



LAN  
SER  
HOF

WORLD'S BEST  
MEDICAL SPA  
COMES TO  
SYLT

”

LANSERHOF  
ON

## Sylt

The site is located in the north-east of the island of Sylt in the municipality of List, with a heavenly view of the adjacent Wadden Sea, which is part of the UNESCO World Heritage. This is one of the highest points of the island, with a fantastic panoramic view over the harbour of List and the National Park. The Lanserhof itself will be built on this dune. The building will have a footprint of 20,000 m<sup>2</sup>, of which 5,000 m<sup>2</sup> will be used for medical treatments and therapy. It will feature a generous spa area with saunas, steam baths, relaxation areas and an indoor and outdoor pool, with a sun deck protected from the wind in the dunes.



A man with glasses, wearing a light blue button-down shirt and olive green trousers, is sitting cross-legged on a sand dune. He is smiling and looking towards the right. The background consists of tall, dry beach grasses under a clear blue sky. The sand dune has a distinct ripple pattern.

**JAN STRITZKE, MD, MAHM**  
MEDICAL DIRECTOR

**F**ew people know that lack of energy and yo-yo effects when trying to reach the desired weight often have the same cause: an unbalanced metabolism when it comes to burning fat and carbohydrates. As part of your treatment at Lanserhof, we offer a measurement of the metabolism that will provide more clarity. We analyse the relationship between oxygen and CO<sub>2</sub> with the help of a breath test to find out whether your energy comes from carbohydrates or from fat burning. This allows us to optimise your diet even further. The test provides patients with a great learning effect and is tremendously motivating. The effects of the treatment become tangible. From day four onwards, the metabolism starts to return to its natural flow again.

”

WELCOME  
TO THE

german  
hamptons



40 kilometres  
**sandy  
beach  
heaven**





# Sylt.

54° 55' N, 8° 20' O

FORMAL GREETING:

**„MOIN!“**

(at any time of the day or night)

Sylt has just under

**15.000**

inhabitants, but almost

**1.000.000**

visitors per year.

THE EXISTING  
WADDEN SEA  
IN SYLT IS A

**UNESCO-  
WORLD  
HERITAGE  
SITE**



With 52,4 Meters the

**UWE-  
DUNE**

is the highest  
elevation.

In Sylt, the wind comes from the

**WEST.**

Due to this fact the air is so good.

Sylt has **12** districts.

Sylt has a  
bike route of **200 KM.**



Lowest temperature

**-1--8 °C**



Maximum temperature

**21-26 °C**

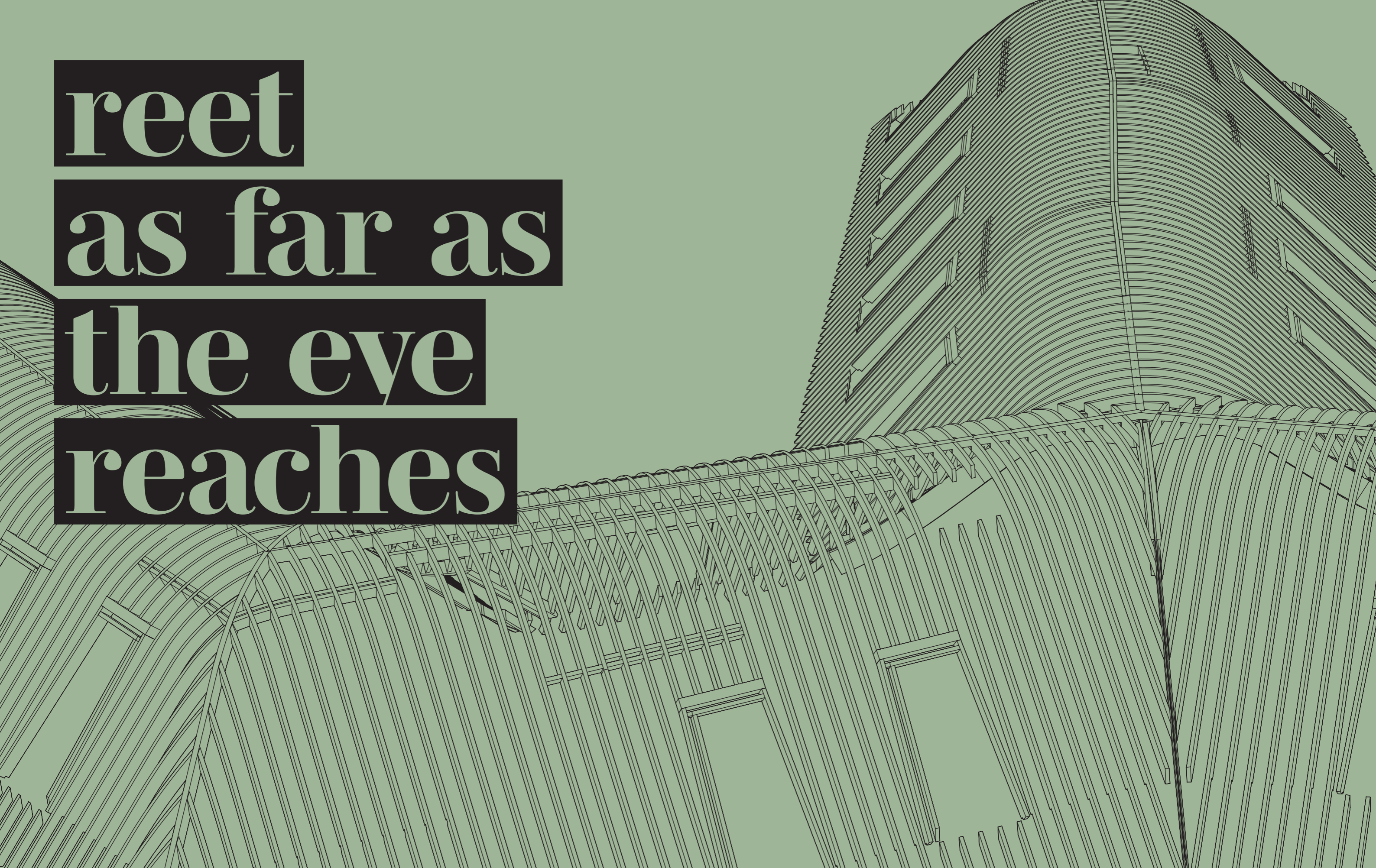
Sylt is also known as

**„GERMAN  
HAMPTONS“**

Sylt is connected to the mainland via the  
**HINDENBURG-DAM.**

Through it by train or by ferry from  
Denmark you can reach the island.

reet  
as far as  
the eye  
reaches



”

LANSERHOF IS LOOKING  
FORWARD TO A

**new**  
**adventure**





# Lanserhof cure

## classic

### MEDICAL BASIC THERAPY, 7 NIGHTS

The Lanserhof Cure 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	60 min.
2 check-ups with abdominal treatments	20 min. each
1 medical discussion of findings	30 min.
1 final medical examination	30 min.
1 urine analysis	
1 bioimpedance analysis	
1 reflexology massages	25 min.
2 therapeutic massages	50 min. each
1 detox drainage	50 min.
1 detox lymph pack with bath	50 min.
1 electrolysis foot bath	30 min.
1 basic laboratory	
1 metabolism measurement	
1 body analysis (body impedance and body scan)	
1 electrocardiogram (ECG)	
1 determination of blood pressure on arms and legs (ABI)	
1 determination of heart rate variability (short-term HRV)	
1 doctor's letter	

Daily group movement therapies  
Daily group relaxation therapies  
Introductory medical lecture  
Doctor- and topic-related presentations  
Cultural evening programme  
On-call doctor and night service

The group and advanced training programme is an integral part of your basic medical package.

### MEDICAL BASIC THERAPY, 14 NIGHTS

For medical reasons, we highly recommend a two-week stay to achieve tangible, lasting success for your regeneration programme.

1 initial medical examination	60 min.
6 check-ups with abdominal treatments	20 min. each
1 medical discussion of findings	30 min.
1 final medical examination and consultation	30 min.
2 reflexology massages	25 min. each
4 therapeutic massages	50 min. each
2 detox drainages	50 min. each
2 detox lymph packs and bath	50 min. each
1 bioimpedance analysis	
1 urine analysis	
2 electrolysis foot baths	30 min. each
1 basic laboratory	
1 metabolism measurement	
1 body analysis (body impedance and body scan)	
1 electrocardiogram (ECG)	
1 determination of blood pressure on arms and legs (ABI)	
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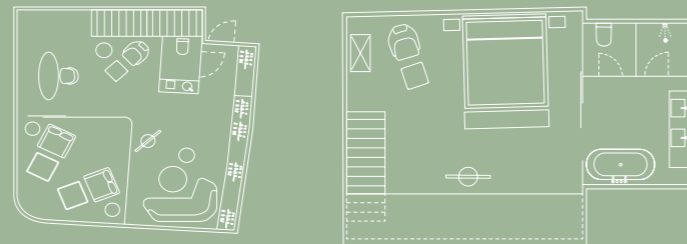
# synt kind of thing



# our rooms

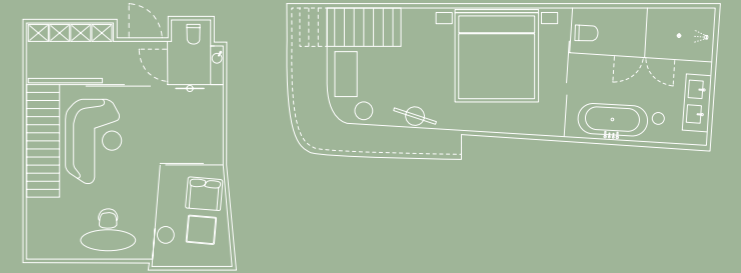
## PARVUS DUPLEX SUITE WITH BALCONY

58 m<sup>2</sup> suite with sea or dune view and open gallery, large living area with couch, balcony, WC, and anteroom with a wardrobe on the first level, cosy sleeping area under the thatched roof with a spacious bathroom with bathtub and shower on the second level, parquet flooring, free WLAN internet access, 48"/55" - Smart-TV, safe



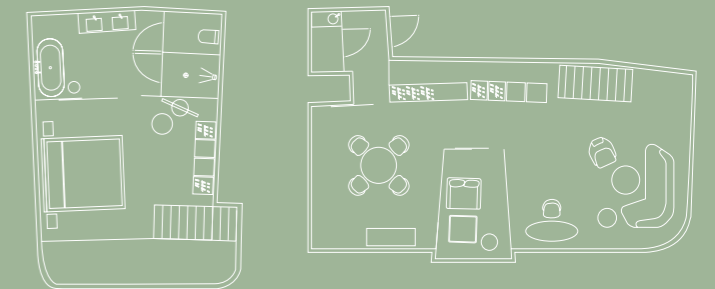
## ELYSIUM DUPLEX SUITE DUNE WITH BALCONY

58 m<sup>2</sup> suite with open gallery, large living area with couch, balcony, WC and anteroom with wardrobe on the first level, cosy sleeping area under the thatched roof with spacious bathroom with bathtub and shower on the second level, corner location, parquet flooring, free WLAN internet access, 48" - Smart TV, safe



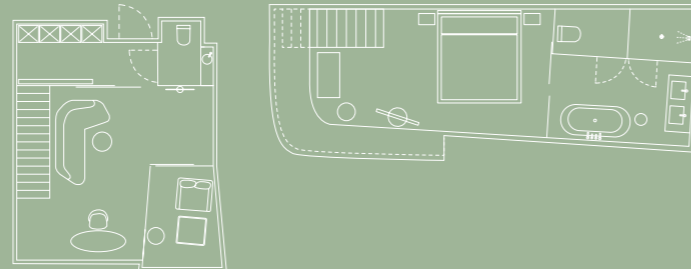
## ELYSIUM LOFT SUITE MARE WITH BALCONY

75 m<sup>2</sup> suite with sea view and open gallery, large living and dining area with couch, anteroom with wardrobe, WC, and balcony on the first level, cosy sleeping area under the thatched roof with spacious bathroom with bathtub and shower on the second level, corner location, parquet flooring, free WLAN internet access, 48"/55" - Smart-TV, safe



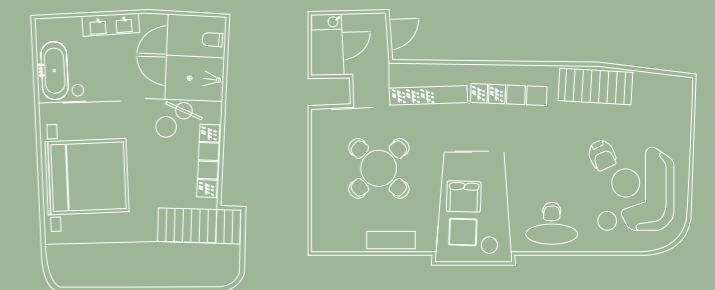
## ELYSIUM DUPLEX SUITE MARE WITH BALCONY

58 m<sup>2</sup> suite with sea view and open gallery, large living area with couch, balcony, WC and anteroom with wardrobe on the first level, cosy sleeping area under the thatched roof with spacious bathroom with bathtub and shower on the second level, corner location, parquet flooring, free WLAN internet access, 48" - Smart TV, safe



## ELYSIUM LOFT SUITE DUNE WITH BALCONY

78 m<sup>2</sup> suite with dune view and open gallery, large living and dining area with couch, anteroom with wardrobe, WC and balcony on the first level, cosy sleeping area under the thatched roof with spacious bathroom with bathtub, shower and private sauna on the second level, corner location, parquet flooring, free WLAN internet access, 48"/55" - Smart-TV, safe





# addicted to regeneration





# facts

ABOUT  
YOUR  
STAY

## ARRIVAL AND DEPARTURE

Rooms are available from 3 p.m. on the day of arrival, on the day of departure the rooms must be vacated by 12 a.m.

The entire building is

**WHEEL-  
CHAIR-  
ACCESSIBLE.**

A stay with us at Lanserhof Sylt starts at 7 nights.

For the best results from your Lanserhof cure, our doctors recommend between

**10 AND  
14 NIGHTS**

We organize a **TRANSFER** from the airport or train station upon request for an extra fee.

The room rates are only available in combination with the

**MEDICAL PROGRAM  
LANS MED BASIC.**

If we are not able to confirm your desired arrival date, you will be placed on our **WAITING LIST** and in case of the withdrawal of another guest, you will receive the vacated place.

Get a piece of Lanserhof at home: for example, nutrients for your skin or delicacies from the from the Lanserhof Energy Cuisine. The

**ONLINESHOP**

is open 24 hours a day and 7 days a week – you can find it at [store.lanserhof.com](http://store.lanserhof.com).

Unfortunately

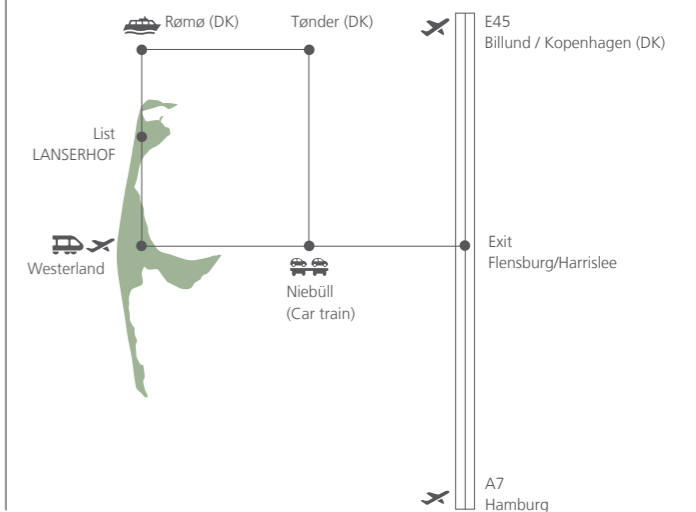
it is not possible to accomodate

**PETS**  
in the house.

## CANCELLATION CONDITIONS

Reserved rooms that are not cancelled 4 weeks prior to the arrival date will be charged a cancellation fee of 50 % of the room rate for the number of nights cancelled. Cancellations made 7 days or more before the scheduled arrival date, a cancellation fee of 90% of the room rate will be charged for the number of nights cancelled.

**CHILDREN  
AND  
TEENAGERS** over 16 years old are welcome if accompanied by a parent or guardian.



# LAN SER HOF

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