



**LAN  
SER  
HOF**

LANSERHOF SYLT  
2025



# LANSERHOF CLASSIC PLUS

MEDICAL BASIC THERAPY, 7–8 NIGHTS

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

1	preliminary phone call	
1	initial medical examination	40 min.
1	extended initial medical examination	20 min.
2	check-ups with abdominal treatment each	each 20 min.
1	medical discussion of findings	30 min.
1	final medical examination and consultation	30 min.
1	telephone follow-up call (3 months)	
1	initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolic check)*	30 min.
1	final laboratory examination blood pressure, lactate and metabolic check)*	20 min.
1	fatty liver measurement	20 min.
1	short time HRV check (heart rate variability)*	30 min.
1	metabolism measurement*	20 min.
1	foot reflexology massage*	25 min.
1	classic massage therapy*	50 min.
1	detox drainage*	50 min.
1	natural detox hay pack*	50 min.
1	urine analysis*	

Daily group movement therapies  
Daily group relaxation therapies  
Introductory medical lecture  
Topical presentations  
Cultural evening programm  
On-call doctor, duty and night service\*\*

7–8 nights Lanserhof Classic Plus excluding accommodation 4.046 EUR

The prices for our Lanserhof Classic Plus packages are shown per person and exclude nutritional supplements and medications.

\* performed by therapy center

\*\* flat rate per day/night

# LANSERHOF CLASSIC PLUS

MEDICAL BASIC THERAPY, 9–11 NIGHTS

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

1	preliminary phone call	
1	initial medical examination	40 min.
1	extended initial medical examination	20 min.
4	check-ups with abdominal treatment each	each 20 min.
1	medical discussion of findings	30 min.
1	final medical examination and consultation	30 min.
1	telephone follow-up call (3 months)	
1	initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolic check)*	30 min.
1	final laboratory examination blood pressure, lactate and metabolic check)*	20 min.
1	fatty liver measurement	20 min.
1	short time HRV check (heart rate variability)*	30 min.
1	metabolism measurement*	20 min.
1	foot reflexology massage*	25 min.
1	classic massage therapy*	50 min.
1	detox drainage*	50 min.
1	natural detox hay pack*	50 min.
1	saltherapy with bad*	50 min.
1	urine analysis*	

Daily group movement therapies  
Daily group relaxation therapies  
Introductory medical lecture  
Topical presentations  
Cultural evening programm  
On-call doctor, duty and night service\*\*

9–11 nights Lanserhof Classic Plus excluding accommodation 5.241 EUR

The prices for our Lanserhof Classic Plus packages are shown per person and exclude nutritional supplements and medications.

\* performed by therapy center

\*\* flat rate per day/night

# LANSERHOF CLASSIC PLUS

MEDICAL BASIC THERAPY, 12–16 NIGHTS

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

1	preliminary phone call	
1	initial medical examination	40 min.
1	extended initial medical examination	20 min.
6	check-ups with abdominal treatment each	each 20 min.
1	medical discussion of findings	30 min.
1	final medical examination and consultation	30 min.
1	telephone follow-up call (3 months)	
1	initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolic check)*	30 min.
1	final laboratory examination blood pressure, lactate and metabolic check)*	20 min.
2	fatty liver measurement	20 min.
1	short time HRV check (heart rate variability)*	30 min.
2	metabolism measurement*	20 min.
2	foot reflexology massage*	25 min.
4	classic massage therapy*	50 min.
1	detox drainage*	50 min.
2	natural detox hay pack*	50 min.
1	saltherapy with bad*	50 min.
1	urine analysis*	

Daily group movement therapies  
Daily group relaxation therapies  
Introductory medical lecture  
Topical presentations  
Cultural evening programm  
On-call doctor, duty and night service\*\*

12–16 nights Lanserhof Classic Plus excluding accommodation 6.631 EUR

The prices for our Lanserhof Classic Plus packages are shown per person and exclude nutritional supplements and medications.

\* performed by therapy center

\*\* flat rate per day/night



# LANSERHOF CLASSIC PLUS

MEDICAL BASIC THERAPY, 17–21NIGHTS

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

1	preliminary phone call	
1	initial medical examination	40 min.
1	extended initial medical examination	20 min.
10	check-ups with abdominal treatment each	each 20 min.
1	medical discussion of findings	30 min.
1	final medical examination and consultation	30 min.
1	telephone follow-up call (3 months)	
1	initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolic check)*	30 min.
1	final laboratory examination blood pressure, lactate and metabolic check)*	20 min.
2	fatty liver measurement	20 min.
1	short time HRV check (heart rate variability)*	30 min.
2	metabolism measurement*	20 min.
3	foot reflexology massage*	25 min.
6	classic massage therapy*	50 min.
2	detox drainage*	50 min.
3	natural detox hay pack*	50 min.
1	saltherapy with bad*	50 min.
1	urine analysis*	

Daily group movement therapies  
 Daily group relaxation therapies  
 Introductory medical lecture  
 Topical presentations  
 Cultural evening programm  
 On-call doctor, duty and night service\*\*

17–21 nights Lanserhof Classic Plus excluding accommodation 8.648 EUR

The prices for our Lanserhof Classic Plus packages are shown per person and exclude nutritional supplements and medications.

\* performed by therapy center

\*\* flat rate per day/night

# PACKAGE ADD ONS

Additional to the Packages it is possible to book the following Add Ons on top:

CLASSIC PLUS plus 7–8 nights **LONG COVID** Medical Package excl. accommodation total 8.674 EUR  
CLASSIC PLUS plus 9–11 nights **LONG COVID** Medical Package excl. accommodation total 10.283 EUR  
CLASSIC PLUS plus 12–16 nights **LONG COVID** Medical Package excl. accommodation total 12.900 EUR  
CLASSIC PLUS plus 17–21 nights **LONG COVID** Medical Package excl. accommodation total 15.745 EUR

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CLASSIC PLUS plus 7–8 nights **LONGEVITY** Medical Package excl. accommodation total 9.510 EUR  
CLASSIC PLUS plus 9–11 nights **LONGEVITY** Medical Package excl. accommodation total 12.550 EUR  
CLASSIC PLUS plus 12–16 nights **LONGEVITY** Medical Package excl. accommodation total 15.628 EUR  
CLASSIC PLUS plus 17–21 nights **LONGEVITY** Medical Package excl. accommodation total 19.929 EUR

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CLASSIC PLUS plus 7–8 nights **STRESS-RESILIENCE** Medical Package excl. accommodation total 7.564 EUR  
CLASSIC PLUS plus 9–11 nights **STRESS-RESILIENCE** Medical Package excl. accommodation total 9.472 EUR  
CLASSIC PLUS plus 12–16 nights **STRESS-RESILIENCE** Medical Package excl. accommodation total 12.193 EUR  
CLASSIC PLUS plus 17–21 nights **STRESS-RESILIENCE** Medical Package excl. accommodation total 15.039 EUR

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CLASSIC plus 9–11 nights **BREAST CANCER REHAB** Medical Package excl. accommodation total 8.453 EUR  
CLASSIC plus 12–16 nights **BREAST CANCER REHAB** Medical Package excl. accommodation total 10.873 EUR  
CLASSIC plus 17–21 nights **BREAST CANCER REHAB** Medical Package excl. accommodation total 13.769 EUR

## PACKAGE ADD ONS

Additional to the Packages it is possible to book the following Add Ons on top:

CLASSIC plus 7–8 nights **BOOST YOUR PERFORMANCE** Medical Package excl. accommodation total 9.820 EUR  
CLASSIC plus 9–11 nights **BOOST YOUR PERFORMANCE** Medical Package excl. accommodation total 11.986 EUR  
CLASSIC plus 12–16 nights **BOOST YOUR PERFORMANCE** Medical Package excl. accommodation total 14.252 EUR  
CLASSIC plus 17–21 nights **BOOST YOUR PERFORMANCE** Medical Package excl. accommodation total 18.363 EUR

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CLASSIC PLUS plus 7–8 nights **WOMEN'S HEALTH** Medical Package excl. accommodation total 9.410 EUR  
CLASSIC PLUS plus 9–11 nights **WOMEN'S HEALTH** Medical Package excl. accommodation total 11.217 EUR  
CLASSIC PLUS plus 12–16 nights **WOMEN'S HEALTH** Medical Package excl. accommodation total 13.633 EUR  
CLASSIC PLUS plus 17–21 nights **WOMEN'S HEALTH** Medical Package excl. accommodation total 16.676 EUR

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CLASSIC PLUS plus 7–8 nights **MEN'S HEALTH** Medical Package excl. accommodation total 10.227 EUR  
CLASSIC PLUS plus 9–11 nights **MEN'S HEALTH** Medical Package excl. accommodation total 12.232 EUR  
CLASSIC PLUS plus 12–16 nights **MEN'S HEALTH** Medical Package excl. accommodation total 14.846 EUR  
CLASSIC PLUS plus 17–21 nights **MEN'S HEALTH** Medical Package excl. accommodation total 18.087 EUR

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CLASSIC plus 9–11 nights **ORTHO POST OP** Medical Package excl. accommodation total 7.287 EUR  
CLASSIC plus 12–16 nights **ORTHO POST OP** Medical Package excl. accommodation total 9.440 EUR  
CLASSIC plus 17–21 nights **ORTHO POST OP** Medical Package excl. accommodation total 12.291 EUR

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CLASSIC plus 9–11 nights **ORTHO SPINE** Medical Package excl. accommodation total 6.957 EUR  
CLASSIC plus 12–16 nights **ORTHO SPINE** Medical Package excl. accommodation total 9.643 EUR  
CLASSIC plus 17–21 nights **ORTHO SPINE** Medical Package excl. accommodation total 12.696 EUR



# PACKAGE ADD ONS

Additional to the Packages it is possible to book the following Add Ons on top:

CLASSIC PLUS plus 7–8 nights **PILATES** Medical Package excluding accommodation 9.810 EUR

CLASSIC PLUS plus 9–11 nights **PILATES** Medical Package excluding accommodation 12.553 EUR

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CLASSIC plus 7–8 nights **POST BEAUTY** Medical Package excluding accommodation 6.185 EUR

CLASSIC plus 9–11 nights **POST BEAUTY** Medical Package excluding accommodation 7.860 EUR

CLASSIC plus 12–16 nights **POST BEAUTY** Medical Package excluding accommodation 10.213 EUR

CLASSIC plus 17–21 nights **POST BEAUTY** Medical Package excluding accommodation 12.862 EUR

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CLASSIC plus 7–8 nights **SCHLAFAPNOE** Medical Package excluding accommodation 5.327 EUR

CLASSIC plus 9–11 nights **SCHLAFAPNOE** Medical Package excluding accommodation 5.887 EUR

CLASSIC zzgl. plus 12–16 nights **SCHLAFAPNOE** Medical Package excluding accommodation 6.489 EUR

CLASSIC plus 17–21 nights **SCHLAFAPNOE** Medical Package excluding accommodation 7.567 EUR

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CLASSIC plus 7–8 nights **SLEEP WELL** Medical Package excluding accommodation 5.655 EUR

CLASSIC plus 9–11 nights **SLEEP WELL** Medical Package excluding accommodation 6.782 EUR

CLASSIC plus 12–16 nights **SLEEP WELL** Medical Package excluding accommodation 8.062 EUR

CLASSIC plus 17–21 nights **SLEEP WELL** Medical Package excluding accommodation 10.385 EUR

# HOLISTIC DIAGNOSTICS AT LANSERHOF

Planned therapy offer - subject to availability

## GASTROINTESTINAL

As an innovation, we offer capsule endoscopy, the modern and gentle alternative to endoscopic colonoscopy.

A sonographic examination of the entire abdomen, comprehensive stool examinations and the clarification of food intolerances are part of the standard repertoire of Lanserhof diagnostics.

selective  
Stool examinations

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## LABORATORY DIAGNOSTICS

Laboratory diagnostics is an important link between diagnostics and therapy. The individually coordinated laboratory profile is the basis of a successful treatment process.

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## NUTRITIONAL DIAGNOSTICS

H<sub>2</sub>-and CH<sub>4</sub>-Breath test fructose

H<sub>2</sub>-and CH<sub>4</sub>-Breath test fructose

Food intolerance test Histamine diagnostics,  
Allergoscreen

## METABOLISM AND IMMUNE SYSTEM

Detailed immunodiagnostics as well as precise vitamin, enzyme and nutrient analyses enable a meaningful assessment of your metabolic situation and your individual immune status. Valuable information about disruptive factors and focal events can also be worked out within the framework of holistic diagnostics. The prices of the corresponding analyses (blood, saliva, urine) depend on the respective effort.

OGTT – oral glucose tolerance test

Routine laboratory

Heavy metal determination

Nutrient analysis

Hormone profile

Fibroscan

# HOLISTIC DIAGNOSTICS AT LANSERHOF

Planned therapy offer - subject to availability

## PULMONARY-CARDIOVASCULAR

Specialised doctors are available to you for clarification on all cardiologically related topics.

Transthoracic echocardiography

Carotid and vertebral arterial duplex ultrasound

Resting ECG incl. written findings

Ergometry / Exercise ECG

Long-term ECG (24 h ECG)

Long-term blood pressure measurement (24h)

Spirometry (lung function)

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## SPECIALIST EXAMINATIONS

- Orthopaedics
- Dermatology
- Gynaecology
- Internal Medicine
- Ophthalmology
- Urology
- Neurology
- Cardiology
- Dentistry

## MOVEMENT AND MOBILITY

Individual force measurement

Hyperice Normatec

Sensorimotor screening

Spirometric check

Bioimpedance measurement

VALD Hand grip strength measurement

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## SONOGRAPHY

Sonographies of the different body regions

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## SLEEP AND CHRONOMEDICINE

24h HRV (heart rate variability measurement) incl. diagnostics, analysis, evaluation and coaching

Sleep laboratory / sleep apnoea screening

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3D-Body-Mapping Examination	30 Min.
Bone density measurement (DXA Scan)	30 Min.



## THE THERAPIES

### HOLISTIC MEDICINE AND NATUROPATHY

Medical examination with abdominal treatment

Naturopathic consultation 40 min.

Colon-Hydro-Therapy

Acupuncture 30 min.

Mesotherapy

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### INFUSION THERAPY

Revitalizing infusion large

Autologous blood ozone

Electrolyte vitamin infusion

Alcalic infusion

Infusion liver

Infusion vitamin C high dose

Infusion skin, hair, nails

Infusion Mitoboost

Infusion Cell Energy

Infusion Anti-Aging

Infusion NAD Boost

### BODY & MIND HEALTH

Psychological well-being and physical health are closely linked. Body & Mind Health stands for a comprehensive personality analysis, diagnosis and therapy of psychological blockages as well as the development of coping strategies.

Mental Coaching 50 min.

24h HRV  
(heart rate variability measurement)

Short-term HRV

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### INTERVAL HYPOXIA-HYPEROXIA THERAPY (IHHT)

CellGym First Appointment

CellGym follow-up appointment



## THE THERAPIES

### ENERGY & INFORMATION MEDICINE

Craniosacral therapy	50 min.
Shiatsu	50 min.

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### NUTRITION COUNSELLING

Nutrition consultancy + nutrition plan
Metabolic measurement

### PAIN THERAPY

PRP (platelet-rich-plasma)  
orthopedic

Mesotherapy /  
Meso pain therapy

Infusion therapy

Physiotherapy	25 min.
	50 min.

Medical Osteopathy	40 min.
classic massage	50 min.

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### CRYOTHERAPY

Cryotherapy



## THE THERAPIES

Exercise helps us to develop a healthy and stable cardiovascular system and strengthens our immune defence. While undergoing treatment, exercise supports the cleansing process and enhances the detoxifying results. The foundation of our philosophy is coordination: our neuromuscular system accompanies us throughout our lives and keeps our body and mind fresh.

Our holistic exercise concept includes

- Sports science diagnostics: By building on this knowledge, our physiotherapists and sports scientists devise a personal programme to help you to rid yourself of complaints and symptoms, ensuring that you will be brimming with health and vitality again at the of your stay.
- Personal training: The goal is to start a healthy workout routine during your stay here, tailored to your personal needs, preferences, and weaknesses.
- Framework programme: Our extensive framework programme will familiarise you with different training methods and allow you to gather new ideas to apply in your day-to-day life.

Personal training	25 min. 50 min.	classical massage therapy	50min.
Pilates training	50 min.	Hot Stone massage	70 mn.
Yoga	50 min.	Individual bodywork therapy	25 min. 50 min.
Aqua fitness	45 min.	Deep breathing exercises	25 min. 50 min.
EMS-Training Booster (Electromuscular Stimulation)	50 min.	Meditation	50 min.
Nuad Thai	75 min.	Matrix Therapy	30 min. 50 min.



# DETOX TREATMENTS

Planned therapy offer - subject to availability

Detox treatments such as baths, packs, and massages, in combination with pure organic products, help to intensify the self-healing process.

Lanserhof Sylt Facial	50 min.	Lymph Flowtation	50 min.
Revitalizing Body Wrap	50 min.	Lymph Drainage	50 min.
Natural detox Hay	50 min.	Connective tissue massage according to thickness	50 min.
Natural algae	50 min.	Head massage	25 min.
Detox drainage	50 min.	Foot reflexology	25 min.
		Classic massage therapy	50 min.
		Herbal-Steam-Massage	50 min.

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## LIVER CLEANSING

This highly effective treatment cleanses the digestive and metabolic organs. To support the detoxified liver, essential vitamins and minerals are administered during the liver infusion session the following day.

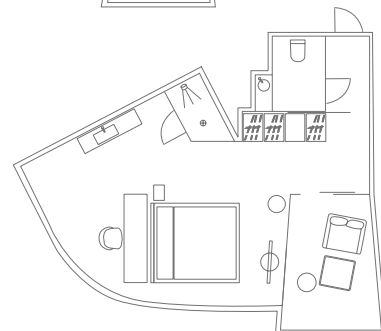
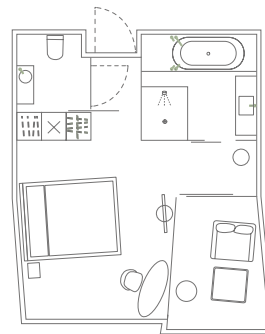
Liver cleansing (price dependent on scope)

# SINGLE ROOM WITH LOGGIA



29 m<sup>2</sup> single room with loggia, open living and sleeping area, desk, bath- room with bathtub and shower, separate WC, parquet floor, free WLAN internet access, 50" TV, Smart TV, safe, Electro-smog-free/no air conditioning.

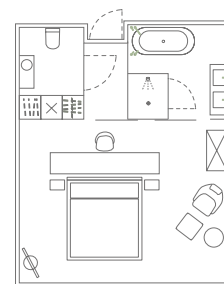
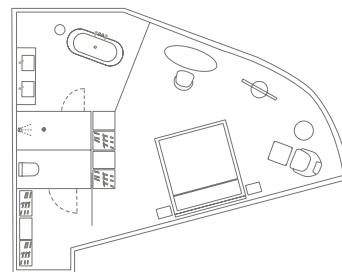
	Village	Dune	Sea
1 person	649,-	779,-	879,-



# DOUBLE ROOM WITH TERRACE



39 m<sup>2</sup> double room with terrace, open living and sleeping area, desk, bathroom with bathtub and shower, separate WC, parquet floors, free Wi-Fi access, 50" TV, Smart TV, safe, Electrosmog-free/no air conditioning.



	Dune	Sea
1 person	969,-	1169,-
2 persons	1194,-	1394,-

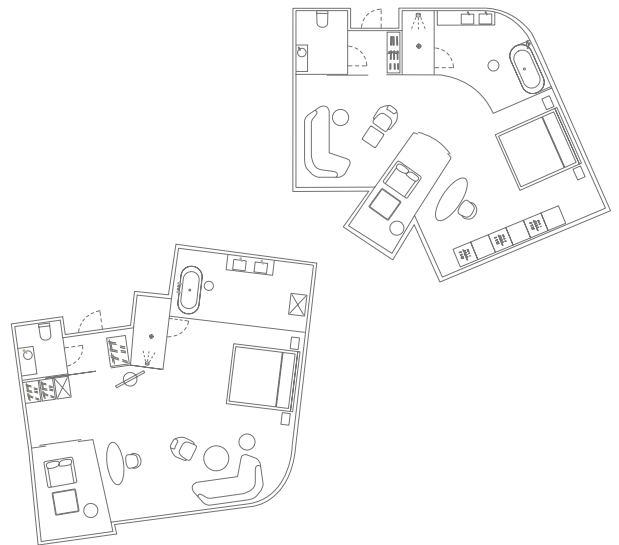
# DOUBLE ROOM FABULOSA WITH LOGGIA



54 m<sup>2</sup> double room with loggia, open plan living and sleeping area, high quality couch, innovative FreshBed technology\*, health promoting light concept\*, large couch, desk, bathroom with bathtub and shower, separate WC, corner location, parquet floor, free WLAN internet access, 55" TV, Smart TV, safe, Electrosmog-free/no air conditioning.

*\*FreshBed-Technology:* the FreshBed is the only bed in the world that offers a unique and innovative combination of individual body temperature control with the quietest active airflow technology to ensure proper skin temperature and optimal humidity during sleep. The integrated medical HEPA filter additionally purifies the air and removes more than 99.95% of bacteria, viruses, pollen and fine dust.

*\*Lighting concept:* Human Centric Lighting Technology aligns your internal clock with your natural biorhythms. This reduces fatigue while increasing your health and well-being.

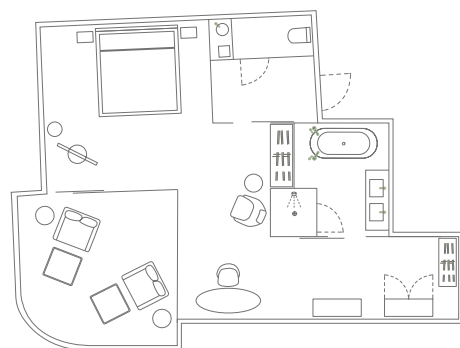


	Village	Sea
1 person	1149,-	1449,-
2 persons	1374,-	1674,-

# JUNIOR SUITE MIRUM



41 m<sup>2</sup> double room with spacious corner loggia and sweeping views over the sea, open living and sleeping area, desk, bathroom with bathtub and shower, separate WC, anteroom with wardrobe, corner location, parquet floor, free WLAN internet access, 50" TV, Smart TV, safe, Electro-smog-free/no air conditioning.

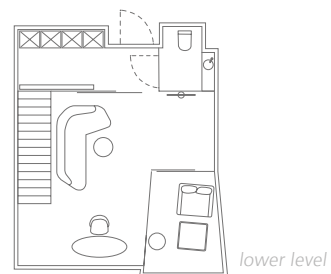
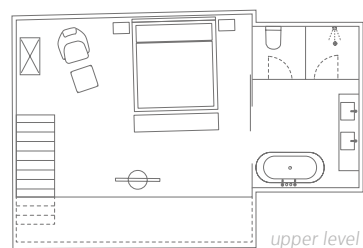


1 person	2100,-
2 persons	2325,-

# PARVUS DUPLEX SUITE WITH LOGGIA



58 m<sup>2</sup> suite with open gallery, living area with high-quality couch, loggia, WC and anteroom with wardrobe on the first level, cozy sleeping area under the thatched roof with bathroom with bathtub and shower on the second level, parquet flooring, free WLAN internet access, 50"/55"-TV, Smart-TV, safe, air conditioning.



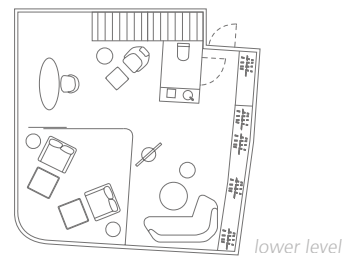
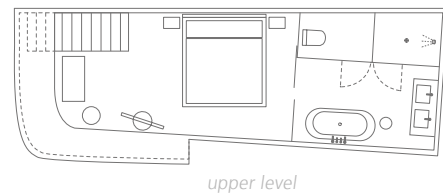
	Village	Dune	Sea
1 person	1249,-	1349,-	1595,-
2 persons	1474,-	1574,-	1820,-
<hr/>			
with private sauna	Village		
1 person	1399,-		
2 persons	1624,-		



# ELYSIUM DUPLEX SUITE WITH BALCONY



58 m<sup>2</sup> suite with open gallery, large living area with high quality couch, spacious balcony, WC and anteroom with wardrobe on the first level, cozy sleeping area under the thatched roof with spacious bathroom with bathtub and shower on the second level, corner location, parquet, free WLAN internet access, 50" TV, Smart TV, safe, air conditioning.

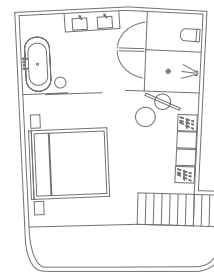


	Dune	Sea
1 person	2250,-	2350,-
2 persons	2475,-	2575,-

# ELYSIUM LOFT SUITE WITH SEA VIEW

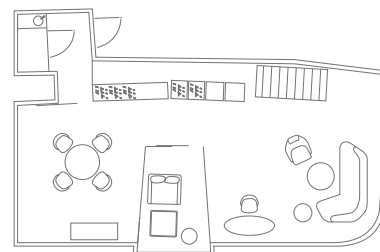


78 m<sup>2</sup> suite with open gallery, living area with high quality couch, anteroom with wardrobe, WC and loggia on the first level, cozy sleeping area under the thatched roof with spacious bathroom with bathtub, shower on the second level, parquet flooring, free WLAN-Internet access, 50" TV, Smart TV, safe, air conditioning.



*upper level*

1 person	2950,-
2 persons	3175,-



*lower level*

# GENERAL INFORMATION

## ARRIVAL AND DEPARTURE

Rooms are available from 3pm. We ask that you check out by midday on your day of departure. We would be happy to consider any individual requests you may have concerning your arrival and departure. We can organise a transfer from the airport or train station on request. The entire building is wheelchair accessible.

## SALES CONDITIONS

Our stay at Lanserhof Sylt starts at 7 nights. From a medical point of view, our doctors recommend a stay between 10 and 14 nights to ensure that the Lanserhof Arrangement can achieve the best results.

## TERMS OF PAYMENT

The room rates listed here only apply in conjunction with the Lanserhof Basic medical programme. At the end of your stay, you receive an invoice for the total amount payable for all services enjoyed during your time with us. We accept all major debit and credit cards (American Express, Mastercard, Visa). We reserve the right to request an advance payment of up to 50 %. Separate invoices are issued for the hotel bill and the private clinic.

## WAITING LIST

In the event that we cannot fulfil your reservation on a particular arrival date, don't despair – all is not lost. We'd be happy to add you to our waiting list, compiled in the order we receive reservation requests. If one of our guests happens to cancel, you would be welcome to take their place.

## YOUNGER GUESTS

Children and adolescents from the age of 16 are welcome as long as they are accompanied by a parent or guardian.

## 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.

If you arrive late or cut your stay with us short without prior notice, we reserve the right to charge 90 % of the room rate as a cancellation fee for the number of cancelled nights.

If your stay is subsequently shortened due to a late arrival or early departure, 100 % of the room rate for the number of nights cancelled will be charged as a cancellation fee.

All cancellation fees apply in equal measure other guests in your party in the same room.

All prices incl. VAT 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.

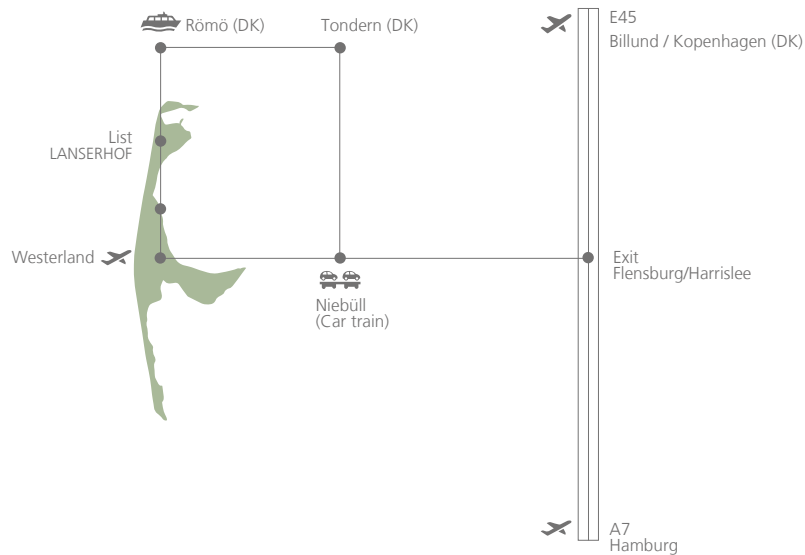
During the stay, the desire to continue the newly experienced healthy lifestyle in everyday life grows in most guests.

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



Lanserhof Sylt  
Am Lanserhof 1, 25992 List on Sylt  
Germany  
T +49 4651 995957-0  
info.sylt@lanserhof.com

## OUR OTHER LOCATIONS

Lanserhof Tegernsee  
Gut Steinberg 1-4, 83666 Marienstein/Waakirchen  
Germany  
T +49 8022 1880-0, F +49 8022 1880-499  
info.tegernsee@lanserhof.com

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info.lans@lanserhof.com

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18 Dover Street, Mayfair / London W1S 4LT  
United Kingdom  
T +44 20 39676969  
reception@lhtac.com

**LAN  
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