



HEALTHCARE LIKE NO OTHER

LAKE CONSTANCE



CONTENTS

Editorial	3
Buff Medical Resort	5
Dream Location Lake Constance	9
High-Tech Medicine	13
BuffMed Health Programmes	29
Wellness & Spa	51
Therapeutic Fasting or Buff GourMed	59
Rooms & Suites	63
Everything at a Glance	80
Your Booking	82
Your Arrival	84



THE FOCUS IS ON PEOPLE

Our world is changing rapidly. Change is happening worldwide: digitalisation, 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





BUFF MEDICAL RESORT

LAKE CONSTANCE

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.



DREAM LOCATION
LAKE CONSTANCE





NATURALLY 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 metres, it offers 142 rooms and suites as well as a 5,000 square meter medical area. The majority of the building is constructed from natural, sustainable and pollutant-free solid wood. To positively influence your vegetative nervous system, the interior is 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 Wilhelminian-style 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.





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HIGH-TECH MEDICINE MEETS HUMANITY



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

Experience a globally unique highlight at the Buff Medical Resort: High-altitude climate in all our double rooms and suites. This innovation simulates an atmosphere at an altitude of up to 4,000 metres 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 tailored health and regeneration programmes to accompany you on your way to more energy, balance and joie de vivre.

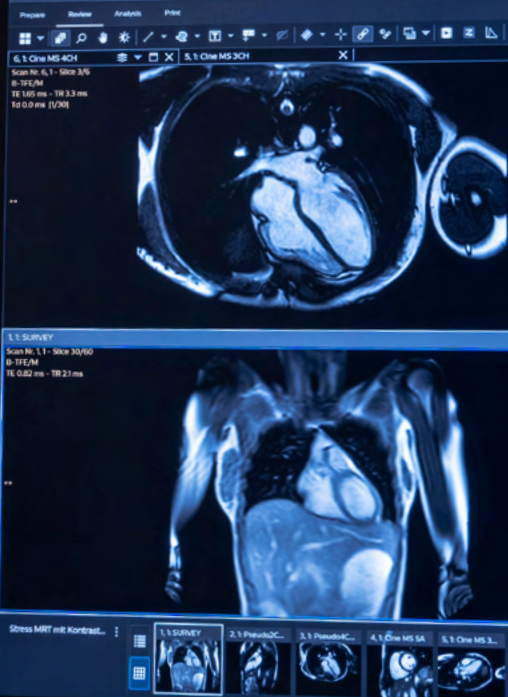




PHILIPS

MR 5300

BlueSeat



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

- **Optimising your fitness**

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 around 1% per year from the age of 30. From the age of 60, this process accelerates to 1.5-2% loss of muscle mass per year. By the age of 80, muscle mass can decrease by 30-50%. This loss jeopardises your self-determination and independence in old age.

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

A team of orthopedists, sport scientists, physiotherapists and osteopaths 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 metres 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 identify even the earliest deviations from your optimal state of health and treat them – entirely without feelings of hunger – using an empathetic, person-centred approach to fasting medicine based on the principles of **F.X. Mayr**.

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



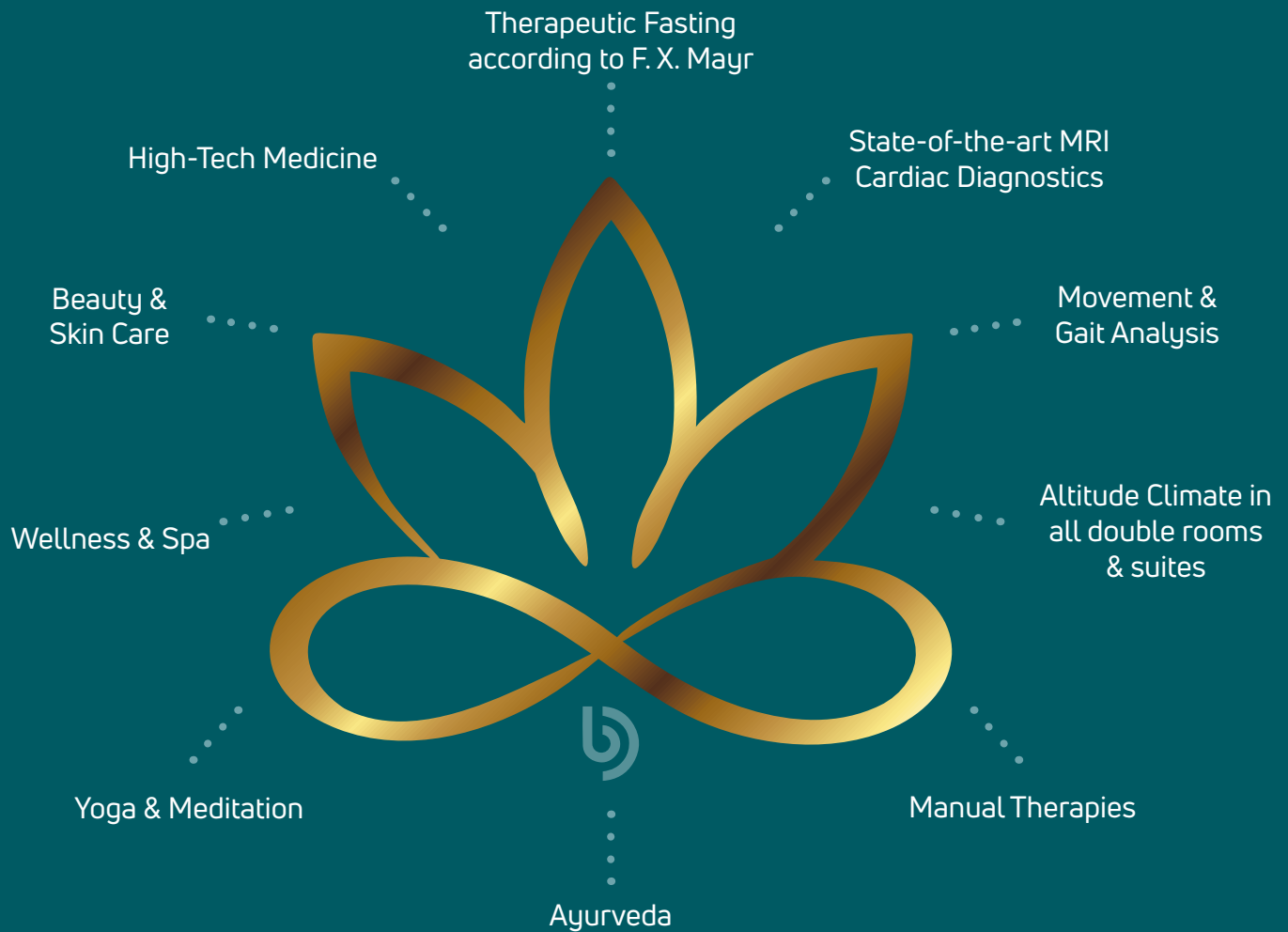
Our health programmes focus on improving and enhancing your physical and mental health as well as your personal performance. The key areas for this are gut and digestive health, metabolic and muscular health, stress management and sleep quality. These form the basis for your long-term health.

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.









A photograph of a forest path. The path is a narrow, light-colored trail that winds through a dense forest. It is flanked by tall, slender trees with thick trunks. The foliage is lush and green, with sunlight filtering through the leaves, creating a dappled light effect on the path and the surrounding vegetation. The overall atmosphere is peaceful and serene.

**A NEW PATH FOR
BODY, MIND AND SOUL**

OUR BUFFMED HEALTH PROGRAMMES

At the Buff Medical Resort, we offer health programmes from 3 to 21 nights, varying in intensity, duration and content. Some programs like BuffMed Cardio and BuffMed Apheresis, as well as many treatments from our therapy book, can be easily added on. The range of treatment methods in the BuffMed World is much more extensive, with a particular focus on the therapy concept of **Dr F.X. Mayr**.

BUFFMED CLASSIC

A comprehensive complete programme designed to support your digestive health and enhance your performance.

Duration: 21 Nights (INTENSE)
14 Nights (COMPACT)
10 Nights (LIGHT)

BUFFMED ADVANCED

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

Duration: 21 Nights (INTENSE)
14 Nights (COMPACT)
10 Nights (LIGHT)

BUFFMED FASTING PURE

The focus is on fasting according to F. X. Mayr, as well as nutritional counselling to promote intestinal health.

Duration: 21 Nights (INTENSE)
14 Nights (COMPACT)
10 Nights (LIGHT)
7 Nights (IMPULSE)

BUFFMED VITALITY

Your programme for regeneration and relaxation.

Duration: 7 Nights

BUFFMED SPORTS

Your path to greater performance and health.

Duration: 3 Nights

BUFFMED RELAX

A time-out for regeneration and a new sense of well-being.

Duration: 3 Nights

BUFFMED CARDIO

The unique programme for your heart health.

Add-on

BUFFMED APHERESIS

New energy through purified blood.

Add-on

BUFFMED AFTERCARE

Aftercare provides ongoing expert care at home.

Add-on



BUFFMED CLASSIC

Your royal road to intestinal health and increased performance.

Our programmes

BuffMed Classic Intense with 21 nights,
BuffMed Classic Compact with 14 nights and
BuffMed Classic Light with 10 nights
are the comprehensive complete programmes to
promote longevity, digestive and metabolic health for
a lasting increase in your physical and mental vitality.

As part of these programmes, 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 together with your doctor. By taking more days for the refeeding process, you can make a gentle and easy transition to your everyday life.

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

These programmes offer you:

- > The opportunity to experience the world of BuffMed in all its diversity
- > Scientifically based impulses for sustainable lifestyle changes
- > Space to define your personal priorities for your stay – and beyond
- > Time and tranquility for reflection and inner contemplation
- > Detox as gentle support for greater balance and lightness
- > The choice to fully embrace all aspects of the Mayr fasting method or
- > Discover Buff GourMED – a light, organic gourmet cuisine based on the principles of F.X. Mayr medicine, for mindful enjoyment even without fasting

	Intense	21 Nights	Price per person from 13,100 €
	Compact	14 Nights	Price per person from 9,000 €
	Light	10 Nights	Price per person from 6,500 €
✓	✓	✓	Initial Medical and Abdominal Examination
7x	5x	4x	Medical Check-Up incl. Abdominal Treatment
✓	✓	✓	Final Medical Check-Up incl. Abdominal Treatment
6x	3x	2x	Individual Therapies as Recommended by the Doctor
✓	✓	✓	Altitude Climate (on Doctor's Orders)
2x	2x	2x	3D Body Scan (at the beginning and end of the stay)
2x	2x	2x	Laboratory Testing (Measurement of Blood Gases, Electrolytes, and Antioxidant Potential)
✓	✓	✓	Resting ECG
3x	2x	2x	Short-Term HRV (Heart Rate Variability) Measurement
✓	✓	✓	Permanent Blood Sugar Measurement
6x	4x	2x	Infusion (on Doctor's Orders)
✓	✓	✓	Interval-Hypoxia-Hyperoxia-Therapy (Test)
✓	✓	✓	Colon Hydrotherapy
✓	✓	✓	Soft Pack
✓	✓	✓	Personalized Training Plan
✓	✓	✓	Gait Analysis
3x	2x	1x	Breathing Technique (Buteyko or Wim Hof)
✓	✓	✓	Spiroergometry
✓	✓	✓	D-Wall 3D-Diagnostics
✓	✓	✓	Nutrition Counseling Including Dietary Recommendations
✓	✓	✓	Discussion of Dietary Recommendations
2x	1x	1x	Padabhyanga (Ayurvedic Foot Reflex Zone Massage)
2x	2x	2x	Abhyanga (Ayurvedic Full Body Massage)
✓	✓	✓	Body Scrub (Full-Body Peeling)



BUFFMED ADVANCED

Your royal road to intestinal health, improved performance and heart diagnostics.

Our programmes

BuffMed Advanced Intense with 21 nights, **BuffMed Advanced Compact** with 14 nights and **BuffMed Advanced Light** with 10 nights combine BuffMed Classic and BuffMed Cardio and are therefore the comprehensive complete programmes to promote digestive and metabolic health for a lasting increase in your physical and mental vitality. In addition, there are comprehensive and unique cardiac diagnostics that go far beyond the usual internal cardiological diagnostics.

As part of these programmes, 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. By taking more days for the refeeding process, these programmes allow a gentle and easy transition to your everyday life.

These programmes offers you:

- > The option to combine our BuffMed Classic programmes with the BuffMed Cardio Programme
- > The opportunity to analyse your cardiac and vascular risk using the unique BuffMed Heart Diagnostics
- > Detox as gentle support for greater balance and lightness
- > The choice to take full advantage of all aspects of the Mayr fasting method or
- > Discover Buff GourMED – a light, organic gourmet cuisine based on the principles of F.X. Mayr medicine, for mindful enjoyment even without fasting

	Intense	21 Nights	Price per person from 20,100 €
	Compact	14 Nights	Price per person from 16,100 €
	Light	10 Nights	Price per person from 13,900 €
✓	✓	✓	Initial Medical and Abdominal Examination
7x	5x	4x	Medical Check-Up incl. Abdominal Treatment
✓	✓	✓	Final Medical Check-Up incl. Abdominal Treatment
6x	4x	3x	Individual Therapies as Recommended by the Doctor
✓	✓	✓	Altitude Climate (on Doctor's Orders)
✓	✓	✓	Initial Cardiological Examination
✓	✓	✓	Echocardiography + Sonography of Carotid Arteries
✓	✓	✓	Long-Term ECG
✓	✓	✓	Long-Term Blood Pressure Measurement
✓	✓	✓	MRI Scan
✓	✓	✓	MRI Results Consultation
✓	✓	✓	Final Cardiological Consultation and Discussion
2x	2x	2x	3D Body Scan (at the beginning and end of the stay)
2x	2x	2x	Laboratory Testing (Measurement of Blood Gases, Electrolytes, and Antioxidant Potential)
✓	✓	✓	Resting ECG
3x	2x	2x	Short-Term HRV (Heart Rate Variability) Measurement
✓	✓	✓	Permanent Blood Sugar Measurement
6x	4x	2x	Infusion (on Doctor's Orders)
✓	✓	✓	Interval-Hypoxia-Hyperoxia-Therapy (Test)
2x	2x	1x	Interval-Hypoxia-Hyperoxia-Therapy (Follow-Up)
✓	✓	✓	Colon Hydrotherapy
2x	2x	2x	Soft Pack
✓	✓	✓	Personalized Training Plan
✓	✓	✓	Gait Analysis
3x	2x	1x	Breathing Technique (Buteyko or Wim Hof)
✓	✓	✓	Spiroergometry
✓	✓	✓	D-Wall 3D-Diagnostics
2x	2x	-	Fascia Therapy
✓	✓	✓	Nutrition Counseling Including Dietary Recommendations
✓	✓	✓	Discussion of Dietary Recommendations
2x	1x	1x	Padabhyanga (Ayurvedic Foot Reflex Zone Massage)
2x	2x	2x	Abhyanga (Ayurvedic Full Body Massage)
✓	✓	✓	Body Scrub (Full-Body Peeling)



BUFFMED FASTING PURE

The focus is on the F. X. Mayr fasting therapy, supplemented by individual nutritional counselling to promote intestinal health.

Our programmes

BuffMed Fasting Pure Intense with 21 nights,
BuffMed Fasting Pure Compact with 14 nights,
BuffMed Fasting Pure Light with 10 nights and
BuffMed Fasting Pure Impulse with 7 nights
are the essential programmes for promoting digestive and metabolic health to sustainably increase your physical and mental vitality.

As part of these programmes, 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. By taking more days for the refeeding process, these programmes allow a gentle and easy transition to your everyday life.

These programmes offer you:

- > The opportunity to fully explore the world of BuffMed
- > Time and tranquillity for reflection and inner contemplation
- > Detox as gentle support for greater balance and lightness
- > The freedom to tailor the Mayr fasting method to your individual needs

				Intense	21 Nights	Price per person from 3,800 €
				Compact	14 Nights	Price per person from 2,600 €
				Light	10 Nights	Price per person from 2,200 €
				Impulse	7 Nights	Price per person from 1,400 €
✓	✓	✓	✓	Initial Medical and Abdominal Examination		
10x	6x	4x	2x	Medical Check-Up incl. Abdominal Treatment		
✓	✓	✓	✓	Final Medical Check-Up incl. Abdominal Treatment		
✓	✓	✓	✓	Altitude Climate (on Doctor’s Orders)		
2x	2x	2x	1x	3D Body Scan		
2x	2x	2x	1x	Laboratory Testing (Measurement of Blood Gases, Electrolytes, and Antioxidant Potential)		
✓	✓	✓	✓	Resting ECG		
2x	2x	2x	1x	Short-Term HRV (Heart Rate Variability) Measurement		
✓	✓	✓	✓	Interval-Hypoxia-Hyperoxia-Therapy (Test)		
✓	✓	✓	✓	Nutrition Counseling Including Dietary Recommendations		
✓	✓	✓	✓	Discussion of Dietary Recommendations		



BUFFMED VITALITY

The programme for more vitality and longevity and the entry into the BuffMed world with a week of regeneration and recovery.

The **BuffMed Vitality** programme is your introductory programme 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:

- > An introduction to the world of BuffMed
- > One week of regeneration and recovery – even when time is limited
- > The first steps toward a healthier and more empowered life
- > Detox as gentle support for greater balance and lightness
- > The choice to fully embrace all aspects of the Mayr fasting method or
- > Discover Buff GourMED – a light, organic gourmet cuisine based on the principles of F.X. Mayr medicine, for mindful enjoyment even without fasting

Vitality	7 Nights	Price per person from 3,400 €
✓	Initial Medical and Abdominal Examination	
3x	Medical Check-Up incl. Abdominal Treatment	
✓	Final Medical Check-Up incl. Abdominal Treatment	
2x	Individual Therapies as Recommended by the Doctor	
✓	Altitude Climate (on Doctor's Orders)	
✓	3D Body Scan	
✓	Laboratory Testing (Measurement of Blood Gases, Electrolytes, and Antioxidant Potential)	
✓	Resting ECG	
✓	Short-Term HRV (Heart Rate Variability) Measurement	
✓	Permanent Blood Sugar Measurement	
✓	Infusion (on Doctor's Orders)	
✓	Interval-Hypoxia-Hyperoxia-Therapy (Test)	
✓	Colon Hydrotherapy	
✓	Soft Pack	
✓	Gait Analysis	
✓	Spiroergometry	
✓	Nutrition Counseling Including Dietary Recommendations	
✓	Discussion of Dietary Recommendations	
✓	Padabhyanga (Ayurvedic Foot Reflex Zone Massage)	
✓	Abhyanga (Ayurvedic Full Body Massage)	
✓	Body Scrub (Full-Body Peeling)	



BUFFMED SPORTS

Your welcome offer for a sporty new start at Lake Constance.
Find clear answers, new energy and a targeted fitness plan for your future in a short space of time.

Our **BuffMed Sports** programme 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
- > The chance to test and purposefully enhance your physical and athletic performance
- > Expert support to help you effectively achieve your fitness goals
- > The choice to fully embrace all aspects of the Mayr fasting method or
- > Discover Buff GourMED – a light, organic gourmet cuisine based on the principles of F.X. Mayr medicine, for mindful enjoyment even without fasting

Sports	3 Nights	Price per person from 1,870 €
✓	Medical Consultation BuffMed Sports	
✓	Altitude Climate (on Doctor's Orders)	
✓	3D Body Scan	
✓	Laboratory Testing (Measurement of Blood Gases, Electrolytes, and Antioxidant Potential)	
✓	Resting ECG	
✓	Short-Term HRV (Heart Rate Variability) Measurement	
✓	Interval-Hypoxia-Hyperoxia-Therapy (Test)	
✓	Spiroergometry	
✓	Strength Measurement	
✓	Fascia Therapy	
✓	Sport Wrap	



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.

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, alongside manual therapy to release muscle tension and promote overall 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:

- > To discover and experience the BuffMed concept
- > To consciously do something good for yourself – with a unique program of recovery and refreshment
- > The opportunity to discover a luxurious wellness and spa area for your regeneration and relaxation
- > The choice to fully embrace all aspects of the Mayr fasting method or
- > Discover Buff GourMED – a light, organic gourmet cuisine based on the principles of F.X. Mayr medicine, for mindful enjoyment even without fasting

Relax	3 Nights	Price per person from 1,870 €
✓	Medical Consultation BuffMed Relax	
✓	Altitude Climate (on Doctor's Orders)	
✓	Short-Term HRV (Heart Rate Variability) Measurement	
✓	Infusion (on Doctor's Orders)	
✓	Interval-Hypoxia-Hyperoxia-Therapy (Test)	
✓	Soft Pack + Aroma-Bath	
✓	Breathing Technique (Buteyko or Wim Hof)	
✓	Manual Therapy (Physiotherapy, Osteopathy, or Fascia Therapy)	
✓	Abhyanga (Ayurvedic Full Body Massage)	
✓	Body Scrub (Full-Body Peeling)	



BUFFMED CARDIO

The unique programme for your heart health.
The latest cardiac diagnostics to determine cardiovascular health.

As part of the **BuffMed Cardio programme**, 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.

This programme offers you:

- > To benefit from the comprehensive and unique BuffMed Cardio Diagnostics
- > To assess the state of your heart health using cutting-edge cardiac MRI diagnostics
- > To combine this with any of the BuffMed Classic programmes (Advanced Programmes)
- > The choice to fully embrace all aspects of the Mayr fasting method or
- > Discover Buff GourMED – a light, organic gourmet cuisine based on the principles of F.X. Mayr medicine, for mindful enjoyment even without fasting

Cardio	add-on	Price per person from 3,950 €
✓	Initial Cardiological Examination	
✓	Echocardiography + Sonography of Carotid Arteries	
✓	Long-Term ECG	
✓	Long-Term Blood Pressure Measurement	
✓	MRI Scan	
✓	MRI Results Consultation	
✓	Final Cardiological Consultation and Discussion	



BUFFMED APHERESIS

Environmental Apheresis – Blood Purification from Environmental Toxins

Environmental apheresis is a blood purification technique designed to remove harmful environmental substances and their by-products from the body.

This process targets and eliminates:

- Environmental toxins such as heavy metals, pesticides, and industrial chemicals
- Harmful immune complexes (combinations of toxins and the body's own immune components), often present after infections, including COVID-19
- Pro-inflammatory substances, including cytokines (e.g. TNF-alpha, Interleukin-6) and C-reactive protein (CRP)

The blood is passed through special filters that act like “magnets” for these toxins and immune complexes. These filters selectively attract and bind unwanted substances, while the cleansed blood is returned to the body. The treatment typically lasts between 2 to 4 hours. Following the purification process, participants often receive intravenous infusions containing vital vitamins, minerals, amino acids and antioxidants to help strengthen the body and support further detoxification.

This programme offer you:

- > The opportunity to support your health through blood purification
- > The chance to recharge your energy and strengthen your balance and vitality

Apheresis add-on

Price per person from 3,200 €

✓

Medical Consultation BuffMed Apheresis

✓

Apheresis

✓

Laboratory Testing (Measurement of Blood Gases, Electrolytes, and Antioxidant Potential)

✓

Resting ECG

✓

Infusion (on Doctor's Orders)



BUFFMED AFTERCARE

Following your stay with us, we are happy to continue supporting you on your health journey. Our special aftercare programme allows for ongoing care from our experts – conveniently from the comfort of your home.

How It Works:

1. Send an email with your preferred appointment dates to reservations@buff-medical-resort.de
2. Our therapy planning department will then coordinate an appointment with the specialist of your choice
3. You will receive a personal invitation link for your consultation
4. The consultation will be documented in our system to track your remaining appointments

Your health is our priority. That’s why we remain by your side even after your stay at the Buff Medical Resort – with personal guidance and trusted medical expertise.

Important Notes:

- The programme is valid for one year from your discharge date
- Unused appointments expire after the validity period
- No reminders will be sent for unused appointments
- No refunds are provided for unused appointments

Aftercare add-on

Price per person 1,800 €

4

✓

✓

✓

Telemedicine consultations within one year after your departure

Up to 45 minutes per consulting session

Free choice of physician or therapist from our team

Convenient sessions via Microsoft Teams, Zoom etc.





A close-up, low-angle shot of a woman floating on her back in a swimming pool. Her head is tilted back, eyes are closed, and her mouth is slightly open in a relaxed expression. The water is a vibrant blue with gentle ripples. The lighting is soft and natural, suggesting an outdoor setting.

WELLNESS & SPA

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.

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.









AYURVEDA

BACK TO YOUR ORIGINS

Immerse yourself in the ancient wisdom of Ayurveda at the Buff Medical Resort. Our resort offers authentic and truly transformative Ayurveda therapies performed by experienced Indian experts.

Each treatment is carefully designed to restore harmony, enhance vitality, and promote your inner balance. These include revitalizing oil treatments such as Abhyanga (full-body oil massage) and Shirodhara (forehead oil pouring), as well as deep-cleansing herbal applications – all aimed at bringing body, mind, and soul into alignment.

For guests seeking a deeper connection with this holistic science, we offer personalized consultations with our in-house Ayurveda physicians upon request. These sessions include a detailed body type analysis and lead to tailored recommendations to support your individual constitution.

Complemented by natural remedies, yoga, and meditation, you will experience holistic renewal in the peaceful, nature-inspired setting of our resort. Find inner calm, vitality, and a new understanding of your well-being – for sustainable health and a balanced life.

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 are specifically designed to address a wide range of skin needs – from effective anti-ageing care and intensive hydration to the gentle soothing of sensitive skin.

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





A wooden tray with a bowl of guacamole, a lentil patty, and a whole wheat roll.

**THERAPEUTIC FASTING
OR BUFF GOURMED**

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. 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.





OUR ROOMS AND SUITES



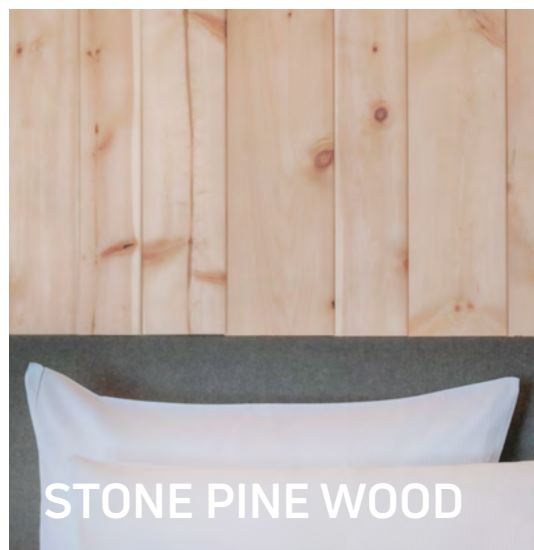
SPECIAL AMENITIES

The guest rooms at the Buff Medical Resort offer a warm and cozy atmosphere. With sizes ranging from 28 to 300 square metres, the rooms and suites are spacious and inviting. They offer you a special kind of feel-good experience.

You can choose between rooms, facing south, with spacious balconies and terraces from which you can enjoy a magnificent view of our park and Lake Constance. Or choose our north-facing rooms,



The screw-free and metal-free beds are also earthed to optimise your sleep. A special highlight in all double rooms is the ideally positioned bathtub, allowing you to enjoy the stunning view of the surrounding nature even while relaxing in a soothing 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 encourages a state of deep relaxation and supports a sense of calm and balance.

which overlook a beautiful avenue of trees – ideal for guests who appreciate clarity and focus, and who see simplicity as a form of luxury.



INTERIOR

At the Buff Medical Resort, we attach particular importance to a harmonious and natural interior. Our furnishings are made from sustainable materials that bring the outdoors in. The hotel is also stylishly decorated with 'classic modern' artworks.

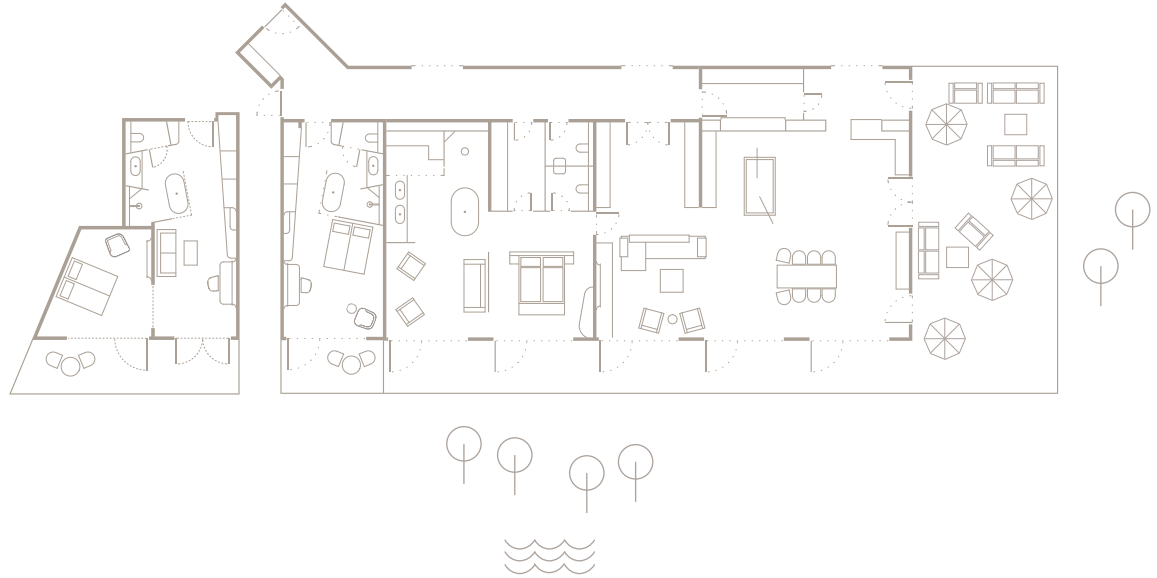
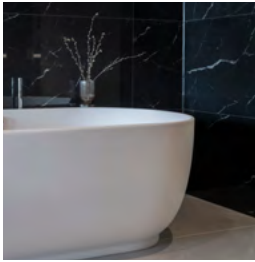


ALTITUDE CLIMATE

All double rooms and suites are equipped with state-of-the-art technology that creates a health-promoting altitude climate. This unique process promotes a sense of renewal and balance by supporting your body's natural mitochondrial functions and encouraging restful 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.

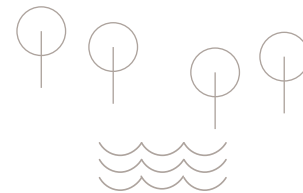
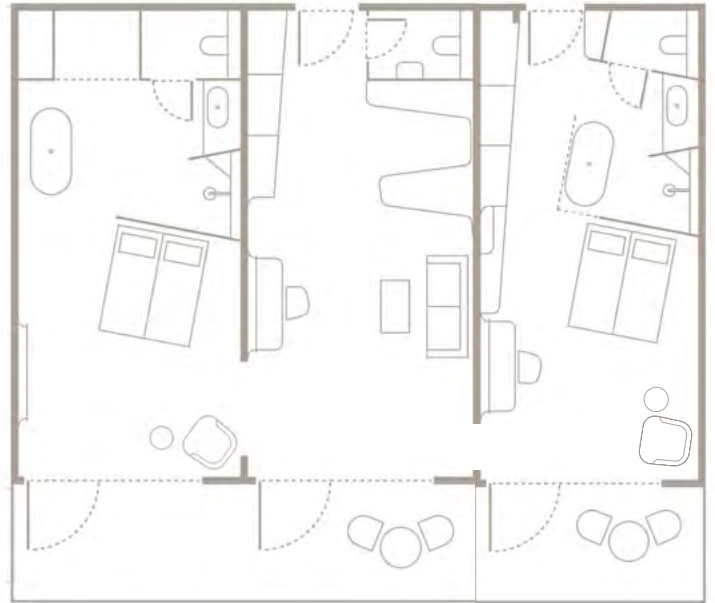
Thanks to the high security standard, your privacy is protected at all times, so that you can concentrate fully on yourself and the moments you share with your family.

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 m ²
Bedroom	Master bedroom, bedroom, spacious living/dining area, and expandable on request with additional rooms
Equipment	Kitchen 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 sauna 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.

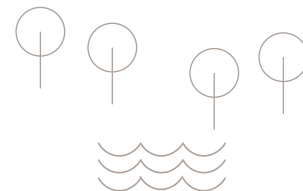
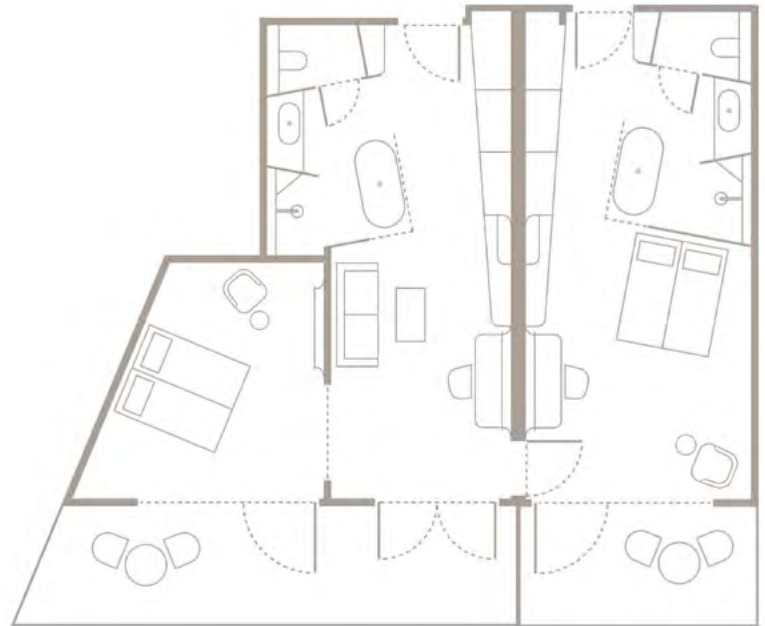
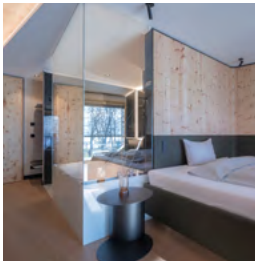
You can also enjoy the high-quality furnishings of these rooms with Swiss stone pine wood from the Swiss Engadine, fine loden fabrics and a beautiful natural wooden floor.

Size 126 m²
Occupancy 2-4 persons

Price
Double occupancy from EUR 2,930
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. The suite has a spacious south-facing balcony with a view of the park towards Lake Constance.

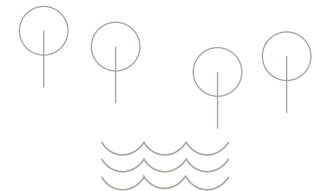
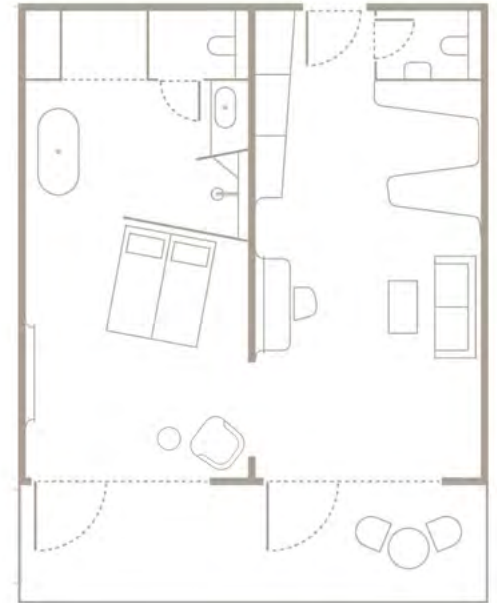
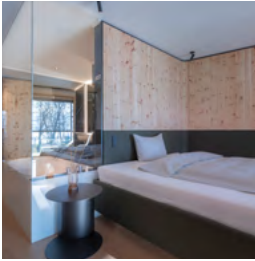
You can also enjoy the high-quality furnishings of these rooms with Swiss stone pine wood from the Swiss Engadine, fine loden fabrics and a beautiful natural wooden floor.

Size approx. 98 m²
Occupancy 2-4 persons

Price
Double occupancy from EUR 2,400
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.

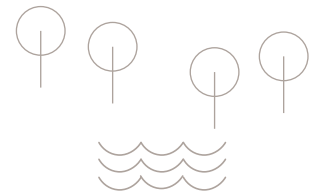
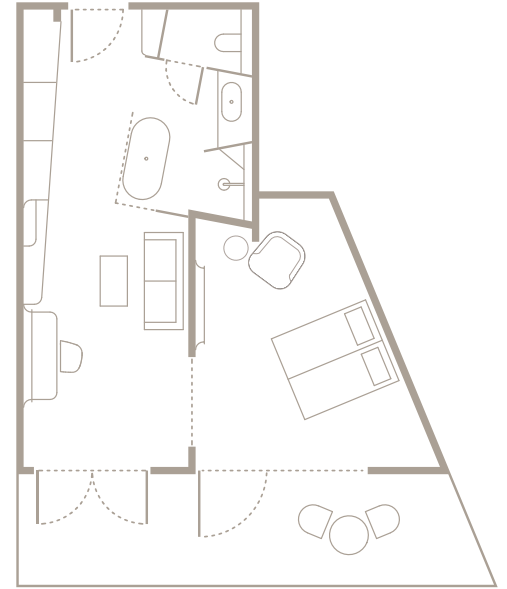
You can also enjoy the high-quality furnishings of these rooms with Swiss stone pine wood from the Swiss Engadine, fine loden fabrics and a beautiful natural wooden floor.

Size approx. 84 m²
Occupancy 1-2 persons

Price
Single occupancy from EUR 1,350
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.

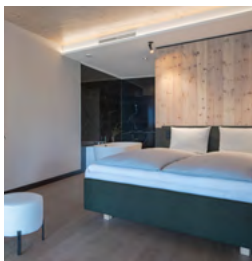
You can also enjoy the high-quality furnishings of these rooms with Swiss stone pine wood from the Swiss Engadine, fine loden fabrics and a beautiful natural wooden floor.

Size approx. 56 m²
Occupancy 1-2 persons

Price
Single occupancy from EUR 750
additional person surcharge EUR 130

DELUXE / BASIC DOUBLE ROOM



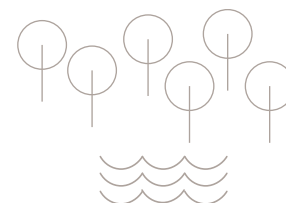
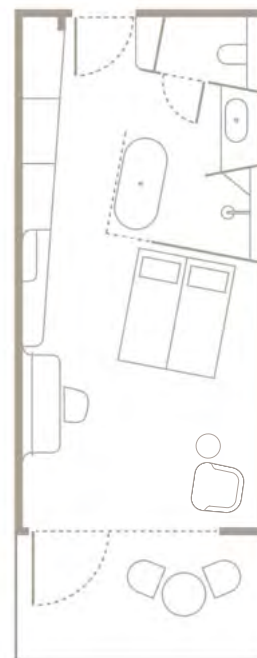
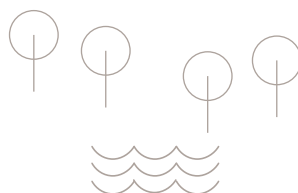
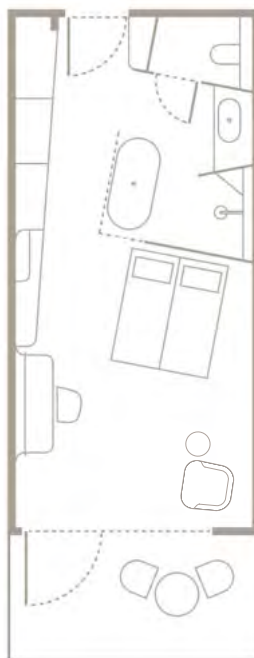


A stylishly furnished room awaits you in the Deluxe or Basic Double Room.

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

With the **Basic Double Room**, you can enjoy a particularly quiet location. From the window, your gaze falls solely upon a dense canopy of tall, mature trees.

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.



Deluxe Double Room

Size approx. 42 m²

Occupancy 1-2 persons

Single occupancy from EUR 580
additional person
surcharge EUR 130

Basic Double Room

Size approx. 42 m²

Occupancy 1-2 persons

Single occupancy from EUR 450
additional person
surcharge EUR 130

BASIC / PURE SINGLE ROOM

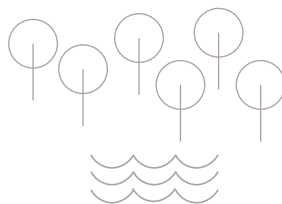
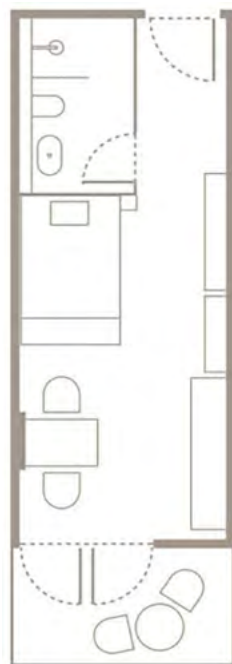




Our **Pure Single Rooms** embody mindful simplicity and stylish minimalism. The rooms feature clean lines, natural materials, an elegant shower bathroom, and a quiet north-facing location — ideal for guests who appreciate clarity and focus, and who view simplicity as a form of luxury.

The **Basic Single Room** builds on this minimalist concept with the addition of a balcony and a sunny south-facing aspect — perfect for those who wish to enjoy extra light and space without compromising on the familiar high-quality furnishings and choice of natural materials.

An ideal retreat for relaxing moments.



Basic Single Room

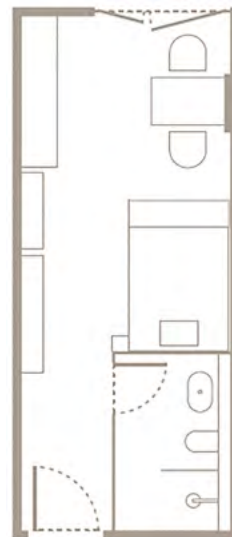
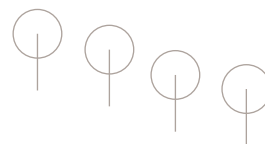
View towards

Lake Constance and park

Size approx. 30 m²

Occupancy 1 person

Single occupancy from EUR 330



Pure Single Room

View in north direction

on our beautiful avenue

Size approx. 28 m²

Occupancy 1 person

Single occupancy from EUR 250

EVERYTHING AT A GLANCE

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 Fasting Pure Intense	21	EUR 3,800
BuffMed Fasting Pure Compact	14	EUR 2,600
BuffMed Fasting Pure Light	10	EUR 2,200
BuffMed Fasting Pure Impulse	7	EUR 1,400
BuffMed Vitality	7	EUR 3,400
BuffMed Sports	3	EUR 1,870
BuffMed Relax	3	EUR 1,870
BuffMed Cardio	Add-on	EUR 3,950
BuffMed Apheresis	Add-on	EUR 3,200
BuffMed Aftercare	Add-on	EUR 1,800

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 2,930	2-4	EUR 130
Superior Suite	98	-	EUR 2,400	2-4	EUR 130
Suite	84	EUR 1,350	EUR 1,480	1-2	-
Junior Suite	56	EUR 750	EUR 880	1-2	-
Deluxe Double Room	42	EUR 580	EUR 710	1-2	-
Basic Double Room	42	EUR 450	EUR 580	1-2	-
Basic Single Room	30	EUR 330	-	1	-
Pure Single Room	28	EUR 250	-	1	-

Meals

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

*All prices include VAT / Price list as of 1st August 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.

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 (LSZH):

Internat. Airport, travel time approx. 50 min.

Friedrichshafen (EDNY):

Regional Airport, travel time approx. 1 hour.

St. Gallen-Altenrhein (LSZR):

Regional Airport, travel time approx. 1 hour.

Memmingen (EDJA):

Regional Airport, travel time approx. 2 hours.

Stuttgart (EDDS) :

Internat. Airport, travel time approx. 2 hours.

Basel Mulhouse Freiburg (LFSB):

Internat. Airport, travel time approx. 2 hours.

Munich (EDDM):

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

Frankfurt (EDDF):

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 ¼ hours.

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

Pick-up and transfer:

We would be happy to arrange your airport pick-up and drop-off. 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.

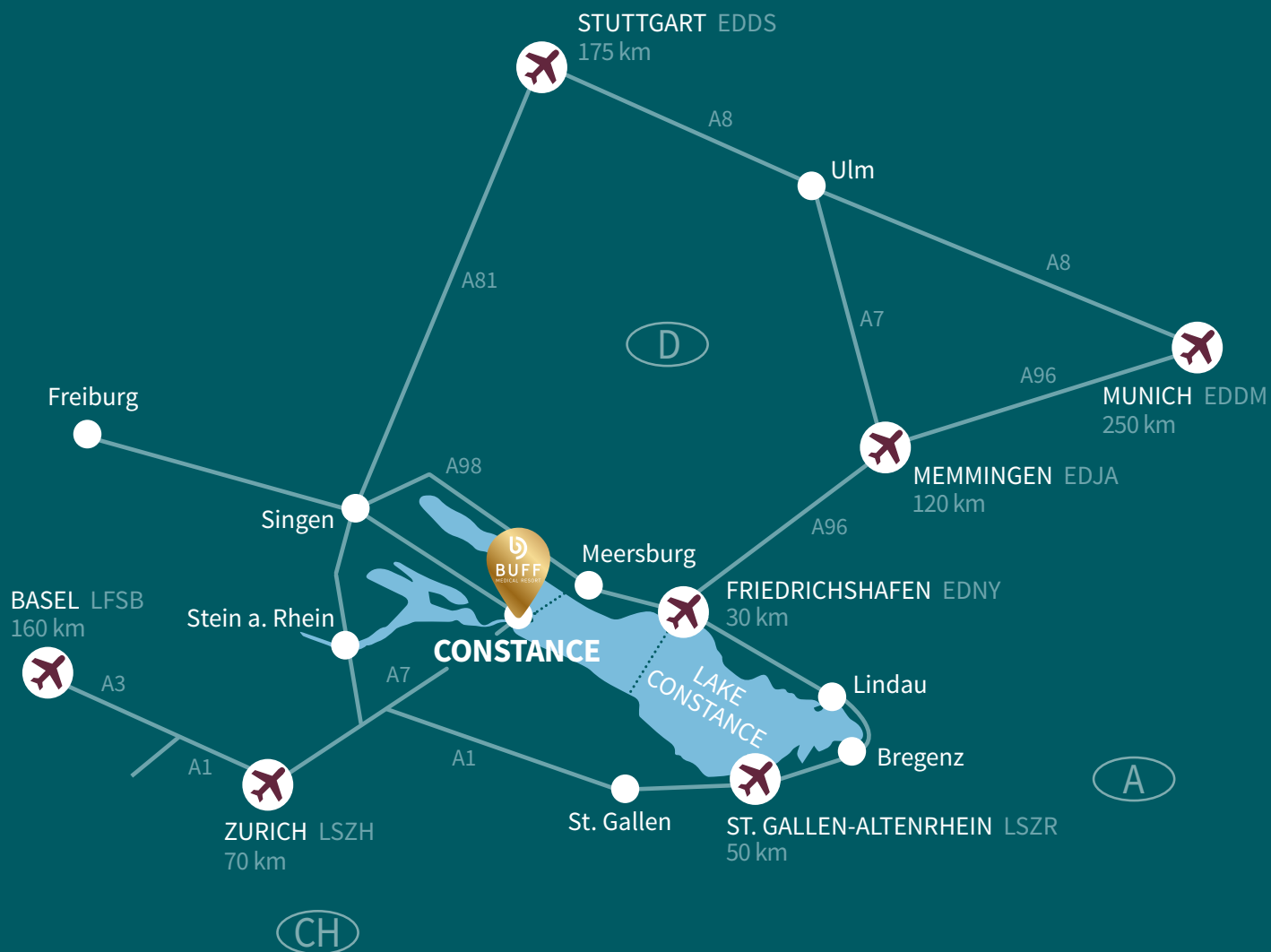
Please contact our reception or reach out to us in advance to book your transfer. We look forward to providing you with a first-class service and making your stay with us even more enjoyable.

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 centres, so that these service providers can also be used for the application.









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