

Buff Medical Resort is beautifully positioned on the shores of Lake Constance on the border of Switzerland and Germany

HEALTHCARE LIKE NO OTHER

Introducing Buff Medical Resort – a new state-of-the-art holistic health resort on the stunning shores of Lake Constance

THE VISION

Buff Medical Resort was created by Swiss entrepreneur and hotelier Hans Jürg Buff to offer medical excellence and exclusive health programmes in combination with a first-class, luxurious 5-star experience – an innovative, holistic health concept as a new path for the body, mind and soul.

World-leading doctors and specialists of preventative and regenerative medicine come together to provide cross-discipline, personalised medical and holistic treatment programmes for every guest. Bringing experts from a spectrum of medical fields, including cardiology, orthopaedics, osteopathy and physiotherapy, Buff Medical Resort offers a broad range of diagnostics and treatments under one roof. This is coupled with highly qualified yoga, pilates and meditation instructors, leading sports scientists and nutritionists, and advanced spa practitioners working together on an individualised treatment plan.

Buff Medical Resort is a place of transformation, where guests lay the foundation for a healthier, longer and self-determined life.



FOUR PILLARS OF HEALING

Buff Medical Resort focuses on improving gut and metabolic health, stress management and sleep quality through its unique interdisciplinary exchange of complex diagnostics, holistic wellbeing and the expertise of a mindful lifestyle. It offers ten programmes lasting between three and 21 days, which vary in intensity and content, with each one designed to strengthen, heal and restore. The resort's commitment to every guest's care does not end with their stay: guests can expect regular follow-ups to ensure long-term positive outcomes.

Guests are invited to follow a modern take on the Mayr cure, combining cutting-edge nutritional science with Dr Mayr's original principles to create tailor-made, gourmet fasting and detoxifying menus that cleanse and regenerate the intestines, harnessing the healing powers of nutrition. Guests not keen to fast can follow instead a GourMED programme of star-level meals.

'Our changing world places drastic demands on our health, which calls for a PIONEERING APPROACH to our healthcare'

Hans Jürg Buff, founder of Buff Medical Resort

LOCATION AND ACCOMMODATION

Each of Hans Jürg Buff's six hotels in St Moritz, Switzerland, has been chosen for its position and Buff Medical Resort is no exception, situated in a leafy park on the shores of Lake Constance, the snow-capped Alps beyond.

Each of the especially spacious and beautifully designed rooms and suites is south facing, with large balconies overlooking the water, electrical radiation shielding and the option of recreating an alpine high-altitude climate to further boost metabolism and restful sleep.

Positioned within the town of Constance, Buff Medical Resort is 40 minutes from Zurich International Airport and a 20-minute stroll from the train station, served by Deutsche Bahn and Swiss Federal Railways.

Buff Medical Resort opens in April. Enjoy the special 50 percent Family & Friends introductory offer between 1-31 March. A new chapter of your health begins here. Healthcare Like No Other at buff-medical-resort.com.

