

What we offer 2019

Services and Prices
Marbella

BUCH/NGER
W/LHELM

FASTING · INTEGRATIVE MEDICINE · INSPIRATION



Dear patient and guest, dear future guests,

We are delighted that you would like to know more about what our clinic has to offer you!

Year after year guests come to us from all corners of the world to maintain or improve their health through fasting and healthy eating. The therapeutic fasting cure gives your body a “kick start”, helping it to make way for important changes. Personal growth and change have always been a part of the Buchinger Wilhelmi philosophy...

...this is why we are pleased to inform you about the new projects we have planned for this year:
Renovating our lounge – The lounge is one of the main rooms for our guests who come here to fast. It is where we celebrate our daily soup ritual, where you can meet other fasting guests or simply enjoy a moment of peace with a good book or newspaper. We want our lounge to be a more welcoming place to encourage conversation and make our soup ritual a one of the highlights of the day.

We intend to redesign our dining room as a window on our low-calorie, seasonal cuisine, to provide you with more inspiration to take with you after your stay at Buchinger Wilhelmi.

A new doctor's room dedicated to diagnostics and sports medicine. Everyone knows that exercise has positive effects on our health and physical wellbeing in many ways. Yet many people do not exercise enough or have not done sport for a long time. That's why we offer an analysis of your entire muscular system, so that we can refer you to our physiotherapists and fitness coaches with a specific goal in mind. Our experienced rheumatologist will also use the room to hold special consultations for our patients with rheumatological diseases.

We will continue to address the topic of “inspiration” in our new House Antares. A stay at Buchinger Wilhelmi, especially if you are fasting, offers ideal conditions to allow you to focus on your own needs: time, peace and inspiring conversations. But there are also techniques that can help us to discover our own potential in a very inspiring way. “Know thyself” is a fundamental wisdom that has been handed down to us: Especially in this era of information overload, constant availability and time pressure, knowing oneself will be a key capability for a healthy, fulfilled life.



We look forward to the continuing development of our clinic together with you, true to the motto of our founder: “Amplius” (onwards)!

With our kindest regards from Marbella,

Victor Wilhelmi and Katharina Rohrer-Zaiser
and all the staff at Buchinger Wilhelmi

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Be our guest at Buchinger Wilhelmi

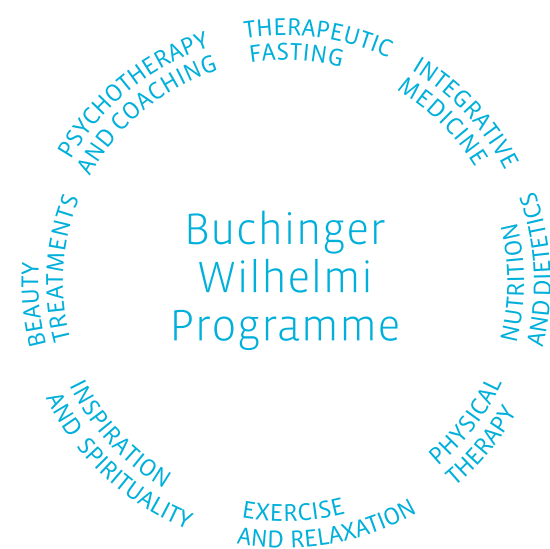
Welcome to Marbella.

In this brochure, we would like to present our Buchinger Wilhelmi Programme, the different packages and the services included.

The basis of our concept is therapeutic fasting: this means going without food voluntarily for a limited period of time. It should be done under medical supervision and in a caring environment. Here, in this very special place on the Costa del Sol, we offer you the ideal conditions for doing this.

Our concept is holistic and encompasses all aspects of your stay: therapeutic fasting, basic medical assistance, complementary treatments, meticulous daily care by our nurses and a wide choice of activities where physical exercise, relaxation, inspiration and spirituality can be combined to create a synergy allowing you to simply trust, let go and unwind.

The Buchinger Wilhelmi Programme



With the Buchinger Therapeutic Fasting Method, we can help to prevent and heal physical and psychological illnesses. To achieve this, we have developed a multi-faceted programme with a diversity of medical, therapeutic, sporting and cultural activities.

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.

How does this happen?

The Buchinger Fasting Method:

- Cures illness or significantly improves the symptoms.
- Prevents ill-health and disease by reducing risk factors.
- Strengthens the body's own self-regenerating mechanisms.
- Delays the biological aging process.

- Revitalizes powerfully our energy resources.
- Promotes a change towards a more healthy life-style.
- Enhances internal harmony and improves quality of life.
- Disconnects from routine and reduces stress levels.

How does it work?

The fasting period is divided into three stages:

- **Preparation:** it is essential to rest and prepare yourself for the transition with a light high fibre diet for at least one day thus enabling your body to adapt and to promote the elimination of liquids.
- **Fasting:** during this stage you will only ingest liquid foods in the form of freshly made vegetable broths, fresh natural juices, herbal teas and mineral water.
- **Readaptation:** the gradual introduction of solid foods over a period of 4 days ensures proper digestion. An intense and pleasurable experience that is important for the success of the treatment in the long-term.

The ideal fasting therapy is of three weeks duration, including 1 preparation day, 16 fasting days and 4 days of readaptation back on to solid food.

The minimum length of stay for the fasting therapy is 10 nights although it can be extended by full weeks or single nights. The initial medical examination will determine the type of treatment to be undertaken. Those who choose not to fast or who are unable to do so may discover the delights Buchinger Wilhelmi's whole food lacto-ovo-vegetarian cuisine which can be adapted to individual 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. We place a particular focus on prevention of illnesses and encouraging a sustainably healthy lifestyle. To this end, lectures are held on health-related, medical and therapeutic topics.

Psychotherapy and Coaching

Day by day at our clinic, patients enjoy new and positive experiences. We would like you to take as many of them as possible back home with you and blend them into your daily life, as the best success is a long-term change in lifestyle. An important part of our programme is designed to provide vital information by means of lectures and practical courses in the areas of psychology, sport, fitness, etc. In this way, your visit not only gives you new vitality, but also new perspectives.

Nutrition and Dietetics

Nutrition has a major influence on the preservation of our health and vitality. By offering 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, you will learn how to prepare dishes which are not only healthy but tasty too.

Physical Therapy

The processes triggered in the body through fasting are enhanced by means of external therapies such as massages, physiotherapy and wraps. An extensive variety of treatments is available, some of which derive from other cultures worldwide. Guidance as to the choice and number of treatments can be given on consultation with your attending doctor.

Exercise and Relaxation

Active exercise, preferably in the fresh air, is essential to achieve optimal results. During your stay you are encouraged to take part in our daily programme which offers a variety of group activities including gymnastics, pilates, yoga, meditation, qi-gong/tai chi and many more, thereby improving your fitness levels and learning to relax.

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 with a wide range of cultural activities such as concerts, excursions, art exhibitions, handicrafts, yoga workshops and meditation, lectures and group discussions on fasting and health related topics.

Beauty Treatments

Feeling attractive and feeling good are directly related to each other. In our in-house cosmetics studio and hairdressing salon, our experienced cosmeticians and hairdressers will pamper your skin and hair.



What are the benefits of fasting?

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
(an abnormal amount of lipids in the blood)

PAIN SYNDROME

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

GENERAL CONDITION

- Mental and physical exhaustion
- Depression
- Chronic fatigue

IMMUNE SYSTEM IMBALANCE

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

SKIN DISEASES

- Acne
- Psoriasis
- Neurodermatitis

Our therapy routes

The aim is to offer our patients the treatment that suits them best individually to promote their health and wellbeing, to cure their illnesses and alleviate their suffering. The therapy routes provide a multidisciplinary treatment as part of a long-term learning process in order to change life-style habits.

Therapy routes consist of a combination of therapies and treatments. Your doctor, in collaboration with our team of specialists, who have many years of experience treating similar cases, will help to address specific problems and focus on the most suitable cures for you.

Therapy Routes

The cardiovascular therapy route

The objectives of the therapy are:

- To rapidly and efficiently lower risk factors or improve existing conditions (arterial hypertension, dyslipemia, coronaropathy, diabetes)
- To reduce or eliminate medication
- To develop and practice abilities (physical exercise, learning healthy eating habits)

The treatment combines the Buchinger Fasting Therapy or a whole food diet with nutritional counselling, physical exercise, relaxation techniques, psychotherapy and Traditional Chinese Medicine.

The digestive system therapy route

The objectives of the therapy are:

- To prevent or improve digestive disorders and related symptoms
- To reduce risk factors and to simulate the immunological system
- To develop and practice abilities in order to eat healthily, perform physical exercise with regularity and learn relaxation techniques

The treatment combines the Buchinger Fasting Therapy or a whole food diet with colonic irrigation, nutritional consultations, physical exercise, relaxation techniques, massages, Traditional Chinese Medicine and reflex therapy.

The locomotor system therapy route

The objectives of the therapy are:

- To improve mobility and general well-being
- To ease symptoms of pain
- To reduce the inflammatory process
- To strengthen the muscles
- To eat a healthy and balanced diet

The treatment combines the Buchinger Fasting Therapy or a whole food diet with physiotherapy, osteopathy, acupuncture and physical exercise.

The respiratory therapy route

The objectives of the therapy are:

- To improve the long and short-term lung capacity
- To combat chronic inflammatory processes
- To develop and practice related abilities (physical exercise, healthy diet)
- To improve emotional well-being

The treatment combines the Buchinger Fasting Therapy or a whole food diet with physiotherapy, breathing rehabilitation, gentle but sustained physical exercise, psychotherapy, Traditional Chinese Medicine, nutritional consultations and colonic irrigation.

The healthy weight therapy route

The objectives of the therapy are:

- To understand the causes of overweight/obesity
- To learn healthy eating habits
- To perform regular physical exercise
- To find solutions on psychological level

The treatment combines the Buchinger Fasting Therapy or a low-calorie whole food diet with nutritional consultations, psychotherapy and a specifically designed programme of physical exercise.

The therapy route for moderate depressive episodes

The objectives of the therapy are:

- To balance cognitive and emotional processes
- To improve moods and motivation
- To reconnect with your internal strength
- To focus on a positive attitude

The treatment combines the Buchinger Fasting Therapy or a whole food diet with psychotherapy sessions, Traditional Chinese Medicine and physical activity.

The metabolic syndrome therapy route

This syndrome includes the combination of abdominal obesity, arterial hypertension, dislipidemia and resistance to insulin or diabetes mellitus type 2.

The objectives of the therapy are to reduce risk factors by:

- Eating a healthy diet
- Making physical activity part of your daily routine
- Practicing methods of stress-management

The treatment combines the Buchinger Fasting Therapy or a low-calorie whole food diet with nutritional counselling, relaxation techniques and individual fitness training.

The smoking addiction therapy route

The objectives of the therapy are:

- To strengthen the will-power to give up smoking
- To reduce symptoms of abstinence and anxiety
- To develop skills designed to overcome temptations, thereby preventing a relapse.

The treatment combines the Buchinger Fasting Therapy or a whole food diet with psychological training and Traditional Chinese Medicine.

The stress therapy route

The objectives of the therapy are:

- Physical and psychological relaxation
- Positive stress management through specific skills
- Confrontation strategies
- Thought control techniques

The treatment combines the Buchinger Fasting Therapy or a whole food diet with psychological techniques for stress management, Traditional Chinese Medicine, physical activity and relaxation exercises.

Inspiration NEW

The following inspirational routes take place in our House of Inspiration and are perfectly compatible with the other therapy routes:

- Strategies to recover from burnout
- Search for meaning
- Benefits of the void
- Search for creativity and new ideas.



Choose from our range of packages

Our packages vary according to the length of your stay, the room category and therapy requirements and include always the following: accommodation in the room category of your choice, all services in our Buchinger Wilhelmi Programme, basic medical assistance, a standard laboratory examination at the beginning and end of your stay, fasting provisions and readaptation food if you are fasting or a whole food lacto-ovo-vegetarian diet if you do not fast.

Each package also includes 210 €* per full week which can be used for the therapies and treatments recommended by your doctor or chosen by you. Therapies and treatments that exceed this amount will be invoiced separately.

Basic medical assistance

During your initial consultation, your doctor evaluates your state of health and carries out a thorough physical examination. He/she will also discuss the course of the stay with you and recommend therapies and treatments that make sense from a medical standpoint. You will be given two medical consultations a week to monitor your health situation and coordinate your therapies.

Our nurses look after and attend to our patient's needs every day. They carry out the morning health check, bring herbal tea to your room, apply liver compresses and take care of your intestinal hygiene. This sense of being in good hands is fostered by the 24-hour presence of a registered nurse in our clinic and the fact that our clinic doctors are on call around the clock.

We place great importance on documenting your health situation by carrying out a detailed analysis of your metabolic parameters. This is done in a standard laboratory examination at the beginning and end of your stay.

* Excluded: Medical Services, Beauty Treatments and Hair Care.

Fasting therapy packages

Classic (21 nights)

The original Buchinger Fasting Therapy

This is the programme originally recommended by Otto Buchinger. A 21-night fast provides the time you need to arrive, to settle in and prepare the body and mind for the full experience of fasting and readaptation. In this way, patients can experience the deep cleansing of the entire body and a renewal of the whole person.

Services included

Compulsory initial and final medical check-up and 2 medical consultations a week during your stay

Preparation of a personalized therapy plan

Compulsory initial and final standard laboratory examination

24-hour care by qualified nurses

210 € per full week to be applied to any of the following therapies and/or treatments: Nutrition, Psychotherapy and Coaching, Physical Therapy, Exercise, Relaxation, Spirituality

Physical and cultural activities available in the weekly group programme

Use of the facilities

Vegetable soups and freshly pressed juices during the fast, a maximum of 4 days on the readaptation diet and herbal teas and mineral water throughout your stay

Accommodation in the room category of your choice

Classic Light (14 nights)

The standard Buchinger Fasting Therapy

A stay of 14 nights is a variation suitable for patients who want to experience the therapeutic effects of fasting but have only two weeks time. The number of fasting days is reduced while still maintaining the preparation and readaptation days essential for the best benefits from the fasting process.

Services included

Compulsory initial and final medical check-up and 2 medical consultations a week during your stay

Preparation of a personalized therapy plan

Compulsory initial and final standard laboratory examination

24-hour care by qualified nurses

210 € per full week to be applied to any of the following therapies and/or treatments: Nutrition, Psychotherapy and Coaching, Physical Therapy, Exercise, Relaxation, Spirituality

Physical and cultural activities available in the weekly group programme

Use of the facilities

Vegetable soups and freshly pressed juices during the fast, a maximum of 4 days on the readaptation diet and herbal teas and mineral water throughout your stay

Accommodation in the room category of your choice

Compact (10 nights)

The basic Fast

The minimum length of stay for the fasting therapy is 10 nights (1 preparation day, 6 days of fasting and 3 complete days of readaptation back on to solid food). If you choose a stay of 10 nights, you must arrive before 3:00 pm on the scheduled date so that you can have lunch and dinner at the clinic.

Services included

Compulsory initial and final medical check-up and 2 medical consultations a week during your stay

Preparation of a personalized therapy plan

Compulsory initial and final standard laboratory examination

24-hour care by qualified nurses

210 € per full week to be applied to any of the following therapies and/or treatments: Nutrition, Psychotherapy and Coaching, Physical Therapy, Exercise, Relaxation, Spirituality

Physical and cultural activities available in the weekly group programme

Use of the facilities

Vegetable soups and freshly pressed juices during the fast, a maximum of 4 days on the readaptation diet and herbal teas and mineral water throughout your stay

Accommodation in the room category of your choice

If you do not want to fast or are unable to do so for health reasons, an additional fee of 74 € per day will be charged for wholemeal lacto-ovo-vegetarian meals.

Packages for a specific diet

Diet (as from 7 nights)

Always following the advice and recommendations from your doctor, you can also choose a diet carefully designed by our team of nutritionists in collaboration with our chef.

All diets are made with fresh, high quality ingredients, preferably grown in our organic vegetable gardens:

Whole food diets:

Highly nutritional lacto-ovo-vegetarian, complemented optionally with fish twice a week.

For patients with specific problems, such as, gastrointestinal disorders, diabetes, rheumatic diseases, food allergies and intolerances, your doctor will adapt your diet according to your needs.

Kousmine diet:

Rich in poliunsaturated fatty acids and high-quality nutrients which strengthen the immune system.

Services included

A lacto-ovo-vegetarian diet adapted to your needs (up to 1200 kcal) 74 €* per day

Compulsory initial and final medical check-up and 2 medical consultations a week during your stay

Preparation of a personalized therapy plan

Compulsory initial and final standard laboratory examination

24-hour care by qualified nurses

210 € per full week to be applied to any of the following therapies and/or treatments: Nutrition, Psychotherapy and Coaching, Physical Therapy, Exercise, Relaxation, Spirituality

Physical and cultural activities available in the weekly group programme

Use of the facilities

Herbal teas, mineral water

Accommodation in the room category of your choice

* Diets for more than 1200 kcal have a 17 € surcharge per day.

Services included in your stay

Medical services

Included

The following medical services, estimated at 84 € per day (tax-free), are included in all our prices:

Medical consultation

24-hour care by qualified nurses

24-hour emergency medical assistance

Private emergency ambulance service

Brief informative consultation with the acupuncturist (15')

“Roeder” therapy

Use of facilities

Included

- Art studio with access to the garden [NEW](#)
- Cinema
- Demonstration kitchen
- Gardens with organic vegetable gardens and a natural garden
- Gym
- Heated outdoor swimming pool
- House of Inspiration [NEW](#)
- Internet office
- Lecture rooms
- Library with chimney
- Parking
- Sauna, Fitness and Pilates Pavilion
- Silence room [NEW](#)
- Tennis court
- Yoga room [NEW](#)

Weekly group activity programme

Included

- Accompanied walks
- Aquagym
- Art workshops in the garden [NEW](#)
- Concerts
- Courtesy bus for afternoon trips to Marbella and Puerto Banús
- Creative expression workshops
- Dancing lessons
- Dietetic cookery demonstrations
- Gymnastics (different levels and types)
- Integral Yoga: asanas, pranayama and meditation
- Lectures and discussions on health related topics
- Meditation on the beach
- Nordic walking
- Pilates
- Powerwalking
- Qi-gong/Tai chi
- Relaxation exercises
- Sound massage with Tibetan Bowls
- Special activities in the House of Inspiration [NEW](#)
- Zumba















Room categories and prices

The prices include the services listed under “Choose from our range of packages” and are per person.



Villa Maria			Classic Fast	Classic light Fast	Fast	Compact Fast	Fast	Diet (up to 1200 Kcal)	Diet (up to 1200 Kcal)
			21 nights	14 nights	Additional week	10 nights	Additional night	7 nights	Price per day
Penthouse Suites Suite Mediterráneo: south facing, approx. 84 m² and terrace, 24 m², with sea views, double bed (210 x 210 cm), iPod-station, kitchenette, bathroom with a hydromassage bathtub, shower, WC and bidet. Available with connecting door.			35.230 €	23.660 €	11.036 €	18.175 €	1.730 €	13.207 €	1.804 €
			23.959 €	16.145 €	7.467 €	12.395 €	1.152 €	9.161 €	1.226 €
Penthouse Suites Suite Bellavista: south facing, approx. 68 m² and partially surrounding terrace, 48 m², with sea and mountain views, double bed (210 x 210 cm), iPod-station, kitchenette, bathroom with a hydromassage bathtub, shower, WC and bidet. Available with connecting door. Suite La Concha: south facing, approx. 68 m² and terrace, 48 m², with sea views, double bed (210 x 210 cm), iPod-station, kitchenette, bathroom with a hydromassage bathtub, shower, WC and bidet.			32.344 €	21.735 €	10.122 €	16.695 €	1.582 €	12.171 €	1.656 €
			22.399 €	15.105 €	6.973 €	11.595 €	1.072 €	8.601 €	1.146 €
Junior Suite South facing, double bed (210 x 210 cm), iPod-station, bathroom with bathtub, shower, WC and bidet. Available with connecting terraces. · approx. 42 m² and terrace, 12 m², with sea views. · approx. 42 m² and private garden, 34 m².			13.254 €	9.010 €	4.077 €	6.905 €	603 €	5.318 €	677 €
			10.309 €	7.045 €	3.145 €	5.395 €	452 €	4.261 €	526 €
Executive North-facing, approx. 33,5 m² and terrace, 9,5 m², double bed (210 x 200 cm), bathroom with bathtub, WC with integrated bidet. Available with connecting terraces.			9.471 €	6.485 €	2.890 €	4.965 €	409 €	3.960 €	483 €
			7.618 €	5.250 €	2.293 €	4.015 €	314 €	3.295 €	388 €

All rooms are equipped with: safe, telephone, Wi-Fi, central heating/air conditioning, hair-dryer, bathrobe, slippers, pillow menu, mattress menu and tea-maker tray.
For further pictures of our room categories, see our homepage at www.buchinger-wilhelmi.com/en/marbella/#Zimmer

 Single Room  Double Room | Price per person V.A.T. included.

Main house			Classic Fast	Classic light Fast	Fast	Compact Fast	Fast	Diet (up to 1200 Kcal)	Diet (up to 1200 Kcal)
			21 nights	14 nights	Additional week	10 nights	Additional night	7 nights	Price per day
Superior Single room: south and east facing, approx. 21 m² and terrace, 6 m², garden views, single bed (105 x 200 cm), bathroom with bathtub or shower, WC and bidet. Available with connecting terraces. Double room: south, east and west facing, approx. 32 - 38 m² and terrace, 11 m², garden views, double bed (210 x 200 cm), bathroom with bathtub or shower, WC and bidet.			8.632 €	5.930 €	2.615 €	4.535 €	366 €	3.659 €	440 €
			8.106 €	5.575 €	2.445 €	4.265 €	339 €	3.470 €	413 €
Comfort Single room: west facing, approx. 21 m² and terrace, 6 m², single bed (105 x 200 cm), bathroom with bathtub or shower, WC and bidet. Double room: south facing, approx. 33 m² and terrace, 6 m², double bed (210 x 200 cm), bathroom with bathtub or shower, WC and bidet.			7.891 €	5.435 €	2.380 €	4.155 €	328 €	3.393 €	402 €
			7.657 €	5.280 €	2.305 €	4.035 €	316 €	3.309 €	390 €
Standard Plus Single room: north and west facing, approx. 17 m², single bed (105 x 200 cm), bathroom with shower, WC with integrated bidet or bidet. Double room: east facing, 26 m², double bed (200 cm x 200 cm), bathroom with bathtub, WC.			6.565 €	4.550 €	1.960 €	3.475 €	260 €	2.917 €	334 €
			6.078 €	4.225 €	1.805 €	3.225 €	235 €	2.742 €	309 €
Standard Single room: east facing, 16 m², single bed (105 x 200 cm), bathroom with shower, WC and bidet. Double room: north and east facing, approx. 21 m², double bed (200 x 200 cm), bathroom with shower, WC with integrated bidet.			6.429 €	4.460 €	1.915 €	3.405 €	253 €	2.868 €	327 €
			5.785 €	4.030 €	1.710 €	3.075 €	220 €	2.637 €	294 €

All rooms are equipped with: safe, telephone, Wi-Fi, central heating/air conditioning, hair-dryer, bathrobe, slippers, pillow menu, mattress menu and tea-maker tray.
For further pictures of our room categories, see our homepage at www.buchinger-wilhelmi.com/en/marbella/#Zimmer

 Single Room  Double Room | Price per person V.A.T. included.



Prices for individual treatments

Our basic medical treatment is supplemented by a wide range of individual treatments. Which of these many services you choose depends on the state of your health.

Integrative Medicine

Classical Medicine

Diagnostics

Compulsory initial and final medical check-up - included in all package rates -	175 €
Electrocardiogram	75 €
Spirometry	107 €
Sonography (abdominal, thyroid)	each 109 €
Colour-coded duplex sonography of the cerebral arteries	109 €
Compulsory standard laboratory examination - included in all package rates -	194 €

Includes: VSD, haematological blood count, urine test, glucemia, total cholesterol, HDL, LDL, triglycerides, GOT, GPT, TSH, Gama-GT, uric acid, urea, creatinine, calcium, potassium, vitamin B12, sodium, magnesium and vitamin D.

Optional laboratory tests

PSA 34,60 €, HbA1 19,50 €, Helicobacter pylori 33,80 €, INR/Quick 18,40 €, HIV 34,60 €, etc.
Genetic tests, food intolerance tests and other types of analysis are available on request.

Neural therapy	40 €
Medical chiropody	61 €

Sports and musculoskeletal medicine

Musculoskeletal consultation	105 €
Musculoskeletal sonography	109 €
Infiltration (homeopathy)	125 €
Infiltration with Crespine Gel	411 €
Follow-up consultation	78 €

Rheumatology NEW

Rheumatology consultation NEW	150 €
Musculoskeletal sonography	109 €
Infiltration (homeopathy, cortisone)	125 €
Infiltration with Biovisc	411 €
Follow-up consultation NEW	78 €

Naturopathy

Colonic irrigation therapy	Without ozone	With ozone
1 st session	133 €	143 €
2 nd session	128 €	138 €
3 rd session	117 €	128 €

Systemic ozone therapy

· Intravenous	131 €
· Rectal	98 €
· Local ozone therapy	65 €

Traditional Chinese Medicine (TCM)

Private information session	15' / no charge	Auto-immune disorders / arthrosis	8 sess. / 607 €
Initial consultation (energy study)	95 €	Neurological damage (sensory / motoric)	9 sess. / 677 €
Initial consultation + first TCM treatment	120 €	Numerous chronic pathologies	10 sess. / 748 €
Additional acupuncture treatments	76 €	Medical services prescribed by our doctors are exempt from V.A.T.	
Additional acupuncture + moxatherapy treatments or cupping therapy	99 €		
Additional moxatherapy treatments or cupping therapy	40 €		

Medical acupuncture treatments

Energy regulation / initial fasting support	3 sess. / 260 €	Qi-gong / Tai chi	30' / 55 € 60' / 100 €
Break the smoking habit / arthritis (foot, knee, elbow, shoulder)	4 sess. / 329 €	Qi-gong for better breathing	4 sess. x 45' / 288 €
Tinnitus / cardiac arrhythmias / anxiety-stress	5 sess. / 405 €	Qi-gong for balance	5 sess. x 45' / 358 €
Urinary incontinence (electroacupunture / moxatherapy)	5 sess. / 526 €	Qi-gong for recovery of physical well-being	5 sess. x 45' / 358 €
Face lift: Initial consultation + first treatment	188 €	Energizing self-massage	30' / 55 € 60' / 100 €
Additional lifting treatment	139 €	V.A.T. included	
Complete package	6 sess. / 835 €		
Chronic pain / sexual energy toning / psycho-physical depression	6 sess. / 466 €		
Chronic respiratory complaints / treatment for excess weight	7 sess. / 536 €		

Psychotherapy and Coaching

Psychotherapy / Psychosomatics

Brief information about therapies	15' / no charge	Brief therapy focused on solutions	3 sess. / 427 € (1 st sess. 90' - 2 nd sess. 60' - 3 rd sess. 60')
Initial psychotherapy session	90' / 193 €	Techniques of Mindfulness	3 sess. x 60' / 366 €
Additional psychotherapy sessions	60' / 129 €	Medical services prescribed by our doctors are exempt from V.A.T.	
Follow-up consultation by telephone or Skype	60' / 129 €		
Individual relaxation exercises	30' / 66 €		
Family constellation (individual session)	120' / 255 €		
Couple therapy	60' / p.p. 82 €		

Personal Coaching

Brief information about coaching	15' / no charge
Life and occupational coaching	50' / 142 €
Mental fitness training	4 sess. x 60' / 489 €
V.A.T. included	

Special treatments

DMC: Body memory deactivation	3 sess. x 50' / 313 €
EFT: Emotional freedom technique (1 st sess. 90' - 2 nd sess. 60' - 3 rd sess. 60')	3 sess. / 427 €
How to recover well-being and a healthy weight (1 st sess. 90' - 2 nd sess. 60' - 3 rd sess. 60' - 4 th sess. 60')	4 sess. / 550 €
Psychological help to break the smoking habit (1 st sess. 90' - 2 nd sess. 60' - 3 rd sess. 60' - 4 th sess. 60')	4 sess. / 550 €
EMDR (Eye Movement Desensibilization and Reprocessing) (1 st sess. 90' - 2 nd sess. 60' - 3 rd sess. 60' - 4 th sess. 60')	4 sess. / 550 €

Nutrition and Dietetics

Counselling

Brief information about therapies	10' / no charge
Nutritional coaching	50' / 115 €
Skills to improve your eating habits	2 sess. x 50' / 225 €
How to live well with your diabetes	4 sess. x 50' / 420 €
How to achieve and maintain a healthy weight	420 €
3 sess. x 50' during your stay 2 sess. x 25' via Skye / telephone	
Healthy eating with the Kousmine method	2 sess. x 50' / 225 €

Feel well after Buchinger

Follow-up coaching by Skype or telephone	25' / 58 €
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Cookery lessons

Personalized cookery classes with the nutritionist	1 pers. 120' / 206 € 2 – 3 pers. 120' / p.p. 130 €
Kousmine cookery class	1 pers. 120' / 206 € 2 – 3 pers. 120' / p.p. 130 € 4 – 5 pers. 120' / p.p. 90 €

Physical Therapy

Physiotherapy

Therapeutic massage *	20' / 47 € 40' / 94 € 50' / 123 €
Rehabilitation exercises *	20' / 47 € 40' / 94 € 50' / 123 €
Rehabilitation of the pelvic floor *	20' / 47 € 40' / 94 € 50' / 123 €
Breathing rehabilitation *	40' / 94 €
Massage and mobilization of the joints *	50' / 102 €
Corrective posture exercises *	40' / 105 € 50' / 123 €
Kinesiology *	50' / 123 €
Electrotherapy *	30' / 49 €
Galvanic current hydrotherapy *	10' / 64 €
Underwater massage + galvanic current hydrotherapy *	30' / 119 €
Myofascial release therapy *	40' / 94 € 50' / 123 €
Motor control physiotherapy	NEW 50' / 123 €

Massages

Of European origin

Massage, full body	40' / 70 € 50' / 100 €
Massage, localized	20' / 39 €
Colonic massage *	20' / 36 €
Massage with warm roller Massage, full body + warm roller	40' / 70 € 50' / 99 €
Special massage for tired feet and legs	30' / 54 €

Of Asian-Pacific origin

Traditional Thai massage	50' / 109 €
Japanese facelift massage	50' / 88 €
Traditional Chinese massage (Tuina)	30' / 55 € 50' / 109 €
Shiatsu	50' / 109 € 90' / 170 €
Ayurvedic Indian head massage	40' / 72 €
Relaxing head massage	30' / 55 €
Thai foot reflex zone massage	40' / 79 €
Californian massage	40' / 83 € 50' / 102 €

V.A.T. included
* These physiotherapeutic services prescribed by our doctors are exempt from VAT.

Hydrotherapy and packs

Underwater massage	20' / 71 €
Underwater massage with seaweed	20' / 77 €
Seaweed bath with body brushing	20' / 77 €
Thermotherapy with parafango	20' / 39 €
Cold seaweed wraps	40' / 39 €
Jet shower	15' / 55 €
Cold wraps + cranial face massage	45' / 85 €
Cold wraps + relaxing head massage	45' / 85 €
Cold wraps + face reflex zone massage	45' / 85 €
Thermotherapy parafango + face reflex zone massage	30' / 79 €
Thermotherapy parafango + jet shower	50' / 90 €

Osteopathy

Osteopathy *	40' / 110 € 50' / 133 €
Craniosacral therapy	40' / 88 € 50' / 120 €

Further treatments

Lymph drainage, body	50' / 110 € 80' / 147 €
Lymph drainage, face	20' / 46 €
Foot reflex zone massage Dr. Marquardt Method	40' / 79 €
Facial reflex zone massage	40' / 79 €

Exercise and Relaxation

Exercise

Personal training	1 pers. 40' / 71 € 1 pers. 50' / 85 € 2 pers. 40' / p.p. 51 € 2 pers. 50' / p.p. 56 €	Self myofascial release techniques / The Melt Method®	40' / 71 € 50' / 85 €
Specialized personal training	40' / 71 € 50' / 85 €	Trekking	NEW 1 pers. 120' / 152 € 1 pers. 180' / 228 € NEW 2 pers. 120' / p.p. 106 € 2 pers. 180' / p.p. 160 €
· TRX® suspension training · Functional Training · Cardio boxing · Spinning		Mountain biking	1 pers. 120' / 150 € 2 pers. 120' / p.p. 105 €
Pilates	1 pers. 40' / 85 € 1 pers. 50' / 104 € 2 pers. 40' / p.p. 62 € 2 pers. 50' / p.p. 69 €	Nordic walking (with or without gymstick)	1 pers. 45' / 77 € 1 pers. 60' / 101 € 2 – 6 pers. 45' / p.p. 42 € 2 – 6 pers. 60' / p.p. 55 €
Pilates for the back	40' / 85 € 50' / 104 €	Private lessons in the water	30' / 53 € 50' / 85 €
Pilates / The Melt Method®		· Swimming lessons · Personal training in the water · Swimming for the back	
· For the hands · For the feet · For hands and feet	20' / 47 € 40' / 85 € 50' / 104 €	Dancing classes	30' / 54 € 60' / 99 €
Weight loss training	50' / 85 € 4 sess. x 50' / 321 €	Natural face lifting exercises	20' / 47 €
Balance and coordination training	40' / 71 € 50' / 85 €	Eye exercises	20' / 47 €
		Tennis	Ask for prices.

Some activities require medical consent.

Relaxation

Aromatherapy using organic essential oils	55' / 114 €
Aromatherapy Relax with alpha, theta and delta wave music	NEW 3 sess. x 55' / 325 €
Aromatherapy Detox	3 sess. x 55' / 325 €
Hot stone therapy	90' / 201 €
Aromatherapy with rice pindas	90' / 201 €
Abhyanga - Ayurvedic warm-oil massage	NEW 50' / 114 €
Tibetan bowl sound massage	55' / 100 €

Further therapies

Ethiotherapy - cellular memory (holistic therapy)	60' / 165 € 3 sess. x 60' / 439 €
Reiki	55' / 106 €
Ear candling	
1 ear 2 ears	26 € 48 €

Inspiration and Spirituality

Art lessons	120' / 163 € 4 sess. x 120' / 604 € 2 - 4 pers. 120' / p.p. 83 €
Art therapy	120' / 163 €
Lu Jong - Tibetan healing yoga *	2 sess. x 90' / 366 € NEW 2 pers. 2 sess. x 90' / p.p. 185 € NEW 5 - 8 pers. workshop 225' / p.p. 90 €
Mindfulness and Lu Jong *	732 €

3 sess. x 60' techniques of Mindfulness
2 sess. x 90' Lu Jong (Tibetan healing yoga)

* Medical services prescribed by our doctors are exempt from V.A.T.

Integral Yoga

Asanas	1 pers. 55' / 100 € 2 pers. 55' / p.p. 68 €
Pranayama	45' / 77 €
Neti, incl. recipient	25' / 59 €
Meditation	30' / 55 €
Course in body-mind balance	4 sess. x 55' / 382 €
Yoga	3 sess. x 55' / 288 €
Advanced hatha yoga	3 sess. x 55' / 288 €

V.A.T. included

Beauty Treatments

Skin Care

Facial treatments

Buchinger Purifying Detox	134 €
Sacred Nature 100% Organic	NEW95 €
Collagen Mask	111 €
Wish - rejuvenating treatment	134 €
Diamond Whitening System	134 €
Stem Cell	134 €
Unstress	109 €
Radiance DNA Global well-aging solution	139 €
MC110 well-aging treatment (lifting effect)	NEW160 €
Restructuring treatment	NEW160 €
Skin Regimen	NEW60 €
Well-aging for eyes	62 €
Facial massage	53 €

Body treatments

Body peeling	80 €
House of Inspiration Ritual	NEW110 €
Skin-firming treatment	1 sess. / 120 € 6 sess. / 659 €
Localized reduction and anti-cellulite treatment	1 sess. / 120 € 6 sess. / 659 €
Algae wrap	120 €
Body Active	NEW110 €
Aromasoul	NEW110 €
AWT® STORZ (acoustic wave therapy)	40' / 89 € 60' / 120 €

Specific treatment for men

Buchinger Purifying Detox (facial)	134 €
Facial-hydrating and relaxing	99 €
Body peeling	80 €
Waxing chest or back	47 €
Waxing full leg	82 €

Waxing

Armpits	22 €
Bikini	22 €
Full bikini	37 €
Arms	40 €
Face	39 €
Upper lip or chin	18 €
½ leg	47 €
Full leg	59 €

Eyelashes and eyebrows

Eyebrow waxing	22 €
Eyebrow tint	18 €
Eyelash tint	20 €
Eyelash and eyebrow tint	33 €

Manicure and pedicure

Manicure	36 €
Cosmetic pedicure	51 €
Nail varnish only	16 €
Shellac removal	35 €

Hair Care

· Hair advice
· Wash, cut, blow dry
· Intense Shiseido hair care
· Keratin hair care
· Highlights / Colour L’Oreal / Tinting / etc.
· Cut / specific hair care (gentlemen)
Ask for prices

Services for your comfort

TV rental (per day)	5 €
Room service (per service)	6 €

Interpreter service - Russian and Arabic
For patients who do not speak English, French, German or Spanish and require special support by an interpreter in Arabic 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 the initial examination and doctors’ appointments, for filling out medical questionnaires and planning therapies.

The interpreter service will be billed.

V.A.T. included

This price list is an extract from our wide-ranging Buchinger Wilhelmi programme. Upon your arrival, you will be provided with a more detailed information about all that Buchinger Wilhelmi has to offer to you.

A special thank you

For recommending us!

If you have already been a guest at Buchinger Wilhelmi and this experience has made you want to recommend a new patient to come for a stay of a minimum of 10 days, we would be delighted to offer you **one bonus day** at our clinic as a token of our gratitude.

Visiting us in December

When the year is almost over, and a new one is just ahead, full of projects and goals, what better time to take a break? It is a time to enjoy the calmness that allows us to take stock of the past year and start a new one with renewed strength and mental clarity. During this month, our programme is focused on encountering your real self and spiritual withdrawal and growth.

From December 1 to 31 you will receive a 10 % discount on the price of your room.



What should I bring with me?

The Reception Desk is open daily from 7.15 am to 11.00 pm. On your arrival day your room will be available from 4.00 pm. On the day of your departure you are requested to vacate your room by 12 noon.

Make sure you bring the following items:

One of the good things about fasting is getting by with very little, so please do not overload your suitcase.

Up-to-date medical reports if available. Medicine which you take regularly, in sufficient quantities or relevant prescriptions from your GP.

Comfortable daywear.

Sportswear and, where appropriate, tennis and golf clothing, **comfortable footwear** for beach and mountain walks and the gym.

Rainwear and a **warm pullover** are recommended for excursions.

Swimwear.

Dressy items of clothing for dinner or special occasions.

Wristwatch.

Perhaps a **diary** or journal and **books** you have been long wanting to read.

Towels, a bathrobe, slippers and hairdryer are provided in your room.

How to find us?



GPS
N 36°31'06.0"
W 4°54'42.4"

From Cádiz:

A7 / E15
Exit 181
Nagüeles
C/ Alora
C/ Pizarra
Av. Buchinger

From Puerto Banús:

CN - 340
Blvar. Ashmawi
C/ Pizarra
Av. Buchinger

From Marbella:

Av. Ricardo Soriano
Av. J. de Mora y Aragón
Av. Buchinger

From Málaga:

A7 / E15
Exit 182
Nagüeles
C/ Alora
C/ Pizarra
Av. Buchinger

Clinic rules

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. All patients must sign a corresponding agreement upon arrival.

1. For medical reasons, certain rest times must be observed during fasting. To ensure that all patients are able to rest at midday and at night, please show consideration (by closing the doors, not talking on the phone, using the shower, etc.) between 01.30 and 03.15 p.m. and between 10.00 p.m. and 08.00 a.m. All external doors are locked at 12.00 midnight. Nevertheless, the security guard will allow you to enter on foot until 02.00 a.m. Cars must be left outside.
2. **Mobile phone calls are not allowed anywhere on the clinic premises, on organised walks or excursions. The use of mobile phones, smartphones and the like is forbidden in the dining room, lounge and therapy areas.** You are requested to restrict the use of your telephone exclusively to your own room, and, out of respect for your neighbours, ensuring that your balcony doors and windows are firmly closed.
3. Since your ability to react may be affected during therapeutic fasting, you are advised to consult with your doctor before performing activities such as swimming in the sea, horse riding or driving.
4. Patients who spend the night away from the clinic without the consent from the doctor or the senior nurse may be required to interrupt their therapy and are liable to pay any expenses incurred.
5. The minimum age for admittance to Buchinger treatments is 18 years. In exceptional circumstances, admission may be conceded to teenagers of 16 years, accompanied by parents or a tutor and only with the agreement of the clinic management and the heads of the medical department.
6. **Buchinger Wilhelmi enforces a strict ban on smoking, on the consumption of alcohol** and any food not included in the prescribed diet plan, both throughout the clinic premises as well as on walking tours and in patients' rooms.
7. Buchinger Wilhelmi considers the full concealment of face (face veil) undesirable. It is essential for us to ensure correct identification and the thorough performance of medical examinations and therapies. In the pool area only quick drying spandex or lycra swimwear is allowed. In the dining room, you are requested to kindly refrain from wearing bathrobes for lunch and dinner.
8. Our swimming pool is open from 09.30 a.m. to sunset. A pool attendant is on duty to supervise the pool area at scheduled times which vary according to season. Patients, who choose to use the pool outside this timetable, do so at their own responsibility. The use of the sauna is always at the responsibility of the patient.
9. Your sense of smell is extremely sensitive during fasting: artificial perfumes (all of which nowadays comprise synthetic fragrance molecules) can be extremely disturbing for those fasting. Even perfumes 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.
10. Pets are not allowed.
11. On accompanied excursions or walks, assistance can only be guaranteed for those patients who remain with the group.
12. People with reduced mobility or who use wheelchairs should consider that access in the garden and some other facilities may not be entirely suited to their needs.
13. Provision of external services in the clinic or the room is not permitted.
14. External visits may stay at the clinic from 09.00 a.m. to 10.00 p.m.
15. Compliance with the rules and regulations set out in the clinic rules is of vital importance for the success of your treatment. This also applies to the instructions given by medical staff, nursing staff and other senior personnel.
16. In case of repeated non-compliance with these rules or instructions, the clinic management reserves the right to discontinue treatment. The costs must be borne by the patient.

General terms and conditions

I. Services / Rates

1. Patients who check-in to the clinic are expected to be acquainted with and abide by the prices and conditions of Buchinger Wilhelmi.
2. V.A.T. is included in all prices. Medical services prescribed by our doctors are tax-free.
3. Buchinger Wilhelmi reserves the right to change prices which will not come into effect until after publishing. The present price list replaces all previous lists.
4. The prices do not include medicines.

II. Conclusion of contract / Cancellation

1. **a) To make a reservation a prepayment of 1500 € is required, accompanied by the duly completed reservation form. Payment can be made by indicating your valid credit card details and a signature authorizing the transaction, or by bank transfer.**

b) On arrival at the Reception you will be required to present your valid credit card in order to check in to the clinic, which will duly charge 50% of the cost of your stay to this card.

c) The invoice must be paid before you leave.
2. **The reservation can be cancelled with full refund up to 21 days prior to arrival date in writing only. After this, patients will be charged the following cancellation fees charged from the deposit:**
I. 20 to 14 days before arrival = 750 €
II. 14 to 7 days before arrival = 1000 €
III. less than 7 days before arrival = 1500 €

Patients who depart before schedule or arrive after schedule will be charged the value of two days of stay.
3. **We reserve the right to apply the price currently indicated in our price list to your stay in the event of it not coinciding with the price quoted in the confirmation sent by our Reservation Department.**
4. The booking confirmation secures admission to the clinic before the patient's arrival. The type of therapy to be undergone by the patient can only be decided after the

initial medical check-up. In case of doubt, please contact our medical secretary.

5. Guests who stay less than five nights are considered as lodging visitors and will not be charged for a medical check-up. Guests who **stay for five days or longer** will be considered as **patients** and will be charged the general fees, since in this case the medical check-up is mandatory.
6. **Individual appointments** have to be cancelled **at the latest the day before the appointment** (Monday - Friday until 03.00 p.m., weekends and bank holidays until 01.30 p.m.) at the Planning desk otherwise they will be charged in full.
7. Meals or treatments not taken will not be refunded.
8. To guarantee that the patient's treatment is carried out properly, the clinic reserves the right to engage the services of an interpreter at the patient's expense, should the attending doctor or the clinic management establish such a necessity.
9. If a patient explicitly requests to be attended only by man or by a woman, we will make every effort to respect this preference; however we regret that it is not always possible.
10. For longer treatment, cookery and counselling sessions, the prices increase proportionally.
11. Please note that bookings made over the New Year period may be subject to a change of price.

III. Arrival / Departure

1. Patients will be allotted the room category according to specifications given when the booking was made. Due to diverse organisational reasons, we cannot guarantee a particular room number.
2. Arrival and departure days are charged as one single day. Rooms are available from 4.00 pm on arrival day and should be vacated **before 12.00 noon on departure day**.
3. Changes of dates or length of stay are possible only by agreement with the Reservation Department, and depending on room availability.

IV. Valuables / Liability

1. You are advised to make use of the safe in your room. Our insurance covers its contents up to an equivalent of 3.000 €.
2. Cars parked on the car park and their contents are excluded from insurance coverage. The same applies to objects or personal property left in deposit.

V. Terms of payment

· Advanced transfer to one of our bank accounts:

Deutsche Bank
IBAN: ES 54 0019 0091 42 4010186603
SWIFT CODE (BIC): DEUTESBBXXX
Deutsche Bank / Marbella
Account number 0019 / 0091 / 42 / 4010186603

Bankinter
IBAN: ES 06 0128 7727 60 010236 3323
SWIFT CODE (BIC): BKBKESMM
Bankinter / Marbella
Account number 0128 / 7727 / 60 / 0102363323

· Cash
(residents in Spain: in order to pay in cash, the bill must amount to less than 2500 € in total)

· Credit cards
(American Express, Mastercard, Visa)

Contact and Reservation Team

Our Reservation Team will be pleased to help you at any time from Monday to Saturday, 9.00 a.m. – 4.00 p.m., by phone, e-mail or post. Of course you are also welcome to drop by at any time during your visit.

Family or friends of patients staying at the clinic who would like to accompany them, without medical care or therapies, can request accommodation at our Guest House “La Mariposa”, just 2 minutes walk from the clinic. For more information, please contact our Reservations team.

We will be happy to give you advice on all aspects of your stay.

reservas@buchinger-wilhelmi.es

T + 34 952 76 43 01

F + 34 952 76 43 05

www.buchinger-wilhelmi.com



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