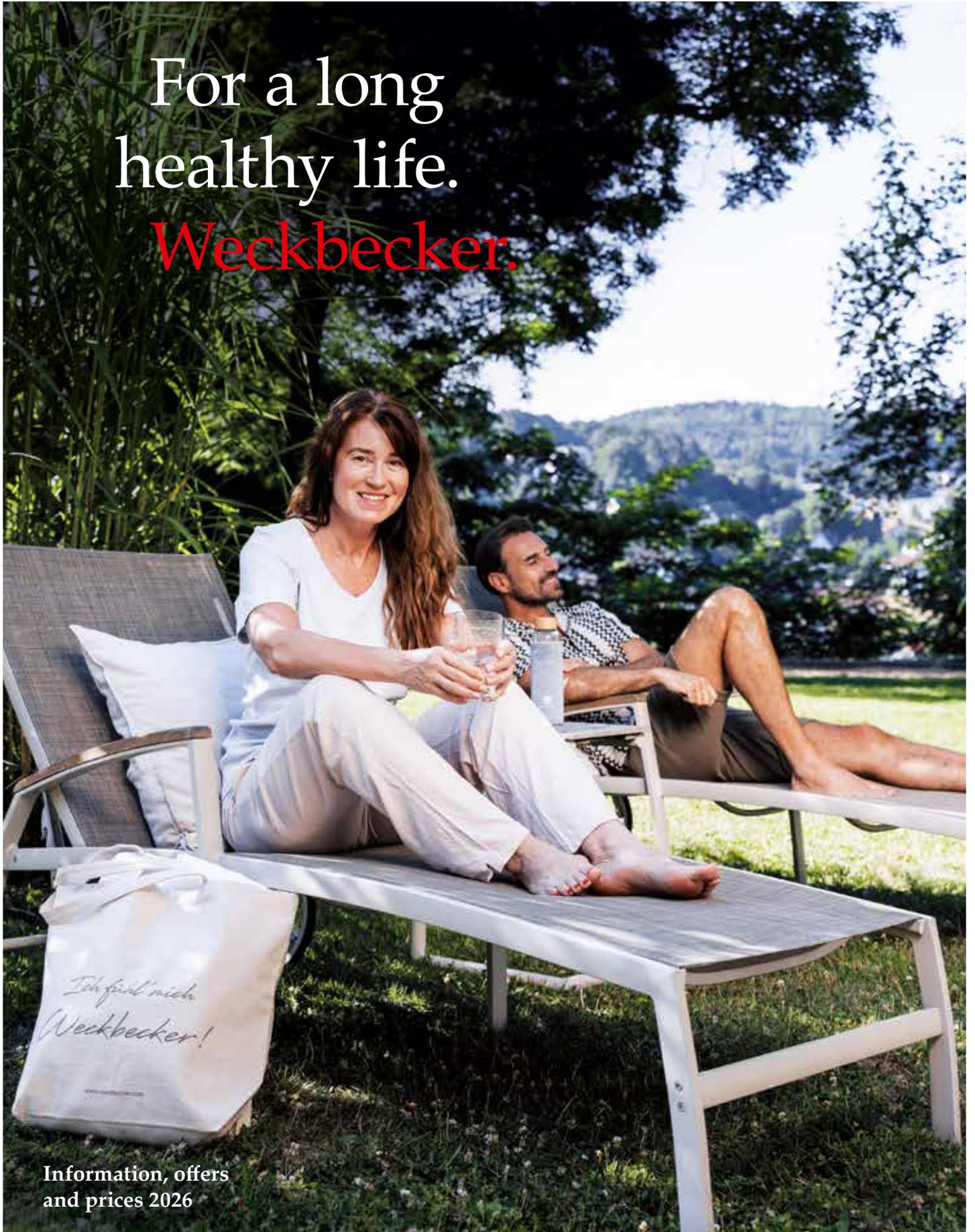


For a long
healthy life.
Weckbecker.





For a long healthy life. **Weckbecker.**

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Warm welcome!

Dear readers, dear guests,

modern medicine is currently increasingly concerned with the question of how we can live longer and remain healthy, fit and active for as long as possible. The initial results of these longevity studies are impressive: only about 10 percent of the diseases we develop in old age are genetically predetermined – the rest is in our hands. Our lifestyle habits play a decisive role here, especially a healthy diet, regular exercise, emotional balance and conscious rest periods for physical and mental regeneration.

When it comes to slowing down the ageing process, fasting is also becoming a focus of longevity research. This is because its proven effects, such as cell renewal, reduction of inflammation, natural weight loss, improvement of the gut microbiome and, consequently, the immune system, can help the body stay healthy and vital for longer – sustainably and without pharmaceutical side effects.

Accordingly, our Weckbecker concept has always had a longevity effect. As pioneers in holistic health, we combine holistic therapeutic fasting and nutritional medicine with therapeutic treatments and activities for exercise, relaxation and mental health. In this way, we counteract the signs of ageing and chronic diseases in an interdisciplinary manner. Not only do we tailor all therapy programmes to your individual needs, but we are also there for you with genuine care and concern: with a team of doctors who have time for you; with therapists who personally supervise and manually treat you during all treatments; a kitchen team that freshly prepares even the smallest components of the fasting and vitality menus for you with the finest craftsmanship; and all the ‘good spirits’ who make you feel ‘well taken care of’ from the moment you book to the moment you leave.

In order to provide you with even better support in 2026, we have expanded our range of services based on the latest scientific findings in holistic medicine and longevity: our new ‘Weckbecker Fasting Mimicking Diet’ package offers those interested in fasting a gentle yet effective introduction. We also offer new diagnostic services. These include an analysis of your gut microbiome to promote your intestinal health in a more targeted manner, and an analysis of your

body composition to provide more individualised support for your preventive healthcare.

Our highest priority is to accompany you on your journey to a long life full of health and well-being.

With this in mind, I look forward to your visit and to seeing you again in Bad Brückenau.

Yours sincerely,
Stefanie Hündgen
Managing Director



70 years of Weckbecker – With the power of „less“

Health in the spirit of the age

When Dr. von Weckbecker opened his therapeutic fasting clinic in 1954, the demand was immediately high. After years of scarcity, the economic miracle not only brought unprecedented prosperity but also the accompanying lifestyle diseases, including diabetes, obesity, high blood pressure, cardiovascular problems, skin diseases, and inflammatory bowel diseases. The method of therapeutic fasting already showed a positive effect on the health problems of the time – and it still does today.

At its core, the proven therapeutic fasting, which relieves both body and mind, has undergone further development in the past 70 years according to Weckbecker's concept: By incorporating current scientific knowledge, new accompanying therapeutic methods, and a spiritual focus through affiliation with the Malteser Order since 1998, it has evolved into a holistic therapeutic concept. Its goal is to relieve the body through fasting, activate its self-healing powers, and bring it back into balance with the mind and soul. In this way, we provide a compelling answer to the growing demand for holistic approaches to promoting health and quality of life. We call it Holistic Therapeutic Fasting by Weckbecker – and we are proud to be part of this 70-years success story.



„I had once studied the doctrine of diseases and their treatment in depth. What I missed was the doctrine of health and its preservation.“

Dr. Erich von Weckbecker

Physical relief & spirituality

In a society where the focus is often on external success and the pursuit of material goals, many people long for inner peace, balance and a deeper connection to themselves. Therapeutic fasting can calm the mind and soul by relieving the body. It harmonises the autonomic nervous system and reduces feelings of stress.

In addition, for many people, an interest in fasting goes hand in hand with a rediscovery of the spiritual dimension of life – holistic therapeutic fasting proves to be a good way to give this space. As a holistically oriented clinic in the Maltese Association, we pay particular attention to a wide range of offerings related to mindfulness and spirituality (see p. 48).

A place of warmth and care

Our clinic is more than just a medical centre; it is a place of warmth, care and human kindness. Every year, we welcome 3,000 patients and offer them comprehensive, holistic care. Our dedicated team of 140 employees ensures that our guests are well cared for – both physically and mentally. They feel that they are in good hands, receiving professional treatment and warm care. We believe that this atmosphere of individual care is an essential part of the therapeutic fasting process.

Holistic fasting cure according to Dr. med. Erich von Weckbecker – sustainable & holistically

Almost three-quarters of a century after the opening of our first facility, therapeutic fasting is more relevant than ever. The modern lifestyle of „more and more“ activity, media consumption, screen work, and stress, combined with an unbalanced diet and lack of exercise, increasingly demands a healing balance. Exhaustion syndromes have become widespread, and many people suffer from complex mood disorders with or without specific organ findings. Therefore, we rely on a treatment concept that views the person as a whole, takes interactions into account, and treats various complaints in an interdisciplinary manner: Our holistic concept is based on medically and therapeutically supervised therapeutic fasting or a nutritional change, individually combined with Kneipp medicine, manual therapies, exercise, special intestinal baths, relaxation therapy, and pastoral care. In the form of the 4-Pillar Concept according to Weckbecker, this forms the foundation of our therapy programs. Not only the method of fasting or nutritional therapy, but also the therapeutic measures are tailored to the individual's specific symptoms, constitution, personal biography, and life situation. In this way, we can simultaneously address various health conditions and mental well-being.

„Fasting - the most effective universal remedy we have“

Dr. Erich von Weckbecker

Health trends and „Longevity“

What Dr. Erich von Weckbecker developed as a treatment concept in his pioneering day combines topics and content that are becoming increasingly important as modern needs today: pro-ageing, slow culture, preventive health, a more holistic approach to treating people in medicine – and now also longevity. The question of how we can age healthily and as slowly as possible is not only relevant for individuals. Because diseases and their consequences also have socio-economic implications in ageing societies, longevity is increasingly becoming an interdisciplinary field of research. Our numerous regular patients know that for good health, it is advisable to go to a place where people have been familiar with these issues for decades.

Who was Dr. med. Erich von Weckbecker?

Dr. von Weckbecker (1920–2005) was a physician specializing in internal medicine and a pioneer of fasting – fasting was a personal commitment for him. As a young man, he suffered from a kidney disease, and conventional medicine had already given up on him. So, he sought his own path to healing. In a self-experiment, he combined Buchinger's therapeutic fasting with Kneipp therapy – and was cured. From then on, he was passionate about classical naturopathy. Inspired by Otto Buchinger (1878–1966), Franz Xaver Mayr (1875–1965), and Are Waerland (1876–1955), he founded a clinic for therapeutic fasting in 1954.

Dr. von Weckbecker compared the body, damaged by the consumption of indulgent foods, overeating, and lack of exercise, to a stove „where the flame of life keeps getting smaller.“ Therefore, he recommended, it must be „de-sooted“ repeatedly – through therapeutic fasting. Initially, there would be dust and dirt, but afterward, „the stove would draw again, and the joy of life would return.“ This image has served as a guiding principle for generations of patients in our clinic for the past 70 years.



Integrative medicine – Rethinking health

Our inpatient treatment concept, the four-pillar concept developed by Dr. Erich von Weckbecker, is based on the integrative medicine approach. This combines modern conventional medicine and scientific diagnostics with recognised naturopathic procedures and holistic therapies. In our experience, this modern form of medicine is best suited to treating or preventing chronic diseases and risk factors. This is because it allows us to view the patient as a whole person and to treat them using a broad spectrum of interdisciplinary therapies selected on an individual basis.

Holistic therapeutic fasting according to Weckbecker forms the basis of the four-pillar concept, in which all treatments and measures are interlinked and support each other in their effects. It is precisely this interaction and the close cooperation between our specialist departments that enables holistic regeneration of body, mind and soul.

The first pillar



FASTING CURE

Due to the voluntary refraining from solid food, your body switches to “nutrition from within”. Metabolic end products are mobilised and defecated. A fasting cure has an anti-inflammatory, antirheumatic, anti-allergic and mentally stabilising effect. The loss of weight is most commonly a welcome side effect. The fasting cure will be customised exactly to your needs. Together with your physician, you choose the type of fasting that suits you best: e.g. juice fasting with vegetable stocks rich in minerals, freshly squeezed vegetable juices and herbal teas, or fasting with milk and buns.



NUTRITION & DIETETICS

Guests which cannot or do not wish to go on a fasting cure, can still reach a lasting relief of the metabolism with our organic base-meals (see page 46). We place great value on locally grown and organic food. Our nutrition experts will demonstrate you in practical kitchen trainings, lectures and in shopping trainings that healthy nourishment can be real fun. If requested, we will, in a personal consultation with you, commonly work out individual strategies on how you can support your health with a specific diet.

The second pillar



MOVEMENT & RELAXATION

The rhythm of tension and relaxation is essentially in order to keep body, mind and soul healthy. That is why both components are of equal value in our therapy programs and our Inclusive Program (“Do-Rest-Program”). The stimulated fasting metabolism and a more relaxed muscle tone promote the positive effect on your health. We offer you a broad exercise and relaxation program – from Aqua Fitness to fasciae training, Nordic Walking, Milon® circuit training and personal training to progressive muscle relaxation, Qi Gong, Yoga and meditation.



OSTEOPATHY

In our centre for osteopathic pain therapy, osteopathy in combination with a fasting cure has an especially lasting effect: interactions and dysbalances between musculature, inner organs, spine and joints can be treated and adjusted with precise manual techniques. This is useful in case of orthopaedic symptoms as well as in case of gastro-intestinal diseases and migraine.



PHYSICAL THERAPIES

We offer a wide range of special treatments: e.g. physiotherapy, manual lymphatic drainages, acupuncture massage according to Penzel (APM), Dorn-Breuß massage, LNB therapy, manual therapy, reflexology and massages of the connective tissue.



THE FIRST PILLAR:

Fasting cure, nutrition & dietetics

THE SECOND PILLAR:

Movement & relaxation, osteopathy, physiotherapy

THE THIRD PILLAR:

Hydrotherapy according to Kneipp, Weckbecker Colonthery

THE FOURTH PILLAR:

Spirituality, life counselling & mindfulness

The third pillar



HYDROPATHY ACCORDING TO KNEIPP

Alternating baths, affusions and cataplasms stimulate metabolism, circulation and the lymphatic system. Also blood stream and the vegetative nerve system benefit for a long time. Excretory processes are supported, the immune system is strengthened, relaxation and restorative sleep are easier achievable.



WECKBECKER COLONOTHERAPY

Colonthery makes the fasting cure particularly effective. Gentle irrigation of the large intestine helps to excrete metabolic waste products faster. This therapy, developed by Dr. med. Erich von Weckbecker, will also help to reduce sensations of hunger during fasting as well as headaches.

The fourth pillar



SPIRITUALITY, LIFE COUNSELLING & MINDFULNESS

During therapeutic fasting, many people feel an increasing sensibility. A certain feeling of happiness and a creative, cheerful relaxation become noticeable. The distance to everyday life gives you space for fundamental vital matters. In our quiet atmosphere, it becomes possible to dedicate yourself to suppressed feelings and thoughts, and to take care of inner concerns without any time pressure.

Our pastoral-psychotherapeutic team takes care of you during these experiences. One-on-one conversations, discussion sessions and exercises will show you new paths in order to handle important life topics and to develop a mindful lifestyle. Meditative events and worships give you strength and ease of mind.

NOTE: In the medical admission consultation, after thorough examination and discussion - taking into account any pre-existing conditions, current complaints, constitution, as well as personal biography and life situation - the individual fasting methodology and accompanying therapies are tailored to the patient.

During the stay, all doctors and specialized departments are in regular communication with each other to ensure the best possible care for each patient and, if necessary, make individual adjustments to the treatment plan.



Prevention & therapy – what do we treat

As individual as our guests are, as individual are their reasons to come to our house. What they might have in common is the wish for good, individual care and a wide range of effective therapies. In case of various complaints and diseases, we can support you in activating your body's self-healing abilities, in normalising your metabolism and in increasing your wellbeing. At the same time, individual risk factors can be minimized.

We help and support you with:

DISORDERS AND FUNCTIONAL DISEASES

- » Exhaustion and lack of energy
- » Chronic fatigue
- » Stress load and wish for „Reset“

HEART RISK FACTORS AND METABOLIC DISORDERS

- » Overweight
- » Fatty liver
- » Hypertension
- » Lack of physical movement
- » Type II diabetes
- » Dyslipidemia (lipid metabolic disorder)
- » Gout

NEUROLOGICAL DISORDERS

- » Headache
- » Migraine
- » Multiple sclerosis (without care needs)
- » Parkinsons disease (with care needs)

ORTHOPAEDIC ILLNESSES

- » Back pain and cervical spine syndrome
- » Arthrosis
- » Rheumatic disorders
- » Soft-tissue rheumatism (Fibromyalgia)

GASTROINTESTINAL DISEASES

- » Digestive disorders
- » Irritable colon
- » Chronic inflammatory bowel disease

NOTE

Our treatment areas offer many options subsequent to a Covid-19 disease as well.

CONTRAINDICATIONS

A stay is generally not possible for a number of conditions. These include, in particular, psychiatric disorders, dementia and need for care, substance dependencies, eating disorders and a significantly lowered BMI. Also, advanced cardiovascular diseases, epilepsy, uncontrolled hyperthyroidism, advanced liver and kidney diseases, acute flare-ups of gastroenterological diseases, gallstones (depending on size), as well as complex and multiple food allergies and intolerances, such as celiac disease, are generally contraindications. Furthermore, acute infections, pregnancy and breastfeeding are reasons to avoid a stay. We kindly ask you to contact us in case of doubt beforehand. In a trusting conversation, you can discuss with our doctors whether and under which circumstances a stay at our clinic might be sensible and possible.

Holistic fasting cure & its positive medical effects

Fasting activates, as a so-called „surgery without a knife,“ complex repair systems in the body that can have a positive effect on numerous health conditions and discomforts. The therapeutic abstention from solid food has been proven to be metabolic-relieving, anti-inflammatory, pain-relieving, and soothing for the autonomic nervous system. Additionally, fasting has immune- and hormone-modulating effects. Thus, therapeutic fasting offers not only a preventive approach but, especially for those with chronic illnesses, a real, sustainable perspective.

„The criterion of living is metabolism“

Dr. Erich von Weckbecker

METABOLIC SWITCH: SWITCHING OF ENERGY PRODUCTION

After approximately 13 hours without solid food, a remarkable shift in energy production occurs in the body: once the organism has depleted its sugar reserves, it resorts to its biological „emergency power generator“ and converts fat cells into ketone bodies. These ketones not only efficiently provide energy but also simultaneously activate the process of autophagy. The „metabolic switch“ thus plays a crucial role in the fasting process.

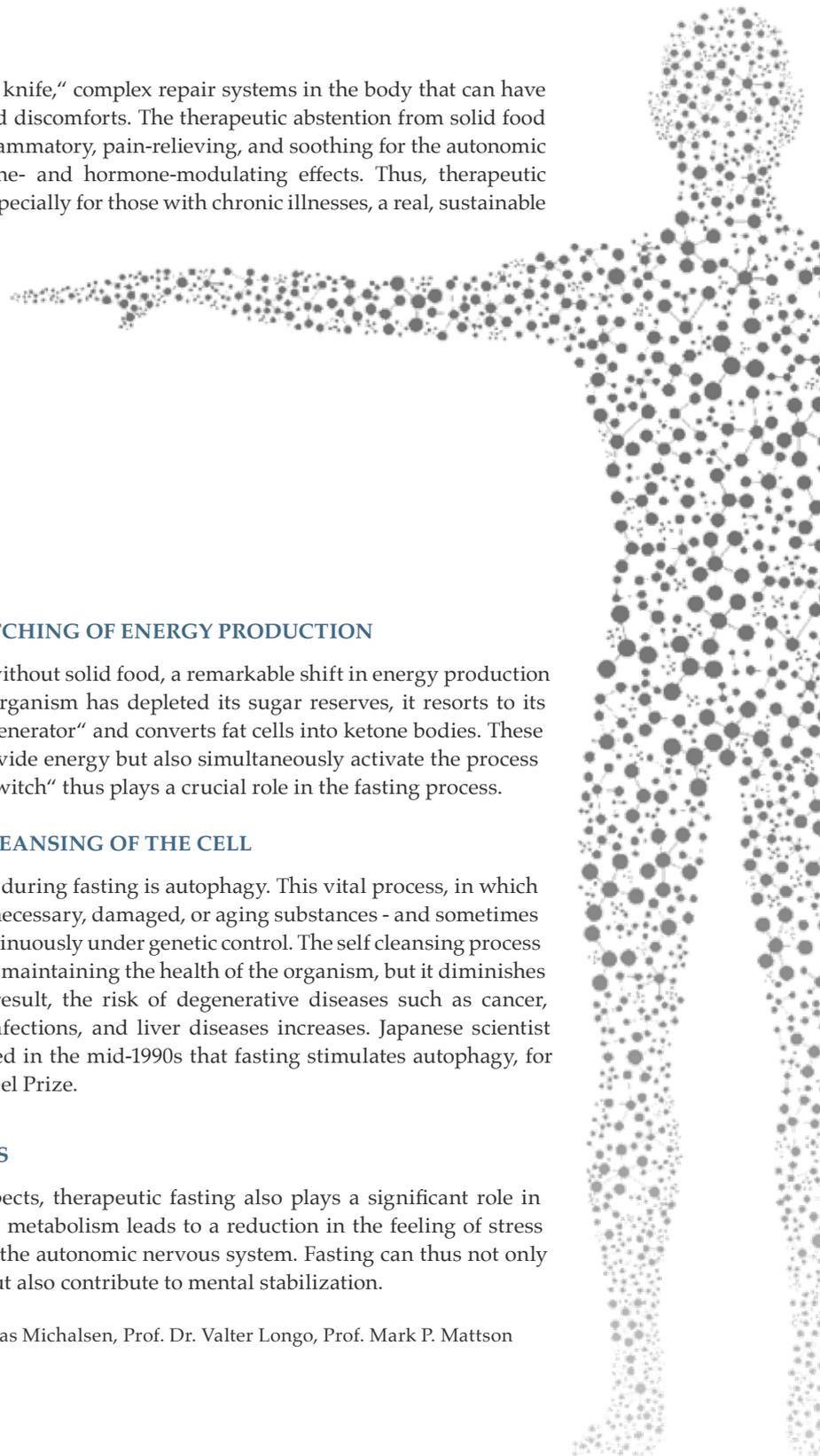
AUTOPHAGY AND SELF-CLEANSING OF THE CELL

A central mechanism activated during fasting is autophagy. This vital process, in which the cell encloses and expels unnecessary, damaged, or aging substances - and sometimes even recycles them - occurs continuously under genetic control. The self-cleansing process of the cell plays a crucial role in maintaining the health of the organism, but it diminishes over the course of life. As a result, the risk of degenerative diseases such as cancer, dementia, muscle disorders, infections, and liver diseases increases. Japanese scientist Yoshinori Ohsumi demonstrated in the mid-1990s that fasting stimulates autophagy, for which he was awarded the Nobel Prize.

MENTAL HEALTH IN FOCUS

In addition to the physical aspects, therapeutic fasting also plays a significant role in mental health. The relief of the metabolism leads to a reduction in the feeling of stress and supports the regulation of the autonomic nervous system. Fasting can thus not only alleviate physical discomfort but also contribute to mental stabilization.

* Sources: e.g. Prof. Dr. med. Andreas Michalsen, Prof. Dr. Valter Longo, Prof. Mark P. Mattson



Our doctors – experience and competence for your health

„During your stay, my team of doctors and I guarantee you holistic medical care. We utilise the proven power of fasting, nutritional medicine and tailor-made accompanying therapies.

Fasting initiates a profound change in your body: activated autophagy repairs and renews your cells, reducing inflammation and oxidative stress. Cholesterol, blood pressure and blood sugar are also lowered. The colon, the centre of our health, can regenerate and the intestinal microbiome recovers, supported by the Weckbecker Colon Bath. At the same time, your body breaks down its fat reserves in a natural and sustainable way – without the use of medication with side effects. This minimises key risk factors that accelerate the ageing process and cause disease.

The accompanying therapeutic measures support your organism during the fasting process and, when used specifically according to your clinical picture and health goals, can intensify the positive effects.

In order to monitor the course of your treatment and make any necessary adjustments to the therapy plan, we doctors are in regular contact with each other and with the other therapy departments. In line with integrative medicine, our goal is to provide you with interdisciplinary support in the prevention and healing of physical and mental illnesses – for holistic health and a long, healthy life.“



Dr. med. Yvonne Höfer
Chief physician, specialist in general medicine,
naturopathy, fasting medicine, psychotherapy

Our medical care during your stay includes an initial consultation with a comprehensive medical history and the creation of an individual treatment plan, additional consultations depending on the length of your stay, 24-hour on-call medical service, care from the Medical Centre, and a final medical examination with a review of your treatment goals and recommendations for your health going forward.*

General Practitioner, F.X. Mayr Physician, Deputy Medical Director and Senior Physician



Ada von Ketteler

For Ada von Ketteler, nutrition and exercise are the cornerstone of health overall – and thus also in the treatment of many chronic diseases. The general practitioner aims to provide help for self-help and to motivate people to take responsibility for their own health.

„What fascinates me about the Weckbecker concept is the holistic approach to the person, with therapeutic fasting as the foundation. With this, we show patients a path to a healthier lifestyle,“ says Mrs. von Ketteler. Methods based on F.X. Mayr, such as chewing training, can, in her view, be optimally combined with Weckbecker’s fasting therapy.

*When booking an arrangement, the mentioned medical services are included. Booking by daily rate includes 24-hour doctor availability as well as care by the MedCenter.

Senior Physician, Internist, Gastroenterologist, Physician for Naturopathy, Homeopathy (with diploma), Chiropractic, Environmental Medicine, and Emergency Medicine

Dr. Joachim Wernicke decided to become a doctor at the age of 10 after an accident involving a near-death experience. As a young physician, he turned to naturopathy and homeopathy after experiencing a serious illness himself. According to his guiding principle, „live love and alleviate suffering,“ personal attention to the patient is of great importance to him. „Identifying with the patient is important in order to interpret subjective complaints objectively,“ says Dr. Wernicke. He also emphasizes the need to consider the impact of emotional experiences on the body. Joachim Wernicke’s goal is to continue the legacy of Dr. Erich von Weckbecker and preserve the spirit in the clinic.



Dr. med. Joachim Wernicke

Physician with experience in internal medicine and geriatric medicine

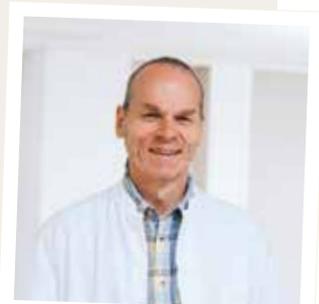
For Dr. Martha Welchar, the mental-spiritual aspect is an element of holistic treatment. It is important to her to view and treat the patient as a whole. „In our fast-paced times, the mental aspect often takes a back seat in medical care; however, it can be crucial in promoting one’s resilience—very much in the spirit of Weckbecker’s Four-Pillar Concept,“ says Welchar. „This is especially a key factor in the treatment of today’s widespread issues caused by stress.“ Dr. Welchar believes that the ideal conditions for comprehensive patient care are created only through close collaboration among doctors, therapists, and nutrition experts.



Dr. med. Martha Welchar

Physician with experience in internal medicine and further education in naturopathy

For Detlev Rösemann, the holistic view of the person is the top priority in treating patients. He therefore looks for the causes of complaints on the levels of body, mind, and soul—or in their interaction. „I want to understand the hidden mechanisms within the person,“ says the physician, emphasizing that when searching for the origin of physical symptoms, the levels of mind and soul should not be overlooked. Detlev Rösemann sees his task as „translating the body’s language for the patient,“ not only to explain complaints but also to foster a greater understanding of the facets of one’s life. His goal is to restore the physical-mental balance of his patients and guide them towards a harmonious life.



Detlev Rösemann

Many conditions can be treated through the combination of modern medicine and proven naturopathic therapies. Please contact us for your personal diagnosis at the phone number +49 (0) 9741-830.



The Weckbecker-DoRest-Program – inclusive in all stays

The balance of movement („Do“) and relaxation („Rest“) is essential for the maintenance of body, mind, and soul. This principle forms the foundation of our diverse weekly program and wellness offerings. It helps you practice healthy behaviors and integrate them into your daily life over the long term.

The Weckbecker-DoRest-Program is included in all arrangements as well as in individual bookings by daily rate. The offerings vary daily in the DoRest rhythm and alternate weekly.

Please note that not all program content is available at all times, and the number of participants in certain offerings is limited.



MOVEMENT THERAPY & FITNESS

Support the fasting process and gain a new sense of body awareness.

Early morning exercise, aqua fitness, guided hikes, Nordic walking, walking, Flexibar, Thera-band, yoga, laughing yoga, stretching, fascia training, Pilates, balance training, training with reactive dumbbells, Body Fit (full-body training), back training, stool gymnastics, therapeutically supervised walking through dew, **NEW:** Drums Alive



REFLECTION & RELAXATION

Bringing life into balance.

Progressive muscle relaxation, Qigong, sunrise body prayer, singing bowl relaxation, autogenic training, guided imagery

WELLNESS OFFERINGS

Doing good for yourself.

Swimming pool, sauna area (Finnish sauna, bio sauna, infrared sauna, steam bath), light shower, infrared cabin, cardio training, 24-hour tea and water bar, **NEW:** beauty and meditation treatments from our cosmetics range



LECTURES

Take control of your health with valuable knowledge.

Lectures on nutrition and fasting, medical lectures (e.g. on topics such as the liver, thyroid, digestive problems, irritable bowel syndrome, osteoarthritis, back pain, cardiovascular problems, high blood pressure, urological disorders, sleep disorders)

SPIRITUAL & PSYCHOTHERAPEUTIC OFFERINGS

Giving depth to the fasting experience.

Forest bathing, evening meditation, healing singing, group discussions, communal prayer, church services, Bible discussions, Taizé prayer, **NEW:** mindfulness meditation, meditation with tones



CREATIVE OFFERINGS

Discovering one's own potentials.

Creative painting (Material costs not included.)

CULTURAL OFFERINGS

Nourish the mind.



Our packages – simply be there and feel comfortable

We are happy to offer you ten packages with different emphasis - adapted to your health goals and to your symptoms.

By choosing one of these treatment packages, you will enjoy the best possible combination of therapies, which will be planned in advance for you.

All of our packages (except “Weckbecker EnjoyTime”) include therapeutic fasting. Should you not be able or do not wish to fast, it is possible to book our vegetarian Organic Alkaline Vital Diet at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply.

PLEASE NOTE:

- » Our packages are charged as a lump sum. Should you require an invoice according to the medical fee schedule (MFS), we suggest you to book the specific treatments accordingly to daily rate.
- » It is not possible to replace or refund any treatments.
- » Costs for cosmetics, medication, laboratory tests, service features (parking and telephone) and visitor’s tax are not included and will be charged separately.
- » Additional medical and therapeutic services that are not included in the packages as well as additional meals will be invoiced accordingly to our current price list.
- » Should any food allergies or intolerances exist, we kindly ask you to specify those in your anamnesis questionnaire. In this case, you will get a free consultation with our diet experts regarding the available board at the clinic. An individual diet can be booked at an additional cost. In case of complex and multiple food allergies and intolerances, it is required to agree in advance with our physicians.



You can always find our current packages and prices on our website - just scan the QR-Code.

RECOMMENDATIONS REGARDING YOUR DURATION OF STAY:

- » A short term stay of seven nights is perfectly suitable for guests that have little time and want to disappear for a few days, get new energy and strengthen their body’s defenses.
- » For guests with focus on prevention, weight loss, or in order to minimize individual risk factors, we suggest bookings of at least 10 nights. A regular repetition once per year has a natural “anti-aging” effect.
- » In case of acute or chronic diseases, your stay should ideally enable your body an entire restart. In order to achieve positive long-term results for your health, our physicians recommend a stay of at least 14 nights.

It is, of course, at every stay possible to book single extra nights.



YOUR ADVANTAGE: INCLUSIVE TREATMENTS

All fasting packages include the following treatments:

- » Care by the medical centre
- » 24-hour medical on-call service (On-call services are charged)
- » daily* water therapy according to Kneipp – individually tailored to the symptoms: alternating arm, foot, and sit baths with herbal additives, alternating douches (arm, thigh, knee, chest)
- » daily* Weckbecker Colon Bath (Colontherapy), depending on the fasting duration
- » daily* ergometer training, therapeutically controlled (except during „Fasting & Hiking“)
- » daily* Hot and humid liver package

Additionally free for every guest:

- » Our extensive Weckbecker „DoRest“-Program. For details see page 12.

* except Sundays; Easter Monday/Whitmonday: only Weckbecker colon bath



From 1.961,- €
For prices see
page 26

Weckbecker Fasting Cure Classic

Fasting is a temporary and conscious food refraining - and often the beginning of a new awareness of life. In combination with accompanying treatments, we aspire a long-lasting positive change on physical and emotional basis. This package, also preventively suitable, offers you our Classic – the one that already Dr. med. Erich von Weckbecker recommended to his patients. Including curing therapy units with medical care and practice of our Four Pillar Concept. Enjoy a new awareness of life – with increased health, energy and wellbeing.

INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights	21 Nights	28 Nights
Fasting diet incl. revitalising meals up to 3 days	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
BIA-Measurement (see p. 44)	•	•	•	•	•
Weckbecker-Therapy (30 Min.)	•	••	••	•••	••••
Upper body wash according to Dr. von Weckbecker	•••	••••	•••••	•••••• •••	•••••• ••••••



- » Monday–Saturday inclusive-treatment: Hydrotherapy according to Kneipp, Weckbecker Colon Bath, Ergometer training, Potato package (see p. 14 | Easter Monday/ Whitmonday: Weckbecker Colon Bath only)
- » Weckbecker-“DoRest“-Program with exercise and relaxation offers, lectures and much more (see p. 12)

Appropriate laboratory diagnostics „Fasting Cure“: the obligatory fasting laboratory package. Price acc. to indiv. consultation

NOTE: If therapeutic fasting is not feasible from a medical point of view, conversion to veget. alkaline vital diet is possible at additional charge of 62,-€/day. Weckbecker colon bath will not apply.



From 2.347,- €
Prices see
page 27

Reset

Set at zero with us! Come to rest and leave exhausting, unhealthy habits behind. Specifically combined treatments will balance your energy flow again and enable thorough regeneration.

In order to achieve new mental clearness, we will go into detail about your individual living conditions in a personal coaching. Together, we will work out opportunities for a long-lasting mindful dealing with your resources. After this “reset” you will return to your everyday life profoundly relaxed and holistically strengthened.

For all people sensing: ‹I need time for myself now!›

INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights	21 Nights	28 Nights
Fasting diet incl. revitalising meals up to 3 days	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
BIA-Measurement (see p. 44)	•	•	•	•	•
Classic massage (30 Min.)	•	•	••	•••	••••
Foot reflexologie massage (30 Min.)	•	•	••	•••	••••
Acupuncture massage according to Penzel (40 Min.)	•	••	••	•••	••••
Craniosacral therapy (60 Min.)	•	••	••	•••	••••
Individual-Coaching/Life counselling (45 Min.)	•	•	••	•••	••••
Relaxing and bracing infusion	•	•	••	•••	••••

- » Monday–Saturday inclusive-treatment: Hydrotherapy according to Kneipp, Weckbecker Colon Bath, Ergometer training, Potato package (see p. 14 | Easter Monday/ Whitmonday: Weckbecker Colon Bath only)
- » Weckbecker-“DoRest“-Program with exercise and relaxation offers, lectures and much more (see p. 12)

Appropriate laboratory diagnostics „Reset“: Identify vitamin and nutrient deficiencies and rule out organic causes for symptoms of exhaustion Price acc. to indiv. consultation

NOTE: If therapeutic fasting is not feasible from a medical point of view, conversion to veget. alkaline vital diet is possible at additional charge of 62,-€/day. Weckbecker colon bath will not apply.

Colon-Liver-Detox

The colon, the most important digestive and immune organ, and the liver are closely connected. Their condition can influence physical and mental health heavily. Stress, unhealthy diet and medication burden colon and liver. This Weckbecker cure relieves and strengthens both organs. We provide you with a pleasant detox treatment under best medical and therapeutic care – for a healthy metabolism and a stable immune system.

For people that have been eating and living <too well> for a long time and feel intuitively that it is necessary to deep clean the body - for a better physical and mental fitness.

INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights	21 Nights	28 Nights
Fasting diet incl. revitalising meals up to 3 days	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
BIA-Measurement (see p. 44)	•	•	•	•	•
Colon microbiome analysis including medical consultation	•	•	•	•	•
Upper body wash according to Dr. von Weckbecker	•••	••••	•••••	••••••• •••	••••••• •••••••
Personalised nutritional advice for gut health (50 Min.)	•	•	•	•	•
Teaching kitchen in a group	•	•	•	••	••
Purchasing training: Healthy eating	•	•	•	•	•
Colon massage (20 Min.)	•	••	••	•••	••••
Foot reflexology massage (30 Min.)	•	•	••	•••	••••
Weckbecker-Therapy (30 Min.)	•	••	••	•••	••••
Liver bracing infusion	•	•	••	•••	••••



- » Monday–Saturday inclusive-treatment: Hydropathy according to Kneipp, Weckbecker Colon Bath, Ergometer training, Potato package (see p. 14 | Easter Monday/ Whitmonday: Weckbecker Colon Bath only)
- » Weckbecker-“DoRest“-Program with exercise and relaxation offers, lectures and much more (see p. 12)

Appropriate laboratory diagnostics „Colon/Liver“: provides information on the extent to which digestive glands are stressed

Prices acc. to indiv. consultation

NOTE: If therapeutic fasting is not feasible from a medical point of view, conversion to veget. alkaline vital diet is possible at additional charge of 62,-€/day. Weckbecker colon bath will not apply.

From 2.371,-€
Prices see
page 28



The lymphatic system is responsible for the cleansing of our tissue and central component of our immune system. If the lymphatic system is overloaded, we gain weight. Calory counting alone does not help to lose weight.

Lymph, Weight & Diet

From 2.492,- €
Prices see
page 29

It is useful to specifically relieve lymphatic and connective tissue and to stimulate the kidney function in order to support a long-lasting effect of therapeutic fasting and dietary change. Our finely tuned therapy program helps you to regulate your weight, to achieve your goal of increasing your physical fitness and to learn a sustained healthy lifestyle.

Suitable for moderately overweighted people and especially for women who have gained weight during their menopause, as well as for people who have tried different diets unsuccessfully.

INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights	21 Nights	28 Nights
Fasting diet incl. revitalising meals up to 3 days	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
BIA-Measurement (see p. 44)	•	•	•	•	•
Cortisol-Profile	•	•	•	•	•
Foot reflexologie massage (30 Min.)	•	••	••	•••	••••
Lymph drainage (whole body, 60 Min.)	••	•••	••••	••••••	•••••• ••
Lymph and kidney supporting Infusion	•	•	••	•••	••••
Teaching kitchen in a group	•	•	•	••	••
Purchasing training: Healthy eating	•	•	•	•	•
Personalised nutritional advice (50 Min.)	•	•	••	••	•••



- » Monday–Saturday inclusive-treatment: Hydrotherapy according to Kneipp, Weckbecker Colon Bath, Ergometer training, Potato package (see p. 14 | Easter Monday/ Whitmonday: Weckbecker Colon Bath only)
- » Weckbecker-“DoRest“-Program with exercise and relaxation offers, lectures and much more (see p. 12)

Appropriate laboratory diagnosis „Lymph/Weight“: measures key metabolic values that may be responsible for impaired weight regulation Price acc. to indiv. consultation

NOTE: If therapeutic fasting is not feasible from a medical point of view, conversion to veget. alkaline vital diet is possible at additional charge of 62,-€/day. Weckbecker colon bath will not apply.



Osteo intensive

From 2.214,- €
Prices see
page 30

Pain, especially back and joint pain, is by no means always explained by degenerative changes in X-ray or MRI images. Instead, poor posture, unfavorable movement patterns, and metabolic stress („acidification“) due to an improper diet often play a key role. There are sometimes interactions with internal organs as well. Our therapists get to the bottom of these connections. The focus is on individually tailored and findings-based treatment, with the aim of achieving causal relief through new movement patterns and a relieved metabolism.

This approach is for all people with back and joint problems—provided that arthritic degenerative changes are not too advanced.

INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights	21 Nights	28 Nights
Fasting diet incl. revitalising meals up to 3 days	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
BIA-Measurement (see p. 44)	•	•	•	•	•
Physiotherapy (30 Min.)	••	•••	••••	•••••	•••••• ••
Osteopathy (60 Min.)	•	••	•••	••••	•••••• •
Personal Training (60 Min.)	•	•	•	•	•



- » Monday–Saturday inclusive-treatment: Hydrotherapy according to Kneipp, Weckbecker Colon Bath, Ergometer training, Potato package (see p. 14 | Easter Monday/ Whitmonday: Weckbecker Colon Bath only)
- » Weckbecker-“DoRest“-Program with exercise and relaxation offers, lectures and much more (see p. 12)

Appropriate laboratory diagnosis „Immune/Rheumatism“: provides information on whether the symptoms are caused by systemic rheumatic or chronic degenerative conditions Price acc. to indiv. consultation

NOTE: If therapeutic fasting is not feasible from a medical point of view, conversion to veget. alkaline vital diet is possible at additional charge of 62,-€/day. Weckbecker colon bath will not apply.

Fasting & Hiking in the Bavarian Rhön

From 1.775,- €
Prices see
page 32

Hiking on quiet paths at the heart of the picturesque Rhön – this is a place where you can find peace, free your mind and regain your strength. Our guided hikes are the perfect supplement to the fasting time: They help to gently train your cardiovascular system and activate your metabolism.

This package is perfectly suitable for patients that are, as to the rest, healthy, but with risk factors such as stress, lack of exercise or overweight. Discover with us new (life) paths for more pleasure and zest!

INCLUDED IN PACKAGE	7 Nights
Fasting diet incl. revitalising meals up to 3 days	7
Initial and exit examination	•
Foot reflexology massage (30 Min.)	•
Hydropathy according to Kneipp – adjusted acc. to your symptoms (alternating arm/foot/sitting baths with herbal adding, hot and cold affusions) (only Mon.-Sat., except Easter Monday/Whitmonday)	•••••
Guided hikes (6 to 12 km)	•••••

» Monday–Saturday inclusive-treatment: Hydropathy according to Kneipp, Weckbecker Colon Bath, Ergometer training, Potato package (see p. 14 | Easter Monday/ Whitmonday: Weckbecker Colon Bath only)

» Weckbecker-“DoRest“-Program with exercise and relaxation offers, lectures and much more (see p. 12)

DATES 2026: March 22.–29., April 26. to May 3., May 31.- June 7., June 28.- July 5., July 26.- August 2., August 23.–30., September 6.–13., October 4.–11., November 1.–8.

NOTE: If therapeutic fasting is not feasible from a medical point of view, conversion to veget. alkaline vital diet is possible at additional charge of 62,-€/day. Weckbecker colon bath will not apply.



Women's Health 40plus

From 2.267,- €
Prices see
page 31

For women over 40, the body and often the life situation undergo changes. Our therapy program offers targeted support to restore hormonal balance, alleviate menopause symptoms, and regain new vitality. Through soothing treatments and gentle methods, we bring body and mind into balance. One-on-one coaching on fitness, nutrition, and life questions provides personalized empowerment for reorientation during this phase. In this way, we accompany you on your journey to inner harmony and renewed well-being.



INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights	21 Nights	28 Nights
Fasting diet incl. revitalising meals up to 3 days	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
BIA-Measurement (see p. 44)	•	•	•	•	•
Shiatsu Massage (40 Min.)	•	••	•••	••••	•••••
Bracing and harmonising infusion	•	•	••	•••	••••
Personalised nutritional advice (50 Min.)	•	•	•	•	•
Teaching kitchen in a group	•	•	•	••	••
Purchasing training: Healthy eating	•	•	•	•	•
Personal-Training (60 Min.)	•	•	•	•	•
Individual coaching for reorientation (45 Min.)	•	•	••	•••	••••

- » Monday–Saturday inclusive-treatment: Hydropathy according to Kneipp, Weckbecker Colon Bath, Ergometer training, Potato package (see p. 14 | Easter Monday/ Whitmonday: Weckbecker Colon Bath only)
- » Weckbecker-“DoRest“-Program with exercise and relaxation offers, lectures and much more (see p. 12)

Appropriate laboratory diagnosis „Hormone status“: collects essential values that are relevant for the menopause

Price acc. to
indiv. consultation

NOTE: If therapeutic fasting is not feasible from a medical point of view, conversion to veget. alkaline vital diet is possible at additional charge of 62,-€/day. Weckbecker colon bath will not apply.

Weckbecker Fasting Mimicking Diet

NEW

From 2.362,- €
Prices see
page 32

Fasting mimicking diet (FMD) is an innovative and mild form of fasting that mimics the positive effects of traditional fasting without completely abstaining from solid food.

A reduced calorie intake and special nutrient composition of meals stimulate cell cleansing processes, reduce overweight and inflammation, and have a positive effect on metabolism and metabolic parameters. Combining this with selected therapies enhances its effectiveness.

The „Weckbecker Fasting Mimicking Diet“ thus offers a gentle introduction to fasting. It is particularly suitable for people who, for medical reasons, cannot undertake classic therapeutic fasting or have concerns about completely abstaining from solid food.



INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights
Fasting mimicking diet incl. revitalising meals up to 3 days	7	10	14
Initial and exit examination	•	•	•
Interim examination		•	•
BIA-Measurement (see p. 44)	•	••	••
Weckbecker-Therapy (30 Min.)	•	•	•
Upper body wash according to Dr. von Weckbecker	•••	••••	••••••
Personalised nutritional advice (50 Min.)	•	•	•
Teaching kitchen in a group	•	•	•
Purchasing training: Healthy eating	•	•	•



- » Monday–Saturday inclusive-treatment: Hydropathy according to Kneipp, Weckbecker Colon Bath, Ergometer training, Potato package (see p. 14 | Easter Monday/ Whitmonday: Weckbecker Colon Bath only)
- » Weckbecker-“DoRest“-Program with exercise and relaxation offers, lectures and much more (see p. 12)

Weckbecker Intermittend Fasting

From 2.028,- €
Prices see
page 33

The Intermittent Fasting Method: Combine the positive fasting effects with a delicious, healthy diet. You enjoy two meals of our Organic Alkaline Vital Diet per day. In the remaining hours you consume only water or tea. Your body starts the metabolic adjustment that is typical during fasting and initiates detoxing and repairing processes. The effect is supported by therapeutic treatments.



INDIVIDUAL NUTRITION CONSULTATION INCLUSIVE

At the beginning of your stay, you will decide together with our nutritional experts which meals you would like to replace with tea - based on your course of the day at home and on your personal needs and preferences. In order to do so, you will get individual tips on how to transfer the meal rhythm of intermittent fasting into your everyday life and how to form a new habit.

INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights
Full board: 2 x vegetarian Organic Alkaline Vital Diet, 1 x fasting diet	7	10	14
Initial and exit examination	•	•	•
Interim examination			•
BIA-Measurement (see p. 44)	•	•	•
Personalised nutritional advice (50 Min.)	•	•	•
Purchasing training: Healthy eating	•	•	•
Weckbecker-Therapy (30 Min.)	•	••	••
Hot-humid liver package („Potato Package“) (Mo-Sa, except Easter-/Whitmonday)	•••••	••••• ••	••••• •••••
Hydropathy according to Kneipp – adjusted acc. to your symptoms (alternating arm/foot/sitting baths with herbal adding, hot and cold affusions) (only Mon.-Sat., except Easter Monday/Whitmonday)	•••••	••••• ••	••••• •••••



» Weckbecker-DoRest-Program with exercise and relaxation offers, lectures and more. (see p. 12)





From 2.028,- €
Prices see
page 33

Weckbecker EnjoyTime

You want to do something for your health but cannot or do not want to fast? In that case, we recommend you our “Weckbecker EnjoyTime” with our vegetarian Organic Alkaline Vital Diet. Let us care for you and experience intense recovery. We offer you regenerating treatments for more energy and in order to strengthen your immune system. Our Organic Alkaline Vital Diet can be the beginning of a long-term healthier diet. Enjoy vegetarian creations that will thrill you every day anew.

For an intense gastrointestinal relieve, it is also possible to book this package as «Weckbecker EnjoyTime» with our organic alkaline vital diet.

INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights
Full board with our vegetarian Organic Alkaline Vital Diet	7	10	14
Initial and exit examination	•	•	•
Interim examination			•
BIA-Measurement (see p. 44)	•	•	•
Shiatsu massage (40 Min.)	•	••	••
Hot-humid liver package („Potato Package“) (Mo–Sa, except Easter-/Whitmonday)	•••••	••••• ••	••••• •••••
Hydrotherapy according to Kneipp – adjusted acc. to your symptoms (alternating arm/foot/sitting baths with herbal adding, hot and cold affusions) (only Mon.-Sat., except Easter Monday/Whitmonday)	•••••	••••• ••	••••• •••••

» Weckbecker-DoRest-Program with exercise and relaxation offers , lectures and more. (see p. 12)

Individual daily rate booking

Would you like our doctors to tailor your stay and treatment plan individually to your health needs? Then, of course, you can initially reserve only a room in the desired category at the daily rate. The fasting meals and up to three days of transition food are already included. Instead of the fasting meals, you can enjoy our vegetarian Organic Alkaline Vital Diet for an additional charge. In this case, the fasting meals will be excluded.

The treatments that are prescribed by the doctor after your arrival or requested by you (Mon – Sat, except Easter Monday/Whitmonday) can be booked on-site according to our price list.



INCLUDED IN PACKAGE

The following services are included with every daily rate booking:

- » Accommodation in the desired room category
- » Fasting meals, including revitalising meals for up to 3 days
- » Care by the medical centre
- » 24-hour medical on-call service (on-call services are charged)
- » Our extensive Weckbecker-DoRest program. For more details, see page 12.

In our clinic, the only mandatory procedures are the medical examinations at the beginning and end of the stay, as well as, if necessary, an interim examination depending on the duration of the stay.

In order for our treatment concept to take full effect, the minimum stay at our house is at least seven nights.

PLEASE NOTE:

If you require an itemised invoice for our services for reimbursement by your private health insurance or subsidy, we recommend booking on a daily rate basis.

If you have any food intolerances or allergies, please indicate this on the medical history form. At the beginning of your stay, you will receive a free consultation with our nutrition therapists regarding the possible clinic catering.

An individual diet can be booked at an additional cost. In the case of complex and multiple food allergies and intolerances, prior consultation with our doctors is required.



Room categories & prices (in EUR)

PACKAGE	WECKBECKER FASTING CURE CLASSIC				
	DURATION/NIGHTS	7	10	14	21
House I	Standard Forest Side 2. Person	1.961,- 1.825,-	2.697,- 2.503,-	3.695,- 3.429,-	5.364,- 4.978,-
	Standard Forest Side large	2.165,-	2.988,-	4.094,-	5.944,-
	Standard South Side	2.165,-	2.988,-	4.094,-	5.944,-
	Standard South Side large 2. Person	2.232,- 2.097,-	3.085,- 2.891,-	4.227,- 3.961,-	6.137,- 5.750,-
	Comfort East 2. Person	2.368,- 2.232,-	3.279,- 3.085,-	4.493,- 4.227,-	6.523,- 6.137,-
House II	Comfort South/West 2. Person	2.504,- 2.368,-	3.473,- 3.279,-	4.759,- 4.493,-	6.910,- 6.523,-
	Comfort Panoramic View South/West 2. Person	2.572,- 2.436,-	3.570,- 3.367,-	4.892,- 4.626,-	7.103,- 6.716,-
	Apartment South 2. Person	2.708,- 2.572,-	3.764,- 3.570,-	5.158,- 4.892,-	7.489,- 7.103,-
	Apartment Panoramic View South 2. Person	2.776,- 2.640,-	3.861,- 3.667,-	5.291,- 5.025,-	7.682,- 7.296,-
	Comfort-Apartment Panoramic View South/West 2. Person	2.844,- 2.708,-	3.958,- 3.764,-	5.424,- 5.158,-	7.876,- 7.489,-

Laboratory Fasting Cure
Prices acc. to indiv. consultation

NOTE REGARDING THE DURATION OF STAY

Individual extra nights can be booked with every package.
Prices for 28 nights can be found at: www.weckbecker.com

Room categories & prices (in EUR)

PACKAGE	RESET				
	7	10	14	21	
House I	Standard Forest Side 2. Person	2.347,- 2.212,-	3.263,- 3.069,-	4.468,- 4.202,-	6.523,- 6.137,-
	Standard Forest Side large	2.551,-	3.554,-	4.867,-	7.103,-
	Standard South Side	2.551,-	3.554,-	4.867,-	7.103,-
	Standard South Side large	2.619,-	3.651,-	5.000,-	7.296,-
	Standard South Side 2. Person	2.483,-	3.457,-	4.734,-	6.910,-
House II	Comfort East 2. Person	2.755,- 2.619,-	3.845,- 3.651,-	5.266,- 5.000,-	7.683,- 7.296,-
	Comfort South/West 2. Person	2.891,- 2.755,-	4.039,- 3.845,-	5.532,- 5.266,-	8.069,- 7.683,-
	Comfort Panoramic View South/West 2. Person	2.958,- 2.823,-	4.136,- 3.942,-	5.665,- 5.399,-	8.262,- 7.876,-
	Apartment South 2. Person	3.094,- 2.958,-	4.330,- 4.136,-	5.931,- 5.665,-	8.649,- 8.262,-
	Apartment Panoramic View South 2. Person	3.162,- 3.026,-	4.427,- 4.233,-	6.064,- 5.798,-	8.842,- 8.455,-
	Comfort-Apartment Panoramic View South/West 2. Person	3.230,- 3.094,-	4.524,- 4.330,-	6.197,- 5.931,-	9.035,- 8.649,-

Laboratory Reset
Prices acc. to indiv. consultation

NOTE REGARDING THE DURATION OF STAY

Individual extra nights can be booked with every package.
Prices for 28 nights can be found at: www.weckbecker.com

Room categories & prices (in EUR)

PACKAGE		COLON-LIVER-DETOX			
DURATION/NIGHTS		7	10	14	21
House I	Standard Forest Side 2. Person	2.371,- 2.235,-	3.153,- 2.959,-	4.238,- 3.972,-	6.075,- 5.689,-
	Standard Forest Side large	2.575,-	3.444,-	4.637,-	6.655,-
	Standard South Side	2.575,-	3.444,-	4.637,-	6.655,-
	Standard South Side large 2. Person	2.643,- 2.507,-	3.541,- 3.347,-	4.770,- 4.504,-	6.848,- 6.462,-
House II	Comfort East 2. Person	2.779,- 2.643,-	3.735,- 3.541,-	5.036,- 4.770,-	7.234,- 6.848,-
	Comfort South/West 2. Person	2.914,- 2.779,-	3.929,- 3.735,-	5.302,- 5.036,-	7.621,- 7.234,-
	Comfort Panoramic View South/West 2. Person	2.982,- 2.846,-	4.026,- 3.832,-	5.435,- 5.169,-	7.814,- 7.428,-
	Apartment South 2. Person	3.118,- 2.982,-	4.220,- 4.026,-	5.701,- 5.435,-	8.200,- 7.814,-
	Apartment Panoramic View South 2. Person	3.186,- 3.050,-	4.317,- 4.123,-	5.834,- 5.568,-	8.394,- 8.007,-
	Comfort-Apartment Panoramic View South/West 2. Person	3.254,- 3.118,-	4.414,- 4.220,-	5.967,- 5.701,-	8.587,- 8.200,-

Laboratory Colon/Liver
Prices acc. to indiv. consultation

NOTE REGARDING THE DURATION OF STAY

Individual extra nights can be booked with every package.
Prices for 28 nights can be found at: www.weckbecker.com

Room categories & prices (in EUR)

PACKAGE		LYMPH, WEIGHT & DIET			
DURATION/NIGHTS		7	10	14	21
House I	Standard Forest Side 2. Person	2.492,- 2.238,-	3.188,- 2.994,-	4.370,- 4.104,-	6.241,- 5.854,-
	Standard Forest Side large	2.695,-	3.479,-	4.769,-	6.820,-
	Standard South Side	2.695,-	3.479,-	4.769,-	6.820,-
	Standard South Side large 2. Person	2.763,- 2.509,-	3.576,- 3.382,-	4.902,- 4.636,-	7.014,- 6.627,-
	Comfort East 2. Person	2.899,- 2.645,-	3.770,- 3.576,-	5.168,- 4.902,-	7.400,- 7.014,-
House II	Comfort South/West 2. Person	3.035,- 2.781,-	3.964,- 3.770,-	5.434,- 5.168,-	7.786,- 7.400,-
	Comfort Panoramic View South/West 2. Person	3.103,- 2.849,-	4.061,- 3.867,-	5.567,- 5.301,-	7.980,- 7.593,-
	Apartment South 2. Person	3.239,- 2.985,-	4.255,- 4.061,-	5.833,- 5.567,-	8.366,- 7.980,-
	Apartment Panoramic View South 2. Person	3.306,- 3.053,-	4.352,- 4.158,-	5.966,- 5.700,-	8.559,- 8.173,-
	Comfort-Apartment Panoramic View South/West 2. Person	3.374,- 3.121,-	4.449,- 4.255,-	6.099,- 5.833,-	8.752,- 8.366,-

Laboratory Lymph/Weight
Prices acc. to indiv. consultation

NOTE REGARDING THE DURATION OF STAY

Individual extra nights can be booked with every package.
Prices for 28 nights can be found at: www.weckbecker.com

Room categories & prices (in EUR)

PACKAGE	OSTEO INTENSIVE				
	DURATION/NIGHTS	7	10	14	21
House I	Standard Forest Side 2. Person	2.214,- 2.078,-	3.089,- 2.895,-	4.270,- 4.004,-	6.261,- 5.875,-
	Standard Forest Side large	2.418,-	3.380,-	4.669,-	6.841,-
	Standard South Side	2.418,-	3.380,-	4.669,-	6.841,-
	Standard South Side large 2. Person	2.485,- 2.350,-	3.477,- 3.283,-	4.802,- 4.536,-	7.034,- 6.647,-
House II	Comfort East 2. Person	2.621,- 2.485,-	3.671,- 3.477,-	5.068,- 4.802,-	7.420,- 7.034,-
	Comfort South/West 2. Person	2.757,- 2.621,-	3.865,- 3.671,-	5.334,- 5.068,-	7.807,- 7.420,-
	Comfort Panoramic View South/West 2. Person	2.825,- 2.689,-	3.962,- 3.768,-	5.467,- 5.201,-	8.000,- 7.613,-
	Apartment South 2. Person	2.961,- 2.825,-	4.156,- 3.962,-	5.733,- 5.467,-	8.386,- 8.000,-
	Apartment Panoramic View South 2. Person	3.029,- 2.893,-	4.253,- 4.059,-	5.866,- 5.600,-	8.579,- 8.193,-
	Comfort-Apartment Panoramic View South/West 2. Person	3.097,- 2.961,-	4.350,- 4.156,-	5.999,- 5.733,-	8.773,- 8.386,-

Laboratory Immune/Rheumatism
Prices acc. to indiv. consultation

NOTE REGARDING THE DURATION OF STAY

Individual extra nights can be booked with every package.
Prices for 28 nights can be found at: www.weckbecker.com

Room categories & prices (in EUR)

PACKAGE		WOMEN'S HEALTH 40PLUS			
DURATION/NIGHTS		7	10	14	21
House I	Standard Forest Side 2. Person	2.267,- 2.131,-	2.992,- 2.798,-	4.141,- 3.875,-	5.907,- 5.521,-
	Standard Forest Side large	2.471,-	3.283,-	4.540,-	6.487,-
	Standard South Side	2.471,-	3.283,-	4.540,-	6.487,-
	Standard South Side large 2. Person	2.538,- 2.403,-	3.380,- 3.186,-	4.673,- 4.407,-	6.680,- 6.293,-
House II	Comfort East 2. Person	2.674,- 2.538,-	3.574,- 3.380,-	4.939,- 4.673,-	7.066,- 6.680,-
	Comfort South/West 2. Person	2.810,- 2.674,-	3.768,- 3.574,-	5.205,- 4.939,-	7.453,- 7.066,-
	Comfort Panoramic View South/West 2. Person	2.878,- 2.742,-	3.865,- 3.671,-	5.338,- 5.072,-	7.646,- 7.259,-
	Apartment South 2. Person	3.014,- 2.878,-	4.059,- 3.865,-	5.604,- 5.338,-	8.032,- 7.646,-
	Apartment Panoramic View South 2. Person	3.082,- 2.946,-	4.156,- 3.962,-	5.737,- 5.471,-	8.225,- 7.839,-
	Comfort-Apartment PanoramPanoramic View South/West 2. Person	3.150,- 3.014,-	4.253,- 4.059,-	5.870,- 5.604,-	8.419,- 8.032,-

Laboratory Hormone status
Prices acc. to indiv. consultation

NOTE REGARDING THE DURATION OF STAY

Individual extra nights can be booked with every package.
Prices for 28 nights can be found at: www.weckbecker.com

Room categories & prices (in EUR)



PACKAGE	FASTING & HIKING	WECKBECKER FASTING MIMICKING DIET			
		7	10	14	
DURATION/NIGHTS	7	7	10	14	
House I	Standard Forest Side 2. Person	1.775,- 1.639,-	2.362,- 2.226,-	3.156,- 2.962,-	4.122,- 3.856,-
	Standard Forest Side large	1.979,-	2.566,-	3.447,-	4.521,-
	Standard South Side	1.979,-	2.566,-	3.447,-	4.521,-
	Standard South Side large 2. Person	2.046,- 1.911,-	2.633,- 2.498,-	3.544,- 3.350,-	4.654,- 4.388,-
	Comfort East 2. Person	2.182,- 2.046,-	2.769,- 2.633,-	3.738,- 3.544,-	4.920,- 4.654,-
	Comfort South/West 2. Person	2.318,- 2.182,-	2.905,- 2.769,-	3.932,- 3.738,-	5.186,- 4.920,-
House II	Comfort Panoramic View South/West 2. Person	2.386,- 2.250,-	2.973,- 2.837,-	4.029,- 3.835,-	5.319,- 5.053,-
	Apartment South 2. Person	2.522,- 2.386,-	3.109,- 2.973,-	4.223,- 4.029,-	5.585,- 5.319,-
	Apartment Panoramic View South 2. Person	2.590,- 2.454,-	3.177,- 3.041,-	4.320,- 4.126,-	5.718,- 5.452,-
	Comfort-Apartment Panoramic View South/West 2. Person	2.658,- 2.522,-	3.245,- 3.109,-	4.417,- 4.223,-	5.851,- 5.585,-

NOTE REGARDING THE DURATION OF STAY

Individual extra nights can be booked with every package.
Prices for 28 nights can be found at: www.weckbecker.com

Room categories & prices (in EUR)

PACKAGE	ENJOYTIME/ INTERMITTEND FASTING			DAILY RATE/NIGHT	
	DURATION/NIGHTS	7	10	14	from
House I	Standard Forest Side 2. Person	2.028,- 1.892,-	2.844,- 2.650,-	3.849,- 3.583,-	149,- 129,-
	Standard Forest Side large	2.231,-	3.135,-	4.248,-	179,-
	Standard South Side	2.231,-	3.135,-	4.248,-	179,-
	Standard South Side large 2. Person	2.299,- 2.164,-	3.232,- 3.038,-	4.381,- 4.115,-	189,- 169,-
	Comfort East 2. Person	2.435,- 2.299,-	3.426,- 3.232,-	4.647,-4.381,-	209,- 189,-
House II	Comfort South/West 2. Person	2.571,- 2.435,-	3.620,- 3.426,-	4.913,- 4.647,-	229,- 209,-
	Comfort Panoramic View South/West 2. Person	2.639,- 2.503,-	3.717,- 3.523,-	5.046,- 4.780,-	239,- 219,-
	Apartment South 2. Person	2.775,- 2.639,-	3.911,- 3.717,-	5.312,- 5.046,-	259,- 239,-
	Apartment Panoramic View South 2. Person	2.843,- 2.707,-	4.008,- 3.814,-	5.445,- 5.179,-	269,- 249,-
	Comfort-Apartment Panoramic View South/West 2. Person	2.910,- 2.775,-	4.105,- 3.911,-	5.578,- 5.312,-	279,- 259,-

NOTE REGARDING THE DURATION OF STAY

Individual extra nights can be booked with every package.
Prices for 28 nights can be found at: www.weckbecker.com

For our guests with dog



For our guests who wish to bring their furry companions, we offer single and double rooms in an annex of House I for a stay with a dog:

- » Dependance Room small = corresponds to the price of the Standard Forest Side + Surcharge 15 €/night
- » Dependance Room large (bookable as a double room) = corresponds to the price of the Standard Forest Side large + surcharge 15 €/night
- » Dependance Room large with balcony (bookable as a double room) = corresponds to the price of the Standard South Side large + surcharge 15 €/night

Note: Our booking conditions for a stay with a dog can be found on our website.

Note: The photographs shown here are examples of rooms.

Seasonal times, price advantages & notes



PRISES AND SEASONAL TIMES

- » All prices in Euro
- » As of January 1st 2026, subject to price/schedule changes. Always up to date at: www.weckbecker.com

NOTE

- » If therapeutic fasting is not feasible from a medical point of view, conversion to veget. alkaline vital diet is possible at additional charge of 62,-€/day. Weckbecker colon bath will not apply.
- » In order for our treatment concept to be effective, a stay at our facility must be at least 7 nights.
- » Our traditional short winter break begins on 19 December 2026. We will be happy to be there for you again from 3 January 2027.

OUR SPECIALS FOR 2026



Save 10,- € per Night and Person on all packages and daily rate bookings:

- » Easter-Special from 29.03. to 18.04.2026
- » Summer-Special from 05.07. to 22.08.2026
- » Whitsun-Special from 17.05. to 30.05.2026
- » Winter-Special from 06.12. to 18.12.2026

RECOMMEND & SAVE!



You have been our guest and know how unique our house is? If you recommend someone who books with us for the first time, they will receive a 10,- EUR discount per night. For every night your recommended guest stays with us (from 7 nights), you will receive a credit of 15,- EUR.

INDIVIDUAL PRICES FOR STAY

Parking space (clinic ground)/day	6,- €
Parking space in garage/day	10,- €
Rental fee for Bathrobe (entire stay)	10,- €
Deposit for Thermos flask	30,- €

INDIVIDUAL PRICES FOR EXTRAS

Tourist tax per day (as of Oct. 2025)	2,50 €
Phone per call	0,30 €

House II: Our comfort rooms



COMFORT EAST:

Spacious and bright comfort room facing east, private balcony, shower, WC, TV, Wi-Fi, approximately 25 sqm.



COMFORT SOUTH/WEST:

Spacious and bright comfort room facing south/west on the 1st or 2nd floor, private balcony, shower or bathtub, WC, TV, Wi-Fi, approximately 25 sqm.



COMFORT PANORAMIC VIEW SOUTH/WEST:

Spacious and bright comfort room facing south/west on the 3rd to 6th floor, private balcony with panoramic view, shower or bathtub, WC, TV, Wi-Fi, approximately 25 sqm.

Note: The photographs shown here are examples of rooms.

House II: Our Apartments



COMFORT-APARTMENT PANORAMIC VIEW SOUTH/WEST:

Spacious apartment with plenty of space on the 3rd to 6th floor, two private balconies with panoramic views, two separate living areas (living room and bedroom), shower, two WCs, TV, Wi-Fi, approximately 45 sqm.

APARTMENT PANORAMIC VIEW SOUTH:

Spacious apartment with plenty of space on the 3rd floor, large south-facing panoramic balcony, two separate living areas (living room and bedroom), shower, WC, TV, Wi-Fi, approximately 45 sqm.



APARTMENT SOUTH:

Spacious apartment with plenty of space on the 2nd floor, large south-facing balcony, two separate living areas (living room and bedroom), bathtub, WC, TV, Wi-Fi, approximately 45 sqm.

Haus I: Our standard rooms



STANDARD FOREST VIEW:

Small room facing the forest, simple furnishings, shower, WC, TV, Wi-Fi, approximately 16 sqm.



STANDARD FOREST VIEW LARGE:

Larger room facing the forest, simple furnishings, shower, WC, TV, Wi-Fi, approximately 20 sqm.



STANDARD SOUTH SIDE:

Small room facing the south, simple furnishings, shared balcony with a beautiful view, shower, WC, TV, Wi-Fi, approximately 16 sqm.

STANDARD SOUTH SIDE LARGE:

Larger room facing the south, simple furnishings, shared balcony with a beautiful view, shower, WC, TV, Wi-Fi, approximately 20 sqm.

Note: The photographs shown here are examples of rooms.

Our extensive therapie offerings

Our experience shows that the combination of therapeutic fasting or healthy nutrition with natural healing therapies provides the best possible foundation for alleviating both acute and chronic complaints.

With our highly qualified team, which is continuously further trained according to the latest medical and scientific findings, we are able to offer a very wide range of effective therapies. This allows us to not only respond individually to the patient's specific complaints but also to adjust our approach daily based on their condition.

Our therapists not only undergo continuous professional development themselves but also train others: We are an Academic Teaching Institution for Physiotherapy of the Fulda University of Applied Sciences.

Please note that the therapy time you book includes the time required for undressing and dressing the treated body parts, as well as disinfection and documentation.

Weckbecker-Specials

WECKBECKER COLON THERAPY

The gentle colon hydrotherapy developed by Dr. Erich von Weckbecker makes fasting particularly effective and pleasant: hunger sensations quickly disappear, and initial headaches are alleviated. Warm water is introduced in small portions under controlled pressure to flush the colon. Metabolic waste products, as well as putrefactive and fermentative substances, are flushed out. This helps the colon to rebuild a healthy gut flora. Additionally, the colon's muscles and nervous system are stimulated.

39,- €

plus material costs

WECKBECKER-THERAPY (30 MIN.)

The Weckbecker Therapy is a tribute to the founder of our clinic, Dr. Erich von Weckbecker, and comprises a combination of therapies that particularly support the fasting process. It is a combination of massages of the small and large intestines, osteopathic techniques, foot reflexology massage and acupuncture-meridian-massage – customised to your symptoms.

68,- €

Holistic therapies

OSTEOPATHY

Probably the most holistic form of treatment, as it combines techniques of manual and craniosacral therapy, visceral (organ) treatment, nerve mobilization as well as muscle and fascia techniques.

Osteopathy (40 Min.) 115,- €

Osteopathy (60 Min.) 164,- €

CRANIOSACRALE THERAPIE

The CST is a branch of the osteopathic therapy. It involves gentle manipulations of cranium and sacrum. These have an impact on tissue and body fluids and, thus, cure existing malfunctions of the organism.

Craniosacral therapy (40 Min.) 115,- €

Craniosacral therapy (60 Min.) 164,- €



Massages

CLASSIC MASSAGE

Classic massage (30 Min.)	62,- €
Classic massage (45 Min.)	80,- €
Classic massage (60 Min.)	95,- €

FURTHER MASSAGES

Connective tissue massage (20 Min.)	45,- €
Cupping massage (30 Min.)	59,- €
Colon massage (20 Min.)	45,- €

SHIATSU-MASSAGE

Shiatsu – literally translated as ‘finger pressure’ – is a manual treatment method from Japan. Gentle pressure is applied with the hands to the energy pathways (= meridians) and blockages that impair the flow of energy are harmoniously released. This can both relieve pain and promote relaxation.

Shiatsu-Massage (40 Min.)	78,- €
Shiatsu-Massage (60 Min.)	116,- €

FOOT REFLEXOLOGY MASSAGE

Stimulates and balances. When people suffer from pain, organic functional disorders or a general discomfort, they automatically adopt a specific (relieving) posture that, eventually, has to be compensated by the feet. Hence, always the same muscles of foot and calf are used, and petrify due to the constant overload. In this way, the therapist is able to draw conclusions about the difficulty. If these hardenings are loosened, it is possible to improve chronic issues considerably.

Foot reflexology massage (30 Min.)	65,- €
Foot reflexology massage (45 Min.)	82,- €

ACUPUNCTURE MASSAGE ACCORDING TO PENZEL®

It compensates energetic imbalances. Especially suitable in case of pain syndromes and functional afflictions such as insomnia and inner unrest.

Acupuncture massage (40 Min.)	100,- €
Acupuncture massage (60 Min.)	116,- €

MASSAGE ACCORDING TO BREUSS (30 MIN.)

The energetic stroking massage with amber oil causes deep relaxation throughout the body. Particularly recommended for people with high workload and stress. Especially in case of chronic and acute back pain as well as in preparation for the therapy according to Dorn.

Physical therapies

PHYSIOTHERAPY (30 MIN.)

Therapy to support the body's physiological functions in order to alleviate acute or chronic pain and to prevent it over the long term with the use of various exercises and muscle building techniques.	60,- €
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MANUAL THERAPY (30 MIN.)

The Manual therapy is a special form and additional training of physiotherapy, which is specifically used to treat functional disorders of the locomotor system (joints, muscles and nerves). It is pain-relieving and helps in case of locomotor disorders and impairments. It is our aim to recover the harmonious interaction between joints, muscles and nerves.	70,- €
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LYMPH DRAINAGE

The lymphatic system is our detox and drainage system. Frequently, however, it is overstrained with its permanent work. The therapist moves his hands smoothly in stroking, shoving and vibrating movements, which stimulates the lymph system. This does not only provide draining functions but also relieves in case of headache/migraine, tinnitus, chronic sinusitis and venous insufficiency.

Lymph drainage (30 Min.)	59,- €
Lymph drainage (60 Min.)	98,- €

JAW JOINT THERAPY (30 MIN.)

Malpositions or false strain of the jaw joint, that is manifested as pain or constant jaw clicking, have impact on the whole body. Effects of a Craniomandibular Dysfunction (CMD) can be, for instance, facial pain, headache, neck and back pain, vertigo, visual complaints or tinnitus. The therapy treats the cause of the symptoms which often is a malfunctioning posture of the both jawbones or tensions in the masticatory muscles.	59,- €
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THERAPY ACCORDING TO DORN (30 MIN.)

Straightening the spine leads to a relief of blockages and associated pain. The Dorn therapy is particularly focused on potential pelvic obliquity.	57,- €
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FURTHER PHYSICAL THERAPIES

Fascia Stimulation therapy (20 Min.)	48,- €
Kinesio-Taping	42,- €
Trigger-Point therapy (30 Min.)	60,- €
Stimulation current therapy	27,- €
Ultrasonic therapy	27,- €

Sport- and movement therapy

SPORT- AND MOVEMENT THERAPY

Ergometer training/Exercise therapy (20 Min.)	20,- €
Motomed training (20 Min.)	20,- €
Personal training/One-on-one training (60 Min.)	95,- €

MILON®-CIRCUIT

Training in the Milon® circuit is particularly efficient and time-saving. In just a few minutes, you can train all major muscle groups of the arms, torso, and legs. The devices use electronic resistance instead of weights, allowing for seamless adjustment to any training level, from beginners to professional athletes. The individual settings of each device are stored on a chip card, so after an initial orientation by the sports therapist, you can train independently. An orientation or training check before each use is mandatory.	29,- €
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Hydrotherapy, applications and packs

HYDROPATHY ACCORDING TO KNEIPP

A timeless, proven and scientifically recognized method to stimulate circulation and metabolism. The alternation between warm and cold water strengthens the cardiovascular and immune system. Additional therapeutic effects are achieved through various herbal additives, such as rosemary, lemon balm or horsetail.

Hot & cold affusions (arm, thigh, knee, chest)	20,- €
Neck affusion	27,- €
Lumbal affusion	27,- €
Hot & cold affusion with body spiral	27,- €
Full body affusion	37,- €
Face affusion	16,- €
Base foot bath	20,- €
Base full bath	37,- €
Hot & cold foot/arm bath	20,- €
Hot & cold sitting bath	20,- €
Full bath with herbal additives	37,- €

UPPER BODY WASH ACCORDING TO DR. VON WECKBECKER

The upper body wash, following the tradition of Dr. von Weckbecker, stimulates circulation, particularly in the heart and lung areas, activates metabolism and circulation, and provides relief from nervousness and low spirits. This is often followed by deep relaxation. The wash, including the wrap, takes place in the early morning in your room.

APPLICATIONS AND PACKS

Hot and humid liver package	20,- €
Leg compress, one leg	25,- €
Leg compress, both legs	37,- €
Chest compress	26,- €
Body compress	26,- €
Neck compress	20,- €
Add-on to compress	individual
Kneipp stockings instruction	26,- €
Kneipp stockings	45,- €



1:1-Training package

INDIVIDUAL & PERSONAL

Moving, staying active, and feeling fit – sometimes professional support is needed for that. With our additional offer, you can complement your stay with intensive one-on-one care from our sports therapists. Whether you are a beginner looking to integrate light exercise into your daily routine, aiming to get back into regular training, or seeking to optimize your usual workout, a sports assessment at the beginning will serve as the foundation for your training program.

In the following personal one-on-one training sessions, you will receive exercise instructions tailored therapeutically to your needs and goals. Additionally, you will receive customized training plans that extend beyond your stay at the clinic, typically including elements of strength, endurance, flexibility, and coordination. With our personal training package, gain a new body awareness and rediscover the joy of movement!

The 1:1 training package can be added to all arrangements and individual stays (excluding Fasting & Hiking). Including a pre-booking option for our movement and relaxation group courses from the „DoRest“-Program.



INCLUDED IN PACKAGE	7 Nights	10 Nights	14 Nights	21 Nights
At the beginning of the stay: Sports medical history of health conditions, determination of training goals and creation of a training plan	•	•	•	•
Personal one-on-one training (60 minutes) – individually tailored, alternating between regenerative and strengthening exercises based on the „DoRest“-Program	••	•••	••••	•••••
Individual introduction to Milon® circuit training	•	•	•	•
Repetition/deepening of the exercises, review of training goals, and creation of a training plan for home	•	•	•	•
Price	349,- €	435,- €	499,- €	569,- €

Bookable only
after a stay
at our clinic

Weckbecker Online-Coaching: Follow-up care for your new lifestyle

During our stay at our clinic, we were able to take the first steps together to make your daily life healthier and less stressful. To support you in the long-term implementation and achieve a lasting positive impact on your health, our experts from the fields of nutrition and pastoral care & psychology are available to you online.

You can determine the content of the video consultations yourself—tailored to your individual desires for change, health goals, and personal challenges in adopting a healthier lifestyle. This service is only available after a clinic stay.

PERSONALIZED NUTRITION CONSULTATION

Let us accompany you on your journey to a long-term healthier diet. In one-on-one sessions, our nutrition therapists will address your questions and topics in detail, such as:

- » Practical bland diet for acute gastrointestinal issues
- » Alleviating chronic conditions and complaints through proper nutrition
- » Healthy and sustainable weight regulation
- » Easy step-by-step transition to healthier eating habits
- » Quick and simple recipes from alkaline cuisine
- » Replacing unhealthy foods without sacrificing enjoyment
- » Guidelines and tips for (intermittent) fasting and detox-days

COSTS

Personal online coaching (30 Min.)	58,- €
Personal online coaching (50 Min.)	95,- €

COACHING SUSTAINABLE CHANGE

Change is a process and requires a mindful, reflective approach to oneself and one's life situation. In a one-on-one coaching session, our pastoral care & psychology team will support you with your personal challenges in making sustainable lifestyle changes and will work with you to address the following questions:

- » What changes have I successfully made, and what has been left behind?
- » What were the key factors in this process?
- » Where do I stand now, and how do I want and can I proceed in this process?

COSTS

Personal online coaching (45 Min.)	90,- €
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Prices for medical treatments and applications

Our goal is to offer you not only medical care but also a wide range of individual treatments and diagnostics, all based on the latest scientific findings.

Follow-up checks are intended to monitor the progress of therapy and make adjustments where necessary. Together with you, we aim to not only treat symptoms but also to get to the root causes in a sustainable way.

Our medical examinations & treatments

(Billing is based on the German Scale of Medical Fees (GOÄ), and any additional services provided are billed at the applicable rates.)

MEDICAL SERVICES (EXCERPT)

Initial examination (mandatory)

Creation of the treatment plan (mandatory)

Creation of the diet plan

Final examination (mandatory)

Follow-up examination/progress check

Homeopathic initial anamnesis / TCM anamnesis

Homeopathic follow-up treatment

MISCELLANEOUS

Medical report

Medical diagnostic report (External laboratory)

Fee for short certificate

Fee for prescription issuance

MEDICAL DIAGNOSTICS

Resting ECG

Ultrasound (Abdomen)

SPECIAL THERAPIES

Bloodletting plus material costs

Acupuncture based on effort

Autologous blood treatment including blood collection (plus material costs)

Injection s.c./i.m. plus medication

Injection i.v. plus medication

Infiltration of a body region plus medication

Infiltration of multiple body regions plus medication

Chiropractic manipulation of the spine

LEECH THERAPY

Treatment with leeches is one of the oldest methods of treatment in medicine. When a leech bites and sucks blood, it transfers a range of healing substances to the patient.

Billing is based on the GOÄ (German Medical Fee Schedule) plus material costs.

BIA-MEASUREMENT (BIOELECTRICAL IMPEDANCE ANALYSIS)

BIA measurement (bioelectrical impedance analysis) is a modern method for determining body composition, such as the distribution of muscle mass, fat and water, as well as the proportion of visceral fat. For early detection of health risks and better planning of training and nutrition strategies. Includes medical consultation.



70,- €

Measuring success with medical advice

50,- €

Diagnostics

Modern laboratory diagnostics can help identify the causes of complaints and detect potential risk factors at an early stage. However, due to budget constraints, today's publicly funded medical care often offers only limited laboratory diagnostics.

At the Malteser Klinik von Weckbecker, you have the opportunity to undergo not only the standard laboratory tests but also specialized examinations that provide additional information about your health status.

The diagnostic parameters can be individually tailored, for example, to focus on key organs, a health check for the intestines (stool examination), or expanded cardiovascular risk factors.

(Prices according to individual consultation upon request)

LABORATORY PACKAGES

Fasting Cure
(the obligatory fasting laboratory package)

Reset
(detects deficits in vitamins and in vital minerals and exclude organic causes of exhaustion symptoms)

Colon/Liver
(provides an indication to what extent digestive glands are burdened)

Lymph/Weight
(provides essential metabolic figures that can be causal for a dysfunctional weight regulation)

Immun/Rheuma
(provides information on whether systemic, rheumatic or chronic degenerative problems are reason for complaints)

Hormone profile

MAJOR CHECK-UP

An overview about the most important organs and risk factors.

ANALYSIS OF THE GUT MICROBIOME



Examination of the intestinal flora: provides information about relevant disorders that may cause or contribute to symptoms.

Infusion programs

With the use of our infusion programs we want to activate your self-healing forces. Adjusted to your personal medical needs, infusions can strengthen your immune system, support your cardiovascular/lymphatic system and balance deficits in vitamins and in vital minerals.

The Infusions are predominantly made of well-chosen complex homeopatics, amino acids and vitamin/mineral mixtures.

(Prices on request)

Reset
(enables the body to 'restart' by supporting and revitalising its most important systems)

Detox
(supports the detoxification of the body and restores its balance after strain, stress or an unhealthy lifestyle)

Immune Boost
(strengthens the immune system, mobilises the body's defences and supports regeneration)

Blood circulation
(improves blood circulation and cardiovascular function, supports vascular and heart health)

Lymph
(promotes lymph flow and metabolism, reduces inflammation and supports detoxification processes)

In addition, we offer comprehensive specialized laboratory medicine for individual health issues. Doctors and the MedCenter will be happy to advise you.



Fasting cure, nutrition & diatetics



Andrea Chiappa

Andrea Chiappa – Head of the department for nutrition

“A fasting cure, respectively the switch to an alkaline and vegetable oriented nutrition, is the requirement for our body to be able to allow the therapies and naturopathic treatments, that are part of the clinic’s programs, to take their full effects,” says Andrea Chiappa, qualified ecotrophologist and head of the nutritional department. For a permanent effect, the nutritional therapists show our patients how it is possible to keep up a healthier nutrition also in everyday life – with the help of kitchen trainings, one-on-one conversations, lectures and shopping trainings. Together with kitchen and service, the team wants to demonstrate that there is no discrepancy between healthy nutrition and enjoyment.

WECKBECKER FASTING CURE

Included in all our fasting packages and in the daily rate:

- » Fasting board (organic vegetable juices and fasting broths or milk and bread rolls, organic teas, and water) and revitalising meals for up to 3 days
- » Conversational circle “fasting and after fasting”
- » Care by the medical centre
- » 24 hour medical on-call service (on-call services are charged)

OUR VEGETARIAN ORGANIC ALKALINE VITAL DIET

We use premium organic and/or local food for our alkaline cuisine and prepare our meals freshly and gently. These foods are high in minerals such as potassium, calcium and magnesium and are, henceforth, considered to be “alkaline creators”. In this way, our body is well supplied with a high density of vital compounds and secondary plant substances. As these ingredients are mostly contained in vegetables, lettuce and fruits, our meals are vegetarian oriented – contrary to a protein-rich and therefore acid-forming diet. Detoxing and purging processes are set into motion, the metabolism is activated and the immune system is strengthened. All components of the menus are finely handcrafted by ourselves.

NUTRITION & DIETETICS

veget. organic alkaline vital diet	75,- €/day
veget. organic alkaline vital diet with focus on weight reduction	62,- €/day
veget. organic alkaline vital gentle diet	65,- €/day
veget. organic alkaline vital gentle diet with focus on weight reduction	52,- €/day
Intermittend fasting**	ab 43,- €/day
Surcharge for individual diets (allergies and intolerances or vegan)	15,- €/day

No refund of meals that were not taken.

** Surcharge; in case of package bookings, fasting board and Weckbecker Colon Bath will not apply; in case of bookings according to daily rate, the fasting board will not apply.

** billing on partaken meals

KITCHEN TRAINING IN A SMALL GROUP

You learn how to prepare delicious recipes from our Organic Alkaline Vital Diet and get tips and tricks from the nutrition experts for healthy, quick cooking in everyday life.

Watching	35,- €
Participating	35,- €

PURCHASING TRAINING IN A SMALL GROUP

After this excursion to our local supermarket, you will know how to compare groceries, ingredient lists and ingredients at one glance and how to make the healthier choice - without renouncing taste and enjoyment. You obtain precious knowledge about traps at supermarkets, organic labels and «secret ingredients».

PERSONALIZED NUTRITION CONSULTATION (50 MIN.)

In personalized nutrition therapy counseling, your specific symptoms, individual constitution, as well as your personal biography and life situation are carefully examined. Based on this, you will work together with the nutrition therapists to develop tailored nutritional strategies for your daily life, aimed at improving your health and well-being.

FOLLOW-UP NUTRITION CONSULTATION (30 MIN.)

Based on the strategies developed during the initial consultation, you will receive in-depth knowledge and additional valuable tips for a balanced, nutrient-rich diet.



„Healthy food is – just like laughing and being in love – food for our soul. It makes us happy!“

Life coaching & mindfulness – the ideal supplement to fasting



Anne Hartmann

Anne is a qualified theologian and analytical psychologist in training and head of the pastoral care and psychology department at the clinic.

For many years, she and her team have offered courses on topics such as mindfulness, resilience, burnout prevention, menopause, and coping with crisis. In her experience, the stay at the clinic is especially healing for many people because it allows them to gradually gain distance from their everyday life.

„This distance allows for reflection, contemplation, and reorientation in relation to one’s life situation,“ says Anne Hartmann. „We accompany the guests in one-on-one conversations or in groups, through courses, discussion rounds, and meditative offerings. Together with the knowledge of the various experts at the clinic and the effects of therapeutic fasting, a helpful and effective experience can be created, providing strength, confidence, and new perspectives for everyday life.“

CARE OF SOULS & LIFE COACHING

Life counsel (45 Min.)	free
Online one-on-one coaching/ life coaching for follow-up (45 Min.)	90,- €

In the holistic concept of Weckbecker, health in its comprehensive sense includes not only the physical but also the mental and emotional aspects. In our modern times, the greatest challenges lie here: dealing with too many and too high demands, chronic time pressure, the constant „musts,“ and the resulting feelings of overwhelm, exhaustion, and living in „autopilot“ mode.

With our weekly offerings in the areas of mindfulness, spirituality, and meditation as part of the free Weckbecker-DoRest program (see page 12), we aim to support you in learning a calm, reflective, and grounded approach to life’s challenges.

In addition, you will find the opportunity for a moment of spiritual rest at any time in our in-house chapel. The pastoral care and psychology team invites you to join in daily midday prayers, evening services, and Taizé prayers. Group offerings such as healing singing, Bible discussions, and more provide additional space for community and exchange.



SYSTEMIC CONSTELLATION

Constellation session in a one-to-one conversation (max. 90 Min.)

130,- €

„A system is a whole. Each part is connected to every other part in such a way that any change in one part causes a change in the whole.“ (Virginia Satir)

Systemic constellations are a method that makes it possible to reveal and resolve previously invisible or difficult-to-grasp disruptions within an existing system. The members of a system, e.g. a family, an organisation or a company, are positioned individually (= set up) and placed in relation to one another.

The constellation session takes place in a one-to-one conversation. At the beginning, your specific concern is worked out and, on this basis, a joint decision is made as to which form of constellation is most suitable. This can be done using figures, with the help of symbols or entirely imaginatively.

Depending on the type of constellation, the situation is then viewed from the outside, with representatives taking up different positions and changing them if necessary. In this way, new perspectives on the systems in place, the position of the members and one's own role can emerge, and impulses for action can be derived.

You can find all the services offered by our Pastoral Care & Psychology department at: www.weckbecker.com



Our beauty treatments & medical pedicure

We use high-quality care products in line with our holistic philosophy.

In accordance with our Weckbecker concept, we offer our patients cosmetic facial and body treatments as well as pedicure. For example, support your skin metabolism during therapeutic fasting or dietary changes, bring your skin back into balance with individually tailored care or enjoy soothing care treatments from head to toe. We use certified organic natural cosmetics from Dr. Joseph or dermatologically tested, extremely skin-friendly quality products from Maria Galland. Look forward to special indulge moments with exquisite, natural ingredients. And a feeling of well-being that works from the outside in.

CLASSIC FACIAL TREATMENT (60 MIN.)

Individual harmonious caring ritual geared to your skin type and your skin's needs. For a visibly fresh, cleaned and even skin texture.

79,- €

FOR MEN – POWER FACIAL TREATMENT (60 MIN.)

Active ingredients and deep cleansing tailored to men's skin needs, rounded off with a revitalising massage. For a well-groomed appearance and fresh skin.

79,- €

FACIAL TREATMENT INTENSIVE & VITAL-LIFTING (80 MIN.)

Great anti-aging caring ritual with instant effect active ingredients, modulating, smoothing special masks and massages.

99,- €

Tip: Intensive Vital-Facelift: Special liftingstructure- modellage by Maria Galland in addition to Vital-Facelift

35,- €

BEAUTY TREATMENT FOR FACE AND BODY (180 MIN.)

Switching off and waking up rejuvenated and refreshed from head to toe. Products with depth effect, special massages as well as facial and body wraps give you a relaxed luxury feeling. This is the basis for a visible and palpable skin effect.

199,- €

GUA SHA FACIAL TREATMENT (90 MIN.)

In this anti-aging treatment with Obsidian Gua Sha stones, elements of Traditional Chinese Medicine (TCM) are combined with highly effective natural ingredients. The thoughtful treatment processes act like a fountain of youth for the skin and overall well-being. Look forward to your new, fresh, and rejuvenated appearance!

134,- €

ANTI-AGEING SKINCARE TREATMENT FOR FACE, CHIN, NECK AND DEKOLLETE (120 MIN.)

Intensive beauty programme for tired, stressed and sagging skin. With three different special masks to revitalise the skin on the face, chin, neck and décolleté.

149,- €

BODY TREATMENT CLEANSING & ANTI-CELLULITE (60 MIN.)

Supports the detoxification of the skin, works against cellulite and tightens and shapes the body contours.

84,- €

Tip: Book a body scrub in addition to this treatment (30 Min.) 32,- €

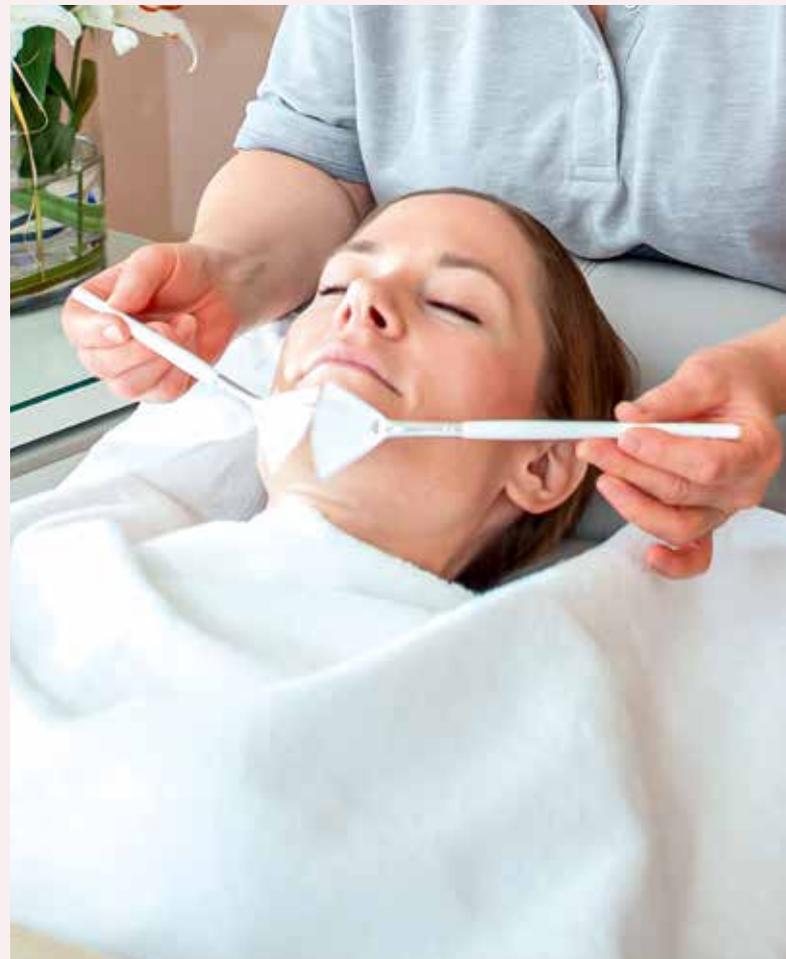
PEDICURE (45 MIN.)

Our pedicure contains extensive professional treatments, i. a. removal of ingrown nails and callous as well als the treatment of pressure marks. A finishing classical foot massage ensures an all round good foot feeling. Nail polish possible at a premium. Also suitable for diabetics.

52,- €

NOTE

During complimentary consultation hours, our beauticians will recommend suitable facial and body treatments as well as care products from the cosmetic lines we use, which can also be purchased from us.





A day at **Weckbecker**

A day at our clinic gives you plenty of time for yourself and for the things you've long wanted to do for your well-being. Far from everyday life, you can find peace and relaxation, turn inward, move your body, eat healthily, exchange valuable inspiration with experts and like-minded individuals, and recharge your energy in unspoiled nature. Throughout, you'll be fully cared for, enjoying the comfort of medical supervision and soothing treatments for both body and mind. Each day with us is a holistic „reset,“ allowing you to reconnect with yourself, enabling physical regeneration, and opening the door to a healthier life.

IN THE MORNING

To start your day mindfully and with renewed energy, you can choose from our wide range of movement and relaxation classes. For example, you can begin with guided gentle mobilization and breathing exercises outdoors, barefoot walking in the morning dew, or with aquafitness, fascia training or yoga.

An integral part of every therapeutic fasting stay in our clinic is the daily ergometer training in the morning, to activate your cardiovascular system and detoxification processes. Depending on your fasting or nutrition plan, you will then replenish yourself with a freshly pressed vegetable juice or a delicious breakfast from our vegetarian Organic Alkaline Vital Diet.

AT NOON

Therapeutic treatments such as physiotherapy, osteopathy and massage are individually tailored to your needs. Water treatments based on Kneipp's methods are also selected according to their effects: for example, activating baths, warming douches or the upper body wash, which has a stimulating and relaxing effect at the same time and was a traditional complementary treatment to therapeutic fasting since the time of the clinic's founder, Dr. von Weckbecker. Likewise, the daily Weckbecker colon bath, a special feature of our clinic, helps alleviate hunger pangs and headaches that may occur during fasting and supports the regeneration of the intestines. You can look forward to the particularly soothing effects that arise from the combination of all our therapeutic treatments.

Before we serve you your freshly prepared lunch in the fasting or dining room, we warmly invite you to our in-house chapel for midday prayer. A valuable moment of rest for the body and soul.

For the midday rest, the hot and humid liver pack („Potato Package“) is the ideal complement. While you enjoy a relaxing nap, the pack supports the organ in its digestive and detoxification work, there-by enhancing the fasting effect.



IN THE AFTERNOON AND EVENING

In the afternoon and evening, you have access to additional offerings from our „DoRest Program“: Whether it's Nordic walking, Qi Gong, or creative painting – choose what feels best for you! A long walk in the forest or a guided hike with panoramic views over the meadows and forests of the Rhön can start directly on the clinic grounds. Alternatively, you can participate in lectures, individual consultations, and group courses with our doctors and experts to get answers to your personal health questions.

To end the day, you can enjoy our swimming pool and fitness area, retreat to our expansive sauna landscape for relaxation or visit our beauty salon for a head-to-toe wellness experience. An evening walk or guided relaxation and meditation session will help you take a deep breath and unwind. This way, you'll easily transition into a peaceful, restorative sleep.





Weckbecker.

My quiet place in nature.

The Malteser Klinik von Weckbecker is located on the outskirts of the idyllic little town Bad Brückenau in the heart of the Bavarian Rhön. The quiet location along the southern slope gives you a wonderful panorama view of the valley and the surrounding meadows and woods. It is the perfect place to experience unspoiled nature and to let it help you find repose and strength.

Nestled in a green space with a large lawn, on-site herb garden and meadow orchard, our clinic is adjacent to extensive woodlands. This is right where we start our guided hikes and Nordic Walking tours. Enjoy the view on the picturesque landscape of the low mountain range when crossing impressive paths and enjoy the curative nature! You can lend Nordic Walking poles and bikes in order to explore the bikeways of the surrounding country. In the nearby Staatsbad, you can discover the local flora and fauna while playing golf in a unique nature golf course. Three other golf courses are within a 30 kilometre radius. As our guest, you will receive a 10% discount on the green fee for the course in the nearby town of Bad Kissingen.

The spa town Bad Brückenau once became popular with its seven healing springs and features an recognized drinking cure today. Another enjoyment is the Staatsbad which is 3 kilometres away and carries its visitors' minds back to the times of King Ludwig I with beautiful castle grounds and magnificent buildings.

Our clinic is located in the heart of the unique natural region Rhön which was recognised as UNESCO biosphere reserve and as, consequently, particularly worthy of protection in 1991. The distinctive smooth hills and great valleys are known as the "country of open distance". Since 2014, the region, an "international stellar park", has also been supporting the protection of natural nightscapes. You can experience the Rhön's extraordinary starlit sky on guided stellar tours.

Look forward to your timeout in the vast and energizing countryside of the Bavarian Rhön!



General information regarding the reimbursement of costs for statutory or private health insurance and patients who are entitled to receive allowance

Statutory health insurances

STATIONARY MEASURE FOR REHABILITATION AND PREVENTION*

The Malteser Klinik von Weckbecker is a specialist hospital for prevention and rehabilitation and has a care contract according to § 111 SGB V. People with a statutory health insurance are able to make use of a therapy after obtained approval – if the statutory health insurance is responsible for the rehab measure. In case of approved therapy, the health insurance will be invoiced directly for the necessary medical therapies. The legally defined own share of 10,- € per day will be charged to your debit. The hospital and nursing charges include the room category of House I. If you wish to book a stay in House II, we will charge the surcharge to your debit.

AMBULANT PREVENTIVE CHECKUP*

Usually, you are entitled to an ambulant spa therapy every 3 years. Costs for the medical treatment by the spa physician are fully reimbursed by the health insurance according to § 23 Abs. 2 SGB V. The health insurance does not pay for surcharges of the inpatient treatment at our clinic (mandatory initial examination, follow-up/ interim and exit examination). These surcharges will be charged to your debit. Up to 90 % of cure remedies and chargeable treatments can be reimbursed. Further costs such as accommodation, board or transfer can be reimbursed with up to 13,-€ per day. Statutory copayments have to be paid at the clinic.

Financial assistance

The Malteser Klinik von Weckbecker is entitled to receive allowance according to the regulations of the ordinance for financial assistance, and meets the requirements in accord with § 107 par. 2 SGB V. The granting stations of the different states share costs in different amounts. The clinic is approved according to § 30 of the trade regulation act and is amenable to supervision of the local health authority. **Application for permit must be agreed with the responsible aid office and the confirmation of cost coverage must have arrived in written form 14 days prior to your arrival.**

Private health insurances

Due to the fact that private health insurances consider the Malteser Klinik von Weckbecker as a sanatorium, they only reimburse costs if you have concluded a special tariff with your provider. Medical and diagnostic services are often partly paid. Please also take note of the restrictions of your contract, resp. exclusions of spa towns / therapeutic baths (spa town clause, § 5 (1e) MB / KK). Please make sure that the written confirmation of cost coverage has arrived prior to your arrival.

Note on reimbursement of costs by state aid and private health insurance companies

If you require an itemised invoice for our services for reimbursement by the benefits office or private health insurance company, we recommend booking your stay at a daily rate.

It is possible that the treatment costs will not be fully reimbursed by the benefits office or your private health insurance company, as not all cost bearers recognise the agreed prices. Please speak to your cost bearer before starting your stay.

These regulations apply to the German healthcare system.

The cost of the stay is not covered by the allowance or private health insurance, but is billed directly to the patient.

Tax deductibility

Costs for a stationary or ambulant therapy can be approved as extraordinary expenses in your payroll tax or personal income tax. For further information, you can ask the responsible tax authority.

Should you require more information regarding costs and accounting, feel free to give us a call: +49 (0) 9741 83 825.

* The confirmation of cost coverage must have arrived 14 days prior to your arrival in written form. Otherwise, the billing is made for direct payers.

General terms and conditions of the Malteser-Klinik Dr. v. Weckbecker gGmbH

(Hereinafter referred to as „clinic“)

- 1. A binding booking takes place when you receive our written confirmation of reservation.**
- Please send back the countersigned confirmation of reservation immediately, and the anamnesis sheet 14 days prior to your arrival. If the physician notes during examination of the anamnesis sheet that a treatment at our clinic is not possible or that the booked package is medically not sensible, we reserve the right to withdraw from the contract, resp. suggest you another package. The suitability for fasting will only be assessed during the initial consultation.
- 3. A deposit of 80% of the booked services is due 14 days before your arrival at the latest. The balance is due at the end of your stay before your departure (cash or ec card).**
- If you book one of our packages, it is not possible to replace the therapies included or to refund any therapies you did not attend. In case that therapeutic fasting is not feasible from a medical point of view, it is possible to switch to our Organic Alkaline Vital Diet at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply. Additional services will be invoiced separately. The minimum stay at our house is at least seven nights. Our packages are shown blanket on the invoice. Should you require an invoice according to the medical fee schedule, we recommend an individual booking according to daily rate. In this case, please let us know at the day of arrival at the latest. The costs for consultation via video will be charged after your departure.
- You will receive your booked room category. Specific room requests cannot be guaranteed. Your room is free from 1 pm on the day of arrival and until 11 am on the day of departure. Depending on availability, you may also book a late checkout for you room on the day of departure for 50,- €.
- Medical examinations (initial, follow-up / interim, exit examinations) are mandatory. Requested doctors and therapists cannot be guaranteed.
- Scheduled single treatments that were not canceled until 8pm on the day before the treatment, will be charged. Meals you have missed cannot be refunded.
- In case of cost coverage by your health insurance, the confirmation must have arrived in written form 14 days before the day of arrival at the latest. Otherwise, the billing is made for direct payers. In case of no-show, delayed arrival or early departure at your own request (without medical indication), our terms of cancellation apply. In case of ambulant benefits, the costs for a stationary stay and services that are not reimbursed by your health insurance have to be paid by the patient.
- Cancellation or rebooking is free of charge up to 14 days before the date of arrival. In the event of a last-minute cancellation, 13 days before arrival or no-show, we will charge you 50% of the daily rate for the booked service. In the event of early departure, 100% of the originally booked arrangement or daily rate, including planned services, will be charged. For all invoices without reference to services, you are free to provide the clinic with evidence of lower costs; in this case, these costs will be invoiced..
- If you have mental, physical or age-related impairments, so that you require permanent care, a detailed telephone call or personal appearance at one of our physicians is necessary. Otherwise, we cannot evaluate whether and how a therapy can be successful.
- In case of slight negligence by the clinic, a legal representative or a subcontractor of the clinic, the liability of the clinic is limited to the typically predictable damage in case of negligence of essential contractual obligations. Otherwise, the liability of the clinic is excluded in case of slight negligence. Regardless of these regulations, the clinic accepts liability for all claims regarding damage of life, body or health which are based on wilful and knowing or negligent violations of duty by the clinic or by a subcontractor of the clinic.
- The clinic accepts no liability for the loss of personal possessions such as jewellery, money, etc., unless it is the clinic's actual fault. In this case, the clinic is liable for the loss in accordance with number 11 above.
- We will not draw up a safekeeping agreement for the use of our parking spaces or our garage. The clinic does not have any monitoring obligation. In case of losses or damages of parked or maneuvered automobiles, the clinic is liable in accordance with number 11 above. Damages must be indicated immediately.
- All prices quoted in this brochure are gross prices and are valid in euros. They are subject to change and valid from 1 January 2026, subject to price changes. Current prices and dates can be found at www.weckbecker.com.
- The place of payment and performance is Bad Brückenau.

Malteser-Klinik Dr. von Weckbecker gGmbH
Rupprechtstraße 20
97769 Bad Brückenau



We look forward to welcoming you.!

Should you have any questions regarding your stay at the Malteser Klinik von Weckbecker, feel free to ask us at any time.

In case of medical questions, we are happy to arrange you a first medical telephone conversation.

CONTACT & RESERVATION:

You can reach us by telephone from Monday to Saturday between 8 a.m. and 8 p.m. and on Sunday between 9 a.m. and 8 p.m. at: **+49 (0) 9741-83 0**

You can also contact us by email at any time:

weckbecker@malteser.org

You can find the online contact form at:

www.weckbecker.com/en



You can find us on Facebook, Instagram, You Tube and LinkedIn!

POSTAL ADDRESS:

Malteser Klinik
von Weckbecker
Rupprechtstraße 20
D-97769 Bad Brückenau

SUBSCRIBE TO OUR NEWSLETTER!

As a subscriber to our 'Health News' newsletter, you will be the first to hear about news and offers from our clinic!

Our doctors and therapists regularly report here on new naturopathic methods, exciting research findings from the field of medicine and explain innovative therapy concepts. You can also look forward to tips on healthy eating and inspiration for lifestyle changes.

Sign up at:

www.weckbecker.com/en/contact-and-service/newsletter

Clinic regulations

- » **Smoking and the consumption of alcohol are strictly prohibited in the rooms and on the entire clinic grounds.**
- » Telephoning with mobile phones is prohibited in fasting and dining rooms as well as in all therapeutic and public areas. We recommend you to refrain for the entire length of your stay from all common stimulations caused by communication media such as mobile phones, tablets, computer and television – or to, at least, limit the usage.
- » Please do not wear your bathrobe in our fasting and dining rooms.
- » Should you wish to stay away overnight or for several days, it is required to obtain your physician's approval.

Malteser-Klinik Dr. v. Weckbecker gGmbH
Managing director: Stefanie Hündgen
Price list from 01.01.2026

SUPERVISORY AUTHORITY:

Government of Lower Franconia
Trade Supervisory Authority
Georg-Eydel-Str. 13
97082 Würzburg

OUR CERTIFICATIONS:

We are certified according to:



LAYOUT:

dlc.berlin

PHOTOS:

Mario Schmitt (S. 1-4, 8, 10-12, 13, 15, 19, 21, 22, 24, 26, 33-34, 38-42, 44-47, 50,54), Friedemann Rieker (S. 13, 17, 23, 47, 50, 52), Anica Schröter (S. 16, 38, 43), Fotolia/mickey (S. 50), Stockfood/Wischnewski, Jan (S. 23), istock/Travelarium (S. 12), Dr. Arnulf Müller (S. 20), Quabbe+Tessmann (S. 25, 28-29)

We are an Academic Educational Establishment for physiotherapy at the University Fulda:



Integrative Medicine & Diagnostics | Fasting Cure | Nutrition & Dietetics | Movement & Relaxation | Osteopathy | Physical Therapy | Hydrotherapy according to Kneipp
Colon Therapy | Spirituality, Life Counselling & Mindfulness

