

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, far away from a cool practice atmosphere. Appealing works of art, modern-day clarity and thoughtful Feng Shui ambience create the elegant backdrop for highly-professional medical facilities that promote and support a health reboot. In Haus Julius, directly adjacent to the Villa Stéphanie Spa & Wellbeing, guests will find a multifaceted offer on topics revolving around preventive medicine, integrative naturopathic diagnostics and therapy, as well as healthy nutrition. The overall sustainable concept is complemented by comprehensive initiatives in the field of physiotherapy and medical fitness. The bundling of qualifications, as well as the close networking 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, an individual exercise programme will be created and we will 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 & Colleagues Team



DR KÖNIG & TEAM



Private practice Dr König & Team





PRIVATPRAXIS

Dr. König & Kollegen

BADEN BADEN · KARLSRUHE



DR MED. HARRY F. KÖNIG

Private practice Dr König & Team

Holistic Integrative Medicine · Traditional university medicine
Complementary medicine/naturopathy · Medical and lifestyle consultation
Tel: 07221 973710 · info-bb@drkoenig.com
www.drkoenig.com

All services are billed according to GOÄ (medical fee schedule, MFS).

INTEGRATIVE NATUROPATHIC DIAGNOSTICS AND THERAPY

A full spectrum of traditional and modern diagnostic techniques. We develop individual therapies for you that are based 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 according to 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
- Regeneresen® therapy

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.

Included services:

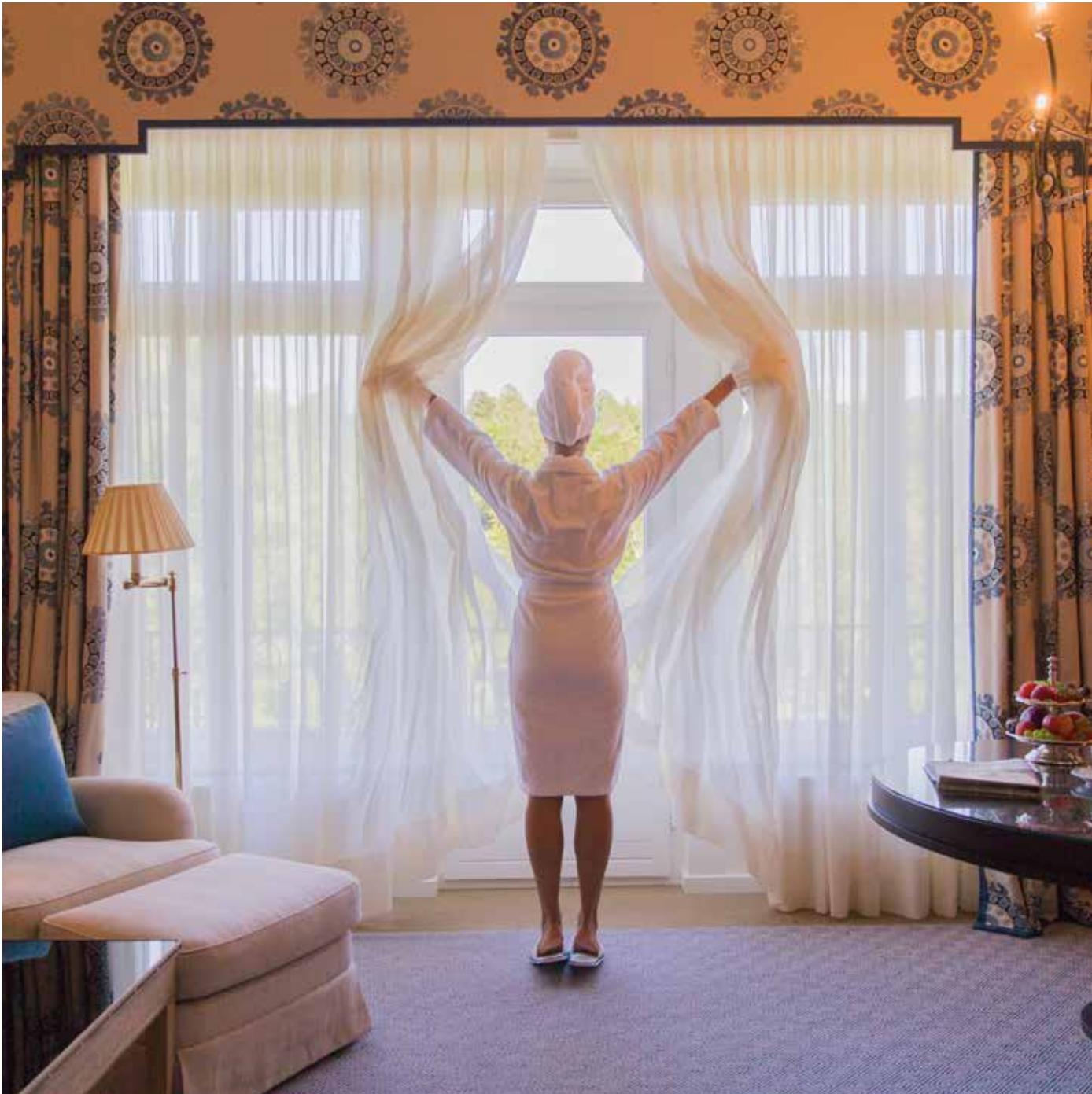
- Comprehensive medical history, a detailed clinical examination and a final discussion of the treatment
- Laboratory examination with detailed laboratory discussion
- Urinalysis and immunological stool examination
- Examination of your acid status (blood gas analysis)
- Detailed ultrasound examination 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 on the topic of sleep optimisation and a comprehensive sleep analysis, we will help you regain a restful sleep.

Included services:

- 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 advice on 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 on weight loss, detoxification and regeneration programme that has a lasting effect on body, mind and soul.

Included services:

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

- 2 x mental health consultations – focusing on emotional, psychological and social well-being
- 5x Personal training, 3x meditation and relaxation training
- 1x Dental hygiene treatment and oil pulling
- Daily 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
- 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

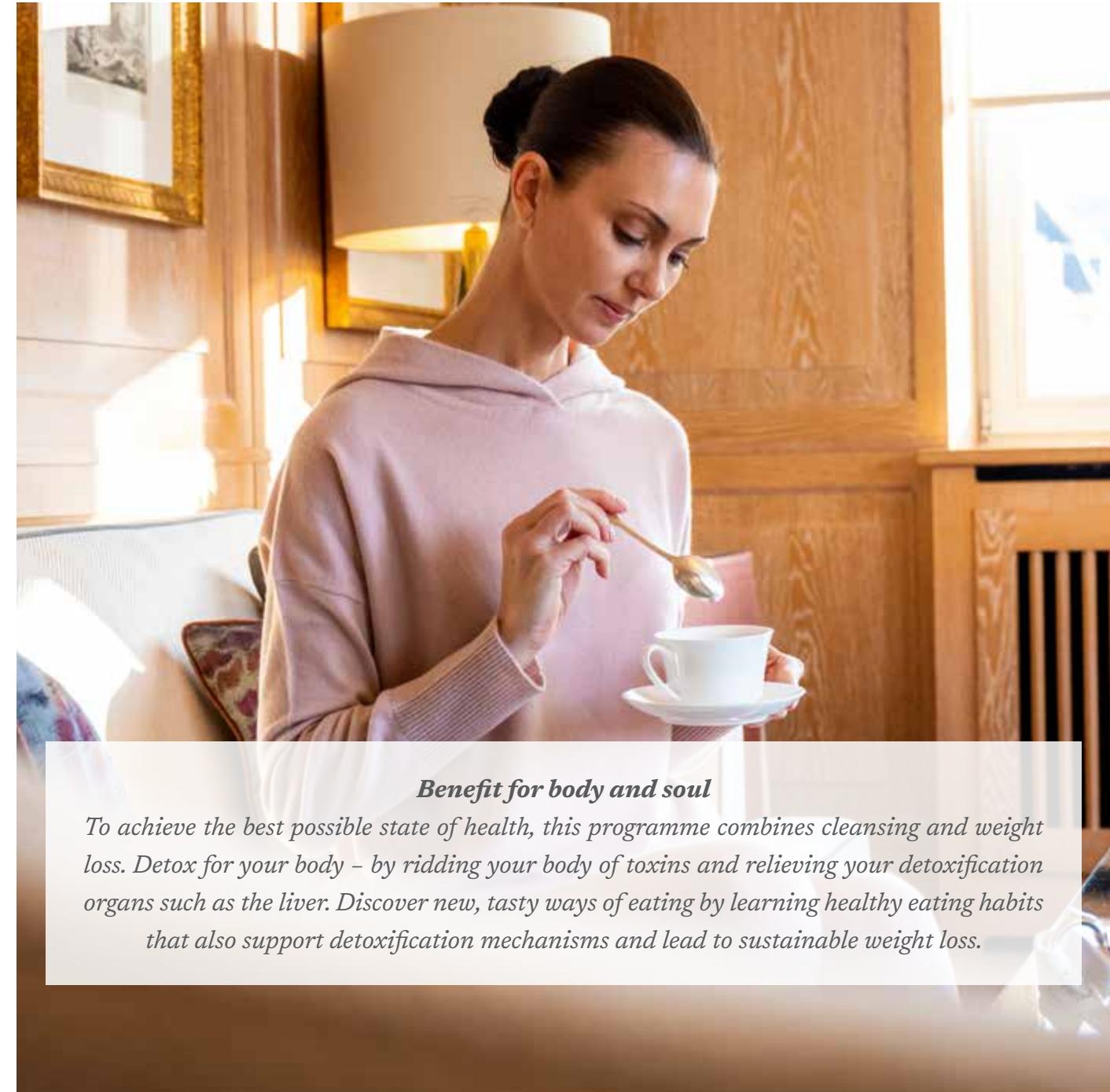
Included services:

- A little welcome greeting in your room
- Initial conversation
- Comprehensive body analysis
- Preparation of the menu plan, dietary full board 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 Medicinal 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

16 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 detoxification organs such as the liver. Discover new, tasty ways of eating by learning healthy eating habits that also support detoxification mechanisms and lead to sustainable weight loss.

DETOX AND WEIGHT LOSS

14 days

Included services:

- A little welcome greeting in your room
- Initial conversation
- 2x comprehensive body analysis
- Creation of a menu plan
- Dietary full board 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 Medicinal 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

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



RECOVERY / IMMUNE CARE PACKAGE “POST COVID”

7 days



To strengthen our immune system in the long term, the programme is designed as effective after-care following infections and as protection against new infections. Based on the individual medical results and diagnoses, your nutritionist will accompany you with a health diet tailored to you. Your personal spa and exercise plan will be determined and implemented together with you.

Included services:

- A little welcome greeting in your room
- Individual health diet with creation of your menu plan by a personal nutritionist
- Dietary full board, including tea and water
- 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
- 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 Medicinal 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



Included services:

- A little welcome greeting in your room
- Individual health diet with creation of your menu plan by a personal nutritionist
- Dietary full board, including tea and water
- 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 Medicinal 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

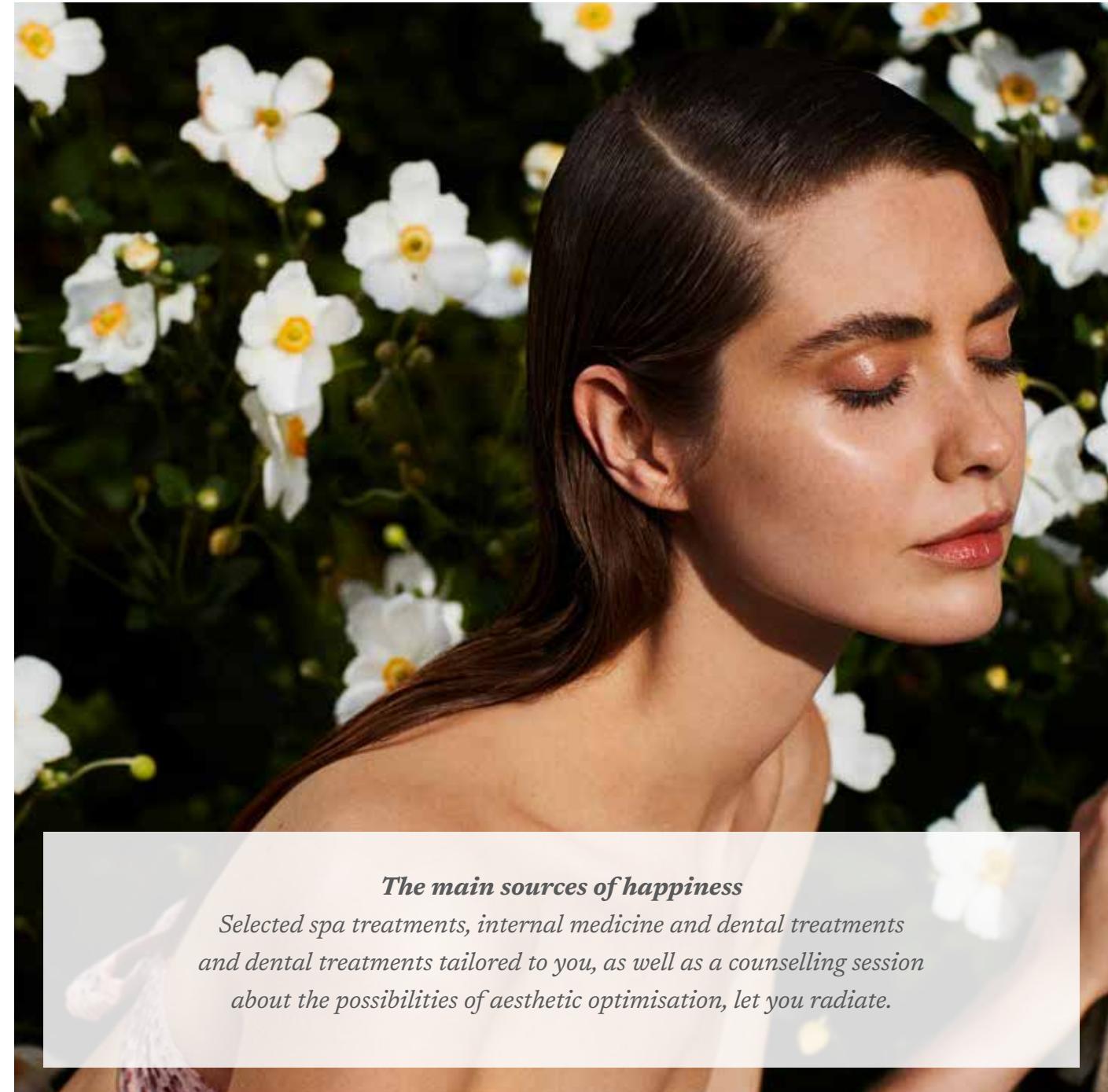
Included services:

- Welcome in your room, dietary full board including water and tea
- Initial interview, detailed laboratory discussion and comprehensive laboratory
- 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 Aqua organic detoxifying treatment
- Follow-up internal examination
- 2x Medicinal 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 talk
- 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 and dental treatments tailored to you, as well as a counselling session about the possibilities of aesthetic optimisation, let you radiate.

AESTHETIC MEDICINE

Private practice Dr med. Yusuf Yildirim





AESTHETIC MEDICINE

Great effects are achieved through minimal interventions. We create an optical balance in the face and thus help to achieve more expression, freshness, vitality, individual beauty and youthfulness. Our goal: Beauty in perfect balance.

The treatments are carried out in harmony with the natural conditions to generate very natural subtle results.

Your current skin condition is analysed for an individually-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. The natural facial expression is retained. For a long-lasting fresh result, the holistic wrinkle treatment is completed by the stimulation of a new formation of collagen connective tissue in the subcutaneous fatty tissue.



DR MED.YUSUF YILDIRIM

Private practice for aesthetic medicine

Tel.: 07221 858890

www.yy-aesthetics.com

YY-BEAUTIFICATION PLAN

Included services:

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

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



BEAUTY IN PERFECT BALANCE

Included services:

- Consultation and ratio analysis
- Detailed information about possible risks, side effects and post-treatment of 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 Ares: 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 different energy waves (radio frequency, ultrasound), to create a long-lasting, best possible result for a rejuvenated and fresh neckline and décolleté region.

All tissue layers are targeted to tighten the skin and remove superficial parchment wrinkles, in addition to further stimulating facial tissue regeneration via increased growth factors.

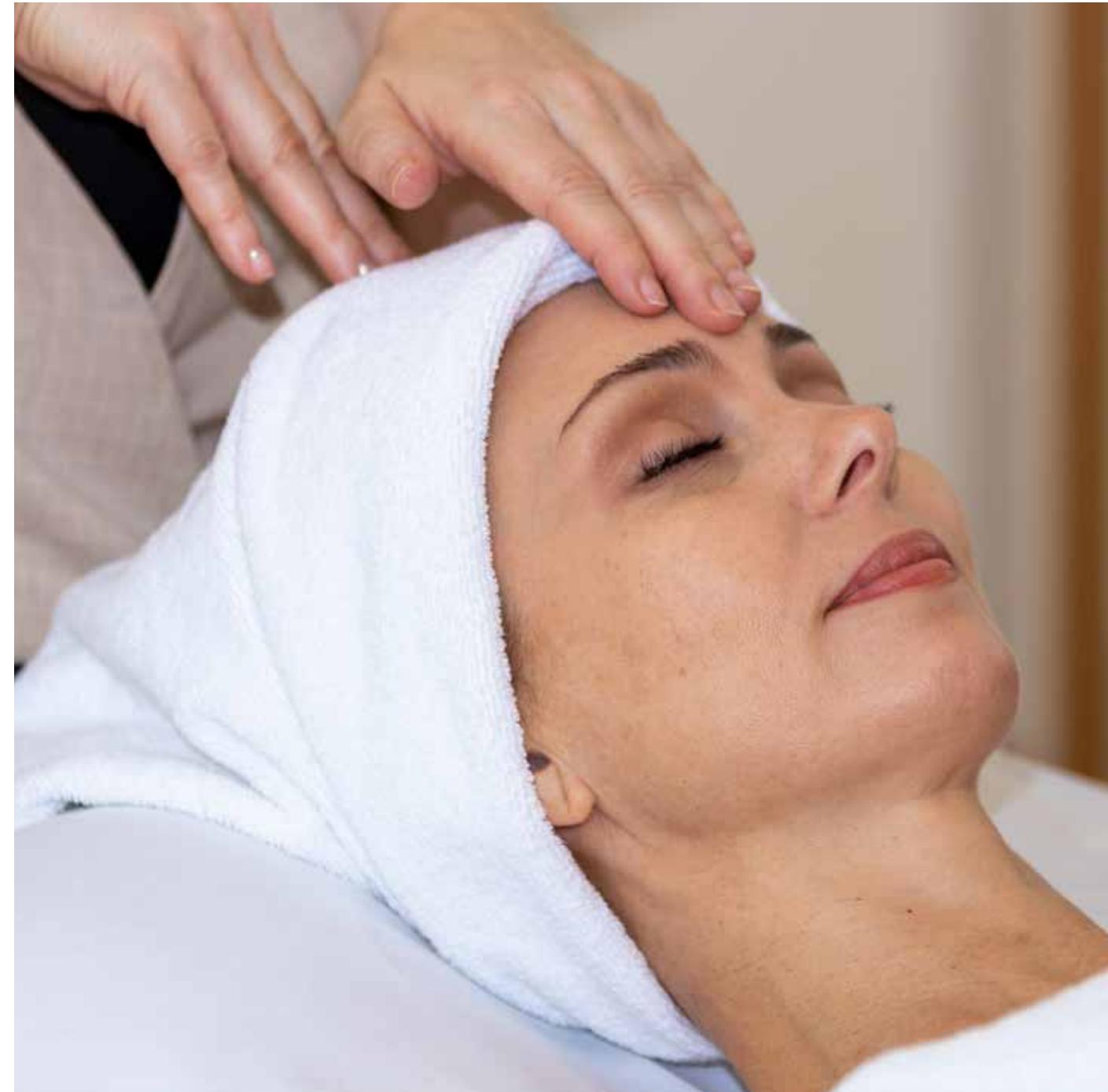
FACELIFT WITHOUT SURGERY AND INJECTIONS

High-quality facelift from the inside out without surgery.

This is a sophisticated medical skin rejuvenation programme that aims to revitalise 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 tighten the skin, remove superficial parchment lines and increase growth factors.

Price upon request



AESTHETIC DENTISTRY AND SPORTS DENTISTRY



HIGHLY MODERN EQUIPMENT IN EXCLUSIVE SURROUNDINGS

MODERN EQUIPMENT IN EXCLUSIVE SURROUNDINGS

Patients from across the globe can rest assured in the knowledge that they are in the competent hands of Dr S. Marcus Beschnidt, and they appreciate 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 in research and development. The entire practice, with its spacious rooms, smells like wellness - not like a dentist's practice. With melodic sounds of your choice, you can relax while indulging in your upcoming treatment.

DID YOU KNOW THAT YOU DO HIGH-PERFORMANCE SPORTS EVERY DAY?

At least your teeth do. Each one is a miracle of strength and endurance. A real hard worker. The hard life leaves traces, though. And these should be removed quickly. Because only healthy teeth can perform perfectly. Think of us as your personal dental health coach. We offer the complete dentistry programme in our practice. From prophylaxis, the fitness programme for your teeth, to the interdisciplinary overall treatment of your masticatory system, right up to 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: 07221 3939719

www.beschnidt.com



BADEN SMILE

4 days

Health starts in the mouth. The fact that maladies, 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, because especially in the case of unexplained general medical diagnoses, the origin often lies in the jaw area. Oral health has a significant impact on 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 – so that you shine like the sun over Baden-Baden.

Included services:

- 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

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

DENTAL RELAX

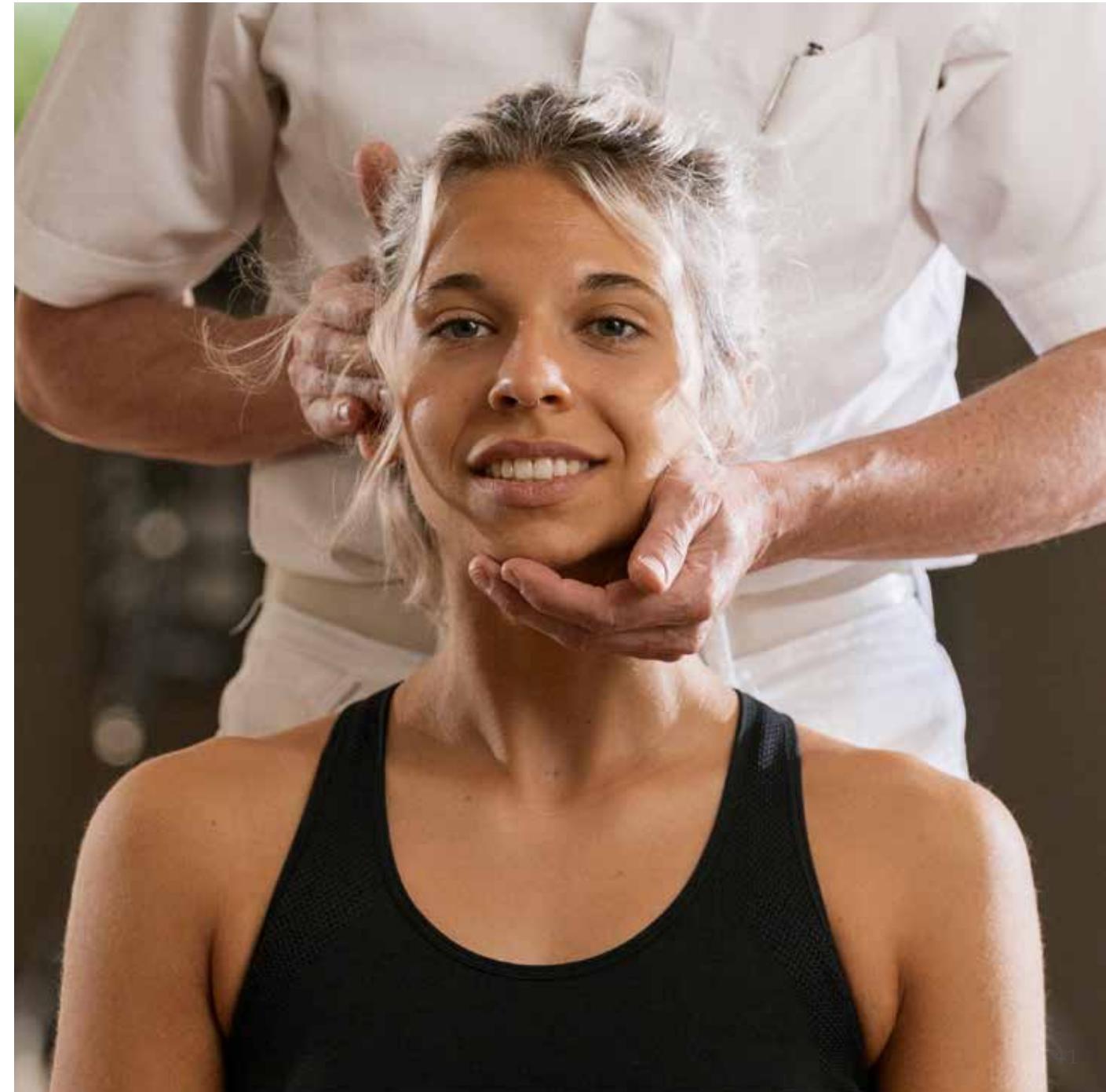
3 days

Grinding, rubbing, pressing: Teeth grinding does not have to be your fate. Professional or private stressful situations are resulting in more and more people grinding their teeth. Dysfunction of the temporomandibular joint, the teeth and the musculature results in excessive wear and damage to the hard tooth substance as well as the tooth-supporting apparatus. It can even result in possible joint damage. The TMJ 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. These can also include treating sleep disturbances, concentration disorders and taste impairments sustainably. We will help you find ways to help yourself.

Included services:

- 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.

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



WINNERS BITE

3 days

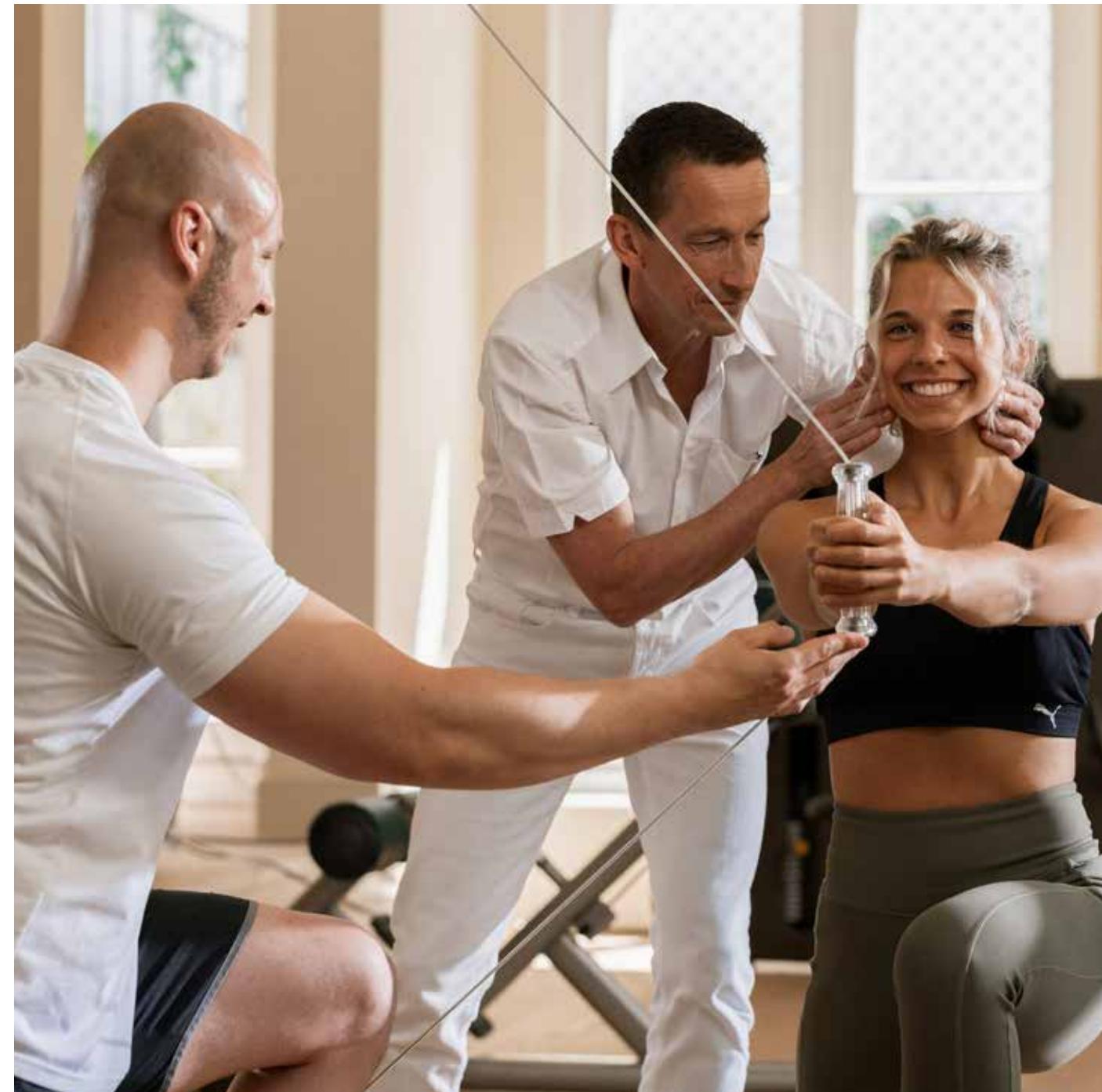
HEALTHY TEETH, THE FOUNDATION FOR PERFORMANCE

Whether you are an amateur or professional athlete: Nuances decide on victory or defeat. Sports dentistry makes a significant contribution to realising human potential, so that you can 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, as well as holistic concepts. Improve your performance with a top-class performance check.

Included services:

- 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

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



PHYSIOTHERAPY AND MEDICAL FITNESS



Private practice Liliane Goschy





LILIANE GOSCHY

Tel: 07221 7022240

info@liligoschy.com

www.liligoschy.com

PHYSIOTHERAPY AND MEDICAL FITNESS

With a strong 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. As part of a strong group practice, we also benefit from our strong partners from Brenners Medical Care, who are on hand to provide specialist advice if required.

EVERYTHING FOR YOUR HEALTH

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

METABOLIC BALANCE

Our body's metabolism is its engine. It supplies all functions with energy. Inactivity, crash diets, illness, surgery and injury often slow down our metabolism. Our vitality decreases and the body ages faster than the actual years of life. Thanks to a holistic approach, a special medical-therapeutic programme supports metabolic revitalisation.

Included services:

- A little welcome greeting in your room
- Dietary full board
- Initial conversation
- Body analysis with physical findings
- Creation of a menu plan
- Gait analysis with evaluation
- Comprehensive laboratory examination
- 2x Classic massage
- 3x Medicinal training therapy and medical fitness
- 6x Holistic physiotherapy
- 4x Lymphatic drainage
- 1x Dual therapy
- 1x Osteokos

- 2x Intensive tissue work
- 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

Start always on Monday (arrival Sunday) | upon request and depending on availability



REVIVE PACKAGE

Until today, burnout is not a term used to describe a medical disease. We deal with the complex symptoms under the aspect of a psychological and physical reaction to different deficiencies, intolerances and stress situations. The programme can be completed either on its own, as a supplement or afterwards, or to compensate for waiting times until the start of any accompanying psychotherapy that may be required.



Included services:

- Dietary full board
- Initial interview, with body analysis
- Physical findings
- Creation of a menu plan for 14 days
- Comprehensive laboratory examination
- 4x Personal training
- 4x Classic massages
- 9x Medicinal training therapy and medical fitness, 9x holistic physiotherapy
- 2x Dual therapy
- 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
- 2x Reset jaw balance to relieve muscular tension of the jaw musculature
- 3x Fascia release treatment
- 1x Face reflexology massage
- 2x 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: from: € 16,810 per person

Overnight stay not included, minimum stay: 14 nights

Start of the package either on Monday (arrival on Sunday) or Wednesday (arrival on Tuesday)

Upon request and subject to availability

ORTHOPAEDICS PACKAGE

Movement is life. Our body is the guarantor of our mobility.

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

Included services:

- A little welcome greeting in your room
- Dietary full board
- Initial interview, 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 Medicinal 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 end of the package and
- Orthopaedic final 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

Start of the package, either on Monday (arrival on Sunday),

or Wednesday (arrival on Tuesday) / upon request and subject to availability



SPA & WELLBEING

Having always been closely linked to the historical heritage of Baden-Baden, Brenners Park-Hotel & Spa, as a co-founder of the spa movement in Europe in the early 1980s, has embedded the concept of Salus per Aquam deeply in its DNA. With the Villa Stéphanie Spa & Wellbeing, an entire establishment is now dedicated to the total spa experience. Fifteen luxurious room units spread across five floors, including three impressive spa suites, with a private spa area, a spacious sauna area, a plunge pool, and stylish treatment rooms. The impressive history, the beautiful natural surroundings in the green salon of the spa town, as well as the style and design - all of this creates an environment of rest and relaxation in the character of a large private house, where the guest is 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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