



**Chiene
Huus**
by Kientalerhof

Fasting in the Kiental valley

A blessing for body, mind and soul

Experience traditional European healing knowledge combined with holistic treatments for your health and well-being.

Five-day fasting cure with the focus on:

- Nutrition: Soups to support your digestion
- Excretion: Activation of your digestive organs
- Rhythm: movement and rest in balance
- Vital energy from the four elements: fire, water, air, earth
- Mind: mental detoxification – emotional health

Retreat. Awareness. Relaxation.

www.chienehuus.ch

Give time to your body

A breathing pause in the rush of everyday life

Start your fasting program, detoxify and reduce acid in your body sustainably and experience how your metabolism revitalises, your eyes become clearer, your sense of taste gets more intense and your body weight reduces. After your fasting, you will take home new vital energy and carefree lightness.

A dedicated team will accompany you personally and competently during your fasting stay at the ChieneHuus in the Kiental valley.

Every day, vegetable soups, herbal teas and alkaline broths are freshly prepared and served in organic quality.

With its organic architecture out of Wood100 and the active radiation shielding, the Chien-Huus offers a health-promoting living and sleeping quality.

Embedded in the untouched nature of the Kiental valley you will find optimal conditions for your physical and mental time-out.

Fasting-Team



Anne Faulborn qualified naturopath, fasting leader and colon hydrotherapist. The emphasis of her naturopathic practice in Basel are the holistic intestinal health, detoxification and nutrition as well as the Hildegard-Medicine. The basis of her work is the traditional European naturopathy with the 4-elements theory. www.praxis-faulborn.ch

Andrea Hackamp qualified respiratory and body therapist, nurse HF, massage, nutritional counselling.



Matthias Faulborn qualified respiratory and body therapist, Hellinger-family constellations, guided hikes, massage, acid-alkaline cooking.



In harmony with nature

Gentle detoxification, reducing acids, slowing down the pace

Your included services:

- Individual supervision
- Extensive check-up with consultation dialogue
- Fasting package with personal fasting plan for each guest
- Plan to break your fast safely
- Regular check (blood pressure, pH urine value, blood sugar)
- one full body salt peeling
- one colon hydrotherapy for intestinal regeneration
- one detox foot bath
- one massage of your choice (60 minutes)
- Two guided hikes
- Introductory lecture on fasting, detoxification and regeneration
- Evening question and answer sessions on health issues
- Daily organic herbal teas and fresh spring water
- Individual use of the steam bath by arrangement / treatment plan
- Daily offers of meditation and Qi-Gong

The check-up at the beginning of the fasting cure includes:

Detailed consultation; iris diagnostic including determination of your constitution; tongue diagnostic; urine status; current cell condition to assess heavy metal exposure, vitamin status, autonomic nervous system test



Extra treatments can be booked for additional charge:

Hot stone massage, Full and partial body massage, honey massage, nutritional advice, foot massage, colon massage, cupping massage, colon hydrotherapy



Dates

15. – 20. September 2019

20. – 25. October 2019

28. May – 02. June 2020 (Pentecost fasting)

14. – 19. July 2020

10. – 15. October 2020

Prices

Five-day fasting program with organic soups & included services

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|--------------------------------|--------------------------------------|
| Cure costs | CHF 970.00 per Pers. |
| Single room with shower/toilet | CHF 940.00 per Pers. (incl. Spa tax) |
| Double room with shower/toilet | CHF 715.00 per Pers. (incl. Spa tax) |

It is possible to get reimbursement for the treatments (CHF 970.00) from your supplementary health insurance for complementary medicine. We kindly ask you to check this directly with your insurance company.

Maximum of ten participants per fasting program.



Registration and information

ChieneHuus by Kientalerhof
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