



/ Prices 2025

Rooms . Suites . Chalet Collection



- 1 [MH] MONASTIC HERITAGE
- 2 [MR] MOUNTAIN RESORT
- 3 [MP] MOUNTAIN PEAK

[CHALET COLLECTION]

- 4 5 [MF] MOUNTAIN FITNESS CHALET
- 6 7 [MS] MOUNTAIN SPA CHALET
- 8 9 10 [MC] MOUNTAIN CHALET



/ Mountain Resort



Room Category	Description	Rates	SO*	DO*
Mountain Resort Single Room with Balcony	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. 23sqm Sleeps 1		270	–
Mountain Resort Room with Balcony	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. 26sqm Sleeps 1-2		270	220

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.

Amenities

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



*Rates are in euros per person per night and include Cook for Health full board along with all included services.



/ Mountain Resort



Mountain Resort

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- ✓ Wi-Fi



Room Category	Description	Rates	SO*	DO*
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 (180x210) therapeutic bed system, desk, integrated bathroom with double washbasin and double shower, separate bidet toilet, 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 (180x210) with therapeutic bed system; desk; visually separate cocooning area; integrated bathroom with double washbasin, bathtub and shower; separate bidet toilet; balcony with a view of the Hohe Salve		–	430



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/ Monastic Heritage



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.

Amenities

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



Room Category	Description	Rates	SO*	DO*
Monastic Heritage Room 23-26sqm Sleeps 1-2	Heritage-protected 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 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



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/ Mountain Peak



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.

Amenities

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



Room Category	Description	Rates	SO*	DO*
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 toilet, 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 (200x210) therapeutic bed system, desk, integrated bathroom with double washbasin and shower, separate bidet toilet, some with balcony or patio, view of mountains	540	410	



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The private Chalet Collection at Mount Med Resort comprises 14 exclusive chalet suites dedicated to personal health and wellbeing. In an exclusive and secluded location, they offer an elite retreat to recharge energy, reduce stress and promote resilience.

CHALET
COLLECTION



Private Hideaway Collection

Combining exclusive design with comfort, the unique Chalet Collection suites are thoughtfully conceived with cleverly curated amenities, *Private Health Services* and privileged privacy that come together in a 115sqm space creating a deeply holistic health experience.



/ Luxury & Privacy
for Abundant Health



Privilege	Select	Superior
<div>10a 10b</div> <div>Mountain Chalet Suite with View and Balcony</div>	<div>6a 6b 7a 7b</div> <div>Spa Chalet Suite with Balcony</div>	<div>8a 8b 9b 9a</div> <div>Mountain Chalet Suite with Balcony</div>
<div>4a 4b 5a 5b</div> <div>Fitness Chalet Suite with Terrace or Balcony</div>	1,700	1,500
1,900		

/ Chalet Experience Services

Exclusive unpacking service upon request

Protein snacks available in your chalet suite upon request

Ironing service available upon request

Daily turndown service featuring a wholesome treat upon request

Exclusive packing service upon request

Car wash and refuel before your departure upon request

/ Private Health Services

Initial Interview with your health concierge in your chalet suite

Ease in with a biohacking or mental health session

Personal training or treatments in your chalet suite

One hour in the Medical Spa's Private Spa Suite

Private Spa Signature Programme

Private healthy cooking lesson

Concluding conversation with your health concierge in your chalet suite

Mobilisation exercises before you start your journey home

Healthy farewell gift

Follow-up telemedical consultation



/ Privilege Mountain Chalets



Room Category	Description	Rate per Suite
Mountain Chalet Suite with View and Balcony 115sqm Sleeps 1-3	<p>Completely private and impeccably appointed, the Privilege Mountain Chalet suite offers a sustainable and health-focused retreat immersed in natural surroundings. Enjoy your stay in absolute privacy – an experience enhanced by panoramic mountain views. Set above the terraced resort, this chalet suite impresses with its elegant interiors and Private Health Services. A true haven of tranquillity, it blends timeless sophistication with a sense of serene seclusion. Natural materials and expansive glazing bring the alpine landscape indoors, creating a harmonious connection between interior and environment.</p> <p>Features: 1 master bedroom with therapeutic bed system (180x200), some with balcony; en-suite bathroom with double washbasin, bathtub and shower, separate bidet toilet; 1 separate guest room with desk and bed (160x200); 1 additional spa bathroom with infrared benches, walk-in shower, separate bidet toilet; 1 spacious salon with a Meridiani sofa, Gervasoni rocking chair and fireplace; private dining area; balcony with breathtaking view.</p> <p>Situated in a privileged position, separate from the main building, access is via an uncovered exterior staircase.</p>	1,900
Surcharge for 3rd guest		195



*Rates are in euros per suite, per night, based on double occupancy and include Cook for Health full board along with all included services.



/ Privilege Fitness Chalets



Room Category	Description	Rate per Suite
Mountain Fitness Chalet Suite 115sqm Sleeps 1-3	<p>The Privilege Fitness Chalet suites offer a superb framework to achieve a perfect balance between training and relaxation. Elegantly appointed suites feature exclusive designer furnishings, a balcony and direct access to the Ortho&Physio Gallery – you could also opt for a breathtaking terrace, perfect for open-air workouts and direct access to the Fitness Loft. Whether you're drawn to artistic inspiration or the call of the outdoors, the Privilege Fitness Chalet suites invite you into a private realm of active seclusion.</p> <p>Features: 1 master bedroom with therapeutic bed system (180x200), some with balcony; en-suite bathroom with double washbasin, bathtub and shower, separate bidet toilet; 1 separate guest room with desk and bed (160x200); 1 additional spa bathroom with infrared benches, walk-in shower, separate bidet toilet; 1 spacious salon with sofa, private dining area and terrace with private garden or balcony.</p>	1,900
Surcharge for 3 rd guest		195



Adjacent to the Fitness Chalet, the Fitness Loft with Ortho&Physio Gallery offers the ideal workout or personal training space. Access to the resort and all facilities including reception, restaurants, pool & sauna and Medical Spa is adjacent to the suite.

*Rates are in euros per suite, per night, based on double occupancy and include Cook for Health full board along with all included services.



/ Select Spa Chalets



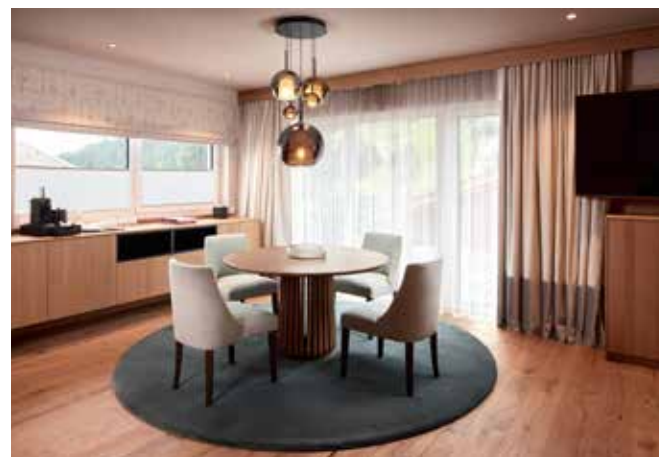
Room Category	Description	Rate per Suite
Mountain Spa Chalet Suite with Balcony 115sqm Sleeps 1-2	<p>The exclusive Select Spa Chalet suites are designed to offer the highest level of privacy for your personal relaxation and rejuvenation. Each suite features a Private Spa Heaven and a dedicated treatment room – ideal for medical consultations, select therapies, wellness treatments or mind coaching. Natural materials and wooden floors bring a sense of calm and authenticity to the space, while your private treatment room ensures absolute discretion. The Private Spa Heaven – complete with steam room, infrared benches and a walk-in shower – is tailored to support your holistic wellbeing.</p> <p>Features: 1 master bedroom with therapeutic bed system (180x200) and balcony; en-suite bathroom with double washbasin, bathtub and shower, separate bidet toilet; 1 separate guest room with desk and bed (160x200); 1 private treatment room; 1 Private Spa Heaven with steam room, infrared benches, walk-in shower, washbasin and separate bidet toilet; 1 spacious salon with sofa, private dining area and balcony.</p> <p>Separate from the main building, access is via an uncovered exterior staircase.</p>	1,700



*Rates are in euros per suite, per night, based on double occupancy and include Cook for Health full board along with all included services.



/ Superior Mountain Chalets



Room Category	Description	Rate per Suite
Mountain Chalet Suite with Balcony 115sqm Sleeps 1-3	<p>Perched above the terraced resort, the Superior Mountain Chalet suite offers elevated seclusion without compromising on personalised service. A true sanctuary of calm, it combines timeless elegance with serene privacy. Natural materials and wooden floors imbue the space with a grounded, authentic atmosphere, while soft hues, carefully chosen fabrics and curated artworks create a cocoon of comfort and wellbeing. A dedicated spa bathroom with infrared benches adds a restorative touch to this exceptional retreat.</p> <p>Features: 1 master bedroom with therapeutic bed system (180x200); en-suite bathroom with double washbasin, bathtub and shower, separate bidet toilet; 1 private room with desk and sofa bed; 1 additional spa bathroom with infrared benches, walk-in shower, separate bidet toilet; 1 spacious salon with sofa, private dining area and balcony.</p> <p>Separate from the main building, access is via an uncovered exterior staircase.</p>	1,500
Surcharge for 3 rd guest		195



*Rates are in euros per suite, per night, based on double occupancy and include Cook for Health full board along with all included services.

/ Exclusive Adults Only

For Guests Aged 16+

/ Services Included in the Room Rate

Included Services at a Glance

- ☐☐☐ Cook for Health 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 rituals
- ☐☐☐ Use of the pools, relaxation and sauna areas
- ☐☐☐ Use of Fitness Loft & Gym
- ☐☐☐ 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 and exercise
- ☐☐☐ Health concierge service

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

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 | Workshops and coaching sessions for a healthy mindset

Cook for Health Full Board

Three meals daily:

Buffet breakfast or personalised reduction meals | Lunch served in the restaurant or iCOOK Atelier | Dinner served in the restaurant | Refreshing mountain spring water and mineral water included with all meals in the restaurants and the iCook Atelier

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 forays, 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 Transformation Rituals

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

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

Private Spa & Private Health Spa at an additional charge

Village 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 and exercise



/ 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

The total room price is payable as a deposit upon confirmation of your booking. Your reservation will only be considered binding once the deposit has been received. The package price, along with any additional charges for services, is payable at the end of your stay. We accept the following payment methods: Visa, MasterCard, Amex, debit cards, bank and direct transfers and cash.

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.

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.

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.

Rates

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

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 stay.

Pets

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 strongly recommend that all guests take out private travel cancellation insurance prior to their stay. Our team is happy to advise you personally should you need assistance selecting appropriate cover.



Prices valid until further notice. Subject to typographical and printing errors, as well as changes.
June 2025