

BRENNERS MEDICAL CARE

Ways to sustainable health.



BRENNERS PARK-HOTEL & SPA
BADEN-BADEN



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BRENNERS PARK-HOTEL & SPA

Brenners Medical Care is a true health oasis. A pleasantly relaxing setting, very different from a cool practice atmosphere. Appealing works of art, modern, clean and clear lines, and a thoughtful Feng Shui ambience create the elegant backdrop for professional medical facilities that serve to foster and support you in “rebooting” your health. In Haus Julius, directly adjacent to Villa Stéphanie Spa & Wellbeing, guests will find a multifaceted offer revolving around preventive medicine, integrative naturopathic diagnostics, therapy, and healthy nutrition. The sustainable overall concept is complemented by comprehensive measures in the field of physiotherapy and medical fitness. Both the pooling of qualifications and the closely-coordinated networking among the members of the competence team on site provide the best possible conditions for a healthy lifestyle.

DR KÖNIG & TEAM

The measures we offer serve to stabilise and improve your individual health, in addition to providing the basis for an integrative holistic health programme.

Based on your personal results, we will change and adjust your diet. Likewise, we will also create an individual exercise programme and show you what to focus on.

Vital substances, homeopathic remedies and phytotherapy round off the overall concept in most cases. The result is an improvement and optimisation of your best possible, individual health.

You can look forward to excellence made to measure.

Your
Dr König & Team



DR KÖNIG & TEAM



Private practice Dr König & Team

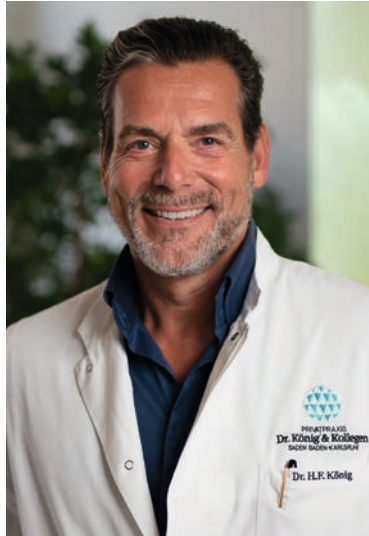




PRIVATPRAXIS

Dr. König & Kollegen

BADEN BADEN · KARLSRUHE



DR HARRY F. KÖNIG

Private practice Dr König & Team

Holistic Integrative Medicine · Traditional university medicine
Complementary medicine/naturopathy · Medical and lifestyle consultation
Tel: +49 (0) 7221 973710 · info-bb@drkoenig.com
www.drkoenig.com

INTEGRATIVE NATUROPATHIC DIAGNOSTICS AND THERAPY

A full spectrum of both traditional and modern diagnostic techniques. We develop individual therapies customised to your needs, which we base on naturopathic medicine, in cooperation with the best clinics as well as with Germany's most competent specialists. We support you in living a long and healthy life.

INDIVIDUAL INTEGRATIVE THERAPY CONCEPTS

- Evaluations, diagnostic techniques and care of a specific personal, holistic, physical, and spiritual nature
- Prevention planning based on holistic criteria
- Detoxification (heavy metal detoxification)
- Regenerative treatments
- Orthomolecular therapy (vital substance therapy)
- Biological therapy for malignant diseases
- Holistic therapies for degenerative joint and spinal diseases
- Holistic orthopaedics

MEDICAL CARE TOTAL PACKAGE

5 days



You will receive a detailed medical check-up, including an individual final report, nutritional advice and a personal training plan.

Services included:

- Comprehensive medical history, a detailed clinical examination and a final discussion regarding the treatment
- Laboratory examination with detailed laboratory discussion
- Urine analysis and immunological stool examination
- Examination of your acid status (blood gas analysis)
- Detailed ultrasound examination of the organs in the abdominal cavity
- Examination of the back and the front of the neck organs using ultrasound and duplex sonography (thyroid gland, carotid arteries)
- Examination of cardiovascular functions by means of ergometry

- (resting ECG and exercise ECG) and echocardiography (duplex sonography of the heart)
- Lung function test, including oxygen metabolism in the blood
- Examination of the autonomic nervous system, including vibratory capacity (heart rate variability)
- Medical analysis of exercise and dietary behaviour
- Advice on personal performance in sport and exercise
- Checking of the vascular functions
- Personal assessment and therapy of the muscular and skeletal system and creation of a personal training plan
- Individual final report with laboratory parameters and dietary advice
- Body analysis and nutritional advice

Price: €4,950 per person

Overnight stay not included, minimum stay: 5 nights

Arrival: Sunday, programme start: the following day



MEDICAL CARE BEST SLEEP PACKAGE

2 days

With an in-depth medical consultation regarding sleep optimisation and a comprehensive sleep analysis, we will help you regain restful sleep.

Services included:

- Comprehensive medical history and a detailed clinical examination at the beginning of your stay and a final consultation following the treatment
- Examination of your nightly sleep, with monitoring of heart rhythm, blood pressure, body position, oxygen saturation, and respiratory function
- Sleep counselling, including digital detox
- Personal final report with suggestions regarding sleep hygiene

Price: €1,155 per person

Overnight stay not included, minimum stay: 3 nights

Arrival: Sunday, programme start: the following day

THE KING'S WAY PACKAGE

10 days



The comprehensive combination of individual, specific nutritional reduction, personalised training and daily medical care, combined with specially-adapted treatments, achieves impressive results. Results-focused weight loss, detoxification and regeneration programme that has a lasting effect on body, mind and soul.

Services included:

- Welcome amenity in your room
- Vitality cuisine (lactose- and gluten-free), with individual menu plan, optionally also vegetarian or vegan, including water and tea
- Initial consultation, with body analysis
- Comprehensive laboratory examination
- Medical body analysis to measure the detoxification level

- 2 x Mental health consultations – here, we focus on emotional, psychological and social well-being
- 5x Personal training, 3x meditation and relaxation training
- 1x Dental hygiene treatment and oil pulling
- 7x Lifestyle activities, such as a guided hiking or biking tour
- 4x Thermal algae pack, 4x detox bath, 1x body treatment with clay
- 4x Medical training therapy and medical fitness, 1x holistic physiotherapy
- 1x Lymphatic drainage
- 1x Aqua organic detoxifying treatment
- 1x Revitalising cupping massage, 3x full-body massage
- 3x Intensive slimming body care
- 16x Liver compresses, 3x colon hydro
- 2x Facial treatment
- 8x Morning footbath
- 3x Ozone – the therapy strengthens the body's own defences and optimises the transport of oxygen in the blood cells
- 2x Infusion with vitamin C and vitamin B, 8x Airnergy
- 4x Hypoxic training – altitude therapy for cell training, and for improving energy production
- 1x Beauty consultation and medical history by Dr Yusuf Yildirim
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500-square-metre sauna, plunge pool, and ladies' spa

Price: €14,185 per person

Overnight stay not included, minimum stay: 10 nights

Arrival: Sunday or Tuesday, programme start: the following day

DETOX AND WEIGHT LOSS

7 days

Services included:

- Welcome amenity in your room
- Initial consultation
- Comprehensive body analysis
- Vitality cuisine (lactose- and gluten-free), with individual menu plan, optionally also vegetarian or vegan, including water and tea
- Laboratory examination with detailed laboratory discussion
- 2x Classic massage
- 1x Aqua organic detoxifying treatment
- 2x Personal training
- 1x Body analysis retest
- 2x Hypoxic – altitude therapy for cell training, and for improving energy production
- 2x Medical training therapy and medical fitness
- 2x Holistic physiotherapy
- 2x Lymphatic drainage
- 1x Body treatment with clay
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500-square-metre sauna, plunge pool, and ladies' spa

Price: €5,070 per person

Overnight stay not included, minimum stay: 7 nights

Arrival: Sunday, programme start: the following day



Benefit for body and soul

To achieve the best possible state of health, this programme combines cleansing and weight loss. Detox for your body – by ridding your body of toxins and relieving your excretory system organs, such as the liver. Discover new, tasty ways to eat, by getting to know healthy eating habits that also support detoxification mechanisms and lead to sustainable weight loss.

DETOX AND WEIGHT LOSS

14 days

Services included:

- Welcome amenity in your room
- Initial consultation
- 2x Comprehensive body analysis
- Vitality cuisine (lactose- and gluten-free) with individual menu plan optionally also vegetarian or vegan, including water and tea
- Laboratory examination with detailed laboratory discussion
- 2x Body treatment, with clay
- 4x Classic massages
- 2x Aqua organic detoxifying treatment
- 4x Personal training
- 2x Body analysis retest
- 4x Hypoxic – altitude therapy for cell training, and for improving energy production
- 4x Medical training therapy and medical fitness
- 4x Holistic physiotherapy
- 4x Lymphatic drainage
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500-square-metre sauna, plunge pool, and ladies' spa

Price: €9,340 per person

Overnight stay not included, minimum stay: 14 nights

Arrival: Sunday, programme start: the following day



RECOVERY / IMMUNE CARE PACKAGE “POST COVID”

7 days



To support a robust immune system in the long term, the programme is designed to provide effective aftercare following infections and to protect you against new infections. Based on the individual medical results and diagnoses, your nutritionist will accompany you with a health-focussed diet, tailored to you. Your personal spa and exercise plan will be created and implemented together with you.

Services included:

- Welcome amenity in your room
- Vitality cuisine (lactose- and gluten-free), with individual menu plan, optionally also vegetarian or vegan, including water and tea
- Medical consultation to individualise your recovery process including blood test and laboratory diagnostics to analyse your blood values
- 1x Bio Impedance Analysis (BIA). To determine the water percentage, fat content and

muscle mass of your body.

- 3x infusions to strengthen your immune system with vitamin C, zinc and homeopathic medicines
- 3x Ozone therapy to stimulate the immune system
- 2x Guided hike
- 2x Full body massage
- 1x Classic facial treatment
- 1x Morning footbath
- 1x Aqua organic detoxifying treatment
- 1x Forest bathing, 2x yoga training, 1x Qi gong
- 3x Liver compresses to stimulate the metabolism
- 1x VNS measurement, Wegamed, lung function test
- 1x Heart ultrasound and stress ECG – ultrasound of the heart and analysis of the cardiovascular system
- 1x Retest of the body analysis
- 3x Airnergy, 2x Respiratory therapy
- 3x Hypoxic – altitude therapy for cell training, and for improving energy production
- 2x Medical training therapy and medical fitness
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500-square-metre sauna, plunge pool, and ladies' spa

Price: €10,215 per person

Overnight stay not included, minimum stay: 7 nights

Arrival: Sunday, programme start: the following day

RECOVERY / IMMUNE CARE PACKAGE “POST COVID”

14 days



Services included:

- Welcome amenity in your room
- Vitality cuisine (lactose- and gluten-free), optionally also vegetarian or vegan, including water and tea
- Medical consultation to individualise your recovery process including blood test and laboratory diagnostics to analyse your blood values
- 1x Bio Impedance Analysis (BIA). To determine the water percentage, fat content and muscle mass of your body.
- 6x Infusions to strengthen your immune system with vitamin C, zinc and homeopathic medicines
- 6x Ozone therapy to stimulate the immune system
- 4x Guided hike
- 4x Full body massage

- 2x Classic facial treatment
- 2x Morning footbath
- 2x Aqua organic detoxifying treatment
- 2x Forest bathing
- 4x Yoga training
- 2x Qi gong
- 6x Liver compresses, which stimulate the metabolism
- 1x VNS measurement, Wegamed, lung function test
- 1x Heart ultrasound and stress ECG – ultrasound of the heart and analysis of the cardiovascular system
- 2x Retest of the body analysis
- 6x Airnergy
- 6x Hypoxic – altitude therapy for cell training and for improving energy production
- 4x Respiratory therapy
- 4x Medical training therapy and medical fitness
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500-square-metre sauna, plunge pool, and ladies' spa

Price: €18,980 per person

Overnight stay not included, minimum stay: 14 nights

Arrival: Sunday, programme start: the following day

BEAUTIFUL & HEALTHY

7 days

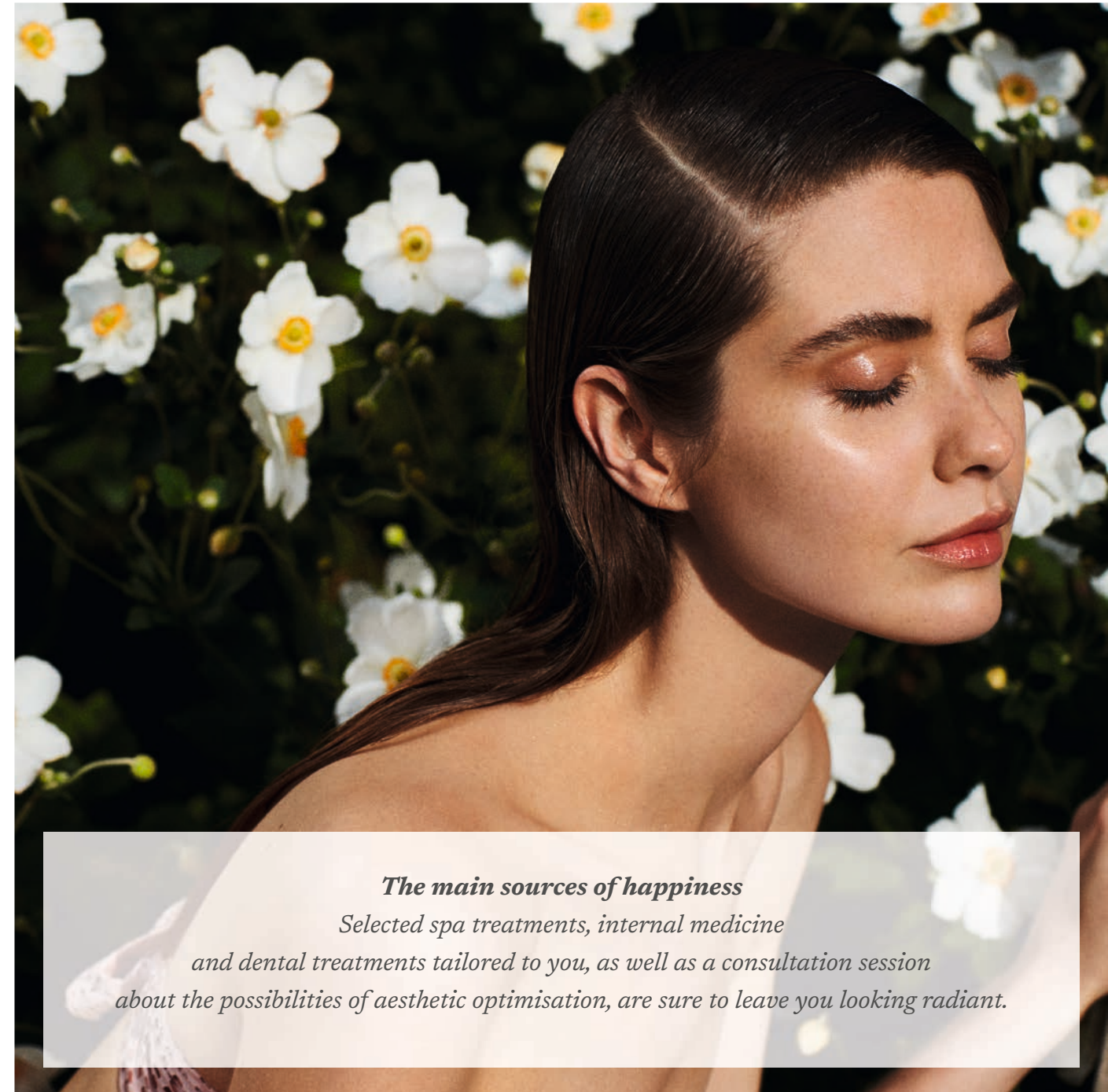
Services included:

- Welcome amenity in your room, vitality cuisine (lactose- and gluten-free), optionally also vegetarian or vegan, including water and tea
- Initial consultation, detailed laboratory discussion and comprehensive laboratory examination
- Body analysis with physical findings
- 2x Classic massage, 1x head-face-neck massage, 2x lymphatic drainage
- 2x Dental hygiene treatment and oil pulling
- 1x Manicure and pedicure, 1x body treatment with clay
- 1x Aqua organic detoxifying treatment
- Follow-up internal examination
- 2x Medical training therapy and medical fitness
- 2x Holistic physiotherapy
- 1x Bio impedance analysis (BIA)
- 2x Hypoxic – altitude therapy for cell training and for improving energy production
- 1x Body treatment with clay
- 1x Guided hike, 1x yoga training, 1x meditation and relaxation training
- Beauty consultation and medical history by Dr Yusuf Yildirim
- 1x Final consultation and Retest of the body analysis
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500 square-metre sauna, plunge pool, and ladies' spa

Price: €7,350 per person

Overnight stay not included, minimum stay: 7 nights

24 *Arrival: Sunday, programme start: the following day*



The main sources of happiness

Selected spa treatments, internal medicine

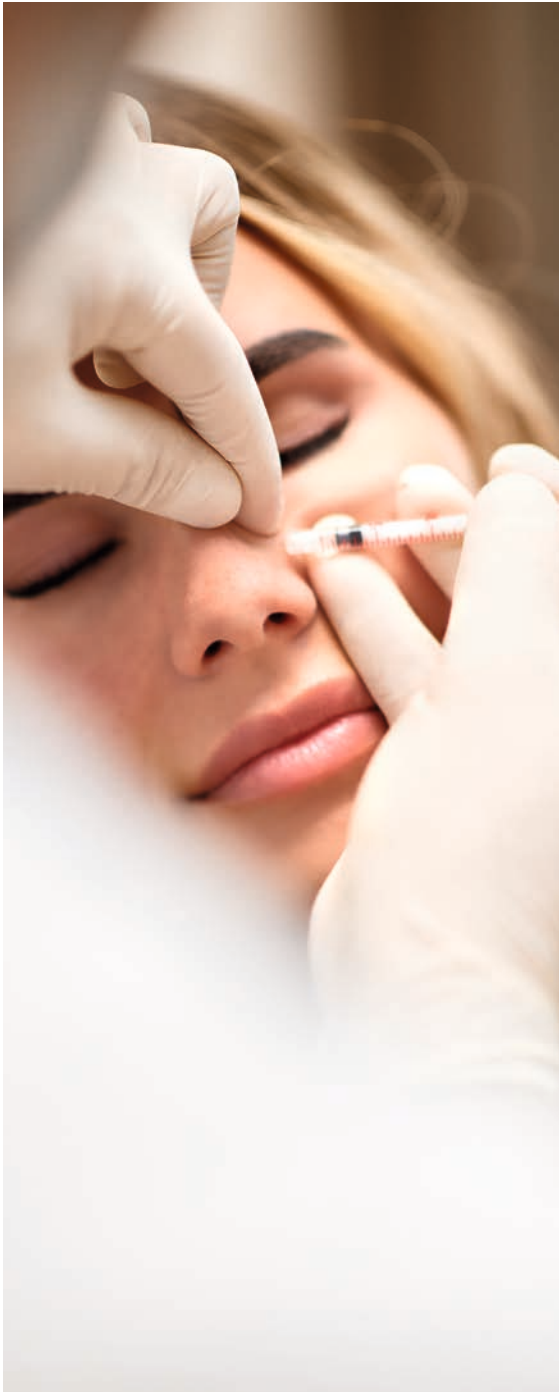
and dental treatments tailored to you, as well as a consultation session about the possibilities of aesthetic optimisation, are sure to leave you looking radiant.



AESTHETIC MEDICINE

Private practice Dr med. Yusuf Yildirim





AESTHETIC MEDICINE

Great effects can be achieved through minimal interventions. We create an optical facial balance. This way, we help to achieve a greater range of expression, freshness, vitality, individual beauty, and youthfulness.

Our goal: beauty in perfect balance.

The treatments are aligned to harmonise with the natural conditions and produce very natural, subtle results.

The current skin condition is analysed to determine a tailored treatment plan.

OFFERS

- Botox treatments such as, for instance: frown lines, furrows, crow's feet wrinkles
- Hyaluronic acid treatments: rings under the eyes, nose correction without surgery, cheek augmentation, lip augmentation, full-face contouring
- Skin rejuvenation: mesotherapy, CO2 fractional laser, ultrasound therapy, radio frequency therapy, Intense Pulsed Light, PRP "Vampire Lift"

DR MED.YUSUF YILDIRIM

PREMIUM INSIDE AND OUT LIFTING

A medical skin rejuvenation programme that aims to revitalise the skin in all tissue layers, without surgery.

The synergistic effects of laser, facial and thermal treatments (ultrasound, radio frequency) are also highly effective for a rejuvenated, fresh neckline and décolleté area.

FACE SCULPTING:THE HOLISTIC REFRESHMENT

Defined facial areas are treated accordingly with botox and hyaluronic acid.

There is no negative impact on the natural facial expression.

For a long-lasting, fresh result, the holistic wrinkle treatment is completed by stimulating the formation of new collagen connective tissue in the subcutaneous fatty tissue.



DR MED.YUSUF YILDIRIM

Private practice for aesthetic medicine

Tel.: +49 (0) 7221 858890

www.yy-aesthetics.com

YY BEAUTIFICATION PLAN

Services included:

- Detailed discussion of the non-surgical aesthetic medicine options
- Definition of the treatment goal
- Detailed information about possible risks, side effects and what to pay attention to after the treatment

Price: approx. €150 per person | Duration: approx. 30 minutes

BEAUTY IN PERFECT BALANCE

Services included:

- Consultation and ratio analysis
- Detailed information about possible risks, side effects and what to pay attention to after the botox and hyaluronic acid treatment in the form of a full-face programme:
- Hyaluronic acid treatments in the areas of: lip contouring, lip volume augmentation, perioral lines, nasolabial folds, mentolabial folds, chin augmentation, jaw augmentation, cheek augmentation, forehead augmentation, temple augmentation, non-surgical rhinoplasty, tear trough augmentation, non-surgical, eyebrow lift, eye socket augmentation, augmentation, follow-up check and touch-up if necessary
- Botox treatments in the areas of: frown wrinkles, forehead, crow's feet wrinkles, bunny lines and mentolabial folds

Price: approx. €5,000 to €8,000 per person | Duration: approx. 2-3 hours

Overnight stay not included



NECK AND NECKLINE PACKAGE & FACELIFT PACKAGE

NECK AND DÉCOLLETÉ NECKLINE TREATMENT

Premium lifting from the inside out, through all layers of tissue.

The redefining and synergistic effects of these 3 treatments are combined with various energy waves (radio frequency, ultrasound), to create the best possible, long-lasting result for a rejuvenated and fresh neckline and décolleté.

All tissue layers are targeted to improve skin tautness and remove superficial parchment wrinkles. In addition, facial tissue regeneration is stimulated and accelerated with a variety of growth factors.

FACELIFT WITHOUT SURGERY AND INJECTIONS

High-quality facelift from the inside out, without surgery.

This is a sophisticated medical skin rejuvenation programme that has the purpose of revitalising the entire face. The combination of laser and thermal treatments promises a fresh, rested and rejuvenated appearance. This special combination is a highly-effective method that supports the overall result by prolonging collagen induction.

All tissue layers are targeted to increase skin tautness, remove superficial parchment lines and increase growth factors.

Price upon request



AESTHETIC DENTISTRY AND SPORTS DENTISTRY



Beschmidt Dentistry



STATE-OF-THE-ART EQUIPMENT IN EXCLUSIVE SURROUNDINGS

STATE-OF-THE-ART EQUIPMENT IN EXCLUSIVE SURROUNDINGS

Patients from all over the world place themselves in the capable hands of Dr S. Marcus Beschnidt, knowing they can rely on his expertise in the field of dentistry. He has been one of Germany's top doctors for more than 10 years (source: Focus news magazine) and has already been distinguished with several awards. Dr Beschnidt holds various teaching positions and is active both in research and development. With its spacious rooms, it feels like you are visiting a wellness centre and not a dentist's practice. With melodic music of your choice, you can relax before your treatment.

DID YOU KNOW THAT YOU ACTUALLY DO HIGH-PERFORMANCE SPORT EVERY DAY?

At least this is true for your teeth. Each single one is a miracle of strength and endurance. And they all work really hard. However, this leaves traces. Traces that should be removed quickly. Because only healthy teeth can do their job perfectly. Think of us as your personal dental health coach. Our practice offers the complete dentistry programme. This includes prophylaxis, the fitness programme for your teeth, right up to the interdisciplinary overall treatment of your masticatory system, and complex prosthetic reconstructions with high-quality implants.

BESCHNIDT
ZAHNHEILKUNDE
— BADEN - BADEN —



DR MED. DENT. S. MARCUS BESCHNIDT

Practice for dentistry

Specialist in prosthodontics (DGPro)

Specialist in implantology (DGI / BDIZ)

Certified sports dentist / team dentist (DGSZM) (German Society for Sports Dentistry)

Active member of the European Academy of Esthetic Dentistry (EAED)

Tel: +49 (0) 7221 3939719

www.beschnidt.com

BADEN SMILE

4 days

Health starts in the mouth. That afflictions such as periodontal disease have a negative effect on the entire organism has already been proven in numerous studies. Our comprehensive examination is an important component of proactive health management. This is because, especially in the case of unexplained general medical diagnoses, the origin is often found in the jaw area. Oral health significantly impacts performance, stamina and concentration and has been shown to help prevent an infection with the coronavirus. Within the framework of a scientifically-based overall check-up, your oral health is examined, taking aesthetic and functional aspects into account – giving you a smile as radiant as the sun over Baden-Baden.



Services included:

- Welcome amenity in your room
- Detailed medical history (including evaluation of all previous and external findings)
- Complete clinical examination of the complete jaw area, inside and outside (teeth, mucous membranes, jaw, lips, lymph nodes, nerve exit points, etc.)
- Complete measurement of the periodontium (gingival pockets, tooth loosening, gingival recession, gingivitis – periodontitis risk assessment)
- Functional diagnostics of the temporomandibular joints and the bite in statics and dynamics
- X-ray diagnostics (if the previous images are older than nine months)
optional Cone-Beam CT (can be booked additionally)
- Tooth model fabrication, individually mounted in the bite simulator
- Professional teeth cleaning, including consultation, for a tooth-friendly diet and care (oil pulling, gum hygiene, hygiene of the back of the tongue, etc.)
- Advice on tooth whitening options (bleaching, veneers, etc.)
- Detailed final discussion, including handing over of all findings and diagnoses
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre,
Roman-style swimming pool, 500 square-metre sauna, plunge pool and ladies' spa

Price: € 1,300 per person | *Overnight stay not included, minimum stay: 4 nights*

DENTAL RELAX

3 days

Grinding, rubbing, pressing: Teeth grinding does not have to be your fate. Professional or private stressful situations are resulting in more and more people suffering from bruxism. Dysfunction of the temporomandibular joint, the teeth and the muscular system results in excessive wear and damage to the hard tooth substance and the peridontium. It can even result in possible joint damage. The temporomandibular joint check-up and subsequent treatment are aimed at protecting the teeth and reducing bruxism. In a confidential dialogue with you, we will look for the individual causes in order to treat the disease correlations in a sustainable manner. This can also include providing treatment for sleep disturbances, concentration disorders and taste impairments. We will help you find ways in which you can help yourself.



Services included:

- Welcome amenity in your room
- Detailed medical history (including the evaluation of all previous and external findings and any existing sleep analyses, assessment of existing occlusal splints and medication)
- Complete clinical examination of the entire jaw area
- Periodontal Screening Index (scan of the gum situation)
- Functional diagnostics of the temporomandibular joints and the bite in statics and dynamics, including temporomandibular joints, masticatory musculature, jaw mobility as well as measurement of border movements
- In case of need: Pain questionnaire of the German Pain Society
- X-ray diagnostics (if the previous images are older than nine months)
optional Cone-Beam CT (can be booked additionally)
- Optional: Tooth model mounted individually in the bite simulator (can be booked as an extra service)
- Photo documentation of the bite position / teeth
- Detailed final consultation, including handing over of all findings and diagnoses
Concrete therapy suggestions on request
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre,
Roman-style swimming pool, 500 square-metre sauna, plunge pool and ladies' spa

Price: € 650 per person | *Overnight stay not included, minimum stay: 3 nights*

WINNERS BITE

3 days

HEALTHY TEETH, THE FOUNDATION FOR PERFORMANCE

Whether you are an amateur or a professional athlete: It is nuances that decide on victory or defeat. Sports dentistry makes a significant contribution to realising human potential, allowing you to start the new season perfectly or return to training optimally after overcoming a sports injury. Your sports dentist will search for performance-reducing factors, such as hidden inflammations or an incorrect bite. The focus is on gentle, non- or minimally-invasive and holistic concepts. Improve your performance with a top-class performance check.



Services included:

- Welcome amenity in your room
- Detailed medical history, gladly also with your trainer (including evaluation of all previous and external findings)
- Complete clinical examination of the entire jaw area, inside and outside (teeth, mucous membranes, jaw, lymph nodes, nerve exit points, etc.)
- Periodontal Screening Index (scan of the gum situation)
- Detailed functional diagnostics of the temporomandibular joints and the bite in statics and dynamics, including temporomandibular joints, masticatory musculature, jaw mobility, and measurement of the range of motion
- Radiological diagnostics (if previous images are older than nine months) - Optional Cone-Beam CT (can be booked separately)
- Treadmill video analysis, with a sports coach
- Postural cybernetic analysis, with a physiotherapist
- Advice on interference fields, performance enhancement and training optimisation (Bite splint versions and sports protection)
- Detailed final discussion, including handing over of all findings and diagnoses
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500 square-metre sauna, plunge pool and ladies' spa

Price: € 870 per person | *Overnight stay not included, minimum stay: 3 nights*

PHYSIOTHERAPY AND MEDICAL FITNESS



Private practice Liliane Goschy





Liliane Goschy

PHYSIOTHERAPIE AND MEDICAL FITNESS



LILIANE GOSCHY

Tel: +49 (0) 7221 7022240

info@liligoschy.com

www.liligoschy.com

PHYSIOTHERAPY AND MEDICAL FITNESS

With a talented team of experienced therapists, we accompany you with a holistic physiotherapy and medical fitness concept. We do not work according to a formula, but customise treatments for you that permanently increase your mental and physical well-being. Being part of a highly-competent group practice, we also benefit from our partners at Brenners Medical Care, who are on hand to provide specialist advice if required.

EVERYTHING FOR YOUR HEALTH

- Physical findings
- Holistic therapy
- Manual therapy
- Medical training therapy
- Dual therapy
- Osteokos
- Intermittent Hypoxic Training - IHT
- Multimodal Treatment for Chronic Fatigue Syndrome (Burnout)
- General and high cervical deep stabilisation

METABOLIC BALANCE 7 DAYS

Our body's metabolism serves as its engine. It supplies all functions with energy. Inactivity, crash diets, illness, surgery and injury often slow down our metabolism over the long term. Our vitality decreases, and the body ages faster than expected given our age. Thanks to a holistic approach, a special medical-therapeutic programme supports metabolic revitalisation.

Services included:

- Welcome amenity in your room
- Vitality cuisine (lactose- and gluten-free), optionally also vegetarian or vegan, including water and tea
- Initial consultation
- Body analysis with physical findings
- Creation of a menu plan
- Gait analysis with evaluation
- Comprehensive laboratory examination
- 2x Classic massage
- 3x Medical training therapy and medical fitness
- 6x Holistic physiotherapy
- 4x Lymphatic drainage. 2x Body treatment with clay
- 1x Dual therapy
- 1x Osteokos

- 2x Intensive tissue work, 2x Personal training
- 4x Hypoxic training – altitude therapy for cell training, and for improving energy production
- 1x Aqua organic detoxifying treatment
- 1x Body analysis retest to determine the results after the end of the package
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500-square-metre sauna, plunge pool, and ladies' spa

Price: €8,435 per person

Overnight stay not included, minimum stay: 7 nights

Arrival: Sunday, programme start: the following day | upon request and depending on availability



REVIVE PACKAGE 14 DAYS

To this day, burnout is still not an accepted term used to describe a medical disease. We focus our attention on the complex symptoms by taking a close look at the underlying psychological and physical reaction to different deficiencies, intolerances and stress situations. The programme can be completed, either on its own, afterwards, as a supplement, or to compensate for waiting times until the start of any accompanying psychotherapy that may be required.



Services included:

- Welcome amenity in your room
- Vitality cuisine (lactose- and gluten-free), optionally also vegetarian or vegan, including water and tea
- Initial consultation, with body analysis

- Physical findings
- Creation of a menu plan for 14 days
- Comprehensive laboratory examination
- 4x Personal training, 2x Yoga, 2x Osteokos
- 4x Classic massages, 4x Lymphatic drainage
- 9x Medical training therapy and medical fitness, 9x holistic physiotherapy
- 2x Dual therapy, 2x Aqua organic detoxifying treatment
- 7x Hypoxic training – altitude therapy for cell training, and for improving energy production
- 2x Augustinus Bader full body treatment
- 3x Guided hiking or biking tour through the Black Forest
- 2x Foot reflexology therapy, 1x ear acupressure
- 2x Reset jaw balance to relieve muscular tension of the jaw musculature
- 3x Fascia release treatment, 1x Face reflexology massage. 2x Body analysis retest to determine the results after the end of the package
- 1x Face reflexology massage
- 2x Body treatment, with clay, 2x stomach treatment
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500-square-metre sauna, plunge pool, and ladies' spa

Price: from: €16,810 per person

Overnight stay not included, minimum stay: 14 nights

Arrival: Sunday, programme start: the following day

Arrival: Wednesday, programme start: the following day

ORTHOPAEDICS PACKAGE 7 DAYS

Movement is life. Our body guarantees our mobility.

Our quality of life is considerably reduced when the musculoskeletal system no longer functions as it should. Spinal and joint pain reduces performance and mobility. In this orthopaedic package, the causes of your pain and what you can do about it are dealt with individually and provided by our experienced specialist in orthopaedics and trauma surgery, Dr George N. Assad. To create a customised therapy and exercise programme for you, we analyse your spine, the entire musculoskeletal system and your exercise status. This programme is usually accompanied and supplemented by physiotherapy.

Services included:

- Welcome amenity in your room
- Vitality cuisine (lactose- and gluten-free) optionally also vegetarian or vegan, including water and tea
- Initial consultation, with body analysis
- Creation of a menu plan
- Laboratory examination and laboratory discussion
- Orthopaedic examination and spinal measurement
- Comprehensive laboratory examination
- 2x Personal training
- 2x Classic massages, 1x full body massage
- 5x Medical training therapy and medical fitness
- 6x Holistic physiotherapy

- 2x Lymphatic drainage
- 2x Hypoxic training – altitude therapy for cell training, and for improving energy production
- 1x Body treatment with clay
- 1x Aqua organic detoxifying treatment
- 4x Pneumatron treatments
- 2x Comprehensive chirotherapy
- 2x Tesergrity fascia treatment
- 1x Five – the mobility parcours
- 1x Body analysis retest to determine the results after the package has ended and
- a final orthopaedic conversation
- Access to Villa Stéphanie Spa & Wellbeing, with fitness centre, Roman-style swimming pool, 500-square-metre sauna, plunge pool, and ladies' spa

Price: from: €9,240 per person

Overnight stay not included, minimum stay: 7 nights

Arrival: Sunday, programme start: the following day

Arrival: Wednesday, programme start: the following day / upon request and subject to availability



SPA & WELLBEING

Having always been closely linked to Baden-Baden's historical heritage, Brenners Park-Hotel & Spa, as a co-founder of the spa movement in Europe in the early 1980s, has deeply embedded the concept of Salus per Aquam in its DNA. With Villa Stéphanie Spa & Wellbeing, an entire establishment is now dedicated to giving you the total spa experience. Fifteen luxurious room units across five floors, including three impressive spa suites with a private spa area, a spacious sauna area, a plunge pool, and stylish treatment rooms. Not only the impressive history and the beautiful natural surroundings in the green salon of the spa town, but also the style and design – everything with the sole purpose of creating an environment of rest and relaxation in the character of a large private house, where you, as our treasured guest, are accompanied through a made-to-measure stay. The Brenners Pool's Roman-style architecture follows the idea of tranquillity and symmetry, in addition to offering beautiful views of the park.



Time is the true luxury.

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