

# REGENA

HEALTH RESORT & SPA

INFORMATION

&

PRICE LIST

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**REGENA Health-Resort & Spa**

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Helicopter landing pad: 50°18' 27.03" N, 9° 45' 39,06"

## Price list and fact sheet

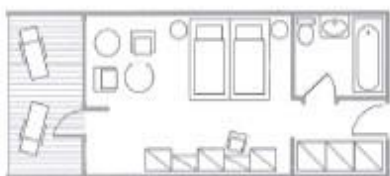
On the following pages you will find:

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<p>This services are <b>only an excerpt from our complete price and services list.</b> This is ready for inspection in the Regena and will be send to you on request.</p>	
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## TRAVEL WITH COMFORT

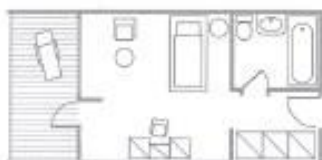
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All rooms and suites are non-smoking, equipped with bathroom, hair-dryer, vanity mirror, bathrobe, frottee-slipper, spa bag, mini-fridge, telephone, radio, satellite TV, safe, desk, covered balcony with sun protection and easy to reach by elevator. Special rooms also are prepared for wheelchair users and guests with allergies.



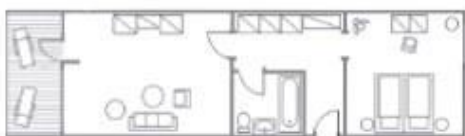
### **Double room** (about 30-40 sqm)

Bathroom optional with shower and/or bathtub, entrance with wall unit



### **Single room** (about 25-35 sqm)

Bathroom optional with shower and/or bathtub, entrance with wall unit



### **Junior Suite** (about 55 sqm)

Separate bedroom and living room, entrance with wardrobe and wall unit, bathroom optional with shower and/or bathtub



### **Exclusive Suite** (about 60 sqm)

Separate bedroom and living room, entrance with walk-in wardrobe, stereo equipment, DVD-player, bathroom optional with shower or bathtub



### **Grand Suite** (about 80 sqm)

Separate bedroom and living room, entrance with walk-in wardrobe, closet, spacious bathroom with bathtub, shower, bidet and toilet, additional separate toilet

The presentation of the rooms and suites shown above is schematic and not to scale. Furniture variations are possible.

## LOLA MONTEZ SUITE

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Step into our Lola Montez suite and enjoy a luxurious living experience of 115 sqm. The spacious and stylish suite impresses with its modern design and the soothingly elegant simplicity.

The large and bright living room offers plenty of space for pleasant gatherings and is equipped with TV and stereo equipment.

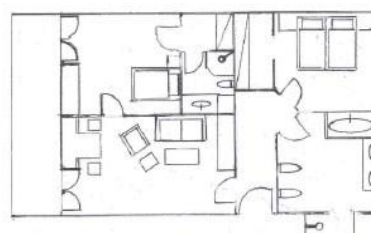
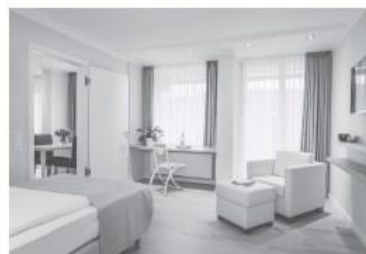
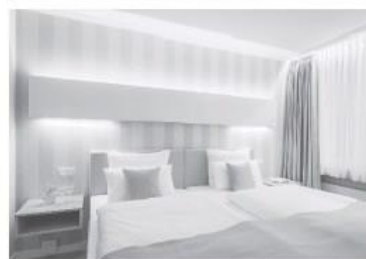
The two separate bedrooms with a total of 3 beds invite you to dream the night away.

In the brightly decorated bathroom, particular attention was paid to a spacious layout. The amenities meet the highest optical and technical standards (such as a barrier-free shower).

The large lounge loggia to the south side invites you to relax and complements the living experience perfectly.

- Hallway with wardrobe
- Large living room with TV and stereo equipment
- Bedroom with double bed, TV, dressing table and walk-in closet
- Spacious bathroom with bathtub, barrier-free shower, toilet, bidet
- Bedroom with single bed, TV and walk-in closet
- Smaller bathroom with barrier-free shower, toilet

Massage in the suite possible upon request.



## PRICES FOR ROOMS AND SUITES

(per person and overnight)

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Double room	149 Euro
Single room	169 Euro
Junior Suite	179 Euro
Exclusive suite	189 Euro
Grand suite	215 Euro
Lola Montez Suite	245 Euro

Prices for double rooms and suites for individual occupancy as well as for long-term stays are available upon request and availability.

All rates include VAT and the comprehensive services of our “**Carefree Package**”:

- Full board: vital breakfast from buffet, cold-warm lunch buffet, in the evening 4-course-menu: Mediterranean, regional, vegan or as a weight loss menu
- Medical lectures on current health topics
- Free use of our saline in the regena-park as well as using all facilities of our Helena thermal bath: heated indoor pool (15 x 8.5 m), winter garden, outdoor whirlpool with thermal sole, tepidarium, sauna with fireplace relaxation room, steam and herbal bath, ice fountain, water experience showers, Kneipp circuit baths and much more
- Movement and relaxation: morning and water gymnastic, balance aerobics, morning reflection, breathing lessons a.m.m.
- Attendance at social programs
- WLAN
- Initial medical examination (minimum stay: 7 nights)

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### Those who stay longer save more!

From a stay of 5 nights, we will reward you with a discount on the room and suite rates. This price reduction counts all year round. The discount cannot be combined with special offers and packages.

from 5 nights	5 %
from 10 nights	10 %

Please take a look at our offers at [www.regena.de](http://www.regena.de) or call us.

## HEALTH PACKAGES

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We have compiled medically proven health-care packages for you, which can be individually upgraded in consultation with your Regena physician. Apart from the accommodation in the selected room category, these packages include all the services of our comprehensive 'carefree package' (see page 5).

### 1. Weight loss "intensive"

7 or 14 nights • Detox day, followed by a calorie-reduced diet based on the glycaemic index • daily antioxidant health cocktail • medical consultation and examination • 2 x impedance measurement to determine the body mass index as well as muscle and fat percentages • comprehensive laboratory test (22 results) and thyroid function • individual nutrition consultation • fitness health check with individual training map • pulse controlled and computerized cardio-training • final medical consultation • Handout Herbs-ABC and Regena Guide with recipes for home • telephone nutritional-debriefing (about 14 days after departure)

Per week: 3 Fatburner-injections, 3 "Kneipp"-affusions, 1 Ion ozone bath, 1 Hyperthermal bath (continuous shower therapy), 3x Aquaqym (in the group), 1 Nordic Walking (in the group), 1 herb cook course or 1 group discussion about nutrition, activ and relaxation group) by arrangement and availability: 2 x Yoga or Pilates or Aquazumba

<b>Rates per person</b>	<b><u>1 week</u></b>	<b><u>2 weeks</u></b>
double room	1690 Euro	1300 Euro
single room	1850 Euro	1420 Euro

*Arrival: Sunday*

### 2. Immune therapy with Thymosand

14 nights • nutrient-rich full board • medical examination • comprehensive laboratory test (22 results) • 10 Thymosand injections • 10 vitalising Kneipp hydrotherapy treatments • final medical consultation

<b>Rates per person</b>	<b><u>2 weeks</u></b>
double room	2890 Euro
single room	3150 Euro

### 3. Good Aging with Oxygen

7 nights • nutrient-rich full board • daily smoothie • medical examination • individual nutrition consultation • comprehensive laboratory test (22 results) • measurement of oxygen levels at the beginning and end of therapy • 5x active oxygen treatments under pressure • 4 x oxygen-active • 2 oxygen baths • 1 x Nordic Walking or 1 x progressive muscle relaxation according to Jacobson or 1 x autogenic training (depending on our doctors recommendation) • final medical consultation

<b>Rates per person</b>	<b><u>1 week</u></b>
double room	1758 Euro
single room	1890 Euro

*Arrival: Sunday*

#### 4. Better Timeout than Burnout

7 or 14 nights • nutrient-rich full board • medical examination • measuring free radicals • fitness health check with individual trainings map for pulse-controlled and computerized cardio training • comprehensive laboratory test (22 results) • vital nutrients (8 results) • determining thyroid function (3 results) • final medical consultation about individual anti-stress planning  
Per week: 2 x relieving effervescent continuous shower therapy • 2 x craniosacral treatment • 2 x autogenic training (group) • 1 x muscle relaxation according to Jacobson (group)

<b>Rates per person</b>	<b><u>1 week</u></b>	<b><u>2 weeks</u></b>
double room	1660 Euro	2830 Euro
single room	1790 Euro	3080 Euro

*Arrival: Sunday*

#### 5. Check up prevention

7 nights • nutrient-rich full board • medical examination • comprehensive laboratory test (22 results) • determination of free radicals • resting ECG • stress ECG with laser oxygen analysis • sonography of the abdomen • pulmonary function test • determination of oxygen content in the blood • personal findings folder • final medical consultation

<b>Rates per person</b>	<b><u>1 week</u></b>
double room	1434 Euro
single room	1574 Euro

#### 6. Regimen based on alkaline food (Wacker-fasting)

7 nights • alkaline based full board • water & herbal teas • fasting-set • introduction-, nutrition- and closing meeting • 1 full body massage • 3 liver wraps with hay flowers • 3 exonerative alkaline baths • drinking regimen with Bad Brückenauer healing & health water

<b>Rates per person</b>	<b><u>1 week</u></b>
double room	1.129,10 Euro
single room	1.227,10 Euro

*Arrival: Sunday to Thursday*

You can find additional packages at [www.regena.de](http://www.regena.de)

## INDIVIDUAL SERVICES

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<b>DIAGNOSTICS</b>	Euro
Medical examination with therapy recommendation <i>(included in the room rate with minimum-stay 7 nights)</i>	95
Final medical consultation	36
Comprehensive laboratory test (22 results)	85
Acid-base test	47
Nitrosative stress analysis	77
Measurement of free radicals	49
Status of intestinal flora (dejection examination)	100
Intestinal health check (dejection examination)	195
Lactose, fructose, sorbitol intolerance test	each 38
Gliadin antibody test (gluten intolerance)	128
Allergy prescreen (food allergy screening test)	52
Testing for histamine intolerance	61
Sensitive combination test (highly sensitive laboratory test for colon cancer)	68
Complete ultrasound of abdominal organs	113
Electrocardiogram (ECG) passive state	33
Ergometric testing (stress ECG) with laser oxygen analysis	76
Lactate threshold test	86
Long-term ECG Holter monitoring over 24 hours	90
Measurement of oxygen and carbon dioxide values	32
Pulmonary function test	29
Dementia test	59
<b>NUTRITIONAL ADVICE</b>	39
<b>MEDICAL TREATMENTS</b>	
Therapeutic local anaesthesia (pain treatment)	73
Injection of homoeopathic, biological, phytotherapeutic preparations and vitamin supplements	12 to 19
Chiropractic therapy	48
Acupuncture ear	39
Acupuncture body	69
<b>REGENERATION THERAPIES</b>	
Thymosand immune therapy	per injection 75
Biological cell therapy	per single organ 100
Oxyven oxygen therapy	per infusion 65
Oxygen-active process while programmed load	45
Homeopathic injection	per injection 24



	Min.	Euro
Procaine injection according to Aslan with additional liver and kidney detoxification agents		35
Colon hydro therapy		110
Special biophoton laser to promote self-healing		25

### **INFUSION TREATMENTS**

Infusion therapy with oxygen and ozone (SOT)		118
Orthomolecular and antioxidant infusion therapy		59
Lipo Power infusion		140
Lipo Power cure plus (Oxyven-oxygen-therapy plus infusion)		200
High-dosage vitamin C infusion and homoeopathic remedies		49
Vital Cure		65
Detox Cure		65
Immune Cure		58
Microcirculation Cure		55

### **MENTAL TRAINING / COACHING**

Autogenic training / group session	45	26
Progressiv muscle relaxation according to Jacobsen / group session	45	26
Chromotherapy	30	25
Meditation/ group session	45	26
Coaching / individual conversation for personal development: work-live-balance, burnout prophylaxis, reorientation	60	95

### **MEDICAL MASSAGES**

Back-, connective tissue-, colon- or brush-massage	each 20	36
Whole body massage	50	79
Foot reflexology	40	59
Manual lymph drainage according to Dr. Vodder	40 / 60	59 / 82
Acupuncture massage according to Penzel:		
Initial treatment with anamnesis and clinical results	60	102
Subsequent treatment	40	72
Aromatherapy massage with essential oils	40	59

### **PHYSIOTHERAPY**

Individual physiotherapy	20 / 40	35 / 61
Respiratory therapy	20 / 40	28 / 54
Spinal-joint therapy according to Dorn and Breuss	40 / 60	58 / 79
Body therapy (fascial, trigger points)	20 / 40	33 / 64
Medical training therapy (MTT)	20 / 40	29 / 55

	Min.	Euro
<b>ELECTROTHERAPY</b>		
Electro-muscle stimulation	15	19
Magnetic resonance	15	19
Ultrasound therapy	15	19

### **OSTEOPATHY**

Craniosacral therapy	40	75
Visceral osteopathy	40	75
Osteopathic first examination: Anamnesis, examination, individual treatment	60	105
Osteopathic follow-up treatment	40	96

### **KNEIPP / NATUROPATHY**

Fango/mud application		28
Hay flower wrap		15
Cold wrap (curd cheese)		22
Inhalation with Emser Sole		15
Alternating, pressure-jet, and partial/full hydrotherapy		15
Medical bath with herbal additive		29
Carbonated bath		29
Oxygen bath		29
Hyperthermal bath (continuous shower therapy)		29
Ionozon bath		29

### **CARDIO AND STRENGTH TRAINING**

The use of the cardio- and strength training equipment in the gym "Power Parcours" is free of charge.

A computerized training with a programmed fitness-key of your personal condition and constitution is only possible after an instruction with our physiotherapist. The fitness health check includes: analysis of your personal lifestyle habits, blood pressure measurement, body fat analysis, determination of the body mass index, measurement of maximum oxygen intake and preparation of your individual training plan.

	Euro
Fitness health check + cardio training	49
Fitness health check + strength training	69
Fitness health check + cardio and strength training	89

Individual trainings advice and programming of a fitness-key for a computerized training on a cardio device (without fitness health-check)	25
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## NATURAL BEAUTY

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	Min.	Euro
Facial basic treatment	60	75
Facial drainage massage	20	29
Thalgo anti-aging concept care with maritime hyaluron	80	140
Maria Galland anti-aging face sculpting	80	125
Maria Galland Cocoon facial treatment	80	110
Ella Baché Sensibeautics		
Recipe for sensible skin	60	95
Ella Baché Green Lift		
Recipe against crinkles and elasticity loss	80	125
Ella Baché Age Doctors		
Recipe for sophisticated skin	80	165
Thalgo neck massage with aroma feeling	20	35
Thalgo body peel with pampering massage	40	65
Thalgo detox body wrapping	40	85
Thalgo thermic therapy	80	130
Thalgo beauty and wellness day	140	155
Thalgo aroma colour light bath (minceur, algae, vital)	40	69
Shiatsu face and neck massage	40	59
Traditional pedicure	40	42

### Special for him

Traditional facial treatment	60	79
Thalgo business/hyaluron facial treatment	80	140
Facial drainage massage	40	58
Thalgo nurture and vitality day	140	169
Depilation of back or chest (warm wax)	20	30

### Ayurveda

Abhyanga (whole body oil massage)	90	118
Garshan (raw silk glove massage)	60	78
Padabhyanga (foot massage)	60	78
Shirodhara (gently pouring oil over the forehead)	90	118
Udvaartana (powder massage)	90	118
Shiro- and Mukabhyanga (head/face massage)	60	78
Ayurveda pampering day	210	258

**Arrival and departure**

Arrival and departure days are considered a day of stay. On the day of your arrival, your room is available from 1 pm and on the day of departure until 11 am. There are enough free parking spaces available, we also have a limited number of covered parking spaces as well (€ 6,00 or € 10,00 per day/ according to size).

**Admission requirements**

The minimum age is 16 onwards for patients and guests. Patients with contagious, acute-infectious diseases, psychiatric disorders, addictions, as well as patients who are bedridden or require special care, cannot be admitted. In the case of contraindications, treatment may be refused in the interests of the patient, even if these are only determined during the initial medical examination.

**Cancellation policy**

Cancellations up to 2 weeks before arrival are free of cancellation fees. In case of cancellation after 2 weeks or prior arrival, a cancellation fee of 50% of the confirmed total price will be charged. For stays within the next 6 months after cancellation, we will refund 80% of the cancellation fee paid as a deposit. In case of unused booked services, no refund will be made.

**Billing / Payment Terms**

All prices include VAT. The balance is due for payment at the end of your stay or upon completion of the treatment and must be paid in cash or by debit card. We ask for a deposit before arrival.

The local tax will be invoiced separately by the state administration. The medical services are billed according to the valid price list. Before starting the treatment, you will receive a cost plan. Changes or additions are reserved for

the treating doctor within the scope of the necessary medical care and the individual requirements. The final invoicing of services is based on real expenditure.

**Reimbursement of treatment costs**

Reimbursement of treatment costs by a third party (private health insurance, health insurance, public subsidy, etc.) may not be fully guaranteed, since not all have to accept the agreed rates of remuneration. This applies in particular to costs for naturopathic diagnosis/treatment, which in many cases are not covered by insurances. Upon request, we will provide you with an extract from the balance sheet for all medical services. This specification includes all medical services which are based on the German Medical Fee Schedule (*Gebührenordnung für Ärzte - GOÄ*). Regena will charge directly to the patient, irrespective of the reimbursement claims against a third party.

**Tax recognition**

Costs for stationary or ambulant treatment, which are not covered by any insurance, can be recognised as an exceptional burden on wage and income tax. A prerequisite for this is the submission of a certificate by a doctor on the necessity of the measure and proof of the proper execution under medical supervision.

**Other**

Pets are not allowed. By booking, the guest acknowledges these terms and payment conditions without any further written agreement. Special arrangements apply for Christmas and New Year. The validity of this price list expires with the publication of the new price list. The place of fulfillment and payment is Bad Brückenau.