

What we offer 2017

Services and Prices
Überlingen am Bodensee

**BUCH/NGER
W/LHELM**

FASTING · INTEGRATIVE MEDICINE · INSPIRATION



Dear guests, friends and readers,

In 2017, we present the clinic in a new look – with a shimmering new swimming pool, terraced themed gardens, a Kneipp health facility with a barefoot path, our new, spacious clinic shop, a new multi-purpose sports ground and Villa Belgrano with its newly designed rooms and suites.

Thanks to fast, free WiFi, you can now keep in contact with your loved ones at home via the Internet, wherever you are in the clinic. However, we kindly ask you to only use the telephone when in your room out of consideration for other guests and in the interest of preserving the calm, beneficial atmosphere of our clinic.

We have enhanced our psychotherapeutic services and now offer “Health coaching” and “Life coaching” for the first time. Due to great demand, we have expanded our Mind Body programme at Christmas and Easter and will be offering our special programmes again in 2017 (Semaines Francophones, ART Weeks, Meditation, Junior Activity Weeks, Happiness Week). “Feel Well after Buchinger”, the after-care programme offered by our nutritionists for when you get home, is a success and will be continued. Our physiotherapists offer cardio workouts. We are looking forward to working more intensively with Father Niklaus Brantschen from the Lassalle House in Bad Schönbrunn, in designing our range of spiritual activities.

We are looking forward with great anticipation to the results of the major fasting study (2,000 subjects) carried out in 2016 by Dr. Wilhelmi de Toledo and her team in cooperation with Prof. Michalsen from Charité Berlin. Of course we have noticed that fasting is gradually becoming a mainstream trend, both in Germany and worldwide.

We have adjusted individual rates/room prices in line with inflation in 2017, but the price of treatments remains largely unchanged. We still recommend you try “digital fasting”, but have dropped the charge for the use of a television in your room.



We look forward to welcoming you and looking after you at Buchinger Wilhelmi in 2017!

Raimund Wilhelmi
F. Wilhelmi de Toledo

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

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Be our guest at Buchinger Wilhelmi

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

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

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

The advantage of Buchinger Wilhelmi is that the many services in our Buchinger Wilhelmi programme are already included in the prices for our packages and the daily room rates. Any individual medical treatments, therapeutic measures, individually bookable services such as nutritional advice and additional dietary provisions from our organic gourmet cuisine that are not included in the packages are charged separately as specified in this brochure (subject to change).

Our Buchinger Wilhelmi programme



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

Our Buchinger Wilhelmi programme encompasses therapeutic fasting itself, medical care, as well as a wide variety of sporting, cultural, medical and therapeutic activities. All group activities are included in the prices of all packages and in the daily rates, as is the use of all facilities at Buchinger Wilhelmi.

Individual services not included in the Buchinger Wilhelmi programme, such as individual medical services and treatments, nutritional advice, personal coaching or beauty and haircare, are available at the prices specified in this brochure.

Buchinger Therapeutic Fasting

Buchinger therapeutic fasting is based on the ability of the human organism to temporarily live off its fat reserves and to cleanse itself in the

process. The method helps to prevent and heal physical and psychological illness. Our aim is to enable our patients to regain their quality of life, functional capacity and inner harmony or consciously preserve it for themselves.

In addition to unlimited amounts of mineral water, fasting guests are offered herbal teas, freshly made vegetable consommés and freshly pressed fruit juices – all made with organic products, of course. Fasting begins with a light vegetarian meal on the day of arrival, followed by a digestive rest day. After fasting, patients build up their nutrition again, usually over a period of four days – an intense and pleasurable experience that is important for the success of the treatment in the long term.

Those who are unable to fast or who choose not to do so can enjoy Buchinger Wilhelmi’s wonderful organic gourmet cuisine or a special diet, which is individually tailored to their nutritional requirements, allergies and personal preferences.

Integrative Medicine

The medical services offered at Buchinger Wilhelmi combine the advantages of modern diagnostics with complementary medicine. This includes naturopathic and alternative methods from Western

and Oriental cultures as well as psychosomatics. We place a particular focus on prevention and encouraging a sustainably healthy lifestyle. For example, we offer regular lectures on various health-related, medical and therapeutic topics.

Nutrition and Dietetics

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

Physical Therapy

The processes triggered in the body through fasting are enhanced by means of external therapies such as massages, physiotherapy and wraps. We offer you various treatments from all over the world – from China and Japan, Thailand and India, as well as classical European naturopathy. The choice and number of treatments depends on the diagnosis of your attending doctor.

Exercise and Relaxation

Active exercise, preferably in the fresh air, is essential for therapeutic fasting. For this reason, we at Buchinger Wilhelmi offer a varied programme of sporting activities and relaxation. In group and individual sessions, you learn effective ways to improve your stamina and strength. Under expert guidance, you can try out various relaxation techniques such as Autogenic Training, yoga or Tai Chi. For more physical activities, the clinic also has a spacious fitness centre, an attractive yoga and gymnastic room, a multi-purpose sports ground, a heated open-air swimming pool and a Finnish

Daily activities

The group activities such as our walking tours, workshops and courses, lectures, training courses, concerts and literary evenings mentioned here have been arranged clearly in a weekly programme published in German, English and French.

sauna. Daily walking tours with experienced guides to wonderful destinations around Lake Constance are particularly popular.

Inspiration and Spirituality

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

Beauty and Hair Care

Feeling attractive and feeling good are directly related to each other. We want you to be in harmony with yourself and your body, which is why we also offer professional support in the area of beauty and hair care. In our in-house cosmetics studio and hairdressing salon, our experienced cosmeticians and hairdressers will pamper your skin and hair. We make a point of using certified natural cosmetic products.

Personal Coaching

During a stay at our clinic, our guests enjoy countless new and positive experiences. We want you to take as many as possible back home with you and integrate them into your daily life, because the best success is a long-term change in lifestyle. This is why an important part of our programme comprises lectures and practical courses in the areas of medicine, psychology, sport, fitness and nutrition. In addition, you can take advantage of individual personal coaching sessions (Life coaching or Health coaching). Your visit therefore not only gives you new vitality and energy, but also new perspectives.



Our packages

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

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

Each package also includes a therapy voucher. It can be used for therapies and treatments recommended by your doctor and chosen by you. Therapies and treatments that exceed the amount of this voucher will be invoiced to you separately.

Classic Royal (28 nights)

The royal road to healing and health.

Original Buchinger therapeutic fasting set in a generous time frame. For guests, who want to or have to take more time. More time for fasting and for themselves. Especially for patients suffering from a health-related disorder or a serious illness, a stay of 28 nights or more is recommended and beneficial for your health.

Services

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

Classic (21 nights)

Original Buchinger therapeutic fasting.

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

Services

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

Classic Light (14 nights)

Buchinger therapeutic fasting in a condensed form.

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

Services

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

Compact (10 nights)

This is the most compact form of Buchinger therapeutic fasting.

To comply with our guests’ wishes, we offer this very compact form of fasting. It is suitable for those who want to fast “in-between”, for experienced fasters and for those who can only afford to spend a short time fasting. The day of arrival is usually followed by a digestive rest day, five days of fasting and three refeeding days.

Services

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

Time Out (7 nights)

A week devoted to recuperation and regeneration.

Relax and recharge your batteries with the many activities and treatments offered at our clinic and as part of our Buchinger Wilhelmi programme. Set yourself your own personal or health-related targets and return home inspired and infused with new energy. Therapeutic fasting is not possible in this short time!

Services

| |
|---|
| Buchinger Wilhelmi programme |
| Basic medical treatment comprising 2 medical consultations for every 7 nights |
| Basic laboratory examination (at the beginning of your stay) |
| Organic gourmet meals tailored to your individual health requirements |
| Accommodation in a room category of your choice |
| Therapy voucher worth EUR 175 for therapies and treatments |

Relax (3 nights)

A little extra something for in-between.

Get away from your everyday routine for a few days at Buchinger Wilhelmi on Lake Constance. This package is a wonderful opportunity to get to know our clinic and the region, pause for a moment and to regain strength. Therapeutic fasting is not possible in this short time!

Services

| |
|---|
| Buchinger Wilhelmi programme |
| A 45-minute medical consultation |
| Organic gourmet meals tailored to your individual health requirements |
| Accommodation in a room category of your choice |
| Therapy voucher worth EUR 75 for therapies and treatments |





Daily rate

If you do not wish to book a package, you may of course make a booking based on our daily rates.

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

We charge 64 EUR per day for organic gourmet meals on digestive rest days and refeeding days.

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

Organic gourmet meals

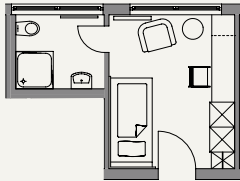


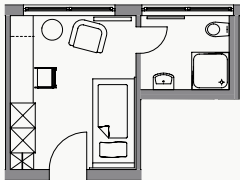


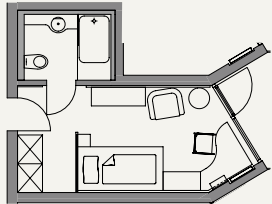



Fasting provisions including refeeding days are included in all of our fasting packages.

If you have chosen a fasting package and do not want to fast or are unable to do so for health reasons, we will charge an additional fee of EUR 64 per day for organic gourmet meals.

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



Room categories and prices

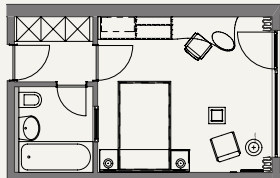



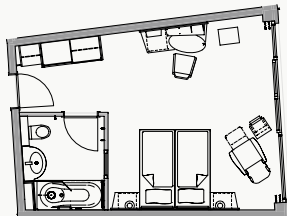



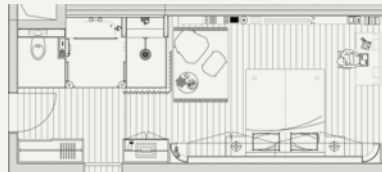



| | | | Classic Royal 28 nights | Classic 21 nights | Classic light 14 nights | Compact 10 nights | Time Out 7 nights | Relax 3 nights | Daily rate 1 night |
|--|---|--|-------------------------------|----------------------|-------------------------------|----------------------|----------------------|-------------------|-----------------------|
| <div>Standard Smaller north-facing room without balcony, from approx. 9 m², single bed, with shower, WC</div> <div><ul style="list-style-type: none">▪ Main Building</div> <div></div> |  | | 6,832 EUR | 5,124 EUR | 3,416 EUR | 2,440 EUR | 2,156 EUR | 924 EUR | 219 EUR |
| | | | | | | | | | |
| <div>Standard Plus Northwest/northeast or south-facing room, some with balcony or terrace, from approx. 10 m², single bed, with bath or shower, WC</div> <div><ul style="list-style-type: none">▪ Parkvilla (see photo)▪ Villa Fichtenau</div> <div></div> |  | | 8,176 EUR | 6,132 EUR | 4,088 EUR | 2,920 EUR | 2,492 EUR | 1,068 EUR | 267 EUR |
| | | | | | | | | | |
| <div>Comfort Smaller south-facing room with balcony or terrace, lake view, from approx. 11 m², single/twin bed, with bath or shower, WC</div> <div><ul style="list-style-type: none">▪ Villa Fichtenau▪ Parkvilla (see photo)▪ Main Building</div> <div></div> |  | | 9,436 EUR | 7,077 EUR | 4,718 EUR | 3,370 EUR | 2,807 EUR | 1,203 EUR | 312 EUR |
| |  | | 8,316 EUR | 6,237 EUR | 4,158 EUR | 2,970 EUR | 2,527 EUR | 1,083 EUR | 272 EUR |

Choose your room category here.

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

 Single room  Double room

Views of rooms and layouts serve as examples only. For further pictures of our room categories, see our homepage at buchinger-wilhelmi.com → Locations → Bodensee → Our residences

| | | | | | | | | | Classic Royal 28 nights | Classic 21 nights | Classic light 14 nights | Compact 10 nights | Time Out 7 nights | Relax 3 nights | Daily rate 1 night |
|--|---|------------|------------|-----------|-----------|-----------|-----------|---------|-------------------------------|----------------------|-------------------------------|----------------------|----------------------|-------------------|-----------------------|
| <div>Superior</div> <div>South-facing room with balcony or terrace, lake view, from approx. 14 m², single/twin bed, with bath and WC, some with connecting door (Villa Larix only)</div> <div><div></div><div><ul style="list-style-type: none">▪ Main Building▪ Parkvilla▪ Villa Larix (see photo)</div></div> <div></div> |  | 10,612 EUR | 7,959 EUR | 5,306 EUR | 3,790 EUR | 3,101 EUR | 1,329 EUR | 354 EUR | | | | | | | |
| |  | 9,352 EUR | 7,014 EUR | 4,676 EUR | 3,340 EUR | 2,786 EUR | 1,194 EUR | 309 EUR | | | | | | | |
| | | | | | | | | | | | | | | | |
| <div>Deluxe</div> <div>Large south-facing room with balcony, lake view, from approx. 19 m², French/double bed, with bath and WC, some with connecting door</div> <div><div></div><div><ul style="list-style-type: none">▪ Villa Bellevue</div></div> <div></div> |  | 11,732 EUR | 8,799 EUR | 5,866 EUR | 4,190 EUR | 3,381 EUR | 1,449 EUR | 394 EUR | | | | | | | |
| |  | 10,192 EUR | 7,644 EUR | 5,096 EUR | 3,640 EUR | 2,996 EUR | 1,284 EUR | 339 EUR | | | | | | | |
| | | | | | | | | | | | | | | | |
| <div>Executive</div> <div>Large south-facing room with balcony or terrace, lake view, approx. 30 m², king-size bed, with bath or shower and WC, air conditioning, some with connecting door</div> <div><div></div><div><ul style="list-style-type: none">▪ Villa Belgrano</div></div> <div></div> |  | 14,252 EUR | 10,689 EUR | 7,126 EUR | 5,090 EUR | 4,011 EUR | 1,719 EUR | 484 EUR | | | | | | | |
| |  | 12,712 EUR | 9,534 EUR | 6,356 EUR | 4,540EUR | 3,626 EUR | 1,554 EUR | 429 EUR | | | | | | | |
| | | | | | | | | | | | | | | | |

 Single room   Double room

Views of rooms and layouts serve as examples only. For further pictures of our room categories, see our homepage at [buchinger-wilhelmi.com](https://www.buchinger-wilhelmi.com) → Locations → Bodensee → Our residences

Suites and prices

Junior Suite

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



- Villa Fichtenau
- Villa Belgrano (see photo)



17,752 EUR

13,314 EUR

8,876 EUR

6,340 EUR

4,886 EUR

2,094 EUR

609 EUR



15,512 EUR

11,634 EUR

7,756 EUR

5,540 EUR

4,326 EUR

1,854 EUR

529 EUR

Säntis Suite

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



- Villa Belgrano



27,300 EUR

20,475 EUR

13,650 EUR

9,750 EUR

7,273 EUR

3,117 EUR

950 EUR



25,060 EUR

18,795 EUR

12,530 EUR

8,950 EUR

6,713 EUR

2,877 EUR

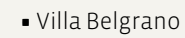
870 EUR

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

 Single room  Double room

Views of rooms and layouts serve as examples only. For further pictures of our room categories, see our homepage at [buchinger-wilhelmi.com](https://www.buchinger-wilhelmi.com) → Locations → Bodensee → Our residences

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



 Single room Double room

24



Services that are invoiced separately

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

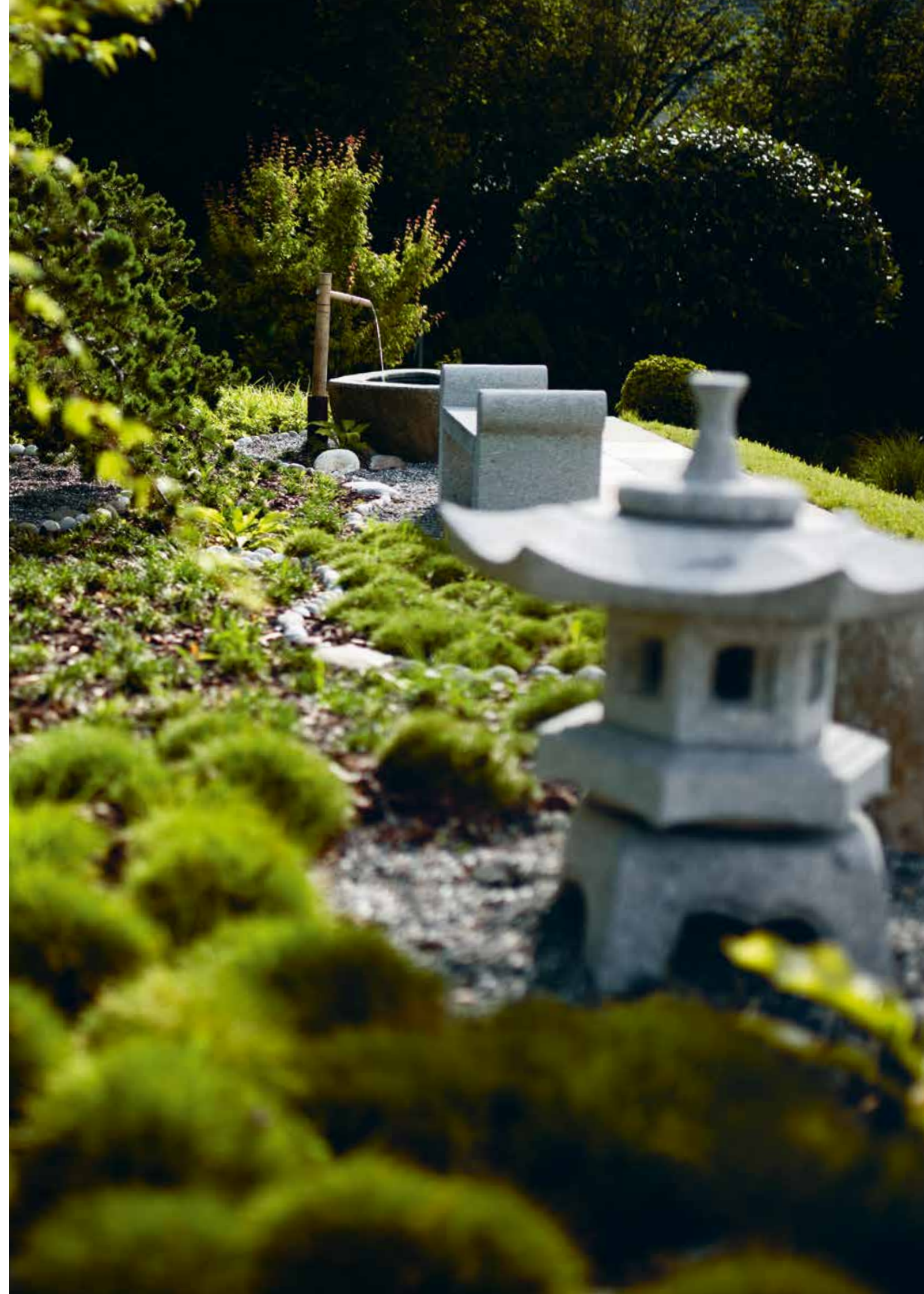
Tourism tax in Überlingen (e.g. visitor’s tax)

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

Visitor’s card

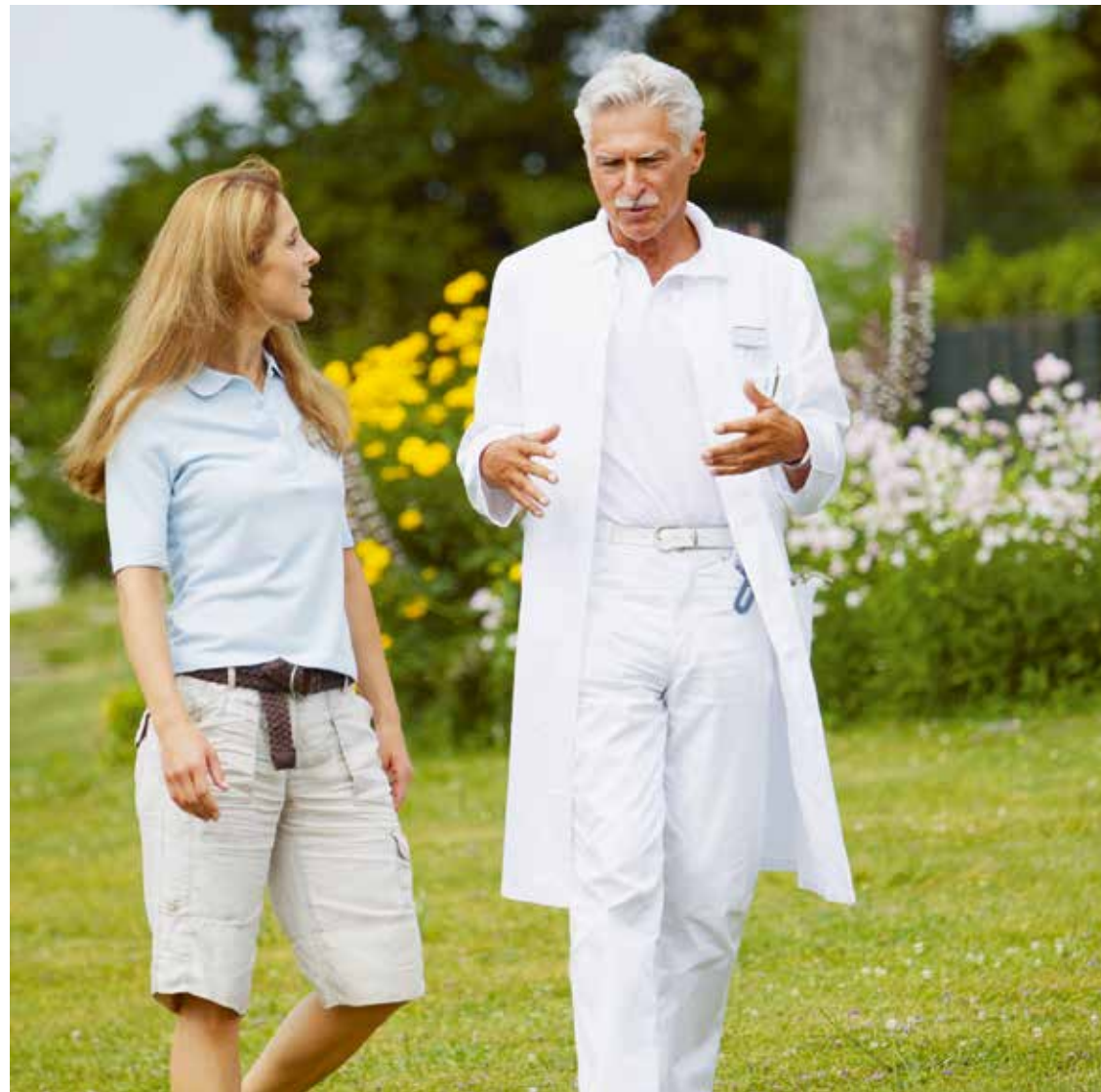
Your visitor’s card is valid in Bodman-Ludwigshafen, Stockach, Sipplingen, Überlingen, Uhltingen-Mühlhofen, Meersburg, Hagnau, Immenstaad and the Bodensee-Linzgau region as well as many destinations around Lake Constance, and offers free or reduced entrance to more than 200 attractions.

In Überlingen, the visitor’s card gives you reductions for the lidos, Bodensee-Therme spa, miniature golf on the lake, the sailing and windsurf centre and for boat hire, the town museum, art exhibitions in the town’s art gallery as well as special events organised by Kur und Touristik Überlingen GmbH.



Basic medical treatment

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



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

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

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

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

Prevention

REDUCING RISK FACTORS

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

Therapy

CARDIOVASCULAR DISEASES

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

MUSCULOSKELETAL DISORDERS

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

DIGESTIVE DISORDERS

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

METABOLIC DISORDERS

- Diabetes mellitus
- Thyroid dysfunction
- Dyslipidaemia

PAIN SYNDROME

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

GENERAL CONDITION

- Mental and physical exhaustion
- Depression
- Chronic fatigue

DYSBALANCES OF THE IMMUNE SYSTEM

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

SKIN DISEASES

- Acne
- Psoriasis
- Eczema

Individual therapies and treatments

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

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

If you are a frequent guest at Buchinger Wilhelmi and know what is good for you, we recommend that you book the therapies and treatments you want before you arrive.

Please ask us if you prefer a specific therapist. This allows us to reserve appointments and times for you in advance.

You can use the therapy voucher from your package for individual treatments from the areas of Physical Therapy, Exercise and Relaxation, Nutrition and Dietetics, Beauty and Hair Care, or Personal Coaching. Once the voucher has been spent, services will be invoiced separately.

Prices for individual treatments

Buchinger Therapeutic Fasting

| | |
|---|--|
| Medical care as described on page 30/31 included in the daily rate | Prolonged blood pressure measurement (24 hours) 70.00 € |
| Nursing care as described on page 30/31 included in the daily rate | Coloscopy, gastroscopy (in cooperation with local specialists) individually priced |
| Buchinger therapeutic fasting as described on page 6 included in the daily rate | Thyroid sonography, sonography of two organs, abdominal sonography from 70.00 € |
| Basic laboratory examination as described on page 31 included in the daily rate | Basic laboratory examination 195.00 € |

Laboratory diagnostics can help to confirm or limit a diagnosis.
From a stay of 7 nights or more, you will be given an obligatory basic laboratory examination at the beginning of your stay to adapt the treatment to your individual needs.
The laboratory examination is included in the price of the package.
The basic laboratory examination includes the principal parameters:
Alkaline phosphatase, basal TSH, calcium, cholesterol, creatinine, CRP, erythrocyte sedimentation rate (ESR), erythrocytes, gamma-GT, glucose, GOT, GPT, HbA1c, HDL cholesterol, haematocrit, haemoglobin, INR, LDL cholesterol, leucocytes, MCH, MCHC, MCV, potassium, PTT, Quick, serum magnesium, serum uric acid, sodium, thrombocytes, triglycerides, urea, urine status, vitamin D.

Integrative Medicine

Classical medicine

Diagnostics

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

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

| | |
|--|---------------|
| Medical check-ups | from 250.00 € |
| Stress ECG | 120.00 € |
| Prolonged ECG (24 hours) | 75.00 € |
| Basic laboratory examination 2 | 135.00 € |
| Clinical report (depending on the language) | from 60.00 € |

On request or if prescribed by your doctor, you will be given a second basic laboratory examination at the end of your stay.

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

individually priced

Therapy programmes

| | |
|--|---------------------|
| Our guideline-based therapy programmes are coordinated with our doctors depending on the indication. | |
| Integrative medical consultation (special appointment) | 240.00 € |
| Stop smoking programme | individually priced |

Complementary medicine

Classical naturopathy

| | |
|----------------------------------|--|
| Therapy for a balanced lifestyle | |
| Phytotherapy | |
| Nutritional therapy | see p. 35 “Nutrition and Dietetics” |
| Physical therapy | see p. 37 “Exercise and Relaxation” |
| Hydrotherapy | see p. 36 “Hydrotherapy and packs” |

Orthomolecular medicine

| | |
|--|---------------------|
| Orthomolecular medicine | from 240.00 € |
| Micronutrient infusion | from 75.00 € |
| Intestinal cleansing (microbiological therapy) | individually priced |
| Oxygen-ozone autohemotherapy | 85.00 € |

Homeopathy

| | |
|------------------------------|---------------|
| Homeopathy (first anamnesis) | from 240.00 € |
|------------------------------|---------------|

Traditional Chinese Medicine

| | |
|-------------|----------|
| Acupuncture | 100.00 € |
|-------------|----------|

Detoxification methods

| | |
|---------------|----------|
| Leech therapy | 160.00 € |
|---------------|----------|

Psychotherapy

| | |
|---------------------------|---------------|
| Psychological counselling | from 98.00 € |
| Therapy for couples | from 180.00 € |
| Art therapy | from 119.00 € |

Body-oriented methods

| | |
|-------------------|---------|
| Breathing therapy | 92.00 € |
|-------------------|---------|

Personal Coaching

| | | |
|--------------------------|-----|--------------|
| Systemic health coaching | NEW | from 98.00 € |
| Life coaching | NEW | from 98.00 € |
| Occupational coaching | | from 98.00 € |

Nutrition and Dietetics

Dietetics

| | |
|--|-------------------------|
| Individual nutritional advice (anamnesis of your eating habits, in-depth consultation) | 79.00 € |
| Preparing an individual diet plan | 200.00 € for seven days |

Organic gourmet cuisine

Patients who are unable to fast or who choose not to do so can enjoy our healthy organic gourmet cuisine or a special diet on request. The dishes are prepared with locally grown fresh wholefood vegetarian ingredients and are individually tailored to your health requirements, allergies and personal preferences.

| | |
|---|---------|
| We offer the following options for our organic gourmet cuisine: | |
| · Vegetarian wholefood diet with 1,800 – 2,400 kcal per day | |
| · Reduction diet with 800 – 1,200 kcal per day | |
| · Individual special diets | 64.00 € |

| | |
|-----------------------------------|---------|
| Digestive rest and refeeding days | 64.00 € |
| Lunch package | 19.00 € |
| Kousmine supplements | 6.00 € |

“Rent a cook”/catering
Our chefs will come to you. Feel free to ask us and we will put together an offer tailored to your wishes.
price on request

| | |
|---|----------------------------|
| Cooking school Our head chef Hubert Hohler and his team will teach you how to cook delicious organic gourmet meals when you get home. | |
| Individual cooking lesson (including preparation and follow-up, ingredients and material, 50 minutes) | 99.00 € |
| Cooking demonstrations | included in the daily rate |

Feel well after Buchinger Wilhelmi

Would you like to preserve the benefits of fasting on your wellbeing for as long as possible? We are always there for you, even when we are far away!
Skype name: Feel-well-after-Buchinger
E-mail: nutrition@buchinger-wilhelmi.com

| | |
|--|--------------|
| Nutritional coaching | from 43.00 € |
| Did you feel good while you were with us? Then you will surely want to maintain your weight and your good condition for as long as possible! Reset your system with 1 – 2 digestive rest days every week with the Buchinger Wilhelmi Reset Box developed by our head chef Hubert Hohler: Buchinger Wilhelmi Reset Box (1 digestive rest day) | |
| | 18.50 € |

Physical Therapy

Physiotherapy

| | |
|--|----------|
| Physiotherapy | 82.00 € |
| Manual therapy | 82.00 € |
| Golf physiotherapy (in-house) | 109.00 € |
| Pilates | 92.00 € |
| Pelvic floor exercises | 82.00 € |
| Physiotherapeutic respiratory training | 82.00 € |
| Cardio workout | 89.00 € |
| Water gymnastics | 82.00 € |
| Neurotherapy based on PNF | 82.00 € |

Massages

European origin

| | |
|---|--------------|
| Classical massage (full-body) | 72.00 € |
| Classical massage (part-body) | 39.00 € |
| Brush massage | 39.00 € |
| Aroma massage with organic essential oil blends | 82.00 € |
| Colon hydrotherapy (CHT) | 109.00 € |
| Colon massage with scented oil compress NEW | 54.00 € |
| Foot reflexology | 72.00 € |
| Manual lymphatic drainage | from 39.00 € |

Asian and Pacific origin

| | |
|--|--------------|
| Ayurveda massage | 92.00 € |
| Lomi Lomi | 92.00 € |
| Shiatsu | 92.00 € |
| Traditional Thai massage | from 92.00 € |
| Chi Nei Tsang (CNT, Thai abdominal massage) | 92.00 € |

Hydrotherapy and packs

| | |
|--------------------------------------|----------------------------|
| Kneipp alternating affusions | from 24.00 € |
| Underwater massage (UWM) | 78.00 € |
| Various packs | from 26.00 € |
| Kneipp health facility NEW | included in the daily rate |

Osteopathy and Myoreflex therapy

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|---|--------------|
| Osteopathy | 109.00 € |
| Craniosacral therapy | from 92.00 € |
| Functional therapy (based on osteopathic principles) | 92.00 € |
| Myoreflex therapy | 92.00 € |

Exercise and Relaxation

Exercise

| | |
|---|----------------------------|
| Personal training (fitness, swimming, jogging and more) | 82.00 € |
| Group activities: 3D stretching, workout for your back, Zumba Dance Fitness, water gymnastics, guided walking tours and more | included in the daily rate |

Relaxation

| | |
|---|----------------------------|
| Yoga (group) | included in the daily rate |
| Yoga (individual session) | 89.00 € |
| Autogenic training (group) | included in the daily rate |
| Tai Chi (group) | included in the daily rate |
| Sound massage with Tibetan singing bowls | 92.00 € |
| Progressive Muscle Relaxation (PMR = deep muscle relaxation) | 82.00 € |

Inspiration and Spirituality

| | |
|--------------------|----------------------------|
| Creative workshop | included in the daily rate |
| Art lesson | 119.00 € |
| Meditation (group) | included in the daily rate |

Beauty and Hair Care

Our “Beauty and Hair Care” brochure gives you a complete overview of the wide range of services offered by our in-house cosmetics studio and hairdressing salon. We will be glad to send it to you on request. If possible, please arrange appointments before your arrival.

Cosmetics

| | |
|---|--------------|
| Dr Hauschka treatment “Relaxation in the clouds” | 129.00 € |
| Sisley Classic | 115.00 € |
| “SISLEYA” Deluxe | 145.00 € |
| Aloe Vera Deluxe Gold Anti Age | 175.00 € |
| MESOsono | 129.00 € |
| Hydra-Dermabrasion Innofacial Complete | 95.00 € |
| Manicure/pedicure | from 32.00 € |
| Make-up | from 28.00 € |

Hair care

| | |
|---|--------------|
| Wash/cut/blow dry | from 32.00 € |
| Highlights (foil/cap) | from 65.00 € |
| Colour | from 45.00 € |
| Phyto hair mask | 25.00 € |
| Sisley Deluxe hair treatment NEW | 49.00 € |

A special thank you

Services

| | | |
|---|------------------------|--|
| Chauffeur service to various airports, towns and events | price on request | Interpreter support For patients who do not speak English, French or German and require an interpreter for Arabic, Turkish or Russian, we will be pleased to arrange this service for you when you book your stay. In addition, we reserve the right to assign an interpreter for your initial examination and doctors’ appointments, for filling out medical questionnaires and planning therapies. |
| Internet connection (high-speed WiFi) | included in daily rate | |
| Television | included in daily rate | |
| Personal care | per hour 50.00 € | |
| Parking space, open | per day 5.00 € | We charge you for this service 30 minutes 38.00 € |
| Parking space, closed and covered | per day 8.00 € | |
| Room service (e.g. meals in your room, messenger service, etc.) | 8.00 € | We are international: Our staff work mainly in three languages: presentations and events are offered as far as possible in German, English and French. |
| Technical support (external) | per hour 97.00 € | |

For further services, please contact reception.

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

Recommend us

We appreciate it when you recommend us and would like to thank you for doing so. For this reason, we will give you **one bonus day** for each new guest who books a stay of at least 10 nights at Buchinger Wilhelmi on Lake Constance based on your recommendation.

First time

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

Winter on Lake Constance

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

Events and dates 2017

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

All details of scheduled events can be found on our website at **www.buchinger-wilhelmi.com/events**.

The events in our special programmes are usually free of charge as part of our Buchinger Wilhelmi programme.

As these are subject to alteration, we kindly ask you to contact us for consultation and confirmation of the date before booking.

Junior Activity Weeks 2017

Our Junior Activity Weeks have become a Buchinger Wilhelmi classic. They are geared especially to young people aged between 18 and approx. 35 years of age.

The programme combines summer fun with sports and games and challenging physical activities, e.g. rafting, geocoaching, archery, water skiing and much more. At the same time, participants learn to eat a healthy diet. You will be able to learn, train and practice all this in the group as part of a balanced programme with the support of our experienced team of doctors, nutritionists and fitness coaches.

This year's programme will again include two weekends in the mountains in a self-catering chalet – a highlight in recent years!

You can find more detailed information on our website. We would also be pleased to send you a comprehensive brochure. Please contact us at info@buchinger-wilhelmi.com.

The programme is held in German and English.

- 16 July – 19 August 2017
(Please book in good time due to high demand)

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

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

- 20 February – 03 March 2017
- 03 April – 14 April 2017
- 19 June – 30 June 2017
- 21 August – 01 September 2017
- 23 October – 03 November 2017
- 04 December – 15 December 2017

Yin Yoga – Meditation weeks NEW

With Gilbert Grimeau, Meersburg
The gentle stretching and limbering-up exercises used in yin yoga are ideal for preparing your body for meditation. Every day, you will get to know a different meditation technique:
Monday: breathing meditation – Tuesday: mindfulness meditation – Wednesday: Japa meditation (mantra) – Thursday: chakra meditation – Friday: walking meditation – Saturday: Japa meditation.
Gilbert Grimeau has been practising yoga for 17 years and has been a yoga and meditation instructor in the Sivananda tradition for nine years. Free of charge as part of our Buchinger Wilhelmi programme.

The programme is held in German and English.

- 10 July – 15 July 2017
- 27 November – 02 December 2017

Mind Body Days NEW

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

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

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

Free of charge as part of our Buchinger Wilhelmi programme.

The programme is held in German and English.

- 28 December 2016 – 03 January 2017
- 14 April – 17 April 2017 (Easter)
- 31 July – 05 August 2017
- 28 December 2017 – 03 January 2018

Life Choices – Navigating your Own Life

Psychological lectures with Bernd Isensee, psychologist, Rottenburg (D).

Bernd Isensee is back at our clinic in 2017 to present lectures on “Eating Consciously” and “Living Consciously” as well as talks on the subjects of “Emotional Intelligence”, “Dreams and Their Interpretation” and “Self-Guidance”.

Each lecture stands alone, but together they represent a wealth of psychotherapeutic concepts and tools for personal development.

Free of charge as part of our Buchinger Wilhelmi programme.

The programme is held in German.

- 26 / 27 January 2017
- 23 / 24 March 2017
- 29 May – 02 June 2017 (week before Whitsun)
- 06 / 07 July 2017
- 21 / 22 September 2017
- 23 / 24 November 2017

Happiness Week

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

Free of charge as part of our Buchinger Wilhelmi programme.

The programme is held in English and French.

- 21 May – 28 May 2017

ART Weeks

We will again be presenting ART Weeks in 2017 under the guidance of our art therapist Gertrud Kemmerling.

Free of charge as part of our Buchinger Wilhelmi programme.

- 07 May – 14 May 2017 Creative spring
- 06 August – 13 August 2017 Sunny ART
- 15 October – 22 October 2017 Autumn colours

Semaines Francophones

In 2017, our French-speaking guests will again have the pleasure of experiencing a programme tailored to their requirements: The Semaines Francophones. You can find more detailed information on our website. Free of charge as part of our Buchinger Wilhelmi programme.

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

- 05 March – 19 March 2017
with Jean Montagard, Nice, organic vegetarian cuisine
- 03 September – 17 September 2017
with Sylvie Petiot, Laizy, yoga and meditation
- 05 November – 19 November 2017
with Elijah Ary, Paris, meditation and talks on various topics

Contact and Reservation Team

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

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

T +49 75 51 807-870

T +49 75 51 807-871

F +49 75 51 807-72 870

reservierung@buchinger-wilhelmi.com

reservations@buchinger-wilhelmi.com

www.buchinger-wilhelmi.com

What to bring with you

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

Our reception is open every day from 7.00 am to 11.00 pm.

You may arrive from 4.00 pm and should plan to leave by 11.00 am on your day of departure.

One of the enjoyments of fasting is that you need so little – so do not pack too much!

The dress code at Buchinger Wilhelmi is geared toward comfortable and practical attire. Please bear in mind that your body is sensitive to cold during fasting.

Make sure you bring the following items:

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

Warm clothes

Outdoor clothing and **shoes for hiking**

Indoor sports shoes and **sports/gymnastics clothing**

Waterproof clothing

European swimwear
(bikini, swimsuit, bathing trunks)

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

A **diary** and **books** you have been waiting to read

Your favourite **music** – including a player with headphones

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

Getting here

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

By plane

- via Zurich: closest international airport. approx. 85 minutes by taxi.
- via Friedrichshafen: domestic airport with direct flights from Frankfurt, Berlin, Cologne, Hamburg and Vienna, among others. approx. 40 minutes by taxi.
- via Stuttgart: international airport with direct flights from many European cities. approx. 100 minutes by taxi.

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

By train

- via Radolfzell, Singen or Friedrichshafen: direct trains to Überlingen Bahnhof West or Bahnhof Mitte. Approx. 3 minutes by taxi.

By car

- **Coming from Stuttgart:**
Take the A81 motorway to the Singen/Hegau junction, then follow the A98 heading for Stockach/Friedrichshafen/Lindau, exit to the right. Straight after, take the first exit towards Überlingen Krankenhaus/Stadtmitte.
- **Coming from Zurich:**
Via Winterthur to Schaffhausen and the German border, then take the A98 heading for Stuttgart/Singen. At the Hegau motorway junction, turn onto the A98 heading for Stockach/Friedrichshafen/Lindau. Continue as above.
- **Coming from Munich:**
Follow the A96 to Lindau, take the Sigmarszell exit, continue on the B31 heading for Friedrichshafen, carry on for approx. 50 km to Überlingen. Stay on the "B31 alt" until the Überlingen Aufkirch/Krankenhaus exit.

For all three directions:
From the "Überlingen Krankenhaus" exit, continue straight ahead across the first roundabout, taking the 2nd exit towards Überlingen Stadtmitte and passing the hospital on the right. After a further 300 metres, turn right into Uhlandstraße (signpost to Buchinger Wilhelmi). Stay on this road (30 km/h limit) continuing slightly downhill for about 300 metres, then turn right into Wilhelm-Beck-Straße (signpost to Buchinger Wilhelmi). At the end of this road is the main entrance to Buchinger Wilhelmi. Park at the roundabout and we will direct you to a parking space if required.



Clinic rules

General terms and conditions

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

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

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

Please read these conditions for your stay at Buchinger Wilhelmi carefully. By sending you a confirmation of reservation, we assume that you accept these terms. We ask you to sign a corresponding agreement upon your arrival.

I. Scope of application

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

II. Conclusion of contract

- The booking is legally binding once we have sent a confirmation of reservation.
- The booking must be cancelled in writing for the contract to be effectively rescinded. In the case of last-minute bookings, this must be 1 day after receipt of the confirmation of reservation.
- Visitors or persons accompanying guests/patients may stay in the clinic for up to three days in agreement with the reservation department and if a room is available. **From the fourth day** onwards they will be treated as **guests/patients** and the general rates will be charged. They will also be required to consult a doctor.
- Only one package may be booked per stay. No reimbursement can be made for unused services included in a package. The individual contents of the packages cannot be altered.

III. Cancellation/recission

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

After this, they will be charged the following cancellation fees:
I: 20 to 14 days before arrival = 750 EUR
II: 13 to 7 days before arrival = 1,000 EUR
III: from the 7th day before arrival = 1,500 EUR

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

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

IV. Services, rates, payment

- The total price for your booked stay in our clinic is disclosed in the written confirmation of reservation sent to you. You are requested to make an advance payment of 1,500 EUR. Please settle this amount within one week after receiving your reservation confirmation to guarantee your booking. You are also requested to make follow-on payments of 1,500 EUR per week. The remainder must be paid before you leave.**
- Advance payments must be made immediately. If we have not received any advance payment three weeks before your stay is due to begin, your stay will be cancelled.**
- All services are invoiced according to the currently valid list of services. Earlier rates and conditions will become invalid. We retain the right to make changes.
- The contents of individual packages cannot be changed or reimbursed.
- The majority of rates are inclusive. Rates subject to VAT are automatically adapted should the underlying VAT rate change.
- Please note that bookings made over the New Year period may be subject to a change of price.
- The guest/patient will be billed directly according to the rates specified in this price list even if the invoice is presented to an organization providing financial support or to a private insurance company for refund.

8. To ensure that the treatment is carried out properly, the clinic reserves the right to engage the services of an interpreter at the guest/patient's expense, should the attending doctor or the clinic management establish such a necessity.

V. Arrival/departure

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

VI. Valuables/liability

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

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

VII. Final provisions

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



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