

Living the Good Life



Much more than a high-end health spa, a pioneering new Swiss medical resort is focused on enhancing “health spans” rather than obsessing over longevity.

On the shores of Lake Constance, a new name is making waves. Open since March, Buff Medical Resort is a groundbreaking health retreat that combines the best of a medical clinic, wellness spa and luxury hotel. But this is no ordinary spa. While yoga and health foods are, of course, part of the experience, the offerings here go far beyond the typical, providing a deeply transformative approach to wellness. According to the resort’s medical director, Dr. Claas Hohmann, the centre’s philosophy revolves around “health span” rather than pure longevity. “It’s not about how long you live, it’s about how long you live healthily,” he explains. The goal, Dr. Hohmann says, is to help guests live the best life possible, offering solutions that ensure they remain mobile and self-determined well into old age.



Strikingly designed reception area at Buff Medical Resort. *Above:* The approach to the facility, located on Switzerland’s Lake Constance.

Clockwise: Cosy, modern rooms promote tranquility; stylish entrance hall sets the tone; the lavish indoor-outdoor pool.



Upon arrival, guests will enjoy a detox drink to reset their bodies and undergo a series of tests designed to discover what's happening inside. They'll then be assigned a bespoke, holistic programme that's tailored to suit their body and goals, created and facilitated by the resort's team of experienced medical practitioners, fitness experts and nutritionists.

The resort practices comprehensive preventive and regenerative medicine, and combines the most innovative high-end medical treatments with holistic healthcare. A core component of the health programme is cardiovascular health, and the resort is equipped with a state-of-the-art cardiac-MRI machine, rivalling the world's best hospitals, to examine the heart using the most advanced methods.

Other key pillars include gut health and muscle health. Guests participate in practices such as therapeutic fasting—a modern interpretation of fasting developed by Dr. F.X. Mayr, internationally recognised for detoxification, cleansing and regeneration of the body—and gait analysis training, which precisely assesses misalignments, imbalances and movement patterns of the body, correcting them for optimal health.

Guests are also taught how to chew properly and encouraged to practice silent eating, while rooms and suites are equipped with altitude climate technology, which prompts the body to work while it sleeps, speeding up the results of the programme—among other modern methods designed to improve overall well-being.

While the property is a medical facility, it is imbued with the ambience and service of a five-star hotel. All aspects are designed to balance medical practices with luxury and comfort. There are next-gen gyms and fitness studios equipped with the latest Technogym equipment, alongside facilities including a beautiful indoor-outdoor pool and a spa where guests can enjoy massages and ayurveda therapies that blend traditional Indian medicine with modern medical expertise to restore the balance of body, mind and soul.

Throughout their stay, guests enjoy healthy and delicious cuisine featuring

carefully selected, fresh and seasonal ingredients. They sleep in rooms and suites that are warm and cosy, with contemporary design features created to promote well-being and tranquillity, such as wood and Swiss stone pine from the Engadin region. All options include south-facing views, spacious balconies or terraces, and bathtubs where you can soak while overlooking nature. The pinnacle is the giant 300 m² Presidential Suite.

The location, nestled in the idyllic landscape of Lake Constance—where guests can enjoy refreshing morning swims—only adds to the allure. The property is located an hour's drive from Zurich or 30 minutes by car from the Bodensee private jet airport, where guests are picked up from the tarmac and driven to the property in its fleet of Bentleys and Mercedes limousines. The resort has partnered with leading on-demand aircraft charter company Victor as its private jet charter partner, offering

a seamless travel journey and ensuring the experience begins well before arrival.

The resort is the brainchild of CEO and founder Hans Jürg Buff, a Swiss entrepreneur and hotelier. “The Buff Medical Resort combines luxury and medical innovation at the highest level,” he says. “Our goal is to offer our guests an unparalleled experience where their health takes centre stage.”

With programmes ranging from three to 21-plus days, imparting varying levels of intensity and content, Buff Medical Resort is more than just a retreat—it provides healthcare like no other, offering a holistic, transformative approach to well-being. Whether guests are seeking rejuvenation or preventive care, they are guaranteed a bespoke experience that promotes vitality and a fulfilling life—all within a stunning, luxury setting.

buff-medical-resort.com