

MASONROSE

Buchinger Wilhelmi Marbella



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KEY FACTS

Following the tradition of Dr. Otto Buchinger - a doctor, philosopher and pioneer of medical fasting, his daughter Maria, known as the 'Grande Dame' of fasting, and her husband Helmut Wilhelmi opened the Buchinger clinic in Marbella in 1973. Today the fourth generation of the Wilhelmi family manage the clinic and continue to focus on preserving health and a joy of life, whilst developing the knowledge handed down from previous generations using modern scientific methods.

Set against the backdrop of the majestic Sierra Blanca mountains and just 3 km from Marbella's Old Town, the residences of Buchinger Wilhelmi stand within the shade of ancient palm trees with views to the Mediterranean Sea. The clinic's architecture features natural materials and colours, allowing it to blend harmoniously with the Mediterranean landscape. Rooms range from snug retreats to generously designed suites with breathtaking views of the sea and the Rock of Gibraltar.

Buchinger Therapeutic Fasting is a holistic method that

combines traditional fasting methods with integrative medicine, with the aim of improving a patient's physical well-being and inner harmony for the long term.

More than 200 specialists including 12 doctors from diverse areas like medicine, physiotherapy, psychotherapy, nutrition, sport and nursing guide guests through a holistic program based on Dr Buchinger's prescription for a "spiritual diet". Conscious nutrition, physical fitness and spiritual inspiration complement their range of services. Guests can either put together their own treatment plan or take advantage of packages that are tailored to their individual needs.

The clinic places great importance on using locally grown food that is of the highest quality. The 'Clinic Supported Agriculture' initiative was set up with the Fundacion Arboretum to work with several small, independent farmers that supply Buchinger's kitchen daily with high-quality produce grown just 30 km away.

LOCATION AND ACCESS

Malaga International Airport: 57 km, approximately 40 minutes by car. Collection can be arranged from the airport.

Malaga Central Station: 60 km, approximately 45 minutes by car

Marbella Old Town: 3 km, approximately 5 minutes by car

Puerto Banús: 5 km, approximately 10 minutes by car

Flight time from the UK: 3 hr

Airlines from the UK: British Airways, Iberia, easyJet, Norwegian, Thomson, Jet 2, Flybe

ACCOMMODATION

101 rooms in total including 53 single and 11 double rooms with mountain or Mediterranean sea views, 17 junior suites, 17 executive rooms and 3 spacious penthouse suites

Accommodation is set within two buildings: the Main Building - built in the typical Andalusian country house style and "Villa Maria" - a modern, Mediterranean architecture style. Both are built in a sustainable design and are surrounded by organic gardens

Standard Rooms: 16 – 21 sq.m, east facing room in the main house, single or double bed, bathroom with shower, seating area and desk

Standard Plus Rooms: 17 – 26 sq.m, north and east-facing rooms in the main house, single or double bed, bathroom with bath or shower, seating area

Comfort Rooms: 21 – 33 sq.m, south facing rooms in the main house, single or double bed, bathroom with bath or shower, seating area and desk, 6 sq.m terrace with lounge

Superior Rooms: 21 – 38 sq.m, south, east or west facing rooms in the main house, single or double bed, bathroom with bath or shower, 6 – 11 sq.m terrace with lounge, garden views. Available with connecting terraces.

Executive Rooms: 33 sq.m, north-facing room in Villa Maria, double bed, bathroom with bathtub, seating area and desk, 9.5 sq.m terrace with loungers. Available with connecting terraces.

Junior Suites: 42 sq.m, south facing open-plan suite in Villa Maria, double bed, bathroom with bathtub, sofa seating area and desk, iPod station, 12 sq.m terrace with loungers, 34 sq.m private garden, sea views

Penthouse Suiten Bellavista and La Concha: 68 sq.m, both are south facing suites in Villa María, double bed, seating area in the bedroom, bathroom with a hydromassage bathtub, shower and double vanity unit, separate living room with a dining area, iPod station and kitchenette. 48 sq.m terrace with seating, sea or mountain views. Bellavista is available with a connecting door.

Penthouse Mediterráneo Suite: 84 sq.m, south facing suite in Villa María, double bed, bedroom with seating area, bathroom with a hydromassage bathtub, shower and double vanity, iPod station, separate living room with dining area, kitchenette, 24 sq.m terrace with seating and wonderful views of the Mediterranean. Available with connecting door.

FACILITIES

Facilities include:

Art studio with access to the garden
Cinema
Demonstration kitchen
Gardens with organic vegetable gardens and a natural garden
Fitness centre
Heated outdoor swimming pool
Finnish Sauna and steam rooms
Fitness and Pilates Pavilion, Yoga room
Massage and hydrotherapy rooms
Tennis court
House of Inspiration
Internet office and Lecture rooms
Library and Silence Room
Parking

Services and Treatments: Guests can book individual treatments or the clinic's tailored 7, 14 or 21 day packages. The Clinic's holistic health treatments and services bring together modern Western medicine and classical Far Eastern naturopathy, contemplation and circuit training, philosophy and Pilates, as well as the belief that everyone is able to take charge of their health with tools that last beyond guests' stay.

Each day guests experience morning health checks to evening music concerts, strolls through landscaped gardens and a daily program of activities that includes everything from Yoga and Pilates, to guided exercise and meditation classes, art, music, literature, coaching and accompanying forms of psychotherapy.

Therapeutic Fasting: based on the ability of the human organism to temporarily live off its fat reserves and cleanse itself in the process, achieving a balance between

rest and exercise, relaxation and exertion and contemplation and inspiration. It involves a gentle yet effective fasting method, using freshly squeezed fruit juices, vegetable consommés and teas

Integrative Medicine: Buchinger Wilhelmi combines Western medicine with alternative healing methods to offer a programme of bespoke treatments to suit each individual. Superior diagnostics blend with natural and complementary medicine, psychotherapy and dietetics, psychosomatic medicine and meditation, as well as an array of other therapies for the body, spirit & soul.

Nutrition and Dietetics: the clinic offers 100% fresh, certified organic seasonal produce from local suppliers through calorie-reduced or wholefood diets in addition to the reduction and increase of food at the beginning and end of the fasting programmes. Nutritional experts provide consultation sessions and lectures, cooking lessons and demonstrations.

Physical Therapy: Treatments stimulate the organs' functions, clear blockages and release energy directly by touch, movement or exerting specific pressure.

Exercise and Relaxation: the clinic offers extensive sporting activities and relaxation programmes, suitable for everyone.

Inspiration and Spirituality: the spiritual dimension is of great importance to guests alongside therapeutic fasting; leading to creativity, personal development, mental clarity and perspective.

Beauty and Hair Care: Certified natural cosmetics by Weleda and Dr Hauschka are used to cleanse, care for and

regenerate skin and hair.

Personal Coaching: professionals work with each person

to achieve their professional, private, social or health related goals.

DID YOU KNOW?

Dr. Otto Buchinger founded his first sanatorium in 1920 and established Klinik Dr. Otto Buchinger in Bad Pyrmont in 1935. It was in this year, that Dr. Otto Buchinger published his most important work 'The Therapeutic Fasting Cure'. Buchinger Wilhelmi celebrated its 60th anniversary in 2013.

The Maria Buchinger Foundation was established in 2011 and focuses on scientific research of therapeutic fasting and promoting research in fasting therapy in collaboration with universities and other institutes.

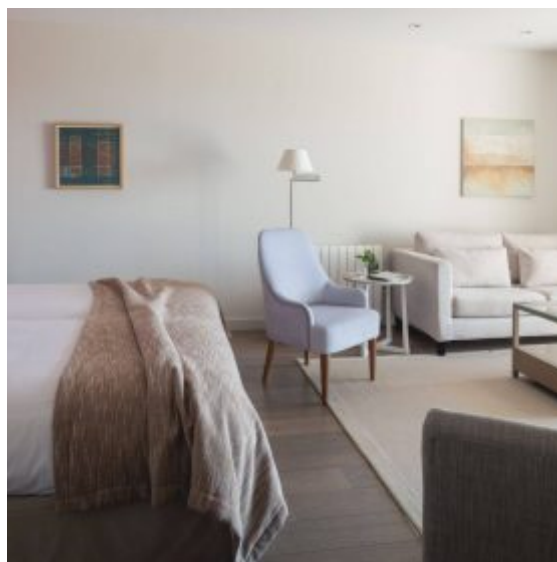
The third generation of the Wilhelmi family managed both the Marbella and Lake Constance clinics until 2017. In Marbella, Maria's daughter Jutta and son-in-law Claus

Rohrer continued the work started by their mother and grandfather. During this time, the clinic was enlarged and continuously updated to incorporate the findings of the latest scientific research, and the spectrum of the medical team also expanded. In 2018, Katharina Rohrer-Zaiser and Victor Wilhelmi joined the management team as members of the fourth generation of the Buchinger Wilhelmi family.

In Marbella, Buchinger Wilhelmi was one of the first institutions to conduct regular audits, and has received certification for quality and environmental management in accordance with ISO 9001 and ISO 14001. The purpose of this integrated system is to continuously improve the quality of their services while using natural resources better and more consciously.



Clinic entrance



Junior Suite



Swimming pool



Yoga session



Gym



Suite Balcony



Morning meditation



Cooking class



Library



Buchinger Wilhelmi Marbella - sea view

