

Preparations for your stay

Have you thought of everything?

There are many things to think about before you start your journey. So that you do not forget anything important and can arrive relaxed, we would like to support you with this list during the preparations for your stay in our house. We look forward to your visit and wish you a pleasant journey.

Important things to do before your arrival

- Return **reservation confirmation**
- Important:** Complete and return the **medical history form & medication schedule (also as a repeater)** as soon as possible or at the latest 4 weeks before arrival
Stay only possible after examination.
- Report **allergies and intolerances**
Please note any allergies or intolerances you may have on the medical history sheet. At the beginning of your stay, you will then receive a free consultation with our nutrition experts on possible meals. If required, an individual diet can be booked at extra cost. In the case of multiple allergies or intolerances, consultation with our doctors is required prior to arrival.
- Make the **deposit** for your stay
You will find the details in the reservation confirmation.

Important information before your arrival

Before your fasting/ mimicking fasting stay: Plan two or three **relief days**
For a good start to fasting, we recommend that you take two or three days off before your arrival, on which you eat light, well-tolerated foods such as potatoes, brown rice, millet, oatmeal, fruit, vegetables (including raw vegetables and soups) with oils and little salt. Meat, sausage products, fish and cheese should be reduced. You should avoid stimulants such as alcohol, sweets and salty snacks. In addition, we recommend reducing coffee consumption slowly.

Gradually reduce your **coffee consumption**
As no coffee is offered in our clinic, we would like to ask you to gradually stop drinking coffee before your stay. A sudden withdrawal from coffee can lead to headaches lasting several days and affect your cure stay. By slowly weaning yourself off coffee before you arrive you will be able to enjoy your stay with us more.

„Suitcase list“ – What you should bring with you

- Bathrobe** (*can be rented for a fee of 10€*)
- Swimmwear**
- Indoor-sports shoes** or light comfortable shoes with light sole
- Weatherproof clothing** and **sturdy shoes** (*for outdoor activities*)
- Comfortable clothing** for the therapies or light training clothes
- The **medication** you regularly take at home
If you are dependant on medication, please bring sufficient quantaties or a prescription from your doctor.
- Medical documents:** f.e. allergy passport, medical findings, list of medications currently taken
Important for the admission visit: Medical examination results such as specialist findings on important diagnoses

Space for your personal notes to plan your stay: