

What we offer 2024

Service and Prices Marbella

BUCH/NGER
W/LHELM

Welcome to Buchinger Wilhelmi Marbella!

With this new brochure we are happy to detail all the news about our Buchinger Wilhelmi **AMPLIUS® | MED** programme, including the different types of stays and the services available for your choice. Our multidisciplinary concept covers all aspects of your stay with us: therapeutic fasting, nutritional supplements, a balanced diet, medical care, complementary treatments and a thorough daily monitoring by our nursing team, as well as numerous choices including physical exercise, relaxation, inspiration and spirituality. The 50th anniversary of our clinic gave us the unique opportunity to organize a medical congress based on the fields related to fasting, nutrition and longevity. As a result of our ongoing training, this year we can offer new medical treatments and specialized consultations such as different genetic tests and vitamin therapy. For our new patients, first contact consultations with our nutritionists, psychologists or fitness trainers will enable us to offer you a more personalized programme. Furthermore, thanks to the work of our R&D department in the kitchen and good collaboration with the farmers of the ARF (AmpliusRegenerative Food), this year we can offer even more variety of 100 % organic, local, seasonal and of course, healthy dishes. Our scientific department has also grown and continues to discover new benefits appropriate to our method such as those related to Long Covid or antioxidant mechanisms. You can follow various publications on our Buchinger Wilhelmi YouTube channel as well as on our website. We look forward to hearing from you and will be happy to answer any questions or suggestions you may have.

Kind regards from Marbella
Your management and the Buchinger Wilhelmi team



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



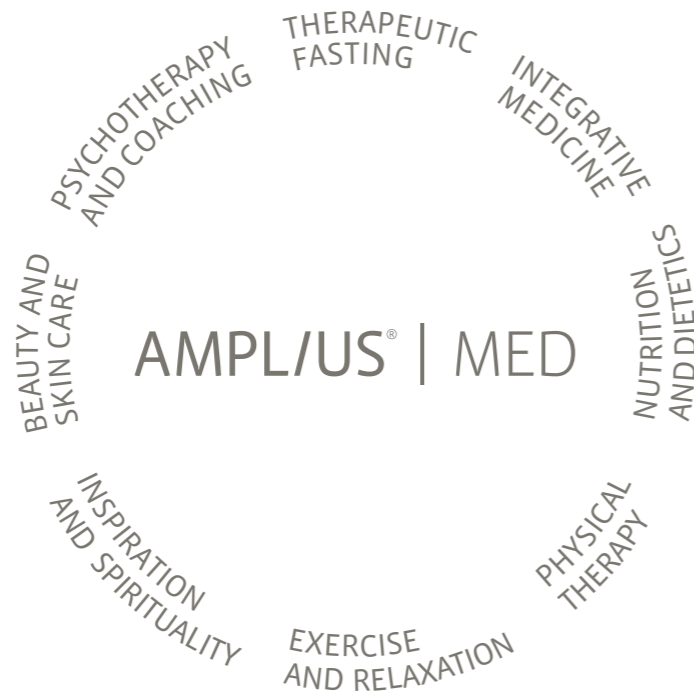
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Buchinger Wilhelmi AMPLIUS® | MED programme



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

Therapeutic Fasting

Therapeutic Fasting is based on the ability of the human organism to temporarily live off its fat reserves and to cleanse itself in the process.

How does this happen? The Therapeutic Fasting:

- 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.
- Powerfully revitalizes 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 to fasting. A light high fibre diet for at least one day enables 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. For your fasting therapy to have the desired effect, the readaptation phase is an absolute necessity, so **it is essential to do it in the clinic.**

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 of 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. The wide range of incentives and suggestions we offer will 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

Physical activity, preferably outdoors, is decisive to obtain optimal results. Throughout your stay you will be able to join in a varied programme that includes various group activities such as strengthening exercises, including Pilates, yoga, meditation, Qi Gong and others, guided by a professional instructor, that will help you to maintain and improve your physical condition.

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 embrace these needs by offering 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

Physical and psycho-emotional well-being are closely linked. In our beauty and hairdressing salons you can receive the expert care necessary to make your body and hair look better, which, in turn, improves your sense of well-being.



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
- Mild depressive episodes
- Chronic fatigue

IMMUNE SYSTEM IMBALANCE

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

SKIN DISEASES

- Acne
- Psoriasis
- Neurodermatitis

> Our clinic is not medically equipped to treat drug addiction and other dependencies, severe alcoholism or eating disorders such as anorexia and bulimia.

Our therapy routes

The aim is to offer our patients a specially adapted treatment in order to promote their health and wellbeing, to cure their illnesses and alleviate their ailments. The therapy routes provide a multidisciplinary treatment as part of a long-term learning process in order to change life-style habits.

The cardiovascular therapy route

The objectives of the therapy are:

- Reduce risk factors and improve existing conditions (arterial hypertension, dyslipemia, coronaropathy, diabetes)
- To reduce or eliminate medication
- To develop and practice abilities (physical exercise and relaxation)

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

The inspirational routes

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

- The relaxation route
- The connection-with-oneself route
- The creativity route

Our packages

Based on our extensive experience we have designed different stay options at Buchinger Wilhelmi so that our patients can achieve an optimal result in the time available to them.

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 **AMPLIUS® | MED** programme
- Basic medical assistance
- A standard laboratory examination at the beginning and end of your stay
- Beverage
- Juices, broths and readaptation food for fasting patients
- A whole food lacto-ovo-vegetarian diet if you do not fast
- Each package also includes 35€* per night 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 status 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: Specialised medicine, Beauty Treatments and Hair Care.

Fasting therapy packages

Classic Royal (28 nights)

The royal road to healing and health. Original therapeutic fasting over an extended period of time. Ideal for guests who want, or need, to take more time – more time for fasting and for themselves. Especially for patients suffering from a health-related disorder or a serious illness, a stay of 28 nights or more is recommended and beneficial for your health.

Classic (21 nights)

The original Therapeutic Fasting. 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.

Classic light (14 nights)

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.

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.

* Excluded: Specialised medicine, Beauty Treatments and Hair Care.

Services included in all fasting packages

Buchinger Wilhelmi **AMPLIUS® | MED** programme
Medical care including 2 medical consultations for every 7 nights.
Compulsory initial and final standard laboratory examination

24-hour care by qualified nurses

Preparation of a personalized therapy plan

35 € per night * to be applied to any of the following therapies and/or treatments: Nutrition, Psychotherapy and Coaching, Physical Therapy, Exercise, Relaxation, Spiritualit

All group activities included in the weekly programme

Accommodation in the room category of your choice

Use of the facilities

Organic 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

If you do not want to fast or are unable to do so for health reasons, an additional fee of 95 € per day will be charged for wholemeal lacto-ovo-vegetarian meals.

Packages for a specific diet

Diet Time Out (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 meals are made with fresh, high quality ingredients, mostly grown in our organic vegetable gardens:

Whole food lacto-ovo-vegetarian diet
Highly nutritional lacto-ovo-vegetarian, complemented optionally with fish three times 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.

Whole food diet with supplements according to the dr. Kousmine method
Rich in poliunsaturated fatty acids and high-quality nutrients which strengthen the immune system.

Services included in all diet packages

Buchinger Wilhelmi AMPLIUS® MED programme Medical care including 2 medical consultations for every 7 nights. Compulsory initial and final standard laboratory examination
24-hour care by qualified nurses
Preparation of a personalized therapy plan
35 € per night * to be applied to any of the following therapies and/or treatments: Nutrition, Psychotherapy and Coaching, Physical Therapy, Exercise, Relaxation, Spiritualit
11 group activities included in the weekly programme
Accommodation in the room category of your choice
Use of the facilities
Whole food lacto-ovo-vegetarian diet adapted to your needs (up to 1,200 kcal) 95 € per day **, herbal teas and mineral water throughout your stay

* Excluded: Specialised medicine, Beauty Treatments and Hair Care.
** Diets for more than 1,200 kcal have a 20 € surcharge per day.

Services included in your stay

Medical services

The following medical services, estimated at 150 € 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 min.)
»Roeder« therapy

Use of facilities

- Art studio with access to the garden
- Cinema
- Kitchen for »Dietetic cookery demonstrations«
- Gardens with organic vegetable gardens and a natural garden
- Gym
- Heated outdoor swimming pool
- House of Inspiration
- Internet office
- Lecture rooms
- Library with fireplace
- Parking
- Sauna, Fitness and Pilates Pavilion
- Tennis court
- Yoga room
- Pergola for yoga and other activities





Weekly group activity programme

- Accompanied walks
- Aquagym
- Concerts
- Creative expression workshops
- Dietetic cookery demonstrations
- Gymnastics (different levels and types)
- Integral Yoga: asanas, pranayama and meditation
- Lectures and discussions on health related topics
- Nordic walking
- Pilates
- Qi-gong/Tai chi
- Relaxation exercises
- Sound massage with Tibetan Bowls
- Special activities in the House of Inspiration
- The Melt Method® for hands and feet
- A variety of cultural and other excursions



Room categories and prices

Main house

			Fast Classic Royal 28 nights	Fast Classic 21 nights	Fast Classic Light 14 nights	Fast Compact 10 nights	Diet Time Out 7 nights
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. > Supplement € 145/night* for individual use.		Single Room	10,595 €	8,130 €	5,665 €	4,430 €	3,665 €
		Double Room	9,680 €	7,445 €	5,210 €	4,080 €	3,420 €
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. > Supplement € 145/night* for individual use.		Single Room	11,635 €	8,910 €	6,185 €	4,830 €	3,945 €
		Double Room	10,355 €	7,950 €	5,550 €	4,340 €	3,602 €
Comfort Single room: west facing, approx. 21 m² and terrace, 6 m², single bed 120 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. > Supplement € 210/night* for individual use.		Single Room	13,815 €	10,545 €	7,275 €	5,670 €	4,533 €
		Double Room	12,935 €	9,885 €	6,835 €	5,330 €	4,295 €
Superior Single room: south and east facing, approx. 21 m² and terrace, 6 m², garden views, single bed 120 x 200 cm, bathroom with bathtub or shower, WC and bidet. 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. > Supplement € 250/night* for individual use.		Single Room	15,715 €	11,970 €	8,225 €	6,400 €	5,044 €
		Double Room	14,360 €	10,955 €	7,550 €	5,880 €	4,680 €



The prices include the services listed under »Our packages« and are per person in a single room.
All rooms are equipped with: safe, telephone, Wi-Fi, central heating/air conditioning, hair-dryer, bathrobe, slippers, pillow menu, sleep kit and tea-maker tray.

Single Room Double Room

Price per person V.A.T. included.
* This amount will be applied to the single room rate.

Views of rooms and layouts serve as examples only.

Villa Maria







		Fast Classic Royal 28 nights	Fast Classic 21 nights	Fast Classic Light 14 nights	Fast Compact 10 nights	Diet Time Out 7 nights
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.						
	Single Room	17,135 €	13,140 €	9,005 €	7,000 €	5,464 €
	Double Room	15,080 €	11,580 €	7,965 €	6,200 €	4,904 €
Junior Suite South facing, double bed 210 x 210 cm, bathroom with bathtub, shower, WC and bidet. ◦ approx. 42 m² and private garden, 34 m² ◦ approx. 42 m² and terrace, 12 m², with sea view						
	Single Room	24,915 €	19,050 €	12,945 €	10,030 €	7,585 €
	Double Room	21,090 €	16,145 €	11,010 €	8,540 €	6,542 €

The prices include the services listed under »Our packages« and are per person in a single room.
All rooms are equipped with: safe, telephone, Wi-Fi, central heating/air conditioning, hair-dryer, bathrobe,
slippers, pillow menu, sleep kit and tea-maker tray.

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

Views of rooms and layouts serve as examples only.

Villa Maria

		Fast Classic Royal 28 nights	Fast Classic 21 nights	Fast Classic Light 14 nights	Fast Compact 10 nights	Diet Time Out 7 nights
<div><div>Penthouse Suites</div><div><div>Suite Bellavista:</div><div>south facing, approx. 68 m² and partially surrounding terrace, 48 m², with sea and mountain views, double bed 210 x 210 cm, kitchenette, bathroom with a hydro-massage bathtub, shower, WC and bidet.</div></div><div><div>Suite La Concha:</div><div>south facing, approx. 68 m² and terrace, 48 m², with sea views, double bed 210 x 210 cm, kitchenette, bathroom with a hydromassage bathtub, shower, WC and bidet.</div></div></div> <div></div>		60,375 €	45,980 €	30,900 €	23,840 €	17,252 €
		41,145 €	31,375 €	21,160 €	16,350 €	12,009 €
<div><div>Penthouse Suites</div><div><div>Suite Mediterráneo:</div><div>south facing, approx. 84 m² and terrace, 24 m², with sea views, double bed 210 x 210 cm, kitchenette, bathroom with a hydromassage bathtub, shower, WC and bidet.</div></div></div> <div></div>		67,230 €	51,185 €	34,370 €	26,510 €	19,121 €
		49,380 €	37,630 €	25,334 €	19,560 €	14,256 €

The prices include the services listed under »Our packages« and are per person in a single room. All rooms are equipped with: safe, telephone, Wi-Fi, central heating/air conditioning, hair-dryer, bathrobe, slippers, pillow menu, sleep kit and tea-maker tray. Exclusive services for Suites: Room service, airport transfers and newspapers.

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

Views of rooms and layouts serve as examples only.



Individual treatments

INTEGRATIVE MEDICINE

Classical Medicine

> Diagnostics

Compulsory initial and final medical check-up

Compulsory standard laboratory examination
Includes: VSD, haematological blood count, urine test, glucemia, total cholesterol, HDL, LDL, triglycerides, GOT, GPT, TSH, HbA 1c, C-reactive protein, Gama-GT, uric acid, urea, creatinine, calcium, potassium, vitamin B12, sodium, magnesium and vitamin D, Ultrasensitive CRP, ferritin, iron and homocysteine

> Optional laboratory tests

Microbiota test
Medical consultation and test

Genetic tests
Wellness
OptiMed Plus
Preventive 73
Nutrigenic Metabolic **NEW**
Nutrigenic Optimus **NEW**

> Musculoskeletal Medicine

Musculoskeletal examination
1st session + Musculoskeletal sonography

Follow-up consultation

Infiltration (homeopathy, cortisone)

Infiltration with hyaluronic acid

Infiltration with PRP (Platelet-Rich Plasma)

Infiltration with PRP + hyaluronic acid

> Functional Medicine

Consultation

Saliva stress test **NEW**

Nocturnal melatonin test **NEW**

> Women’s health

Consultation

Consultation + test for vaginal dysbiosis **NEW**

> Our basic medical treatment is supplemented by a wide range of individual treatments. Since the services you choose depend on the state of your health, you generally book them after your initial medical examination and diagnosis.

Naturopathy

Vitamin therapy NEW <ul style="list-style-type: none">◦ Multivitamin: Vitamin complex + taurine◦ Multi Detox I: Vitamin complex + taurine + selenium + glutathione◦ Multi Detox II: Vitamin complex + taurina selenium + glutathione + alpha lipoic acid
Colonic irrigation without ozone <ul style="list-style-type: none">1st session2nd session3rd session
Colonic irrigation with ozone <ul style="list-style-type: none">1st session2nd session3rd session
Systemic ozone therapy <ul style="list-style-type: none">◦ Intravenous◦ Intravenous ozone therapy with glutathione NEW◦ Rectal

Traditional Chinese Medicine

Private information session	15 min.
Medical acupuncture: Initial consultation + 1st treatment	
Additional medical acupuncture treatments	
Additional medical acupuncture + moxibustion treatments, cupping therapy, auricular therapy or electroacupuncture treatments	
Additional moxibustion treatments, cupping therapy, auricular therapy or electroacupuncture treatments	
Auricular therapy with vaccaria sinensis seeds	
Laser acupunture (laserneedle): Initial consultation + 1st treatment	
Additional laser acupunture (laserneedle) treatments	

Further medical treatments

Medical chiroprpody

NUTRITION
AND DIETETICS

Counselling & Cookery lessons

Brief information about therapies	10 min.
Nutritional Coaching 1st session	75 min.
Additional coaching sessions	50 min.
Improve eating habits 1st session 75 min. + 2nd session 50 min.	2 sessions
How to achieve and maintain a healthy weight 1st session x 75 min. / during your stay + 2 sessions x 50 min. / during your stay + 2 sessions x 50 min. / via Zoom or Skype	5 sessions
How to live well with your diabetes 1st session 75 min. + 2nd session 50 min. + 3rd session 50 min.	3 sessions
Video-Coaching with the nutritionist via Skype or Zoom	50 min.
Personalized cookery classes with the nutritionist 1 pers. 120 min. 2 – 3 pers. 120 min.	

For longer counselling or cookery sessions, the price increases proportionally. Nutritional counselling prescribed by our doctors is exempt from V.A.T. (Cookery lessons: V.A.T. included).

FEEL WELL AFTER
BUCHINGER WILHELMI

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

Nutritional coaching
Buchinger Wilhelmi FASTING BOX (24-piece set for your home) Developed by our fasting experts, our FASTING BOX contains everything you need for a five-day reset at home.
Buchinger Wilhelmi Reset Box (1 digestive rest day) Recent scientific publications confirm our experience gained over many years that digestive rest days, in which your alimentary tract is given a rest, allow you to manage your weight and to feel better and healthier in the long term. The Buchinger Wilhelmi Reset Box developed by our senior culinary expert Hubert Hohler contains organic vegetables and apple compote in a jar with a portion of rice (approx. 770 kcal/day), ready to heat.
Buchinger Wilhelmi Amplius app



< Buchinger Wilhelmi FASTING BOX

PSYCHOTHERAPY
AND COACHING

Psychotherapy / Personal Coaching

Brief information about therapies	15 min.
Psychotherapy 1st session individual / by videoconference	90 min.
Additional therapy sessions individual / by videoconference	60 min.
Individual relaxation exercises	30 min.
Family constellation (individual session)	120 min.
Couple therapy 1st session / on line	90 min.
Additional couple therapy sessions / on line	60 min.
Brief information about Coaching	15 min.
Life and occupational Coaching	50 min.

Medical services prescribed by our doctors are exempt from V.A.T. (Personal Coaching: V.A.T. included).

Special treatments

DMC: Deactivation of body memory	3 sessions x 50 min.
Mindfulness Techniques	3 sessions x 60 min.
Mindfulness and Lu Jong	3 sessions x 60 min. Mindfulness techniques + 2 sessions x 90 min. Lu Jong (Tibetan healing yoga)
Online Mindfulness Course	minimum 4 people 10 sessions x 90 min.
Brain fitness training	4 sessions x 60 min.
Package of 3 psychotherapy sessions (SFT, Solution Focused Therapy or Mindfulness)	1st session 90 min. + 2 sessions 60 min.
Package of 4 psychotherapy sessions (EMDR, smoking cessation, healthy weight)	1st session 90 min. + 3 sessions 60 min.

INSPIRATION AND
SPIRITUALITY

Art lessons	120 min. 4 sessions x 120 min. 2 – 4 pers. 120 min.
Lu Jong – Tibetan healing yoga	2 sessions x 90 min. 2 pers. 2 sessions x 90 min. 5 – 8 pers. 225 min.
Chinese therapeutic exercises	30 min. 50 min. 4 – 6 pers. 50 min.
◦ Qi-gong ◦ Tai chi ◦ Energizing self-massage	
Reiki	50 min.

> Integral Yoga

Asanas	50 min. 2 pers. 50 min.
Pranayama	45 min.
Neti, incl. recipient	25 min.
Meditation	30 min.
Yoga*	3 sessions x 50 min.

* Please inquire about different types and levels of yoga available

TRATAMIENTOS
FÍSICOS

Fisioterapia

Physiotherapy or rehabilitation *	20 min. 40 min. 50 min.
Rehabilitation exercises *	20 min. 40 min. 50 min.
Rehabilitation of the pelvic floor *	20 min. 40 min. 50 min.
Kinesiology *	50 min.
Global postural re-education*	40 min. 50 min.
Motor control physiotherapy *	50 min.
INDIBA® *	35 min. 50 min.
Osteopathy *	40 min. 50 min.
Craniosacral therapy	40 min. 50 min.

* These physiotherapeutic services prescribed by our doctors are exempt from VAT.

Hydrotherapy and packs

Underwater massage	20 min.
Underwater massage with seaweed	20 min.
Seaweed bath with body brushing, including individual brush	20 min.
Thermotherapy with parafango	20 min.
Cold seaweed wraps	40 min.
Jet shower	20 min.

> Combined treatments

Cold seaweed wraps + face and head massage (20 min.)	35 min.
Thermotherapy with parafango + face and head massage (20 min.)	20 min.
Thermotherapy with self-heating sea mud + jet shower	50 min.
Cryogenic bandages + circulatory massage (35 min.)	NEW

Massages

Classic BW Massage	20 min. 40 min. 50 min.
Colon massage *	20 min.
Hot roller massage	40 min. 50 min.
Specific massage for tired legs and feet	35 min.
Joint mobilization massage *	50 min.

* These physiotherapeutic services prescribed by our doctors are exempt from VAT.

Traditional Thai massage	50 min.
Japanese facelift massage	50 min.
Deep Face Lifting massage	50 min.
Traditional Chinese massage (Tuina)	50 min.
Shiatsu	50 min.
Indian head massage	35 min.
Relaxing head massage	35 min.
Californian massage	50 min.
Lymph drainage Vodder Method	20 min. 50 min. 80 min.
Foot reflex zone massage	40 min.
Facial reflex zone massage	40 min.

* V.A.T. included

EXERCISE AND
RELAXATION

Exercise

Personal training	40 min. 50 min. 2 pers. 40 min. 2 pers. 50 min. 4 sessions x 50 min. 4 sessions x 2 pers. 50 min.
Specialized personal training: ◦ Melt Method hands® ◦ Melt Method® ◦ TRX® suspension training ◦ Functional Training ◦ Cardio boxing	20 min. 40 min. 50 min.
Pilates	20 min. 40 min. 50 min. 2 pers. 40 min. 2 pers. 50 min.
Balance and coordination training	40 min. 50 min.
Personal lessons in the water	30 min. 50 min.
Nordic walking (with or without gymstick)	45 min. 60 min. 2 – 6 pers. 45 min. 2 – 6 pers. 60 min.
Mountain biking	
Tennis	
Trekking	120 min. 180 min. 2 pers. 120 min. 2 pers. 180 min.

* For longer sessions of trekking, the price increases proportionally. Some activities require medical consent. Outdoor classes are subject to weather conditions.

Relaxation

Aromatherapy using organic essential oils	55 min.
Hot stone therapy	90 min.
Abhyanga – Ayurvedic warm-oil massage	50 min.
Tibetan bowl sound bath	50 min.
Package of 3 aromatherapy sessions (relaxing or detox music) 3 sessions x 55 min.	

> Further therapies

Ethiotherapy – cellular memory (holistic therapy)	60 min. 3 sessions x 60 min.
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* V.A.T. included
(Tibetan healing yoga prescribed by our doctors are exempt from V.A.T.).

BEAUTY AND
SKIN CARE

Skin Care

Facial treatments

Facial radiofrequency treatment MESOESTETIC	NEW	45 min.
Hygiene Amplius Detox CHRISTINA		80 min.
Wish (rejuvenating treatment) CHRISTINA		80 min.
Unstress CHRISTINA		55 min.
Forever Young CHRISTINA		70 min.
Age Element MESOESTETIC		60 min.
Dermapen Facial Treatment MESOESTETIC		60 min.
Diamond Whitening System NATURA BISSÉ		70 min.
Facial massage		30 min.
Eternal Youth ALQVIMIA		55 min.

Body treatments

Amplius Ritual ALQVIMIA	110 min.
Eternal Youth Ritual ALQVIMIA	110 min.
The House of Inspiration Ritual ALQVIMIA	70 min.
Vitamin C Ritual NATURA BISSÉ	110 min.
Body peeling ALQVIMIA	45 min.

Localized or complete reduction and anti-cellulite treatment MESOESTETIC	60 min. 6 sessions x 60 min. 90 min. 6 sessions x 90 min.
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AWT®STORZ (acoustic wave therapy) STORZ MEDICAL	40 min.
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Silhouette firming and reducing treatment ALQVIMIA	NEW	60 min.
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Pure Detox cold ALQVIMIA	NEW	60 min.
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Pure Detox Hot ALQVIMIA	NEW	60 min.
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Manicure and pedicure

Manicure
Cosmetic pedicure
Nail varnish only
Shellac removal
Eyebrow tint
Eyelash tint
Eyebrow and eyelash tint

Waxing

Armpits
Bikini
Full bikini
Arms
Face
Eyebrow
Upper lip or chin
Half leg
Full leg

Specific treatment for men	
Hygiene Amplius Detox CHRISTINA	80 min.
Facial-hydrating and relaxing MESOESTETIC	55 min.
Body peeling ALQVIMIA	45 min.
Waxing chest or back	
Waxing full leg	

Hair Care

- Hair advice
- Wash, cut, blow dry
- Intense hair care SHISEIDO
- Hair care KERATIN
- Highlights / Tinting Colour L'ORÉAL etc.
- Cut / specific hair care (gentlemen)

SERVICES FOR YOUR COMFORT

- Room service (per service)
- IT Consultation service

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.

V.A.T. included

What to bring with you

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

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 noon.

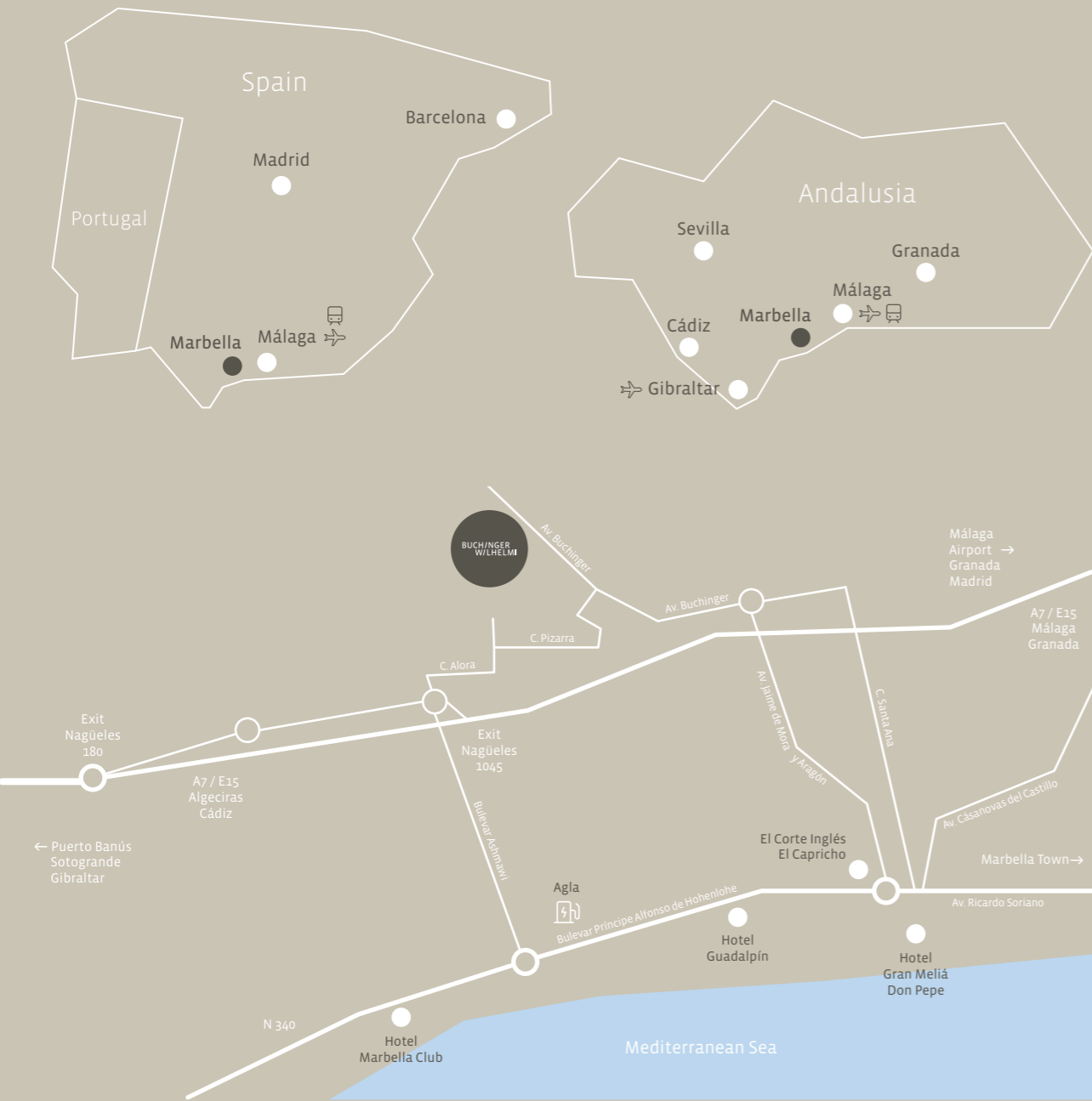
If you have a choice of several suitcases, take a smaller one; one of the luxuries of fasting is that you don’t need much and have no need for any additional ballast.
 You should therefore travel lightly. However, you should include the following things:

- **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/or a **warm pullover** are recommended for excursions (depending on the time of year)
- **Swimwear**
- **Dressy items of clothing** for dinner or special occasions
- **Wristwatch.**
- Perhaps a (new?) **diary** or journal
- **Books** you have been long wanting to read

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

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

Getting here



GPS: N 36°31'060" W 4°54'42.4"

From Cádiz:
A7 / E15
Exit 180
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 1045
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.

- 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 pm and between 10.00 pm and 08.00 am. All external doors are locked at 12.00 midnight. Nevertheless, the security guard will allow you to enter on foot until 02.00 am.
- The use of mobile telephones/smartphones is not permitted in the entire clinic area. This also includes walks, excursions, dining room, lounge and therapy areas.** You may only use your mobile/smartphone in your own room with the windows closed to avoid disturbing your neighbours.
- As it is possible that the ability to react may be affected in some cases during therapeutic fasting, certain activities (swimming in unrestricted waters, horse riding, driving vehicles...) can only be carried out under certain conditions. Therefore, you should only practice them after consulting your doctor.
- 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.
- 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.
- 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. If you smoke in the room or the smoke detectors are activated, you will be charged an extra 250 € for cleaning costs.
- 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.
- Our swimming pool is open from 09.30 am. 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.
 - 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.
 - Pets are not allowed.
 - On accompanied excursions or walks, assistance can only be guaranteed for those patients who remain with the group.
 - People with reduced mobility or who use wheel-chairs should consider that access in the garden and some other facilities may not be entirely suited to their needs.
 - Provision of external services in the clinic or the room is not permitted.
 - It is not allowed to take photos or record videos in which other people appear who have not given their consent.
 - External visits may stay at the clinic from 09.00 am. to 10.00 pm.
 - 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.
 - 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 / Amended reservation dates

1. **a) To make a reservation a prepayment of 1,500 € per person is required, accompanied by the duly completed reservation form. Bookings for Penthouse Suites require a prepayment of 3,000 € per person.**
Payment can be made by providing the details of a valid credit card via the link that will be sent to you from the Reservations Department.
b) When checking in, the patient agrees to pay 50 % of the price of the stay within the first 3 days.
c) The invoice must be paid at the latest the day before departure.
2. **a) The reservation can be cancelled in writing only with the return of the full prepayment up to 21 days prior to arrival date.**
b) After this, if you cancel or change your reservation dates, the following fees will be deducted from the prepayment you made:
20 to 14 days before arrival = 750 € / pers.
14 to 7 days before arrival = 1,000 € / pers.
less than 7 days before arrival = 1,500 € / pers.
Payments for Penthouse Suite bookings are as follows:
20 to 14 days before arrival = 1,500 € / pers.
14 to 7 days before arrival = 2,000 € / pers.
less than 7 days before arrival = 3,000 € / pers.
c) Short-term bookings which have been made a maximum 7 days before arrival can only be canceled in writing with the full prepayment refunded if the cancellation is made at the latest one day after receiving the booking confirmation. If the cancellation is made posterior to this date the full prepayment will be billed.

3. **Last minute changes:**
a) If you delay the arrival date less than 7 days from your expected arrival, 2 days penalty payment is incurred.
b) If you bring your departure date forward during your stay to less than 7 days before your new scheduled departure, you will incur a 2-day penalty.
4. **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.**
5. 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.
6. 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.
7. **Individual appointments** have to be **cancelled at the latest the day before the appointment** at planning desk (Monday to Friday until 03.00 p.m. otherwise they will be charged in full.
8. Meals or treatments not taken will not be refunded.
9. 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.
10. 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.
11. For longer treatment, cookery and counselling sessions, the prices increase proportionally.
12. 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 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

1. **Credit cards**
(American Express, Mastercard, Visa)
2. **Bank transfer**
Please send the **receipt** to reservas@buchinger-wilhelmi.es

Bankinter
IBAN: ES 06 0128 7727 60 01 02363323
SWIFT CODE (BIC): BKBKESMM
Bankinter / Marbella
Account number 0128 / 7727 / 60 / 0102363323
3. **Cash**
Residents in Spain:
in order to pay in cash, the bill must amount to less than 1,000 € in total
Residents Abroad:
in order to pay in cash, the bill must amount to less than 10,000 € in total

Buchinger Wilhelmi Lake Constance

The Buchinger Wilhelmi clinic on Lake Constance is situated high above the lake with breathtaking views across the forest-lined shores of Lake Constance and Mainau Island to the snow-topped peaks of the Alps. Here in this unique landscape, Otto Buchinger found the ideal setting for his fasting clinic – close to nature, spacious and inspiring.

Klinik Buchinger Wilhelmi
Wilhelm-Beck-Straße 27
88662 Überlingen, Germany

T +49 7551 807-0
info@buchinger-wilhelmi.com

Contact and Reservations

Would you like to know more about us?
Our Reservations Team will answer all
your questions:
Monday to Friday 9 am – 5 pm
Saturday 9 am – 4 pm

T +34 952 76 43 01
reservas@buchinger-wilhelmi.es
www.buchinger-wilhelmi.com



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