

BRENNERS

# Medical Care



BRENNERS PARK-HOTEL & SPA  
BADENBADEN



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**Brenners Park-Hotel & Spa**

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**Brenners Medical Care**

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**Dr. König & Colleagues**

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**Integrative Naturopathy Diagnostics & Therapy**

Medical Care Total | 5 Days

The Kings Way Package | 10 Days

Detox and Weight Loss | 7 Days

Detox and Weight Loss | 14 Days

Medical Care Best Sleep | 2 Days

Immune Care | 7 Days

Immune Care | 14 Days

Beautiful and Healthy | 7 Days

Ultimate Medical Health | 14 Days

Apheresis Package | 5 Days

Complete Longevity Regeneration 3.0 | 10 Days

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**Brenners Spa & Wellbeing**

# SUMMARY

## Brenners Park-Hotel & Spa

Tucked between the poetic calm of the Lichtentaler Allee and the wild beauty of the Black Forest, Brenners Park-Hotel & Spa is more than a hotel—it's a legacy. For over 150 years, this grande dame of European hospitality has welcomed generations of travellers in search of elegance, wellbeing, and a true sense of place. Today, following a landmark renovation, Brenners reemerges with renewed spirit: its iconic charm intact, its interiors reimaged for a new era of joyful, considered travel.

At the heart of the experience is the Brenners Spa & Wellbeing and Brenners Medical Care centre—world-renowned for its fusion of advanced diagnostics and holistic rituals, where guests are never patients, but individuals on a path to lasting vitality. Here, beauty is balanced with purpose: forest bathing at dawn, candlelit sound baths by night, and personalised wellness programmes delivered with warmth, discretion, and German precision.

Beyond its private parkland and gracious salons, Brenners opens into a world of culture and nature. From opera at the Festspielhaus to vineyard picnics, vintage car tours and dinners at Fritz & Felix, the hotel is a vibrant gateway to the best of the region—and an experience entirely its own. Whether for celebration, restoration, or quiet escape, Brenners is a place where time unfurls gently, and every stay becomes a story worth returning to.





# Brenners Medical Care

At Brenners Medical Care, world-class health expertise is delivered in the most unexpected setting: the comfort and discretion of a legendary grand hotel. Led by renowned German physicians and specialists, the medical wing offers precision diagnostics and bespoke programmes in areas such as preventative health, recovery, rejuvenation, dentistry, and lifestyle medicine. Every treatment is deeply personalised, designed not only to address specific concerns but to support long-term vitality—whether guests are here for a focused medical consultation or a full wellness reset.

But what truly sets Brenners apart is its atmosphere: restorative, private, and effortlessly elegant. There are no waiting rooms or white coats beyond the clinic—only garden views, silver tea trays, and the quiet assurance that you are being cared for, not just clinically, but holistically. At Brenners, health isn't separated from the hospitality experience—it's elevated by it. Guests emerge not just improved, but transformed, in body, mind, and spirit.

# Dr. König & Colleagues

At Brenners Medical Care, our approach is designed to stabilise, strengthen, and optimise your personal health profile. Every programme begins with a comprehensive diagnostic process, forming the foundation for a tailored, integrative plan that supports long-term wellbeing.

Based on your individual results, we will make personalised nutritional adjustments and develop a targeted exercise plan to support your unique physiology and lifestyle.

To complement this, we may incorporate vital nutrients, homeopathic treatments, and phytotherapy—providing a holistic framework that encourages your body's natural ability to restore and thrive.

Our goal is simple: to help you achieve the very best version of your health—refined, rebalanced, and fully individualised. You can look forward to care that is precise, personal, and delivered to the highest standard.

*Dr König & Colleagues Team*





Private practice Dr König & Colleagues



# Integrative Naturopathy Diagnostics & Therapy

We combine the best of traditional and modern diagnostics to deliver a comprehensive picture of your health. Your personalised treatment plan is crafted using principles of naturopathic medicine, in close collaboration with leading clinics and some of Germany's most respected medical specialists. Our goal is to support your journey toward a longer, healthier, and more balanced life.

## Individualized Integrative Therapy Concepts

- Comprehensive evaluations and diagnostic techniques tailored to your physical, mental, and emotional wellbeing
- Preventative health strategies developed according to holistic medical principles
  - Targeted detoxification programmes, including heavy metal detox protocols
- Regenerative therapies to support cellular renewal and vitality
- Orthomolecular (vital substance) therapy for metabolic and nutritional optimisation
- Biological therapy options for the supportive treatment of malignant conditions
- Integrated therapies for degenerative joint and spinal conditions
  - Holistic orthopaedics
  - Stem cell therapy



PRIVATPRAXIS  
**Dr. König & Kollegen**  
BADEN BADEN

**DR. MED. HARRY F. KÖNIG**  
**Private practice Dr. König & Colleagues**

*Holistic Integrative Medicine · Classical University Medicine  
Complementary Medicine/Naturopathy · Medical and Lifestyle Counselling  
Tel: +49 (0)7221 97 37 10 · info@drkoenig.com*

*www.drkoenig.com*

*#praxisdrkoenig*

*All services are invoiced according to GOÄ.*



# Medical Care Total

**5 DAYS**

You will receive a comprehensive medical check-up, accompanied by a personalised final report, tailored nutritional guidance, and a customised training plan to support your ongoing wellbeing.

## **Included Services:**

- Comprehensive medical history and clinical examination at the beginning of your stay, followed by a final consultation
- Full laboratory analysis with in-depth discussion of results
- Urinalysis and immunological stool testing
- Blood gas analysis to assess acid-base balance
- High-resolution ultrasound of abdominal organs
- Ultrasound and duplex sonography of the throat and neck (including thyroid gland and carotid arteries)
- Cardiovascular assessment through ergometry (resting and stress ECG) and echocardiography (heart duplex sonography)
- Pulmonary function testing, including assessment of oxygen metabolism
- Evaluation of the autonomic nervous system, including heart rate variability (HRV)
- Medical analysis of physical activity patterns and nutritional behaviour
- Personalised guidance on exercise performance and sports optimisation
- Vascular function screening
- Musculoskeletal assessment and therapy, with development of an individual training plan
- Final medical report including lab results and tailored dietary recommendations
- Comprehensive body composition analysis and nutritional counselling

**Price: € 7,800 per person**

*Please note: accommodation is not included.*

*A minimum stay of 5 nights is required. Arrivals are on Sundays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.

# The Kings Way

10 DAYS

A thoughtfully integrated programme combining personalised nutrition, targeted training, daily medical supervision, and tailored treatments delivers powerful, lasting results. This holistic approach to weight reduction, detoxification, and regeneration is designed to restore balance across body, mind, and soul.

## Included Services:

- Thoughtful welcome gift upon arrival
- Personalised vitality cuisine (lactose- and gluten-free, vegetarian or vegan options available), including water and herbal teas
- Comprehensive medical history and full clinical examination upon arrival, followed by a final consultation
- Laboratory diagnostics with detailed medical review
- 1 Bio Impedance Analysis (BIA) to assess water, fat, and muscle composition
- Medical body scan to evaluate detoxification capacity
- 2 Mental health consultations focused on emotional, psychological, and social wellbeing
- A dental hygiene session including oil pulling
- 7 Curated lifestyle activities, such as guided hiking or cycling tours
- 6 Liver compresses, 3 colon hydrotherapy sessions
- A repeat body composition analysis to monitor progress
- 3 Ozone therapy sessions to strengthen immune defences and optimise oxygen transport
- 2 Vitamin infusions (vitamin C and B complex)
- 3 Airnergy oxygen therapy sessions
- 4 Hypoxic training sessions (altitude therapy to enhance cellular function and energy production)
- 6 Medical Movement Training sessions, 1 Physio Plus session, 1 LymphBalance session, 1 Postural Therapy session, 1 Gait Analysis
- Creation of a Home Exercise Plan
- 1 Beauty consultation and anamnesis with Dr Yusuf Yildirim
- 2 Balancing Wellness Treatments, 2 Brenners Time-out for Body and Mind Treatments, 1 Recovery Massage, 1 Brenners individual Full Body Massage, 1 Brenners Wellness Journey by Augustinus Bader
- 1 JetPeel Face & Neck
- 1 Brenners individual Facial
- 1 Mineral Wellness Cure
- 2 individual hiking or biking tours, 3 personal training sessions, 5 Brenners lifestyle activities
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies Spa

**Price: € 15,535 per person**

*Please note: accommodation is not included. A minimum stay of 10 nights is required. Arrivals are on Sundays or Tuesdays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.





# Detox & Weight Loss

7 DAYS

## Benefit For Body and Soul

To support optimal health, this programme integrates deep cleansing with sustainable weight reduction. The detox process gently eliminates harmful substances while relieving key detoxification organs, such as the liver. Alongside this, you'll explore nourishing, flavourful ways of eating—developing healthy habits that not only enhance your body's natural cleansing mechanisms but also promote long-term, balanced weight loss.

### Included Services:

- A curated welcome gift placed in your room upon arrival
- Personalised vitality cuisine (lactose- and gluten-free), with vegetarian or vegan options, including water and herbal teas
- Comprehensive medical history and clinical examination at the start of your stay, followed by a final consultation
- 1 Bioimpedance Analysis (BIA) to assess hydration, fat composition, and muscle mass
- Full laboratory screening with a personalised review of results
- 1 Body composition retest for progress tracking
- 2 Hypoxic training sessions (altitude therapy) to enhance cellular performance and boost energy production
- 2 Medical Movement Training sessions, 2 Physio Plus sessions, 2 LymphBalance sessions, 1 Postural Therapy session, 1 Mobility Five session, 1 Gait Analysis, 1 Reflexology Foot Therapy session, 1 Cranio Sacral Balance session
- Creation of a Home Exercise Plan
- 1 Brenners individual facial treatment
- 1 Brenners Time-out for Body and Mind treatment, 2 Detox firming body treatments, 1 Mineral Wellness Cure
- 2 Personal training sessions tailored to your fitness goals
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies Spa

**Price: € 8,035 per person**

*Please note: accommodation is not included.*

*A minimum stay of 7 nights is required. Arrivals are on Sundays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.

# Detox & Weight Loss

14 DAYS

## Included Services:

- Thoughtful welcome gift in your room upon arrival
- Personalised vitality cuisine (lactose- and gluten-free), with vegetarian or vegan options, including water and herbal teas
- Comprehensive medical history and detailed clinical examination at the start of your stay
- 1 Bioimpedance Analysis (BIA) to assess body water, fat, and muscle composition
- Full laboratory screening with an in-depth review of results
- 1 Body composition retests to monitor progress and adjust programming
- 4 Hypoxic training sessions (altitude-based therapy) to enhance cellular efficiency and energy production
- 4 Medical Movement Training sessions
- 4 Physio Plus sessions
- 4 LymphBalancetreatments to support detoxification and reduce inflammation
- 2 Postural Therapy sessions, 2 Mobility Five sessions, 1 Gait Analysis, 2 Reflexology Foot Therapy sessions, 2 Cranio Sacral Balance sessions
- Creation of a Home Exercise Plan
- Final consultation and follow-up appointment to evaluate results and next steps
- 2 Brenners individual facial treatments
- 2 Brenners Time-out for Body and Mind treatments, 4 Detox firming body treatments, 2 Mineral Wellness Cures
- 4 Personal training sessions tailored to individual fitness goals
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies Spa

**Price: € 14,490 per person**

*Please note: accommodation is not included. A minimum stay of 14 nights is required. Arrivals are on Sundays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.





# Medical Care Best Sleep

7 DAYS

Through an in-depth medical consultation and comprehensive sleep analysis, we'll help you rediscover the foundation of deep, restorative sleep.

## Included Services:

- A curated welcome gift placed in your room upon arrival
- Personalised vitality cuisine (lactose- and gluten-free), with vegetarian or vegan options, including water and herbal teas
- Comprehensive medical history and clinical examination at the start of your stay
- 1 Bioimpedance Analysis (BIA) to assess hydration, fat composition, and muscle mass
- Full laboratory screening with a personalised review of results
- 1 Body composition retest for progress tracking
- 2 Hypoxic training sessions (altitude therapy) to enhance cellular performance and boost energy production
- 2 Medical Movement Training sessions, 2 Physio Plus sessions, 2 LymphBalance sessions, 1 Postural Therapy session, 1 Mobility Five session, 1 Gait Analysis, 1 Reflexology Foot Therapy session, 1 Cranio Sacral Balance session
- Creation of a Home Exercise Plan
- 1 Clay body treatment
- 1 Brenners classic massage
- 1 Detoxifying Algae Treatment
- 2 Personal training sessions tailored to your fitness goals
- In-depth nocturnal sleep analysis, including monitoring of heart rhythm, blood pressure, body position, oxygen saturation, and respiratory function
- Expert sleep counselling, including guidance on digital detox practices
- Personalised final report with tailored recommendations for improved sleep hygiene
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies Spa

**Price: €8,745 per person**

*Please note: accommodation is not included. A minimum stay of 7 nights is required. Arrivals are on Sundays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.

# Immune Care

## 7 DAYS

To support and strengthen your immune system over the long term, this programme is designed both as effective aftercare following illness and as proactive protection against future infections. Guided by your personal medical results and diagnoses, your nutritionist will create a tailored dietary plan. In parallel, your individual spa and exercise regimen will be thoughtfully developed and implemented in close collaboration with you.

### Included Services:

- A thoughtful welcome gift in your room upon arrival
- Personalised vitality cuisine (lactose- and gluten-free), with vegetarian or vegan options, including water and herbal teas
- Comprehensive medical history and full clinical examination at the beginning of your stay, followed by a final consultation upon departure
- 1 Bioimpedance Analysis (BIA) to assess body water, fat, and muscle composition
- Full laboratory testing with in-depth discussion of your results
- 3 Immune-boosting infusions with vitamin C, zinc, and homeopathic supplements
- 3 Ozone therapy sessions to activate and strengthen the immune system
- 3 Liver compresses to stimulate metabolic function
- 1 Diagnostic session including VNS, Wegamed, and pulmonary function testing
- 1 Cardiac ultrasound and exercise ECG for a complete cardiovascular assessment
- 1 Body composition retest to monitor progress
- 2 Airnergy oxygen therapy sessions and 2 respiratory therapy sessions
- 2 Hypoxic training sessions (altitude therapy) to enhance cellular performance and energy production
- 3 Medical Movement Training sessions, 2 Respiratory Balance sessions, 1 Postural Therapy session, 1 Gait Analysis, 1 Four Hands, One Focus session
- Creation of a Home Exercise Plan
- 1 JetPeel Face & Neck treatment
- 1 Brenners Time-out for Body and Mind Treatment, 1 Brenners individual full Body massage, 1 Balancing Wellness Treatment, 1 Recovery Massage Cure
- 2 Personal training sessions tailored to individual fitness goals
- 2 Guided hiking or biking tours in the surrounding nature of the Black Forest
- 1 Brenners Lifestyle Activity
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies Spa

**Price: € 14,545 per person**

*Please note: accommodation is not included. A minimum stay of 7 nights is required. Arrivals are on Sundays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.





# Immune Care

14 DAYS

## Included Services:

- Welcome gift placed in your room upon arrival
- Personalised vitality cuisine (lactose- and gluten-free, with vegetarian or vegan options), including herbal teas and mineral water
- Comprehensive medical history and detailed clinical examination at the start of your stay, follow up appointment during your stay and personalised final consultation
- 1 Bioimpedance Analysis (BIA) to determine body water, fat, and muscle composition
- Full laboratory diagnostics with an in-depth medical review
- 6 Immune-boosting infusions with vitamin C, zinc, and homeopathic medication
- 6 Ozone therapy sessions to activate and support the immune system
- 6 Liver compresses to gently stimulate metabolic function
- 1 Diagnostic session including VNS, Wegamed, and pulmonary function testing
- 1 Cardiac ultrasound and exercise ECG for a full cardiovascular assessment
- 1 Body composition retest to monitor physiological progress
- 5 Airnergy oxygen therapy sessions to revitalise cellular energy
- 5 Hypoxic training sessions (altitude therapy) to optimise oxygen utilisation and performance
- 5 Medical Movement Training sessions, 4 Respiratory Balance sessions, 2 Postural Therapy sessions, 1 Gait Analysis, 2 Four Hands, One Focus sessions
- Creation of a Home Exercise Plan
- 2 JetPeel Face & Neck treatments
- 2 Brenners Time-out for Body and Mind Treatments, 2 Brenners individual full Body massages, 2 Balancing Wellness Treatments, 2 Recovery Massage Cures
- 4 Guided hiking or biking tours in the surrounding nature of the Black Forest
- 4 Personal training sessions tailored to individual fitness goals
- 2 Brenners Lifestyle Activities
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies Spa

**Price: € 26,350 per person**

*Please note: accommodation is not included. A minimum stay of 14 nights is required. Arrivals are on Sundays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.

# Beautiful and Healthy

7 DAYS

Carefully selected spa, internal, and dental treatments—tailored to your individual needs—alongside expert advice on aesthetic refinement, come together to help you feel your best and shine from within.

## Included Services:

- Thoughtful welcome gift in your room upon arrival
- Personalised vitality cuisine (lactose- and gluten-free), with vegetarian or vegan options, including water and herbal teas
- Comprehensive medical history and clinical examination at the beginning of your stay, followed by a final consultation
- 1 Bioimpedance Analysis (BIA) to assess hydration, fat composition, and muscle mass
- Full laboratory screening with a personalised review of results
- 1 Body composition retest for progress tracking
- 4 Hypoxic training sessions (altitude therapy) to optimise oxygen utilisation and performance
- Final consultation and follow-up appointment to evaluate results and next steps
- 2 dental hygiene sessions including oil pulling
- 1 Beauty consultation and anamnesis with Dr Yusuf Yildirim
- 1 Brenners individual facial treatment
- 1 Mineral Wellness Cure
- 2 Detox Body Firming Treatments
- 1 Brenners time out for body and mind session
- 2 Medical Movement Training sessions
- 2 Physio Plus sessions, 2 LymphBalance sessions, 1 Postural Therapy session; 1 Mobility Five session, 1 Reflexology Foot Therapy session, 1 CranioSacral Balance session
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies Spa
- Creation of a Home Exercise Plan

**Price: € 11,385 per person**

*Please note: accommodation is not included. A minimum stay of 7 nights is required. Arrivals are on Sundays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.



# Ultimate Medical Health

14 DAYS

Our Ultimate Medical Health package offers the highest level of preventative care—delivered with clinical excellence and uncompromising comfort. Your wellbeing is our utmost priority.

To ensure your stay is fully personalised to your needs, we recommend scheduling appointments at least three weeks in advance.



## Included Services:

- Comprehensive medical history, detailed clinical examination, and final treatment consultation
- Full laboratory diagnostics with in-depth discussion of results
- Urinalysis and immunological stool analysis
- Acid-base balance evaluation via blood gas analysis
- Detailed ultrasound examination of abdominal organs
- Duplex sonography of the thyroid gland and carotid arteries
- Cardiovascular function assessment using ergometry
- Resting and stress ECG, plus echocardiography (duplex sonography of the heart)
- Pulmonary function testing, including assessment of oxygen metabolism
- Evaluation of the autonomic nervous system, including heart rate variability analysis
- Medical analysis of physical activity patterns and nutritional behaviour
- Personalised consultation on physical performance in sport and exercise
- Vascular function assessment
- Musculoskeletal evaluation and therapy, including the development of an individualised training plan
- Final medical report with laboratory results and tailored dietary recommendations
- Comprehensive body composition analysis with nutritional guidance

## Additional in-depth Diagnostics:

- Urological and gynaecological screenings tailored to individual needs
- Whole-body MRI for early detection and preventive diagnostics
- Skin cancer screening for early identification of dermatological concerns
- Genetic analysis to evaluate inherited health risks and inform personalised care
- Gastroscopy and colonoscopy for comprehensive gastrointestinal evaluation
- Complete dental examination to assess oral and periodontal health

## Medical Wellness Treatments:

- 3 Personalised intravenous infusions tailored to individual health needs
- 2 Deep relaxation treatments using singing bowls or acupuncture
- 2 Colon hydrotherapy sessions to cleanse the intestines, support detoxification, and stimulate metabolism
- 2 Ozone therapy sessions to enhance immune function and improve oxygen transport in the bloodstream
- Physiotherapeutic evaluation to customise your individual therapy plan
- 2 sessions each of: PhysioPlus, Medical Movement Training, LymphBalance

**Price: € 39,450 per person**

*Please note: accommodation is not included. A minimum stay of 14 nights is required. Arrivals are on Sundays or Tuesdays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.



# Apheresis

5 DAYS

## Included Services:

- Comprehensive medical history and clinical examination at the beginning of your stay, followed by a final consultation
- Comprehensive laboratory examination with personal discussion of the results
- Urinalysis and immunological stool analysis for deeper insight into gut and immune health
- Blood gas analysis to assess acid-base balance and metabolic function
- High-resolution ultrasound examination of abdominal organs
- Duplex sonography of the thyroid gland and carotid arteries
- Cardiovascular function evaluation using ergometry (resting and stress ECG) and echocardiography (heart duplex sonography)
- Pulmonary function testing, including analysis of oxygen metabolism in the blood
- Evaluation of the autonomic nervous system, including heart rate variability (HRV)
- Medical analysis of physical activity patterns and nutritional behaviour
- Personalised guidance on sports performance and vascular function assessment
- Musculoskeletal assessment and therapy, with development of an individualised training plan
- Final medical report including laboratory findings and tailored dietary recommendations
- Comprehensive body composition analysis with personalised nutrition advice
- 3 Medical Movement Training sessions, 2 Sonostim Therapy sessions, 2 LymphBalance sessions, 2 Thermal Shift sessions, 2 Connective Balance sessions,
- 1 JetPeel meets Feather Touch Treatment
- 1 Brenners full body massage
- Follow-up consultation to review progress and adjust the treatment plan if needed

## The following procedures are used :

- Chelation Therapy & Diagnostics: Using targeted infusions, heavy metals and environmental toxins are bound and safely eliminated from the body—guided by a personalised diagnostic assessment of each individual's toxic load and stress profile
- Plasmapheresis and Haematopheresis (performed individually or in combination, depending on clinical indication): These advanced blood purification therapies allow for the targeted removal of disease-triggering substances from the plasma or blood cells—relieving the immune system and supporting the treatment of chronic stress

**Price: € 24,720 per person**

*Please note: accommodation is not included. A minimum stay of 5 nights is required. Arrivals are on Sundays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.

# The ReLIFE Longevity Protocol by Dr. König

10 DAYS

The ReLIFE Longevity Protocol is a medically validated, precision-based programme designed for total biological renewal. It uniquely integrates deep detoxification, immune system modulation, and cellular regeneration—delivered in three meticulously coordinated phases.



## 1. Deep Detox:

The programme begins with medically supervised chelation therapy—targeting the elimination of heavy metals, environmental toxins, and cellular-level interference fields to create a foundation for renewal.

## 3. Biocellular Renewal:

The regenerative phase employs cutting-edge autologous pluripotent stem cells, following the protocol developed by Prof. Alt, to reactivate cellular function, stimulate the body's intrinsic repair mechanisms, and deliver a sustained boost in overall vitality.

## 2. Immune Reset:

This is followed by a personalised plasma treatment, supported by targeted haematopoietic therapy—designed to eliminate autoimmune complexes, oxidised lipids, protein-bound toxins, and excess cholesterol, resulting in a deep reset of the internal biochemical environment.

## Further services included in the package:

- Medical History: A detailed consultation upon arrival to review any health concerns and establish personal wellbeing goals
- Clinical Examination: A comprehensive physical assessment to evaluate your general health status
- Laboratory Analysis: Extensive diagnostic testing, including blood count, organ function, metabolic markers, vital substances, hormone levels, urinalysis, immunological stool analysis, and tumour markers (optional: epigenetic testing for advanced preventative insight)
- Ultrasound Diagnostics: Imaging of the abdomen, thyroid, arteries, and veins for a clear internal health profile
- Cardiac Assessment: Includes exercise ECG and cardiac ultrasound to monitor cardiovascular health
- 4 Medical Movement Training sessions, 6 Sonostim Therapy sessions, 4 Lymph Balance sessions, 4 Thermal Shift sessions, 4 Connective Balance sessions, 4 Fascia Release sessions
- 1 Balancing Wellness Treatments
- 1 Brenners time out for body and mind treatment
- 1 JetPeel Face & Neck
- 1 Brenners Wellnesreise by Augustinus Bader
- 1 Mineral Wellness Kur
- 1 Brenners individual Facial
- 1 Recovery Massage
- 1 Brenners full body massage
- Final Consultation: A personalised closing session to review findings and present tailored health recommendations in full detail

### **Modularity:**

*Individual program items can be booked separately (ideal for returning guests or specific therapy goals)*

**Price starting from: € 44,660 per person**

*Please note: accommodation is not included. A minimum stay of 10 nights is required. Arrivals are on Sundays, with the programme commencing the following day. Prices may vary depending on the service provided.*

We reserve the right to make changes to the Packages at any time.



Private practice Dr. med. Yusuf Yildirim



# Aesthetic Medicine

With over two decades of experience, YY Aesthetics offers you the entire spectrum of individual, timeless beauty - characterized by medical expertise, subtle aesthetics and a deep understanding of the essentials.

To preserve and gently enhance natural beauty, Dr. Yildirim uses a variety of innovative procedures in addition to botulinum toxin and hyaluronic acid.

Endolift laser technology and biostimulants such as polylactic acid, polynucleotides and calcium hydroxyapatite stimulate the body's own collagen production and ensure long-term skin rejuvenation. Mesotherapy, radio frequency microneedling, IPL, Erbium, ResurFX and CO2 lasers as well as ultrasound are used in a targeted manner to visibly refine the skin structure, boost elasticity and maintain the skin's natural glow for the long term. Treat yourself to a time-out, that gets under your skin - individual, effective and extraordinary.



DR. MED. YUSUF YILDIRIM

Private practice for aesthetic medicine

Tel.: +49 (0)7221 85 88 90

[www.yyaesthetics.com](http://www.yyaesthetics.com)

[#dr.yusuf.yildirim](https://www.instagram.com/dr.yusuf.yildirim)

# Consulting

Trust begins with transparency. At YY Aesthetics, we take time for you: We discuss all non-surgical treatment options in detail, define your personal goal together and provide you with comprehensive information about possible risks and the right aftercare. For results that are not only visible, but also tangibly harmonious.

**Price: 150 €**

**Duration: approx. 30 minutes**

# Face Sculpting

Targeted harmonization of individual facial areas: Eyebrows, eye area, nose, lips, cheeks, jawline, chin, mouth area or forehead - selected areas are precisely treated with botulinum toxin and hyaluronic acid as desired to gently balance asymmetries, build volume and refine proportions. Natural facial expressions are retained - for a fresh, expressive and harmoniously balanced look.

**Price: Botulinum toxin from 400 €**

**Hyaluronic acid from 950 €**

**Duration: approx. 30 minutes**

# Skin Rejuvenation

Effective, non-invasive procedures for skin renewal - targeted, precise and individually tailored. Erbium, ResurFX and CO2 lasers visibly refine the skin structure, while IPL and HIFU firm and smooth the depth of the skin. Ultrasound stimulates micro-circulation and provides new elasticity. In addition, skin-boosting treatments such as mesobotox, mesohyaluron and PRP revitalize the skin's appearance in the long term - for fresh radiance, even texture and natural luminosity.

**Price: from 450 €**

**Duration: approx. 30 minutes**

# Mid-face Lifting

Non-invasive revitalization of the mid-face - without surgery. Endolift® lasers and bio stimulants such as polylactic acid, calcium hydroxyapatite and salmon DNA work synergistically in all layers of tissue. The result: tightened contours, improved skin structure and natural freshness.

**Price: from 1400 €**

**Duration: approx. 30-90 minutes**

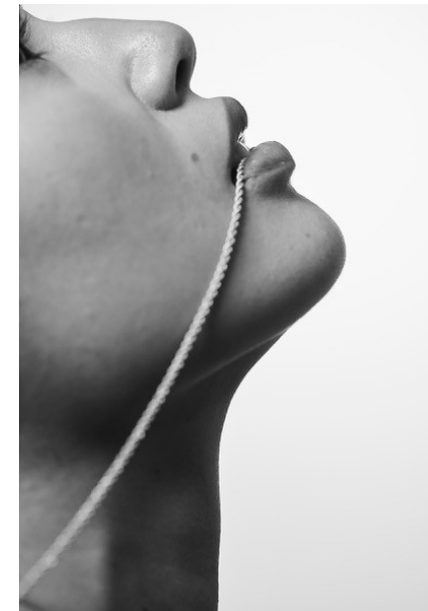


## Fullface

The signature concept from YY Aesthetics - for those who demand the highest standards of naturalness, precision and effect. With an individually tailored treatment plan, YY FullFace combines state-of-the-art methods for holistic, non-invasive facial rejuvenation. Botulinum toxin, hyaluronic acid, biostimulants such as polylactic acid, calcium hydroxyapatite or polynucleotides, Endolift® laser, HIFU, RF microneedling and skin boosting are used specifically to gently lift the face and neck, define contours and compensate for volume loss. The procedures work synergistically in all tissue layers - for a visibly firmer, harmoniously balanced overall appearance with long-lasting freshness, without surgery or downtime.

**Price: from 8000 €**

**Duration: approx. 60-120 minutes**



## Lips

YY Aesthetics stands for natural beauty. YY Lips are based on the highly specialized YY technique, which Dr. Yildirim has developed and perfected in his many years of experience on 20,000 lips. They are the trademark of YY Aesthetics and a symbol of beautiful, harmonious and lasting results. In addition to lip augmentation, lip enhancement, lip rejuvenation and contouring of the lip, our high-end treatments include lifting the corners of the mouth and recontouring the cupid's bow or the philtrum. In a personal consultation, we analyze the initial situation and coordinate your personal desire for lip injections with regard to your individual anatomy.

**Price: 1100 € / Duration: approx. 30-45 minutes**



Beschnidt Dental Practice





# Highly Modern Facilities in exclusive surroundings

Patients from all over the world place themselves in the competent hands of Dr. S. Marcus Beschnidt and value his expertise in the field of dentistry. Since 2010, Beschnidt is one of Germany's top physicians (source: Focus news magazine) and was most recently honoured as one of the "Worlds Top 100 Doctors" (source: Global Summit).

Dr. Beschnidt holds multiple academic teaching positions and remains actively engaged in research and innovation. His practice is a world apart from the traditional dental environment—spacious, serene, and infused with the calming essence of wellness. Accompanied by soothing music of your choice, you're invited to fully relax and feel at ease ahead of your treatment.

**Did you know that you do high-performance sport every day?**

Your teeth do. Each one is a miracle of strength and endurance. A hard worker. But a hard life leaves its mark. And these should be removed quickly. Because only healthy teeth can perform at their best. Think of us as your personal dental health coach.

In our practice, we offer the complete program of dentistry. From prophylaxis, the fitness program for your teeth, to the interdisciplinary overall treatment of your masticatory system, to complex prosthetic reconstructions with high quality implants.

**BESCHNIDT**  
ZAHNHEILKUNDE  
— BADEN - BADEN —

**DR. MED. DENT. S. MARCUS BESCHNIDT**  
**Dental Practice**

*Specialist for prosthetics (DGPro)*  
*Specialization in implantology (DGI / BDIZ)*  
*Certified sports dentist / team dentist (DGSZM)*  
*Active member of the European Academy of Esthetic Dentistry (EAED)*  
Tel: +49 (0)7221 39 39 719  
[www.beschnidt.com](http://www.beschnidt.com)  
[#beschnidt\\_zahnheilkunde](https://www.instagram.com/beschnidt_zahnheilkunde)



# Baden Smile

**4 DAYS**

Healthy starts in the mouth. Numerous studies have shown that complaints such as periodontal disease have a negative impact on the entire body. Our comprehensive examination is an important part of proactive health management, as the origin of unexplained general medical diagnoses often lies in the jaw area. Oral health has a significant influence on performance, stamina and the ability to concentrate and has also been proven to help prevent corona infection. As part of a scientifically based overall check-up, your oral health is checked, taking aesthetic and functional aspects into account - so that you shine like the sun over Baden-Baden.

## **Included Services:**

- Welcome gift in your room.
- Detailed medical history (including evaluation of all previous and external findings)
- Complete clinical examination of the entire jaw area inside and outside (teeth, mucous membranes, jaw, lips, lymph nodes, nerve exit points, etc.)
- Complete measurement of the periodontium (gum pockets, tooth loosening, gum recession, gum inflammation - periodontitis risk assessment)
- Functional diagnostics of the temporomandibular joints and bite in statics and dynamics
- X-ray diagnostics (provided no previous images less than nine months old are available) - optional cone beam CT (can be booked additionally)
- AI-supported diagnostics (posture scan and X-ray diagnostics)
- Vitamin D analysis to optimize bone mineral density and healing
- Omega-3 index for assessing soft tissue healing and the risk of inflammation
- Model production individually mounted in the bite simulator
- Professional teeth cleaning including consultation
- Nutrition and care (oil pulling, gum hygiene, tongue hygiene, etc.)
- Advice on tooth whitening options (bleaching, veneers, etc.)
- Detailed final consultation including handover of all findings and diagnoses
- Access to the Brenners Spa & Wellbeing with fitness center, Roman-style swimming pool, 500-square-meter sauna, plunge pool and Ladies spa

**Price: 1.300 € per person**

*Overnight stay not included, minimum stay: 4 nights.*

We reserve the right to make changes to the Packages at any time.

# Dental Relax

3 DAYS

Grinding, rubbing, clenching? Stressful situations at work or at home are causing more and more people to grind their teeth. Dysfunction of the temporomandibular joint, teeth and muscles results in excessive wear and tear and damage to the dental hard tissue and periodontium, including possible joint damage. The TMJ check-up and subsequent treatment are aimed at protecting the teeth and reducing bruxism activity. In a confidential exchange with you, we will look for the individual causes in order to treat the disease, which can also include sleep disorders, concentration problems and taste impairments, in the long term.

## Included Services:

- Welcome gift in your room
- Detailed anamnesis (including evaluation of all previous and external findings and any existing sleep analyses, assessment of existing occlusal splints and medication)
- Complete clinical examination of the entire jaw area inside and outside (teeth, mucous membranes, jaw, lips, lymph nodes, nerve exit points, etc.).
- Periodontal screening index (scan of the gum situation)
- Detailed functional diagnostics of the temporomandibular joints and bite in statics and dynamics including temporomandibular joints, masticatory muscles, jaw mobility and measurement of boundary movements
- AI-supported diagnostics
- If required: Pain questionnaire from the German Society for the Study of atypical facial pain
- X-ray diagnostics (provided no previous images less than nine months old are available) - optional cone beam CT (can be booked additionally)
- Optional: Model production individually mounted in the bite simulator (bookable)
- Photo documentation of the bite position/teeth
- Detailed final consultation including handing out of all findings and diagnoses
- Specific therapy suggestions on request
- Access to the Brenners Spa & Wellbeing with fitness center, Roman-style swimming pool, 500-square-meter sauna, plunge pool and Ladies spa

**Price: 650 € per person**

*Overnight stay not included, minimum stay: 3 nights.*

We reserve the right to make changes to the Packages at any time.





# Winners Bite

3 DAYS

Whether you are an amateur or professional athlete: nuances make the difference between winning and losing. Sports dentistry makes a significant contribution to exploiting human potential so that you can start the new season perfectly or get back into training optimally after recovering from a sports injury. Your sports dentist will search for performance-reducing disruptive factors such as hidden inflammation or an incorrect bite. The focus here is on gentle non- or minimally invasive and holistic concepts. Boost your performance with a top-class performance check.

## Included Services:

- Welcome gift in your room
- Detailed anamnesis, also with your trainer (including evaluation of all previous and external findings)
- Complete clinical examination of the entire jaw area inside and outside (teeth, mucous membranes, jaw, lips, lymph nodes, nerve exit points, etc.)
- Periodontal screening index (scan of the gum situation)
- Detailed functional diagnostics of the temporomandibular joints and bite in statics and dynamics including temporomandibular joints, masticatory muscles, jaw mobility and measurement of boundary movements
- X-ray diagnostics (provided no previous images less than nine months old are available) – optional Cone-Beam CT incl. AI-supported analysis (can be booked additionally)
- Treadmill video analysis with a sports coach
- Postural cybernetic analysis with a physiotherapist incl. AI-supported diagnostics
- Vitamin D analysis to optimize bone mineral density and healing
- Omega-3 index for assessing soft tissue healing and the risk of inflammation
- Advice on interference fields, performance enhancement and training optimization (bite splint versions and sports protection). Detailed final consultation including handover of all findings and diagnoses
- Access to the Brenners Spa & Wellbeing with fitness center, Roman-style swimming pool, 500-square-meter sauna, plunge pool and Ladies spa

**Price: 870 € per person**

*Overnight stay not included, minimum stay: 3 nights.*

We reserve the right to make changes to the Packages at any time.



Private practice Liliane Goschy



# Physiotherapy and Medical Fitness

With a strong team of experienced therapists, we support you with a holistic concept of physiotherapy and medical fitness. We do not work in a standardized way, but develop tailor-made treatments for you that will permanently improve your mental and physical well-being. As part of a strong group practice, we also benefit from our strong partners from Brenners Medical Care, who are on hand to provide specialist medical advice if required.

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## Everything for your health

- Physical findings
- Physio Plus - Holistic physiotherapy
- Joint Harmony - Manual Therapy
- Medical Movement Training - Strength & Control
- Four Hands, One Focus - Dual Physio Session
  - Osteocosms
  - Intermittent Hypoxic Training - IHT
- Multimodal treatment for chronic fatigue syndrome (burnout)
- Deep Tissue Regulation - Fascia & Flow



**LILIANE GOSCHY**

*Tel: 07221 7022240*

*info@liligoschy.com*

*www.liligoschy.com*

# Treatments

## **Physio Plus - Holistic Physiotherapy**

This advanced physiotherapy considers the body as an interconnected system. The treatment involves posture, movement, breathing and the nervous system in equal measure - for lasting improvement of chronic complaints, functional disorders and tension patterns.

*Price: 190 € / Duration: 50 minutes*

## **Manual Therapy - Structure in Motion**

Targeted manual grips help to release blockages, mobilise joints and regulate muscular tension. The treatment supports natural freedom of movement and often provides immediate relief.

*Price: 200 € / Duration: 50 minutes*

## **LymphBalance - Relief & Immune Support through Manual Lymphatic Drainage**

A particularly gentle manual technique to promote lymph flow, relieve swelling and strengthen the body's own cleansing process. This treatment decelerates, purifies and revitalizes the immune system.

*Price: 200 € / Duration: 50 minutes*

## **Sound Silence - Therapy for Tinnitus**

This specialized therapy works on muscular and nervous tension in the jaw and neck area, which can exacerbate tinnitus. It promotes relief for the system and brings the body and hearing back into balance.

*Price: 190 € / Duration: 50 minutes*

## **Fascia Release - Inner Flow**

This deeply effective treatment releases tension in the connective tissue, promotes mobility and improves posture. Targeted grips release adhesions and reactivate the fascia network - for a new feeling of inner freedom.

*Price: 190 € / Duration: 50 minutes*

## **Medical Movement Training - Strength & Control**

This personalised training is supervised by a physiotherapist and is geared towards medical objectives - from back health to joint stability. It combines precise movement, muscle building and functional exercises for a safe, sustainable improvement in your physical performance.

*Price: 170 € / Duration: 50 minutes*

## **Scar Regulation - Tissue in Balance**

This specialised manual technique treats adhered or hardened scar tissue, promotes blood circulation and restores elasticity. It supports both the function and the aesthetic appearance of the skin after operations or injuries.

*Price: 190 € / Duration: 50 minutes*

## **Jaw Structure Therapy for Tension & Pain**

This manual therapy helps with temporomandibular joint problems (TMJ), which are often accompanied by teeth grinding, tension headaches or ringing in the ears. The aim is to restore jaw balance and relieve the surrounding muscles.

*Price: 190 € / Duration: 50 minutes*

# Treatments

## **Foot Reflexology Therapy - Impulses for the Whole Body**

Internal organs, circulation and the nervous system are influenced by targeted stimulation of reflex zones on the feet. This method activates self-healing powers, promotes the regulation of the autonomic nervous system and ensures deep relaxation.

*Price: 200 € / Duration: 50 minutes*

## **Deep Solution for Abdominal Organs & Fasciae**

This treatment focuses on the deep tissue in the abdomen - from muscles to fascia and organs. It improves the mobility of internal structures, has a relaxing effect on the nervous system and supports digestive function.

*Price: 200 € / Duration: 50 minutes*

## **Breathing in Balance - Function & Energy**

Targeted breathing training to improve lung function, body awareness and stress regulation. The treatment supports patients with respiratory diseases as well as people with muscular tension patterns or chronic stress.

*Price: 190 € / Duration: 50 minutes*

## **Therapy Duo - Double Therapy for More Depth Effect**

Two therapists work in close coordination at the same time - for a more intensive effect on complex complaints or for deep regeneration. This method increases the depth of treatment and reduces therapy time.

*Price: 450 € / Duration: 50 minutes*

## **CranioSacral Balance - Regulation from Within**

This gentle manual therapy harmonises the rhythmic connection between the skull, spine and sacrum. It has an effect on the central nervous system, supports deep regulation and can help with stress, headaches, sleep disorders and vegetative imbalances.

*Price: 190 € / Duration: 50 minutes*

## **Postural Therapy - Straightening & Body Awareness**

Targeted analysis and correction of posture patterns to relieve joints, muscles and the nervous system. The treatment trains body awareness, strengthens the postural muscles and improves your upright presence in everyday life.

*Price: 200 € / Duration: 50 minutes*

## **Gait Diagnostics - Understanding Movement Patterns**

This functional analysis of your gait pattern reveals individual movement patterns, incorrect loading and muscular imbalances. It forms the basis for targeted physiotherapy measures to improve posture, relieve pain and prevent illness.

*Price: 200 € / Duration: 50 minutes*

## **Mobility Five - Focus on Mobility**

Targeted mobilisation training on the medical FIVE circuit to improve flexibility, posture and joint mobility. Ideal for back problems, restricted movement and for holistic body alignment.

*Price: 170 € / Duration: 50 minutes*

# Treatments

## **Home Training Plan - Your exercise. Your time.**

Customized training plan with targeted exercises for at home - tailored to your complaints, goals and everyday life. Ideal for intensifying the therapeutic effects and for long-term stabilization of posture and mobility. home training plan

*Price: 170 € / all-inclusive*

## **SonoStim Therapy - Cell Activation through Impulse & Sound**

This device-based therapy combines high-frequency impulses or gentle ultrasound for targeted pain relief, anti-inflammation and tissue regeneration. Particularly suitable for tension, tendon irritation or to support healing after injuries.

*Price: 80 € / Duration: 25 minutes*

## **Connective Balance - Fascia & Tissue in Regulation**

This profound manual technique has a direct effect on the connective tissue and the autonomic nervous system. Adhesions and tension patterns are released - blood circulation is improved, the organs are reflexively supported and the body system is brought into balance.

*Price: 190 € / Duration: 50 minutes*

## **Pilates Reformer Training**

Pilates reformer training specifically promotes deep muscles, posture and flexibility. Customised equipment exercises help to develop a new body awareness, stability in the torso and balanced muscle tone - effectively and gently on the joints.

*Price: 170 € / Duration: 50 minutes*

## **Medical Pilates Reformer Training**

Medical Reformer Training is a precisely guided movement therapy on the Reformer device with a medical focus. It strengthens the deep core muscles, improves postural stability and optimises neuromuscular control - particularly effective after orthopaedic complaints, for back pain, functional limitations or for prevention. The controlled resistance of the device enables individual exercise customisation with maximum joint protection.

*Price: 190 € / Duration: 50 minutes*

## **Cupping Flow - Cupping Therapy for Relief & Activation**

Cupping therapy is a traditional healing method with a modern application. Targeted negative pressure promotes blood circulation, relieves muscular tension and stimulates the metabolism. Particularly effective for tension, chronic pain or to support detoxification.

*Price: 80 € / Duration: 25 minutes*

## **MedTape - Functional Support through Kinesiological Taping**

Medical kinesiotaping offers functional support for muscular complaints, joint problems or lymph congestion. The elastic tapes create targeted stimuli on the skin, fascia and deep receptors - for relief, stabilisation or activation. Ideal for exercise therapy or aftercare.

*Price: 40 € / Duration: 10-15 minutes*



# Metabolic Balance

## 7 DAYS

The engine of our body is the metabolism. It supplies all functions with energy. Inactivity, crash diets, illnesses, operations and injuries often slow down our metabolism in the long term. Our vitality decreases and the body ages faster than the actual years of life. A special medicaltherapeutic programme supports the revitalisation of the metabolism through a holistic approach.

### Included Services:

- Welcome gift in your room
- Vitality cuisine (lactose- and gluten-free) with a personalised menu plan – vegetarian or vegan options available, including water and herbal teas
- Initial medical consultation
- Comprehensive body analysis with physical evaluation
- Customised menu planning session
- Full laboratory testing and personalised results consultation
- 2 Classic massages for relaxation and muscle recovery
- 3 Medical movement Training sessions
- 5 Physio Plus sessions
- 4 LymphBalance treatments to support detoxification and circulation
- 1 Postural Therapy session, 1 Mobility Five session, 1 Gait Analysis, 2 Reflexology Foot Therapy session, 1 Postural Therapy session, 1 Mobility Five session, 1 Gait Analysis with functional assessment, 2 Connective Balance sessions, 1 Four Hands, One Focus sessions, 2 Fascia Release sessions, 1 CranioSacral Balance session
- Creation of a Home Exercise Plan
- 2 Intensive tissue treatments to release deep muscular tension
- 4 Hypoxic training sessions (altitude therapy) to enhance cellular regeneration and boost energy production
- 1 Body composition retest to assess results at the conclusion of the programme
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies Spa
- Comprehensive medical history and clinical examination at the beginning of your stay, followed by a final consultation to evaluate results and next steps
- 1 Bioimpedance Analysis (BIA) to assess hydration, fat composition, and muscle mass
- Full laboratory screening with a personalised review of results
- 1 Body composition retest for progress tracking
- 2 Hypoxic training sessions (altitude therapy) to optimise oxygen utilisation and performance
- 1 Clay Body Treatment, 2 Classic Massages, 1 Detoxifying Algae Treatment, 2 Personal Training
- Creation of the Meal Plan
- Diet Full Board incl. Water & Tea

**Price: € 13.983 per person**

*Overnight stay not included, minimum stay: 7 nights.*

*Departure always on Mondays (arrival on Sundays) | on request and subject to availability.*

We reserve the right to make changes to the Packages at any time.

# Revive Package

14 DAYS

To this day, burnout is not a term for a medical illness. We address the complex symptoms from the perspective of a psychological and physical reaction to various deficiency symptoms, intolerances and stress situations. The programme can be completed on its own, as a supplement or afterwards, as well as to compensate for waiting times until the start of any necessary accompanying psychotherapy.

## Included Services:

- Welcome gift upon arrival
- Vitality cuisine (lactose- and gluten-free) with a personalised menu plan – vegetarian or vegan options available, including water and herbal teas
- Initial consultation and full-body composition analysis
- Review of physical findings, plus comprehensive laboratory diagnostics and personalised discussion of results
- 9 Medical Movement Training sessions, plus 9 Physio Plus sessions
- 4 LymphBalance sessions, 2 Cranio Sacral Balance sessions, 2 Connective Balance sessions, 1 Gait Analysis, 2 Postural Therapy sessions, 2 Four Hands, One Focus sessions, 2 Abdominal Deep Tissue Therapy sessions, 3 Foot reflexology sessions, 3 Fascia release sessions, 2 Jaw Joint Therapy sessions
- Creation of a Home Workout Plan
- 7 Hypoxic training sessions (altitude therapy) to activate cellular performance and enhance energy production
- 2 Augustinus Bader Full Body Treatments for deep skin renewal and hydration
- 3 Guided hiking or biking tours through the scenic landscapes of the Black Forest and 2 Yoga sessions for movement and balance
- 1 Facial reflexology massage and 2 Detoxifying clay body treatments
- 2 Body analysis retests to evaluate progress and final outcomes
- 2 Brenners Wellness Journey Treatments by Augustinus Bader
- 1 Detoxifying Algae Treatment
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies' Spa

**Price: from € 19,680 per person**

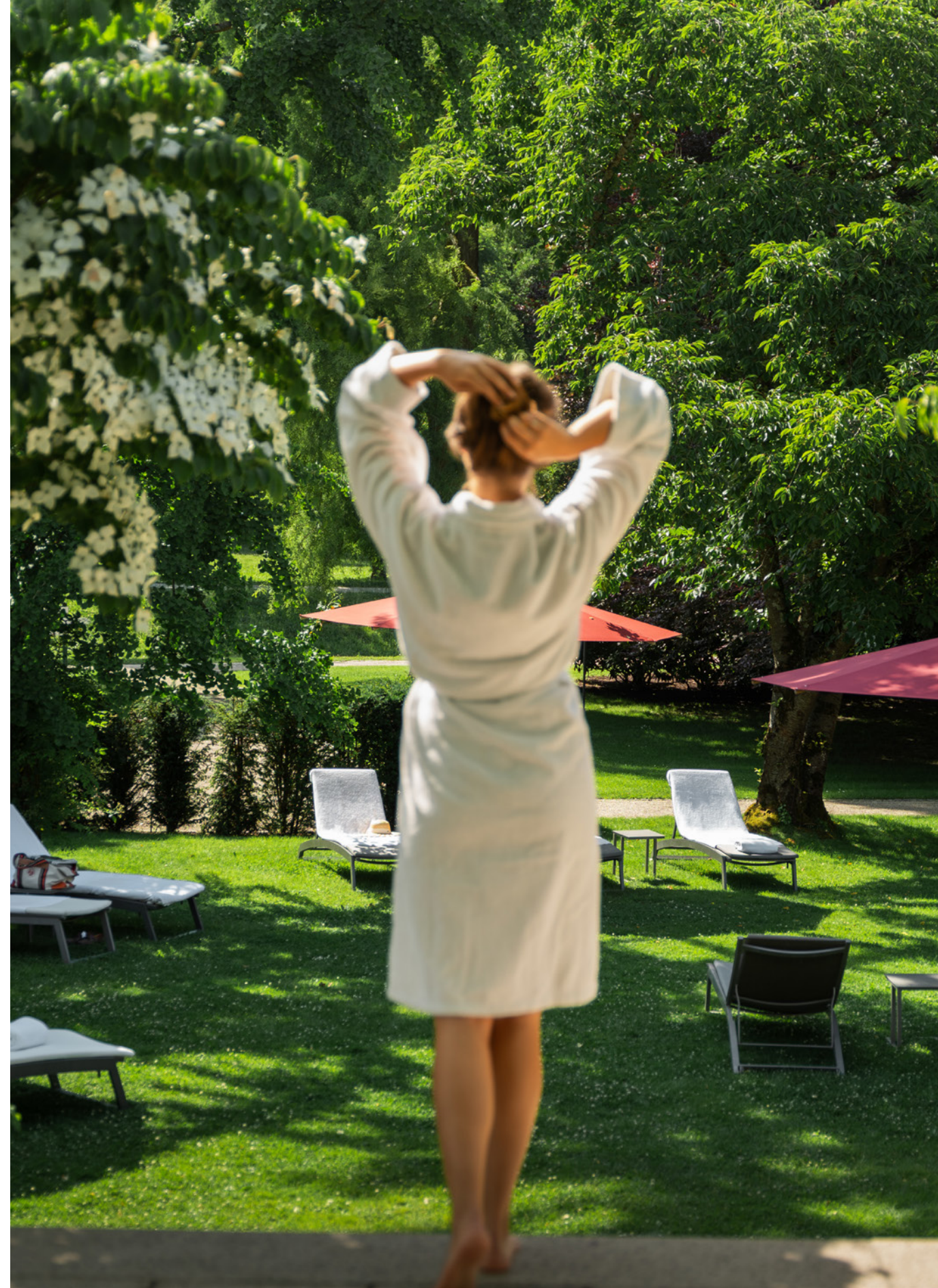
*Overnight stay not included, minimum stay: 14 nights.*

*Start of the package on Mondays (arrival on Sundays)*

*or Wednesdays (arrival on Tuesdays).*

*On request and subject to availability*

We reserve the right to make changes to the Packages at any time.



# Orthopaedics Package

7 DAYS

Movement is life. Our body is the guarantor of our mobility. Quality of life is considerably reduced when the musculoskeletal system no longer functions as it should. Spinal and joint pain reduces performance and mobility. The causes of your pain and what you can do about it will be treated individually in this orthopaedic package by our experienced specialist in orthopaedics. In order to create a tailor-made therapy and exercise programme for you, your spine, the entire musculoskeletal system and your training status are analyzed and usually supplemented by physiotherapy.

## Included Services:

- Welcome gift in your room
- Vitality cuisine (lactose- and gluten-free) with a personalised menu plan – vegetarian or vegan options available, including water and herbal teas
- Comprehensive medical history and clinical examination at the beginning of your stay, followed by a final consultation
- 1x bioimpedance analysis (BIA) to assess fluid balance, fat composition and muscle mass
- A repeat body composition analysis to monitor progress
- Comprehensive laboratory examination including orthopaedic parameters with personal discussion of the results
- Customised menu planning session
- Orthopaedic examination including assessment of spinal alignment, followed by a final orthopaedic consultation
- 2 Classic massages and 1 full-body massage
- 5 Medical Movement Training sessions
- 5 Physio Plus sessions
- 2 Fascial Release sessions, 2 LymphBalance sessions, 1 Postural Therapy session, 1 Gait Analysis, 1 Reflexology Foot Therapy session, 1 Cranio Sacral Balance session, 3 Sonostim Therapy session, 2 Mobility Five sessions
- Creation of a Home Exercise Plan
- 2 Hypoxic training sessions (altitude therapy) to enhance cellular regeneration and energy production
- 4 Pneumatron treatments to stimulate circulation and support muscular recovery
- 2 Comprehensive chirotherapy sessions for spinal alignment and joint mobility
- 1 Final body composition retest and orthopaedic consultation to assess programme outcomes
- 1 Full Body Massage
- 1 Detoxifying Algae Treatment
- Full access to Brenners Spa & Wellbeing: Roman-style pool, fitness centre, 500 m<sup>2</sup> sauna area, plunge pool, and dedicated Ladies' Spa.

**Price: from € 14,251 per person**

*Overnight stay not included, minimum stay: 7 nights.*

*Start of the package possible on Mondays (arrival on Sundays) or Wednesdays (arrival on Tuesdays) on request and subject to availability.*

We reserve the right to make changes to the Packages at any time.



# Spa & Wellbeing

Brenners Spa & Wellbeing is more than a spa—it's a sanctuary where science and serenity meet. Set within the hotel's lush private parkland, the spa offers an immersive journey into physical and emotional restoration. From advanced facials using Augustinus Bader, to holistic therapies rooted in centuries-old traditions, each treatment is delivered with expert care and intuitive precision. The atmosphere is quietly luxurious, with dimly lit saunas, marble-clad steam rooms, and a tranquil indoor pool overlooking the trees—all designed to slow time and deepen breath.

But wellbeing at Brenners goes far beyond treatment rooms. Guests are invited to engage with nature through forest bathing, breathwork, or morning hikes in the Black Forest, all curated by a discreet and knowledgeable team. It's a place where balance is not a goal, but a rhythm—woven into every touchpoint of the experience. Whether seeking a moment of stillness or a full-body reset, Brenners Spa & Wellbeing offers a rare kind of indulgence: the kind that truly restores.



# OETKER HOTELS

Masterpiece Collection

Schillerstraße 4/6, 76530 Baden-Baden  
Telefon +49 (0)7221 900-0