

The anthroposophical health centre in Puerto del Carmen in Lanzarote is a special and quiet place for relaxing, recovering and a place to find yourself. It also offers the chance to establish enriching contacts with other people. These contacts can be made during our different cultural events taking place on site: at our art workshop, at our well renowned vegetarian restaurant, during our art developing lessons and while you are on the special day trips of the island.

There are 49 apartments, 2 outdoor swimming pools, a therapeutic pool with 34 degrees water temperature and the therapy house with its wide range of treatments. At only 3 kms distance, you find the Finca Lomos Altos with its 17 rooms and ecological vegetable gardening. A relaxing place surrounded by nature. It is located at walking distance from the apartments and the therapy house. So it is an ideal place for to be cured.

The F.X. Mayr cure in 2021 will take place from the 20th until the 28th of November). The specialist in medicine and diving medicine expert, Dr. Stefan J. Dehmelt, will supervise your immune stimulation and recovery over that week with an intensive and practical programme. During your convalescence and recovery process the doctor will continue the supervision of your well being supported by his professional team.

Following periods of your F.X. Mayr healing programme at the centre in 2022 are to be requested at www.alcuras.com



**Support and progress
for your health and well-being.
Stay active!**



F.X. MAYR CURE

from 20. to 28. November 2021



**Centro de Terapia Antroposófica
Calle Salinas 12
Puerto del Carmen
Lanzarote**



Programme

... what can I expect from the cure ...

- Consultations with a specialist Physician Medicine and GP
- Nutritional medicine, information and therapy
- Treatments based on modern F.X. Mayr medicine
- Bioelectric Impedance Analysis (BIA)
- Regular abdominal treatments performed by the Doctor
- Adapted massages and skin treatments by therapists.
- Stress management
- Immune stimulation
- Autogenic training
- Discovery of your voice, body and personal resonance
- Personalised medical attention and exclusive coordinator during your cure.
- Health related lectures of different topics on medicine and prevention
- The cure is trilingual in English, Spanish, German



... my stay in Puerto del Carmen – Lanzarote ...

- Apartments Tamarindos with separate bedroom, living room and terrace/balcony
- Therapy centre on-site
- Accommodation y personalised diet (breakfast, lunch and dinner)
- Customised Drinks
- Swimming and relaxing in the interior and exterior swimming pools
- Switch off in the subtropical garden
- Artistic expansion
- Live musical events in the centre
- Day trip of the island with an international guide
- Assistance of your personal group coordinator

Cost of the cure from 20 to 28 November:

2.570€ / per person

Includes accommodation, meals, therapies and programme

Contact:

If you are interested in making enquiries or registering for the cure, please contact.

Alberto Legaza

Alcuras

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Email: info@alcuras.com

Website: www.alcuras.com

For information about your stay in the Centro:

Centro de Terapia Antroposófica S.L.

Telephone: +34 928 512 842 (Monday, Wednesday, Friday and Saturday from 9 to 12am).

Email: info@centro-lanzarote.de

Website: www.centro-lanzarote.de

