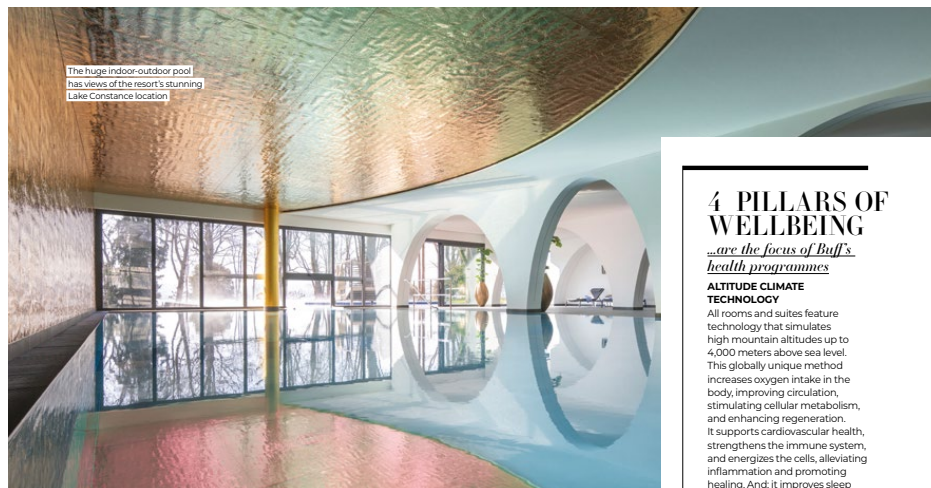




BEST OF BOTH WORLDS

The new Buff Medical Resort offers healthcare like no other, combining cutting-edge medical facilities and holistic therapies all with the comfort of a 5-star hotel

On the serene shores of Lake Constance on the border of Switzerland and Germany, luxury hotelier Hans-Jürg Buff has launched the Buff Medical Resort, embodying a new era of healthcare and wellbeing. The resort sets the highest bar in preventive and regenerative medicine with its seamless synergy of medical excellence and holistic healing, delivered by world-class experts using conventional and integrative medicine.

For Hans-Jürg Buff, this luxurious medical resort fulfils a long-held dream. His vision: to place people – and the four central pillars of health – at the heart of everything, with tailor-made innovative programmes to improve cardiac and metabolic health, gut and muscle health, mobility and cellular regeneration. State-of-the-art technology – including a cardiac MRI suite, one of only five in Germany (with the other four at university hospitals) – and diagnostics are used hand-in-hand with ancient Ayurvedic knowledge to provide integrative healthcare, helping people from all over the world restore, increasing their healthspan and quality of life.

The spacious resort includes 5,000m²/sq of medi-spa space, including 60 treatment rooms, traditional, bio and infrared saunas, a Wim Hof room and ice baths, shiatsu and Kneipp pools, and a 40m indoor-outdoor infinity pool with views of Lake Constance.

Set in a park surrounded by ancient trees on the sunny southern side of the lake, the resort is especially beautiful this time of year. Guests can walk beside the lake – stretching like an endless millpond – under blazing blue skies, while the superb Alpine scenery is visible from every room.

Alongside expert care, the stunning lakeside setting and luxurious comfort, Buff Medical Resort can be defined by the warm and impassioned staff, each person – from leading cardiologist to head chef – invested in improving the guests' health, longevity and transformation. Here, people are not only treated but also educated to lead a more conscious, better lifestyle. 'I'd like people to come for three weeks and never return,' Hans-Jürg Buff says – as with the tools provided by Buff Medical Resort, guests won't need to.

4 PILLARS OF WELLBEING

...are the focus of Buff's health programmes

ALTITUDE CLIMATE TECHNOLOGY

All rooms and suites feature technology that simulates high mountain altitudes up to 4,000 meters above sea level. This globally unique method increases oxygen intake in the body, improving circulation, stimulating cellular metabolism, and enhancing regeneration. It supports cardiovascular health, strengthens the immune system, and energizes the cells, alleviating inflammation and promoting healing. And, it improves sleep quality.

CARDIO-MRI TECHNOLOGY

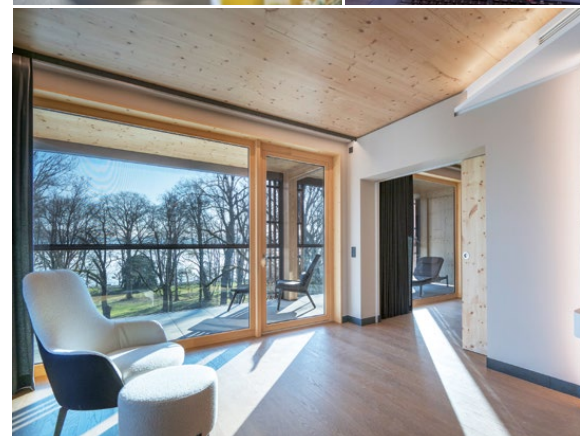
The Buff Medical Resort uses Cardio-MRI (Magnetic Resonance Imaging) for precise and non-invasive analysis of heart health, including early detection of heart risks and detailed evaluation of heart performance. This allows for the creation of customised treatment plans to sustainably improve heart health.

MAYR MEDICINE & GUT HEALTH

The health programme offers a modern interpretation of Dr F.X. Mayr's internationally recognised fasting method to cleanse and regenerate the gut. The resort's specialist doctors use precise analysis of the microbiome to offer individually targeted diets and manual abdominal treatments to optimise digestion, promote the absorption of essential nutrients and strengthen health from within.

MOVEMENT ANALYSIS & MUSCLE HEALTH

Muscle mass decreases by one percent annually from the age of 30. Taking groundbreaking performance diagnostics, a team of orthopedists, sports scientists and physiotherapists works with guests to develop an exercise program to strengthen muscles, improve flexibility, reduce pain and improve mobility. Innovative gait and movement analysis precisely analyses misalignments, imbalances and movement patterns of the body, correcting them to address chronic complaints, back problems and sports injuries.



Book by 31 May and enjoy 20 percent off your stay. Find out more at buff-medical-resort.com

FOOD & FASTING

We know much of our overall health begins in the gut. Dr F.X. Mayr's therapeutic fasting principles offer an internationally recognised method for detoxification and cleansing the intestines, in turn allowing the whole body to regenerate and revitalise. The Buff Medical Resort's 21st-century interpretation of this proven fasting cure is focused on strengthening the immune system and promoting long-term health – without ever feeling hungry.

Q&A WITH DR CLAAS HOHMANN, MEDICAL DIRECTOR AT BUFF MEDICAL RESORT

WHO DESIGNED THE FASTING PROGRAMME? It was designed by our BuffMed medical team based on modern Mayr medicine principles. It's not rigid or strict – instead, the programme is customised for each guest in consultation with our physicians. The approach depends on the guest's physical constitution, personal wishes and medical history. Some guests aren't recommended for fasting at all; it's not suitable for everyone and every condition.

WHAT TYPICAL DISHES CAN THOSE WHO ARE FASTING EXPECT? This varies significantly depending on the fasting stage the guest is in. Options range from several days of water and tea fasting (rarely used with our guests) to an easily digestible, low-carbohydrate, organic and healthy diet. For those who aren't fasting, we offer the BuffMed gourmet cuisine.

IS THE FASTING MENU CALORIE CONTROLLED? We don't count calories. What's important is that guests rediscover their natural feeling of satiety and consume their meals in a calm, relaxed environment with proper and sufficient chewing. We want to teach our guests a healthy way of eating. We believe how we eat has a substantial and routinely underestimated effect on digestion and health.

HOW STRICT IS THE PROGRAMME? We establish this in consultation with the guest. We see guests every two days, and fasting and eating is always a topic during these consultations. Therefore the programme can be adjusted at any time.

FOR THOSE WHO ARE NOT FASTING, WHAT KIND OF DISHES CAN THEY TYPICALLY EXPECT TO ENJOY? For these guests, we provide an easily digestible, multi-course Mediterranean-inspired meal sequence that can stand in comparison with top gastronomy.