1,700
Mountain Fitness Chalet Suite with Private Terrace Access to Fitness Loft 115sqm Sleeps 1-2	<p>Head straight from the Fitness Loft to the Chalet Suite and the panoramic terrace in your own garden!</p> <p>The Mountain Fitness Chalet offers a superb framework to achieve a perfect balance between training and recovery. Start the day with a sun salutation in your private yoga space, savour the peace and quiet on your private garden terrace after a workout, and speed up recovery time with infrared heat.</p> <p>Features: 1 bedroom with therapeutic bed system (180x210), some with balcony; en-suite bathroom with double washbasin, bathtub and shower, separate bidet and WC; 1 separate private room/office with desk and sofa bed; 1 additional spa bathroom with infrared benches, walk-in shower, separate bidet and WC; 1 living room with sofa, armchairs, private yoga and coaching space and private garden with terrace.</p>	1,900

/ Surcharge for 3rd guest

195

Adjacent to the Fitness Chalet, the Fitness Loft offers the ideal workout or personal training space. Access to the resort and all facilities including reception, restaurants, Mylife Changer Spa and Medical Spa is directly from the suite.

*Rates are in euros per person per night including Cook for Health nutrition and included services.



/ Mount Med Resort – Adults Only For Guests Aged 16+

**Services
/ Included in the Room Rate**

/ Inclusive Services at a Glance

- Cook for Healthevity full board with three meals a day, tailored to your nutritional level
- Refreshing mountain spring water and mineral water throughout the resort
- Wellness teas in the spa and treatment areas during opening hours
- Participation in the weekly Fit Performance activity programme | Yoga programme | Mental health programme | Transformation group classes and coaching sessions
- Use of Mylife Changer Spa with pools, relaxation and sauna areas
- Use of Fitness Loft & Fitness Gallery
- Sustainable amenities | Health You Up! spa bag and bathrobe during your stay | Slippers | High-quality room amenities
- Wi-Fi
- Healthytainment | Mount Med lectures on prevention, aesthetic medicine, orthopaedics, sports medicine, nutrition, mental health & sports
- Health concierge service

Diagnostic and medical services are available for booking from Monday to Friday.

/ Participation in Transformation Rituals

Forest bathing | Meditations | Wake You Up! and Help You Sleep! rituals | Spiritual smudging with herbs | Seasonal retreats

/ Cook for Healthevity Full Board

Three meals a day:
Breakfast buffet and Served Dishes to suit your nutritional level | Lunch served to your table at the restaurant to suit your nutritional level | Restaurant dinner to suit your nutritional level

/ Participation in the Weekly Fit Performance Activity Programme

Programme focus: Cardio & strength | Balance & coordination | Fat burning & body forming | Mobility & healthy musculoskeletal system | Performance enhancement | Movement coaching | Outdoor activities with Nordic walking, Smovey walking, herb hiking, forest bathing, mountain yoga and sensory hiking

/ Participation in the Weekly Yoga Programme

Various yoga styles: Hatha Yoga | Yin Yoga | Yogalates | Power Yoga

/ Participation in the Weekly Mental Health Programme

Programme focus: Mindfulness & stress management | Emotional wellbeing | Cognitive fitness & mental training | Self-reflection & personal development | Mount Med psychology | Transformational group classes and coaching sessions for a healthy mindset



/ Use of Pools, Relaxation & Sauna Areas

3,500sqm spa area | Mountain lake indoor pool with lounge | Directly connected, heated outdoor pool with integrated whirl loungers and waterfall | Outdoor pool terrace with sun loungers | Textile sauna 85-95°C | Panorama relaxation room with fireplace
Textile-free area: Fire Healing Room | Baluster relaxation room | Mineral steam room with ergonomic bench 40-45°C | Forest steam room with starry sky 40-45°C | Bio mountain herbs sauna 55-65°C | Dragon fire sauna 85-95°C | Kneipp circuit | Ice room with snow landscape | Multi-sensory shower, summer rain shower & shower walks | Changing rooms
Privat Spa & Private Health Spa at an additional charge

/ Spirit Patio

Yoga platform, drinking fountain, herbal beds and church view

/ Health Concierge Service

Your personal health concierge accompanies you on your Health You Up! journey during your medical stay. They handle communication, organisation, and coordination.

/ Fitness Loft & Gym, Medical Fitness & Orthopaedics

High-tech medical fitness equipment for diagnostics, health & prevention | Milon QMed strength training | Milon Ergofit cardio training | Gym floor strength room | Keiser equipment – Keiser Functional, Keiser Cardio, Keiser Strength, Keiser Racks | Treadmills | Spinning bikes | Group studio & yoga room

Training themes for successful workouts:

Running and gait analysis | Back training | EMS training | Scaneca 3D body analysis | Spiroergometry | Shockwave therapy | Performance diagnostics | Lactate measurement | Laserneedle therapy devices for orthopaedics & sports therapy | Personal training

Additional charges may apply

/ Sustainable Amenities

Health You Up! spa bag and bathrobe during your stay | Slippers | High-quality room amenities | Wi-Fi | Garage

/ Healthytainment

Mount Med lectures on prevention, aesthetic medicine, orthopaedics, sports medicine, nutrition, mental health & sports

/ Booking Information

/ Arrival

Travel options to Wildschönau – the fastest route to your health:

- Public transport: From Innsbruck main station to Wörgl main station and then by bus or private transfer to Oberau – journey time approx. one hour
- Car: A12 to Wörgl and then Wildschönauer Strasse to the resort
- Plane: Innsbruck (77km), Munich (154km), Salzburg (131km) airports, or fly to Frankfurt or Vienna for a connecting flight to Innsbruck

We shall be delighted to organise your transfer from the respective airports and train stations. Charges vary depending on transfer distance.

/ Payment Terms

50% of your package price (module plus room) is payable at the time of booking. The remaining 50% is due at the end of your stay.

We accept Visa, MasterCard, Amex, debit cards, bank transfers and cash as payment methods.

/ Accessibility

All new areas except for Mountain and Spa Chalets are accessible via lifts. The heritage-protected building could not be made accessible due to structural regulations.

/ Check-In & Check-Out

For an ideal start to your MOUNT MEDolution programme, we recommend the following arrival days: SUN, MON, TUES, WEDS & THURS
Check-in is possible from 2pm. Check-out on departure day by 11am.

/ Surcharge for a Third Guest in a Mountain or Fitness Chalet

For occupancy of our Mountain or Fitness Chalet Suites with three people, we charge a surcharge of €195/night for the third person, including Cook for Health nutrition and all-inclusive services.

/ 16+ Only

Mount Med Resort is entirely dedicated to health, prevention, recovery, and transformation. To fully focus on your health and needs, the resort is reserved for guests aged 16 and over.





/ Sustainability

Nature and the environment play a crucial role in regeneration and prevention. Accordingly, Mount Med Resort focuses on sustainability and environmental protection. Through sustainable construction and consistent implementation of measures in energy efficiency, resource conservation, waste reduction, and regionality, we contribute daily to protecting our environment and preserving Wildschönau's unique, untouched nature.

/ Rates

All rates are quoted in euros, including VAT and excluding local tax. No refunds for unused services.

/ No Smoking

The Mount Med Resort is smoke-free. Would you like to use your stay to become a non-smoker? We are happy to support you with holistic smoking cessation and guide you to a smoke-free future.

/ Length of Stay

Our MOUNT MEDolutions are sustainable solutions tailored to your specific goal. We therefore recommend a stay of at least one week. Ideally, you should gift yourself 2–3 weeks for your journey to enhanced health. Health Promotion Initiative: The first step towards a Health You Up! lifestyle can be made with a four-day health-promoting stay.

/ Cancellation Conditions

- Up to 21 days prior to arrival date: no cancellation fee
- From 20 days to 8 days prior to arrival: 50%
- From 7 days or less prior arrival: 90%
- In the event of early departure, we will charge the full amount due for the booked room and modules. The Austrian General Terms and Conditions for the Hotel Industry apply.

/ Pets and Other Animal Companions

For reasons of hygiene and out of consideration for our guests, pets are not allowed. For exceptions, please contact us directly.

/ Travel Cancellation Insurance

We recommend taking out private travel cancellation insurance.





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