

health *sense of vitality* *contentment*
enjoyment *grow* *rest and relaxation*
naturopathy *energy* *well-being* *personality*
nature *orientation* *competence* *prevention* *packages*
rest and relaxation *enjoyment*

2016

Prices and packages 2016
Information for your stay

Dear guests,



more and more people recognise the importance and the value of health care and prefer natural approaches such as fasting therapy, particularly for the treatment of chronic diseases. We see this in our rising occupancy rates and the excellent feedback from our patients about the success of their treatment.

Once again this year we offer attractive packages. In addition you can book the different therapies individually to meet your needs. Our range of medical treatments has been extended to include effective therapies. Our core competence is the naturopathic treatment of chronic diseases with the focus on medical attention and expert therapeutic care that covers the whole spectrum from lymphatic drainage to osteopathy.

Preventive measures are designed to strengthen the body's own healing powers and to reenergise in an integrated way. An interesting course programme and spiritual care as desired complete our service.

We look forward to welcoming you as our guest and we are happy to be here for you!

Petra Steil

Petra Steil
Managing Director



Packages

Our packages

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Prices/Services

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Our Packages

The choice is yours...

You can choose out of four different packages. Select a room type, tell us your desired package and the length of your stay. You can also book the desired room category separately, if you do not wish to book a full package. Therapies based on the diagnosis are adapted to your needs during the initial consultation with the doctor. Feel free to add other therapies to your booked package. Our doctors will be glad to advise you.

Our packages offer you a holistic health programme at a fixed price. When booking a package, take advantage of our price discount. You can choose stays lasting 5, 7, 10, 14 and 21 days.

Reservations can be made by telephone, email or our online reservations form at www.weckbecker.com. Our reservation team is available to help you with any questions you may have and is looking forward to your reservation.

>> Telephone: +49 9741 83 147

>> Email: weckbecker.brueckenau@malteser.org

For a successful stay...

For acute and chronic illnesses, we recommend a stay of at least 21 days to achieve long-term positive results for health. If you would like to reduce your weight, to minimise risk factors or if you are planning a stay to prevent an illness, then a stay of 14 days is right for you. If you would like to reenergise or to strengthen your immune system, you can also book a 5, 7 or 10 day stay.

The following features are included in all packages:

- Accommodation in your chosen room type
- Fasting diet (fasting drinks, fasting broth, three day revitalizing meals)
- Medical consultation
- Colon therapy for intestinal regeneration, daily (except Sunday)
- Different Kneipp treatments or wraps and a wide range of massages and physiotherapies depending on the package booked
- Inclusive Weckbecker services

It is not possible to replace the services included in our packages.

Inclusive Weckbecker services

Inclusive services are important for the medical treatment concept.

Our varied health program is included in all package:

- **Exercises and fitness**
(Morning fitness, aqua-gym, guided hikes, Walking, Pilates, Flexi-Bar, Theraband)
- **Contemplation and relaxation**
(Progressive muscular relaxation, Qi Gong, meditative dance, sun salutation, relaxing with sound bowls, laughter yoga)
- **Meditation and spirituality**
- **Nutritional lectures**
- **Medical presentations and discussion circles**
- **Personal and spiritual guidance**
- **Swimming pool, sauna, infrared cabin and fitness room**
- **Tea and water bar (available at any time)**
- **Creative courses**

Not included are costs for cosmetics, medication, laboratory tests, service features (parking and telephone) and visitor's tax.

Welcome!
We are always here to
answer any questions.



Classic Fasting Cure

with many purifying therapies

Our “Classic Fasting Cure” arose from successful medical treatment concepts created by the clinic founder Dr. med. Erich von Weckbecker. This is our popular fasting package, with the best medical care and many purifying therapies.

- **7/10/14/21 day stay in your chosen room type**
- **Fasting diet** (fasting drinks, fasting broth, three day revitalizing meals)
- **Medical consultation** (two doctor appointments per week)
- **Colon therapy during fasting** daily (except Sundays)
- **Kneipp therapies** (depending on length of stay, see personal timetable)

7 day stay (1 herbal full bath, 1 hot and cold sitting bath, 1 hot and cold affusion, 1 hot and cold arm bath, 2 hot and cold foot bath)

10 day stay (1 herbal full bath, 1 hot and cold sitting bath, 2 hot and cold affusions, 2 hot and cold arm baths, 2 hot and cold foot bath)

14 day stay (2 herbal full baths, 2 hot and cold sitting bath, 2 hot and cold affusions, 2 hot and cold arm baths, 4 hot and cold foot bath)

21 day stay (3 herbal full baths, 3 hot and cold sitting baths, 3 hot and cold affusions, 3 hot and cold arm baths, 6 hot and cold foot baths)

- **1 therapeutic massage** (7 day stay) or **1 therapeutic investigation and treatment after diagnosis** (10, 14 or 21 day stay)
- **Hot and humid package** (potato package) daily (except Sundays)
- **Ergometer training under supervision** daily (except Sundays)
- **Inclusive Weckbecker services**



*“The most effective medicine is
the natural healing power
that is an integral part of each of us.”
Hippocrates (Greek physician, around 460 – 375 v. Chr.)*

Prices for “Classic Fasting Cure”

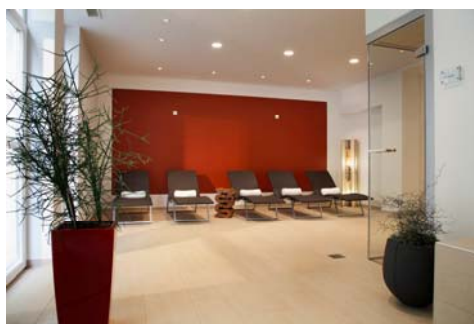
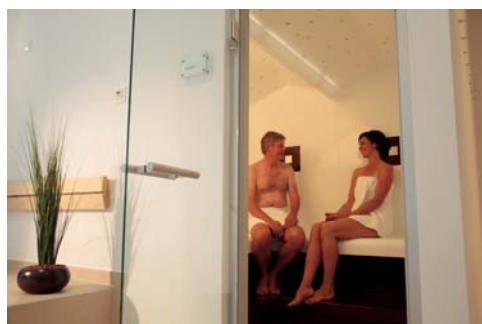
House I				
	7 day stay	10 day stay	14 day stay	21 day stay
Standard A small room with a forest view	1020 €	1420 €	1990 €	2940 €
	Additional charge for second person in double room			
	840 €	1120 €	1590 €	2340 €
Standard B room with a forest view	1240 €	1690 €	2370 €	3430 €
Standard C room with a south facing view	1240 €	1690 €	2370 €	3430 €
	Additional charge for second person in double room			
	890 €	1190 €	1660 €	2390 €
House II: all rooms have internet access				
Comfort room	1530 €	21200 €	2950 €	4280 €
	Additional charge for second person in double room			
	1120 €	1510 €	2090 €	3060 €
Suite type A	1750 €	2420 €	3360 €	4890 €
Suite type B	1870 €	2590 €	3590 €	5240 €
Suite type C	1960 €	2720 €	3790 €	5510 €
	Additional charge for second person in suite A/B/C			
	1190 €	1620 €	2260 €	3270 €

Seasonal price increase

14th February to 10th April:

House I: 10 € per day and room

House II: 13 € per day and room



Premium Fasting Cure

for all those who value comfort

Our “Premium Fasting Cure” is the most comprehensive therapy programme, including effective treatments of your choice. The “Premium Fasting Cure” is designed for those guests who value comfort, intensive nutritional consultation and comprehensive sports and fitness training. We offer premium quality.

- **7/10/14/21 day stay in a premium room or apartment**
- **Fasting diet** (fasting drinks, fasting broth, three day revitalizing)
- **Medical consultation** (two doctor appointments per week)
- **Colon therapy during fasting** daily (except Sundays)
- **7/10/14/21 day stay: 3/5/7/9 Physical therapies and massages (30 minutes) of your choice** (connective tissue massage, colon massage, foot reflexology massage, lymphatic drainage, breuss massage, underwater massage, acupuncture-meridian massage)
- **7/10/14/21 day stay: 1/2/3/4 osteopathy treatments**
- **Kneipp therapies**
 - 7 day stay** (1 herbal full bath, 1 hot and cold sitting bath, 1 hot and cold affusions, 1 hot and cold arm bath, 2 hot and cold foot bath)
 - 10 day stay** (1 herbal full baths, 1 hot and cold sitting baths, 2 hot and cold affusion, 2 hot and cold arm baths, 2 hot and cold foot bath)
 - 14 day stay** (2 herbal full baths, 2 hot and cold sitting baths, 2 hot and cold affusions, 2 hot and cold arm baths, 4 hot and cold foot baths)
 - 21 day stay** (3 herbal full baths, 3 hot and cold sitting baths, 3 hot and cold affusions, 3 hot and cold arm baths, 6 hot and cold foot baths)
- **Hot and humid package** (potato package) daily (except Sundays)
- **Ergometer training under supervision** daily (except Sundays)
- **Inclusive Weckbecker services**
- **1 individual nutritional consultation** (60 minutes)
- **1 training kitchen session per week**
- **1 personal training session** (60 minutes) per week with a sports or physical therapist

Prices for “Premium Fasting Cure”

House II: all rooms have internet access				
	7 day stay	10 day stay	14 day stay	21 day stay
Premium room	1830 €	2690 €	3640 €	5180 €
	Additional charge for second person in double room			
	1390 €	2080 €	2780 €	3920 €
Apartment type A	2040 €	2990 €	4050 €	5770 €
Apartment type B	2150 €	3150 €	4270 €	6090 €
Apartment type C	2240 €	3290 €	4450 €	6370 €
	Additional charge for second person in apartment A/B/C			
	1490 €	2190 €	2950 €	4170 €

Seasonal price increase

14th February to 10th April:

13 € per day and room

*Get fit, stay fit -
in your specialised naturopathic clinic*



Fasting & Hiking

for regeneration of body and soul

Fasting combined with cardio-vascular exercise is one of the best regenerative processes for the body and soul. Besides the guided hikes, you can also enjoy relaxing therapies and the comfortable ambience. "Fasting & Hiking" is particularly well-suited for healthy persons with risk factors such as weight problems, high blood pressure, stress or lack of exercise.



- **7 day stay in the category of your choice**
- **Fasting diet** (fasting drinks, fasting broth, three day revitalizing meals)
- **Medical consultation** (two doctor contacts)
- **6 Colon therapies during fasting**, daily (except Sundays)
- **Kneipp therapies** (2 hot and cold foot baths, 1 hot and cold arm bath, 2 hot and cold affusions)
- **6 hot and humid package** (potato package)
- **1 massage**
- **Guided hikes daily**
- **Inclusive Weckbecker services**

Dates for 2016: 6th to 13th March | 10th to 17th April | 15th to 22th May | 12th to 19th June
 17th to 24rd July | 21st to 28th August | 18th to 25th September
 9th to 16th October | 6th to 13th November

House I	
	7 day stay
Standard A small room with forest view	990 €
	Additional charge for second person in double room
	810 €
Standard B room with a forest view	1190 €
Standard C room with a south facing view	1190 €
	Additional charge for second person in double room
	840 €
House II: all room have internet access	
Premium room	1490 €
	Additional charge for second person in double room
	1070 €
Apartment type A	1690 €
Apartment type B	1820 €
Apartment type C	1910 €
	Additional charge for second person in apartments
	1140 €

*Relaxation,
exercise and
creativity*

Seasonal price increase

14th February to 10th April:

House I: 10 € per day and room

House II: 13 € per day and room

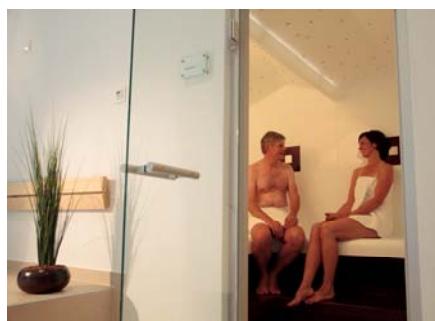
Kneipp hydrotherapy & Relaxation

your short break from everyday life

We offer a restorative short break with delicious Mediterranean vegetarian whole foods and many healthy treatments.

“Kneipp hydrotherapy & Relaxation” is for all those who want to feel relaxed, healthy and enjoy the atmosphere.

- **5 day stay in your chosen room type**
- **Full board with Mediterranean vegetarian whole foods**
- **Medical consultation** (15 minutes)
- **Kneipp therapies** (1 herbal full bath, 1 hot and cold sitting bath, 1 hot and cold affusion, 1 hot and cold arm bath, 1 hot and cold foot bath)
- **1 massage**
- **Inclusive Weckbecker services**



House I	
	5 day stay
Standard A moderate sized room with a forest view	690 €
	Additional charge for second person in double room
	540 €
Standard B large room with a forest view	820 €
Standard C standard sized room with a south facing balcony with a beautiful view	820 €
	Additional charge for second person in double room
	570 €
House II: all rooms have internet access	
Premium room	1040 €
	Additional charge for second person in double room
	720 €
Apartment A	1180 €
Apartment B	1270 €
Apartment C	1330 €
	Additional charge for second person in apartments
	790 €

Seasonal price increase

14th February to 10th April:

House I: 10 € per day and room





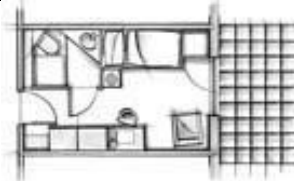





House II: 13 € per day and room

Our individual prices ...

if you wish to book a personalised stay

Your chosen room category and the "Inclusive Weckbecker services" are included in the daily rate (see page 5). The total price is calculated from the daily rate, the medical and therapeutic treatments you can choose and any extras which you can indulge in.

Daily rates

Overview of our rooms and suites			
House I			
Standard A small room with a forest view, shower, TV	89 €		
	Additional charge for second person in double room		
	57 €		
Standard B room with a forest view, shower, TV	110 €		
Standard C room with a south facing balcony, shower, TV	110 €		
	Additional charge for second person in double room		
	57 €		
House II: all rooms have internet access			
Premium room Large room with balcony modern and bright ambiance Shower or bathtub, TV and internet	154 €		
	Additional charge for second person in double room		
	89 €		
Apartment type A/B/C Spacious and stylish with south- and west facing balconies. Shower or bathtub, TV and internet	Type A: 185 €		
	Type B: 202 €		
	Type C: 216 €		
	Additional charge for second person in apartment A/B/C		
	102 €		

Please note that the pictures shown are examples. For more photos, please visit our website at www.weckbecker.com.

Seasonal price increase

14th February to 10th April:

House I: 10 € per day and room

House II: 13 € per day and room



Surcharges for full board and dietetics

For guests who can not or do not want to fast, we recommend our nutritious Mediterranean vegetarian wholefood. We exclusively use products from organic agriculture. Food intolerances or medical conditions will be naturally taken into account.

Full board with vegetarian wholefood (1600 to 1800 cal/day)	35 €
Individually designed diets	45 €
Individual nutritional consultation (60 minutes)	60 €
Individual nutritional consultation (30 minutes)	35 €
Training kitchen session	16 €

Eating healthily, like exercise, is not time-consuming. It is the best way to achieve, improve or regain long-term health, well-being, career performance and quality of life.

Prices for medical and therapeutic services

Plan your therapies and treatments

Medical and therapeutic services of the highest standard quickly lead to the desired results. Our doctors will advise you which treatments suit your needs best. Our therapy planning specialists then put these proposals into effect by making your appointments and assisting you in choosing from the other services available, e.g. massages, physical therapy and cosmetic treatments.

Medical examinations by our specialist doctors

Initial examination (mandatory) including the development of a therapy plan	75.07 €
Final examination (mandatory)	41.56 €
Intermediate examination	21.44 €

Medical diagnostics

Cardiogram	26.54 €
Sonography of abdomen	59.00 €
Duplex sonography of arteries	59.00 €
Duplex sonography of veins	59.00 €
Duplex sonography of extracranial carotids	59.00 €
Sonography of thyroid gland	23.15 €

Laboratory diagnostics

Basic laboratory analysis for the fasting therapy	about 20.00 €
Extensive laboratory analysis	about 180.00 €
Vitamin and mineral check	about 240.00 €

Homeopathy

First homeopathic anamnesis (at least 60 minutes)	120.65 €
Following homeopathic treatments (at least 30 minutes)	60.33 €

Traditional Chinese medicine (TCM)

TCM first anamnesis (at least 60 minutes) (incl. Vegetative functional diagnostics 10,72 € + Development of an individual Chinese herbal formulation)	155.50 €
Moxibustion (East Asian healing method)	9.55 €
Ear acupuncture (up to 20 minutes)	26.81 €

Acupuncture (longer than 20 minutes)	46.92 €
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Naturopathic special therapies

Ear candle treatment	39.00 €
Autohemotherapy, taking of blood sample included	12.07 €
Bloodletting	14.75 €
Leech treatment	50.00 €
Cost of one leech	7.00 €
Additional dressing material	10.00 €
Medical abdominal treatment according to the principles of F. X. Mayr	41.29 €
Hematogenous oxidation therapy	69.70 €
Stimulation therapy	18.77 €
Neural therapy*	21.44 €
Neural therapy in different regions of the body*	28.15 €
Injection SC	5.36 €
Injection IV	9.38 €
Infusion IV (up to 30 minutes)	16.09 €
Infusion IV (longer than 30 minutes)	24.13 €
Infrared treatment	6.00 €
Inhalation	6.00 €

Psychotherapy and counselling

Medical behavior therapy (50 minutes)	100.55 €
Medical behavior therapy (25 minutes)	50.27 €
Psychological Counselling (50 minutes)	75.00 €
Psychological Counselling (25 minutes)	45.00 €
Pastoral care (45 minutes)	free

Orthomolecular medicine

Special laboratory diagnostics	depending on doctor's recommendation
Medical consultation and checks	21.44 €
Infusions with vital substances (vitamins, minerals and trace elements)*	16.09 €

Further examinations

Medical report	17.43 €
Charge for prescription	3.15 €
Short medical certificate	5.36 €

*plus pharmaceutical costs

Physiotherapy and massages

Classic massage (20 minutes)	27.00 €
Classic massage (40 minutes)	49.00 €
Classic massage (60 minutes)	65.00 €
Premium massage (30 minutes)	40.00 €
Connective tissue massage (20 minutes)	27.00 €
Colon massage (20 minutes)	27.00 €
Foot reflexology massage (20 minutes)	28.00 €
Foot reflexology massage (40 minutes)	49.00 €
Lymphatic drainage (30 minutes)	38.00 €
Lymphatic drainage (60 minutes)	65.00 €
Breuss massage (30 minutes)	38.00 €
Dorn therapy (30 minutes)	38.00 €
Underwater massage	38.00 €
Shiatsu massage (30 minutes)	38.00 €
Acupuncture meridian massage (40 minutes)	69.00 €
Acupuncture meridian massage (60 minutes)	78.00 €
Ear acupuncture massage (20 minutes)	27.00 €
Cupping therapy (30 minutes)	39.00 €
Physiotherapy (30 minutes)	35.00 €
Manual therapy (30 minutes)	48.00 €
Biomechanical muscle stimulation (20 minutes)	32.00 €
Trigger point therapy (30 minutes)	40.00 €
Kinesio taping (30 minutes)	27.00 €
Weckbecker therapy (30 minutes)	44.00 €

Osteopathy

Osteopathic first check-up, diagnosis and treatment (50 minutes)	95.00 €
Osteopathy (40 minutes)	85.00 €
Craniosacral therapy (30 minutes)	56.00 €
LNB pain therapy according to the principles of Liebscher & Bracht	120.00 €

Sport and physical activity

Ergometer training (20 minutes)	13.00 €
Medical training therapy (30 minutes)	34.00 €
Medical training therapy (60 minutes)	66.00 €
Personal training (60 minutes)	66.00 €
Nordic Walking (in a group)	8.00 €

Medical bath and Kneipp therapies

Colon therapy	28.00 €
Carbonic acid bath	28.00 €
Special morning wash	8.00 €
Hot and cold affusion (arm, leg, knee)	13.00 €
Full body affusion	19.00 €
Feet alkaline bath	13.00 €
Full alkaline bath	25.00 €
Hot and cold bath (arm, feet)	13.00 €
Hot and cold sitting bath	16.00 €
Full bath with herbals	22.00 €
Full bath with Karlsbader salt	25.00 €

Packs and wraps

Hot humid package (potato package)	8.50 €
Warm mud pack	26.00 €

Oxygen therapy

Multi-step oxygen therapy (per session)	27.00 €
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Electrotherapy

Current stimulation therapy	15.00 €
Electrolytic full bath/hydro-electric bath	28.00 €
Ultrasonic therapy	15.00 €

Nutrition and dietetics

Full board with vegetarian wholefood	35.00 €
Individually designed diets	45.00 €
Individual nutritional consultation (30 min.)	35.00 €
Individual nutritional consultation (60 min.)	60.00 €
Training kitchen session	16.00 €

Cosmetic treatments

Classic facial treatment	from 40.00 €
Manicure	from 20.00 €
Pedicure	from 23.00 €
Full body treatment	from 25.00 €

Extras

Bus excursions	12.00 €
Telephone charges per unit	0.30 €
Telefax per unit	0.40 €
Internet access in House II	free of charge
Internet room in House I	free of charge
Parking space in front of the clinic, per day	3.00 €
Parking space in the garage, per day	4.00 €
Rental fee for a bathrobe (complete stay)	10.00 €
Visitor's tax, per day	2.50 €



Our thank you for your recommendation

*Guests suggest the clinic to new guests -
earn free days*

If you think that a stay in our clinic would be good for your family, friends, acquaintances or colleagues then recommend us. For each new guest who books a 7 day stay following your suggestion, we will give you one day free of charge. It is not possible to transfer the free day to another person.

Information for your stay

Pre-cleansing days ease the start of the fasting therapy

For a good start of the fasting therapy, we recommend 1-2 pre-cleansing days before your stay. On these days do not eat too much, drink plenty of water and herbal tea and eat easily digestible foods, such as potatoes, wholemeal basmati rice, millet, vegetables, salad and fruits. Do not smoke, consume alcohol or coffee.

Suitcase list

We have created this list to ensure you will not forget anything when packing your suitcase for your stay:

- Recent medical check up reports, ECG (if over 60 years old), current laboratory values: sodium, potassium, calcium, creatinine and uric acid. These blood results must not be older than two weeks.
- Any medication you take regularly in appropriate quantities, or bring a prescription from your doctor.
- Weather-proof clothing and sturdy shoes
- Sportswear, indoor and outdoor sports shoes
- Swimming costume
- Pulse monitor (if available)
- Hair dryer (the rooms in house II are equipped with a hair dryer)
- Bathrobe (can be borrowed for a fee of 10 €)

Check in

Please make sure you arrive between 1 p.m. and 4 p.m. The reception closes at 8 p.m. and therefore a later arrival is not possible.

Arriving by airplane

The closest airport is Frankfurt Airport (FRA) which is situated about 100 km from Bad Brückenau. If you would like, we can arrange a taxi to meet you at the airport and bring you directly to the clinic.

General Terms and Conditions

1. Your reservation is binding after we receive your signed registration forms.
2. We will be pleased to meet your room requirements. For administrative reasons we can arrange the desired room type, but not a specific room.
3. The day of arrival and the day of departure are each regarded as a single day if the arrival is after 1 p.m. and the departure before 11.00 a.m. If your room is not booked up for the day of your departure you can use it for longer upon advance notification and a charge of 40 Euro.
4. Reservations can be cancelled in writing free of charge up to 10 days before arrival. In case of a late cancellation within 10 days of the arrival date we charge 50 % of the booking price. Early departures will be charged with the full booking price for the booked stay.
5. A deposit of 50 % of the services booked must be paid on arrival. The invoice amount is due at the end of your stay. You can pay with EC card, cash or credit card.
6. An extension of your stay is only possible by agreement with our reservation department and may involve a change of rooms. Please contact the reception desk.
7. 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. Additional therapies can be added at any time – in agreement with the physician – and will be charged according to the current price list.
8. If you do not cancel an appointment on time, do not appear, or if you are late for your appointment, we charge the full amount for the treatment.
9. If you have a mental or physical condition, an age-related impairment or are severely disabled and therefore require constant care, you will need to have a detailed telephone conversation with our doctors before your stay. Only in this way we can assess, whether and how successfully we can carry out a treatment.
10. The therapies in our clinic are an ideal way to quit smoking. Therefore smoking is prohibited in the clinic and on the clinic grounds.
11. The clinic accepts no liability for the loss of personal possessions, money, jewellery or other valuables.
12. The use of our parking spaces and garage is at one's own risk.
13. All prices mentioned in this price list are in Euros. We have the right to alter prices. The price list supersedes any previous offers and previous price lists become invalid.
14. All therapies and treatments take place in Bad Brückenau which is also the place of payment.