



**LAN
SER
HOF**

LANSERHOF LANS
2025



Tyrol - The Heart of the Alps. Having existed since 1984, the Lanserhof Lans is an incomparable place on earth. It lies amidst wide meadows, unique flora and fauna, deep forests and crystal-clear streams. Here, people can connect with their environment in a very special way to revitalize body, mind and soul and to once more attain lasting energy, all with the help of the power of nature. Take a conscious time-out and allow yourself to surrender to the feeling of absolute security in the family atmosphere of the Lanserhof Lans. Place your health in the hands of our doctors and therapists and experience this powerful place as the source of your personal life force.

During your stay at Lanserhof Lans, you will experience a particularly health-promoting effect in several dimensions, because for us at Lanserhof, health means freedom. Freedom to re-center yourself. To awaken a new awareness, discover new values. Freedom to enter into deep contact with yourself and nature. To nourish yourself consciously, to move, to feel. Experience the world-wide unique Lanserhof Concept, where naturopathy meets the most state-of-the-art medicine and diagnostics - highly individualized to your own particular health goals. Whether fasting, regeneration or energy therapy - every detail is precisely tailored to you.

The Lanserhof Concept as a holistic health concept enables your body to activate its self-healing powers in a new and sustainable way – for a long and above all healthy life.

I look forward to welcoming you to my home.

Sincerely

DR. CHRISTIAN HARISCH
CEO Lanserhof Group

LANSERHOF CLASSIC

MEDICAL THERAPY, FROM 1 WEEK

The Lanserhof Classic arrangement forms the basis of your stay. Together with your attending physician, you will develop a diagnostic and therapeutic strategy that is tailored to your individual needs and goals.

| | |
|---|--------------|
| 1 Initial medical examination | 50 min. |
| 2 Medical examinations with abdominal treatments | each 20 min. |
| 1 Discussion of medical findings | 20 min. |
| 1 Final medical examination | 30 min. |
| 2 Therapeutic massages | each 50 min. |
| 1 Foot reflexology massage | 25 min. |
| 1 Detox drainage | 50 min. |
| 1 Detox algae pack with liver wrap | 50 min. |
| 1 Detox foot bath | |
| 1 Bioimpedance analysis (body fat, muscle and water percentage) | 20 min. |
| 1 Lactate diagnostics | |
| 1 Urinalysis | |

+ RESORT FEE

The daily fee is a fixed component of the Lanserhof Classic arrangement and is billed at €62 per night. It includes medical on-call and night services, thematic lectures including the medical introductory lecture, cultural evening programmes, as well as daily Kneipp treatments, movement therapies, and relaxation training in a group setting. Should you choose not to participate in individual services or program activities, this does not entitle you to a refund.

7–9 nights LANSERHOF CLASSIC excluding accommodation from € 2,890

10–13 nights LANSERHOF CLASSIC excluding accommodation from € 3.904

14–20 nights LANSERHOF CLASSIC excluding accommodation from € 4.948

From 21 nights LANSERHOF CLASSIC excluding accommodation from € 6.813

The minimum stay for the Lanserhof Classic arrangement is seven nights. The total price is per person, excluding dietary supplements and medications, and is calculated based on individual prices.

For our Energy Cuisine Active level, an additional €69 per person per day will be charged.

LANSERHOF LONGEVITY

MEDICAL THERAPY, FROM 7 NIGHTS

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|---|---------|
| 1 Initial medical examination | 50 min. |
| 2 Medical check-up / manual abdominal treatment | 20 min. |
| 1 Final medical examination | 30 min. |
| 1 Medical check-up / detailed discussion of findings | 20 min. |
| 1 Telephone consultation | 20 min. |
| 1 Infusion Cell Energy | |
| 2 Infusion Spermidin | |
| Infusion Mitoboost* | |
| 4 Simulated altitude training – CellGym | |
| 1 Venous blood sampling individual parameters | |
| 1 Urinalysis | |
| 1 Preventive blood analysis | |
| 1 Healing massage | 50 min. |
| 1 Foot reflexology massage | |
| Meditation/guided deep relaxation* | 50 min. |
| Craniosacral therapy* | 50 min. |
| 1 Detox foot bath | |
| 1 Detox algae wrap and liver wrap | 50 min. |
| 1 Detox Drainage | 50 min. |
| 5 Cold chamber | |
| 1 Lactate diagnostics | |
| 1 Bioimpedance measurement (body fat, muscle and water content) | 20 min. |
| 1 Spiroergometry | 45 min. |
| 2 Sports science personal training | 50 min. |
| 1 24h HRV (heart rate variability) measurement | |

+ RESORT FEE

The daily fee is a fixed component of the Lanserhof Longevity arrangement and is billed at €62 per night. It includes medical on-call and night services, thematic lectures including the medical introductory lecture, cultural evening programmes, as well as daily Kneipp treatments, movement therapies, and relaxation training in a group setting. Should you choose not to participate in individual services or program activities, this does not entitle you to a refund.

7–9 nights LANSERHOF Longevity excluding accommodation from € 6,506

10–13 nights LANSERHOF Longevity excluding accommodation from € 8,052

14–20 nights LANSERHOF Longevity excluding accommodation from € 10,379

The minimum stay for the Lanserhof Longevity arrangement is seven nights. The total price is per person, excluding dietary supplements and medications, and is calculated based on individual prices.

For our Energy Cuisine Active level, an additional €69 per person per day will be charged.

*The services listed above are only included in the package for stays of 10 nights or more.

LANSERHOF INUSpherese®

MEDICAL THERAPY, 7 NIGHTS

INUSpherese® is an innovative blood purification therapy that removes harmful substances such as toxins, heavy metals, excess immune cells and inflammatory mediators. The blood is purified by a filter system and then returned. The aim is to self-healing powers, reduce inflammation and relieve the immune system. The therapy can be used for chronic inflammation, autoimmune diseases, environmental pollution and preventive health care.

| | |
|--|--------------|
| 1 Initial medical examination | 50 min. |
| 1 Medical check-up / detailed discussion of findings | each 20 min. |
| 1 Resting ECG | |
| 1 Final medical examination | 30 min. |
| 2 INUSpherese® medical consultations | 20 min. |
| 2 INUSpherese® | |
| 1 Urinalysis | |
| 2 Lymph drainages | 50 min. |
| 1 Laser treatment | 25 min. |

+ RESORT FEE

The daily fee is a fixed component of the Lanserhof INUSpherese® arrangement and is billed at €62 per night. It includes medical on-call and night services, thematic lectures including the medical introductory lecture, cultural evening programmes, as well as daily Kneipp treatments, movement therapies, and relaxation training in a group setting. Should you choose not to participate in individual services or program activities, this does not entitle you to a refund.

7 nights LANSERHOF INUSpherese® excluding accommodation from € 7,748*

The minimum stay for the Lanserhof INUSpherese® arrangement is seven nights. The total price is per person, excluding dietary supplements and medications, and is calculated based on individual prices.

For our Energy Cuisine Active level, an additional €69 per person per day will be charged.

*For longer stays, we recommend the Lanserhof Classic arrangement afterwards.

LANSERHOF HORMONE BALANCE

MEDICAL THERAPY, FROM 7 NIGHTS

Hormone health plays a crucial role in every phase of a woman's life. Even minor fluctuations in hormone levels can have noticeable effects and influence a woman's everyday life. Symptoms such as persistent discomfort, changes in the menstrual cycle or weight gain are just a few examples that may be due to the complex interplay of hormones in the female body.

| | |
|---|---------|
| 1 Initial medical examination | 50 min. |
| 2 Medical check-up / manual abdominal treatment | 20 min. |
| Medical check-up / detailed discussion of findings* | 20 min. |
| 1 Final medical examination | 30 min. |
| 1 Hormone consultation | 30 min. |
| 1 Bone density measurement | |
| 1 Venous blood test, individual parameters | |
| 1 Urinalysis | |
| 1 Preventive blood analysis | |
| 1 Hormone block | |
| Foot reflexology massage* | |
| 2 Yoga | 50 min. |
| 1 Sports science personal training | 50 min. |

+ RESORT FEE

The daily fee is a fixed component of the Lanserhof hormone balance arrangement and is billed at €62 per night. It includes medical on-call and night services, thematic lectures including the medical introductory lecture, cultural evening programmes, as well as daily Kneipp treatments, movement therapies, and relaxation training in a group setting. Should you choose not to participate in individual services or program activities, this does not entitle you to a refund.

7–9 nights LANSERHOF Hormon Balance excluding accommodation from € 3,917

10–13 nights LANSERHOF Hormon Balance excluding accommodation from € 4,574

14–20 nights LANSERHOF Hormon Balance excluding accommodation from € 5,586

The minimum stay for the Lanserhof hormone balance arrangement is seven nights. The total price is per person, excluding dietary supplements and medications, and is calculated based on individual prices. For our Energy Cuisine Active level, an additional €69 per person per day will be charged.

*The services listed above are only included in the package for stays of 14 nights or more.

LANSERHOF MENTAL HEALTH

MEDICAL THERAPY, FROM 7 NIGHTS

Stress, trauma, conflicts, beliefs and unprocessed emotions manifest themselves in the body. They then manifest themselves in a wide variety of symptoms, but also in the form of various somatic abnormalities and illnesses. Furthermore, mental blocks and unprocessed events and feelings limit us and mean that we cannot realise our full potential or lead the life that fulfils us. This requires an approach that goes deep and doesn't just work on the surface.

| | |
|--|---------|
| 1 Initial medical examination | 50 min. |
| 2 Medical check-ups / manual abdominal treatments | 20 min. |
| Medical check-up / detailed discussion of findings** | 20 min. |
| 1 Final medical examination | 30 min. |
| 1 Neurotransmitter stress/metabolism test | |
| 2 Energetic therapies | 50 min. |
| 3 Cryotherapy sessions | |
| 1 Yoga session | 50 min. |
| 1 Hypnosis session | 80 min. |
| 1 Psychological consultation | 50 min. |

+ RESORT FEE

The daily fee is a fixed component of the Lanserhof hormone balance arrangement and is billed at €62 per night. It includes medical on-call and night services, thematic lectures including the medical introductory lecture, cultural evening programmes, as well as daily Kneipp treatments, movement therapies, and relaxation training in a group setting. Should you choose not to participate in individual services or program activities, this does not entitle you to a refund.

7–9 nights LANSERHOF MENTAL HEALTH excluding accommodation from €3,581

10–13 nights LANSERHOF MENTAL HEALTH excluding accommodation from €4,350

14–20 nights LANSERHOF MENTAL HEALTH excluding accommodation from €5,844

The minimum stay for the Lanserhof hormone balance arrangement is seven nights. The total price is per person, excluding dietary supplements and medications, and is calculated based on individual prices. For our Energy Cuisine Active level, an additional €69 per person per day will be charged.

*The services listed above are only included in the package for stays of 14 nights or more.

LONG-COVID ADVANCED

MEDICAL THERAPY, 14 NIGHTS

Our Long-COVID arrangement is aimed at guests who have been ill with the coronavirus infection and are now struggling with late effects. These are mainly inflammatory reactions of the body, which affect the entire organism and the brain and are manifested by a persistent feeling of fatigue, exhaustion and listlessness. Together with your attending physician, you will develop a diagnostic and therapeutic strategy based primarily on CellGym metabolic activation.

For physical, mental and spiritual regeneration right down to the CORE.

| | |
|--|------------------------------|
| 1 Initial medical examination | 60 min. |
| 5 Medical examinations with abdominal treatments | each 20 min. |
| 1 Discussion of medical findings | 20 min. |
| 1 Final medical examination | 30 min. |
| 6 CellGym units (IHHT) or 5 Plasma Streams | each 50 min. each 50 min. |
| 1 Bio-impedance measurement | 20 min. |
| 1 Lactate diagnostics | |
| 1 Individual infusion | 50 min. |
| 2 Lymphatic drainage sessions | each 50 min. |
| 2 Breathing therapies | each 50 min. |
| 1 Urinalysis | |
| Immunological laboratory examination | depending on effort |

+ RESORT FEE

The daily fee is a fixed component of the Lanserhof Long-Covid advanced arrangement and is billed at €62 per night. It includes medical on-call and night services, thematic lectures including the medical introductory lecture, cultural evening programmes, as well as daily Kneipp treatments, movement therapies, and relaxation training in a group setting. Should you choose not to participate in individual services or program activities, this does not entitle you to a refund.

If pathogenic substances such as pathogenic proteins, coronavirus spike proteins or toxins bound to proteins (including heavy metals, pesticides, organic solvents), allergens, complex infectious toxins and inflammatory substances are the cause of Long Covid symptoms, the [INUSPHERESIS® ARRANGEMENT](#) is another treatment option.

14 nights LANSERHOF Long-COVID Package excluding accommodation from € 4,840

The Lanserhof Long Covid Package price is calculated on the basis of individual services (no package prices) and is quoted per person and excludes dietary supplements and medication. For our Energy Cuisine Active treatment level we allow ourselves to charge an additional 69,- EUR per person/day.

HOLISTIC DIAGNOSTICS AT LANSERHOF

LABORATORY MODULES

We cooperate with leading international laboratories in Germany, Austria and Scandinavia, which rely on the highest qualitative standards and always meet the latest state of research. With the listed modules, we offer you an excerpt of our laboratory diagnostic possibilities. Of course, we use further special analyses according to individual needs.

MICRONUTRIENT ANALYSIS MINI

Vitamin profile
Whole blood mineral analysis

MICRONUTRIENT ANALYSIS MIDI

Vitamin profile extended
Whole blood mineral analysis extended

MICRONUTRIENT ANALYSIS MAXI

Vitamin profile extended
Whole blood mineral analysis extended
Amino acid status
Fatty acid status

STOOL EXAMINATION MICROBIOME

FOOD INTOLERANCES

Victuscreen
Histamine profile
Lactose breath test
Fructose breath test

PRECAUTION BLOOD ANALYSIS

IMMUNE STATUS

Microimmunology laboratory
Medical immunological
Consultation

HORMONE PROFILE

Hormone block special
Hormone profile saliva
Hormone consultation

STRESS PROFILE

Neurotransmitter + Tryptophan
Metabolism
Cortisol daily profile

*plus blood sample

Note: We may not receive the findings of the special analyses until after your stay.

HOLISTIC DIAGNOSTICS AT LANSEHOF

Comprehensive and accurate laboratory reports provide our physicians and therapists with important information about your health profile at any time. It is our utmost concern to adjust your therapy plan individually, if necessary, on the basis of our laboratory findings. We follow a holistic approach in order to achieve sustainable success.

GASTROINTESTINAL TRACT

H₂ breath test – fructose

H₂ breath test – lactose

SIBO breath test

Capsule endoscopy

Victusscreen

Food intolerance test

Selective stool
examination

Preventive lab test

Tumor screening

other individual
laboratory profiles

Spiroergometry

Basal metabolic rate measurement

Bio-impedance measurement

Lactate diagnostics

METABOLISM, IMMUNE SYSTEM AND MOVEMENT

Microimmune profile basic
(incl. Viruses)

Microimmune profile maxi
(incl. viruses and bacteria)

Heavy metal analysis

Whole blood mineral analysis

Hormone profile

Hormone saliva test

OGTT – Oral glucose tolerance test

GENANALYSIS

Gene analysis is an extremely innovative method in preventive medicine and is becoming increasingly important. Our "Prevention Complete Panel" analyses more than 90 genes and provides you with comprehensive recommendations ranging from optimal nutrition to cancer prevention.

Genetic profiles for
Risk constellation

Pharmacogenetic analysis

THE THERAPIES

HOLISTIC MEDICINE

Building on our extensive range of diagnostics, you'll be supported during your stay by our doctors and therapists and a series of targeted treatments.

| | |
|---------------------------------------|---------|
| Medical check and abdominal treatment | 20 min. |
| Acupuncture | 40 min. |
| Neural therapy | 20 min. |
| Meso pain therapy | 30 min. |
| Laser treatment | 25 min. |

BODY & MIND HEALTH

We believe that psychological well-being and physical health need to be treated as one. Body & Mind Health therapy incorporates comprehensive stress and personality diagnostics to help your mind and body attain lasting health. Confidential deep-psychological therapy sessions also serve to revitalise and increase your holistic well-being.

| | |
|--|---------|
| Mental coaching | 50 min. |
| Psychological consultation or coaching | 50 min. |
| Hypnosis | 80 min. |
| Hypnosis | 50 min. |
| Abdominal hypnosis | 50 min. |
| Meditation and Deep relaxation | 50 Min. |

ENERGY & INFORMATION MEDICINE

After the detection of blockages and energy losses in your body, these are dissolved through bioenergetic intervention and regulation. Your self-healing powers are stimulated, Health and vitality are restored.

| | |
|---|---------|
| Foot reflexology | 25 min. |
| Acupuncture massage | 50 min. |
| Energetic therapy | 50 min. |
| Energetic Craniosacral Therapy | 50 min. |
| Spiritual Craniosacral Therapy | 50 min. |
| Spiritual purification | 50 min. |
| Hara Shin – Medical energetic Abdominal treatment | 30 min. |
| Mental-Emotional Process work | 50 min. |
| Bloody cupping/ Expelling healing method | 50 min. |
| Shiatsu | 50 min. |
| Nuad Thai | 50 min. |

NUTRITIONAL CONSULTATION

| | |
|---|---------|
| Nutritional consultation (optionally with or without diet plan) | 50 min. |
|---|---------|



THE THERAPIES

MOVEMENT AND SPORTS THERAPIES

If a person's movement is restricted, so too is their quality of life. As an organ of movement, our musculature shapes our posture, protects our joints and stabilises our body. Our physiotherapists and sports scientists can treat you with an entire spectrum of targeted sports and movement therapies.

They will work with you to develop an individual training programme tailored to your needs and also provide one-to-one motivation and support. Your new-found agility, flexibility and physical perception will remain with you for a long time afterwards.

| | | | |
|------------------------|---------|--|---------|
| Respiratory therapy | 50 min. | Pilates | 50 min. |
| Exercise in water | 45 min. | Yoga | 50 min. |
| Personal training | 50 min. | Matrix Therapy | 50 min. |
| Functional therapy | 50 min. | Cold chamber | |
| Osteopathy | 50 min. | CellGym – Intervall Hypoxie Therapy (IHHT) | 50 min. |
| Physiotherapy | 50 min. | Plasma Stream | 50 min. |
| INDIBA | | | |
| Radiofrequency therapy | 50 min. | | |

These therapies can also be booked as 25 minute appointments.

THE THERAPIES

DETOX & REGENERATION

Our therapies are underpinned and complemented by an individual nutrition programme and applications that promote self-cleansing of your body and mind. Powerful detox treatments such as baths, packs and massages further intensify this effect in combination with pure, organic products.

PACKS

| | |
|---------------------------------|---------|
| Detox algae pack and liver wrap | 50 min. |
| Natural detox hay | 50 min. |
| Natural detox hay | 30 min. |
| Natural detox moor | 50 min. |
| Natural detox moor | 30 min. |
| Natural detox birch/juniper | 50 min. |
| Natural detox zeolith | 50 min. |
| Goat-butter pack | 50 min. |

BATHS

| | |
|---|---------|
| Alkaline bath | 20 min. |
| Gentian bath | 20 min. |
| Magnesium bath | 20 min. |
| Salt bath | 20 min. |
| Detox foot bath | 20 min. |
| Brine bath | 20 min. |
| Schiele circulation bath | 40 min. |
| Hydroelectric bath (Stangerbad) with underwater massage | 50 min. |

MASSAGES

| | |
|---------------------------------------|---------|
| Boeger therapy | 50 min. |
| Colonic hydrotherapy | 50 min. |
| Detox drainage | 50 min. |
| Detox peeling | 50 min. |
| Detoxifying connective-tissue massage | 50 min. |
| Therapeutic massage | 50 min. |
| Head massage | 25 min. |
| Lymphatic drainage | 50 min. |
| Cupping massage | 50 min. |
| Detox ReLegs | 75 min. |
| Warm herbal steam massage | 50 min. |

DEEP LIVER DETOX

Highly effective, rapid cleansing of the digestive system in combination with a vitamin-mineral infusion. Only possible following consultation with your doctor.

Liver infusion



INFUSIONS

Physical or mental stress that can lead to a loss of vitality, fatigue and a weakened immune system. This in turn often results in vitamin and mineral deficiencies, because the entire organism needs increased vital substances to cope with such stressful situations. This is exactly where our infusion concept comes in and gently compensates for a reduced supply or an increased need for vitamins and trace elements.

Replenish vital nutrients such as vitamins, minerals and trace elements simply and efficiently with targeted infusions and feel fitter and more energetic in the long term. Infusions can also provide targeted support for the therapy and treatment of chronic or acute illnesses. Infusions combine valuable nutrients and vitamins in higher

concentrations than is possible with oral intake. This leads to a better absorption rate and a more effective effect than with oral supplementation. For increased energy quality, a strengthened immune system, beautiful skin and an effective improvement in health and overall well-being.

Accompanying your treatments and diagnostics, we create an individual infusion therapy and laser therapy with Oxyven (intravenous oxygen therapy) tailored to your needs.

- Individual infusion (cell build-up, balancing deficiencies, strengthening of the immune system, detoxification, inflammation, vegetative dysregulation)
- Ozone own blood
- Oxyven
- Intravascular Laser and Oxygen Therapy
- Intravascular laser therapy
- NAD+ infusion



CELLGYM INTERVAL HYPOXIA HYPEROXIA TRAINING (IHHT)

Nowadays, our physical ability to effectively generate energy is severely impaired. The reasons for this are numerous: the natural aging process, stress, time pressure, a lack of exercise or insufficient sleep are just some of the negative factors. This causes a lack of energy in the cells, which in turn leads to performance losses and chronic degenerative diseases such as burn-out, diabetes, rheumatism, immunodeficiency and allergies.

SIMULATED ALTITUDE TRAINING

Professional athletes have long been benefitting from the advantages of altitude training for a long time to boost their performance. Interval hypoxia hyperoxia training (IHHT) is a gentle, non-invasive cell stimulation without side effects.

During the 45-minute IHHT session - in a pleasant atmosphere - heart rate, oxygen partial pressure in the tissue and breathing rate are permanently measured via biofeedback. This exact monitoring

of the physical reactions enable an optimal training intensity.

Since the therapy is individually adapted to your state of health, it is suitable for anyone who wants to experience the positive effects of hypoxia and hyperoxia, such as improvement of general well-being, physical and mental performance, stress tolerance and weight reduction, in an efficient, relaxed and joint-friendly way.

CellGym is suitable for all persons. 2-3 sessions can be applied per week.



CRYOTHERAPY AT LANSERHOF

The soothing and healing power of the extreme cold was first systematically tested in Japan in the 1980s.

The successes in the cryotherapy chamber led to its recognition as a highly effective form of passive, physical, short-term therapy.

The body's short-term exposure to a temperature of -110°C blocks its sensitivity to pain and also acts in an anti-inflammatory manner.

The strong analgesic effect breaks pain memory - which chronic pain can serve to over-activate - while also promoting its re-regulation.

The positive effects of applying cold can sometimes be felt after just one treatment. Most patients report a noticeable improvement after some fourteen days. The improvement

can persist for up to six months.

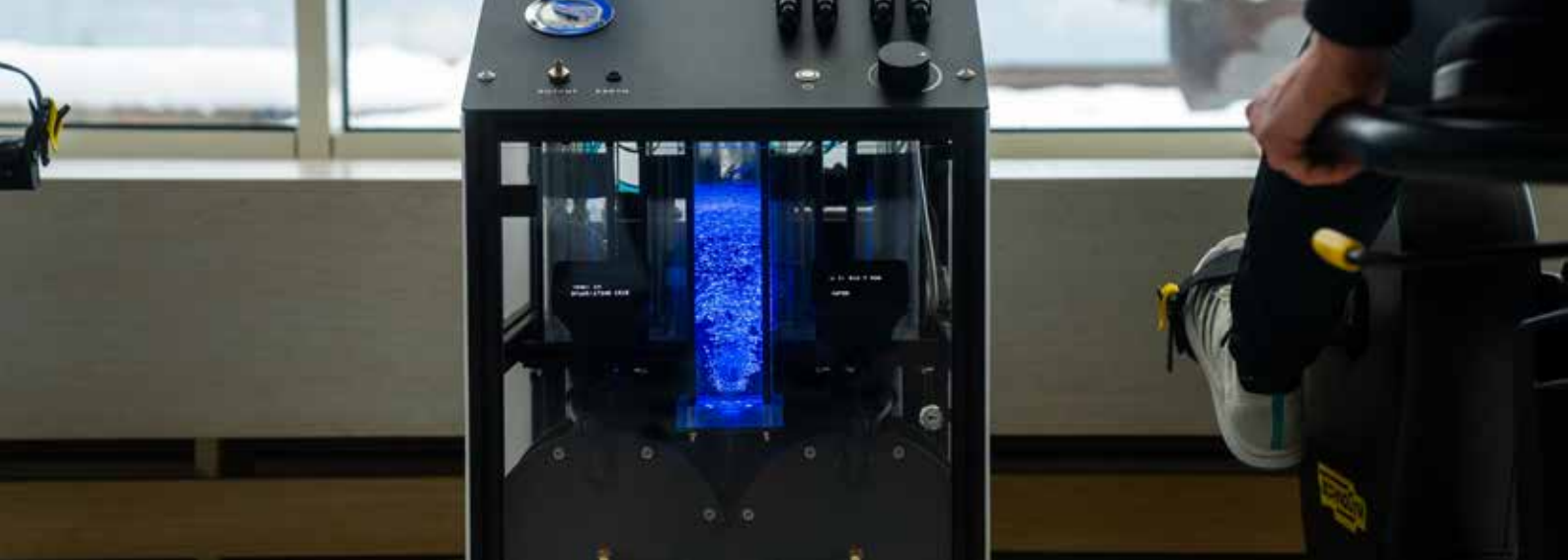
The performance-enhancing effect of whole-body cryotherapy is caused by the redistribution of the blood in the body: the effect of the cold forces the blood from the skin into the body, causing a better supply of blood to the muscles. Athletes, in particular, use this special effect to increase the efficiency of their training.

RECOMMENDED USE

1–2 sessions per day for a maximum of three minutes each, over a period of between fourteen days and four weeks.

AREAS OF APPLICATION

Rheumatic diseases, arthritis, spinal disorders, chronic pain, blunt injuries to joints, joint or spinal conditions after surgery, skin diseases such as eczema and psoriasis, insomnia, increased stress.



WATER PLASMA

Water plasma combines both the aforementioned effect of hydrogen and the positive qualities of oxygen. The most valuable and unique part of water plasma is the highenergy water and the combined effect of all its components. Experience to date has shown amazing and varied positive dynamics and developments in individual results. One special feature of the many bio-available electrons in water plasma is that they strongly counteract “oxidative stress” in the body.

Water plasma is formed as a result of the influence of electrical voltage on water molecules. BeyondScience has developed a suitable plasma generation method specifically for QoreB. Water plasma is essentially formed from high-energy

water, which has a large number of readily available electrons. These are responsible for its special health-promoting properties - even compared to pure molecular hydrogen.

APPLICATION

Inhalation and local application to the body.

Plasma Stream – active

50 min.

Plasma Stream – passive

80 min.



INUSPHERESE®

INUSphere® is an innovative form of therapy that purifies the blood and helps to remove harmful substances from the body. The name is derived from immunopheresis, a special type of blood purification that particularly targets the immune system and detoxification.

As part of INUSphere®, blood is taken from the patient, which is then passed through a filter system. This process removes various toxic substances, heavy metals, excess immune cells, inflammatory mediators, lipoproteins and other pathogenic particles. The purified blood is then returned to the circulation.

The aim of this therapy is to support the body's self-healing powers, reduce inflammation and relieve the immune system. It can be used for a

variety of conditions, including chronic inflammation, autoimmune diseases, environmental stress or even general health prevention.

INUSphere® is particularly gentle, well tolerated and is often used as an alternative or complementary therapy for patients with chronic conditions. As it can effectively rid the body of harmful substances, it helps to improve general well-being and promote the healing process.

INUSphere®

180 min.

THE LANSEHFHOF MODULES

The Lanserhof Concept is as individual as you are. Building on our Lanserhof fasting therapy, you have the option of choosing individual modules on specific focal points, because every body has its very own desires and needs. Of course, you can book desired and necessary treatments, diagnostics and therapies individually and thus put together your own personal programme with your accompanying doctor.

As part of the Lanserhof Concept, our medically oriented derma treatments serve as a key pillar in promoting and sustainably supporting skin regeneration and health at the highest level. All Lanserhof derma treatments and applications can be found in our dedicated DERMA BROCHURE AVAILABLE ON OUR WEBSITE

AESTHETICS FACE

| | |
|--|--------------|
| 1 HydraFacial Silver facial treatment | 60 min. |
| 1 aesthetic preliminary talk | 10 min. |
| 1 mesolift therapy session | 30 min. |
| 1 PRP (platelet-rich plasma) treatment | 30 min. |
| 2 mesotherapy / PRP follow-up treatments | each 25 min. |

AESTHETICS HAIR

| | |
|--|--------------|
| 1 aesthetic preliminary talk | 20 min. |
| 1 PRP - platelet rich plasma - Hair | 30 min. |
| 1 mesotherapy hair | 30 min. |
| 2 infusion skin, hair, nails (individually adjusted) | each 30 min. |

AESTHETICS BODY – WOMAN

| | |
|---|--------------|
| 2 lymphatic drainages | each 50 min. |
| 2 intensive anti-cellulite treatments | each 75 min. |
| 1 detoxifying connective tissue massage | 50 min. |
| 1 goat-butter pack | 50 min. |

AESTHETIC MEDICINE

PRP (platelet-rich plasma) aesthetics

PRP (platelet-rich plasma) hair

Mesotherapy Aesthetic

Mesotherapy Hair

Medical needling

Neuromodulator

Wrinkle treatment

Sclerotherapy veins

Dental bleaching

AESTHETICS BODY – MAN

| | |
|-------------------------|--------------|
| 1 lymphatic drainage | 50 min. |
| 2 firmer/fitter abdomen | each 50 min. |
| 4 uses of cold chamber | |
| 1 goat-butter pack | 50 min. |



SKIN ACTIVE BODY

EMSCULPT® is the latest innovative step in non-invasive body shaping. It improves the body contour, muscle density and muscle volume, and burns fat – all at the same time. **EMSCULPT®** is the only alternative to surgical buttock lifting and offers non-invasive buttock enhancement.

EMSCULPT® uses HIFEM® (High-Intensity Focused Electro-Magnetic Field) technology. HIFEM® makes up to 20,000 artificial muscle contractions per session possible. These are called supramaximal contractions and cannot normally be achieved by spontaneous muscle movements. The musculature responds with a complete reshaping of its internal structure, i.e. the increase of myofibrils (muscle hypertrophy) and the formation of new protein strands and muscle fibres (muscle hyperplasia). The procedure thus leads to the growth of the muscle structure. The final results of the treatment can be seen after about eight weeks.

- Intensive muscle building
- Lifting effekt
- FDA certified
- Confirmed by independent studies

Before the treatment can be carried out, a consultation with one of our doctors must first take place.

For modest improvement wishes, two treatments per zone are sufficient.

For the best possible effects, four applications per selected zone should be performed.

| | |
|---|------------|
| EMSCULPT® ABDOMEN | 30 min. |
| EMSCULPT® BUTTOCKS | 30 min. |
| EMSCULPT® KOMBI Abdomen or buttocks | 3x 30 min. |
| EMSCULPT® THIGHS Outside | 20 min. |
| EMSCULPT® THIGHS Inside | 20 min. |
| EMSCULPT® UPPER ARMS Triceps and biceps | 40 min. |

CRISTAL PRO® CRYOLIPOLYSIS

Developed by scientists at Harvard Medical School (USA), cryolipolysis is based on the scientific knowledge that fat cells are more sensitive to cold than other cell types. CRISTAL Pro® 360° Cryolipolysis makes use of this effect and enables fat cell treatment without surgery: a gentle body shaping procedure that can be used effectively for localised fat deposits.

Through the use of a cold vacuum applicator, local fat depots of the desired body area are cooled down to temperatures as low as minus 12°C in a targeted and controlled manner without injuring or affecting the skin or surrounding tissue. The direct supercooling of the treated depot area causes fat cells to crystallise, which are ultimately destroyed. The dead fat cells are taken up by the macrophages (scavenger cells) and transported away via the lymphatic system. As cryolipolysis only has an external effect on the fatty tissue, anaesthesia is not necessary.

Even movement is possible immediately after a cryolipolysis treatment.

With CRISTAL Pro® Cryolipolysis, all fat deposits on the body and even in the facial area can be treated. An integrated ultrasound supports the exact measurement of the fat layer in order to reduce the fatty tissue in the problem zone in a controlled manner.

CRISTAL® CRYOLIPOLYSIS

Cryolipolysis Starter Chin

Cryolipolysis Basic 1 Zone



OUR HOME IS YOUR HOME

ROOMS AND APARTMENTS

Colours, forms and materials – nature produces the most functional designs and harmonious colours. Here at Lanserhof, we follow the example nature sets. Our single and double rooms are furnished according to specific building biology criteria, and thus offer a climate free from electrosmog – just like the forests outside the window.

Our single and double rooms feature fine walnut furnishings and oak parquet flooring in a harmonious colour scheme. The apartments are all individually furnished. We would be happy to advise you further. Accommodation rates include a personal diet tailored to your needs as well as our full range of herbal teas and mineral water. medications. For our Energy Cuisine we charge an additional € 69 EUR per person/day. You can use our indoor and outdoor salt water swimming pool, sauna, saunarium, Turkish bath, gym and e-bike station free of charge.

| | |
|---|--------------|
| Single room per person / night | 430,– EUR |
| Double room per person / night | 367,50,– EUR |
| Double room for single occupancy per person / night | 475,– EUR |

Prices are quoted per person per night and are only valid in conjunction with the Lanserhof arrangement. Our diagnostic and therapeutic programme is based on a seven-day rhythm, beginning on Sunday. We recommend a 14-day stay, while the minimum stay with us is 7 nights. We ask that you try to arrive on Sunday by 5 p.m.

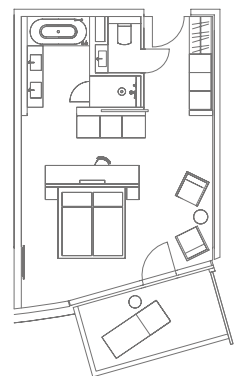
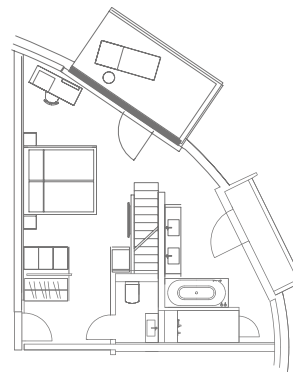
LANSER SUITEN



50m² spacious lounge/sleeping area with balcony terrace, spacious bathroom (bath, double basin, shower, separate WC), parquet flooring, complimentary WiFi and anti-electrosmog device.

Light-filled rooms with a harmonious colour scheme combine perfectly with the surrounding nature and provide uninhibited views of the lush countryside outside. Some suites feature a steam shower or infra-red shower.

| OCCUPANCY | VIEW | TOP FLOOR |
|-----------------|---------|-----------|
| 1 person | 845,- | 955,- |
| 2 persons | 1,105,- | 1,215,- |
| Price per night | | |



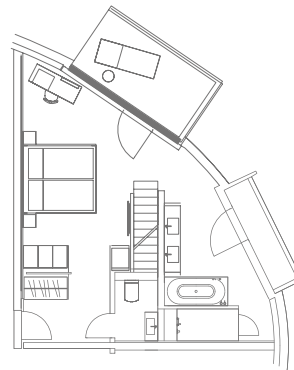
PENTHOUSE SUITEN



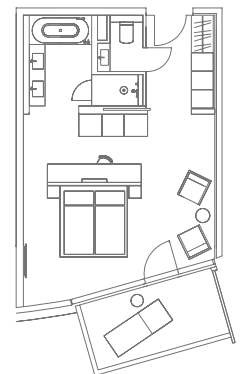
50m², light-filled lounge/sleeping area with stunning panoramic views from the balcony terraces, spacious bathroom (bath, double basin, shower, separate WC), parquet flooring, complimentary WiFi and anti-electrosmog device.

The roof terrace offers magnificent panoramic views of the stunning Alpine landscape.

| OCCUPANCY | EAST VIEW | NORTH VIEW |
|-----------------|-----------|------------|
| 1-2 persons | 1,120,- | 1,320,- |
| Price per night | | |



East View



North View

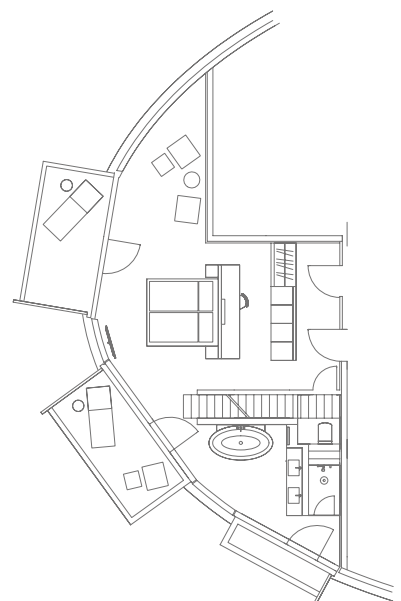
GRAND SUITE



65m² spacious lounge/sleeping area with balcony terrace (grand penthouse suite features roof terrace), entrance hall with cloakroom, spacious bathroom (bath, double basin, shower, WC), separate WC, parquet flooring, complimentary WiFi, and anti-electrosmog device.

The spacious, modern interior design with light oak parquet flooring and a harmonious colour scheme frames magnificent views of the surrounding mountains.

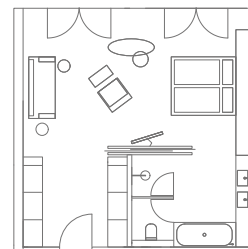
| OCCUPANCY | VIEW | TOP FLOOR |
|-----------------|---------|-----------|
| 1 person | 1,000,- | 1,550,- |
| 2 persons | 1,260,- | 1,550,- |
| Price per night | | |



PANORAMA SUITE 91



55m² spacious loft suite, modern lounge/sleeping area with spacious en-suite bathroom (bath, double basin, shower, separate WC), oak parquet flooring, complimentary WiFi and anti-electrosmog device. Offers unobstructed views of the imposing Nordkette massif.



OCCUPANCY

| | |
|-----------------|---------|
| 1 person | 955,- |
| 2 persons | 1,215,- |
| Price per night | |

PANORAMA SUITE 92

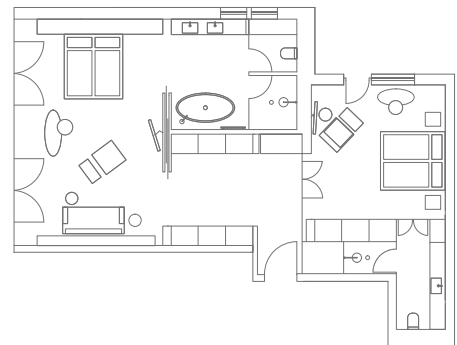


100m² spacious loft suite, open-plan lounge/sleeping area, spacious en-suite bathroom (bath, double basin, separate WC), parquet flooring, complimentary WiFi, anti-electrosmog device and private sauna. Second room with double bed, bathroom and east-facing balcony. Offers a truly breathtaking view of the mountains.

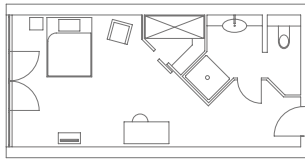
OCCUPANCY

1-4 persons 2,300,-

Price per night



ROOMS AND APARTMENTS

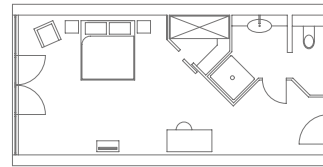


SINGLE ROOM

Single room, 20m², with desk, partial walk-in wardrobe, bathroom with shower-bath and separate shower/WC.

1 person 430,-

Price per night



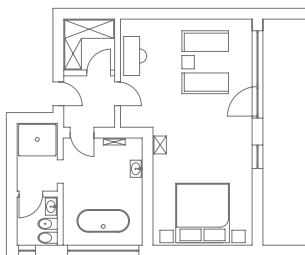
DOUBLE ROOM

Double room for two persons, 25m², with desk, partial walk-in wardrobe, bathroom with shower-bath and separate shower/WC.

1 person 475,-

2 persons 735,-

Price per night



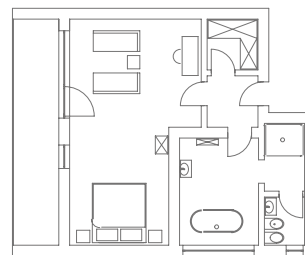
APP. 33

Spacious apartment for two persons, 58m², lounge/sleeping area, desk, large bathroom (Philippe Starck fittings) with bath, separate toilet/bidet area and separate shower in jade green, walk-in wardrobe, east-facing balcony overlooking Lans, and anti-electrosmog device.

1 person 670,-

2 persons 930,-

Price per night



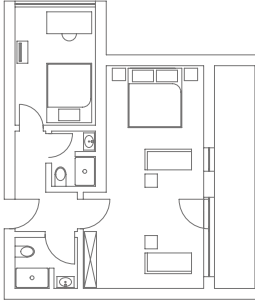
APP. 36

Spacious apartment for two persons, 58m², lounge/sleeping area, desk, walk-in wardrobe, west-facing balcony looking out onto the gardens with views of Serles mountain, large bathroom with bath, separate WC/bidet and separate shower and anti-electrosmog device.

1 person 670,-

2 persons 930,-

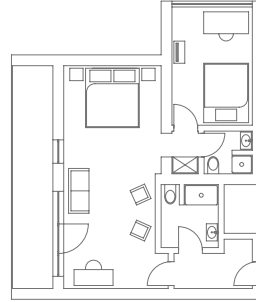
Price per night



APP. 32

Apartment for 2-3 persons, 57m², one lounge/sleeping area and one small additional bedroom, two bathrooms with shower/WC, desk, east-facing balcony overlooking Lans, and anti-electrosmog device.

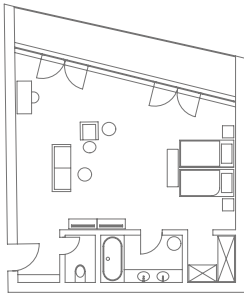
| | |
|-----------------|-------|
| 1 person | 670,- |
| 2 persons | 930,- |
| Price per night | |



APP. 37

Apartment for 2-3 persons, 55m², one lounge/sleeping area with additional small bedroom, desk, west-facing balcony looking out onto the gardens with views of Serles mountain, two bathrooms with shower/WC, and anti-electrosmog device.

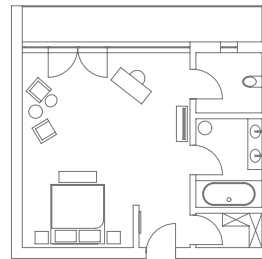
| | |
|-----------------|-------|
| 1 person | 670,- |
| 2 persons | 930,- |
| Price per night | |



APP. 341

Spacious apartment for two persons, 45m², lounge/sleeping area with two sofas, desk, walk-in wardrobe, bathroom with bath and separate WC, and balcony facing the Nordkette massif.

| | |
|-----------------|-------|
| 1 person | 700,- |
| 2 persons | 960,- |
| Price per night | |

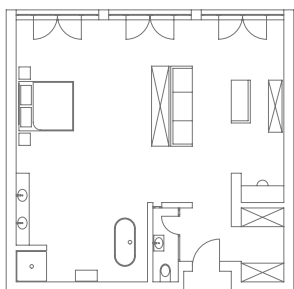


APP. 352

Apartment for two persons, 37m², one lounge/sleeping area, bathroom with bath, separate WC, and balcony facing the Nordkette massif.

| | |
|-----------------|-------|
| 1 person | 620,- |
| 2 persons | 880,- |
| Price per night | |

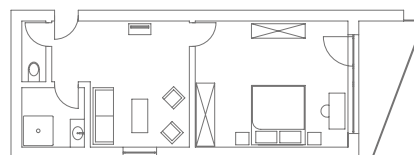
ROOMS AND APARTMENTS



APP. 80, 90

Very spacious apartment for two persons, approx. 70m², northfacing with magnificent mountain views. Open-plan sleeping, living and bathroom area with sofa, desk and walk-in wardrobe. Free-standing bath, shower, double basin and separate WC, and anti-electrosmog device.

| | |
|-----------------|---------|
| 1 person | 960,- |
| 2 persons | 1,220,- |
| Price per night | |



APP. 86, 94

Apartment for two persons, 39m², separate lounge/sleeping area, desk, modern furnishings, bathroom with shower and separate WC, and east-facing balcony overlooking Lans.

| | |
|-----------------|-------|
| 1 person | 555,- |
| 2 persons | 815,- |
| Price per night | |

GENERAL INFORMATION

ARRIVAL AND DEPARTURE

We ask that you try to arrive on Sunday by 5 p.m. Rooms are available from 3 p.m. We ask that you check out by 11 a.m. on your day of departure. We charge a fee of 50% of the daily room rate for early arrival (before 12 p.m.) and late departure (up to 5 p.m.), subject to availability.

FIXATION

After you have received the confirmation of the room reservation, the deposit is required in order to guarantee the fixation of the room category. We request the corresponding transfer to our account: IBAN: AT77 3600 0000 0104 2399, BIC: RZTIAT22
We ask for your understanding that your individual treatment plan will only be prepared after receipt of the deposit.

TERMS OF PAYMENT

At the end of your stay you will receive a total invoice for all services. We accept all credit and debit cards.

YOUNG PEOPLE

Young people aged 16 and over are welcome at Lanserhof if accompanied by an adult.

WAITING LIST

If we do not have any remaining capacity for your desired dates, we would be happy to add you to our waiting list.

MINIMUM STAY

Our experience shows us that a minimum stay of seven nights is required for our therapies to achieve medically tangible success. Your stay can only be arranged in combination with the Lanserhof fasting therapy.

PETS

Due to hygiene regulations, we are unable to accommodate cats or dogs.

REIMBURSEMENT OF TREATMENT COSTS

You will receive a total invoice from us for all services provided during your stay. In addition, you will receive an attachment with the medical services received. Please note that we cannot guarantee a reimbursement by your private insurance. Whether treatment costs are reimbursed depends on the respective terms and conditions of your insurance policy and your chosen tariff.

TERMS AND CONDITIONS OF CANCELLATION

For cancellations made less than four weeks before the arrival date, we reserve the right to charge a cancellation fee of 50% of the room rate for the number of cancelled nights.

For cancellations made less than seven days before the arrival date, we reserve the right to charge 90% of the room rate as a cancellation fee if we are unable to allocate your room to another guest.

By the same token, if you arrive late or cut your stay with us short without prior notice, we reserve the right to charge 100% of the room rate as a cancellation fee for the number of cancelled nights.

All cancellation conditions listed apply in the same way to all persons booked in the same room.

All prices are stated in euro.
Prices are subject to change without prior notice.



LANSERHOF LIFESTYLE AT HOME

Many of our guests want to prepare themselves for the Lanserhof fasting therapy, prior to their arrival at Lanserhof. Tea instead of coffee, wholesome natural foods and the stimulation of digestion and metabolism can support this.

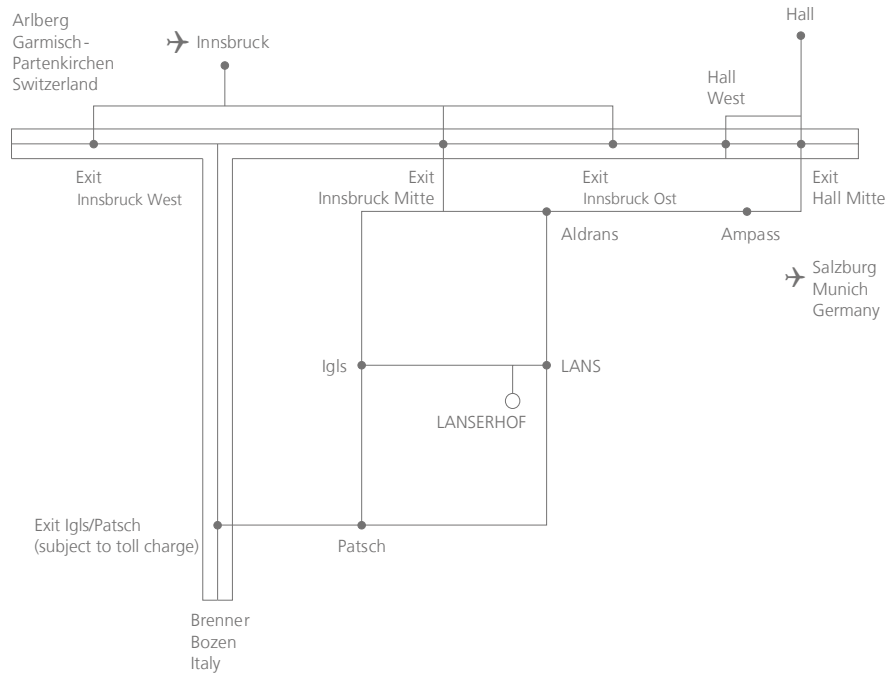
During the stay, the desire to continue the newly experienced healthy lifestyle in everyday life grows in most guests.

Our cookbooks with many recipes suitable for everyday use, effective nutritional supplements and intensively caring cosmetics with the typical Lanserhof scent support you mentally and physically on your path to a new lifestyle.

All products in the Lanserhof online shop were developed in close consultation with the Lanserhof experts and combine holistic health with modern design, in accordance with the Lanserhof Concept.

<https://shop.lanserhof.com>

HOW TO FIND US



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OUR OTHER LOCATIONS

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