

What we offer 2024

Services and Prices Überlingen on Lake Constance



BUCH/NGER
W/LHELMI

Welcome to Überlingen on Lake Constance

Seventy years ago, fasting pioneer Dr. Otto Buchinger laid the foundation here for the Buchinger Wilhelmi clinics. Since then, four generations of doctors and scientists have continuously developed the world's foremost medical concept for fasting and integrative medicine. This year we would like to focus on the topics of nutrition and exercise, and have created some new activities for you. Nutrition and exercise are two important pillars for a healthy, fulfilled life. To offer our first-time guests the best possible individual programme, they will automatically be assigned a special appointment with a nutritional coach as well as a personal training session geared especially to their needs. And because we at Buchinger Wilhelmi are convinced of the importance of a healthy gut, we will also be offering special examinations and further consultations on the microbiome at both of our clinics. Our concept is holistic and encompasses all aspects of your stay: therapeutic fasting, medical treatment, therapeutic measures, attentive everyday care by our nursing staff, as well as a wide choice of activities for the body, mind and soul. They are all interlinked and coordinated with utmost care and with the benefit of our experience. That means you can simply let go and forget the worries and pressures of everyday life. Enjoy the breathtaking views of Lake Constance that will boost your well-being. The activities in our Buchinger Wilhelmi **AMPLIUS® | MED** programme are already included in the price of our packages. Any individual medical treatments, therapeutic measures, individually bookable services such as nutritional advice and additional dietary provisions from our organic gourmet cuisine that are not included in the packages are charged separately at the prices specified in this brochure (subject to change).

Yours sincerely

L. Wilhelmi *K. Z.* *V. Wilhelmi*



< The 4th generation of the family-run company.
From left to right: Victor Wilhelmi,
Katharina Rohrer-Zaiser and Leonard Wilhelmi



Für mehr Bio
in der Profiküche
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von Bioland e.V.
www.bioland.de

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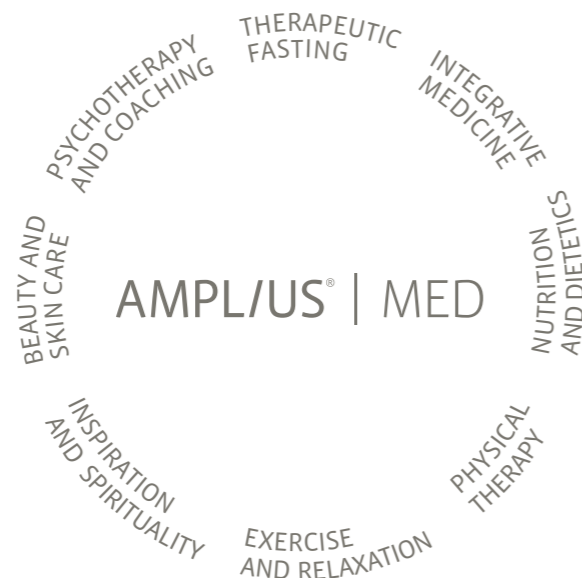
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Buchinger Wilhelmi AMPLIUS® | MED programme



We have interpreted Dr. Otto Buchinger's fundamental insights into achieving a healthy and fulfilled life in a contemporary light and enhanced them to create our Buchinger Wilhelmi **AMPLIUS® | MED** programme.

Our Buchinger Wilhelmi **AMPLIUS® | MED** programme encompasses therapeutic fasting itself, medical care, as well as a wide variety of sports, cultural, medical and therapeutic activities. All group activities are included in the price of all packages, as is the use of all facilities at Buchinger Wilhelmi. Individual services not included in the Buchinger Wilhelmi **AMPLIUS® | MED** programme, such as individual medical services and treatments, nutritional advice, psychotherapy and coaching, or beauty, are available at the prices specified in this brochure.

Therapeutic Fasting

Therapeutic fasting is based on the ability of the human organism to temporarily live off its fat reserves and to cleanse itself in the process. The method helps to prevent and heal physical and psychological illness. Our aim is to enable our patients to regain or consciously preserve their quality of life, functional capacity and inner harmony.

In addition to unlimited amounts of mineral water, fasting guests are offered herbal teas, freshly made vegetable consommés and freshly pressed fruit juices – all made with organic products, of course. Fasting begins with a light vegetarian meal on the day of arrival, followed by a digestive rest day. After fasting, patients build up their nutrition again, usually over a period of four days – an intense and pleasurable experience that is important for the success of the treatment in the long term. Those who are unable to fast or who choose not to do so can enjoy Buchinger Wilhelmi's wonderful organic gourmet cuisine or a special diet, individually tailored to their nutritional requirements, allergies and personal preferences.

Integrative Medicine

The medical services offered at Buchinger Wilhelmi combine the advantages of modern diagnostics with complementary medicine. They include naturopathic and alternative methods from Western and Oriental cultures as well as psychosomatics. We put a particular focus on prevention and encouraging a sustainably healthy lifestyle. For example, we offer regular lectures on various health-related, medical and therapeutic topics.

Psychotherapy and Coaching

During a stay at our clinic, our guests enjoy countless new and positive experiences. We want you to take as many of these insights as possible back home with you and integrate them into your daily life, because the the greatest success is a long-term change in your lifestyle. This is why an important part of our programme comprises lectures and practical courses in the areas of medicine, psychology, sport, fitness and nutrition.

In addition, you can take advantage of individual personal coaching sessions (life coaching or health coaching).

A stay in our clinic therefore gives you not only new vitality and energy, but also new perspectives.

Nutrition and Dietetics

Nutrition has a major influence on the preservation of our health and vitality. That's why we offer you a wide range of incentives and suggestions to enable you to continue your new conscious lifestyle when you return home. In lectures, you can learn about the correlation between nutrition and health. In our cooking demonstrations, we show you how to prepare healthy, tasty dishes. In individual cooking lessons, you can put what you have learned into practice and prepare delicious and healthy meals yourself.

Physical Therapy

The processes triggered in the body through fasting are enhanced by means of external therapies such as massages, physiotherapy and wraps. We offer you

various treatments from all over the world – from China and Japan, Thailand and India, as well as classical European naturopathy. The choice and number of treatments depends on the diagnosis by your attending doctor.

Exercise and Relaxation

Active exercise, preferably in the fresh air, is essential for therapeutic fasting. For this reason, we at Buchinger Wilhelmi offer a varied programme of sporting activities and relaxation. In group and individual sessions, you learn effective ways to improve your stamina and strength. Under expert guidance, you can try out various relaxation techniques such as autogenic training or yoga. For more physical activities, the clinic also has a spacious fitness centre, an attractive yoga and gymnastic room, a multi-purpose sports ground, a heated open-air swimming pool and a Finnish sauna. Daily walking tours with experienced guides to wonderful destinations around Lake Constance are particularly popular.

Inspiration and Spirituality

A stay at Buchinger Wilhelmi is not only beneficial for your physical health, but also for your mind and soul, the true needs of which unfold through fasting. We take this into account, on the one hand with a wide range of cultural activities such as concerts, visits to art exhibitions, ART Weeks and literary evenings, and on the other with lectures and panel discussions on selected psychological and philosophical topics, evening recitals and daily meditation sessions.

Beauty and Skin Care

Feeling attractive and feeling good are directly related to each other. We want you to be in harmony with yourself and your body, which is why we also offer professional support in the area of beauty. Discover the holistic philosophy of our beauty salon **BUCHINGER WILHELMI BEAUTY**.

> **Daily activities:** The group activities mentioned here, such as our walking tours, workshops and courses, lectures, training courses, concerts and literary evenings, are presented in a weekly programme published in German, English and French.



Our packages

Based on our many years of experience, we have put together a selection of packages for your stay at Buchinger Wilhelmi. They have been designed to enable you to achieve the best possible results in your available time.

The packages contain:
Buchinger Wilhelmi **AMPLIUS® | MED**

Medical treatment

- Basic medical treatment:
Initial examination including a detailed anamnesis and drawing up an individual therapy plan; final examination and evaluation of health objectives; therapy recommendations
- Additional consultations depending on the length of your stay
- LaboratoryPlus: Comprehensive laboratory diagnostics with a detailed discussion of the findings
- Daily morning health check by a certified nurse: measuring your vital parameters (blood pressure, pulse, temperature), weight and girth as well as recording your general state of health
- Daily liver compress during fasting to stimulate the liver function
- Intestinal cleansing by a certified nurse (every second day during fasting)
- 24-hour holistic care by certified nurses
- 24-hour on-call service with the doctor on duty

Further services included in our packages

- Accommodation in a room category of your choice
- Fasting provisions
- Demeter and Bioland-certified, organic gourmet meals for shorter stays (less than 10 nights)
- A digestive rest day before fasting and – depending on the length of your stay – up to 4 days after breaking your fast in which you build up your food intake with organic gourmet meals
- AMPLIUS Fasting Minerals developed by us based on our research to support you throughout your stay
- A voucher for therapies and treatments (depending on the length of your stay, 35 € per day)
- The Buchinger Wilhelmi Amplus app, your faithful companion before, during and after fasting
- Comprehensive therapeutic, spiritual and cultural weekly programme: guided walking tours, yoga and fitness, meditation, concerts, lectures, cooking lessons in our demonstration kitchen
- Stainless steel drinking bottle, large swim bag, certified organic care products for your use
- As much tea and mineral water as you like

Classic Royal (28 nights)

Original therapeutic fasting over a longer period.

Ideal for guests who want, or need, to take more time – more time for fasting and for themselves. Especially for patients suffering from a health-related disorder or a serious illness, a stay of 28 nights or more is recommended and beneficial for your health.

Services

Buchinger Wilhelmi **AMPLIUS® | MED** programme
Medical care
including 2 medical consultations for every 7 nights
and a LaboratoryPlus examination (at the beginning
of your stay)

Comprehensive therapeutic, spiritual and
cultural weekly programme

Fasting provisions
incl. max. 4 days of gradually reintroducing food

Accommodation in a room category
of your choice

Therapy voucher* worth € 980
for therapies and treatments**

Classic (21 nights)

Original therapeutic fasting.

A 21-night stay provides the time you need to arrive,
fast and build up your nutrition after fasting.
It is also ideal if you fast regularly every one to two
years.

Services

Buchinger Wilhelmi **AMPLIUS® | MED** programme
Medical care
including 2 medical consultations for every 7 nights
and a LaboratoryPlus examination (at the beginning
of your stay)

Comprehensive therapeutic, spiritual and
cultural weekly programme

Fasting provisions
incl. max. 4 days of gradually reintroducing food

Accommodation in a room category
of your choice

Therapy voucher* worth € 735
for therapies and treatments**

Classic Light (14 nights)

Therapeutic fasting in a condensed form.

The ideal package for those who cannot spare more
than two weeks' time and would like to experience
therapeutic fasting.
The day of arrival is generally followed by a digestive
rest day, eight days of fasting and four days of
gradually reintroducing food.

Services

Buchinger Wilhelmi **AMPLIUS® | MED** programme
Medical care
including 2 medical consultations for every 7 nights
and a LaboratoryPlus examination (at the beginning
of your stay)

Comprehensive therapeutic, spiritual and
cultural weekly programme

Fasting provisions
incl. max. 4 days of gradually reintroducing food

Accommodation in a room category
of your choice

Therapy voucher* worth € 490
for therapies and treatments**

Compact (10 nights)

This is the most compact form of therapeutic fasting.

We offer this very compact form of fasting to comply
with our guests' wishes. It is suitable for those who
want to fast »in-between«, for experienced fasters
and for those who can only afford to spend a short
time fasting. The day of arrival is usually followed
by a digestive rest day, five days of fasting and three
days of gradually reintroducing food.

Services

Buchinger Wilhelmi **AMPLIUS® | MED** programme
Medical care
including 2 medical consultations for every 7 nights
and a LaboratoryPlus examination (at the beginning
of your stay)

Comprehensive therapeutic, spiritual and
cultural weekly programme

Fasting provisions
incl. max. 3 days of gradually reintroducing food

Accommodation in a room category
of your choice

Therapy voucher* worth € 350
for therapies and treatments**

* The **therapy voucher** can be used for therapies and treatments recommended by your doctor and chosen by you. Therapies and treatments that exceed the amount of this voucher will be invoiced to you separately.

** To allow us to get to know you better and tailor your individual programme to your needs, **patients who are here for the first time** and are staying at least 7 nights must book one session each of nutritional advice (25 minutes) and personal training (25 minutes). The total cost of € 164 will be deducted from your therapy voucher.

Time Out (7 nights)

A week devoted to recuperation and regeneration.

Relax and recharge your batteries with the many activities and treatments offered at our clinic and as part of our Buchinger Wilhelmi **AMPLIUS® | MED** programme.

Set yourself your own personal or health-related targets and return home inspired and infused with new energy.

Therapeutic fasting is not possible in this short time!

Services

Buchinger Wilhelmi **AMPLIUS® | MED** programme
Medical care
including 2 medical consultations for every 7 nights
and a LaboratoryPlus examination (at the beginning
of your stay)

Comprehensive therapeutic, spiritual and
cultural weekly programme

Organic gourmet meals tailored to your individual
health requirements

Accommodation in a room category
of your choice

Therapy voucher* worth € 245
for therapies and treatments**

Relax (3 nights)

A little extra something for in-between.

Get away from your everyday routine for a few
days at Buchinger Wilhelmi on Lake Constance. This
package is a wonderful opportunity to get to know
our clinic and the region, pause for a moment and
regain strength.

Therapeutic fasting is not possible in this short time!

Services

Buchinger Wilhelmi **AMPLIUS® | MED** programme
Medical care
including a 45-minute medical consultation

Comprehensive therapeutic, spiritual and
cultural weekly programme

Organic gourmet meals tailored to your individual
health requirements

Accommodation in a room category
of your choice

Therapy voucher* worth € 105
for therapies and treatments

* The **therapy voucher** can be used for therapies and treatments recommended by your doctor and chosen by you. Therapies and treatments that exceed the amount of this voucher will be invoiced to you separately.

** To allow us to get to know you better and tailor your individual programme to your needs, **patients who are here for the first time** and are staying at least 7 nights must book one session each of nutritional advice (25 minutes) and personal training (25 minutes). The total cost of € 164 will be deducted from your therapy voucher.



Organic gourmet meals

All our fasting packages encompass provisions for fasting as well as the days after fasting in which you gradually reintroduce food.

If you have chosen a fasting package and do not want to fast or are unable to do so for health reasons, we will charge an additional fee of € 109 per day for our Demeter and Bioland-certified organic gourmet cuisine.

We offer the choice between a vegetarian wholefood diet, a reduction diet with 800 – 1,200 kcal, or an individual specialized diet.

It goes without saying that we only process food of the highest quality that is grown locally. That's why we use only 100 % certified organic produce, and have done so for many years. In addition, in 2019 we became the first clinic worldwide to gain Demeter certification for our cuisine. Our kitchens have also been certified as a Bioland partner since 2021.

Demeter and Bioland stand for innovation in harmony with nature, for the highest level of quality and craftsmanship. These certifications show that we take responsibility for our cuisine and for our guests, and meet the challenges of combining creative, handcrafted and enjoyable cuisine with an approach that is as holistic and sustainable as possible. Demeter and Bioland are much more than »just organic«. By partnering with them, we are working closely with »our« producers to strengthen the regional value chain.



Für mehr Bio
in der Profiküche
Eine Initiative
von Bioland e.V.
www.bioland.de

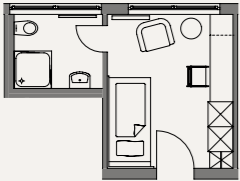

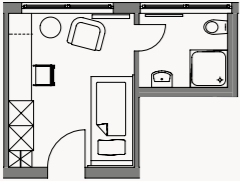

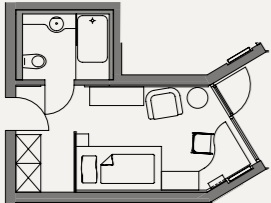



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Pause for a moment,
leave the stress of everyday life behind,
and enter an atmosphere of calm,
tranquillity and security.

Room categories and prices

			Classic Royal 28 nights	Classic 21 nights	Classic Light 14 nights	Compact 10 nights	Time Out 7 nights	Relax 3 nights
<p>Standard Smaller north-facing room without balcony, from approx. 9 m², single bed, with shower, WC</p>  <p>> Main Building (see photo) > Parkvilla</p> 	Single room	10,135 €	7,790 €	5,445 €	3,996 €	3,318 €	1,332 €	
<p>Standard Plus Northwest/northeast-facing room, without balcony or terrace, from approx. 10 m², single bed, with bath or shower, WC</p>  <p>> Parkvilla (see photo) > Villa Fichtenau</p> 	Single room	11,535 €	8,840 €	6,145 €	4,496 €	3,668 €	1,482 €	
<p>Comfort Smaller south-facing room with balcony or terrace, lake view, from approx. 11 m², single bed/two separate beds, with bath or shower, WC</p>  <p>> Villa Fichtenau > Parkvilla > Main Building (see photo)</p> 	Single room Double room	13,635 € 12,375 €	10,415 € 9,470 €	7,195 € 6,565 €	5,246 € 4,796 €	4,193 € 3,878 €	1,707 € 1,572 €	

Views of rooms and layouts serve as examples only.

 Single room  Double room

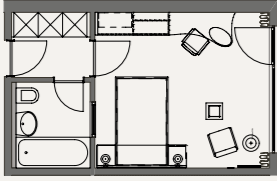



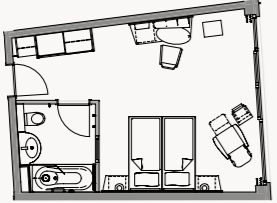



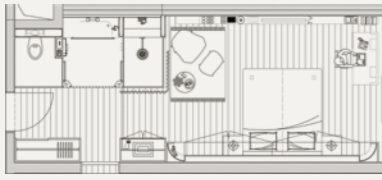





< For further pictures of our room categories, see our homepage at www.buchinger-wilhelmi.com/en/buchinger-wilhelmi-lake-constance/rooms-suites/

Choose your room category here.

The prices include the services listed under »Our packages« and are per person in a single or double room.

For single occupancy of a double room, we charge a supplement of € 250 per night.









			Classic Royal 28 nights	Classic 21 nights	Classic Light 14 nights	Compact 10 nights	Time Out 7 nights	Relax 3 nights
Superior South-facing room with balcony or terrace, lake view, from approx. 14 m ² , single bed/double bed, with bath and WC, some with connecting door (Villa Larix only)	 <ul style="list-style-type: none"> > Main Building (see photo) > Villa Larix 		 15,595 €	11,885 €	8,175 €	5,946 €	4,683 €	1,917 €
			 14,195 €	10,835 €	7,475 €	5,446 €	4,333 €	1,767 €
Deluxe Large south-facing room with balcony, lake view, from approx. 19 m ² , French/double bed, with bath or shower and combined WC/bidet, air conditioning, some with connecting door	 <ul style="list-style-type: none"> > Villa Bellevue 		 19,935 €	15,140 €	10,345 €	7,496 €	5,768 €	2,382 €
			 18,115 €	13,775 €	9,435 €	6,846 €	5,313 €	2,187 €
Executive Large south-facing room with balcony or terrace, lake view, approx. 30 m ² , king-size bed, with bath or shower and combined WC/bidet, air conditioning, some with connecting door	 <ul style="list-style-type: none"> > Villa Belgrano 		 21,335 €	16,190 €	11,045 €	7,996 €	6,118 €	2,532 €
			 19,235 €	14,615 €	9,995 €	7,246 €	5,593 €	2,307 €

Views of rooms and layouts serve as examples only.

 Single room  Double room



< For further pictures of our room categories, see our homepage at www.buchinger-wilhelmi.com/en/buchinger-wilhelmi-lake-constance/rooms-suites/

			Classic Royal 28 nights	Classic 21 nights	Classic Light 14 nights	Compact 10 nights	Time Out 7 nights	Relax 3 nights
Junior Suite South-facing room with balcony, lake view, approx. 40–50 m², king-size bed, with bath and shower, WC; bidet and air conditioning in Villa Belgrano only  <p>> Villa Fichtenau > Villa Belgrano (see photo)</p>			26,935 €	20,390 €	13,845 €	9,996 €	7,518 €	3,132 €
			24,415 €	18,500 €	12,585 €	9,096 €	6,888 €	2,862 €
Säntis Suite 2-room suite with bedroom and living room, balcony, lake view, approx. 84 m², king-size bed, with bath and shower, combined WC/bidet, air conditioning  <p>> Villa Belgrano</p>			46,535 €	35,090 €	23,645 €	16,996 €	12,418 €	5,232 €
			35,335 €	26,690 €	18,045 €	12,996 €	9,618 €	4,032 €

Views of rooms and layouts serve as examples only.

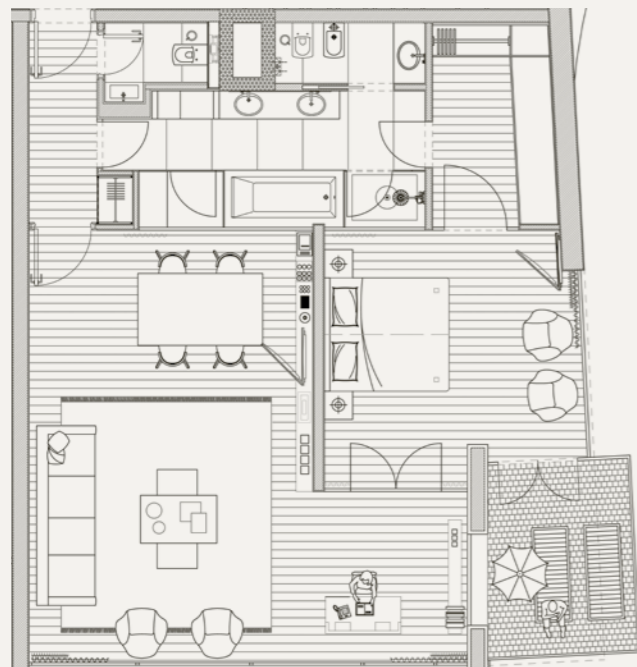
 Single room  Double room



< For further pictures of our room categories, see our homepage at www.buchinger-wilhelmi.com/en/buchinger-wilhelmi-lake-constance/rooms-suites/

Mainau Suite

2-room suite with bedroom and living room, balcony, lake view, approx. 100 m², king-size bed, dressing room, kitchenette, bathroom with jacuzzi, rain shower, combined WC/bidet, guest toilet, sauna, air conditioning



> Villa Belgrano



	Classic Royal 28 nights	Classic 21 nights	Classic Light 14 nights	Compact 10 nights	Time Out 7 nights	Relax 3 nights
Single room	71,735 €	53,990 €	36,245 €	25,996 €	18,718 €	7,932 €
Double room	53,535 €	40,340 €	27,145 €	19,496 €	14,168 €	5,982 €

Views of rooms and layouts serve as examples only.

Single room Double room



For further pictures of our room categories, see our homepage at www.buchinger-wilhelmi.com/en/buchinger-wilhelmi-lake-constance/rooms-suites/



Villa Bellevue
South-facing room Deluxe

Services that are invoiced separately

- Individually chosen or prescribed additional diagnostic, therapeutic or medical services, e.g. ECG, sonography, ozone therapy.
- Therapeutic services that are not covered by your therapy voucher or that exceed the value of the voucher, e.g. massages.
- All medications and supplements, either received from or prescribed by the doctor or chosen yourself.
- Individual appointments, e.g. personal coaching, individual nutritional advice or cooking lessons.
- Additional organic gourmet meals prescribed by the doctor or chosen by guests who have booked a fasting package.
- Interpreter and other services listed under »Services« such as room service, parking space.

Tourism tax in Überlingen

Überlingen charges a visitor's tax all year round, using the proceeds to fund the tourism infrastructure (hiking trails, signposting, etc.) in the town.

Visitor's card

Your visitor's card is valid in Bodman-Ludwigshafen, Stockach, Sipplingen, Überlingen, Uhdlingen-Mühlhofen, Meersburg, Hagnau, Immenstaad and the Bodensee-Linzgau region as well as many destinations around Lake Constance, and offers free or reduced entrance to more than 200 attractions. In Überlingen, the visitor's card gives you reductions for the lidos, Bodensee-Therme spa, miniature golf on the lake, the sailing and windsurf centre and for boat hire, the town museum, art exhibitions in the town's art gallery as well as special events organised by Kur und Touristik Überlingen GmbH.



Basic medical treatment

Therapeutic fasting is carried out under medical guidance. Fasting strengthens your immune system and can help with a wide range of chronic illnesses. The aim is to offer you the treatment that suits you best individually to promote your health and well-being in the long term, help you to heal and alleviate your suffering.



Basic medical treatment comprises the LaboratoryPlus examination*, an initial consultation with your attending doctor followed by a discussion of the findings and recommended treatment, as well as two consultations with your doctor every week. If you bring current laboratory readings taken shortly before your stay along with you, we will carry out a laboratory examination at the end of your stay to document any changes to your health.

In addition, you will receive daily care from our nursing team of experienced nurses and nursing assistants. They will carry out your morning check, bring your herbal tea to your room, take care of your intestinal hygiene and carefully apply your liver pack.

All these services are included in the packages (from a minimum stay of 10 nights).

You can use the therapy voucher included in your package for therapies, treatments and diagnostic services that you choose or that are prescribed by your doctor. Any services that exceed the amount of your voucher will be invoiced to you separately.

Here is a selection of indications that are treated at both of our clinics:

PREVENTION

REDUCING RISK FACTORS

- Obesity
- Stress
- High blood pressure
- Smoking
- Lack of exercise

THERAPY

CARDIOVASCULAR DISEASES

- Coronary diseases (arteriosclerosis of the coronary vessels)
- Certain forms of cardiac insufficiency
- Circulatory diseases
- Venous insufficiency (weak arteries and ulcers in the leg)

MUSCULOSKELETAL DISORDERS

- Degenerative: osteoarthritis
- Inflammatory: rheumatoid arthritis, Bechterew's disease, psoriatic arthritis
- Soft tissue rheumatism, fibromyalgia

DIGESTIVE DISORDERS

- Gastrointestinal disorders
- Chronic bowel disorders
- Chronic constipation
- Irritable bowel syndrome

METABOLIC DISORDERS

- Diabetes mellitus
- Thyroid dysfunction
- Dyslipidaemia

PAIN SYNDROME

- Secondary, e.g. in the case of musculoskeletal diseases
- With postural disorders
- Migraines

GENERAL CONDITION

- Mental and physical exhaustion
- Depression
- Chronic fatigue

IMBALANCES OF THE IMMUNE SYSTEM

- Susceptibility to infections (respiratory tract, sinuses, bladder)
- Allergies (asthma, hay fever, urticaria)

SKIN DISEASES

- Acne
- Psoriasis
- Eczema

* The LaboratoryPlus examination is included in the price of the package (from a stay of 7 nights).

Individual therapies and treatments

Our basic medical treatment is supplemented by a wide range of individual treatments and medical diagnostics. Which of these many services you choose depends on the state of your health. You therefore generally book them after your attending doctor at Buchinger Wilhelmi has given you your initial examination and diagnosis.

Based on these prescriptions, our therapy planning team will arrange appointments for you and help you to choose further services, e.g. massages, physiotherapy, nutritional advice or personal training.

If you are a frequent guest at Buchinger Wilhelmi and know what is good for you, we recommend that you book the therapies and treatments you want before you arrive. Please ask us if you prefer a specific therapist. This allows us to reserve appointments for you in advance.

> You can use the **therapy voucher** from your package for individual treatments from the areas of Physical Therapy, Exercise and Relaxation, Nutrition and Dietetics as well as Psychotherapy and Coaching. Once the voucher has been expended, services will be invoiced separately.

INTEGRATIVE MEDICINE

Classical medicine

> Diagnostics

Buchinger Wilhelmi offers the entire spectrum of medical diagnostics, which can either be performed by our own doctors or are organised in collaboration with external specialists or the Helios hospital.* In addition to individual diagnostics for specific symptoms, we offer general check-ups to quickly examine your current state of health. All check-ups include an in-depth discussion of the findings, documentation of the results and further therapy recommendations.

* Only possible from a minimum stay of 4 nights!

Liver elastography (Fibroscan®)

Electrocardiogram (ECG) at rest

Stress ECG

Prolonged ECG (24 hours)

Prolonged blood pressure measurement (24 hours)

Spiroergometry

Determining the basal/resting metabolic rate and burning of fat and carbohydrates

Thyroid sonography, sonography of two organs, abdominal sonography

Echocardiography (transthoracic)

Colour-coded duplex sonography of the cerebral arteries

ABI test (clarifying a circulatory disorder in the arteries of the leg)

LaboratoryPlus

Laboratory diagnostics can help to confirm or limit a diagnosis.

From a stay of 7 nights or more, you will be given a comprehensive LaboratoryPlus examination at the beginning of your stay to adapt the treatment to your individual needs.

The laboratory examination is included in the price of the package.

LaboratoryPlus includes the following:

Erythrocyte sedimentation rate (ESR), erythrocytes, haematocrit, haemoglobin, leucocytes, MCH, MCHC, MCV, platelets, INR, PTT, Quick, glucose, HbA1c, HOMA index, high-sensitivity CRP, alkaline phosphatase, gamma-GT, GOT, GPT, cholesterol, HDL cholesterol, LDL cholesterol, LDL/HDL ratio, non-HDL cholesterol, triglycerides, calcium, potassium, magnesium, sodium, uric acid, urea, creatinine (GFR), TSH (baseline), urinalysis, vitamin D-25, homocysteine, vitamin B12, ferritin.

> Examinations by a specialist

Sleep specialist

Screening for sleep disorders

> Therapy programmes

Our guideline-based therapy programmes are coordinated with our doctors depending on the indication.

Integrative medical consultation (special appointment)

Stop smoking programme, Diabetes management for type 2 diabetes, Adiposis programme

Complementary medicine

> Classical naturopathy

Therapy for a balanced lifestyle

Phytotherapy

Nutritional therapy see p. 35
Nutrition and Dietetics

Physical therapy see p. 35
Exercise and Relaxation

Hydrotherapy see p. 37
Hydrotherapy and packs

> Orthomolecular medicine

Orthomolecular medicine

Micronutrient infusion **NEW**

Microbiome and gut health **NEW**

Oxygen-ozone autohemotherapy

> Homeopathy

Homeopathy

> Traditional Chinese Medicine

Acupuncture

PSYCHOTHERAPY AND COACHING

Psychotherapy

Psychological counselling

Couples therapy

Psycho-oncological
rehabilitation after cancer

Art therapy

Managing stress:
individual autogenic training

Coaching

Life coaching

Systemic health coaching

Occupational coaching

Mental health coaching

Body-oriented methods

Breathing therapy

Emotional balancing





EXERCISE AND RELAXATION

Exercise

Personal training
(functional training, swimming, jogging and more)

Outdoor training **NEW**

Excercise therapy

Water gymnastics (individual session)

Guided cycle tour

Group sporting activities:
Functional training, stretching, spinal exercises, Pilates, water gymnastics, guided walking tours and more

Relaxation

Meditation, autogenic training, Yoga Level I and Level II, Progressive Muscle Relaxation (PMR), Qigong (group)

Managing stress:
individual autogenic training

Yoga
· as an individual session
· in small groups

Progressive Muscle Relaxation (PMR)
(individual session)

Qigong
· as an individual session
· in small groups

NUTRITION AND DIETETICS

Dietetics

Individual nutritional advice
(anamnesis of your eating habits, in-depth consultation)

Preparing an individual diet plan

Individual dietary cooking lesson

Ketogenic diet
· Individual nutritional advice
(anamnesis of your eating habits, in-depth consultation)
· Individual dietary cooking lesson

Organic gourmet cuisine

If you are unable to fast or choose not to do so, you can enjoy our highly acclaimed, Demeter and Bioland-certified organic gourmet cuisine, or a special diet on request, individually tailored to your health requirements, allergies and personal preferences.

We offer the following options for our organic gourmet cuisine:

- Vegetarian wholefood diet with 1,800–2,400 kcal per day
- Reduction diet with 800–1,200 kcal per day
- Individual special diets

Lunch package

Individual cooking lesson
(including preparation and follow-up, ingredients and material, 50 minutes)

Cooking demonstrations

FEEL WELL AFTER BUCHINGER WILHELMI

Would you like to preserve the benefits of fasting on your well-being for as long as possible? We are always there for you, even when we are far away!
Your nutritionist will continue to support you after your stay via telephone, Skype or e-mail.

Nutritional coaching

Buchinger Wilhelmi FASTING BOX (24-piece set for your home)

Developed by our fasting experts, our FASTING BOX contains everything you need for a five-day reset at home.

Buchinger Wilhelmi Reset Box (1 digestive rest day)

Recent scientific publications confirm our experience gained over many years that digestive rest days, in which your alimentary tract is given a rest, allow you to manage your weight and to feel better and healthier in the long term.

The Buchinger Wilhelmi Reset Box developed by our senior culinary expert Hubert Hohler contains organic vegetables and apple compote in a jar with a portion of rice (approx. 770 kcal/day), ready to heat.

Buchinger Wilhelmi Amplius app

PHYSICAL THERAPY

Massages

European origin

Classical massage
(Full-body massage or relaxing massage)

Brush massage

Colon massage with scented oil compress

Colon hydrotherapy (CHT)

Foot reflexology

Manual lymphatic drainage

Spinal treatment according to Breuss

Asian and Pacific origin

Ayurveda massage

Shiatsu

Sound massage with Tibetan singing bowls

Traditional Thai massage

Tuina massage

Chi Nei Tsang (CNT, Thai abdominal massage)

Lomi Lomi

Hydrotherapy and packs

Various packs:
Hay blossom packs, mud packs

Underwater massage (UWM)

Kneipp alternating affusions

Kneipp health facility

Other holistic therapies

Osteopathy

Functional therapy
(based on osteopathic principles)

Craniosacral therapy

Myoreflex therapy

Qi therapy

Physiotherapy

Physiotherapy

Manual therapy

Myofascial release

Neurotherapy according to Bobath

Neurotherapy based on PNF

Physiotherapeutic respiratory training

Pelvic floor exercises

Kinesio taping

INSPIRATION AND SPIRITUALITY

Art lesson
· as an individual session
· in small groups

Creative workshop

Yoga
· as an individual session
· in small groups

Yoga, meditation (group)

Pranayama & Sound (group)

Dance It Off (group)

Qigong (group)

Workshops and lectures

Over the course of the year, Buchinger Wilhelmi offers special activities, some lasting several days, on various topics.

For an overview that is continuously updated, see www.buchinger-wilhelmi.com/en/activities-and-events-on-lake-constance



< Buchinger Wilhelmi FASTING BOX



BEAUTY AND SKIN CARE

Discover the holistic philosophy of our beauty salon Buchinger Wilhelmi Beauty. Our range includes products from REVIDERM, cell premium, ALQVIMIA.

Face

REVIDERM Buchinger Wilhelmi Detox

REVIDERM Hydration

REVIDERM Neuro-sensitive

Micro-needling

cell premium Deluxe Anti-Aging

Face and décolleté

ALQVIMIA Facial Eternal Youth

Décolleté

REVIDERM Décolleté

Body

ALQVIMIA Amplius Detox

Rituals

ALQVIMIA Ritual Balance

ALQVIMIA Ritual Transformation

ALQVIMIA Sensuality Ritual **NEW**

SERVICES

Bicycle / e-bike rental

Chauffeur service
to various airports, towns and events

Parking space, closed and covered

Parking space, open

Personal care

Room service
(e.g. meals in your room,
messenger service, etc.)

Technical support (external)

For further services, please contact reception.

Interpreter support

For patients who do not speak English, French or German and require support from an interpreter for Arabic, Turkish or Russian, we will be pleased to arrange this service for you when you book your stay. In addition, we reserve the right to assign an interpreter for your initial examination and doctors' appointments, for filling out medical questionnaires and planning therapies.

Buchinger Wilhelmi welcomes guests from all over the world. The members of our staff all speak German, many are also fluent in English and some speak French. Lectures and events are mainly held in German and English, as well as some in French. We are making efforts to expand the range of services we offer in three languages.

> Our price list is an excerpt from our comprehensive Buchinger Wilhelmi **AMPLIUS® | MED** programme. On your arrival you will be given a detailed description and a wide range of information on our Buchinger Wilhelmi **AMPLIUS® | MED** programme. We will be happy to provide you with information on other services and therapies on request.

What to bring with you

We want you to arrive at our clinic feeling rested and relaxed. We have therefore compiled some important information to help you prepare and make your journey easier.

Our reception is open every day from 7.00 am to 10.00 pm. You may arrive from 4.00 pm and should plan to leave by 11.00 am on your day of departure.

If you have a choice of several suitcases, take a smaller one; one of the luxuries of fasting is that you don't need much and have no need for any additional ballast. You should therefore travel lightly. However, you should include the following things:

- Warm clothes (depending on the time of year)
- Hiking gear and shoes
- Indoor sports shoes with a light-coloured sole if possible
- Rain gear
- Sports and bathing wear (European bathing wear)
- Comfortable clothes for everyday wear
- An elegant garment just in case (e.g. concerts, theatre)
- Your (new?) diary
- Books you have long wanted to read
- Your favourite music and a pair of comfortable headphones
- **Recent medical reports** as well as prescribed **medication** in sufficient quantities (or else a prescription from your personal doctor)

Towels, a bathrobe and hair dryer are provided free of charge by Buchinger Wilhelmi.

Getting here

We recommend that you confirm the entry requirements for Germany with your responsible consulate/embassy when you book your stay at Buchinger Wilhelmi. If you arrive at a German airport, a valid Schengen visa is sufficient. This is also the case if you come via Zurich airport in Switzerland (no liability accepted for the accuracy of this information).

By plane

- via Zurich: closest international airport. approx. 85 minutes by taxi.
- via Friedrichshafen: domestic airport. approx. 40 minutes by taxi.
- via Stuttgart: international airport with direct flights from many European cities. approx. 100 minutes by taxi.

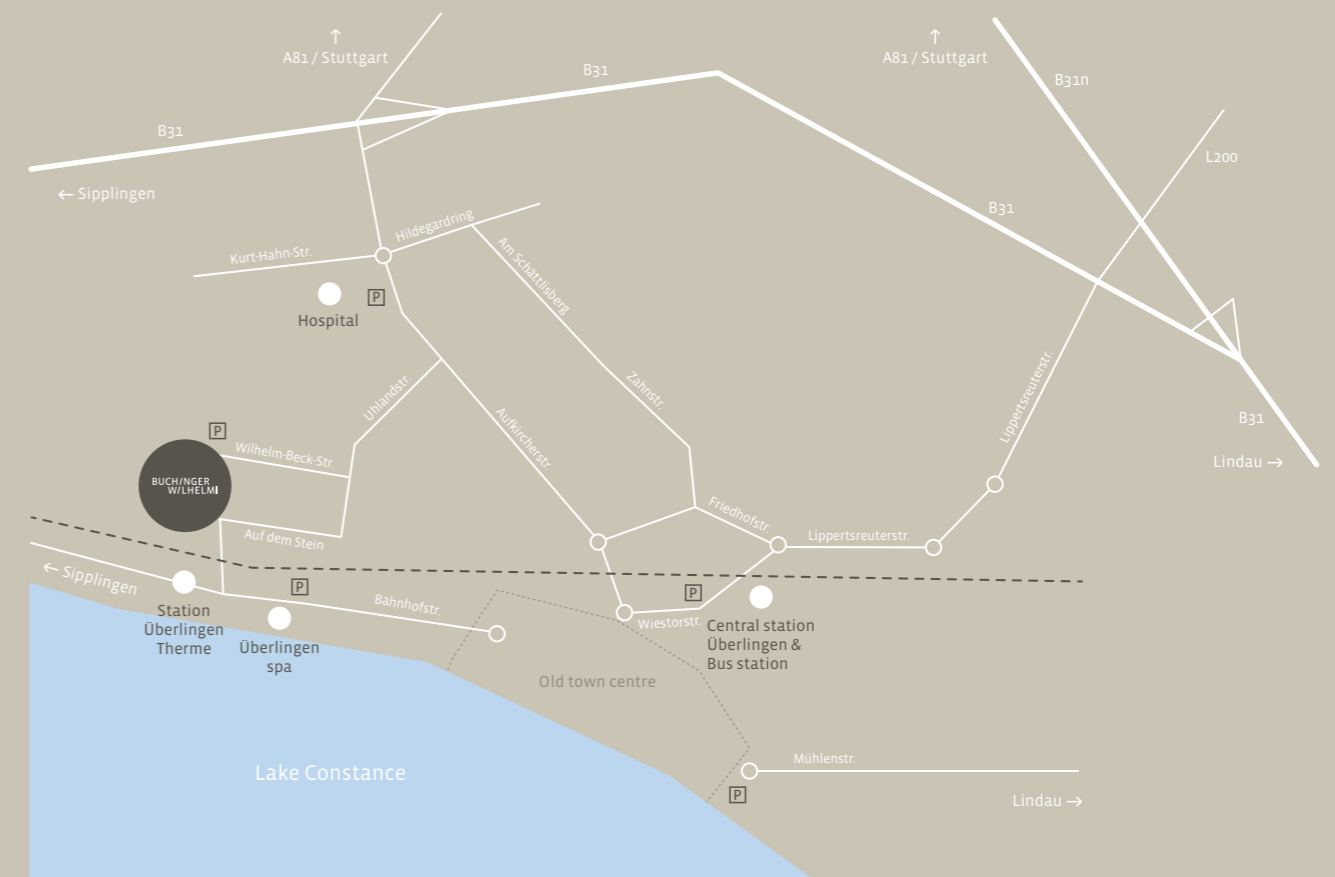
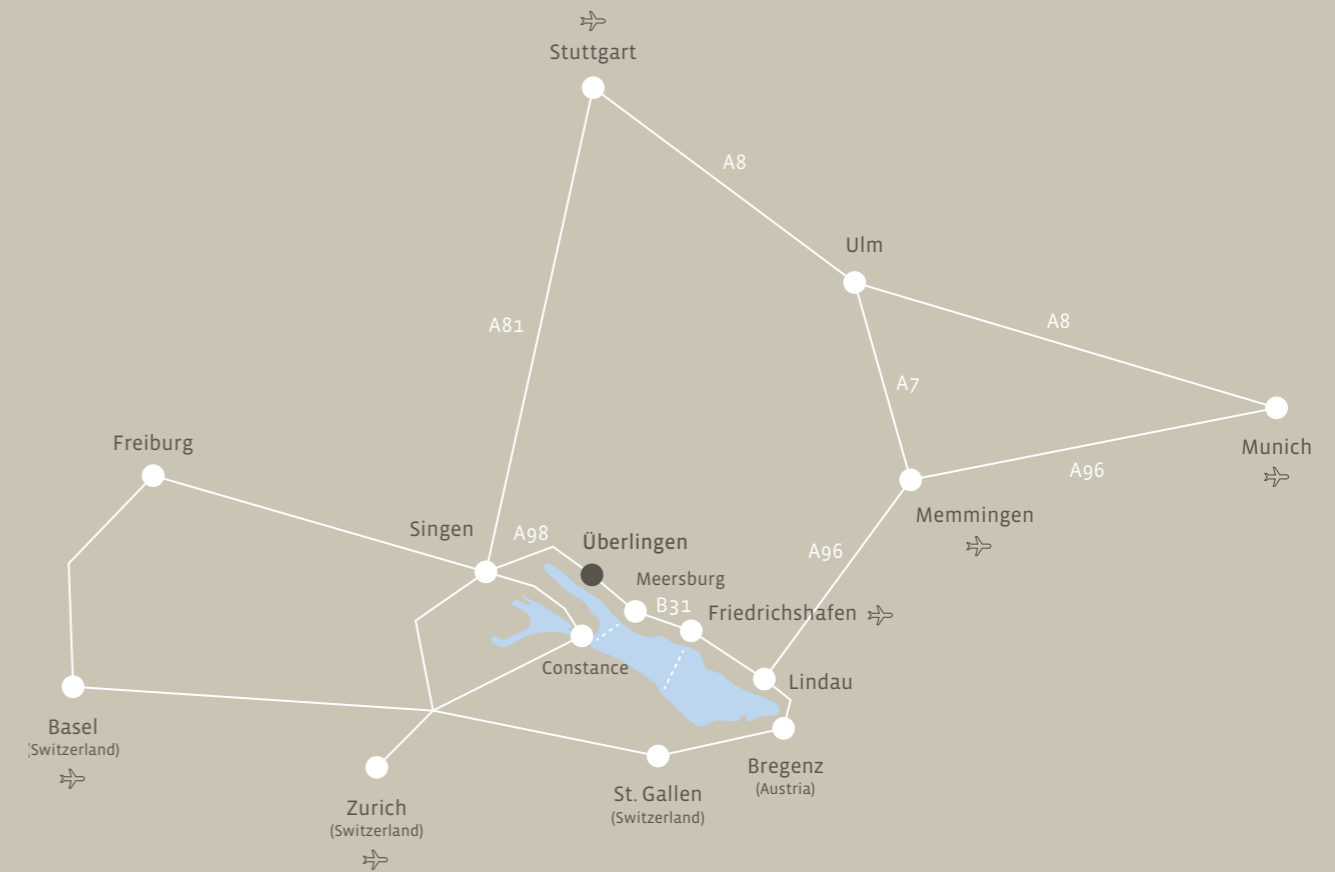
Our recommendation: We will be pleased to organise your pickup from the airport. Please feel free to ask us when making your booking!

By train

- via Radolfzell, Singen or Friedrichshafen: direct trains to Überlingen, Überlingen-Therme station or Überlingen central station. Approx. 3 or 10 minutes from there by taxi.

By car

- Coming from Stuttgart: Take the A81 motorway to the Singen/Hegau junction, then follow the A98 heading for Stockach/Friedrichshafen/Lindau, exit to the right. Straight after, take the first exit towards Überlingen Krankenhaus/Stadtmitte.
- Coming from Zurich: Via Winterthur to Schaffhausen and the German border, then take the A98 heading for Stuttgart/Singen. At the Hegau motorway junction, turn onto the A98 heading for Stockach/Friedrichshafen/Lindau. Continue as above.
- Coming from Munich: Follow the A96 to Lindau, take the Sigmarszell exit, continue on the B31 heading for Friedrichshafen, carry on for approx. 50 km to Überlingen. Stay on the »B31 alt« until the Überlingen Aufkirch/Krankenhaus exit.
- For all three directions: From the Überlingen Krankenhaus exit, continue straight ahead across the first roundabout, taking the 2nd exit towards Überlingen Stadtmitte and passing the hospital on the right. After a further 300 metres, turn right into Uhlandstraße (signpost to Buchinger Wilhelmi). Stay on this road (30 km/h limit) continuing slightly downhill for about 300 metres, then turn right into Wilhelm-Beck-Straße (signpost to Buchinger Wilhelmi). At the end of this road is the main entrance to Buchinger Wilhelmi. Park at the roundabout and we will direct you to a parking space if required.



Clinic rules

In a place like Buchinger Wilhelmi where the focus is on rest and relaxation, consideration of others and a certain degree of order are essential for the good of the community and the success of your treatment.

1. For medical reasons, certain rest times must be observed during fasting. To ensure that all guests/patients are able to rest at midday and at night, please divert all incoming phone calls between 12.00 and 2.00 pm and between 11.00 pm and 7.00 am to your personal voice box that is configured by default. Outgoing calls are possible at all times, including during rest periods. All external doors are locked at 11.00 pm.
2. **Telephoning with mobile phones is not permitted on the clinic premises or during excursions or walking tours. Mobile phone calls may be made only in your own room with the windows closed (to avoid disturbing your fellow guests). We ask you to sign a corresponding agreement upon your arrival.**
3. As your responsiveness may be affected during therapeutic fasting in individual cases, some activities (swimming in open water, horse riding or driving) should only be performed under certain conditions. You should therefore consult your attending doctor beforehand.
4. If a guest/patient is absent from Buchinger Wilhelmi overnight or wishes to stay away from the clinic for a number of days, permission from your attending doctor is required.
5. The minimum age for treatment at Buchinger Wilhelmi is 18 years. In exceptional cases, young people aged 16 years or over can be treated if they are accompanied by a parent or legal guardian and if this has been discussed with our management and doctors in advance. Therapeutic fasting is not possible for people aged under 18 years.
6. **A strict ban on smoking and on the consumption of alcohol** is enforced at Buchinger Wilhelmi, both throughout the clinic premises as well as on walking tours and in guests/patients' rooms. Guests/patients have responsibility for ensuring that this ban is also observed in their room by third parties. There is a smokers' corner on the parking deck.

7. Please do not wear sports clothes or bathrobes in the salon or restaurant.
You are requested to wear European swimwear (bikini, swimsuit, bathing trunks) in the swimming pool area.
For medical reasons, we prefer our guests to wear light sports clothing (e.g. tracksuit) during physical exercise (e.g. aerobics, walks).
We ask guests to refrain from covering their face (face veil) at Buchinger Wilhelmi.
8. Your sense of smell is extremely sensitive during fasting: artificial perfumes (all of which nowadays comprise synthetic fragrance molecules) can be extremely disturbing when fasting, even those we normally like.
For this reason, we ask you to avoid using perfume if possible during group activities in the recreation rooms or gyms as well as on walks.
9. Pets are not allowed.
10. Buchinger Wilhelmi is situated on sloping terrain and is therefore only suitable to a limited extent for guests/patients who have mobility problems or are reliant on a wheelchair.
11. Compliance with the regulations set out in the clinic rules is of vital importance for the success of your treatment at Buchinger Wilhelmi. This also applies to the instructions given by medical staff, nursing staff and other senior personnel.
12. In case of repeated non-compliance with these rules or instructions, the clinic management reserves the right to terminate your stay. Any resulting damages will be invoiced to you.

Please read through these conditions for your stay at Buchinger Wilhelmi carefully one more time. You have been sent our clinic rules with your confirmation of reservation. We assume that by signing the corresponding agreement, you agree to these rules.

General terms and conditions

I. Scope of application

1. The general terms and conditions apply to contracts for treatment in the clinic and to all other services rendered to guests/patients by the clinic.
2. Provisions to the contrary, even if these are included in the guest/patient's general terms and conditions, do not apply unless they are recognized expressly by the clinic in writing.

II. Conclusion of contract

1. **You will be sent a registration form together with our written offer. To accept the offer, you must make an advance payment of 2,000 € and return the completed registration form. Your booking is then guaranteed, and you will be sent a letter confirming your reservation**
2. The booking must be cancelled in writing for the contract to be effectively rescinded.
3. Visitors or persons accompanying guests/patients may stay in the clinic for up to two nights in agreement with the reservation department and if a room is available.
From the third night onwards they will be treated as guests/patients and the general rates will be charged. They will also be required to consult a doctor.
4. Only one package may be booked per stay. No reimbursement can be made for unused services included in a package. The individual contents of the packages cannot be altered.

III. Cancellation/recission

1. Cancellation fees will be charged as follows: Guests/patients can change or cancel their booking up to **21 days prior to their arrival** date in writing only without incurring any costs. In the case of last-minute bookings, this must be done one day after receipt of the confirmation of reservation.

After this, they will be charged the following cancellation fees:

- I: **20 to 14 days before arrival: 1,000 €**
- II: **13 to 7 days before arrival: 1,500 €**
- III: **from the 7th day before arrival: 2,000 €**

Guests/patients who depart before the end of their stay, arrive late or fail to arrive will be invoiced for the originally booked stay.

2. In case of non-compliance with the clinic rules, Buchinger Wilhelmi is entitled to terminate the treatment at the guest/patient's cost.
3. **Appointments** for individual treatments must be cancelled by the guest/patient **by 12.00 pm on the previous day. After that time they will be invoiced** even if the patient fails to make use of them.
4. No refunds are made for meals that have not been taken.

IV. Services, rates, payment

1. **The total price of the package you have chosen is listed in our written offer. To accept this offer, you are requested to make an advance payment of 2,000 €. If we have not received the amount of 2,000 € after the offer period has expired, your stay will be cancelled.**
2. **The remainder of the price of the package must be paid 3 weeks before your arrival at the latest. If we have not received the amount by the time you arrive, this must be paid on arrival.**
3. **A credit card must be presented on arrival as a guarantee.**
4. **The invoice must be paid before you leave.**
5. All services are invoiced according to the currently valid list of services. Earlier rates and conditions will become invalid. We retain the right to make changes.
6. The contents of individual packages cannot be changed or reimbursed.
7. The majority of rates are inclusive. Rates subject to VAT are automatically adapted should the underlying VAT rate change.
8. If a new calendar year starts between the time of booking and your stay at the clinic, the price of your booking may change.
9. In the case of in-patient treatment in connection with the services of a German statutory health insurance, the insurer's cost agreement and the completed registration form with a legally binding signature must be submitted to the clinic in writing 21 days before treatment starts at the latest. Otherwise the patient will be admitted and later invoiced as a self-paying patient.

10. The guest/patient will be billed directly according to the rates specified in this price list even if the invoice is presented to an organization providing financial support or to a private insurance company for refund.
11. To ensure that the treatment is carried out properly, the clinic reserves the right to engage the services of an interpreter at the guest/patient's expense, should the attending doctor or the clinic management establish such a necessity.

V. Arrival/departure

1. Guests/patients are given a room in the category booked. They do not have the right to the use of a specific room number.
2. The booked room will be available from 4.00 pm on the day of arrival.
3. On the day of departure, the room must be vacated by 11.00 am, otherwise this day will be charged additionally.
4. The reservation department should be contacted for extensions to a guest/patient's stay beyond the reserved and confirmed duration as well as for all other changes to the booked stay. This is usually only possible subject to a change of room and after consultation with the attending doctor.
5. Guests/patients admitted to the clinic for the first time are requested to present a valid passport/ID as well as a valid credit card on arrival.


VI. Valuables/liability

1. Buchinger Wilhelmi cannot accept any liability for lost valuables, in particular jewellery, documents or cash. The clinic recommends that patients/guests use the built-in safe in their room.

2. Guests/patients use the parking garage and parking spaces at their own risk.
3. A strict ban on smoking and on the consumption of alcohol is enforced at Buchinger Wilhelmi throughout the clinic premises as well as on walking tours and in guests/patients' rooms. Guests/patients have responsibility for ensuring that this ban is also observed in their room by third parties. If guests/patients violate this ban, the clinic is entitled to charge the guest/patient a special cleaning fee to the amount of 250 €. The same applies if third parties smoke in a room with the knowledge or negligent ignorance of the guest/patient. The guest/patient is entitled to prove that no or little damage has been caused. The smoke detectors are highly sensitive smoke alarms that can register both cigarette and tobacco smoke and trigger an alarm without delay. If the alarm is triggered by smoke, the cost of evacuation, calling the fire brigade and all follow-on costs shall be charged to the perpetrator. There is a smokers' corner on the parking deck.

VII. Final provisions

1. The place of payment and performance is Überlingen on Lake Constance.
2. The place of jurisdiction is Überlingen on Lake Constance.
3. The law of the Federal Republic of Germany applies.
4. Should any of the general terms and conditions be or become invalid or void, this shall not affect the validity of the remaining terms and conditions. In all other cases, the statutory provisions apply.



Buchinger Wilhelmi is a wonderful cocoon
where you can find peace
before spreading your wings to fly.

H.P., Munich

Buchinger Wilhelmi on the Costa del Sol

Our Buchinger Wilhelmi clinic in Marbella is set against the backdrop of the Sierra Blanca mountains and surrounded by magnificent vegetation. The rooms and suites in the two large clinic buildings have balconies with views of the Mediterranean. In the garden that blossoms all year round, guests can stroll between carob trees, bougainvillea and lovingly cultivated herb and vegetable beds. It is a sun-drenched, vibrant place brimming with vital energy.

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F +34 952 76 43 05
clinica@buchinger-wilhelmi.es

Contact and reservations

Our reservation team will be happy to help you at any time – by phone, e-mail or post. Of course you are also welcome to drop by during your stay.

T +49 75 51 807-870
F +49 75 51 807-889
reservation@buchinger-wilhelmi.com
www.buchinger-wilhelmi.com



< www.buchinger-wilhelmi.com/en/kontakt/



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