



BUCHINGER  
1920

# PACKAGES AND RATES

OUR 2022 OFFERING

## PREFACE

Founded in 1920 by Dr. Otto Buchinger as one of the first clinics in Germany to specialise in therapeutic fasting, we are one of the longest-established centres for nutritional therapy, classical naturopathy and complementary medicine. As the parent clinic, we are directly associated with the Buchinger name and the high standards for which it stands: Only here at our clinic is the original BUCHINGER method of therapeutic fasting practised, led by fourth-generation direct descendants of our founder.

### TRUST TO OUR EXPERIENCE

In addition to round-the-clock professional medical supervision, we offer you tastefully appointed rooms and suites, a comprehensive exercise and wellness programme as well as holistic, awareness-nurturing counselling. From nutrition advice to exercise supervision and support, as well as psychological counselling, you will find options that will not only help you to regenerate and develop new approaches, but also to break old habits.

Come to our clinic and experience the lasting success of a BUCHINGER therapeutic fast!

Your Buchinger family





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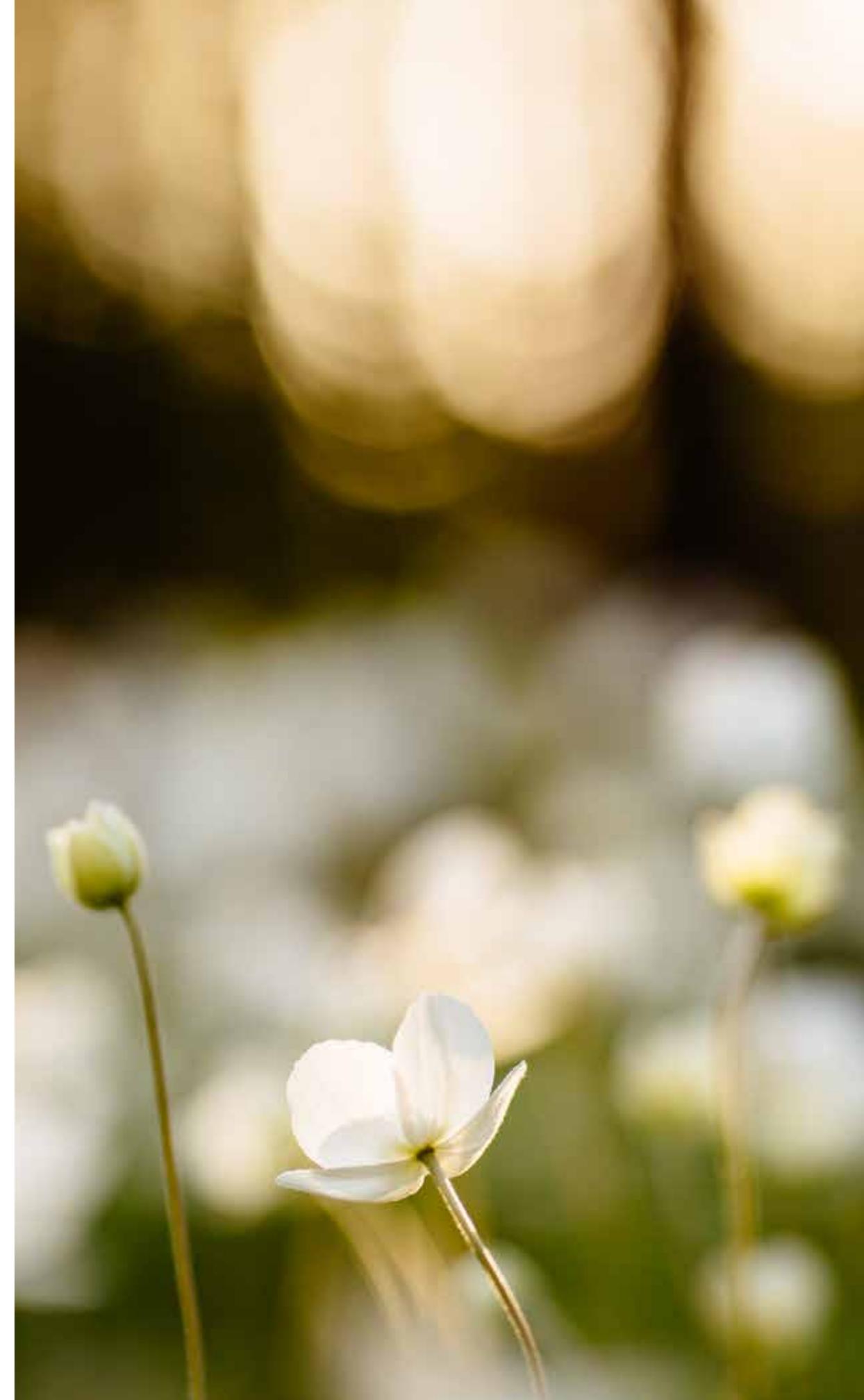
## THE BUCHINGER METHOD

FASTING IS A PHILOSOPHY THAT'S BEEN AROUND FOR THOUSANDS OF YEARS

Even way back in ancient Greece, people fasted as a means to focus on essentials. And in the same way, our clinic's philosophy is based on our motivation to help our guests satisfy their desire for change.

The BUCHINGER method of therapeutic fasting is based on a combination of spiritual and physical change. The desire for change frequently begins with the physical, such as weight reduction. During the fasting process, the "body's motor" switches from the sympathetic nervous system and its adrenaline response to the parasympathetic nervous system triggered by the neurotransmitter acetylcholine. This means that the body shifts from fight to flight mode. This shift is accompanied by a reduction in heart rate and blood pressure: we relax. Many other changes also occur during fasting: happiness hormones are released, for example, and reduced inflammation means less pain.

IN OTHER WORDS, FASTING HAS A MULTIDIMENSIONAL EFFECT; IT ALWAYS AFFECTS MORE THAN JUST OUR ORGANS: ALL SUPERFLUITIES ARE ELIMINATED.





#### THIS APPLIES TO BODY, SOUL AND MIND

That is why mental hygiene must also be regarded as a principle of the BUCHINGER method of therapeutic fasting. When better to take a look behind the scenes of our day-to-day mechanisms than while undergoing a therapeutic fasting? Suddenly we find ourselves spending a lot of time in our own company. That's why therapeutic fasting can be a very intimate process. We are all equal when fasting and far more conscious of our body and behaviour. The principle of self-efficacy is rarely more clearly appreciated: we become aware that our body works! We find it easier to break with harmful patterns of behaviour. On this score, the communal aspect of fasting under the supervision of doctors and therapists capable of providing support and information has proved its worth at our clinic.

A further aspect of the BUCHINGER method is its reformative – yet not dogmatic – approach, the aim being for guests to maintain their altered lifestyle after leaving the clinic and so to continue listening to their body, practicing abstinence and regarding it as a great benefit that can be both health-giving and preventative. It begins with the change to a vegetarian, less sweet and not too salty diet, but also entails ceasing to ignore the endurance limit of our multitasking daily lives.

ANYONE WHO HAS STAYED WITH US AT THE CLINIC WILL CONFIRM SUCH LIFESTYLE-CHANGING THOUGHTS. WE AIM TO ENCOURAGE OUR GUESTS TO CONTINUE UPON THEIR NEW PATH AND BEYOND.

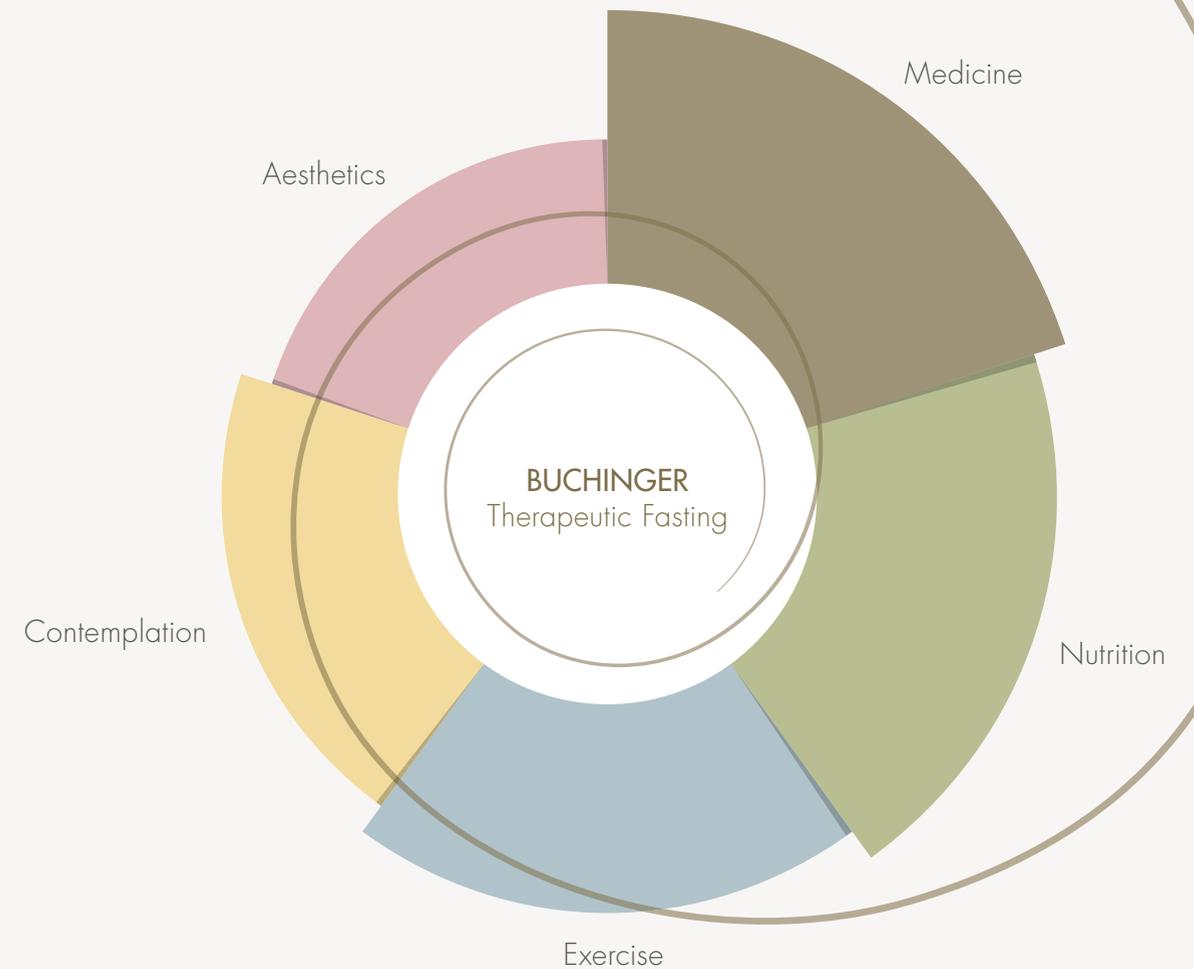
## A HOLISTIC APPROACH

THE ORIGINAL BUCHINGER METHOD IS BASED ON THE PRINCIPLE OF HOLISTIC MEDICINE

We regard the human being as a unity of body, mind and soul. BUCHINGER therapeutic fasting is one of the most effective purging naturopathic methods. The goal is to cleanse body and mind. Fasting activates the human powers of self-healing so that you yourself become a key contributor to the success of your own therapy: physically and mentally fortified and "charged" with energetic vitality, you make a successful return to daily life.

### MEDICINE, NUTRITION, EXERCISE AND CONTEMPLATION

That's why the holistic approach of the BUCHINGER method is based on a multidimensional therapeutic concept. Starting with the initial consultation with a doctor and a wide range of conventional medical diagnostic examinations and screening, we offer you medical, physical and manual complementary therapies, a wide range of exercise and physical activation options as well as professional nutrition and health advice. In addition to this portfolio, we offer a wide range of contemplative courses, such as meditation, tai chi, qi gong, yoga and a selection of wellness and cosmetic treatments.



## TREATMENT PROGRAMMES & PRICES

### THE BUCHINGER THERAPEUTIC FASTING PROGRAMME WITH A HOLISTIC APPROACH

Our packages include the most important basic elements for your stay with us and are designed for different durations of stay.

We recommend a stay at our clinic of 21 or 28 days – in that time, you will achieve the best results. For guests with less time at their disposal, we have put together packages of ten and 14 days, which also make good therapeutic fasting results possible in a shorter time.

#### PROTECTIVE MEASURES

A coronavirus rapid test upon arrival as well as the costs for all hygiene measures are included in our treatment programmes.

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For guests booking a stay of at least ten days, a basic laboratory test is compulsory. The laboratory test is included in the package price.

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The following parameters are covered by the laboratory test: alkaline phosphatase, blood sedimentation rate (BSR), calcium, cholesterol, CRP, erythrocytes, gamma-GT, glucose, GOT, GPT, haematocrit, haemoglobin, uric acid in serum, HbA1c, HDL cholesterol, urea, INR, potassium, creatinine + eGFR formula, LDL cholesterol, leukocytes, MCH, MCHC, MCV, sodium, thrombocytes, neutrophils, triglycerides, lymphocytes, monocytes, eosinophils, basophils, LUC, basal TSH, urine analysis, ferritin.

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Other laboratory analyses and Biovis-Diagnostik can generally also be performed thanks to our collaboration with a specialist laboratory. Just ask us, we will be happy to advise you. Price on request and according to parameters.





## BUCHINGER HARMONY

28 DAYS

Our most extensive programme – if you ought, or would like to, take more time out. More time to fast. More time for yourself. More time and room for a positive change. If you have a health disorder or a serious illness, we recommend a stay of 28 days or more.

### WHAT'S INCLUDED

Medical examination on arrival and consultation at the end of your stay as well as six medical consultations

Two laboratory tests (biochemical profile, etc.) and ECG

Two InBody measurements

Nutrition counselling

Eliminative therapies

Fasting diet incl. preparatory day of reduced nutritional intake and up to seven days of incremental return to regular diet/diet days

Therapy voucher worth €650.00 for our range of holistic treatments (not included: cosmetic treatments, psychotherapy, colonic hydrotherapy and ozone therapy/autohemotherapy)

### RATES BY ROOM CATEGORY

	👤	👤 👤
Main building   Single room	€ 7.559,00	
Main building   Double room per person	€ 8.259,00	€ 7.699,00
Blumenhaus   Double room per person	€ 8.959,00	€ 8.399,00
Blumenhaus west wing   Double room per person	€ 8.399,00	€ 7.839,00
Blumenhaus   Junior-Suite per person	€ 11.199,00	€ 10.639,00
Blumenhaus   Suite per person	€ 12.039,00	€ 11.479,00

# BUCHINGER DECELERATION

21 DAYS

This is the BUCHINGER therapeutic fasting programme as Dr Otto Buchinger I recommended it more than 100 years ago. During this time, you will achieve sustainable results particularly if you have a chronic condition. The arrival, fasting and adjustment days are perfectly designed for an annual stay of 21 days. Recognise your needs and take the time out that is necessary.

## WHAT'S INCLUDED

Medical examination on arrival and consultation at the end of your stay as well as four medical consultations

Two laboratory tests (biochemical profile, etc.) and ECG

Two InBody measurements

Nutrition counselling

Eliminative therapies

Fasting diet incl. preparatory day of reduced nutritional intake and up to five days of incremental return to regular diet/diet days

Therapy voucher worth € 500.00 for our range of holistic treatments (not included: cosmetic treatments, psychotherapy, colonic hydrotherapy and ozone therapy/autohemotherapy)

## RATES BY ROOM CATEGORY

	👤	👤 👤
Main building   Single room	€ 5.813,00	
Main building   Double room per person	€ 6.338,00	€ 5.918,00
Blumenhaus   Double room per person	€ 6.863,00	€ 6.443,00
Blumenhaus west wing   Double room per person	€ 6.443,00	€ 6.023,00
Blumenhaus   Junior-Suite per person	€ 8.543,00	€ 8.123,00
Blumenhaus   Suite per person	€ 9.173,00	€ 8.753,00





## BUCHINGER CONCENTRATION

14 DAYS

The BUCHINGER therapeutic fasting programme in a shortened form. This is our offer for you if you are unable to stay more than two weeks and wish to experience BUCHINGER therapeutic fasting. After your arrival, as a rule, there will be one pre-cleansing day and ten fasting days, followed by three build-up days. During this time, you will define your wishes and goals, feel your body and concentrate on your mind – you will return home feeling mindful and balanced.

### WHAT'S INCLUDED

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Medical examination on arrival and consultation at the end of your stay as well as two medical consultations

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Laboratory test (biochemical profile, etc.) and ECG

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InBody measurement

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Nutrition counselling

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Eliminative therapies

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Fasting diet incl. preparatory day of reduced nutritional intake and up to three days of incremental return to regular diet/diet days

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Therapy voucher worth € 350.00 for our range of holistic treatments (not included: cosmetic treatments, psychotherapy, colonic hydrotherapy and ozone therapy/autohemotherapy)

### RATES BY ROOM CATEGORY

		
Main building   Single room	€ 3.856,00	
Main building   Double room per person	€ 4.206,00	€ 3.926,00
Blumenhaus   Double room per person	€ 4.556,00	€ 4.276,00
Blumenhaus west wing   Double room per person	€ 4.276,00	€ 3.996,00
Blumenhaus   Junior-Suite per person	€ 5.676,00	€ 5.396,00
Blumenhaus   Suite per person	€ 6.096,00	€ 5.816,00

## BUCHINGER REFLECTION

10 DAYS

The BUCHINGER therapeutic fasting programme for the experienced guest and guests who only have little time. During your stay, you will experience emotional realization and you will sharpen your senses and level of perception. You will recognize the enriching effects of therapeutic fasting and refocus on the most important aspect of your life – yourself. This programme is ideal from time to time.

### WHAT'S INCLUDED

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Medical examination on arrival and consultation at the end of your stay as well as one medical consultation

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Laboratory test (biochemical profile, etc.)

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InBody measurement

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Nutrition counselling

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Eliminative therapies

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Fasting diet incl. preparatory day of reduced nutritional intake and up to three days of incremental return to regular diet/diet days

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Therapy voucher worth € 300.00 for our range of holistic treatments (not included: cosmetic treatments, psychotherapy, colonic hydrotherapy and ozone therapy/autohemotherapy)

### RATES BY ROOM CATEGORY

		
Main building   Single room	€ 2.927,00	
Main building   Double room per person	€ 3.177,00	€ 2.977,00
Blumenhaus   Double room per person	€ 3.427,00	€ 3.227,00
Blumenhaus west wing   Double room per person	€ 3.227,00	€ 3.027,00
Blumenhaus   Junior-Suite per person	€ 4.227,00	€ 4.027,00
Blumenhaus   Suite per person	€ 4.527,00	€ 4.327,00





## BUCHINGER RELAXATION

7 DAYS

During this relatively short time, you won't be able to experience the BUCHINGER therapeutic fasting programme, however one week of tranquillity, relaxation and recreation will make you want to explore our programmes further. You will discover the possibilities of what we offer at our clinic. You will determine your health and personal goals for the time after your stay and for your next stay with us. You will certainly travel home with newly acquired energy and confidence.

### WHAT'S INCLUDED

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Medical examination on arrival and consultation at the end of your stay

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InBody measurement

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Nutrition counselling

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Eliminative therapies

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Individual nutrition concept

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Therapy voucher worth € 150.00 for our range of holistic treatments (not included: cosmetic treatments, colonic hydrotherapy and ozone therapy/autohemotherapy)

### RATES BY ROOM CATEGORY

	👤	👤 👤
Main building   Single room	€ 2.238,00	
Main building   Double room per person	€ 2.413,00	€ 2.273,00
Blumenhaus   Double room per person	€ 2.588,00	€ 2.448,00
Blumenhaus west wing   Double room per person	€ 2.448,00	€ 2.308,00
Blumenhaus   Junior-Suite per person	€ 3.148,00	€ 3.008,00
Blumenhaus   Suite per person	€ 3.358,00	€ 3.218,00

## INTENSIVE PROGRAMMES

KEEP GOING! STRENGTHENING STRENGTHS –  
WEAKENING WEAKNESSES

Maximise your fasting goal with the following intensive programmes that we have carefully put together for you. The pillars of the BUCHINGER method form the basis for all of our programmes for intensifying perception, regeneration and the strengthening of body, mind and soul. For an exceptionally lasting therapeutic fasting result.





## ENJOY DOING WITHOUT

ABSTENTION – LIBERATION – FOCUS

With this intensive programme, you help your body to detoxify for a more intense, conscious fasting experience and strengthen your own personal goals.

### WHAT'S INCLUDED

Kneipp water treading   15 min.	Once
Alkaline bath   20 min.	Once
Peat mud pack (medium)   20 min.	Once
Detox massage   60 min.	Once
Lymph drainage, partial   30 min.	Once
<b>TOTAL PRICE</b>	<b>€ 217,00</b>

## BOOST MOBILITY

AGILITY – LIGHTNESS – REVITALISATION

You're aiming for agility and vitality? This mobilising programme comprises units of sport and selected accompanying manual therapies to help you achieve your goal.

### WHAT'S INCLUDED

Personal training   100 min.	Twice
Sport massage   50 min.	Once
Connective Tissue Massage   30 min.	Once
Peat mud pack   20 min.	Once
<b>TOTAL PRICE</b>	<b>€ 328.00</b>

### YOUR BENEFIT

Fascia roller & Theraband-set from Pinofit



## RECHARGE YOUR BATTERIES

GROUNDING – CENTRING – ENERGISING

Thanks to its exceptionally energy-boosting applications and activities, this programme helps you to improve your physical energy and feel invigorated.

### WHAT'S INCLUDED

Basic course of intravenous ATP infusions	Two treatments
Personal training   60 min.	Twice
Sport massage   50 min.	Once
Magnesium bath   50 min.	Once
TOTAL PRICE	€ 338.00

### YOUR BENEFIT

Spiky ball set & Pinofit balance cushion



## FIND PEACE

RELAXATION – PERCEPTION – LIBERATION

With the goal of achieving maximum relaxation and inner harmony, this programme helps you to give your body a sense of tranquillity and to achieve deceleration.

### WHAT'S INCLUDED

Singing bowl massage   50 min.	Once
Herbal stamp massage/Hot stone massage	Once
Cranio-sacral therapy/Singing bowl massage	Once
Progressive muscle relaxation   50 min.	Once
TOTAL PRICE	€ 347,00

### YOUR BENEFIT

Relaxation charts & journal





## BE THE CENTRE OF ATTENTION

RADIANT – NATURAL – FRESH

Give your body a treat and invest some time in yourself to emerge radiant – inside and out – that’s the experience this programme offers you.

### WHAT’S INCLUDED

Derma Med Intensiv   80 min.	Once
Pedicure without nail painting   50 min.	Once
Manicure without nail painting   30 min.	Once
Hydrafacial Signature   45 min.	Once
<b>TOTAL PRICE</b>	<b>€ 439.00</b>



## WE ARE HAPPY TO PROVIDE ADVICE!

ANY QUESTIONS OR SPECIAL WISHES? WE ARE THERE FOR YOU

Please don't hesitate to contact us for a personal consultation or if you have any queries about the programmes we offer.

You can reach us by phone daily between 8 a.m. and 10 p.m. on +49 5281 166-0.

Alternatively, use the contact form on our website, [buchinger.de/en/contact/](https://buchinger.de/en/contact/), to get in touch with us.





## INDIVIDUAL PROGRAMMES

THE FOCUS HERE IS ON YOU AND YOUR PERSONAL WISHES AND NEEDS

We offer an array of treatment options to round out your stay with us and give you fresh impetus to help your body to heal itself. In addition to treatments designed to relieve pain and discomfort, we also offer some that not only do your body good, but your soul, as well.

### HOLISTIC TREATMENT

Ayurvedic massage   60 min.	€ 98.00	Honey massage   60 min.	€ 87.00
Lomilomi   90 min.	€ 140.00	Hot bamboo massage   50 min.	€ 87.00
Shiatsu   30 min.	€ 50.00	Thai massage   50 min.	€ 87.00
Shiatsu   50 min.	€ 87.00	Thai massage   80 min.	€ 116.00
Reiki   50 min.	€ 87.00	Visceral Osteopathy   50 min.	€ 87.00
Cranio-sacral therapy   50 min.	€ 87.00		
Osteopathy   50 min.	€ 128.00		
Quit-smoking acupuncture   50 min.	€ 148.00		
Acupuncture   30 min.	€ 110.00		
Acupuncture massage   50 min.	€ 87.00		
Dorn Breuß massage   50 min.	€ 87.00		
Hot stone massage   50 min.	€ 87.00		
Singing bowl massage   50 min.	€ 87.00		
Herbal stamp massage   50 min.	€ 87.00		
Marnitz massage   50 min.	€ 87.00		
Detox massage   60 min.	€ 87.00		

### THERAPEUTIC MASSAGES

Manual therapy   30 min.	€ 54.00
Manual therapy   50 min.	€ 78.00
Full body massage   50 min.	€ 78.00
Aroma oil massage   50 min.	€ 78.00
Partial massage   30 min.	€ 54.00
Physiotherapeutic diagnosis   25 min.	€ 40.00
Brush massage with body butter   50 min.	€ 80.00
Colonic massage   20 min.	€ 40.00
Connective tissue massage   30 min.	€ 54.00



## SPORT

Individual exercises/breathing exercises | 30 min. € 54.00

Individual exercises/breathing exercises | 50 min. € 78.00

Pelvic floor exercises | 30 min. € 54.00

Pelvic floor exercises | 50 min. € 78.00

Remedial gymnastics | 30 min. € 54.00

Remedial gymnastics | 50 min. € 78.00

Personal training | 30 min. € 54.00

Personal training | 50 min. € 78.00

Individual exercises/aqua gym | 30 min. € 54.00

Individual exercises/aqua gym | 50 min. € 78.00

Fascia training | 30 min. € 54.00

Fascia training | 50 min. € 78.00

Pilates | 30 min. € 54.00

Pilates | 50 min. € 78.00

Yoga | 30 min. € 54.00

Yoga | 50 min. € 78.00

Personal Nordic walking | 50 min. € 78.00

Equipment instructions | 30 min. € 54.00



Reflex zone massage | 30 min. € 54.00

Sport massage | 50 min. € 78.00

Brush massage | 30 min. € 54.00

Lymph drainage | 50 min. € 78.00

Partial lymph drainage | 30 min. € 54.00

Cupping massage | 30 min. € 54.00

## THERAPY

Scar treatment | 25 min. € 40.00

Rheumatism sand bath | 25 min. € 40.00

Colonic hydrotherapy | 50 min. € 97.00

Colonic hydrotherapy (3-pack) | 50 min. each € 270.00

Colonic hydrotherapy with singing bowl | 80 min. € 147.00

Colonic hydrotherapy with singing bowl (3-pack) | 80 min. each € 429.00

Respiratory therapy | 25 min. € 40.00



## WELLNESS

Mud pack (medium) | 20 min. € 38.00

Mud pack (big) | 25 min. € 48.00

Hay flower pack | 20 min. € 38.00

Peat mud pack (medium) | 20 min. € 38.00

Peat mud pack (big) | 25 min. € 48.00

Various baths | 20 min. € 38.00

Kneipp affusions | 15 min. € 24.00

## AESTHETICS

Botulinum toxin | (depending on the area) from € 160.00

Hyaluronic acid | (depending on the area) from € 250.00

Thread lifting | (depending on the area) from € 600.00

Medical needling + 1 add. € 300.00

## INFUSION THERAPY

Immun Drip (1 dose) € 160.00

Detox Drip (1 dose) € 190.00

Arthritis Drip (1 dose) € 145.00

Anti stress Drip (1 dose) € 145.00

## COSMETIC TREATMENTS

Derma Med Basis | 50 min. € 98.00

Derma Med Intensiv | 80 min. € 146.00

Structure crash treatment | 40 min. € 80.00

Hydrafacial Nourish | 45 min. € 169.00

Hydrafacial Deluxe | 45 min. € 199.00

Clarifying Hydrafacial | 30 min. € 154.00

Platin Hydrafacial | 60 min. € 279.00

Eyebrows and eyelashes dye | 20 min. € 20.00

Manicure without nail painting | 30 min. € 58.00

Manicure with nail painting | 40 min. € 68.00

Pedicure without nail painting | 50 min. € 78.00

Pedicure with nail painting | 60 min. € 88.00





## VALUABLE RECOMMENDATIONS

### PASS ON THE GOOD NEWS

We show our gratitude to you for every guest from your circle of family members, acquaintances and friends who comes to us for at least ten days by giving you a “bonus day” in the form of a day’s rate deducted from your own booking. If your friends and acquaintances heard about us from you or we were recommended by you, ask them to let us know when they make their booking.

### WORTHWHILE PREPARATIONS

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Bring a list of all medication you are currently taking, including dosage

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Bring your most recent medical reports and laboratory results

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Pack suitable clothing for the season

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Pack sportswear and swimming things

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Pack trainers

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Pack sturdy footwear for walks

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On arrival, a dressing gown and slippers will be waiting for you in your room

## DIRECTIONS

### BY CAR

Coming from the north and east, Hamburg/Berlin, etc.: take the A2, A7 or A27 motorway as far as the Hannover-Nord junction, then continue on the A2, exiting at Rehren in the direction of Hameln, passing through Hessisch Oldendorf (B83). In Hameln turn onto the B3 in the direction of Bad Pyrmont, continue through Ohr and turn right after about 2 km (Bad Pyrmont is signposted) to continue through Hämel-schenburg, Amelgatzen, Welsede and Thal, and arrive in Bad Pyrmont.

Coming from the south, from the Frankfurt area/Würzburg/Munich/Stuttgart, etc.: take the A7 motorway in the direction of Kassel. At the Kassel junction, turn onto the A44 motorway in the direction of Dortmund. Taking the Warburg exit, continue in the direction of Brakel on the B252 (speed cameras along the entire route!). Shortly after passing Steinheim, turn off to the right in the direction of Wöbbel/Schieder. Turn left at the big traffic light junction in Schieder and continue past the reservoir and through Lüdge to arrive in Bad Pyrmont.

Coming from the west, from the Ruhr region: drive in the direction of Dortmund. At the Unna junction, turn onto the A44 motorway in the direction of Kassel. Watch out for the Wünnenberg-Haaren junction, where you take the A33 in the direction of Paderborn! At the Paderborn-Elsen exit, follow the signs to Hameln. Continue on the B1 past Bad Lippspringe/Schlangen/Horn until you reach the Bad Pyrmont exit (turn right), then continue through Belle/Wöbbel to Schieder. Turn left at the big traffic light junction there and continue past the reservoir and through Lüdge to arrive in Bad Pyrmont.

In Bad Pyrmont: Follow our directions to pass the station, where you turn into Bahnhofstraße in the direction of the city centre (Innenstadt). Turn right at the Pyrmont Info-Center (just after the Mercedes car showroom) and then keep straight on up the hill along the roads Untere Hauptallee/Kirchstraße/Lägerstraße/Forstweg – the clinic is at the end of Forstweg.

### BY TRAIN

From the south/north/east: take the IC/ICE to Hanover, from where there is an hourly service via Hameln to Bad Pyrmont.

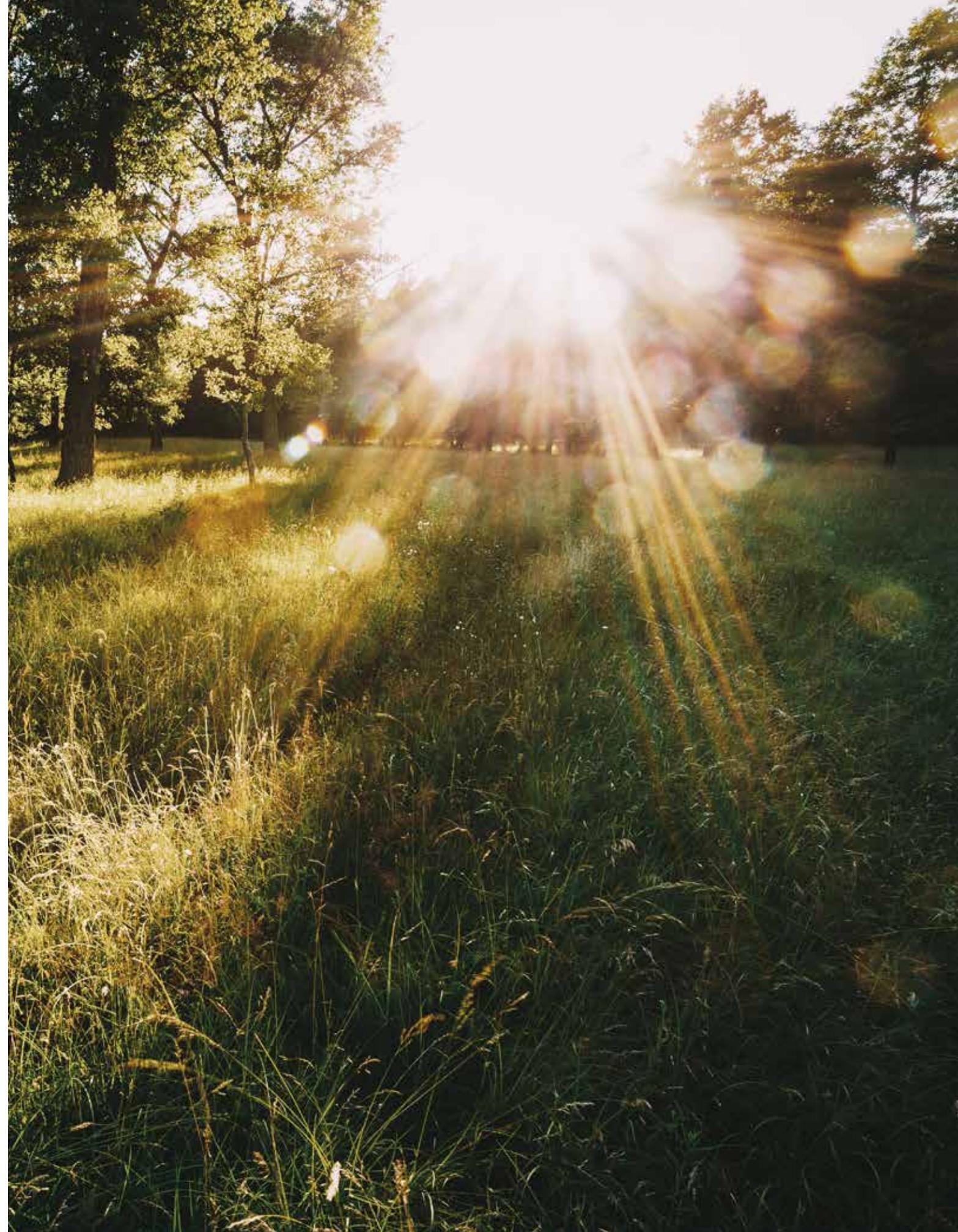
From the west: there are various train connections available, most of them, however, are via Paderborn/Altenbeken.

Precise details of services are available on the Internet at [www.deutschebahn.de](http://www.deutschebahn.de)

### BY PLANE

Airport Hannover-Langenhagen: we will be happy to arrange an airport transfer (shuttle service) for you that will bring you straight to the clinic. Please enquire about the cost when making your reservation.

Alternative airport: guests occasionally fly into Frankfurt (from where they have various options to choose from: the ICE train, a taxi or the shuttle service), and even less frequently to Paderborn.





BUCHINGER  
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