



**LAN
SER
HOF**

LANSERHOF TEGERNSEE
2025

LANSERHOF CLASSIC

MEDICAL BASIC THERAPY, 7–8 NIGHTS

The Lanserhof Classic 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 initial medical examination	40 min.
1 extended initial medical examination	20 min.
2 check-ups with abdominal treatments	20 min. each
1 medical discussion of findings	20 min.
1 final medical examination	30 min.
1 reflexology massage	25 min.
1 therapeutic massages	50 min.
1 detox drainage	50 min.
1 detox lymph pack with bath	50 min.
1 detox foot bath	30 min.
1 bioimpedance analysis	20 min.
1 hay liver wrap	20 min.
1 urinalysis	
On-call doctor and night service (24h)	

Daily movement therapy in a group

Daily relaxation training in a group

Medical introductory lecture

Thematic lectures

Cultural evening program

Medical on-call and night service

7–8 nights Lanserhof Classic excluding accomodation from €2.913

9–11 nights Lanserhof Classic excluding accomodation from €4.117

12–16 nights Lanserhof Classic excluding accomodation from €5.218

17–21 nights Lanserhof Classic excluding accomodation from €7.201

The prices for our Lanserhof Classic packages are shown per person and exclude nutritional supplements and medications. The group and advanced training programme is an integral part of your basic medical package. If you do not make use of individual services or programme items, you will not be entitled to a refund.

LANSERHOF LONGEVITY

BOOKABLE ADD-ON SERVICE TO THE LANSERHOF CLASSIC ARRANGEMENT

Our Longevity therapies aim to understand and slow down the biological causes of aging. Using state-of-the-art diagnostics based on the scientifically validated 'Hallmarks of Aging,' we specifically analyze your individual aging processes. Through tailored treatment plans designed to meet your genetic, cellular, and metabolic needs, we help you maintain your health and vitality – for a longer, more active life.

1 Medical follow-up consultation by phone	20 min.
1 Routine lab test	
1 Telomere length measurement (determination of biological age)	
1 Nutrient analysis & fatty acid profile	
Individual blood analyses	
Personalized infusion package	
1 Stool analysis, including Helicobacter and fructose tests	
2 CellGym or cold chamber sessions	
1 HRV measurement, including diagnostics, evaluation, and discussion of findings	
1 Movement consultation	25 min.
1 Sports science personal training session	50 min.
1 Metabolism measurement	
Nutritional consultation without meal plan	50 min.

Price starting from €5.318 in addition to the Lanserhof Classic arrangement

(Can only be booked in advance at planung.tegernsee@lanserhof.com)

LANSERHOF BRAIN HEALTH

BOOKABLE ADD-ON SERVICE TO THE LANSERHOF CLASSIC ARRANGEMENT

Specialist neurological examination	30 min.
Electroencephalography (EEG)	
Neuropsychological testing	
Routine lab test	
Nutrient analysis	
Neuro-balance profile	
1 Stool analysis, including Helicobacter and fructose tests	
Brain health blood analyses	
Medical follow-up consultation by phone	20 min.
Brain Health Report	

Price starting from €3.710 in addition to the Lanserhof Classic arrangement.

(Can only be booked in advance at planung.tegernsee@lanserhof.com)

HOLISTIC DIAGNOSTICS AT LANSERHOF

GASTROINTESTINAL TRACT

One innovation we offer, is capsule endoscopy: a modern and gentle alternative to conventional endoscopic colon examinations.

An ultrasound of the entire abdomen, as well as comprehensive stool examinations and food intolerance tests, are all part of the standard repertoire of Lanserhof diagnostics.

Colonoscopy

Gastroscopy

Colonoscopy and gastroscopy

Stool examinations

LABORATORY DIAGNOSTICS

Laboratory diagnostics are a vital link between diagnostic processes and therapy. They enable us to produce an individual profile for each guest, which then forms the basis for successful treatment.

NUTRITIONAL DIAGNOSTICS

H₂ breath test – fructose

H₂ breath test – lactose

Food intolerance test

Histamine intolerance test

Allergy screening

METABOLISM AND IMMUNE SYSTEM

Pinpoint immunodiagnoses, as well as vitamin, enzyme, and nutrient analyses, let us assess your metabolic situation in detail and your individual immune status. We can also provide and compile valuable information on confounders and focal infections as a part of our diagnostics. The price of each analysis (blood, saliva, urine) depends on the relative scope.

OGTT – oral glucose tolerance test

Routine laboratory

Heavy metals identification

Nutrient analysis

Hormone profile

Hormone saliva test

GENETIC ANALYSIS

Genetic analysis incorporates a highly innovative method in preventive medicine and is taking on increasing importance.

Genetic profile for
risk constellation

HOLISTIC DIAGNOSTICS AT LANSERHOF

PULMONARY- CARDIOVASCULAR SYSTEM

Specialist doctors will clarify all issues relating to your cardiological profile.

Echocardiogram (cardiac ultrasound)

Colour Doppler ultrasound of the neck vessels (carotid artery)

Resting ECG with medical report

Ergometry / exercise ECG

24-hour ECG & blood pressure measurement

Spirometry (lung function)

SPECIALIST EXAMINATIONS

- Orthopaedics
- Dermatology
- Radiology
- Internal medicine
- Dentistry
- Urology
- Neurology
- Cardiology
- Gynaecology

MOVEMENT AND MOBILITY

Spiroergometry

Bioimpedance analysis

ULTRASOUND

Ultrasound scans of various body regions

SLEEP MEDICINE AND CHRONOMEDICINE

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

Sleep laboratory / sleep apnoea screening

THE THERAPIES

HOLISTIC MEDICINE AND NATUROPATHY

Medical check-up and abdominal treatment	20 min.
Naturopathic consultation	30 min.
Colonic hydrotherapy	
Acupuncture	40 min.
Biophysical system diagnostics (partial body)	30 min.
Mesotherapy	
Bioresonance high frequency measurement and therapy	60 min.

INFUSION THERAPIES

Conditioning infusion – large
Ozone autologous blood
Electrolyte/vitamin infusion
Infusion of bases and minerals
Liver infusion
High-dose vitamin C infusion
Amino acid infusion, skin and hair
Amino acid infusion, muscles
Amino acid infusion, immune system
Intravascular laser therapy

BODY & MIND HEALTH

A person's psychological well-being and bodily health are closely entwined. Body & Mind Health incorporates a comprehensive personality assessment and works to diagnose and resolve mental blocks as well as develop strategies to help us cope with life's stressful situations.

Medical-psychotherapeutic consultation	50 min.
Psychological consultation	50 min.
Stress management coaching	50 min.
Hypnotherapy	90 min.

INTERVAL HYPOXIC-HYPEROXIC THERAPY (IHHT)

CellGym

THE THERAPIES

ENERGY & INFORMATION MEDICINE

Craniosacral therapy	50 min.
Shiatsu	50 min.
Acupuncture massage	50 min.
Energetic healing treatment	50 min.

NUTRITIONAL CONSULTATION

Nutritional counselling	50 min.
Personal cooking class with our chef	

NUTRITIONAL COURSE

Your path to a healthier diet and lifestyle

PAIN THERAPY

Myoreflex therapy	
Mesotherapy / mesotherapy for pain management	
Physiotherapy	25 min. 50 min.
Osteopathy	50 min.
Therapeutic massage	50 min.

CRYOTHERAPY

Cold chamber

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.

Functional training	25 min. 50 min.	Meditation / deep relaxation	50 min.
Pilates	25 min. 50 min.	Marma point massage	75 min.
Yoga	50 min.	Matrix therapy	25 min. 50 min.
Aquatrainig	45 min.	Medical-therapeutic training	50 min.
		Classical & Modern Dance	45 min.
Nuad Thai	75 min.	Aquatrainig	20 min.
Therapeutic massage	50 min.	Zumba	50 min.
Singing bowl massage	50 min.	Outdoor Training	110 min. 140 min. 200 min.
Hot stone massage	70 min.		
Manual bodywork	25 min. 50 min.		
Respiratory therapy	25 min. 50 min.		

DETOX TREATMENTS

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

Detox pack with bath	50 min.	Deluxe detox drainage	75 min.
Detox cleansing Lanserhof Derma	50 min.	Lymph drainage	50 min. 75 min.
Revitalising body pack	50 min.	Lymph drainage incl. detox wrap	75 min.
Natural detox hay	30 min.	Detoxifying connective tissue massage	50 min.
Natural detox hay	50 min.	Head massage	25 min.
Natural detox moor	30 min.	Foot reflex zone massage	25 min.
Natural detox moor	50 min.	Deluxe foot reflex zone massage	50 min.
Natural detox gentian	50 min.	Therapeutic massage	50 min.
Natural detox birch/juniper	50 min.	Warm herbal steam massage	50 min.
Alkaline or salt bath	20 min.		
Detox drainage	50 min.		

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

LANSERHOF DERMA

As the largest organ in your body, your skin plays a major role in the detoxification process. Our Derma department specialises in revitalising your skin using innovative therapies and high quality products. Our own Lanserhof Derma facial and body care range is produced using exclusively organic ingredients.

DERMA FACE WOMAN/MAN

Detox Facial treatment

Lanserhof
LAB SERIES Regeneration

Refreshing Booster incl. TDA
with Anti Aging active ingredients

JetPeel DeLuxe incl. Dec

3D Anti Aging Treatment
Step 1 Micro+Sonografie
Step 2 Cell Premium Needling

Pure Perfection
Liquid Surgery

STK Lifting without Scalpel

DERMA BODY WOMAN/MAN

Essential salt therapy with
salts from the Dead Sea
and hydrotherapy bath

Cellulite – active firming

MBR Bust Up treatment
tissue-strengthening and firming

EndoSpheres
Micro massage und Lymphatic stimulation

Shyld Body Contouring
Fat reduction and tightening

Emsculpt
Magnetic field for muscle toning
and fat reduction

Please consult the detailed Lanserhof Derma brochure for more information on our full programme.



AESTHETICS AND MEDICAL COSMETICS

MESOTHERAPY

Medical needling

Mesolift vitamin –
hyaluronic acid – face

PRP (platelet-rich plasma) – face

PRP (platelet-rich plasma) – hair

Aesthetic hyaluronic
acid fillers (frown lines,
nasolabial folds, etc.)

Radiofrequency therapy
Face & Body

CRYOTHERAPY

CHEMICAL PEELS

Chemical peels

CRYOLIPOLYSIS

Chin 60 min.

Basic (1 body zone) 70 min.

Classic (2 body zones) 90 min.

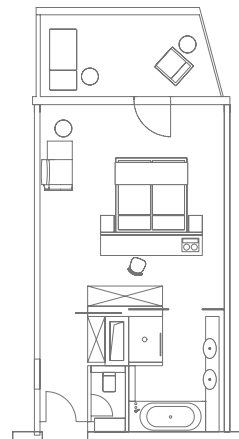
DOUBLE ROOM



55m², can be combined with the Somnium or Infitas suites through a connecting door, features open-plan lounge/bed-room area, bathroom with bath and shower, parquet flooring, complimentary Wi-Fi, tea-making facilities, 46" TV with on-demand services, radio, safe, anti-electrosmog device, balcony terrace

There are two accessible rooms available.

OCCUPANCY	BASIC	VIEW
1 person	€755	€855
2 persons	€1.105	€1.205
Price per night		



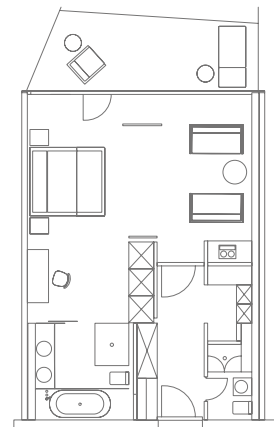
PARVUS SUITE



65m², spacious lounge/bedroom area, full-size bathroom (shower, bath and WC), shower bath and WC, parquet flooring, complimentary Wi-Fi, tea-making facilities, 40" TV with on-demand services, radio, safe, anti-electrosmog device, balcony terrace

OCCUPANCY	BASIC	VIEW
1 person	€940	€1.065
2 persons	€1.290	€1.415

Price per night

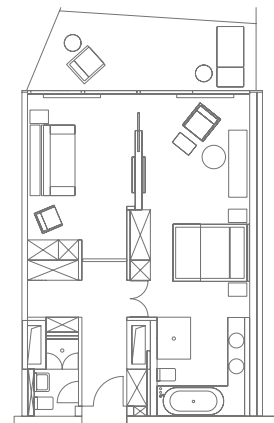


SYMPHONIA SUITE



65m², two lounge/bedroom areas separated by sliding doors, lounge area, high quality double sofa bed in the lounge area, full-size bathroom (shower, bath, and WC), shower bath and WC, parquet flooring, complimentary Wi-Fi, tea-making facilities, 46" TV with on-demand services, radio, safe, anti-electrosmog device, balcony terrace

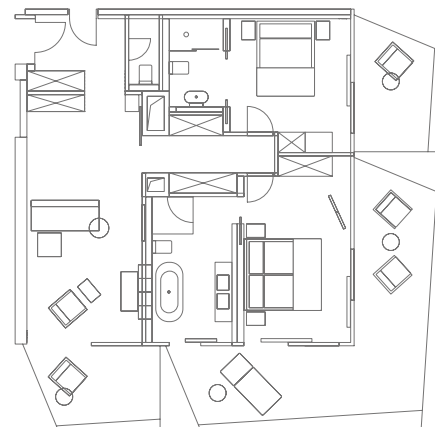
OCCUPANCY	BASIC	VIEW
1 person	€940	€1.065
2 persons	€1.290	€1.415
3 persons	€1.640	€1.765
Price per night		



SOMNIUM SUITE



100m² suite with panoramic views of the pool with its bathhouse and the forests beyond, three balcony terraces, entrance hall with cloakroom, master bedroom with large bathroom (free-standing bath, double washbasin, shower, WC), second bedroom with en-suite (shower, WC) and living room with open fireplace, parquet flooring, complimentary Wi-Fi, tea-making facilities, 55" TV with on-demand services, radio, safe, anti-electrosmog device.



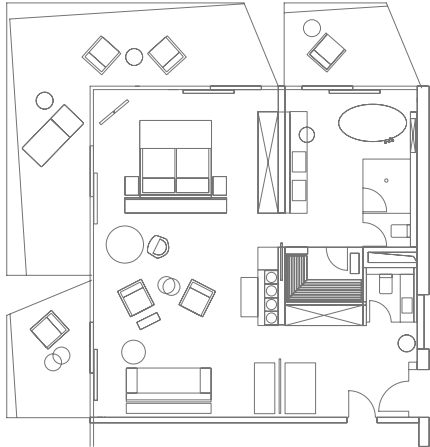
OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2 persons	€2.350	€2.535
3 persons	€2.700	€2.885
4 persons	€3.050	€3.235

Price per night

INFINITAS SUITE



100m², including loft-like 50m² lounge/bedroom area featuring an open fireplace, corner location, three balcony terraces surrounding the suite with soothing vistas of the forest and excellent views to the north on a clear day, entrance hall with cloakroom, generous bathroom with free-standing bath and shower, private sauna, parquet flooring, complimentary Wi-Fi, tea-making facilities, 55" TV with on-demand services, radio, safe, anti-electrosmog device.

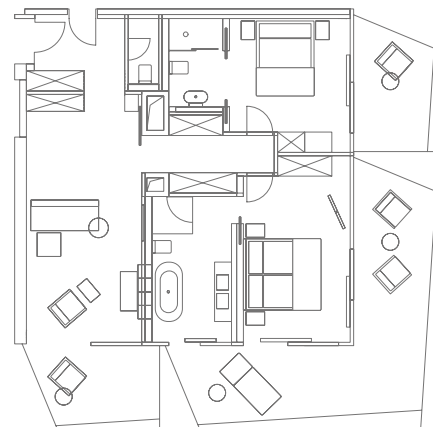


OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2 persons	€2.750	€2.900
Price per night		

ELYSIUM DUO SUITE



100m² suite with panoramic views of the golf course and Tegernsee valley, three balcony terraces, entrance hall with cloakroom, master bedroom with large bathroom (free-standing bath, double washbasin, shower, WC), second bedroom with en-suite (shower, WC) and living room with open fireplace, parquet flooring, complimentary Wi-Fi, tea-making facilities, 55" TV with on-demand services, radio, safe, anti-electrosmog device.



OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2 persons	€2.450	€3.150
3 persons	€2.800	€3.500
4 persons	€3.150	€3.850

Price per night

ELYSIUM LOFT SUITE



100m² suite with panoramic views of the golf course and Tegernsee valley, including loft-like 50m² lounge/bedroom area featuring an open fireplace, corner location, three balcony terraces surrounding the suite, entrance hall with cloakroom, generous bathroom with free-standing bath and shower, private sauna, parquet flooring, complimentary WiFi, tea-making facilities, 55" TV, radio, safe, anti-electrosmog device.

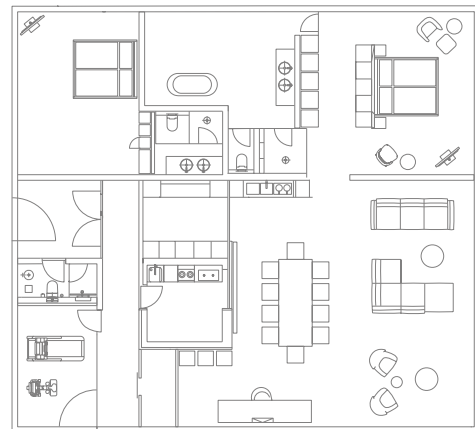


OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2 persons	€3.900	€4.300
Price per night		

PAVILLON SUITE



250 m², large pavilion, integrated into the landscape of the Bavarian Alps with all-round glazing and panoramic views of the Tegernsee valley, maximum privacy due to separate location from the main house, roof terrace with possibility for personal training and yoga, large bedroom (36 m²) with en-suite bathroom, free-standing bathtub and private steam shower, another separate bedroom (26 m²) with en-suite bathroom, living and dining area with large steam fireplace, 77 m² living and dining area with its own tea station, open study, private gym with the latest generation of Techno-Gym equipment.



OCCUPANCY

1 – 2 persons	Price on demand
3 persons	Price on demand
4 persons	Price on demand

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 transfers from Munich airport or train station on request. The entire building is wheelchair accessible.

SALES CONDITIONS

Our stay at Lanserhof Tegernsee 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 fasting therapy 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.

PETS

For hygiene reasons, to comply with health department regulations, and in light of possible allergic reactions we are unable to accommodate pets.

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 100% of the room rate as a cancellation fee for the number of cancelled nights.

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.

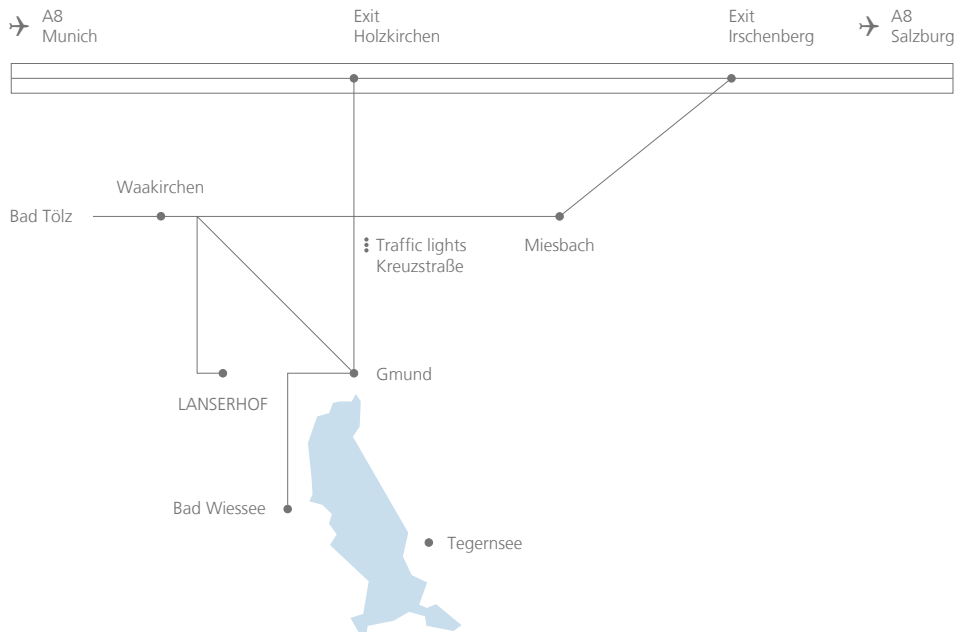
During the stay, the desire to continue the newly experienced healthy lifestyle in everyday life grows in most guests.

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

OUR OTHER LOCATIONS

Lanserhof Sylt
Am Lanserhof 1–8, 25992 List on Sylt
Germany
T +49 4651 995957-0
info.sylt@lanserhof.com

Lanserhof Lans
Kochholzweg 153, 6072 Lans
Austria
T +43 512 38666-0, F +43 512 378282
info.lans@lanserhof.com

Lanserhof Hamburg – LANS Medicum
Stephansplatz 5, 20354 Hamburg
Germany
T +49 40 3208832-0, F +49 40 3208832-10
info.hamburg@lanserhof.com

Lanserhof at The Arts Club
17-18 Dover Street, Mayfair, London W1S 4LT
United Kingdom
T +44 20 39676969
lanserhof@theartsclub.co.uk

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