Welcome to Überlingen on Lake Constance. In this brochure, we would like to present our Buchinger Wilhelmi programme, our packages and our medical services.

Therapeutic fasting means going without food voluntarily for a limited period of time. This should be done under medical supervision and in a caring environment. Here in this very special place, we offer you the ideal conditions for doing this.

Our concept is holistic and encompasses all aspects of your stay: Therapeutic fasting, basic medical treatment, therapeutic measures, discreet everyday care by our nurses and a wide choice of activities in the areas of physical exercise, relaxation, inspiration and spirituality. They are all interlinked and coordinated based on our experience and with utmost care, allowing you to simply let go and forget the worries and constraints of everyday life with confidence.

Many services in our Buchinger Wilhelmi programme are already included in the prices for our packages and the daily room rates. 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 as specified in this brochure (subject to change).

Raimund Wilhelmi and Dr. Françoise Wilhelmi de Toledo and all the staff at Buchinger Wilhelmi
Our Buchinger Wilhelmi programme

We have interpreted Dr. Otto Buchinger’s fundamental insights into achieving a healthy and fulfilled life in a contemporary light and developed them to create our Buchinger Wilhelmi programme.

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

Buchinger Therapeutic Fasting

Buchinger 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 their quality of life, functional capacity and inner harmony or consciously preserve it for themselves. In addition to unlimited amounts of mineral water, fasting guests are offered herbal teas, 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, which is 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. This includes naturopathic and alternative methods from Western and Oriental cultures as well as psychosomatics.

We place 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 as possible back home with you and integrate them into your daily life, because the best success is a long-term change in 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).

Your visit therefore not only gives you 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 of 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, yoga or Tai Chi. 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.

In our in-house cosmetics studio, our experienced cosmetics will pamper your skin. Let yourself be pampered by experienced cosmetics at our Viola Beauté cosmetics studio.

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Our packages

Drawing 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 differ mainly in terms of the length of stay and include the following: accommodation in the room category of your choice, all services in our Buchinger Wilhelmi programme, basic medical treatment, a basic laboratory examination and fasting provisions if you are fasting or organic gourmet meals for shorter stays.

Each package also includes a therapy voucher. It 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.
Compact (10 nights)

This is the most compact form of Buchinger therapeutic fasting.

To comply with our guests’ wishes, we offer this very compact form of fasting.

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, eight days of fasting and four refeeding days.

Services

- Buchinger Wilhelmi programme
- Basic medical treatment comprising 2 medical consultations for every 7 nights
- Basic laboratory examination (at the beginning of your stay)
- Fasting provisions incl. max. 4 refeeding days
- Accommodation in a room category of your choice
- Therapy voucher worth EUR 250 for therapies and treatments

Classic Light (14 nights)

Buchinger therapeutic fasting in a condensed form.

The ideal package for those who cannot spare more than two weeks’ time and would like to experience Buchinger therapeutic fasting.

The day of arrival is generally followed by a digestive rest day, eight days of fasting and four refeeding days.

Services

- Buchinger Wilhelmi programme
- Basic medical treatment comprising 2 medical consultations for every 7 nights
- Basic laboratory examination (at the beginning of your stay)
- Fasting provisions incl. max. 4 refeeding days
- Accommodation in a room category of your choice
- Therapy voucher worth EUR 350 for therapies and treatments

Classic (21 nights)

Original Buchinger therapeutic fasting.

This is the programme originally recommended by Dr Otto Buchinger.

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

Services

- Buchinger Wilhelmi programme
- Basic medical treatment comprising 2 medical consultations for every 7 nights
- Basic laboratory examination (at the beginning of your stay)
- Fasting provisions incl. max. 4 refeeding days
- Accommodation in a room category of your choice
- Therapy voucher worth EUR 525 for therapies and treatments

Classic Royal (28 nights)

The royal road to healing and health.

Original Buchinger therapeutic fasting set in a generous time frame.

For guests, who want to or have 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 programme
- Basic medical treatment comprising 2 medical consultations for every 7 nights
- Basic laboratory examination (at the beginning of your stay)
- Fasting provisions incl. max. 4 refeeding days
- Accommodation in a room category of your choice
- Therapy voucher worth EUR 700 for therapies and treatments

Services

- Buchinger Wilhelmi programme
- Basic medical treatment comprising 2 medical consultations for every 7 nights
- Basic laboratory examination (at the beginning of your stay)
- Fasting provisions incl. max. 4 refeeding days
- Accommodation in a room category of your choice
- Therapy voucher worth EUR 525 for therapies and treatments
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 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 programme
- Basic medical treatment comprising 2 medical consultations for every 7 nights
- Basic laboratory examination (at the beginning of your stay)
- Organic gourmet meals tailored to your individual health requirements
- Accommodation in a room category of your choice
- Therapy voucher worth EUR 175 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 to regain strength.
Therapeutic fasting is not possible in this short time!

Services
- Buchinger Wilhelmi programme
- A 45-minute medical consultation
- Organic gourmet meals tailored to your individual health requirements
- Accommodation in a room category of your choice
- Therapy voucher worth EUR 75 for therapies and treatments
If you do not wish to book a package, you may of course make a booking based on our daily rates.

The daily rate includes the services in our Buchinger Wilhelmi programme, basic medical treatment depending on the length of your stay, accommodation in a room category of your choice, and fasting provisions.

We charge 76 EUR per day for organic gourmet meals on digestive rest days and refeeding days.

The basic laboratory examination and other medical or therapeutic services are not included in bookings based on the daily rate and will be invoiced separately.
Organic gourmet meals

Fasting provisions including refeeding days are included in all of our fasting packages.

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 EUR 76 per day for organic gourmet meals.

We offer the choice between a vegetarian wholefood diet, a reduction diet with 800 – 1,200 kcal, as well as individual specialized diets.
## Room categories and prices

<table>
<thead>
<tr>
<th>Room Category</th>
<th>Description</th>
<th>Main Building</th>
<th>Parkvilla (see photo)</th>
<th>Villa Fichtenau</th>
<th>Daily rate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Standard</strong></td>
<td>Smaller north-facing room without balcony, from approx. 9 m², single bed, with shower, WC</td>
<td><img src="image1.png" alt="Main Building" /></td>
<td><img src="image2.png" alt="Parkvilla (see photo)" /></td>
<td><img src="image3.png" alt="Villa Fichtenau" /></td>
<td>239 EUR</td>
</tr>
<tr>
<td><strong>Standard Plus</strong></td>
<td>Northwest/northeast-facing room, without balcony or terrace, from approx. 10 m², single bed, with bath or shower, WC</td>
<td><img src="image1.png" alt="Main Building" /></td>
<td><img src="image2.png" alt="Parkvilla (see photo)" /></td>
<td><img src="image3.png" alt="Villa Fichtenau" /></td>
<td>287 EUR</td>
</tr>
<tr>
<td><strong>Comfort</strong></td>
<td>Smaller south-facing room with balcony or terrace, lake view, from approx. 11 m², single/twin bed, with bath or shower, WC</td>
<td><img src="image1.png" alt="Main Building" /></td>
<td><img src="image2.png" alt="Parkvilla (see photo)" /></td>
<td><img src="image3.png" alt="Villa Fichtenau" /></td>
<td>332 EUR</td>
</tr>
</tbody>
</table>

Choose your room category here. The prices include the services listed under “Our packages” and are per person in a single or double room.
### Superior
South-facing room with balcony or terrace, lake view, from approx. 14 m², single/twin bed, with bath and WC, some with connecting door (Villa Larix only)

- Villa Larix (see photo)
- Main Building
- Parkvilla

<table>
<thead>
<tr>
<th>Room Category</th>
<th>Single Room</th>
<th>Double Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior</td>
<td>11,312 EUR</td>
<td>10,052 EUR</td>
</tr>
<tr>
<td>Deluxe</td>
<td>12,572 EUR</td>
<td>11,032 EUR</td>
</tr>
<tr>
<td>Executive</td>
<td>15,232 EUR</td>
<td>13,692 EUR</td>
</tr>
</tbody>
</table>

### Deluxe
Large south-facing room with balcony, lake view, from approx. 19 m², French/double bed, with bath and WC, some with connecting door

- Villa Bellevue

<table>
<thead>
<tr>
<th>Room Category</th>
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<th>Double Room</th>
</tr>
</thead>
<tbody>
<tr>
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<td>12,572 EUR</td>
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</tr>
<tr>
<td>Executive</td>
<td>15,232 EUR</td>
<td>13,692 EUR</td>
</tr>
</tbody>
</table>

### Executive
Large south-facing room with balcony or terrace, lake view, approx. 30 m², king-size bed, with bath or shower and WC, air conditioning, some with connecting door

- Villa Belgrano

<table>
<thead>
<tr>
<th>Room Category</th>
<th>Single Room</th>
<th>Double Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive</td>
<td>15,232 EUR</td>
<td>13,692 EUR</td>
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</table>

### Prices

<table>
<thead>
<tr>
<th>Room Category</th>
<th>Classic Royal</th>
<th>Classic Light</th>
<th>Compact</th>
<th>Time Out</th>
<th>Relax</th>
<th>Daily rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 nights</td>
<td>11,312 EUR</td>
<td>10,652 EUR</td>
<td>4,040 EUR</td>
<td>3,360 EUR</td>
<td>1,440 EUR</td>
<td>379 EUR</td>
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<tr>
<td>21 nights</td>
<td>8,484 EUR</td>
<td>7,539 EUR</td>
<td>3,045 EUR</td>
<td>1,305 EUR</td>
<td></td>
<td>334 EUR</td>
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<tr>
<td>14 nights</td>
<td>5,656 EUR</td>
<td>5,026 EUR</td>
<td>3,045 EUR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 nights</td>
<td>4,040 EUR</td>
<td>3,590 EUR</td>
<td>3,045 EUR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 nights</td>
<td>3,360 EUR</td>
<td>3,045 EUR</td>
<td>3,045 EUR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 nights</td>
<td>1,440 EUR</td>
<td>1,305 EUR</td>
<td>1,305 EUR</td>
<td></td>
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</tr>
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</table>

Views of rooms and layouts serve as examples only. For further pictures of our room categories, see our homepage at [www.buchinger-wilhelmi.com/en/ueberlingen-am-bodensee/#zimmer](http://www.buchinger-wilhelmi.com/en/ueberlingen-am-bodensee/#zimmer)
Suites and prices

**Junior Suite**
South-facing room with balcony, lake view, approx. 40 – 50 m², king-size bed, with bath and shower, WC, air conditioning (in Villa Belgrano only)

![Floor plan of Junior Suite](image1)

**Säntis Suite**
2-room suite with bedroom and living room, balcony, lake view, approx. 84 m², king-size bed, with bath and shower, WC, air conditioning

![Floor plan of Säntis Suite](image2)

Choose your suite here.
The prices include the services listed under "Our packages" and are per person in a single or double room.

<table>
<thead>
<tr>
<th>Suite Type</th>
<th>Classic Royal 28 nights</th>
<th>Classic 21 nights</th>
<th>Classic light 14 nights</th>
<th>Compact 10 nights</th>
<th>Time Out 7 nights</th>
<th>Relax 3 nights</th>
<th>Daily rate 1 night</th>
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<tbody>
<tr>
<td></td>
<td>19,012 EUR</td>
<td>24,259 EUR</td>
<td>9,506 EUR</td>
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<td>16,772 EUR</td>
<td>22,579 EUR</td>
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</table>

<table>
<thead>
<tr>
<th>Suite Type</th>
<th>Classic Royal 21 nights</th>
<th>Classic light 14 nights</th>
<th>Compact 10 nights</th>
<th>Time Out 7 nights</th>
<th>Relax 3 nights</th>
<th>Daily rate 1 night</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>28,420 EUR</td>
<td>14,210 EUR</td>
<td>10,150 EUR</td>
<td>7,637 EUR</td>
<td>3,273 EUR</td>
<td>990 EUR</td>
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<td></td>
<td>26,180 EUR</td>
<td>13,090 EUR</td>
<td>9,350 EUR</td>
<td>7,077 EUR</td>
<td>3,033 EUR</td>
<td>910 EUR</td>
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</table>

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### 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, WC, guest toilet, sauna, air conditioning

<table>
<thead>
<tr>
<th>Room Type</th>
<th>Night(s)</th>
<th>Daily Rate</th>
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<tbody>
<tr>
<td>Classic Royal</td>
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<td>55,300 EUR</td>
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<tr>
<td>Classic Royal</td>
<td>21 nights</td>
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<td>Classic Royal</td>
<td>14 nights</td>
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<td>Classic Royal</td>
<td>10 nights</td>
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<tr>
<td>Time Out</td>
<td>7 nights</td>
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<tr>
<td>Relax</td>
<td>3 nights</td>
<td>6,153 EUR</td>
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<tr>
<td>Daily rate</td>
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<td>1,950 EUR</td>
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</table>

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<thead>
<tr>
<th>Room Type</th>
<th>Night(s)</th>
<th>Daily Rate</th>
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</thead>
<tbody>
<tr>
<td>Classic Light</td>
<td>21 nights</td>
<td>43,475 EUR</td>
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<tr>
<td>Classic Light</td>
<td>14 nights</td>
<td>27,650 EUR</td>
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<td>Classic Light</td>
<td>10 nights</td>
<td>19,750 EUR</td>
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<td>Classic Light</td>
<td>7 nights</td>
<td>14,357 EUR</td>
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<tr>
<td>Compact</td>
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<td>14,250 EUR</td>
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<tr>
<td>Compact</td>
<td>3 nights</td>
<td>4,503 EUR</td>
</tr>
<tr>
<td>Daily rate</td>
<td>1 night</td>
<td>1,400 EUR</td>
</tr>
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**Villa Belgrano**

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• 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 or prescribed by the doctor or chosen yourself.

• Individual appointments, e.g. personal coaching, individual nutritional advice or cooking lessons.

• Services in the area of Beauty.

• 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 (e.g. visitor’s tax)**

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, Ulchingen-Mühlhofen, Meersburg, Hagnau, Immenstaad and the Bodensee-Linngau 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.

Services that are invoiced separately
Basic medical treatment

Buchinger therapeutic fasting is fasting 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 wellbeing in the long term, to heal you and alleviate your suffering.

Basic medical treatment comprises the basic laboratory 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 and in the daily rates.

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

REDDUCING 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 basic laboratory examination is not included in bookings based on the daily rate.
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, personal training or beauty.

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 and times 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 spent, services will be invoiced separately.

### Individual therapies and treatments

### Prices for individual treatments

#### Buchinger Therapeutic Fasting
- Medical care as described on page 28/29 included in the daily rate
- Nursing care as described on page 28/29 included in the daily rate
- Buchinger therapeutic fasting as described on page 4 included in the daily rate
- Basic laboratory examination as described on page 29 included in packages with a stay of 7 nights or more

#### 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.

* To enable us to arrange these appointments during your stay, you should book a minimum stay of 4 nights.

##### Laboratory diagnostics

Laboratory diagnostics can help to confirm or limit a diagnosis. From a stay of 7 nights or more, you will be given an obligatory basic laboratory examination at the beginning of your stay to adapt the treatment to your individual needs.

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

The basic laboratory examination includes the principal parameters: alkaline phosphatase, basal TSH, calcium, cholesterol, creatinine, CRP, erythrocyte sedimentation rate (ESR), erythrocytes, gamma-GT, glucose, GOT, GPT, INR, LDL cholesterol, leucocytes, MCH, MCHC, MCV, potassium, PTT, Quick, serum magnesium, serum uric acid, sodium, thrombocytes, triglycerides, urea, urine status, vitamin D.

In principle, any other laboratory analysis can be carried out in cooperation with a special laboratory. Please feel free to ask us.

#### Prices for individual treatments

- Determining the basal and resting metabolic rate as well as fat and carbohydrate oxidation: 160.00 €
- Stress ECG: 150.00 €
- Prolonged ECG (24 hours): 95.00 €
- Prolonged blood pressure measurement (24 hours): 95.00 €
- Thyroid sonography, sonography of two organs, abdominal sonography: from 90.00 €
- Basic laboratory examination: 195.00 €
- Laboratory diagnostics can help to confirm or limit a diagnosis.

#### Spiroergometry

- Spiroergometry: 380.00 €

#### Clinical report

- Clinical report (depending on the language): from 60.00 €

*NEW*
Therapy programmes

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

Integrative medical consultation (special appointment)  240.00 €
Stop smoking programme  individually priced

Complementary medicine

Classical naturopathy

Therapy for a balanced lifestyle

Phytotherapy

Nutritional therapy  see p. 35 “Nutrition and Dietetics”
Physical therapy  see p. 37 “Exercise and Relaxation”
Hydrotherapy  see p. 36 “Hydrotherapy and packs”

Orthomolecular medicine

Orthomolecular medicine  from 240.00 €
Micronutrient infusion  from 85.00 €
Intestinal cleansing (microbiological therapy)  individually priced
Oxygen-ozone autohemotherapy  95.00 €

Homeopathy

Homeopathy (first anamnesis)  from 240.00 €

Traditional Chinese Medicine

Acupuncture  125.00 €

Detoxification methods

Leech therapy  160.00 €

Psychotherapy and Coaching

Psychotherapy

Psychological counselling  from 100.00 €
Therapy for couples  from 180.00 €

Coaching

Systemic health coaching  from 100.00 €
Life coaching  from 100.00 €

Body-oriented methods

Breathing therapy  99.00 €
Emotional Balancing  from 95.00 €
### Nutrition and Dietetics

#### Dietetics

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual nutritional advice (anamnesis of your eating habits, in-depth consultation)</td>
<td>98.00 €</td>
</tr>
<tr>
<td>Preparing an individual diet plan</td>
<td>200.00 € for seven days</td>
</tr>
</tbody>
</table>

#### Organic gourmet cuisine

Patients who are unable to fast or who choose not to do so can enjoy our healthy organic gourmet cuisine or a special diet on request. The dishes are prepared with locally grown fresh wholefood vegetarian ingredients and are 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: 76.00 €
- Reduction diet with 800 – 1,200 kcal per day: 76.00 €
- Individual special diets: 76.00 €
- Digestive rest and refeeding days: 76.00 €
- Lunch package: 19.00 €
- Kousmine supplements: 6.00 €

### Feel well after Buchinger Wilhelmi

Would you like to preserve the benefits of fasting on your wellbeing 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 or Skype or E-mail.

#### Nutritional coaching

|从 49.00 €

Did you feel good while you were with us? Then you will surely want to maintain your weight and your good condition for as long as possible! Reset your system with 1 – 2 digestive rest days every week with the Buchinger Wilhelmi Reset Box developed by our head chef Hubert Hohler:

- Buchinger Wilhelmi Reset Box (1 digestive rest day): 18.50 €

#### “Rent a cook”/catering

Our chefs will come to you. Feel free to ask us and we will put together an offer tailored to your wishes!

| Price on request |

Cooking school
Our head chef Hubert Hohler and his team will teach you how to cook delicious organic gourmet meals when you get home.

| Individual cooking lesson (including preparation and follow-up, ingredients and material, 50 minutes) | 115.00 € |
| Cooking demonstrations included in the daily rate |
Physical Therapy

Physiotherapy

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiotherapy</td>
<td>89.00 €</td>
</tr>
<tr>
<td>Manual therapy</td>
<td>89.00 €</td>
</tr>
<tr>
<td>Pilates</td>
<td>98.00 €</td>
</tr>
<tr>
<td>Pelvic floor exercises</td>
<td>89.00 €</td>
</tr>
<tr>
<td>Physiotherapeutic respiratory training</td>
<td>89.00 €</td>
</tr>
<tr>
<td>Gentle Training</td>
<td>54.00 €</td>
</tr>
<tr>
<td>Water gymnastics</td>
<td>89.00 €</td>
</tr>
</tbody>
</table>

Pelvic floor exercises 89.00 €

Hydrotherapy and packs

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayurveda massage</td>
<td>98.00 €</td>
</tr>
<tr>
<td>Lomi Lomi</td>
<td>98.00 €</td>
</tr>
<tr>
<td>Shiatsu</td>
<td>98.00 €</td>
</tr>
<tr>
<td>Traditional Thai massage</td>
<td>98.00 €</td>
</tr>
<tr>
<td>Chi Nei Tsang (CNF, Thai abdominal massage)</td>
<td>98.00 €</td>
</tr>
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</table>

Asian and Pacific origin

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Hydrotherapy and packs

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kneipp alternating affusions</td>
<td>29.00 €</td>
</tr>
<tr>
<td>Underwater massage (UWM)</td>
<td>89.00 €</td>
</tr>
<tr>
<td>Various packs:</td>
<td></td>
</tr>
<tr>
<td>Hay blossom packs, mud packs</td>
<td>29.00 €</td>
</tr>
<tr>
<td>Kneipp health facility</td>
<td>included in the daily rate</td>
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Hydrotherapy and packs

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Osteopathy and Myoreflex therapy

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osteopathy</td>
<td>115.00 €</td>
</tr>
<tr>
<td>Craniosacral therapy</td>
<td>from 98.00 €</td>
</tr>
<tr>
<td>Functional therapy (based on osteopathic principles)</td>
<td>98.00 €</td>
</tr>
<tr>
<td>Myoreflex therapy</td>
<td>99.00 €</td>
</tr>
</tbody>
</table>

European origin

<table>
<thead>
<tr>
<th>Service</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Classical massage (full-body)</td>
<td>76.00 €</td>
</tr>
<tr>
<td>Classical massage (part-body)</td>
<td>43.00 €</td>
</tr>
<tr>
<td>Brush massage</td>
<td>43.00 €</td>
</tr>
<tr>
<td>Colon hydrotherapy (CHT)</td>
<td>115.00 €</td>
</tr>
<tr>
<td>Colon massage with scented oil compress</td>
<td>58.00 €</td>
</tr>
<tr>
<td>Foot reflexology</td>
<td>from 43.00 €</td>
</tr>
<tr>
<td>Manual lymphatic drainage</td>
<td>from 43.00 €</td>
</tr>
<tr>
<td>Spiral massage acc. to Breuss</td>
<td>76.00 €</td>
</tr>
</tbody>
</table>

Hydrotherapy and packs

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Osteopathy and Myoreflex therapy

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</tr>
<tr>
<td>Myoreflex therapy</td>
<td>99.00 €</td>
</tr>
</tbody>
</table>

Inspiration and Spirituality

Creative workshop included in the daily rate

Art lesson from 119.00 €

Meditation (group) included in the daily rate

Beauty and Skin Care

To arrange an appointment, please contact Viola Beauté on extension 893 or write to cosmetic@viola-beaute.com.

For more information, see our Viola Beauté brochure.

Exercise and Relaxation

Exercise

Personal training (fitness, swimming, jogging and more) 89.00 €

Outdoor Adventure Activities:
- Activity workout / 2 hours e.g. yoga meets fitness, soccer from 90.00 € (group)
- Activity trip / 4 – 5 hours e.g. stand-up paddling tour, climbing park from 175.00 € (group)
- Adventure day / 8 hours e.g. canyoning, canoe tour with rafting from 350.00 € (group)

Group activities:
- Fascial fitness, workout for your back, Zumba Dance Fitness, Salsa Dance, water gymnastics, guided walking tours and more included in the daily rate

Relaxation

Yoga (group) included in the daily rate

Yoga (individual session) 98.00 €

Autogenic training (group) included in the daily rate

Tai Chi (group) included in the daily rate

Sound massage with Tibetan singing bowls 98.00 €

Progressive Muscle Relaxation (PMR = deep muscle relaxation) 89.00 €
We appreciate it when you recommend us and would like to thank you for doing so. For this reason, we will give you one bonus day for each new guest who books a stay of at least 10 nights at Buchinger Wilhelmi on Lake Constance based on your recommendation.

First time

Each guest who visits us for the first time is given a first-time voucher for seven full days. This can be used for either a start-up talk with one of our psychotherapists, an introductory interview with one of our nutritionists or a consultation with one of our personal trainers.

Please note that each service can only be booked once with the first-time voucher.

Winter on Lake Constance

The winter landscape around Lake Constance provides the ideal setting for self-reflection and finding inner peace. From autumn walks through the mountains and forests to the first snow. If you plan to stay at Buchinger Wilhelmi at the quiet time of year in November, December or January, we will grant you a winter bonus of €140 per week. You can use this for all treatments on offer, such as massages, physiotherapy, psychotherapy, personal training and nutritional advice.

It is also valid for products from the kitchen.

Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrival/departure service</td>
<td>300.00 €</td>
</tr>
<tr>
<td>Chauffeur service to various airports,</td>
<td>price on request</td>
</tr>
<tr>
<td>towns and events</td>
<td></td>
</tr>
<tr>
<td>Internet connection</td>
<td>included in daily rate</td>
</tr>
<tr>
<td>Television</td>
<td>included in daily rate</td>
</tr>
<tr>
<td>Personal care</td>
<td>per hour 60.00 €</td>
</tr>
<tr>
<td>Parking space, open</td>
<td>per day 10.00 €</td>
</tr>
<tr>
<td>Parking space, closed and covered</td>
<td>per day 14.00 €</td>
</tr>
<tr>
<td>Room service</td>
<td>8.00 €</td>
</tr>
<tr>
<td>Technical support (external)</td>
<td>per hour 97.00 €</td>
</tr>
</tbody>
</table>

For further services, please contact reception.

Interpreter support

For patients who do not speak English, French or German and require 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.

We charge you for this service 30 minutes 40.00 €

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 in three languages.

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

A special thank you
Events and dates 2019

In addition to our evening events, concerts and lectures, we offer regular special programmes on specific topics.

All details of scheduled events can be found on our website at www.buchinger-wilhelmi.com/en/ueberlingen-am-bodensee/events

The events in our special programmes are usually free of charge as part of our Buchinger Wilhelmi programme. As these are subject to alteration, we kindly ask you to contact us for consultation and confirmation of the date before booking.

Meditation seminars with Dr. Christian Kuhn – the Way to the Inner Self

Zen is a meditation form and technique developed in Japan and practised sitting upright. The aim of meditation is to calm down our thoughts and to train our inner mindfulness. Dr Christian Kuhn, internist, psychotherapist and former Medical Director at Buchinger Wilhelmi, has practised Zen meditation for many years under the guidance of Jesuit Father Niklaus Brantschen SJ, who is also a Zen master /Roshi. Dr Christian Kuhn offers motivational talks on spiritual topics several times during the week and two meditation sessions every week day during the periods listed below.

Free of charge as part of our Buchinger Wilhelmi programme

17 February – 22 February 2019
04 March – 15 March 2019
01 April – 12 April 2019
23 September – 04 October 2019
09 December – 20 December 2019

Life Choices – Navigating your Own Life

Psychological lectures with Bernd Isensee, psychologist, Rottenburg (D). Bernd Isensee is back at our clinic in 2019 to present lectures on “Eating Consciously” and “Living Consciously” as well as talks on the subjects of “Emotional Intelligence”, “Dreams and Their Interpretation” and “Self-Guidance.” Each lecture stands alone, but together they represent a wealth of psychotherapeutic concepts and tools for personal development.

Free of charge as part of our Buchinger Wilhelmi programme

17, 18 January 2019
28 / 29 March 2019
03 June – 07 June 2019 (week before Whitsun)
28 / 29 August 2019
01 / 11 October 2019
05 / 06 December 2019

Teilnehmerinsel

With Gilbert Grimeau, Meersburg

These very gentle stretching and limbering up exercises are ideal preparation for meditation. Every day, you will get to know a different meditation technique:


Gilbert Grimeau has been practising yoga for 19 years and has been a yoga and meditation instructor in the Sivananda tradition for 11 years. Free of charge as part of our Buchinger Wilhelmi programme. The programme is held in German and English.

- 21 January – 26 January 2019
- 13 May – 18 May 2019
- 22 August – 10 August 2019
- 21 October – 26 October 2019

Mind Body Soul

A new, special programme offered by Dr. Anne Brunner, Munich

Mind Body Soul exercises focus on the interaction between the body, mind and soul to achieve holistic healing.

Various methods are offered: Pilates, yoga, yin yoga/ deep slow stretch, fascial training.

Free of charge as part of our Buchinger Wilhelmi programme.

The programme is held in German and English.

- 28 December 2018 – 03 January 2019
- 05 March – 09 March 2019
- 19 April – 22 April 2019 (Easter)
- 26 August – 31 August 2019
- 27 December 2019 – 03 January 2020

Irina Brook directs theatre plays and operas all over the world. Since 2014, she has been Director of the National Theatre in Nice. She would like to share her conviction that “play acting” is essential to overcoming the barriers and inhibitions that stand between us. Through her work with teachers and amateurs of all ages, she has developed a range of games and exercises that will quickly help you to forget your fears and awaken your inner child. In this week-long workshop, she will take you on a journey of theatrical self-discovery. Everyone is welcome, especially those who consider themselves to be shy and think that they are not suited to drama. Dress code: comfortable clothing and barefoot.

Free of charge as part of our Buchinger Wilhelmi programme.

The programme is held in English and French.

- 28 April – 04 May 2019

Happiness Week

Florence Servan-Schreiber, Paris, is an author who offers workshops for corporations and holds lectures on positive psychology and the science of happiness. During Happiness Week, she will show you how to create your own happiness and mobilise your own “superpowers!”

Free of charge as part of our Buchinger Wilhelmi programme.

The programme is held in English and French.

- 06 May – 11 May 2019

ART Weeks

We will again be presenting ART Weeks in 2019 with Gertrud Kemmerling.

Free of charge as part of our Buchinger Wilhelmi programme.

- 17 March – 24 March 2019 „Spring” into ART
- 03 July – 14 July 2019 Surrey ART
- 13 October – 20 October 2019 Autumn Colours
- 21 December – 27 December 2019 Festive glow in colour and form

Semaines Francophones

In 2019, our French-speaking guests will again have the pleasure of experiencing a programme tailored to their requirements. The Semaines Francophones. You can find more detailed information on our website.

Free of charge as part of our Buchinger Wilhelmi programme.

The events offered by our main speakers and the evening programme as well as some other activities in the course of the day are in French.

- 27 January – 10 February 2019 / Jean Montagard
- 08 September – 22 September 2019 / N. N.
- 03 November – 17 November 2019 / Tenzin Tulku and Dr. Françoise Wilhelmi de Toledo

Theatre workshop

Irina Brook directs theatre plays and operas all over the world. Since 2014, she has been Director of the National Theatre in Nice. She would like to share her conviction that “play acting” is essential to overcoming the barriers and inhibitions that stand between us. Through her work with teachers and amateurs of all ages, she has developed a range of games and exercises that will quickly help you to forget your fears and awaken your inner child. In this week-long workshop, she will take you on a journey of theatrical self-discovery. Everyone is welcome, especially those who consider themselves to be shy and think that they are not suited to drama. Dress code: comfortable clothing and barefoot.

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- 03 November – 17 November 2019 / Tenzin Tulku and Dr. Françoise Wilhelmi de Toledo
Contact and reservation team

Our reservation team comprises four colleagues, who 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.

You are at the centre of all we do and we will make sure that your stay with us is a special experience from the start.

T +49 75 51 807-870
T +49 75 51 807-871
F +49 75 51 807-72 870

reservierung@buchinger-wilhelmi.com
reservations@buchinger-wilhelmi.com

www.buchinger-wilhelmi.com

What to bring with you

We want you to arrive at our clinic relaxed and rested. 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 11:00 pm.
You may arrive from 4:00 pm and should plan to leave by 11:00 am on your day of departure.

One of the enjoyments of fasting is that you need so little – so do not pack too much!
The dress code at Buchinger Wilhelmi is geared toward comfortable and practical attire. Please bear in mind that your body is sensitive to cold during fasting.

Make sure you bring the following items:

Recent medical reports as well as sufficient quantities of medications that need to be taken regularly, or a prescription from your family doctor

Warm clothes

Outdoor clothing and shoes for hiking

Indoor sports shoes and sports/gymnastics clothing

Waterproof clothing

European swimwear (bikini, swimsuit, bathing trunks)

One elegant piece of clothing for special occasions (e.g. Bregenz Festival)

A diary and books you have been waiting to read

Your favourite music – including a player with headphones

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. 1h 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. 1 hour 30 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 Bahnhof West or Bahnhof Mitte. Approx. 3 minutes by taxi.

**By car**
- Coming from Stuttgart:
  Take the A81 motorway to the Singen/Hegau junction, then follow the A89 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, carry on for approx. 50 km to Überlingen. Stay on the "B83 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 Wilhelm-Beck-Straße (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 quiet is 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.

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.

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 a bathrobe in the salon or dining room.

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 these conditions for your stay at Buchinger Wilhelmi carefully.

By sending you a confirmation of reservation, we assume that you accept these terms. We ask you to sign a corresponding agreement upon your arrival.

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. The booking is legally binding once we have sent a confirmation of reservation.

2. The booking must be cancelled in writing for the contract to be effectively rescinded. In the case of last-minute bookings, this must be 1 day after receipt of the confirmation of reservation.

3. Visitors or persons accompanying guests/patients may stay in the clinic for up to three days in agreement with the reservation department and if a room is available. From the fourth day 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 1 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 = 750 EUR
   II. 13 to 7 days before arrival = 1,000 EUR
   III. from the 7th day before arrival = 1,500 EUR

Guests/patients who depart before the end of their stay or arrive late 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 24 hours in advance.

IV. Services, rates, payment

1. The total price for your booked stay in our clinic is disclosed in the written confirmation of reservation sent to you.

You are requested to make an advance payment of 3,000 EUR on receiving the confirmation of reservation. This amount must be settled immediately after the confirmation of reservation has been delivered to guarantee your booking. The remainder must be paid before 3 weeks before your arrival at the latest.

2. Advance payments must be made immediately. If we have not received an advance payment of 2,000 EUR two weeks after sending you the confirmation of reservation, your stay will be cancelled. If we have not received the remainder by the time you arrive, this must be paid on arrival.

3. The invoice must be paid before you leave.

4. 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.

5. The contents of individual packages cannot be changed or reimbursed.

6. The majority of rates are inclusive. Rates subject to VAT are automatically adapted should the underlying VAT rate change.

7. Please note that bookings made over the New Year period may be subject to a change of price.

8. 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.

9. 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. If the guest/patient wishes to arrive before 4.00 pm, the clinic will charge an additional day.

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 their 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 EUR. 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.