



# OUR THERAPY BOOK



**BUFF**  
MEDICAL RESORT



# CONTENT

<b>I. BuffMed Programs</b>	
What Is Included in My Health Program?	4
<b>II. Individual Therapies</b>	
Medical Services	8
Cardiology	10
Diagnostics	12
Sports Therapy	16
Manual Therapy	21
Nutrition	23
Ayurveda	25
Beauty	27
<b>III. Group Offers</b>	
Experiencing Health Together – Programs for Your Well-Being	33
<b>IV. Apps</b>	
Apps for Our Digital Health-Empowerment	36



*All prices include VAT. Price list as of 1st August 2025 (subject to change)*

# OUR **HEALTH TREASURES** FOR MORE **VITALITY** IN LIFE



The therapy services at Buff Medical Resort are designed to holistically and sustainably promote your physical well-being and mental-emotional balance.

Drawing on our extensive expertise, we have developed a diverse and effective range of therapies that can be tailored to your individual needs. In addition to state-of-the-art medical treatments, we invite you to immerse yourself in the ancient healing art of Ayurveda. Exclusive beauty treatments that enhance your inner and outer radiance complete our integrative health concept.

On the following pages, you will find a concise overview of all BuffMed health programs and their included services – followed by a detailed description of each offering.

To support your stay, we provide access to our digital health empowerment tools. Simply connect to our Wi-Fi and download the necessary apps listed on the back of this therapy guide.

# What Is included in My Health Program?

	BUFFMED CLASSIC			BUFFMED ADVANCED			BUFFMED FASTING PUR				BUFFMED				
	INTENSE	COMPACT	LIGHT	INTENSE	COMPACT	LIGHT	INTENSE	COMPACT	LIGHT	IMPULSE	VITALITY	SPORTS	RELAX	CARDIO	APHERESIS
Doctors															
Medical Consultation BuffMed Sports												1x			
Medical Consultation BuffMed Relax													1x		
Medical Consultation BuffMed Apheresis															1x
Initial Medical and Abdominal Examination	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x				
Medical Check-Up incl. Abdominal Treatment	7x	5x	4x	7x	5x	4x	10x	6x	4x	2x	3x				
Medical Consultation															
Final Medical Check-Up incl. Abdominal Treatment	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x				
Apheresis															1x
Individual Therapies as Recommended by the Doctor	6x	3x	2x	6x	4x	3x					2x				
Altitude Climate (on Doctor's Orders)	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x		
Cardiology															
Initial Cardiological Examination				1x	1x	1x								1x	
Echocardiography + Sonography of Carotid Arteries				1x	1x	1x								1x	
Long-Term ECG				1x	1x	1x								1x	
Long-Term Blood Pressure Measurement				1x	1x	1x								1x	
MRI Scan				1x	1x	1x								1x	
MRI Results Consultation				1x	1x	1x								1x	
Final Cardiological Consultation and Discussion				1x	1x	1x								1x	
Diagnostics															
3D Body Scan	2x	2x	2x	2x	2x	2x	2x	2x	2x	1x	1x	1x			
Lab Testing (Measurement of Blood Gases, Electrolytes, and Antiox. Potential)	2x	2x	2x	2x	2x	2x	2x	2x	2x	1x	1x	1x			1x
Resting ECG	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x			1x
Short-Term HRV (Heart Rate Variability) Measurement	3x	2x	2x	3x	2x	2x	2x	2x	2x	1x	1x	1x	1x		
Permanent Blood Sugar Measurement	1x	1x	1x	1x	1x	1x					1x				
Infusion (on Doctor's Orders)	6x	4x	2x	6x	4x	2x					1x		1x		1x
Premium-Infusion															
Basic-Infusion															
Injection															
Interval-Hypoxia-Hyperoxia-Therapy (Test)	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x		
Interval-Hypoxia-Hyperoxia-Therapy (Follow-Up)				2x	2x	1x									
Colon Hydrotherapy	1x	1x	1x	1x	1x	1x					1x				
Soft Pack	1x	1x	1x	2x	2x	2x					1x				
Soft Pack + Aroma-Bath													1x		
Sports Therapy															
Personalized Training Plan	1x	1x	1x	1x	1x	1x									
Gait Analysis	1x	1x	1x	1x	1x	1x					1x				
Orthotic Insoles (Test Pair)															
Orthotic Insoles (Pair)															
Breathing Technique (Buteyko or Wim Hof)	3x	2x	1x	3x	2x	1x							1x		

	BUFFMED CLASSIC			BUFFMED ADVANCED			BUFFMED FASTEN PUR				BUFFMED				
	INTENSE	COMPACT	LIGHT	INTENSE	COMPACT	LIGHT	INTENSE	COMPACT	LIGHT	IMPULSE	VITALITY	SPORTS	RELAX	CARDIO	APHERESIS
Spiroergometry	1x	1x	1x	1x	1x	1x					1x	1x		1x	
Pulmonary Function Test															
D-Wall 3D-Diagnostics	1x	1x	1x	1x	1x	1x									
Strength Measurement												1x			
Personal Training															
Watsu Water Therapy															
Yoga (Individual Session)															
Pilates (Individual Session)															
Qi Gong and Tai Ji (Individual Session)															
Meditation (Individual Session)															
<b>Manual Therapy</b>															
Manual Therapy (Physiotherapy, Osteopathy, or Fascia Therapy)													1x		
Physiotherapy															
Osteopathy															
Fascia Therapy				2x	2x							1x			
Manual Lymphatic Drainage															
Rolfing® Structural Integration															
Cupping															
Kinesiotaping															
<b>Nutrition</b>															
Nutrition Counseling Including Dietary Recommendations	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x				
Discussion of Dietary Recommendations	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x				
<b>Ayurveda</b>															
Ayurveda Consultation and Body Type Analysis															
Padabhyanga (Ayurvedic Foot Reflex Zone Massage)	2x	1x	1x	2x	1x	1x					1x				
Pinda Sveda (Ayurvedic Herbal Poultice Massage)															
Abhyanga (Ayurvedic Full Body Massage)	2x	2x	2x	2x	2x	2x					1x		1x		
Shirodhara (Forehead Oil Pouring)															
Shiro Abhyanga (Indian Head Massage)															
Hatha Yoga (Individual Session)															
<b>Beauty</b>															
Holistic Skin Consultation															
Advanced Bio Lifting Face Treatment															
Individual Glow Face Treatment															
Intense Purifying Face Treatment															
Power Lift for Men															
Supreme Eye + Face Lift															
Supreme Ultrasonic Facial Lift															
Facial Lymphatic Drainage															
Eyebrow Tinting															

	BUFFMED CLASSIC			BUFFMED ADVANCED			BUFFMED FASTEN PUR				BUFFMED				
	INTENSE	COMPACT	LIGHT	INTENSE	COMPACT	LIGHT	INTENSE	COMPACT	LIGHT	IMPULSE	VITALITY	SPORTS	RELAX	CARDIO	APHERESIS
Eyelash Tinting															
Eyebrow Shaping															
Eyebrow Depilation															
Upper Lip Depilation															
Chin Depilation															
Manicure															
Pedicure															
Nail Polishing															
Semi-Permanent Nail Polish Removal															
Revitalizing + Firming Abdomen Treatment															
Detoxifying Treatment															
Body Scrub (Full-Body Peeling)	1x	1x	1x	1x	1x	1x					1x		1x		
Glove Dry Body Scrub															
Sport Wrap												1x			
Algae Wrap															
Inclusive Access to All Group Offers															
Gym Introduction															
Flex & Core															
Relaxation Therapy															
Meditation															
Active Awakening															
Cooking Workshop															
AMA - Ask Me Anything															








# Medical Services






Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Medical Consultation BuffMed Sports</b> 	30 Min.	–	Our team of qualified doctors will carry out a sport-specific examination and offer you sound advice tailored to your individual needs.	Discussion and planning of the entire further procedure.	no
<b>Medical Consultation BuffMed Relax</b> 	45 Min.	–	Our team of qualified doctors provides a general medical examination and consultation tailored to your individual needs.	Discussion and planning of the entire further procedure.	no
<b>Medical Consultation BuffMed Apheresis</b> 	60 Min.	–	Our medical team will conduct a thorough medical history and physical examination together with you. As part of this process, your suitability for the therapy will be jointly assessed, and you will receive detailed information about the procedure and any potential risks.	The consultation provides clarity regarding the purpose, feasibility, and procedure of the apheresis – both for you as a guest and for the therapist. If there are any diagnostic or therapeutic intermediate steps, these will be discussed during the consultation and initiated accordingly.	no
<b>Initial Medical and Abdominal Examination</b> 	60 Min.	–	Our team of qualified doctors will take sufficient time in the initial consultation to discuss your medical history, previous therapies and diagnostics. A plan will be created to suit you. This is followed by a physical examination and abdominal examination according to F.X. Mayr.	Discussion and planning of the entire further procedure.	no
<b>Medical Check-Up incl. Abdominal Treatment</b> 	30 Min.	–	For optimal care during your stay, our doctors will monitor your current state of health with a subsequent manual abdominal treatment according to F.X. Mayr.	Optimization of recuperation, cleansing, substitution, and instruction. Updating the therapy and treatments.	no





# Medical Services

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Medical Consultation</b> 	30 Min.	170 €	An additional consultation specifically designed to discuss individual topics and health concerns, where we will address your questions and provide tailored advice.	You will receive customized solutions and recommendations that are specifically designed to address your personal needs and health situation. This offers you individualized guidance to help you make sound decisions for your well-being.	yes
<b>Final Medical Check-Up incl. Abdominal Treatment</b> 	60 Min.	–	The final consultation involves a thorough review of all the findings and results obtained up to this point, which we will discuss with you at your own pace. You will also receive a final abdominal examination according to F.X. Mayr.	Optimization of preventative care; Optimization and proposals for further diagnostics and therapy. Gradual increase in food intake.	no
<b>Apheresis</b> 	120 Min.	Package price 3.200 €	Apheresis is a medical procedure in which specific components of the blood are removed from the body to treat health problems. Using specialized equipment, particular blood cells or blood components (such as plasma, white blood cells, red blood cells, or platelets) are selectively filtered out of the circulatory system and either removed or treated. The remaining part of the blood is then returned to the body.	Removal of pathological or excess blood components (such as autoantibodies, toxins or excessive cells) that contribute to health problems.	yes





# Cardiology

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Initial Cardiological Examination</b> 	30 Min.	–	During the initial consultation, our experienced specialists will review your cardiological history and previous diagnostics with you. This will be followed by a cardio-pulmonary focused physical examination.	Discussion, consultation, and planning of the entire further procedure.	Add-on with package only
<b>Echocardiography + Sonography of Carotid Arteries</b> 	40 Min.	–	Ultrasound examinations of the heart and the brain-supplying blood vessels will be performed. Additionally, the thyroid gland will also be assessed sonographically.	Analysis of heart function and vascular deposits and constrictions.	Add-on with package only
<b>Long-Term ECG</b> 	5 Min.	–	The electrical activity of the heart is measured over 24 hours using a small device attached to the chest with an adhesive patch. The device can be temporarily removed for bathing, showering, or sauna use.	Analysis of heart rate and rhythm, detection of arrhythmias and assessment of heart rate variability (HRV).	Add-on with package only
<b>Long-Term Blood Pressure Measurement</b> 	15 Min.	–	Continuous blood pressure monitoring via the innovative and validated „Hilo Bracelet-method“: providing comfortable, cuffless, and unnoticed measurements for an unlimited duration, ensuring undisturbed sleep.	Continuous blood pressure monitoring for therapy optimization.	Add-on with package only
<b>MRI Scan</b> 	90 Min.	Package price 3.950 €	Magnetic Resonance Imaging (MRI) is a non-invasive imaging technique for the in-depth examination of the heart at rest and under stress: either pharmacologically (Regadenoson) or via bicycle stress test. The results are then thoroughly analyzed and evaluated by a specialist.	Early detection of structural or functional abnormalities and „estimation of the biological age of the heart. Evaluation of the findings and treatment recommendations.	Add-on with package only

# Cardiology




Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>MRI Results Consultation</b> 	30 Min.	-	The MRI findings will be discussed by an imaging specialist, either on-site or (in most cases) via a Teams meeting on a large screen with you and one of the on-site cardiologists.	Thorough heart check-up, for both healthy individuals (primary prevention) and those with heart disease (secondary prevention), to identify any abnormal changes or to accurately describe their current cardiac status, allowing for precise and personalized treatment advice.	Add-on with package only
<b>Final Cardiological Consultation and Discussion</b> 	30 Min.	-	At the end of your stay, our specialists will take the time to thoroughly discuss all the findings and results gathered so far with you and will also provide you with personalized therapy recommendations.	Optimization of preventative care and therapy, proposals for further diagnostics.	Add-on with package only

# Diagnostics



Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Initial Diagnostic Assessment</b> 	50 Min.	–	Your stay begins with a comprehensive medical history assessment, where we will document your past medical conditions along with any current complaints and symptoms you may have. This will be followed by a detailed physical examination, which includes, among other things, the 3D Body Scan to analyze your body composition and posture. Further diagnostic tests include the resting ECG, the HRV analysis (Heart Rate Variability analysis), the Holter ECG (24-hour ECG), the 24-hour blood pressure monitoring with the Hilo- device, as well as continuous blood glucose monitoring with the Dexcom G7. Furthermore we will take a blood sample in our in-house lab to assess your laboratory results.	Overview of your health, especially regarding your heart and blood vessel function, metabolism and the condition of your autonomic nervous system. Identifying possible health risks at an early stage and providing individual treatment advice.	no
<b>Diagnostic Check</b> 	15 Min.	–	For stays of 10 days or longer, the HRV or Body Scan will be repeated to capture changes compared to previous results.	Monitoring health development and providing precise insights into changes in vital parameters and body composition.	no
<b>3D Body Scan</b> 	15 Min.	75 €	During the 3D Body Scan, your body is captured using advanced scanners to create detailed 3D images. The scan measures body circumference, body fat percentage, muscle distribution, posture and body shape. You will stand still while the cameras scan your body from various angles, providing a precise and detailed analysis.	Analysis of body composition to track progress in weight loss or fitness, optimizing training and nutrition strategies. The data supports therapy planning and provides clear before-and-after comparisons.	yes
<b>Laboratory Testing</b> (Measurement of Blood Gases, Electrolytes, and Antioxidant Potential) 	5 Min.	–	Blood tests will include blood gas analysis, creatinine measurement, and evaluation of oxidative stress and antioxidant capacity.	Evaluation of metabolic stability, antioxidant needs, and creatinine levels to support diagnostics and determine MRI suitability.	no





# Diagnostics

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Resting ECG</b> 	5 Min.	–	An electrocardiogram (ECG) records the electrical activity of the heart using electrodes placed on the skin.	Assessment of heart rhythm and detection of current or past circulatory disturbances.	no
<b>Short-Term HRV (Heart Rate Variability) Measurement</b> 	10 Min.	–	HRV measurement (heart rate variability measurement) assesses the degree of variation in the time interval between consecutive heartbeats. The measurement is usually taken at rest or during specific breathing exercises	HRV assessment evaluates the adaptability of the autonomic nervous system, stress resilience, and recovery capacity to develop personalized health strategies and optimize long-term physical, cognitive, and overall well-being.	no
<b>Permanent Blood Sugar Measurement</b> 	10 Min.	–	For continuous glucose monitoring, a small device, about the size of a coin, is applied to the upper arm to provide ongoing blood sugar level monitoring. The device measures glucose values in real-time and sends the data to an external reader or a smartphone. This approach enables continuous blood glucose monitoring over a prolonged period, eliminating the need for frequent finger prick tests.	Finer and faster tuning of insulin therapy or eating habits, avoid blood sugar peaks and improving glucose control. Providing a personalized insight into your body's response to various foods.	no
<b>Premium-Infusion</b>	15 Min.	from 109 €	A highly concentrated infusion concept – individually tailored to your needs.		yes
<b>Basic-Infusion</b>	30 Min.	54,50 €	An infusion concept – individually tailored to your needs.		yes
<b>Injection</b>	15 Min.	25,71 €	Administration of trace elements, vitamins, or local anesthetics according to medical prescription.		yes





# Diagnostics

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Interval-Hypoxia-Hyperoxia-Therapy (Test)</b> 	25 Min.	–	For Intermittent Hypoxia-Hyperoxia Therapy (IHHT), the first session is dedicated to assessing individual tolerance and establishing the ideal training intensity. By changing the oxygen concentration of the air inhaled through a mask while the individual is seated, intermittent altitude training is simulated. This treatment aims to condition the body to these fluctuating oxygen levels, thereby enhancing oxygen absorption and stamina. Vital parameters are constantly monitored during the entire procedure.	Determining altitude tolerance and the optimal training starting point, based on individual fitness and health.	no
<b>Intervall-Hypoxia-Hyperoxia-Therapy (Follow-Up)</b> 	55 Min.	–	During the treatment, the body is conditioned to these alternating oxygen levels to enhance oxygen uptake and endurance. Vital parameters are continuously monitored throughout.	Stimulating mitochondria, promoting the elimination of weak mitochondria and the growth of healthy ones, boosting energy, immunity, and metabolism.	no
<b>Colon Hydrotherapy</b> 	60 Min.	225 €	Colon hydrotherapy is a procedure in which warm, filtered water is gently introduced into the colon. This process stimulates the natural peristalsis (muscle contractions) of the bowel, allowing the body to eliminate waste products more effectively. Performed in a comfortable setting using a closed system, warm water is introduced and subsequently removed.	Gentle cleanse of the large intestine to remove built-up waste and toxins, alleviating digestive and health issues. Improving digestion, promoting gut health, and support of your body's natural detox processes.	yes

# Diagnostics




Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Soft Pack</b> 	40 Min.	220 €	Soft Pack is an innovative wellness experience where you lie on a unique bed filled with warm water or a special liquid, creating a comfortable and even pressure sensation. As you relax, your body is gently floated into a almost-weightless position, helping to reduce stress and enhance blood flow. Soft Pack is often combined with other therapies such as algae body wraps or herbal remedies.	Improving overall well-being, blood circulation, and lymph flow, which supports your body's ability to regenerate.	yes
<b>Soft Pack + Aroma-Bath</b> 	60 Min.	250 €	Soft Pack is an innovative wellness experience where you lie on a unique bed filled with warm water or a special liquid, creating a comfortable and even pressure sensation. As you relax, your body is gently floated into a almost-weightless position, helping to reduce stress and enhance blood flow. Soft Pack is often combined with other therapies such as algae body wraps or herbal remedies. To conclude the treatment, you will enjoy a soothing bath.	Improving overall well-being, blood circulation, and lymph flow, which supports your body's ability to regenerate.	yes

# Sports Therapy





Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Personalized Training Plan</b> 	50 Min.	185 €	Based on tests and assessments, our experts analyze your current health and fitness level. Then a personalized training plan will be created – targeted, effective, and sustainable.	Achieve your unique fitness goals with a plan designed specifically for you.	yes
<b>Gait Analysis</b> 	35 Min.	–	Gait analysis is a biomechanical method for evaluating walking patterns, capturing functional movement sequences and identifying potential stress on the musculoskeletal system. It is used in prevention, rehabilitation, and diagnostics, providing essential data for training control as well as physiotherapeutic and orthopedic interventions. The analysis helps detect imbalances and compensatory movement patterns at an early stage.	Detection of abnormal movement patterns, improvement of gait technique, prevention of injuries, and support in restoring normal walking ability.	no
<b>Orthotic Insoles (Test Pair)</b> 	15 Min.	120 €	Therapeutic use of orthopedic insoles supports foot health, corrects misalignments, and improves posture. Sensomotoric insoles in particular promote muscular activation patterns through targeted stimulation of the foot sole and help correct muscular imbalances. A detailed analysis of foot alignment, gait pattern, and pressure distribution allows for precise, individualized insole fitting.	Improved posture, enhanced movement quality, pain relief, prevention of overuse injuries, and support for rehabilitation.	yes
<b>Orthotic Insoles (Pair)</b> 	25 Min.	280 €	After experiencing the benefits of your first pair of insoles, you can further optimize your foot health by obtaining additional pairs. Continuous provision of custom-made insoles helps stabilize and improve muscular balance and posture over the long term.	Improved posture, enhanced movement quality, pain relief, prevention of overuse injuries, and support for rehabilitation.	yes







# Sports Therapy

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Breathing Technique According to Buteyko</b> 	25 Min.	85 €	The Buteyko breathing method consciously reduces breathing frequency through targeted exercises that encourage efficient nasal breathing. This technique improves air filtration, increases oxygen levels in the blood, and promotes calmer breathing. It is easy to learn and can be a valuable complement to medical treatment.	Normalizing breathing, promoting nasal breathing, improving oxygen utilization and support for the healing process in respiratory conditions.	yes
<b>Breathing Technique According to Wim Hof</b> 	25 Min.	85 €	The Wim Hof breathing method lowers CO2 levels in the blood and enhances oxygen uptake, leading to increased energy production and better cellular function. Through controlled breathing exercises, it positively affects the autonomic nervous system, regulating stress and improving overall well-being. This method is easy to learn and boosts personal resilience.	Enhancing well-being, boosting concentration, increasing energy, improving recovery, and reducing stress.	yes
<b>Spiroergometry</b> 	30 Min.	–	Spiroergometry is a diagnostic method used to assess endurance performance and cardiopulmonary function during physical exertion. It measures oxygen uptake, carbon dioxide production and ventilation.	Precise assessment of endurance capacity and the identification of cardiopulmonary and metabolic limitations, in order to optimize training control.	no


# Sports Therapy

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Pulmonary Function Test</b> 	10 Min.	120 €	The pulmonary function test is an established, non-invasive method for assessing lung function, measuring key respiratory parameters such as lung volumes and airflow rates. It plays a crucial role in the diagnosis and monitoring of respiratory conditions such as asthma and COPD. The test provides important insights for therapeutic decision-making and pneumological diagnostics.	Detection and monitoring of respiratory diseases and assessment of lung function through the measurement of lung volumes and airflow rates.	yes
<b>D-Wall 3D-Diagnostics</b> 	45 Min.	–	The D-WALL system is an innovative, digitally controlled diagnostic and training tool that captures and analyzes biomechanical movement data in real time. It measures range of motion, movement speed, and functional parameters such as balance and stability. Through visual feedback, it promotes efficient optimization of movement control and helps prevent overload reactions.	Optimization of movement patterns through real-time analysis and visual feedback.	no
<b>Strength Measurement</b> 	20 Min.	80 €	Force measurement captures muscle strength and assesses physical performance across various movements and loads. It provides valuable data for identifying maximum strength and potential muscular imbalances, significantly supporting the documentation of training progress. This method plays a key role in rehabilitation, prevention, and performance enhancement.	Assessment of muscle strength, training adjustment, rehabilitation monitoring, injury prevention, and performance optimization.	yes
<b>Personal Training</b> 	45 Min.	180 €	Our personal trainers create customized training programs designed to enhance your health, strength, and performance. Through precise analysis, your individual needs are considered to achieve sustainable progress.	Assessment of muscle strength, adjustment of training, rehabilitation monitoring, injury prevention, and performance optimization.	yes

# Sports Therapy

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Watsu Water Therapy</b> 	40 Min.	180 €	Watsu, also known as Aqua-Shiatsu, is a therapeutic treatment in warm water (approx. 95°F / 35°C) that combines stretches, massages and Shiatsu techniques. Watsu can be beneficial for musculoskeletal pain, neurological conditions, and psychological stress, while also promoting mindfulness and resilience.	Stress reduction, promotion of relaxation, pain relief, improvement of mobility, and enhancement of mental well-being through the buoyancy and warmth of the water.	yes
<b>Yoga</b> (Individual Session) 	45 Min.	180 €	Yoga is an ancient practice with roots in India that unites the body, mind, and soul. This is achieved through the performance of various physical postures (asanas), along with the practice of breathing exercises (pranayama) and meditation.	Improving flexibility and strength, supporting overall health and well-being, and reducing stress.	yes
<b>Pilates</b> (Individual Session) 	50 Min.	185 €	Pilates is a holistic training method that centers on core strength. The exercises, often done on mats or specialized equipment, emphasize the principles of controlled movement and mindful breathing.	Muscle strengthening, improved flexibility and mobility, enhanced posture, and increased body awareness and coordination.	yes
<b>Qi Gong and Tai Ji</b> (Individual Session) 	45 Min.	180 €	Qigong and Tai Chi are traditional Chinese movement arts that connect body, mind, and breath. Qigong includes a wide range of exercises that blend breathing techniques, gentle motion, and meditation to enhance vital energy (Qi) and improve overall well-being. Tai Chi is distinguished by its slow, fluid movements and meditative stance. These practices share core principles like breath awareness, mindfulness, and the balance of body and mind, often complementing one another.	Development of balance, flexibility, inner peace and balance of your autonomic nervous system. Promotion of blood circulation and the movement of fluids to ensure optimal energy flow.	yes

# Sports Therapy




Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<div><div><b>Meditation</b> (Individual Session)</div><div></div></div>	35 Min.	95 €	Meditation is a practice that promotes mindfulness, concentration, and a sense of inner calm. Through breathing techniques, visualizations, or mantras, it helps to clear the mind, reduce stress and strengthen self-awareness.	Promotion of mindfulness, stress reduction, improvement of emotional balance, and increase in mental clarity.	yes





# Manual Therapy


Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Manual Therapy</b> (Physiotherapy, Osteopathy, or Fascia Therapy) 	45 Min.	–	Based on the personalized recommendations of our therapists, we provide physiotherapy, osteopathy, or fascia therapy to specifically address your physical discomfort and enhance your overall well-being.		no
<b>Physiotherapy</b> 	45 Min.	180 €	Physiotherapy focuses on the rehabilitation and improvement of physical functions. Targeted exercises, manual techniques, and physical treatments are used.	Pain relief, improved mobility, strengthening weak muscles, and empowering you with tools for long-term health and self-care.	yes
<b>Osteopathy</b> 	45 Min.	240 €	Osteopathy is a holistic manual therapy that involves the treatment of the musculoskeletal system and visceral manipulations to influence various organ functions. It also incorporates craniosacral therapy to balance the nervous system. Improving fascial flexibility leads to enhanced mobility and a reduction in the occurrence of fascial pain.	Restoration of balance, pain relief, improvement of organ function, promotion of fascia mobility, and support for neural health.	yes
<b>Fascia Therapy</b> 	45 Min.	180 €	Fascia therapy is a therapeutic approach that concentrates on the connective tissue network throughout the body. Fascia envelops muscles, organs, and other tissues and is crucial for mobility and general well-being.	Pain relief, improved mobility and posture, enhanced blood circulation, and supported relaxation and general well-being through targeted touch and mobilization.	yes
<b>Manual Lymphatic Drainage</b> 	45 Min.	180 €	Manual lymphatic drainage is a gentle therapeutic massage technique designed to encourage the natural circulation of lymph throughout the body. Using rhythmic, light movements, the lymphatic vessels are stimulated, resulting in enhanced detoxification and improved fluid drainage.	Reduction of swelling, promotion of lymphatic flow, and strengthening of the immune system.	yes

# Manual Therapy

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Rolfing® Structural Integration</b> 	45 Min. 75 Min	240 € 340 €	Rolfing® is a system of manual bodywork with the goal of achieving the best possible alignment of the body in relation to gravity. It focuses on the fascia (connective tissue) but involves the entire body. Touch and movement are used to support you in improving your posture and movement patterns.	Improvement of body awareness, posture, movement, mental well-being, as well as avoidance of chronic tension and relief of pain.	yes
<b>Cupping</b> 	45 Min.	180 €	Cupping therapy involves applying suction cups to the skin. The placement of these cups is frequently based on palpable muscle hardening (myogelosis). The selected skin locations also have an effect on their corresponding organs (classification according to Head's zones).	Improvement of blood circulation while simultaneously supporting the detoxification process of the connective tissue and musculature and positively influencing deeper organs.	yes
<b>Kinesiotaping</b> 	20 min.	90 €	Kinesiotapes are used to release tension, improve muscle strength, accelerate regenerative processes, and provide support for injuries caused by overuse. Depending on the application, Kinesiotapes can have either an activating or a calming effect. Additionally, they promote targeted muscle activation by "reminding" the muscle to stabilize itself in a specific or correct position.	Activation and support of the body's self-healing abilities.	yes

# Nutrition




Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Nutrition Counseling Including Dietary Recommendations</b> 	45 Min.	–	An in-depth consultation begins with an analysis of your current eating habits. Subsequently, individual nutritional recommendations are developed, taking into account medical aspects, living circumstances and preferences.	Analysis of current eating habits, challenges in adopting a healthy diet, and individual needs to create personalized recommendations.	no
<b>Discussion of Dietary Recommendations</b> 	30 Min.	–	Together, we will review the nutritional recommendations, along with practical tips for a balanced diet that aligns with your personal needs and goals.	Providing personalized and practical dietary recommendations to promote long-term healthy eating habits.	no

A woman is lying down, her head resting on a white towel. A therapist's hands are visible, one holding a small black bowl of white cream and the other using a brush to apply the cream to the woman's face. The woman's eyes are closed, and she appears to be in a relaxed state. The background is softly blurred, showing a bright, airy space with a window.





*Take a break for body, mind and soul: enjoy relaxing and restorative care with our exclusive Ayurveda and beauty treatments.*

*To ensure you can experience your personal wellness ritual at any time, we are available for you seven days a week – from Monday to Sunday.*

# Ayurveda




Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Ayurveda Consultation and Body Type Analysis</b> 	60 Min.	200 €	An Ayurveda consultation is a personalized assessment that helps determine an individual's unique body constitution, known as PRAKRUTHI. During the consultation, our in-house ayurveda practitioner evaluates various factors such as physical appearance, lifestyle, emotional patterns, etc., to understand your dominant doshas (your life energies) called VATA, PITTA, and KAPHA.	Providing insights for a tailored wellness plan that includes nutritional recommendations, herbal remedies and lifestyle changes.	yes
<b>Padabhyanga</b> (Ayurvedic Foot Reflex Zone Massage) 	20 Min.	140 €	In this traditional Ayurvedic foot massage, herbal oils are used to massage the feet, stimulating specific reflex points with gentle techniques including kneading, tapping, and pressing. Particular focus is directed towards the soles, toes, and heels, where reflex points are situated, that connect to the body's organs and energy meridians.	Promoting balance and harmony in the body through stimulation of reflex points, releasing deep-seated tension, supporting emotional balance, and fostering a sense of grounding. Enhancing the body's ability to self-regulate, restore its natural rhythm, and evoke deep rejuvenation.	yes
<b>Pinda Sveda</b> (Ayurvedic Herbal Poultice Massage) 	75 Min.	260 €	During a herbal poultice massage, a cloth pouch containing herbal powders or leaves is heated in medicinal oils or steamed with water to activate their therapeutic benefits. These heated pouches are then applied to the body using rhythmic, circular movements, enabling the warmth and medicinal essence to absorb into the tissues. The therapist will concentrate on specific areas like joints, muscles, and other body parts as needed. This method can help alleviate pain, improve blood flow, and encourage muscle relaxation.	Relief of pain and inflammation, improving blood circulation, and promoting muscle relaxation. Encouraging the body's natural healing process and elimination of toxins. Balancing life energy and restoring harmony.	yes

# Ayurveda






Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Abhyanga</b> (Ayurvedic Full Body Massage) 	60 Min.	230 €	In this traditional Ayurvedic treatment, the entire body is rubbed with warm herbal oils, followed by rhythmic massage techniques.	Balancing vital energies in the body, promoting detoxification and improving circulation. Reducing stress, enhancing skin complexion and vision, and improving sleep quality.	yes
<b>Shirodhara</b> (Forehead Oil Pouring) 	75 Min.	260 €	This therapeutic treatment involves the gentle and continuous pouring of warm medicinal oils or herbal teas over the forehead. This takes place in a tranquil and serene setting, allowing the body to deeply relax and the mind to become calm.	Balancing life energies, calming the nervous system, and promoting inner peace. Enhancing mental clarity, concentration, emotional stability, sleep quality, and deep relaxation.	yes
<b>Shiro Abhyanga</b> (Indian Head Massage) 	20 Min.	140 €	This therapy uses warm, medicinal oils applied to the scalp, followed by a targeted massage of the head, neck, and shoulders. The soothing and nourishing properties of these oils help improve scalp health, promote deep relaxation, and boost vitality.	Reducing stress by activating the parasympathetic nervous system and relieving neck and shoulder tension. Improving scalp circulation to support healthy hair growth.	yes
<b>Hatha Yoga</b> (Individual Session) 	60 Min.	190 €	Hatha Yoga is a traditional style of yoga that emphasizes physical poses (asanas), breathing exercises (pranayama) and meditation.	Promoting balance, flexibility, strength, and relaxation by harmonizing body and mind through Hatha Yoga techniques.	yes







# Beauty

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Holistic Skin Consultation</b> 	1. Session 60 Min.  2. Session 30 Min.	270 €	Our individual consultation process involves evaluating your skin health, lifestyle, and laboratory values to tailor the best and most effective holistic beauty approach for you. During this interdisciplinary consultation, we will visually and physically assess your skin's condition, its requirements and potential improvements. We will then select and plan the most beneficial skincare and treatments. Our team will provide recommendations for supplements, diet and lifestyle adjustments, ensuring you can implement them at the optimal time to attain and maintain healthy and radiant skin.	Receiving personalized, science-based insights and solutions for your skin through a functional approach—focused on prevention, improvement, and optimization.	yes
<b>Advanced Bio Lifting Face Treatment</b> 	120 Min.	470 €	This intensive facial treatment, combined with a biodynamic lifting massage, is designed to meet your individual skin needs. The deep massage provides a lifting effect that works to plump and tighten the skin, as well as reduce the visibility of fine lines.	Intensive hydration leaves the skin plump, firm and rosy-fresh.	yes
<b>Individual Glow Face Treatment</b> 	70 Min. 90 Min.	250 € 300 €	This skincare treatment is tailored to your individual skin needs. Based on a precise evaluation of your skin type, we select the appropriate products, whether for hydration, anti-aging, or acne treatment. The treatment also includes techniques such as facial massage, lymphatic drainage, cupping, or Gua Sha to provide deep care and enhance skin metabolism.	Improving skin health and achieving a fresh, revitalized appearance.	yes




# Beauty

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Intense Purifying Face Treatment</b> 	70 Min.	250 €	This facial treatment delivers an intensive deep cleansing, gently removing impurities and thoroughly clarifying the skin. The gentle application helps to maintain the skin's moisture and natural oils. It refines pores and detoxifies the tissue.	Optimal preparation of the skin for active ingredients, resulting in a fresh, purified, and even complexion.	yes
<b>Power Lift for Men</b> 	70 Min.	250 €	This facial treatment uses natural high-tech power for effective deep cleansing. Specifically developed for men, it ensures thorough skin cleansing and pore refinement.	A clarified, cleansed complexion, refined pores and improved skin appearance.	yes
<b>Supreme Eye + Face Lift</b> 	70 Min.	250 €	This intensive lifting treatment, combined with Gua Sha massage, results in visibly firmer eye contours, more defined facial contours, and a radiant glow. It strengthens and tightens the skin, improves elasticity around the eyes, and reduces dryness and puffiness.	Firming, refreshing and revitalizing the skin to reduce wrinkles, fatigue, and eye puffiness, resulting in a radiant, balanced complexion.	yes
<b>Supreme Ultrasonic Facial Lift</b> 	70 Min. 90 Min.	290 € 340 €	The premium intensive treatment utilizes ultrasound lifting, a highly effective method where special ultrasound frequencies are used to transport natural active ingredients deep within the skin layers. This process provides a deep and effective firming and rejuvenation of the facial area.	Achieving a plumper, fresher, and firmer appearance by deeply firming the skin and supporting its natural elasticity and structure.	yes
<b>Facial Lymphatic Drainage</b> 	45 Min.	180 €	Facial lymphatic drainage uses gentle, rhythmic massage movements to stimulate lymph circulation and transport excess fluid and waste products from the tissue.	Reducing swelling, decongesting tissue, and promoting fresh, clear skin while providing a relaxing effect and an even, rosy glow.	yes





# Beauty

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Eyebrow Tinting</b> 	10 Min.	25 €	Eyebrow tinting involves applying a gentle dye to make the eyebrows appear more intense and defined. <b>Note:</b> Eyebrow tinting can be booked as an add-on during your facial treatment.	The eyebrows appear fuller, which emphasizes the eyes and makes the face look more symmetrical. Ideal for a natural look without daily touch-ups.	yes
<b>Eyelash Tinting</b> 	10 Min.	25 €	Eyelash tinting involves applying a gentle dye to the eyelashes to make them appear darker and more intense. <b>Note:</b> Eyelash tinting can be booked as an add-on during your facial treatment.	The eyes look fresher and more defined without the need for mascara. Ideal for a natural, well-groomed look that lasts all day.	yes
<b>Eyebrow Shaping</b> 	10 Min.	25 €	Eyebrow shaping is achieved through precise plucking to define the eyebrows. Excess hairs are carefully removed, following the natural direction of growth to create an even and harmonious look. <b>Note:</b> You can book eyebrow shaping as an add-on service during your facial treatment.	The eyebrows appear perfectly defined and naturally emphasize the facial features. The result is a clear, well-groomed shape that gives the face more expression and the eyes more depth.	yes
<b>Eyebrow Depilation</b> 	10 Min.	25 €	Experience effective hair removal with the Sessu natural hair remover made from sugar paste. This gentle depilation for the eyebrow area naturally removes unwanted hair. The natural hair remover is applied evenly and works quickly to gently remove the hairs. <b>Note:</b> Hair removal can be booked as an add-on during your facial treatment.	The eyebrows are perfectly shaped, and the skin remains smooth and well-maintained. The application ensures precise hair removal and a long-lasting, beautiful eyebrow contour.	yes






# Beauty

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<div>Upper Lip Depilation</div> <div></div>	10 Min.	25 €	Experience effective hair removal with the Sessu natural hair remover made from sugar paste. This gentle depilation for the upper lip area naturally removes unwanted hair. The natural hair remover is applied evenly and works quickly to gently remove the hairs. <b>Note:</b> Hair removal can be booked as an add-on during your facial treatment.	Achieving smooth, supple skin free of unwanted hair, with a long-lasting, pleasant sensation and an even, well-maintained surface.	yes
<div>Chin Depilation</div> <div></div>	10 Min.	25 €	Experience effective hair removal with the Sessu natural hair remover made from sugar paste. This gentle depilation for the chin area naturally removes unwanted hair. The natural hair remover is applied evenly and works quickly to gently remove the hairs. <b>Note:</b> Hair removal can be booked as an add-on during your facial treatment.	Achieving smooth, supple skin free of unwanted hair, with long-lasting comfort and an even, well-maintained surface.	yes
<div>Manicure</div> <div></div>	70 Min.	95 €	Indulge your hands with our complete pampering ritual: We begin by shortening and shaping your fingernails, followed by a relaxing hand bath. Next, the cuticles are gently pushed back and removed, and a refreshing exfoliation smooths the skin. The treatment concludes with meticulous nail care and a comforting massage of the fingers and hands.	Achieving impeccably groomed hands with supple skin and healthy nails for a radiantly beautiful and well-maintained appearance.	yes

# Beauty






Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Pedicure</b> 	70 Min.	95 €	Treat your feet to a complete pampering ritual! First, enjoy a relaxing foot bath, followed by the trimming and filing of your toenails. Next, cuticles and calluses are gently removed before a refreshing scrub revitalizes the skin. Finally, a soothing foot massage provides deep relaxation and renewed energy.	Beautifying your feet, nourishing the skin, and maintaining healthy nails for a refreshed, pampered and revitalized appearance.	yes
<b>Nail Polishing</b> 	10 Min.	45 €	Give your nails a flawless look with high-quality Manucurist nail polishes. First, a base coat is applied to protect your nails and improve the polish's durability. Then, the color polish from the Manucurist collection is applied in two coats for an even, vibrant color. A final top coat provides long-lasting shine and protects the color. <b>Note:</b> Nail polish application can only be booked as part of a manicure or pedicure.	Achieving radiantly groomed nails in a natural, intense color that remains glossy and long-lasting for an elegant, fresh look.	yes
<b>Semi-Permanent Nail Polish Removal</b> 	20 Min.	35 €	Semi-permanent nail polish is softened with a special remover and gently removed after the application time. This method is suitable for nail polishes like Shellac, but not for gel or acrylic nail polish.	Removing semi-permanent nail polish safely to dissolve the layer without damaging the natural nail.	yes
<b>Revitalizing + Firming Abdomen Treatment</b> 	60 Min.	240 €	This efficient body treatment has a targeted firming effect and helps to decongest the abdominal area. Through gentle stimulation of the abdomen, skin tone can be improved and the core tightened.	Firming and smoothing the skin in the abdominal area, defining the core, and enhancing body awareness.	yes

# Beauty



Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Add-on
<b>Detoxifying Treatment</b> 	70 Min.	250 €	An effective detox treatment that specifically targets your skin and connective tissue. The cupping technique, combined with highly effective natural products, has a decongesting effect on the body tissue. An invigorating body scrub and a special massage technique enhance the detoxification concept.	Tightening and detoxifying the tissue, while giving the skin visible freshness and clarity. The body feels light and revitalized, with refined and firmer skin texture.	yes
<b>Body Scrub (Full-Body Peeling)</b> 	40 Min.	220 €	This gentle organic body scrub refines the skin's texture and provides clear, radiant skin. The natural alpine ingredients stimulate skin metabolism and promote circulation, leaving your skin feeling refreshed and vitalized.	Achieving a visibly refined and refreshed appearance with renewed clarity. The exfoliation supports skin regeneration, leaving a smooth, well-maintained complexion for a complete sense of well-being.	yes
<b>Glove Dry Body Scrub</b> 	30 Min.	210 €	This activating full-body scrub with a linen-copper glove promotes blood and lymph circulation and supports metabolism. The gentle exfoliating effect deeply cleanses the skin and provides a clear, radiant complexion. Additionally, the skin's oxygen supply is increased, and electrostatic charge is reduced.	Refreshing, smoothing, and revitalizing the skin, with exfoliation that provides renewed energy.	yes
<b>Sport Wrap</b> 	40 Min.	–	High-quality active ingredient complexes are used to improve circulation and keep the muscles supple. This revitalizes fatigued joints and boosts muscular performance.	Strengthening and refreshing muscles, revitalizing joints, and providing a warming experience that invigorates both body and mind—ideal for athletes and active individuals.	no
<b>Algae Wrap</b> 	40 Min.	240 €	A nourishing algae blend, abundant in minerals, vitamins, and antioxidants, is applied to the skin. This algae treatment supports skin regeneration and provides deep nourishment.	Promoting detoxification, tightening the skin, and providing a fresh, revitalized appearance. The algae wrap deeply moisturizes and improves skin texture.	yes



# Group Offers

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Max. participants
<b>Gym Introduction</b> 	60 Min.	–	As part of this onboarding, you will get a one-on-one introduction to the operation of our state-of-the-art Technogym fitness facility. Here, each piece of equipment will be individually adapted to your personal needs, physical condition, and training aims. Kindly <b>note:</b> To ensure a seamless, effective and optimally coordinated workout in our Medical Gym, we request that you download the Technogym app onto your smartphone prior to your visit.	A personalized, efficient, and well-coordinated workout that supports you in achieving your fitness goals.	7
<b>Flex &amp; Core</b> 	45 Min.	–	You can expect a dynamic workout that varies daily, consisting of Pilates, Yoga, functional training, and stability exercises. This course strengthens your core, improves your flexibility and energizes you for the day.	Building strength and experiencing a complete sense of invigoration.	10
<b>Relaxation Therapy</b> 	45 Min.	–	Treat yourself to a break and rediscover your inner balance. With targeted relaxation techniques, gentle movements and mindfulness exercises.	Releasing daily stress and strengthening inner peace for sustainable well-being in everyday life.	10
<b>Meditation</b> 	45 Min.	–	Enter the world of meditation and discover a variety of techniques to center your thoughts and find inner clarity.	Learning different types of meditation to reduce stress and bring more serenity into your daily life.	10
<b>Active Awakening</b> 	45 Min.	–	Start your day with new energy and a clear mind! This course takes place outdoors, combining gentle movements with meditation or mindfulness practices to harmonize your body and mind as you embrace the new day in the fresh air of Konstanz.	Come into harmony with nature and your body, achieving a state of inner peace and serenity, to start the day focused and relaxed.	10

# Group Offers

Treatment	Duration approx.	Price incl. VAT	What does the treatment involve?	What is the aim?	Max. par-ticipants
<b>Cooking Workshop</b> 	45 Min.	–	Join us in a creative and relaxed atmosphere for an introduction to the basics of Buff Cuisine. Together with our experienced chef, you'll prepare foundational items like "Kautrainer" (small bread rolls) and alkaline soup. You'll also enjoy tasty samples and receive recipes to try at home.	Learning strategies and tips to implement a healthy and enjoyable diet into everyday life.	8
<b>AMA - Ask Me Anything</b> 	50 Min.	–	An AMA (Ask Me Anything) is an interactive event where experts answer questions from the audience. At the Buff AMA on topics such as health, gut, digestion, and metabolism, you'll have the opportunity to speak directly with our doctors. Various aspects will be addressed – from symptoms and nutritional advice to new research findings. Our experts explain everything clearly and understandably, so that everyone can follow along easily.	AMAs offer you access to medical expertise and the opportunity to address topics that are personally important to you.	20

Group offers and times:

**Gym Introduction:**  
Monday, Wednesday and Friday, 4:00 PM - 5:00 PM

**Flex & Core:**  
Monday and Wednesday, 3:00 PM - 3:45 PM

**Relaxation Therapy:**  
Tuesday, Thursday, and Saturday, 3:00 PM - 3:45 PM

**Meditation:**  
Friday, 4:00 PM - 4:45 PM

**Active Awakening:**  
Monday to Saturday, 7:30 AM - 8:15 AM

**Cooking Workshop:**  
Friday 3:00 PM - 3:45 PM

**Doctor's Q&A - Ask me anything (AMA):**  
Monday and Wednesday 7:00 - 7:50 PM

Note:

The group offers are free of charge. In individual cases and when the weather is good, **Flex & Core, Relaxation Therapy, and Meditation** may take place outdoors.

Generally, the **Active Awakening** session takes place outdoors if the weather is good. If the weather is bad, all courses take place in the yoga room.



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