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THE FOCUS IS ON PEOPLE

Our world is changing rapidly. Change is happening worldwide: digitalization, artificial intelligence, climate change, political, economic and social change. This is a massive challenge for each and every one of us and places equally drastic demands on our health. These challenging times therefore also require a new dimension of medicine. A medicine that puts people at the centre.

With our pioneering Buff Medical Resort, we want to offer people from all over the world a unique, integrative medical concept that helps them to restore, maintain and preserve their health. Our aim is to provide our guests with a clear guide to a healthy, long and fulfilling life, in which exercise, nutrition, metabolism and sleep work together harmoniously and are complemented by mindful thinking, emotional balance and purposeful action.

Change is an opportunity. It redefines us. With the Buff Medical Resort, we are actively shaping it. We warmly welcome you to the refuge for the future of your health.

Yours,

Hans-Jürg Buff CEO & Founder





WELCOME!

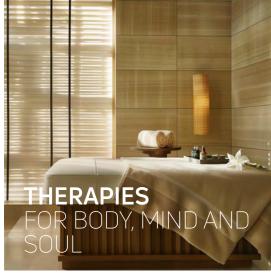
Our holistic health resort on Lake Constance combines the highest levels of comfort of a luxury hotel with unique medical care.

We offer you an exclusive, integrative medical concept of prevention that aims to comprehensively promote and improve your health. To this end, we teach you the basics of a mindful lifestyle, which is based on four important pillars:

Regular exercise, a diet rich in vital substances, healthy metabolism and restful sleep.

Our highly qualified doctors, therapists, sports scientists and nutritionists work hand in hand to offer you sensitive care across specialist boundaries. We understand health as the harmonious interplay of physical, mental, emotional and energetic factors.



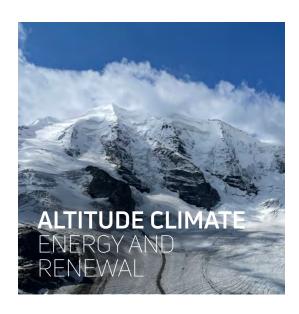


Together they form the foundation of your holistic health and quality of life. That's why we take an individual approach to your needs and offer you customised health care.

Our commitment does not end with your stay with us at the Buff Medical Resort. We take responsibility for your health, even beyond that, through continuous aftercare and regular

check-ins to ensure long-term, positive changes. Through telemedicine consultation, you have the opportunity to stay in contact with our medical team.

The Buff Medical Resort is a place of transformation and joie de vivre, where you can lay the foundations for a longer, healthier and self-determined life.









NATURAL CONSTANCE

The Buff Medical Resort in Constance is picturesquely situated on the sunny south side of Lake Constance, surrounded by majestic trees in Büdingen Park. Covering 40,000 square meters, it offers 118 rooms and suites as well as a 5,000 square meter medical area. The majority of the building was constructed from natural, sustainable and pollutant-free solid wood. To positively influence your vegetative nervous system, the interior was finished in valuable Swiss stone pine wood.

The location in Constance creates the best conditions for your therapeutic success thanks to the unspoiled nature and mild climate of the Lake Constance region.

Our resort is in an absolutely natural, quiet and sheltered location on the shores of Lake Constance. Nevertheless, there is plenty to discover and experience all around.

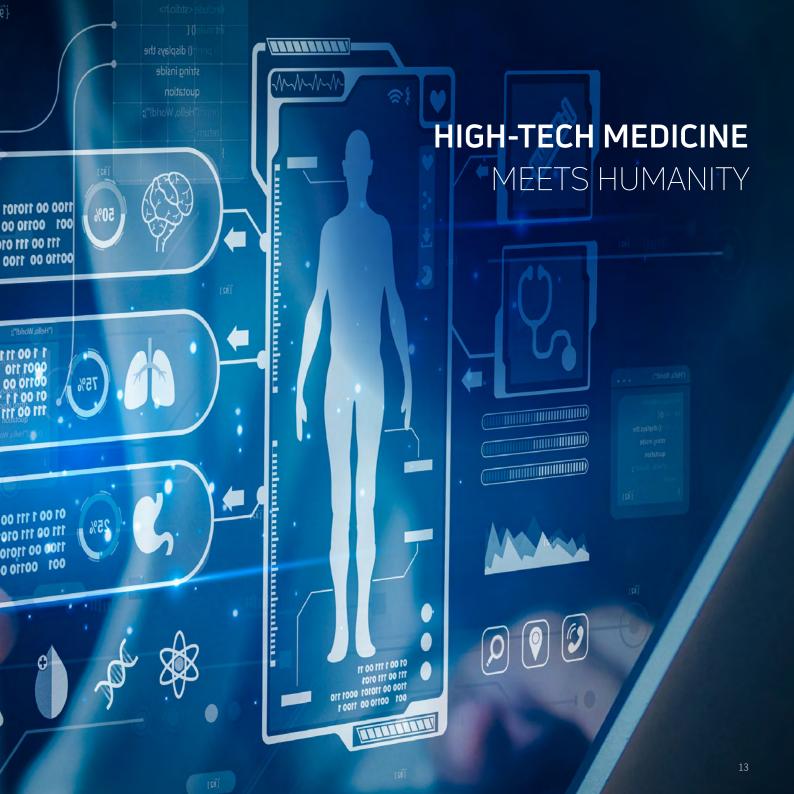


The nearby Loretto Forest in Constance invites you to take a stroll. The lakeside promenade, surrounded by stately Wilhelminianstyle houses, is perfect for a leisurely stroll along the lake. It is only a short walk to the centre of Constance. The city on the lake is a real beauty and impresses with its historic old town, colourful houses, winding alleyways and many charming shopping opportunities.

It is therefore not surprising that this unique blend of history, culture and nature attracts visitors from all over the world. With its Mediterranean flair and location in the four-country region of Lake Constance with Germany, Austria, Switzerland and the Principality of Liechtenstein, the largest city on Lake Constance invites you to relax, enjoy and linger.







THE POWER OF HIGH-ALTITUDE CLIMATE HEALTH AT THE HIGHEST LEVEL

Experience a globally unique highlight at the Buff Medical Resort: Highaltitude climate in our rooms and suites. This innovation simulates an atmosphere at an altitude of up to 4,000 meters and offers many health benefits for you.

• Regeneration of your mitochondria

More energy in the body and fewer oxidative pollutants

Improved blood circulation

Optimal oxygen supply for the body and organs

More efficient fat burning

Activated metabolism supports weight reduction

• Strengthen your immune system

Regeneration and mobilization of the immune system

Deeper relaxation

Promotes recovery after exertion and stress

Better quality of sleep

Deep, restful sleep

The high-altitude climate strengthens the power plants of your cells, relieves inflammation and supports healing processes in your body - for more vitality and lasting recovery. At the Buff Medical Resort, we combine state-of-the-art technologies with tailor-made health and regeneration programs to accompany you on your way to more energy, balance and joie de vivre.





YOUR HEART IN FOCUS STATE-OF-THE-ART CARDIO-MRI

Diseases of the cardiovascular system are among the most common health problems. At the Buff Medical Resort, we therefore use the latest cardio-MRI technology to precisely monitor your heart health, non-invasively and radiation-free, to evaluate the performance of your heart down to the smallest detail. Your advantages at a glance:

Early detection

Identify heart disease, circulatory disorders or heart valve problems

Detailed analysis

Assessment of heart muscle movement, pumping performance and oxygen supply down to cellular level

Individual prevention

Precise diagnoses for preventive measures and customised treatment approaches

Fitness optimisation

Ideal support for athletes and health-conscious people

Risks of developing cardiac arrhythmias and even the smallest structural changes in the heart muscle, so-called micro-scars, can also be detected. The visualisation and analysis of the three-dimensional sequence of the heart's action provide further indications of your heart health. This enables us to determine the biological age of your heart and minimize the risks of heart disease. Our cardio MRI gets to the heart of your heart health.

MUSCLE HEALTH THE BASIS FOR AN ACTIVE LIFE

Your muscles not only move your body, but as a hormone-producing metabolic organ, they are also crucial for your health. Well looked after, they regulate your blood sugar level and produce anti-inflammatory messenger substances. This source of health decreases by 3-8% every year from the age of 30. This loss jeopardizes your self-determination and independence in old age.

At the Buff Medical Resort, we have developed a comprehensive program that successfully counteracts this trend. We use pioneering performance diagnostics to determine your muscle health.

A team of orthopedists, sports scientists and physiotherapists will work with you to develop a movement programme. Gait and movement analysis, gait training and specially adapted insoles accelerate your success. So you can move towards a powerful future free of injury and pain.





INTESTINAL HEALTH THE ROOT OF YOUR HEALTH

The intestine is a true masterpiece and is referred to as our "second brain". With a length of around seven meters and an absorption surface the size of a tennis court, it is the root of your health.

Around 100 trillion bacteria live in your gut and control your digestion, vitamin production and metabolism. 70-80% of human immune cells are located in the gut and interact with your microbiome on a daily basis. This exchange determines your mood, vitality and zest for life. Disruptions to this root of health cause disease far beyond the gut. At Buff Medical Resort, we can already identify initial changes away from the ideal state of your health and successfully treat them with a human-centred form of fasting medicine according to **F.X. Mayr** – all without hunger.

With precise diagnostics and individually tailored therapies, through targeted diets, manual abdominal treatments, exercise, stress reduction and transfer of know-how, we help you to optimise your digestion, promote the absorption of important nutrients in your intestines and strengthen your health from the inside out.



YOUR HEALTH IN GOOD AND SAFE HANDS



Every person has their own story and an individual life and development path. At the Buff Medical Resort, our work is therefore based on an understanding of the individuality of people in the unity of body, mind and soul.

Our doctors will take care of you individually and in the best possible way. They work on an interdisciplinary basis and cooperate across specialist boundaries and disciplines to offer you the best possible care. Our state-of-the-art medical equipment is unique in its scope for a health resort. This forms the basis of our precise diagnostics and the resulting treatments.

Together with you, we will develop a way to improve, maintain and preserve your health. This will give you the strength and energy, joy and insight you need to reach your full potential.



HIGH-TECH MEDICINE MEETS HUMANITY

At the Buff Medical Resort you will find a unique combination of ultra-modern, high-tech medical equipment and laboratory diagnostic precision, combined with a human-centred, holistic approach to care and experience-based medicine. This innovative form of medicine sees, understands and feels people, perceiving them with all their senses. In our treatments, the latest achievements of modern conventional medicine and millennia-old health teachings, as well as those of the traditional Indian healing art of Ayurveda, complement each other to form a comprehensive, integrative approach. In this way, we create programmes that combine both conventional and holistic medicine.

In this combination of innovative high-tech medicine and attentive, personal care, you, as our guest, will experience the essence of the Buff Medical Resort: A medicine of humanity and warmth that sees you as a whole and supports you at all levels of your health.

Yours,

Dr. Claas Hohmann Medical Director

OUR MEDICAL CONCEPT



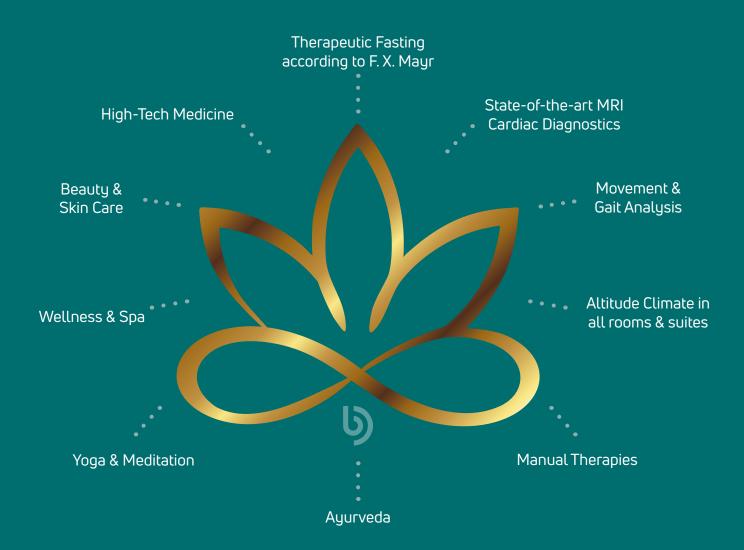
Our health programmes focus on improving and enhancing your physical and mental health as well as your personal performance. The key areas for this are gut and digestive health, metabolic and muscular health, stress management and sleep quality. These form the basis for your long-term health.

Based on our diagnostics, your wishes and goals, we develop strategies together to strengthen your health in the long term.

INTEGRATIVE & **HOLISTIC**

The aim of holistic medicine is to identify and eliminate the cause of the illness and not just to combat the symptoms. The activation of self-healing powers plays a central role in this.

Holistic medicine is based on a mindful and conscious lifestyle. Guidance on a healthy diet is just as important as motivation to exercise regularly. Therapeutic fasting is just as important as inner contemplation to calm the mind. Health has many aspects. Only those who communicate with their body, develop a feeling for their needs and recognise what is good for them and what is not, will remain healthy in the long term.







OUR BUFFMED PROGRAMMES

At the Buff Medical Resort, we offer health programs from 3 to 21 days, varying in intensity, duration and content. Our **Classic programmes** are the heart of our resort. They are supplemented by the **Advanced programmes**, which also include all the services of the **BuffMed Cardio programme**. This can also be booked separately.

CLASSIC



BUFFMED CLASSIC INTENSE

Your royal road to intestinal health and increased performance (21 nights)

Comprehensive complete programme to promote digestive and metabolic health for a lasting increase in your physical and mental vitality.



BUFFMED CLASSIC COMPACT

Your effective path to intestinal health and improved performance (14 nights)

Effective compact programme to promote digestive and metabolic health for a lasting increase in your physical and mental vitality.



BUFFMED CLASSIC LIGHT

Your initial spark for intestinal health and increased performance (10 nights)

The entry-level programme to promote digestive and metabolic health for a sustainable increase.

Our **Time Out programmes** are short programmes within the BuffMed world. The spectrum of healing and treatment methods in the BuffMed world is very extensive, with a particular focus on the therapy concept of **Dr. F.X. Mayr**. As in our Classic programmes, therapeutic fasting also plays a central role in our Advanced programmes.

ADVANCED



BUFFMED ADVANCED INTENSE

Your royal road to intestinal health, improved performance and heart diagnostics (21 nights)

Comprehensive complete programme to promote your intestinal health, increase your performance with comprehensive cardiological diagnostics to identify your heart risk.



BUFF**MED ADVANCED COMPACT**

Your classic path to intestinal health, improved performance and heart diagnostics (14 nights)

Effective compact programme to promote your intestinal health, increase your performance with comprehensive cardiological diagnostics to identify your heart risk.



BUFFMED ADVANCED LIGHT

Your initial spark for intestinal health, improved performance and heart diagnostics (10 nights)

The entry-level program to promote your intestinal health, increase your performance with comprehensive cardiological diagnostics to identify your heart risk.



BUFFMED CARDIO

The unique programme for your heart health (3 nights)

Comprehensive cardiac diagnostics with the latest generation of pioneering cardio-MRI for early detection of potential cardiac risks and risk prevention through targeted lifestyle adjustments.

OUR TIME OUT PROGRAMMES

Our **Time Out programmes** offer an ideal introduction to the world of health promotion at Buff Medical Resort. After an initial health analysis, we strengthen your health with regenerative treatments. At the same time, you will be given plenty of space to relax and recharge, allowing you to take a break from your everyday life.

TIME OUT



BUFFMED VITALITY

Your programme for regeneration and relaxation (7 nights)

Professional support to regenerate body, mind and soul and to explore a healthier lifestyle and various fasting methods.



BUFFMED SPORTS

Your path to better performance and health (3 nights)

Precise performance diagnostics, individual training recommendations and regeneration.



BUFFMED RELAX

Your time-out for regeneration and new wellbeing (3 nights)

Soothing treatments, deep relaxation, back to inner balance.



BUFFMED CLASSIC INTENSE

Your royal road to gut health and improved performance
Gain distance from everyday life with plenty of time for reflection & inspiration (21 nights)



Our **BuffMed Classic Intense** programme is the comprehensive all-in-one programme for promoting digestive and metabolic health to sustainably increase your physical and mental vitality. It goes far beyond all other Classic programmes in terms of the number of services it offers.

As part of this programme, you can take full advantage of the effects of Mayr's therapeutic fasting. Your intestinal and digestive health will benefit from an intensive phase of individual fasting. You determine the duration with your doctor. This programme allows you to make the transition to your everyday life smooth and easy, also through more days of detoxification.

We set the priorities together as part of this programme. The focus can be on intestinal health, stress reduction, metabolic health, performance or professionally supervised regeneration.

During your three-week stay, you have the opportunity to take full advantage of all our offers and have enough time and peace and quiet to withdraw. This will enable you to reflect on your experiences and insights, and to bring about and implement changes in your life.

We accompany you on your way to a holistic experience of body, mind and soul.

This programme offers you:

- > The opportunity to take full advantage of the BuffMed world
- > A comprehensive and holistic health treatment that focuses on you
- > The opportunity to understand and internalise medical contexts
- > Scientifically proven interventions for lifestyle change
- > A medicine that creates health
- > The chance to set priorities for your stay and the time afterwards
- > The choice of exhausting all the possibilities of Mayr's therapeutic fasting or
- > Enjoy the calorie-reduced, easily digestible, organic BuffMed gourmet cuisine
- > Time and peace for reflection and inner contemplation
- > A longer, gentle and accompanied withdrawal from the fasting phase within the resort

Services:

- > Initial medical examination and manual abdominal examination
- > Medical check-up including abdominal treatment 7x
- > Final medical consultation with manual abdominal examination
- > Individual therapies from the range on offer on the doctor's recommendation 6x
- > 3D Body Scan 2x
- > Laboratory/resting ECG
- > Infusions up to 6x
- > Respiratory therapy 3x
- > Abhyanga (full body massage) 2x
- > Foot reflexology massage 2x
- > Colon hydrotherapy
- > Nutritional advice & nutrition plan 2x
- > Movement and gait analysis
- > Short-term HRV (Heart Rate Variability) measurement 3x
- > Spiroergometry/Stress ECG
- > D-Wall 3D diagnostics
- > Consultation Movement
- > Body salt peeling
- > Soft Pack
- > Continuous blood glucose monitoring
- > Alkaline bath
- > Liver compress
- > Altitude climate (on doctor's orders)

BUFFMED CLASSIC COMPACT

Your effective path to intestinal health and performance Immerse yourself in the BuffMed world with plenty of time & space for yourself (14 nights)



Our **BuffMed Classic Compact** programme is the effective compact programme to promote digestive and metabolic health for sustainable increase in your physical and mental vitality.

As part of this program, you can make effective use of the effects of Mayr's therapeutic fasting. Your intestinal and digestive health will benefit from the possibility of individual fasting. You determine the duration of the fast and the detoxification with your doctor.

We set the priorities together as part of this programme. This can include intestinal health, stress reduction, the metabolic health, performance or professionally supervised regeneration.

With a reduced length of stay compared to the BuffMed Classic Intense programme and the same therapy density as our BuffMed Classic Light program, this two-week programme offers you plenty of rest and retreat opportunities to reflect on your experiences and insights and implement changes.

We accompany you on your way to a holistic experience of body, mind and soul.

This programme offers you:

- > The opportunity to use the BuffMed world effectively
- > A holistic health treatment that focuses on you
- > The opportunity to understand and internalise medical contexts
- > Scientifically proven interventions for lifestyle change
- > A medicine that creates health
- > The chance to set priorities for your stay and the time afterwards
- > The choice of exhausting all the possibilities of Mayr's therapeutic fasting or
- > Enjoy the calorie-reduced, easily digestible, organic BuffMed gourmet cuisine
- > Time and peace for reflection and inner contemplation

Services:

- > Initial medical examination and manual abdominal examination
- > Medical check-up including abdominal treatment 5x
- > Final medical consultation with manual abdominal examination
- > Individual therapies from the range on offer on the doctor's recommendation 3x
- > 3D Body Scan 2x
- > Laboratory/resting ECG
- > Infusions 4x
- > Respiratory therapy 2x
- > Abhyanga (full body massage) 2x
- > Foot reflexology massage
- > Colon hydrotherapy
- > Nutritional advice & nutrition plan 2x
- > Movement and gait analysis
- > Short-term HRV (Heart Rate Variability) measurement 2x
- > Spiroergometry/Stress ECG
- > D-Wall 3D diagnostics
- > Consultation Movement
- > Body salt peeling
- > Soft Pack
- > Continuous blood glucose monitoring
- > Alkaline bath
- > Liver compress
- > Altitude climate (on doctor's orders)

BUFFMED CLASSIC LIGHT

Your initial spark for gut health and improved performance
Your personal positioning for targeted treatment within the BuffMed world (10 nights)



Our **BuffMed Classic Light** programme is the entry-level programme for promoting digestive and metabolic health to sustainably increase your physical and mental vitality.

If you have less time, you can experience the effects of Mayr's therapeutic fasting in this shortened programme. You determine the duration of the fast with your doctor.

In the BuffMed Classic Light programme, we deliberately focus on individual areas such as intestinal health, stress reduction, metabolic health, performance and regeneration.

We accompany you on your way to a holistic experience of body, mind and soul.

This programme offers you:

- > The entry into to the BuffMed world
- > A holistic health treatment that focuses on you
- > The opportunity to understand and internalise medical contexts
- > Scientifically proven interventions for lifestyle change
- > A medicine that creates health
- > The chance to set priorities for your stay and the time afterwards
- > The choice between the options of Mayr's therapeutic fasting or
- > The calorie-reduced, easily digestible, organic BuffMed gourmet cuisine
- > Time and peace for reflection and inner contemplation

Services:

- > Initial medical examination and manual abdominal examination
- > Medical check-up including abdominal treatment 4x
- > Final medical consultation with manual abdominal examination
- > Individual therapies from the range on offer on the doctor's recommendation 2x
- > 3D Body Scan 2x
- > Laboratory/resting ECG
- > Infusions 2x
- > Respiratory therapy
- > Abhyanga (full body massage) 2x
- > Foot reflexology massage
- > Colon hydrotherapy
- > Nutritional advice & nutrition plan 2x
- > Movement and gait analysis
- > Short-term HRV (Heart Rate Variability) measurement 2x
- > Spiroergometry/Stress ECG
- > D-Wall 3D diagnostics
- > Consultation Movement
- > Body salt peeling
- > Soft Pack
- > Continuous blood glucose monitoring
- > Alkaline bath
- > Liver compress
- > Altitude climate (on doctor's orders)





BUFFMED ADVANCED INTENSE

Your royal road to gut health, improved performance and heart diagnostic Gain distance from everyday life with plenty of time for reflection & inspiration

The ideal combination program of 21 nights BuffMed Classic and BuffMed Cardio

As part of the **BuffMed Advanced Intense**

programme, in addition to our BuffMed Classic Intense programme, we carry out comprehensive and unique cardiac diagnostics that go far beyond the usual internal cardiologic diagnostics.

This programme offers you:

- > The option to combine our BuffMed Classic programmes with the BuffMed Cardio programme
- > The opportunity to examine your cardiac and vascular risk with the unique BuffMed Cardio diagnostics

- > Initial medical examination and manual abdominal examination
- > Medical check-up including abdominal treatment 7x
- > Final medical consultation with manual abdominal examination
- > Individual therapies from the range on offer on the doctor's recommendation 6x
- > 3D Body Scan 2x
- > Echocardiography/sonography of neck vessels
- > Ergometry/exercise ECG
- > Long-term rhythm and HRV measurement
- > Initial medical examination in cardiology
- > Discussion of medical findings in cardiology
- > Laboratory/resting ECG
- > MRI analysis
- > MRI examination
- > Fascia therapy 2x
- > Infusions 6x
- > Respiratory therapy 3x
- > Abhyanga (full body massage) 2x
- > Foot reflexology massage 2x
- > Colon hydrotherapy
- > Nutritional advice & nutrition plan 2x
- > Movement and gait analysis
- > Interval hypoxia-hyperoxia therapy 3x
- > Short-term HRV (Heart Rate Variability) measurement 3x
- > Spiroergometry/Stress ECG
- > D-Wall 3D diagnostics
- > Consultation Movement
- > Body salt peeling
- > Soft Pack 2x
- > Continuous blood glucose monitoring
- > Permanent blood pressure measurement
- > Alkaline bath
- > Liver compress
- > Altitude climate (on doctor's orders)



BUFFMED ADVANCED COMPACT

Your effective path to gut health and improved performance Immerse yourself in the BuffMed world with plenty of time & space for yourself

The ideal combination programme of 14 nights BuffMed Classic and BuffMed Cardio

As part of the **BuffMed Advanced Compact** programme, in addition to our BuffMed Classic Compact programme, we carry out comprehensive and unique cardiological diagnostics that go far beyond the usual internal cardiology diagnostics.

This programme offers you:

- > The option to combine our BuffMed Classic programmes with the BuffMed Cardio programme
- > The opportunity to examine your cardiac and vascular risk with the unique BuffMed Cardio diagnostics

- > Initial medical examination and manual abdominal examination
- > Medical check-up including abdominal treatment 5x
- > Final medical consultation with manual abdominal examination
- > Individual therapies from the range on offer on the doctor's recommendation 4x
- > 3D Body Scan 2x
- > Echocardiography/sonography of neck vessels
- > Ergometry/exercise ECG
- > Long-term rhythm and HRV measurement
- > Initial medical examination in cardiology
- > Discussion of medical findings in cardiology
- > Laboratory/resting ECG
- > MRI analysis
- > MRI examination
- > Fascia therapy 2x
- > Infusions 4x
- > Respiratory therapy 2x
- > Abhyanga (full body massage) 2x
- > Foot reflexology massage
- > Colon hydrotherapy
- > Nutritional advice & nutrition plan 2x
- > Movement and gait analysis
- > Interval hypoxia-hyperoxia therapy 3x
- > Short-term HRV (Heart Rate Variability) measurement 2x
- > Spiroergometry/Stress ECG
- > D-Wall 3D diagnostics
- > Consultation Movement
- > Body salt peeling
- > Soft Pack 2x
- > Continuous blood glucose monitoring
- > Permanent blood pressure measurement
- > Alkaline bath
- > Liver compress
- > Altitude climate (on doctor's orders)



BUFFMED ADVANCED LIGHT

Your initial spark for gut health, improved performance and heart diagnostics
The ideal combination programme of 10 nights BuffMed Classic and BuffMed Cardio

As part of the **BuffMed Advanced Light** programme, in addition to our BuffMed Classic Light programme, we carry out comprehensive and unique cardiological diagnostics that go far beyond the usual internal cardiological diagnostics.

This programme offers you:

- > The option to combine our BuffMed Classic programmes with the BuffMed Cardio programme
- > The opportunity to examine your cardiac and vascular risk with the unique BuffMed Cardio diagnostics

- > Initial medical examination and manual abdominal examination
- > Medical check-up including abdominal treatment 4x
- > Final medical consultation with manual abdominal examination
- > Individual therapies from the range on offer on the doctor's recommendation 3x
- > 3D Body Scan
- > Echocardiography/sonography of neck vessels
- > Ergometry/exercise ECG
- > Long-term rhythm and HRV measurement
- > Initial medical examination in cardiology
- > Discussion of medical findings in cardiology
- > Laboratory/resting ECG
- > MRI analysis
- > MRI examination
- > Infusions 2x
- > Respiratory therapy
- > Abhyanga (full body massage) 2x
- > Foot reflexology massage
- > Colon hydrotherapy
- > Nutritional advice & nutrition plan 2x
- > Movement and gait analysis
- > Interval hypoxia-hyperoxia therapy 2x
- > Short-term HRV (Heart Rate Variability) measurement 2x
- > Spiroergometry/Stress ECG
- > D-Wall 3D diagnostics
- > Consultation Movement
- > Body salt peeling
- > Soft Pack 2x
- > Continuous blood glucose monitoring
- > Permanent blood pressure measurement
- > Alkaline bath
- > Liver compress
- > Altitude climate (on doctor's orders)



BUFF**MED CARDIO**

The unique programme for your heart health
The latest cardiac diagnostics to determine cardiovascular health (3 nights)

As part of the **BuffMed Cardio** program, we carry out comprehensive and unique cardiac diagnostics with you.

Here we go far beyond the usual internal cardiology diagnostics. Thanks to the pioneering cardio-MRI, our specialists are able to assess the performance and biological age of your heart in an unprecedented way. This makes it possible to detect and treat existing cardiological risks at an early stage.

By recognising any existing risks at an early stage, together we can take preventive action by changing your lifestyle, improving your metabolic, intestinal and digestive health, your diet and exercise.

The BuffMed Cardio programme is also supplemented by other innovative procedures such as continuous blood pressure measurement, long-term rhythm and HRV measurement (up to 72 h), continuous blood glucose monitoring and echocardiography.

This programme offers you:

- > The opportunity to use the complete and unique BuffMed Cardio cardiology diagnostics
- > The possibility of determining the status of your heart health using state-of-the-art MRI heart diagnostics
- > The option of combining with all BuffMed Classic programmes (Advanced programmes)
- > The option to use it as a stand-alone program

- > Initial medical examination in cardiology
- > Discussion of medical findings
- > Laboratory/resting ECG
- > Echocardiography/sonography of neck vessels
- > Ergometry / exercise ECG
- > MRI examination & MRI analysis
- > Short-term HRV (Heart Rate Variability) measurement
- > Spiroergometry/Stress ECG
- > Long-term blood pressure measurement
- > Long-term rhythm and HRV measurement
- > Long-term blood glucose measurement
- > Discussion of medical findings in cardiology
- > Body salt peeling
- > Abhyanga (full body massage)
- > Foot reflexology massage
- > Altitude climate (on doctor's orders)

BUFF**MED VITALITY**

The programme for more vitality and joy
The introduction to the BuffMed world - a week of regeneration and relaxation (7 nights)



The **BuffMed Vitality** programme is your introductory program to regenerate body, mind and soul and to explore a healthier lifestyle and various fasting methods.

The stay can be combined with a short-term fast. This could be your introduction to regular intermittent fasting such as 16 h/8 h fasting, intermittent 24 h or even 72 h fasting, but possibly also to classic Mayr fasting. You can achieve positive effects for your health in a short space of time.

We show you the way to a new perception of food, satiety and dependence or independence on food and accompany you on the way to a holistic experience of body, mind and soul.

This programme offers you:

- > The entry into the BuffMed world
- > The opportunity to get to know different fasting methods
- > The possibilities of Mayr's therapeutic fasting or
- > The calorie-reduced, easily digestible organic BuffMed gourmet cuisine
- > A week of regeneration and relaxation, even if you only have limited time available
- > First steps towards a healthier, more powerful life

- > Initial medical examination and manual abdominal examination
- > Medical check-up including abdominal treatment 3x
- > Final medical consultation with manual abdominal examination
- > Individual therapies from the range on offer on the doctor's recommendation 2x
- > 3D Body Scan
- > Laboratory/resting ECG
- > Infusion
- > Abhyanga (full body massage)
- > Foot reflexology massage
- > Colon hydrotherapy
- > Nutritional advice+ Nutrition plan 2x
- > Movement and gait analysis
- > Short-term HRV (Heart Rate Variability) measurement
- > Spiroergometry/Stress ECG
- > Body salt peeling
- > Soft Pack
- > Continuous blood glucose monitoring
- > Alkaline bath
- > Liver compress
- > Altitude climate (on doctor's orders)

BUFFMED SPORTS

Your welcome offer for a sporty new start at Lake Constance Clear answers, new energy and a targeted fitness plan for your future in a short time (3 nights)



Our **BuffMed Sports** program is your path to better performance and health.

We offer you precise performance diagnostics, including endurance and strength tests as well as a 3D Body Scan. This gives you detailed insights into your performance and regeneration capacity as well as your body composition. This forms the basis for individual training advice and planning.

Our experts will provide you with individual support to help you achieve your sporting and physical goals. Learn more about your body and embark on an active, healthy future in the exclusive atmosphere of the Buff Medical Resort on Lake Constance.

Enjoy a time-out full of inspiration and comfort in an ambience that leaves nothing to be desired.

This programme offers you:

- > The opportunity to get to know the BuffMed concept
- > Performance diagnostics and training optimisation
- > The opportunity to measure and specifically improve your physical and athletic performance
- > The opportunity to achieve your sporting goals through recommendations from our experts
- > The opportunity to enjoy culinary delights at the highest level

- > Initial medical examination with ECG
- > Final medical consultation
- > Blood test for free radicals
- > Short-term HRV (Heart Rate Variability) measurement
- > 3D Body Scan
- > Strength assessment
- > Spiroergometry/Stress ECG
- > Fascia therapy
- > Sports wrap
- > Altitude climate (on doctor's orders)

BUFFMED RELAX

Immerse yourself. Breathe deeply. Find yourself again. Your exclusive welcome offer for the regeneration of body, mind and soul Back to inner balance, new strength and energy in a short time (3 nights)



Our **BuffMed Relax** programme is your path to recovery and regeneration.

Leave your everyday life behind and treat yourself to a relaxing break. Enjoy treatments such as the soothing Soft Pack, which gives you a feeling of weightlessness and deep relaxation, as well as manual therapies that relieve muscle tension and increase your well-being.

Experience the healing power of Ayurvedic massage with warm, medicated oil and discover the lasting effect of our breathing therapy, which reduces stress and strengthens your body and mind.

Enjoy a time-out full of inspiration and comfort in an ambience that leaves nothing to be desired.

This programme offers you:

- > The opportunity to get to know the BuffMed concept
- > The opportunity to consciously do something good for yourself and experience a unique relaxation and refreshment programme
- > The opportunity to discover a luxurious wellness and spa area for your regeneration and relaxation
- > The opportunity to experience treatments for your sustainable recovery
- > The opportunity to enjoy culinary delights at the highest level

- > Initial medical examination
- > Final medical meeting
- > Short-term HRV (Heart Rate Variability) measurement
- > Soft Pack+ Aroma bath
- > Ayurveda
- > Manual relaxation therapy
- > Body salt peeling
- > Respiratory therapy
- > Individualized infusion
- > Altitude climate (on doctor's orders)







WELLNESS & SPA

A fantastic wellness and spa area awaits you at the Buff Medical Resort. A place that invites you to feel good, relax and unwind. Here you will find space for contemplation, inspiration and pure relaxation.

A special highlight of our wellness and spa area is the seamless transition of our pool landscape from inside to outside. Here you can swim outdoors and enjoy the natural beauty of our park directly on Lake Constance. Majestic trees create an impressive backdrop for your swim in the refreshing water and create a feeling of deep connection with nature.

FOR THE SOUL

It was important to us to create a wellness and spa area where you can relax and unwind your soul. A place where you can immerse yourself with all your senses and enjoy pure being. Breathe in. Breathe out. Relax. That's all there is to do here.

In the best company with yourself, you will experience how body, mind and soul come into balance. Whether you indulge an Ayurveda massage, swim in the luxurious pool or slumber on a lounger in front of the fireplace. Everything here serves your need for harmony, peace and security and puts a smile on your face.









AYURVEDABACK TO YOUR ORIGINS

Immerse yourself in the millennia-old wisdom of Ayurveda, the heart of our holistic health concept at the Buff Medical Resort. Here we combine traditional Indian healing arts with modern medical expertise to restore your balance of body, mind and soul.

Every Ayurvedic treatment begins with a comprehensive anamnesis in which your individual constitution (Prakriti) is determined. On this basis, experienced Ayurvedic doctors and therapists develop a tailor-made treatment plan for you - from revitalising oil treatments such as Abhyanga and Shirodhara to deep cleansing herbal treatments.

Complemented by natural remedies, yoga and meditation, you will experience a holistic renewal in the tranquil, natural surroundings of our resort. Find inner peace, vitality and a new understanding of your wellbeing.

At the Buff Medical Resort, Ayurveda is not just a therapy, but a lifestyle - for your sustainable health and a new life balance.

BEAUTY & SKINCARE

NATURAL CARE AT THE HIGHEST LEVEL

At the Buff Medical Resort, you can expect an exclusive skincare experience that combines state-of-the-art skincare with the power of nature. Our beauty treatments are based on the award-winning, certified organic products from **TEAM D^R JOSEPH** - a renowned brand from South Tyrol that has stood for sustainable, result-oriented skincare since 1986.

The treatments combine natural active ingredient complexes from plants with innovative technologies to deeply nourish and revitalise your skin and enhance your natural beauty. Techniques such as fascia massages, biodynamic cupping and treatments with flower stamps make each treatment unique.

Our tailor-made beauty treatments cover all needs - from anti-aging and intensive moisturizing care to soothing sensitive skin. The focus is always on combining outer beauty and inner balance.

Experience a luxurious care concept at the Buff Medical Resort that redefines your skin health.







THERAPEUTIC FASTING ACCORDING TO F.X. MAYR OR BUFF GOURMED

A special focus at the Buff Medical Resort is on the proven therapy concept of **Dr. F.X. Mayr**, which promotes intestinal regeneration, detoxification and purification. After all, a healthy intestine is the basis for all recovery and revitalisation processes.

Our kitchen therefore only uses carefully selected, fresh and seasonal ingredients for the dishes we serve you. Hand-picked, regional, sustainable. And: masterfully prepared. We source our products from the Lake Constance region and in organic quality. Top products from all over the world complement our range of dishes. The trusting cooperation with our selected suppliers is very important to us.



Our nutritional concepts are tailor-made and based on precise diagnoses by our medical specialists. In collaboration with our chef, we create dishes that optimally support your recovery and revitalization.

At **Buff GourMed**, we combine healing and fasting cuisine at a gourmet level. Our top chefs create dishes that offer culinary depth and pamper your taste buds.

We live the philosophy of mindfulness in our restaurant. Here, eating becomes a meaningful ritual. Our dining rooms combine a perfect balance of tranquility and inspiration, distance and closeness, so that you always find your ideal place to consciously enjoy your meal.



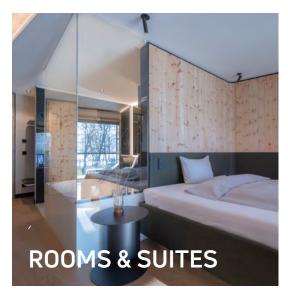




SPECIAL AMENITIES

The guest rooms at the Buff Medical Resort offer a warm and cozy atmosphere. With sizes ranging from 42 to 300 square meters, the rooms and suites are spacious and inviting. They offer you a special kind of feel-good experience.

All rooms are south-facing, with spacious balconies and terraces from which you can enjoy a magnificent view of our park and Lake Constance.

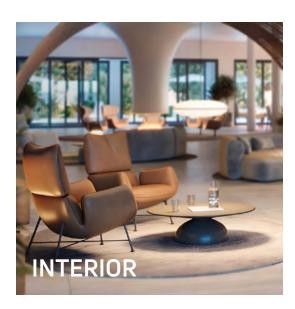


The screw-free and metal-free beds are also earthed to optimize your sleep.

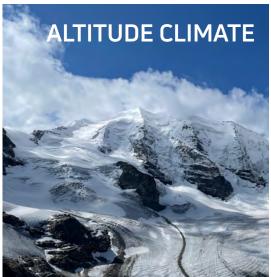
A special highlight is the ideally positioned bathtub, which allows you to enjoy the impressive view of the surrounding nature even while taking a relaxing alkaline bath.



All rooms are furnished with precious Swiss stone pine wood from the Swiss Engadine, which creates an incomparable atmosphere of peace and sense of security. The special wood promotes your wellbeing and improves the quality of your sleep. It supports the regeneration of your vegetative nervous system and helps to lower your heart rate.

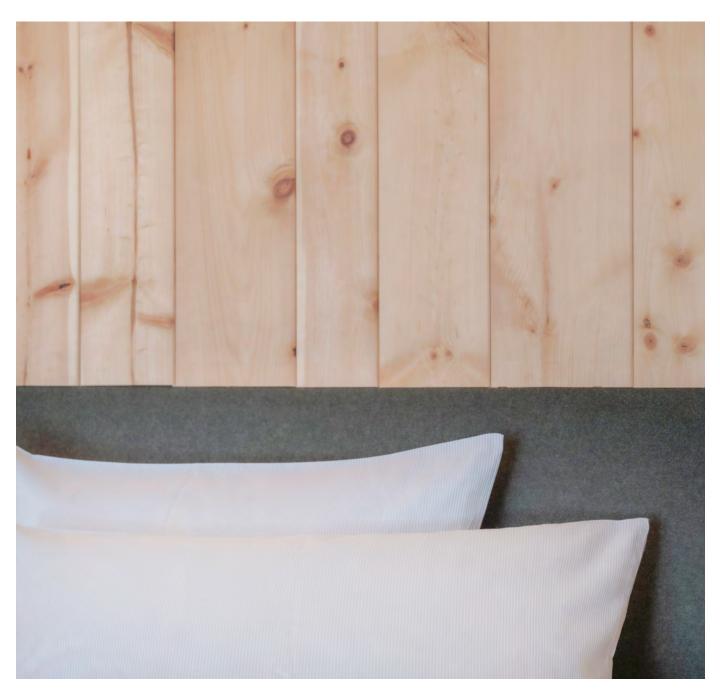


At the Buff Medical Resort, we attach particular importance to a harmonious and natural interior. Our furnishings are made from sustainable materials that bring nature inside from the outside. Our hotel is also stylishly furnished with "classic modern" art.



All rooms and suites are equipped with stateof-the-art technology that creates a healthpromoting altitude climate. This unique process has a positive effect on your metabolism, the regeneration of your mitochondria and the quality of your sleep.

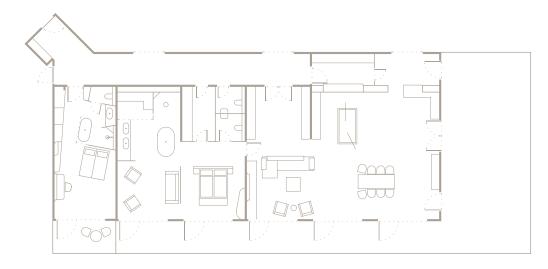
PRESIDENTIAL SUITE

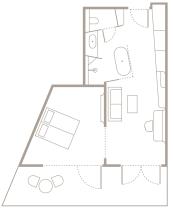












We warmly welcome you to our **Presidential Suite**.

Here you will experience an unforgettable time out, whether you are travelling alone or with your family. Enjoy unique experiences and a breathtaking view of our beautiful park and Lake Constance in a protected ambience.

Thanks to the high security standard, your privacy is protected at all times, so that you can concentrate fully on yourself and the moments you share with your family.

On request, the Presidential Suite can be extended to the entire floor to create even more space for your personal needs.

Size up to 300 m²

Bedroom Master bedroom

and one further room Another bedroom on request

Equipment Kitchen

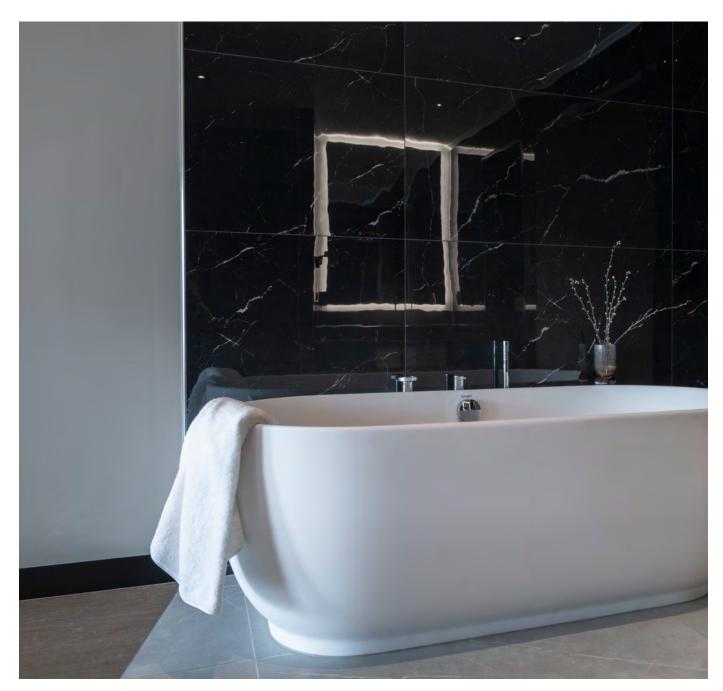
Spacious living/dining area Roof terrace and balcony

Private underground parking garage

Direct access with elevator

Price on request

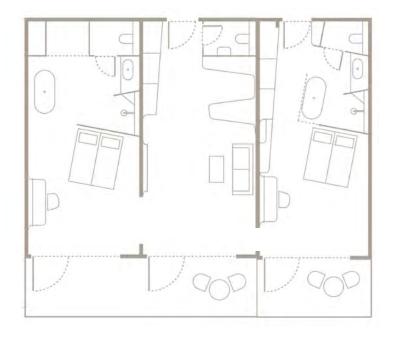
DELUXE SUITE











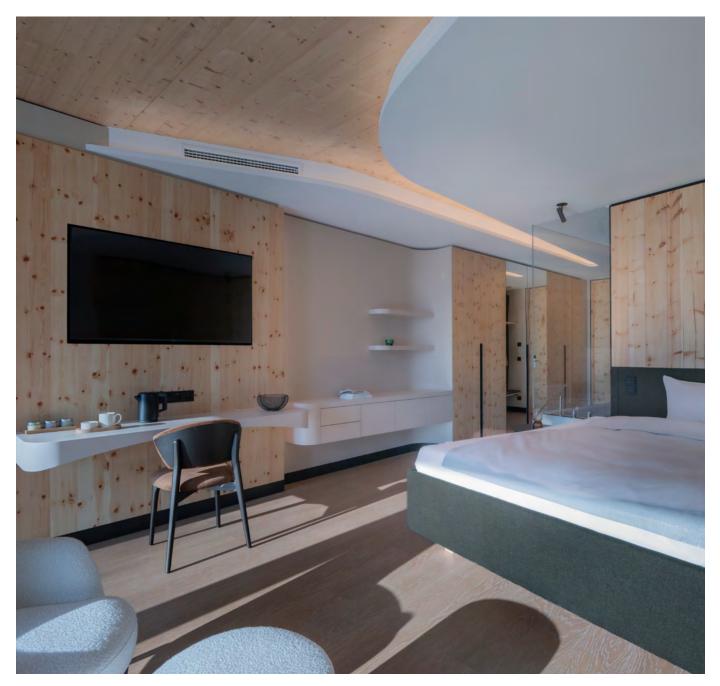
With the **Deluxe Suite** you will experience a generous feeling of space with two bedrooms, bathrooms and an infrared cabin as well as a cozy living area. The Deluxe Suite has a spacious south-facing balcony with a view of the park towards Lake Constance.

You can also enjoy the high-quality furnishings of these rooms with Swiss stone pine wood from the Swiss Engadine, fine loden fabrics and a beautiful natural wooden floor.

Size 126 m²
Occupancy 2-4 persons

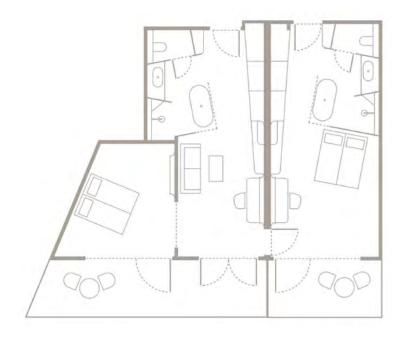
Price
Double occupancy from EUR 4,270
each additional person surcharge EUR 130

SUPERIOR SUITE









With the **Superior Suite** you will experience a generous feeling of space with two rooms and two bathrooms and an infrared cabin. The suite has a spacious south-facing balcony with a view of the park towards Lake Constance.

You can also enjoy the high-quality furnishings of these rooms with Swiss stone pine wood from the Swiss Engadine, fine loden fabrics and a beautiful natural wooden floor.

Size approx. 98 m² Occupancy 2-4 persons

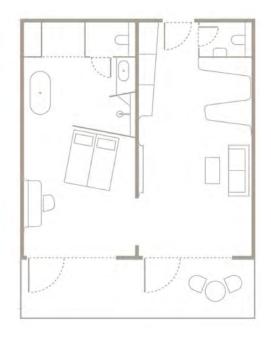
Price
Double occupancy from EUR 3,460
each additional person surcharge EUR 130

SUITE









With our **Suites** you will experience a generous feeling of space with a bedroom, an additional bathroom, your own infrared cabin and a cozy living area. The suite has a spacious south-facing balcony with a view of the park towards Lake Constance.

You can also enjoy the high-quality furnishings of these rooms with Swiss stone pine wood from the Swiss Engadine, fine loden fabrics and a beautiful natural wooden floor.

Size approx. 84 m² Occupancy 1-2 persons

Price Single occupancy from EUR 1,970 additional person surcharge EUR 130

JUNIOR SUITE









The **Junior Suite** offers you a spacious living experience with a separate sleeping area. The suite has a spacious south-facing balcony with a view of the park towards Lake Constance

You can also enjoy the high-quality furnishings of these rooms with Swiss stone pine wood from the Swiss Engadine, fine loden fabrics and a beautiful natural wooden floor.

Size approx. 56 m² Occupancy 1-2 persons

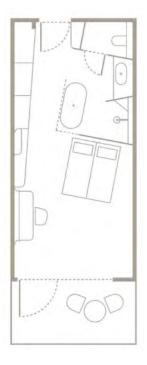
Price Single occupancy from EUR 1,160 additional person surcharge EUR 130

DELUXE DOUBLE ROOM









The **Deluxe Double Room** is a stylishly furnished room. The double room has a spacious balcony with a view of the park towards Lake Constance.

You can also enjoy the high-quality furnishings of these rooms with Swiss stone pine wood from the Swiss Engadine, fine loden fabrics and a beautiful natural wooden floor.

Size approx. 42 m²
Occupancy 1-2 persons

Price Single occupancy from EUR 940 additional person surcharge EUR 130

EVERYTHING AT A GLANCE

Rooms & Suites

Category	sqm	*Price single occupancy from	*Price double occupancy from	Occupancy	Surcharge per person with occupancy > 2 persons
Presidential Suite	up to 300	-	on request	4+	-
Deluxe Suite	126	-	EUR 4,270	2-4	EUR 130
Superior Suite	98	-	EUR 3,460	2-4	EUR 130
Suite	84	EUR 1,970	EUR 2,100	1-2	-
Junior Suite	56	EUR 1,160	EUR 1,290	1-2	-
Deluxe Double Room	42	EUR 940	EUR 1,070	1-2	-

Catering

Therapeutic fasting according to F.X. Mayr	is included in the room rate
Buff GourMed – for all those who do not fast	*EUR 130 surcharge per person and day

BuffMed Health Programmes

Programmes	Nights	*Price per person from
BuffMed Advanced Intense	21	EUR 20,100
BuffMed Advanced Compact	14	EUR 16,100
BuffMed Advanced Light	10	EUR 13,900
BuffMed Classic Intense	21	EUR 13,100
BuffMed Classic Compact	14	EUR 9,000
BuffMed Classic Light	10	EUR 6,500
BuffMed Cardio	3	EUR 8,700
BuffMed Vitality	7	EUR 3,400
BuffMed Sports	3	EUR 1,870
BuffMed Relax	3	EUR 1,870

^{*}All prices include VAT / Price list as of February 01, 2025 (subject to change)

Your booking

Select the desired health programme and the respective room category from our BuffMed offer. After your request, our reservation team will contact you as soon as possible to plan your stay at the Buff Medical Resort together with you.

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So that you can prepare for your time at the Buff Medical Resort in

the best possible way and achieve the best possible therapeutic success, you will receive all the essential information after completing your reservation. This will make your visit to the Buff Medical Resort an all-round successful and fulfilling experience.

Contact: reservations@buff-medical-resort.de

Phone: +49 7531 9112-0

Web: www.buff-medical-resort.com

You can find our General Terms and Conditions here:









YOUR **ARRIVAL**

Arrival by plane via:

Zurich (ZRH):

Internat. Airport, travel time approx. 50 min.

Friedrichshafen (FDH):

Regional Airport, travel time approx. 1 hour.

St. Gallen-Altenrhein (ACH):

Regional Airport, travel time approx. 1 hour.

Memmingen (FMM):

Regional Airport, travel time approx. 2 hours.

Stuttgart (STR):

Internat. Airport, travel time approx. 2 hours.

Basel Mulhouse Freiburg (BSL):

Internat. Airport, travel time approx. 2 hours.

Munich (MUC):

Internat. Airport, travel time approx. 3 ½ hours.

Frankfurt (FRA):

Internat. Airport, travel time approx. 4 hours.

Arrival by train:

Zurich Airport to Constance Train Station

Direct connection, approx. 1 hour.

Zurich Main Station to Constance Train Station

Direct connection, approx. 1 1/4 hours.

Constance Train Station is only 3 kilometers away from the Buff Medical Resort.

Pick-up and transfer:

We would be happy to arrange your pick-up and drop-off to the airport. Our dedicated team is at your service to ensure that your journey is as smooth and comfortable as possible.

Our service:

Airport Transfers:

We arrange reliable and comfortable transfers to and from the airport for you.

Individual Support:

Our team will take care of your special requests and needs, so that you can arrive and depart relaxed. And, of course, also during your stay at the Buff Medical Resort.

24/7 Support:

No matter what time your flight departs, we are available around the clock to assist you.

Please contact our reception or reach out to us in advance to book your transfer. We look forward to providing you with a first-class service and making your stay with us even more enjoyable.

Visa:

When planning a trip to Germany, it is advisable to find out about the applicable entry requirements from the relevant consulate or embassy when booking your stay. A valid Schengen visa is usually sufficient for travel via a German airport, as well as for entry via Zurich airport in Switzerland (information without guarantee). Another option is the Schengen visa for medical treatment. To apply for a visa for medical treatment in Germany, you should normally contact the German embassy or consulate in your home country or the country of your permanent residence. In some countries, however, the German diplomatic missions abroad also work together with visa application centers, so that these service providers can also be used for the application.

