

Detox, lose weight and enjoy

Why not just put in some healthy days? A basenfasten holiday helps you to find a long-term healthy diet for yourself. The positive side effect: a few pounds tumble and you finally feel lively and powerful again.



What is basenfasten – die wacker-methode®?

basenfasten – the method developed by Sabine Wacker – is a diet where you fast with fruit and vegetables. So you are allowed to enjoy and eat until you are not hungry anymore. During the basenfasten holiday only alkaline food is served – mainly fresh fruit, crunchy salads, fresh herbs, germs and delicious vegetable dishes. basenfasten is vegan and low allergenic. You can find more information on basenfasten on www.basenfasten-original.com.

basenfasten in our hotel

During your basenfasten holiday in our hotel you can relax far away from your everyday life and taste your delicious basenfasten meals. No matter if alone by yourself, as a couple or with your family: your partner and your children do not have to go without the steak or pasta while you enjoy your basenfasten holiday.

Feel free to contact us. We are happy to advise you.