

PACKAGES 2023/2024

valid from 01.11.2023



A WARM WELCOME

therapies are always up to date.

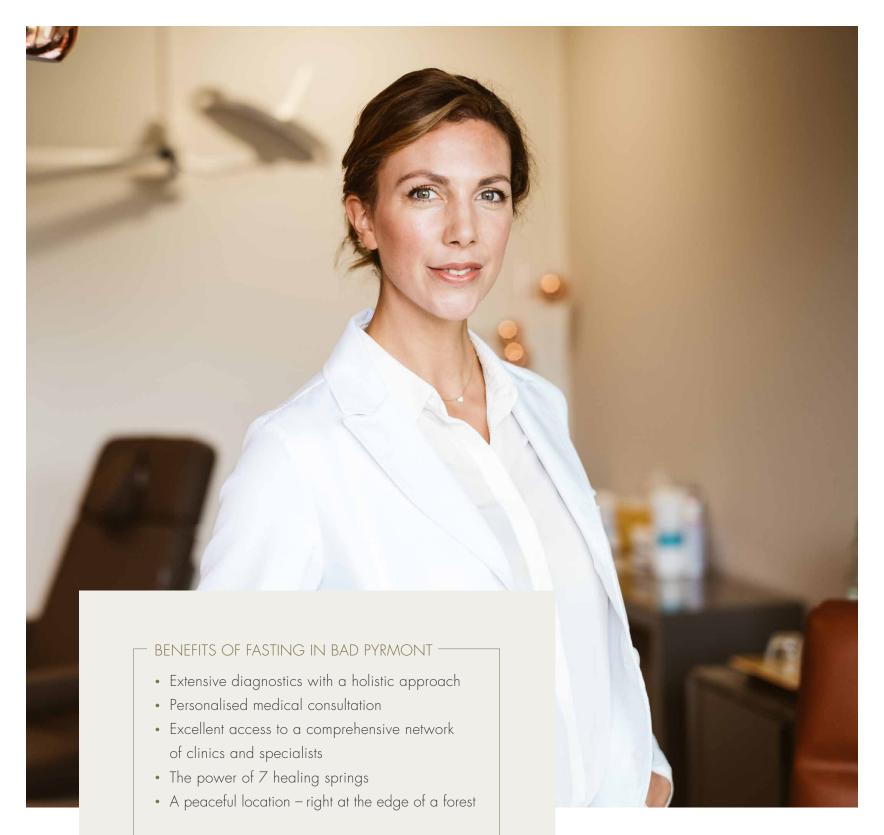
THE ORIGINAL BUCHINGER THERAPEUTIC FASTING METHOD

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, AESTHETICS 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.





After fasting, your awareness should be greater than the waistband of your trousers!

Dr Otto Buchinger, founder of therapeutic fasting

THE BUCHINGER METHOD

Fasting is a deliberate decision to go without solid foods for a certain period of time. Through fasting, cleansing processes in the body are triggered and self-healing powers are activated. The original BUCHINGER therapeutic fasting programme is always monitored by medical practitioners.

FEELING WELL INSTEAD OF STARVING

BUCHINGER therapeutic fasting is not a zero-calorie diet but a low-calorie drinking diet where you will take in 200 – 300 kilocalories daily. During the fasting process, you will have our especially nutrition-rich organic vegetable broth made to our original recipe, supplemented by fruit and vegetable juices, teas and mineral water. After breaking the fast, traditionally celebrated with an apple, the lacto-ovo-vegetarian building up of your diet follows with products from controlled organic farming. In this way, we guide you gently on the path to a healthy and complete diet which you will be able to integrate into your daily life.

OUR PACKAGES

Based on many years of experience, we have designed specific packages to achieve the best possible results for the time available.

DETAILED OVERVIEW OF OUR PACKAGE SERVICES:

MEDICAL CARE:

Initial examination upon admission with holistic anamnesis and preparation of an individual therapy plan

Final examination and comparison of health goals; recommended course of action

Additional consultation depending on length of stay

Laboratory diagnostics: complete blood count, electrolytes, inflammation parameters, fatty acid analysis, liver and kidney values, TSH, urinalysis and detailed discussion of the findings

Nutritional counselling and recommended course of action

Medical morning check-up (three times a week) by a certified nurse: Vitals are taken (blood pressure, pulse), weight is recorded and the patient's general well-being* is checked upon

Fasting minerals to support the fasting process during the entire stay*

Liver wraps during the days of fasting to stimulate liver function; applied daily from Monday to Friday; on Saturdays/Sundays/holidays only upon request and in case of medical necessity*

Intestinal hygiene application during the fasting days every second day by a certified nurse*

24-hour holistic care by certified nurses on the ward*

24-hour (on-call) availability of the physician on duty*



CLINIC SERVICES:

Accommodation in the selected room category

Welcome gift

Fasting guide and diary

Vouchers for therapies and treatments

Accompanying multimodal naturopathic therapies

Guided relaxation procedures

Extensive weekly activity programme with guided hikes

Free use of gym, swimming pool, sauna, steam bath

Kneipp pool

Free mineral water and teas

Room tea service twice daily on fasting days

One day of relief before fasting and, depending on the length of the visit, up to seven days of recovery after fasting, with organic food from our organic Demeter menu

Lectures and cooking classes

Free Wi-Fi use

Free parking

*Basic medical care

BUCHINGER ORIGINAL

28 NIGHTS

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 nights or more.



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

Two laboratory tests

Two InBody measurements

One ECG

Nutrition counselling

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

€ 650 therapy voucher

Medical care and clinic services

rates by room category*		
Main building Single room	7.322,60 €	
Main building Double room per person	8.022,60 €	7.462,60 €
Blumenhaus west wing Double room per person	8.162,60 €	7.602,60 €
Blumenhaus Double room per person	9.282,60 €	8.442,60 €
Blumenhaus Junior-Suite per person	11.802,60 €	10.682,60 €
Blumenhaus Suite per person	12.642,60 €	11.242,60 €

WHAT'S INCLUDED

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

Two laboratory tests

Two InBody measurements

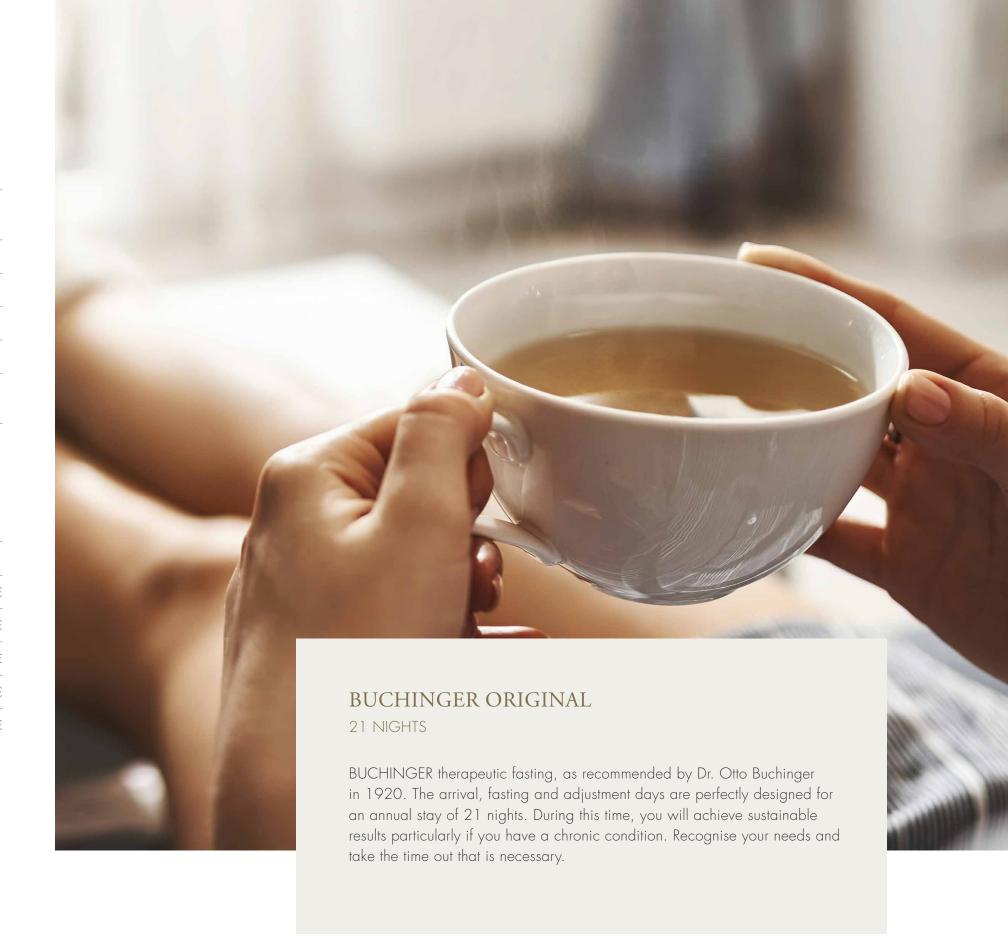
One ECG

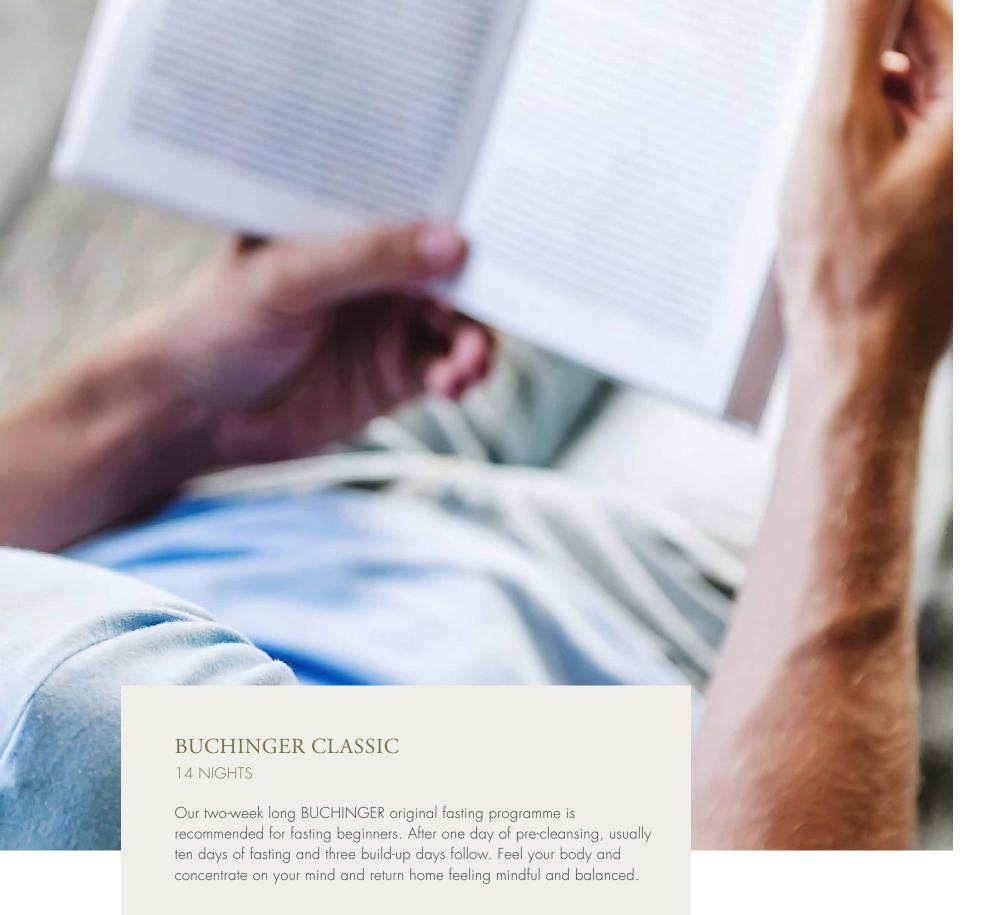
Nutrition counselling

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

€ 500 therapy voucher

RATES BY ROOM CATEGORY*		.
Main building Single room	5.696,20 €	
Main building Double room per person	6.221,20€	5.801,20 €
Blumenhaus west wing Double room per person	6.326,20 €	5.906,20 €
Blumenhaus Double room per person	7.166,20 €	6.536,20 €
Blumenhaus Junior-Suite per person	9.056,20 €	8.216,20 €
Blumenhaus Suite p. P.	9.686,20 €	8.636,20 €





WHAT'S INCLUDED

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

One laboratory test

Two InBody measurements

One ECG

Nutrition counselling

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

350 € therapy voucher

RATES BY ROOM CATEGORY*		2 2
Main building Single room	3.963,80 €	
Main building Double room per person	4.313,80 €	4.033,80 €
Blumenhaus west wing Double room per person	4.383,80 €	4.103,80 €
Blumenhaus Double room per person	4.943,80 €	4.523,80 €
Blumenhaus Junior-Suite per person	6.203,80 €	5.643,80 €
Blumenhaus Suite per person	6.623,80 €	5.923,80 €

WHAT'S INCLUDED

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

One laboratory test

One InBody measurement

One ECG

Nutrition counselling

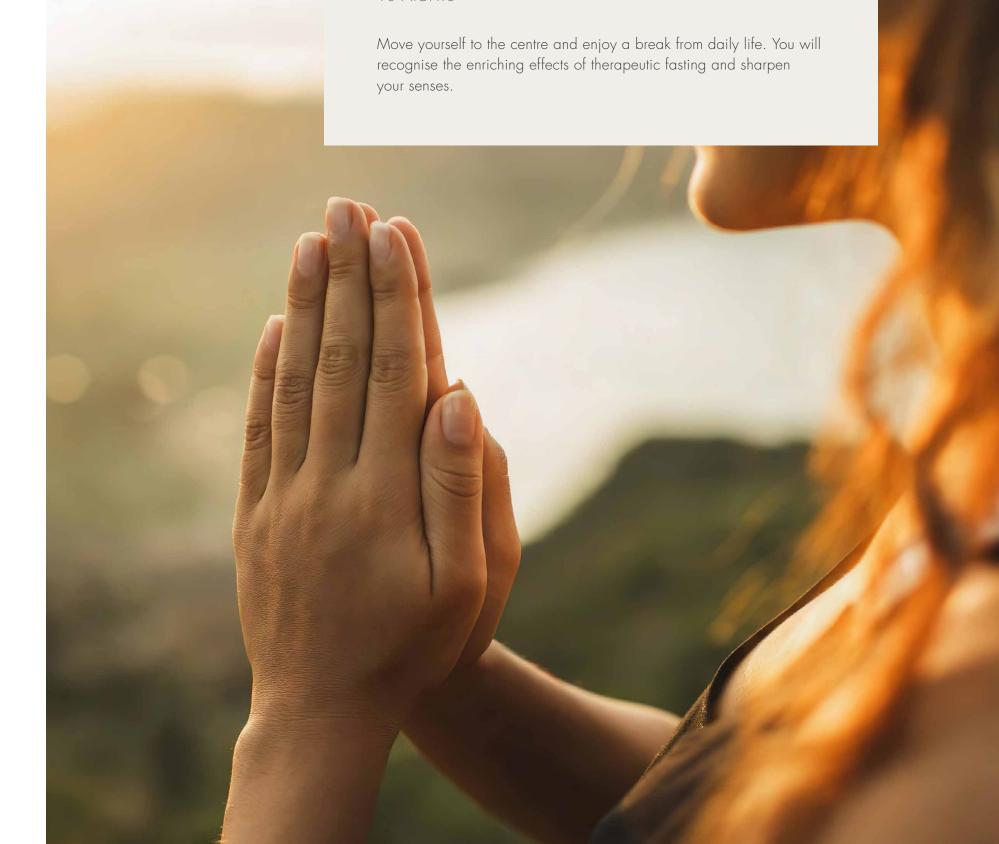
Fasting diet incl. preparatory day of reduced nutritional intake and up to three days of incremental return to regular diet/diet days

300€ therapy voucher

rates by room category*	•	2 2
Main building Single room	2.997,00 €	
Main building Double room per person	3.247,00 €	3.047,00 €
Blumenhaus west wing Double room per person	3.297,00 €	3.097,00 €
Blumenhaus Double room per person	3.697,00 €	3.397,00 €
Blumenhaus Junior-Suite per person.	4.597,00 €	4.197,00 €
Blumenhaus Suite per person	4.897,00 €	4.397,00 €

BUCHINGER COMPACT

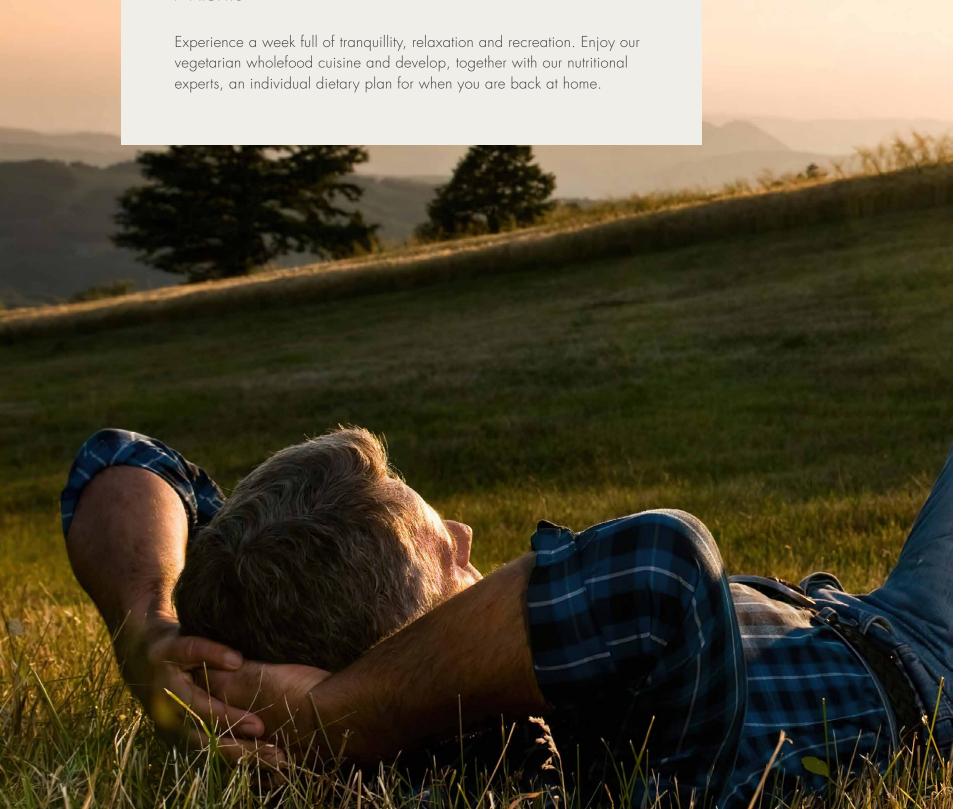
10 NIGHTS



^{*}Plus visitor's tax

BUCHINGER VITAL

7 NIGHTS



WHAT'S INCLUDED

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

One InBody measurement

Nutrition counselling

Vegetarian wholefood cuisine (full board)

150€ therapy voucher

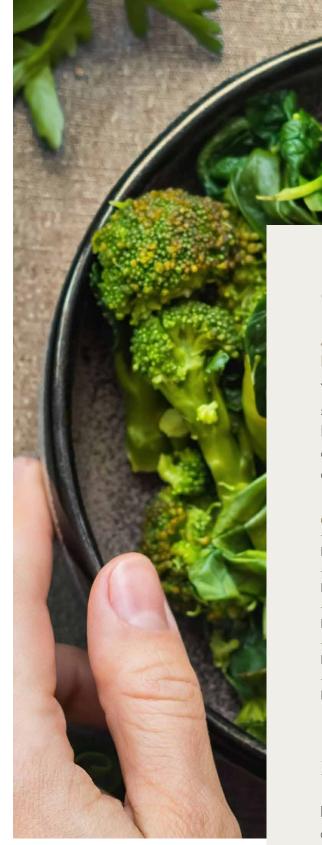
RATES BY ROOM CATEGORY*		.
Main building Single room	2.127,40 €	
Main building Double room per person	2.302,40 €	2.162,40 €
Blumenhaus west wing Double room per person	2.337,40 €	2.197,40 €
Blumenhaus Double room per person	2.617,40 €	2.407,40 €
Blumenhaus Junior-Suite per person	3.247,40 €	2.967,40 €
Blumenhaus Suite per person	3.457,40 €	3.107,40 €

DAILY RATE

WOULD YOU LIKE TO BOOK INDIVIDUALLY?

It is possible to book by daily rate beginning with a minimum stay of seven nights. The daily rate includes accommodation in the room category of your choice, basic medical care* according to the length of your visit, as well as extensive clinic services and meals during the fasting days. The mandatory initial examination is charged at \in 180.00. For relief and recovery days, we charge a flat meal rate of \in 52.00 per day. All other services, examinations, medical consultations as well as therapeutic and cosmetic treatments are not included in the price for bookings by daily rate and are charged separately according to the applicable price list. For catering with a whole food diet, we charge \in 65.00 per day, per person..

rates by room category*		
Main building Single room	199,20 €	
Main building Double room per person	224,20 €	204,20 €
Blumenhaus west wing Double room per person	229,20 €	209,20 €
Blumenhaus Double room per person	269,20 €	239,20 €
Blumenhaus Junior-Suite per person	359,20 €	319,20 €
Blumenhaus Suite per person	389,20 €	339,20 €



OFFER FOR VISITORS

ARE YOU EXPECTING ANY VISITORS? WILL YOU BE DROPPED OFF OR PICKED UP?

Your visitor may stay in your room for a maximum of three nights at the special price of € 139.00 (including breakfast) plus a visitor's tax. Please note that this rate does not apply to bookings of the room category "Main house single room". In this case the respective category's daily rate will be applied.

CULINARY DELIGHTS FROM OUR ORGANIC DEMETER MENU:

Lunch	35,00 €
Dinner	25,00 €
Relief day	52,00€
Recovery day	52,00€
Packed lunch	20,00 €

DOGS ARE WELCOME!

lour four-legged friend is more than welcome to stay with us. We charge a fee of \in 20.00 per night and \in 50.00 for the final cleaning. Please understand that only a limited number of dog-friendly rooms are available and that leashing your dog is required on the entire clinic's premises.

^{*}Plus visitor's tax



SERVICES THAT ARE INVOICED SEPARATELY

Shuttle and transfer services

Interpreter services

Visitor's tax of the city of Bad Pyrmont

MEDICALLY PRESCRIBED OR REQUESTED BY YOU:

Medication and supplements

Additional diagnostic, therapeutic and medical services

Therapeutic services not covered by your voucher or for which the cost exceeds the voucher amount

For a full board meal from our organic Demeter menu, guests who have booked a fasting package will be charged € 65.00 per person, per day

Room service \in 7.00 per meal

Detailed invoice € 40 00

RESERVATION/VISIT

Please send us our medical admission form, your medical documents and a deposit of \in 2,000.00 at least 28 days prior to your arrival. If we have not received a deposit by the deadline, your reservation will be cancelled.

Please understand that for booking reasons we cannot reserve a specific room, but only a room within the requested category.

You are welcome to arrive as early as 10:00 a.m.; however, your room is only guaranteed to be ready for you to move into starting at 2:30 p.m. If you arrive after 4:00 p.m., the admission examination will take place the following day. Please note that arrivals on Saturdays are not possible. Please plan to depart at noon. Your visit begins with dinner on the day of your arrival and ends with lunch on the day of your departure.

WHAT SHOULD I BRING

- Current medical examination results and the prescribed medication in sufficient amount quantity (or the corresponding prescriptions from your physician)
- Comfortable everyday clothes, appropriate to the season
- Walking clothes and shoes or boots
- Rainwear
- Indoor sports shoes (ideally with pale soles)
- Sports and swimwear
- Shower shoes
- Charging cables
- Books

INFORMATIONS

BY CAR:

Enter the address Forstweg 39, 31812 Bad Pyrmont into your sat nav or your online map provider.

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

BY PIANE.

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.

CLINIC ORDINANCE

THE BUCHINGER CLINIC IS A PLACE OF TRANQUILITY. FOR A SUCCESSFUL TREATMENT, CONSIDERATION TOWARDS ONE ANOTHER AND A CERTAIN DEGREE OF PROPER ORDER ARE ESSENTIAL ELEMENTS WHEN LIVING TOGETHER.

- 1) Due to therapeutic and medical reasons, specific rest periods must be followed during fasting. Please be mindful of the midday and night-time rest periods of all guests/patients from noon to 2 pm and from 11 pm to 7 am.
- 2) Mobile phone use is to be avoided as much as possible on the clinic grounds and is not permitted during our excursions. Mobile phone use is permitted only in your own room (ideally with the win dows closed to avoid disturbing your neighbours) or in the reception hall in the main building and flower house.
- 3) Our dining and beverage rooms are mindfulness areas and mobile phone free zones.
- 4) In order for everyone to enjoy their stay without any distractions, we ask that mobile phones not be used in any of our common areas
- 5) All meals are provided in the dining and beverage room. Only if medically necessary and with the approval of the attending doctor, you may take your meal in your room without incurring additional charges. Otherwise, you will be charged room service fees.
- 6) We kindly ask you to wear appropriate clothing when you are in the beverage room and in the restaurant.
- 7) The BUCHINGER Clinic strictly prohibits smoking and the consumption of alcohol on the entire premises, in the rooms as well as during excursions. Damage or additional cleaning services required will be charged according to the General Terms and Conditions.
- 8) During fasting, our sense of smell becomes highly sensitive. Please refrain from using perfumes.

- 9) Lighting candles or incense is not permitted in your room.
- 10) If you wish to stay away from our clinic overnight or for days at a time, the consent of the attending doctor is required.
- 11) The ability to react during therapeutic fasting is impaired in isolated cases. Therefore, some activities (such as cycling, horseback riding, driving a car) can only be performed to a limited extent. These activities should therefore only be performed after consulting the attending doctor.
- 12) The minimum age for treatment at the BUCHINGER Clinic is 18 years. Accompanied by a person with parental authority, treatment is possible from the age of 16 after prior consultation with the directorate and our medical management.
- 13) Our clinic is located on sloping terrain and is therefore not suitable for visits by persons with walking disabilities or wheelchair users.
- 14) In the event of repeated violations of the clinic ordinance or failure to follow instructions, the clinic management reserves the right to terminate your visit. You will be charged for any damages incurred.
- 15) Please keep your scheduled appointments (medical check-up, medical consultations, treatments, etc.) and arrive on time.
- 16) The doctors' room, nurses' room and kitchenette are confidential areas. Please only enter these areas when requested and in the presence of a doctor or accompanied by a nurse.

We kindly ask you to read the clinic regulations carefully. By signing your booking confirmation, you acknowledge compliance with the clinic ordinance.





INFORMATION FOR PERSONS ENTITLED TO STATUTORY HEALTH INSURANCE,

clinic for naturopathic treatment, medical prevention and rehabilitation supply contract with the Federal Association of Statutory Health Insurance Funds according to § 111 SGB V. In terms of type and scope, the BUCH-INGER Clinic meets the requirements for clinical in-patient treatment for all legally insured persons, provided that the statutory health insurance is in

company 21 days prior to your arrival. Otherwise, you will be charged

We meet the requirements of § 6 section 2 BVO according to letter a), i.e. the clinic carries out special curative treatments (e.g. with means of physical therapy - baths, radiation etc. - or by special forms of nutrition)

ried out by doctors trained for this purpose or according to their instructions. The BUCHINGER Clinic is subject to the supervision of the responsible health authority (§ 47 of the Third Implementing Regulation to the Law on the Unification of the Health Care System of 30.03.1935 - RGS.

provisions of the German aid ordinance (Beihilfeverordnung) and fulfil the requirements of section 107 (2) of the German Social Security Code (SGB V). The financial aid offices in the individual federal states contribute to the costs to varying degrees.

Private health insurance companies mainly classify us as a "sanatorium". The costs of stay are only covered if a corresponding insurance policy has been purchased. Medical and diagnostic services are usually reimbursed. We recommend that you obtain written confirmation of the costs from your private health insurance company before starting your visit. You will find all the important information in the benefits catalogue of your financial aid office/health insurance company.

As a private clinic, some of our services are subject to statutory value-added taxes. In most cases, this tax is not reimbursed by the private health insurers or the state aid. All services are invoiced according to in-house rates. Please be aware that we are unable to provide an itemised invoice according to the German GOÄ (Gebührenordnung für Ärzte, the fee code for doctors) of both the medical and medical-therapeutic services and the medically prescribed individual therapies.

The therapy vouchers described in the arrangements are not included in the accommodation arrangements for patients with statutory health insurance.

GENERAL TERMS AND CONDITIONS

I. SCOPE

- 1. The Terms and Conditions apply to agreements for in-patient treatment as well as all other services provided to the guests/patients by the BUCHINGER Clinic.
- 2. Deviating provisions, including those contained in the guests'/patients' General Terms and Conditions, shall not apply unless they are explicitly acknowledged in writing by the BUCHINGER Clinic.

II AGREEMENT

- 1. By mailing our booking confirmation/admission agreement, the booking is legally binding.
- 2. A written cancellation is required to effectively cancel the agreement. In case of a short-term booking (less than 21 days before arrival), you have 1 day after receipt of the booking confirmation/admission agreement to cancel your contract.
- 3. Visitors and accompanying persons can be accommodated for up to three nights upon agreement with the booking department and subject to room availability. From the fourth night they are considered guests/patients and the general rates will be charged. Equally, a consultation with a doctor will be mandatory.
- 4. Services from an arrangement that have not been claimed will not be refunded. The contents of the arrangements cannot be changed.

III. CANCELLATION/WITHDRAWAL

- 1. Cancellation fees apply as follows: Guests/patients may cancel or change bookings up to 21 days prior to the scheduled arrival date in writing only, without incurring any charges.
 - Short-term bookings can be cancelled free of charge a maximum of 24 hours after receipt of the booking confirmation/admission agreement. After that, guests/patients will be charged the following cancellation fees:
 - 20 to 14 days prior to arrival: 25% of the booked arrangement
 - 13 to 7 days before arrival: 50% of the booked arrangement
 - 6 to 3 days prior to arrival: 75% of the booked arrangement
 - 2 to 0 days before arrival: 90% of the booked arrangement
- 2. In case of early departure during the booked stay or late arrival, the originally booked rate will be charged.
- 3. In case of non-compliance with the clinic regulations, the BUCHINGER Clinic is entitled to cancel the treatment at the expense of the guests/patients.
- 4. Appointments for individual therapies must be cancelled by guests/patients by noon the day before, otherwise they will be charged at 100%. This also applies in the event that an appointment is not attended.
- 5. Meals not claimed will not be credited.

IV. SERVICES, PRICES, PAYMENTS

 In the written booking confirmation/admission agreement we will show you the total price for your desired arrangement in the clinic. To accept the offer, a deposit of €2,000.00 is required at the latest 28 days before arrival. This

- guarantees your booking. If we do not receive a deposit of €2.000,00 by 28 days prior to your arrival, your reservation will be cancelled.
- 2. The remaining amount of the package price is due two weeks prior to your arrival at the latest. If the amount has not been received upon arrival, it must be paid on the day of arrival.
- 3. Upon your arrival, a credit card must be deposited to guarantee that all your charges will be fully covered.
- 4. The invoice must be paid prior to your departure.
- 5. All services will be invoiced according to our current valid price lists. Prior rates and conditions are invalid. We reserve the right to modifications.
- 6. Individual arrangement contents cannot be changed or refunded.
- 7. The majority of prices are considered to be included. Prices subject to VAT will be automatically adjusted in case the underlying VAT rate changes.
- 8. In the case of in-patient treatment using the benefits of a German statutory health insurance, the corresponding cost confirmation from the insurer as well as the completed and legally binding signed registration form must be submitted to the clinic in writing at least 21 days before the start of treatment. Otherwise, in-patient admission and subsequent invoicing will be in accordance with the conditions for self-payers.
- 9. Invoicing according to the rates specified in this price list is done directly with the guests/patients even if the invoice is submitted to a financial aid authority or private health insurance for reimbursement.
- 10. In order to ensure the proper execution of in-patient treatment, the clinic reserves the right to hire an interpreter at the expense of the guests/patients, should a corresponding necessity be determined by the attending doctor or the clinic management.
- 11. Special hygiene rules apply for the duration of the Covid pandemic. We will communicate these to you immediately, but would like to explicitly point out that the regulations can also change at short notice depending on the infection situation.

V. ARRIVAL/DEPARTURE

- 1. Guests/patients receive a room in the category booked by them. They are not entitled to a specific room number.
- 2. Booked rooms are available to guests/patients beginning at 2:30 pm on the day of arrival. If a room is requested before 2:30 pm, the clinic will charge an additional daily rate.
- 3. On the day of departure, the room must be made available by noon, otherwise there will be an additional charge for this day.
- 4. For extensions beyond the period of time booked and confirmed, as well as for all other changes to the booked arrangement, our booking department must be contacted. In most cases, changes are only possible subject to switching the room and after consulting the attending doctor.
- 5. For guests/patients who are admitted to the clinic for the first time, we kindly ask

you to present a valid identity card/passport as well as a valid credit card upon your arrival.

VI. ITEMS BROUGHT ALONG/LIABILITY

- 1. The BUCHINGER Clinic is not liable for items brought into your room, especially jewellery, documents and cash. The clinic recommends making use of the furniture safe which can be found in your room.
- 2. The use of the car parking spaces and the bicycle parking spaces is at your
- 3. There is a strict ban on smoking and consuming alcohol at the BUCHINGER Clinic, including the entire clinic grounds as well as during excursions and in the guest/patient rooms. In their rooms, guests/patients are responsible for ensuring that this ban is also adhered to by third parties.
- 4. In the event that guests/patients violate this rule, the clinic is entitled to charge a special cleaning fee of €350.00.
- 5. The same applies if third parties smoke in the room to the guests'/patients' knowledge or negligent ignorance. Guests/patients are allowed to provide proof that no damage or only minor damage has been caused.
- 6. Lighting candles and incense sticks is not permitted in the rooms.
- 7. Our smoke detectors are highly sensitive, specialized devices that detect cigarette smoke, pipe tobacco smoke, and smoke from candles, and immediately trigger an alarm. In the event of a smoke alarm, all costs for evacuation and fire department intervention, as well as any type of follow-up costs, will be charged to the person who caused the alarm.

VII. FINAL TERMS

- 1. The place of payment and performance is Bad Pyrmont, Germany.
- 2. The place of jurisdiction is Hameln in Lower Saxony, Germany.
- 3. The law of the Federal Republic of Germany shall apply.
- 4. Should individual provisions of these Terms and Conditions be or become invalid or void, this shall not affect the validity of the remaining provisions. In all other respects the statutory provisions shall apply.

We kindly ask you to read these General Terms and Conditions carefully. By signing your booking confirmation, you acknowledge compliance with our General Terms and Conditions.



KLINIK DR. OTTO BUCHINGER GMBH & CO. KG

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BUCHINGER.DE