



**LAN
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LANSERHOF LANS
2022

Tyrol – the heart of the Alps. In the midst of this divine mountain landscape, the history of the Lanserhof Lans began in 1984. An incomparable place on earth: amid wide meadows, a unique flora and fauna, deep woods, and crystal clear creeks. A treasure of nature, deeply touching our senses. Here, people are able to connect to their environment in a very special way in order to revive the body and allow lasting energy to return with the help of the power of nature.

Colors, shapes, materials – nature has the most functional design and the most harmonious patterns. At the Lanserhof, we have taken this as an example, in an architectural sense, it is important to us that our guest is able to experience the natural seasons at close quarters. A person's wellbeing depends on the surroundings, which is why we direct our guests' attention to the beauty of nature.

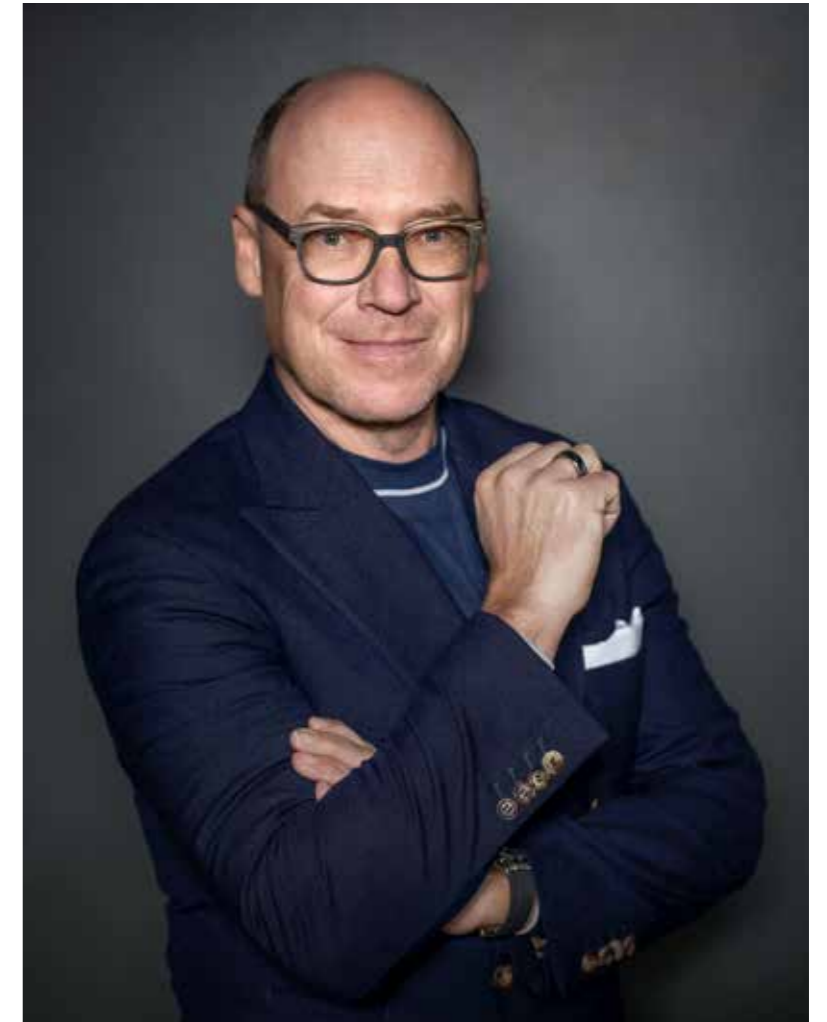
From the year one, the Lanserhof has been a family business. For me, it is a matter of the heart that our guests can feel this homely atmosphere because only then, an incomparable, secure mood and the perfect place offering peace and support are created.

Particularly in these special times, the best investment is your health. Experience the unique Lanserhof Concept in which naturopathy meets the most innovative medicine and diagnostics – aimed at your sanitary goals in a highly individual manner. Be it fasting, regeneration, or energy therapy – every detail is precisely tailored to you.

A holistic health concept enabling your body to sustainably reorganise its self-healing powers.

I look forward to welcoming you in my home country.

Sincerely
DR CHRISTIAN HARISCH
Managing Director Lanserhof Group





THE LANSERHOF ART OF HEALING

Developed over three decades and practised to perfection at Lanserhof on a daily basis, the Lanserhof Concept is the combination of the most valuable insights that nature and science have to offer: Wisdom of traditional naturopathy, energy medicine, psychology and psychoneuroimmunology, chronomedicine, and advanced modern medicine.

Our approach is a thoroughly holistic one.

At Lanserhof, we see people as a whole and treat them accordingly, from the crown of their head to the tip of their toes. Beyond simply fighting illness, our sophisticated approach actively promotes health.

A harmonious atmosphere pervades Lanserhof. When you visit, you'll be able to breathe freely and feel protected at all times, bathed in a warm sense of security. This is essential in our eyes, as well as being a prerequisite for rebalancing the mind, body, and soul. Another absolutely crucial element is the intensive personal contact that you share with the doctor and therapist who treat you.

Empathy and affinity form the basic components of the Lanserhof Concept. Individual exercise therapy sessions, our specially designed Lanserhof Energy Cuisine Concept, and our extensive physical therapy programme all accelerate and strengthen the holistic regeneration process. This is underlined by the breathtaking scenery, which banishes thoughts of the hustle and bustle of everyday life.

Come to Lanserhof and open your heart and soul to a unique experience. We will help you to activate the reserves deep within you and reach your full potential. By the time you leave, you'll feel free, light and enlivened once again.

The Lanserhof Concept will continue to work its miracles on your body even after you return home. It also teaches you a very valuable art:

The healing power of self-awareness.





THE POWER OF NATURE

The power of nature is an important part of the Lanserhof Concept. A space to regain lost energy, recharge your batteries, and fill the void inside you.

Unique flora and fauna abound in the magnificent Alpine scenery, in broad meadows, deep forests, crystal clear streams and air spiced with earthy flavours. It truly is a natural treasure that moves us deep inside. Here at Lanserhof, man and his environment make a lasting connection – one that is sure to stay with you long after you leave the greenery and tranquillity of the valley behind.

Your body's batteries will be recharged with new drive and power awakened within. You reconnect with your energies in a lasting manner.

LEADING THE WAY: THE LANSERHOF CONCEPT



The Lanserhof Concept is internationally regarded as one of the world's most innovative holistic health concepts. By combining natural remedies from traditional medicine with advanced medical knowledge, it helps our guests to achieve healthier, happier lives filled with zest and energy.

The regeneration process begins with a gentle detoxification, purification, and deacidification programme. These cleansing rituals are the only way to empower your body to regenerate and rebalance its self-healing powers. The purity of a person's body determines their health, beauty, vitality, and mental spirit.

The Lanserhof Concept is based on insights gained from over 36 years of constant research and development. Fortified by the latest knowledge in state-of-the-art medical and procedural analysis, the concept has enjoyed tremendous success. Our therapy is based on six pillars:

- | | |
|-----------------|---|
| 1. REST | Recovery and regeneration of the digestive system |
| 2. PURIFICATION | Detoxification and deacidification of the entire organism |
| 3. AWARENESS | Learn and practise how to change your lifestyle |
| 4. INTEGRATION | Integrate tailored nutrients into your personal diet |
| 5. SPORTS | Exercise and mobility |
| 6. SOUL | Spirit and emotions |



LANSERHOF ENERGY CUISINE



The Lanserhof Energy Cuisine Concept delivers long-term success. It was designed with today's health-conscious consumers in mind to improve their sense of well-being. It also strives to enhance their delight in food, cooking, and eating. What better way to satisfy the body's long-term need for energy than to provide it with a tasty diet of top-quality, easily digestible food? Lanserhof Energy Cuisine contains all of the insights achieved by modern food research as well as lessons learned from nutritional philosophies from every corner of the globe.

The Lanserhof Energy Cuisine supplies the body with a great variety of antioxidants, vitamins, and trace elements together with a great quantity of minerals, thus helping to maintain a healthy digestive system. When choosing the ingredients, our chefs place great value on selecting only the freshest choice local organic produce to ensure the highest possible vital sustenance from the food. For ingredients, the Lanserhof nutritional concept uses only freshly prepared, organically grown, sun-ripened fruit and vegetables, all selected according to season. The meat we use is biophotonic and

comes from animals kept humanely outdoors. To illustrate this, cows grazing on the meadow in the summer soak up the sun's natural energy, making their milk richer in nutrients. This underlines the Lanserhof Energy Cuisine Concept perfectly: one of consciously living in tune with nature's rhythm, rather than against it. Our concept considers the role played by our "internal clock" and the diurnal rhythm of our organs. Studies show that the digestive system works best in the morning between 7 and 9 a.m., while twelve hours later, it hardly works at all.



THE PATH TO NEW VITALITY AND BALANCE

The goal is to achieve a new and permanent quality of life. Over a fourteen day period, you will complete a programme of regeneration and healing devised in tandem with your doctor. Following extensive allopathic and naturopathic diagnoses, your doctor will prepare your personal treatment plan, supplemented by an individually tailored dietary plan, and lots of exercise in the fresh air. Our experience shows that you will soon discover a completely new quality of life.

1. DIAGNOSES

Gastrointestinal diagnosis, laboratory screening, cardiovascular check, nutritional diagnosis, metabolic diagnosis, resource analysis (mental screening), neurobiological analysis, performance diagnosis...

The most important prerequisite for successful therapy is a correct diagnosis. We use naturopathic and modern allopathic medicine for our diagnoses and prepare them in cooperation with leading specialists from various university hospitals and specialist physicians. Our naturopathic examination procedures are capable of detecting aberrations in your health at an early stage. We then create your personalised treatment plan based on these results.

2. DETOXIFICATION

Our doctors supervise the self-purification of your body, mind and soul using a personal dietary plan and various supporting therapeutic measures.

3. ACTIVATION AND ENERGISATION

A person's ability to perform is influenced by several factors: his rhythm of life, the balance between dynamics and regeneration, and the positive stimulus provided by enjoyment and aesthetics.

TIME AND ATTENTION



At Lanserhof, you will revel in the presence of two very rare treasures: time and attention. Our doctors and therapists will examine and treat you with all their senses. They are experts in their respective fields and know how to re-activate your self-healing powers.

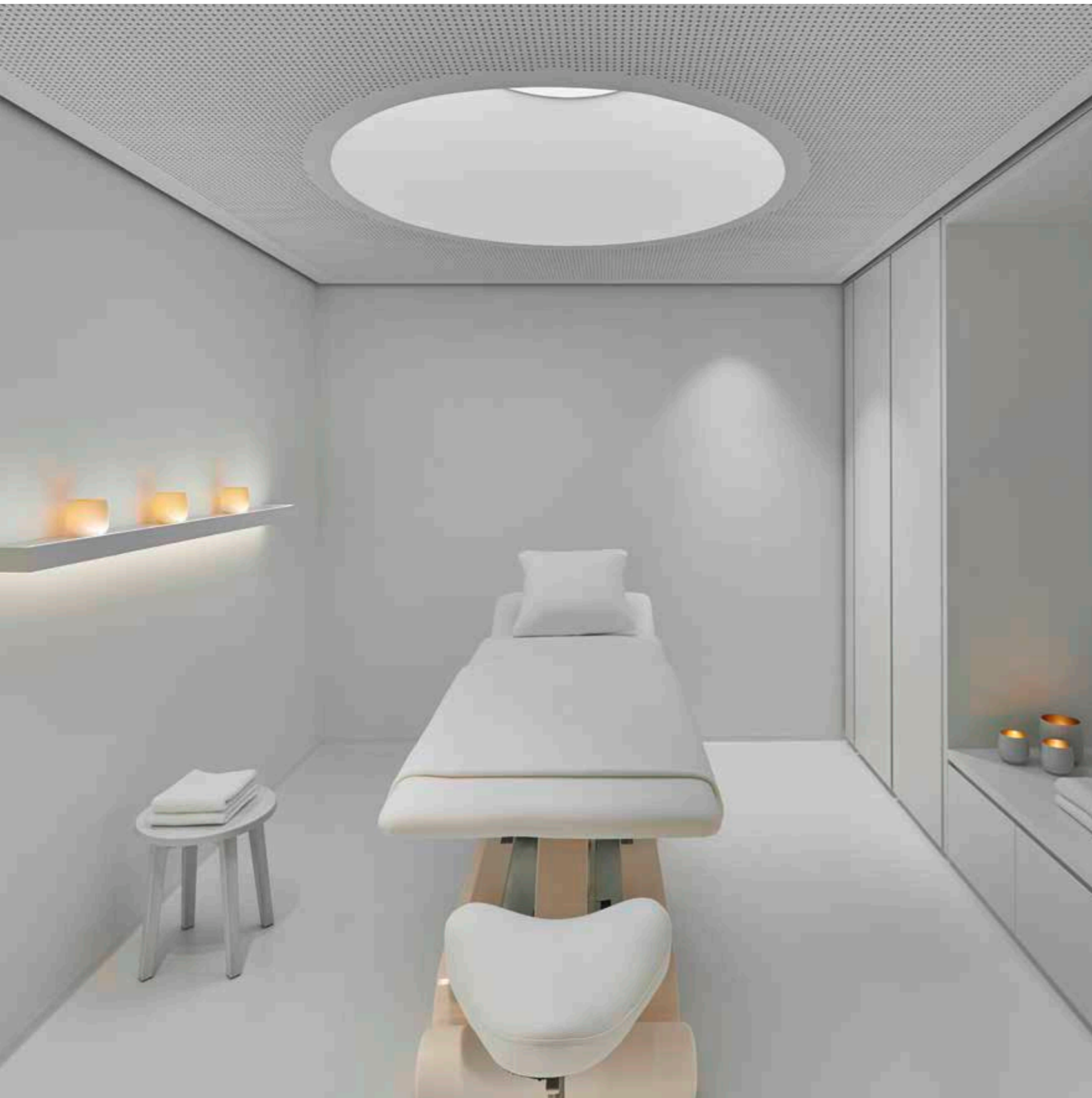
Our experience shows that the ideal duration of treatment at Lanserhof is three weeks. This is because your body's biological rhythm first enters an intense period of change in the third week. We will provide you with advice on this in advance of your stay. The Lanserhof Concept is designed to last two weeks, although the longer you stay, the longer the success of the treatment will last.

As our diagnostic and therapeutic programme is based on a weekly rhythm, we generally recommend arriving on Sunday.

In discussion with our guests and specialists, we continuously sound out the direction in which we want to evolve, innovate, and improve. Our research institute for regenerative and preventive medicine also cooperates with various university research units and external specialists. The Lanserhof Concept is in a continuous state of flux and further development. Time and time again, we receive confirmation on how innovative this approach is in its core message.

In this sense, we retain what is worth retaining, and constantly add new scientific findings.





LANSERHOF CURE CLASSIC

MEDICAL THERAPY, 1 WEEK

The Lanserhof Cure 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	40 min.
1 extended initial medical examination	20 min.
2 medical examinations with abdominal treatment	each 20 min.
1 discussion of medical findings	20 min.
1 final medical examination	30 min.
1 urinalysis	
1 bioimpedance analysis	
1 reflexology massage	25 min.
2 therapeutic massages	each 50 min.
1 detox drainage	50 min.
1 detox algae pack with liver wraps	50 min.
1 detox foot bath	20 min.

Daily Kneipp treatments
 Daily group movement therapies
 Daily group relaxation therapies
 Medical lectures
 Additional topical lectures
 On-call physician

One-week Lanserhof Cure Classic excluding accomodation € 2,514

The minimum stay is seven nights.
 We recommend a minimum stay of two weeks in order to achieve tangible, lasting success from your regeneration programme.

Two-week Lanserhof Cure Classic excluding accommodation € 4,327

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

For our cure levels Energy Cuisine 3/2 and Active we charge an additional € 49 EUR per person/day.

LANSERHOF CURE ADVANCED

BASIC MEDICAL THERAPY, 2 WEEKS

The Lanserhof Cure Advanced package is designed for a period of two weeks. This gives our team of doctors and therapists the opportunity to gain an even better impression of your physical and mental condition as well as your personal needs. Together you will develop an extended diagnostic and therapy strategy, including taking into account your personal goals.

1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
5 medical examinations with abdominal treatment	each 20 min.
1 discussion of medical findings	20 min.
1 final medical examination	30 min.
1 24h HRV (heart rate variability measurement) incl. coaching	
1 blood analysis (preventive blood test, micronutrient analysis, telomere length test)	
1 urinalysis	
1 basal metabolism measurement	
1 bioimpedance analysis	
1 personal training	50 min.
4 therapeutic massages	each 50 min.
1 reflexology massage	25 min.
2 detox drainages	each 50 min.
2 detox algae packs and liver wrap	each 50 min.
2 detox foot baths	each 20 min.
1 salt therapy	50 min.

Daily Kneipp treatments
Daily group movement therapies
Daily group relaxation therapies
Medical lectures
Additional topical lectures
On-call physician

Two-week Lanserhof Basic excluding accommodation € 6,244

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

For our cure levels Energy Cuisine 3/2 and Active we charge an additional € 49 EUR per person/day.





LANSEHOF CURE ACTIVE

We have created a separate cure exclusively designed for our healthy, athletic and ambitious guests. You don't need to book another Lanserhof Cure package to accompany this programme.

1 initial medical examination	40 min.
2 medical examinations with abdominal treatment	each 20 min.
1 discussion of medical findings	20 min.
1 final medical examination	30 min.
1 spiroergometry test	45 min.
4 personal training units	each 50 min.
1 yoga session	50 min.
1 respiratory therapy session	50 min.
4 therapeutic massages	each 25 min.
2 magnesium baths	each 20 min.
1 bioimpedance analysis	
4 uses of cold chamber	
Daily Kneipp treatments	
Daily group movement therapies	
Daily group relaxation therapies	
Medical lectures	
Additional topical lectures	
On-call physician	

1-week Lanserhof Cure Active excluding accommodation € 3,974

The minimum stay is seven nights.
We recommend a minimum stay of two weeks in order to achieve tangible, lasting success for your regeneration programme.

The prices for our Lanserhof Cure Active are shown per person and exclude nutritional supplements and medications.

For our cure levels Energy Cuisine 3/2 and Active we charge an additional € 49 EUR per person/day.



LONG-COVID PACKAGE

EXTENDED MEDICAL THERAPY, 2 WEEKS

Our Long-COVID Package 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	40 min.
1 extended initial medical examination	20 min.
5 medical examinations with abdominal treatment	each 20 min.
1 discussion of medical findings	20 min.
1 final medical examination	30 min.
6 CellGym units (IHHT)	each 50 min.
1 urinalysis	
2 therapeutic massages	each 50 min.
2 respiratory therapy sessions	each 25 min.
3 personal training units	each 50 min.

Daily Kneipp treatments
 Daily group movement therapies
 Daily group relaxation therapies
 Medical lectures
 Additional topical lectures
 On-call physician

Two-week Long-Covid Package excluding accommodation € 4,310

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

For our cure levels Energy Cuisine 3/2 and Active we charge an additional € 49 EUR per person/day.

LONG-COVID PACKAGE ADVANCED

EXTENDED MEDICAL THERAPY, 2 WEEKS

The Long-COVID Package Advanced combines sustainable regeneration and comprehensive diagnostics in order to be able to treat the inflammatory reactions of your body caused by a coronavirus infection more intensively. Our team of doctors and therapists supports you in regaining your vitality through an extended diagnostic and therapy concept that includes internal and cardiological examinations as well as extensive laboratory analyses.

1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
5 medical examinations with abdominal treatment	each 20 min.
1 discussion of medical findings	20 min.
1 final medical examination	30 min.
1 medical immunology consultation	
1 echocardiography	
1 ergometry / exercise ECG	
1 sonography - abdomen	
1 spirometry	
6 CellGym units (IHHT)	each 50 min.
1 urinalysis	
1 blood analysis (preventive blood test, microimmune profile, micronutrient, microbiome analysis)	
2 therapeutic massages	each 50 min.
2 respiratory therapy sessions	each 25 min.
3 personal training units	each 50 min.

Daily Kneipp treatments
 Daily group movement therapies
 Daily group relaxation therapies
 Medical lectures
 Additional topical lectures
 On-call physician

Two-week Long-Covid Package Advanced excluding accommodation € 7,926

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

For our cure levels Energy Cuisine 3/2 and Active we charge an additional € 49 EUR per person/day.

THE LANSEHOF MODULES

The Lanserhof Concept is as individual as you are. Building on our Lanserhof cure, 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.

AESTHETICS FACE

1 HydraFacial Silver facial treatment	60 min.
1 aesthetic preliminary talk	20 min.
1 mesolift therapy session	30 min.
1 PRP (platelet-rich plasma) treatment	30 min.
2 mesotherapy / PRP follow-up treatments	each 25 min.

Module price **€ 1,567**

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.

Module price **€ 1,020**

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.

Module price **€ 1,006**

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.

Module price **€ 1,352**

AESTHETICS MEDICINE

PRP (platelet-rich plasma) aesthetics	40 min.	€ 678
PRP (platelet-rich plasma) hair	40 min.	€ 678
Mesotherapy Aesthetic	30 min.	€ 346
Mesotherapy Hair	30 min.	€ 268
Medical needling	30 min.	€ 346
Neuromodulator	price dependent on scope	
Wrinkle treatment	price dependent on scope	
Sclerotherapy veins	price dependent on scope	
Dental bleaching		€ 680



HOLISTIC DIAGNOSTICS AT LANSE RHOF

In cooperation with leading experts at the University Hospital Innsbruck, we diagnose with naturopathic as well as modern medical methods. This openmindedness provides us with a broader horizon – and you, with a more precise, more in-depth diagnosis.

GASTROINTESTINAL TRACT

H ₂ breath test – fructose	€ 86
H ₂ breath test – lactose	€ 86
SIBO breath test	€ 124
Capsule endoscopy	€ 1,599
Victusscreen	€ 287
Food intolerance test	price dependent on scope
Selective stool examination	price dependent on scope

METABOLISM AND IMMUNE SYSTEM

Microimmunological profile	€ 544
Heavy metal analysis	€ 259
Whole blood mineral analysis	from € 72
Hormone profile	€ 347
Hormone saliva test	€ 162
OGTT - Oral glucose tolerance test	€ 86
Preventive lab test	€ 577
Further individual laboratory profiles	price dependent on scope

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
price dependent on scope

PULMONARY-CARDIOVASCULAR

Internal check	€ 1.562
Cardiology check	€ 1.992
Spirometry	€ 134
Spiroergometry	€ 308
Echocardiography	€ 428
Colour Doppler sonography of the neck vessels	€ 218
Resting ECG	€ 132
Ergometry (exercise ECG)	€ 378
Long-term blood pressure measurement (24h RR)	€ 156
Long-term ECG (24h ECG)	€ 308
ABI measurement - cardiovascular risk assessment	€ 128

SPECIALIST EXAMINATION

Dermatological examination	30 min.	€ 236
Diabetes consultation	30 min.	€ 252
Hormone consultation	30 min.	€ 252
Osteoporosis consultation	20 min.	€ 252
Dental consultation	30 min.	€ 242
Neurological consultation	50 min.	€ 449
Urological examination	60 min.	€ 478
ENT examination	price dependent on scope	
Joint examination	price dependent on scope	

In order to ensure a more in-depth diagnosis, the following examinations take place outside Lanserhof.

The price and duration depend on the scope

Ophthalmological examination		
Gastro-/Coloscopy		
Vascular examination		
Gynaecological examination		
Radiological examination		
Thyroid examination		
Dental examination		

ULTRASOUND

Abdomen	€ 378
Bladder / kidneys	€ 282
Neck vessels (carotid artery)	€ 218
Thyroid	€ 216
Prostate	€ 186

MOVEMENT AND SPORTS

Movement check-up with sports scientist	75 min.	€ 362
Basal metabolic rate measurement		€ 94
Bioimpedance analysis		€ 83

SLEEP- AND CHRONOMEDICINE

Sleep laboratory		€ 1,166
HRV (heart rate variability) measurement incl. diagnostics, analysis and evaluation	24 hours	€ 508

HOLISTIC MEDICINE

Functional myodiagnosics	50 min.	€ 398
Immunological consultation	30 min.	€ 252
Naturopathic consultation	30 min.	€ 252
Homeopathic consultation	50 min.	€ 438

OUR CONSULTANT SPECIALISTS HELP YOU REACH YOUR GOAL



For disciplines that are not covered by our employed physicians, we have a consulting physician system comprising around 30 physicians from Innsbruck University. Wherever possible, all experts provide their services directly at Lanserhof.

In addition to the Lanserhof Concept, we offer you the following check-ups and consultations:

- ANDROLOGY: male consultation, potency problems
- EYES: prevention of green and gray cataracts, exclusion of retinal changes in diabetes and high blood pressure, headaches
- DERMATOLOGY: dermatological clarification and consultation: skin cancer prevention, skin problems
- GASTROSCOPY AND COLONOSCOPY: stomach and colon cancer screening
- VASCULAR MEDICINE: arterial or venous vascular status, circulatory problems, stroke prophylaxis, tendency of swelling of the legs
- GYNAECOLOGY: ovarian and uterine cancer screening, chronic infections
- EARS, NOSE, THROAT: hoarseness, paranasal sinus issues, hearing loss
- NEUROLOGY: complaints of the nervous system, memory disorders, early detection of Alzheimer's disease, migraine
- NUCLEAR MEDICINE: thyroid problems
- ORTHOPAEDICS: joint, muscle and tendon diseases, osteoporosis clarification
- PSYCHOLOGY: psycho-emotional stress, early detection of Alzheimer's disease, memory test
- SLEEP LABORATORY: sleep disorders, morning tiredness, snoring
- UROLOGY: prostate prevention, kidney and bladder problems
- DENTISTRY: clarification of focal infections, chronic inflammation, malocclusion, migraine, craniomandibular dysfunction

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.	€ 168
Acupuncture	40 min.	€ 272
Acupuncture	30 min.	€ 204
Neural therapy	20 min.	€ 168
Meso pain therapy	30 min.	€ 192
Bloody cupping/ Expelling healing method	50 min.	€ 398

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.	€ 242
Psychological consultation or coaching	50 min.	€ 242
Hypnosis	50 min.	€ 216

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.	€ 78
Acupuncture massage	50 min.	€ 168
Shiatsu	50 min.	€ 164
Aqua Relax	45 min.	€ 178
Energetic therapy	50 min.	€ 176
Craniosacral therapy	50 min.	€ 174
Spiritual Craniosacral Therapy	50 min.	€ 174
Spiritual cleansing	50 min.	€ 205
Hara Shin – medical energetic abdominal treatment	30 min.	€ 252
Medical energetic treatment	50 min.	€ 378
Mental-Emotional Process Work	50 min.	€ 398

NUTRITIONAL CONSULTATION

Nutritional consultation	50 min.	€ 224
Nutritional counseling with diet plan	50 min.	€ 289

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 from € 190
- Intravascular Laser and Oxygen Therapy from € 240
- Intravascular laser therapy from € 144



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.

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.	€ 164	Pilates	50 min.	€ 164
Exercise in water	45 min.	€ 154	Yoga	50 min.	€ 164
Personal training	50 min.	€ 164	Nuad Thai	50 min.	€ 176
Functional therapy	50 min.	€ 176	Matrix Therapy	50 min.	€ 168
Meditation / deep relaxation	50 min.	€ 162	Cold chamber		€ 82
Osteopathy	50 min.	€ 208	CellGym – Intervall Hypoxie Therapy (IHHT)	50 min.	€ 129
Physiotherapy	50 min.	€ 176			

These therapies can also be booked as 25 minute appointments.





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.

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.	€ 168
Natural detox hay	50 min.	€ 154
Natural detox hay	30 min.	€ 98
Natural detox moor	50 min.	€ 164
Natural detox moor	30 min.	€ 102
Natural detox birch/juniper	50 min.	€ 164
Natural detox zeolith	50 min.	€ 164
Goat-butter pack	50 min.	€ 168

BATHS

Alkaline bath	20 min.	€ 102
Gentian bath	20 min.	€ 112
Magnesium bath	20 min.	€ 102
Salt bath	20 min.	€ 102
Detox foot bath	20 min.	€ 64
Brine bath	20 min.	€ 112
Schiele circulation bath	40 min.	€ 64

MASSAGES

Boeger therapy	50 min.	€ 176
Colonic hydrotherapy	50 min.	€ 262
Detox drainage	50 min.	€ 144
Detox Peeling	50 min.	€ 162
Detoxifying connective-tissue massage	50 min.	€ 144
Therapeutic massage	50 min.	€ 144
Head massage	25 min.	€ 78
Lymphatic drainage	50 min.	€ 156
Lymphatic drainage incl. detox wrap	80 min.	€ 249
Cupping massage	50 min.	€ 144
Detox ReLegs	75 min.	€ 249
Warm herbal steam massage	50 min.	€ 164
Wave Balance	40 min.	€ 154

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	€ 172
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SKIN ACTIVE BODY

The world's only non-invasive procedure for muscle building and fat burning

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 effect
- 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.	€ 730
EMSCULPT® BUTTOCKS	30 min.	€ 730
EMSCULPT® THIGHS Outside	20 min.	€ 510
EMSCULPT® THIGHS Inside	20 min.	€ 510
EMSCULPT® CALVES	20 min.	€ 510
EMSCULPT® UPPER ARMS Triceps and biceps	40 min.	€ 990

LANSERHOF DERMA

As the largest organ in the human body, your skin plays a crucial role in the detoxification process. Here at Lanserhof, we treat you using innovative and effective derma therapies and products that support your skin's regenerative function and give you a fresh, vital and healthy appearance. We have also designed several treatments specifically for men. The products in our Lanserhof Derma range also contain a little piece of Lanserhof: this facial and bodycare range is made from purely organic ingredients.

DERMA FACE WOMAN

Detox Biosel	75 min.	€ 209
HydraFacial	60 min.	€ 313
HydraFacial incl. décolleté	75 min.	€ 392
EndoSphères face	30 min.	€ 265
Refreshing booster incl. TDA with active anti-ageing ingredients	75 min.	€ 303
Pure Perfection 100 liquid surgery	75 min.	€ 354
STK lift – scalpelfree	from	€ 403

DERMA BODY WOMAN

Essential salt therapy with Dead Sea salts and hydrotherapy bath	50 min.	€ 177
Intensive cellulite treatment	75 min.	€ 198
EndoSphères	40 min.	€ 297
Busto-plasty – tautens and firms the bust	40 min.	€ 161
EMSCULPT Magnetic field for muscle tightening	from	€ 510

DERMA FACE MAN

Detox Biosel	75 min.	€ 209
HydraFacial	60 min.	€ 313
High-tech skin-firming regimen	60 min.	€ 229
Great Man Facial	60 min.	€ 198
TDA Care2Go	40 min.	€ 218
STK lift – scalpelfree		€ 403

DERMA BODY MAN

Essential salt therapy with Dead Sea salts and hydrotherapy bath	50 min.	€ 177
Firmer/fitter abdomen – fatburning	50 min.	€ 177
EndoSphères abdomen	20 min.	€ 198
EMSCULPT Magnetic field for muscle tightening	from	€ 510

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





THE REGION AROUND LANSE RHOF

The village of Lans is just a fifteen-minute drive from Innsbruck, the state capital of Tyrol. Lanserhof itself lies on a sunny plateau, nestled between deep forests and sprawling meadows. The air here is fresh and the water is clear, with beautiful mountain scenery all around.

Lanserhof's surroundings instil guests with a vital energy. Whether hiking or mountain biking, Nordic walking, jogging or swimming – the possibilities are endless. Proper exercise promotes a balance in your mental and physical well-being. During your stay, you can play golf against the panoramic backdrop of the Tyrolean mountains. There are three excellent golf courses (both nine and eighteen holes) and a driving range just a few minutes away by car. In winter, the snow-capped Tyrolean mountains await you. Skiing, cross-country skiing, snowshoeing and many more activities can make your stay a heavenly experience.

IMPETUS AND INSPIRATION



Art and culture touch people deep inside. The power of creative energy is something that fascinates and inspires us and opens us up to new perspectives.

The Tyrolean state capital of Innsbruck is like a tiny world of its own. Just a short distance down the valley from the natural paradise of Lans, you can immerse yourself in a modern townscape offering an array of charming and intriguing scenery, whatever the season. Culture and art pervade every facet of the city.

Join a guided tour of Innsbruck's historical highlights, visit one of the city's many galleries and museums, take a stroll through the medieval old town or – if you're drawn to the mountains – discover Innsbruck's collection of world-famous architectural landmarks created by Zaha Hadid. In the evening, you could take in a concert or theatre performance. Or perhaps you might pay a visit to one of the highlights of the city's cultural calendar, such as the concerts at Ambras Castle or the Festival of Early Music. As a city, Innsbruck is sure to move and inspire you.

OUR HOME IS YOUR HOME

THE NEW LANSERHOF SUITES

Whether providing a spectacular view of Innsbruck's Nordkette massif or the spectacle of nature at the foot of the Patscherkofel mountain, every room in our suites opens up onto an impressive panorama.

Situated in the upper floors of our new development, our suites offer the perfect ambience and accoutrements for you to recharge your batteries. Spacious and bathed in light, they feature a soothingly minimalistic design and natural furnishings that appeal to all senses.

A particular highlight is your own private roof terrace, which is only ever a few steps away. The terraces provide magnificent views but they also allow you to take in as much sun as you wish. Our suites provide the perfect retreat, enabling you to focus solely on yourself and your stay.

Another direct entrance leads you to our new sauna and pool area in the lower part of the house. Our new wellness area is also just a short walk away. If you fancy, you can swim a few peaceful lengths of our indoor/outdoor pool to start your morning.

Our wellness building is your wellness 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. We charge an additional €49 per person per day for the Energy Cuisine 3/2 and Active package levels. 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 per night	€ 365
Double room per person per night	€ 320
Double room (single occupancy) per person per night	€ 415

Prices are quoted per person per night and are only valid in conjunction with the Lanserhof Cure programme. 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.



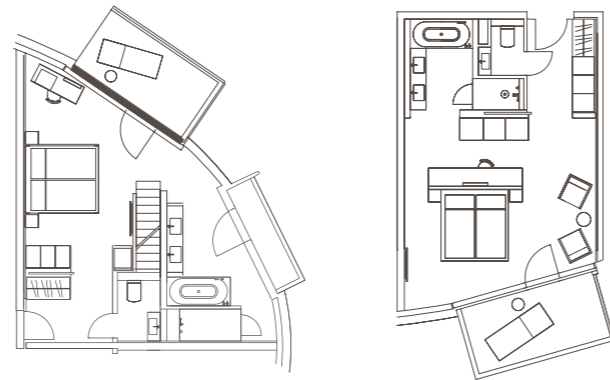
LANSER SUITES

PENTHOUSE SUITES



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

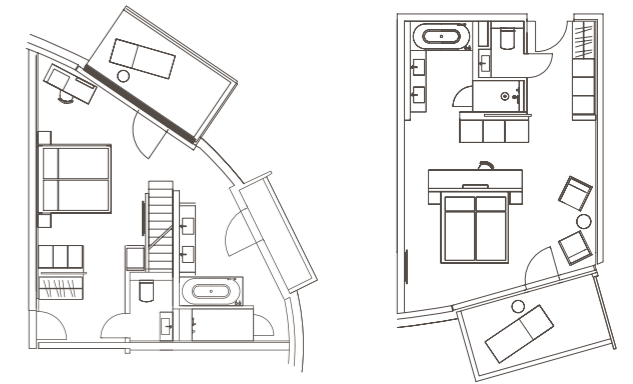
Light-filled rooms with a harmonious colour scheme combine perfectly with the surrounding nature and provide uninhibited views of the lush countryside outside. Some suites feature a steam shower or infra-red shower.



OCCUPANCY	VIEW	TOP FLOOR
1 person	€ 715	€ 815
2 persons	€ 940	€ 1,040
Price per night		

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	€ 975	€ 1,145
Price per night		

East view

North view

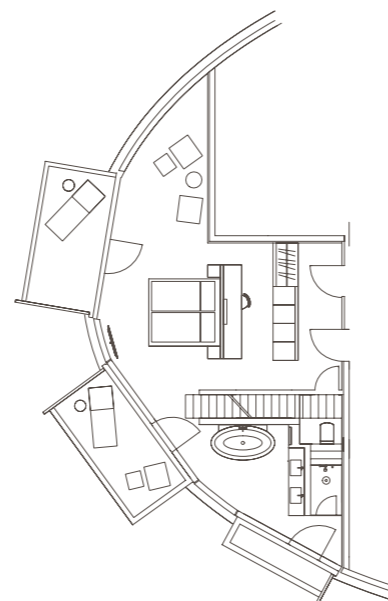
GRAND SUITE



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.

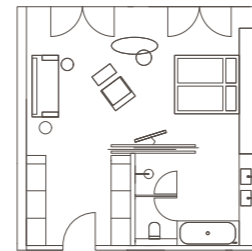
OCCUPANCY	VIEW	TOP FLOOR
1 person	€ 875	€ 1,365
2 persons	€ 1,100	€ 1,365
Price per night		



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.



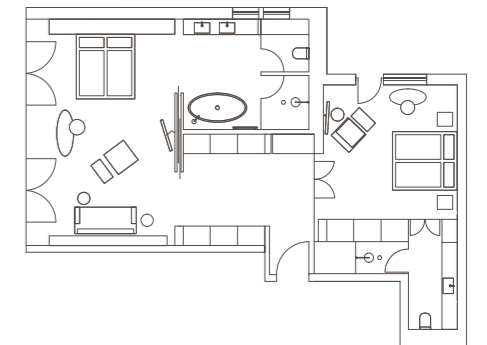
OCCUPANCY

1 person € 815
 2 persons € 1,040
 Price per night

PANORAMA SUITE 92



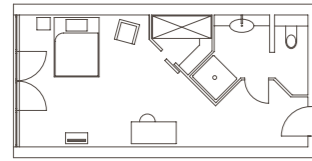
100m² spacious loft suite, open-plan lounge/sleeping area, spacious en-suite bathroom (bath, double basin, separate WC), parquet flooring, complimentary WiFi, anti-electrosmog device and private sauna. Second room with double bed, bathroom and east-facing balcony. Offers a truly breathtaking view of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



OCCUPANCY

1-4 persons € 2,000
 Price per night

ROOMS AND APARTMENTS

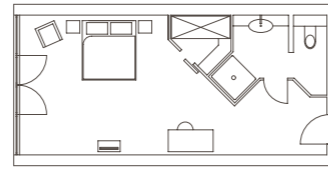


SINGLE ROOM

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

1 person € 365

Price per night



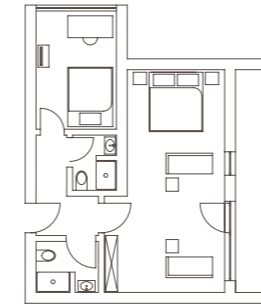
DOUBLE ROOM

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

1 person € 415

2 persons € 640

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 € 585

2 persons € 810

Price per night



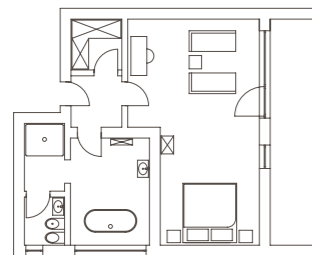
APP. 37

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 € 585

2 persons € 810

Price per night



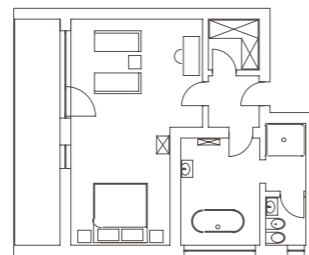
APP. 33

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 € 585

2 persons € 810

Price per night



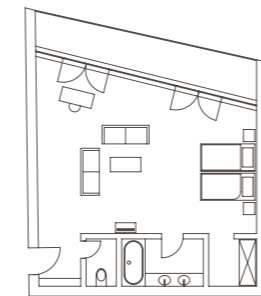
APP. 36

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 € 585

2 persons € 810

Price per night



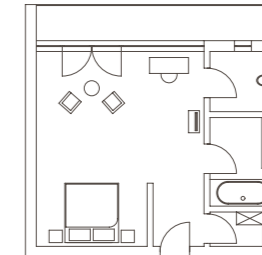
APP. 341

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 € 595

2 persons € 820

Price per night



APP. 352

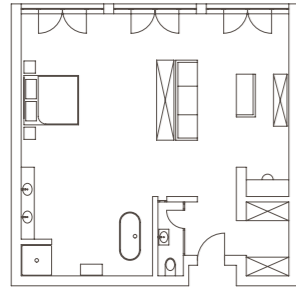
Apartment for two persons, 37m², one lounge/sleeping area, bathroom with bath, separate WC, and balcony facing the Nordkette massif.

1 person € 525

2 persons € 750

Price per night

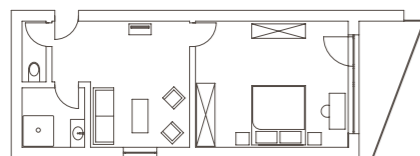
ROOMS AND APARTMENTS



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.

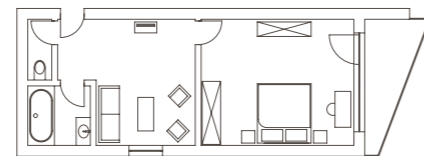
1 person € 835
 2 persons € 1,060
 Price per night



APP. 86

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 € 475
 2 persons € 700
 Price per night



APP. 94

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

1 person € 475
 2 persons € 700
 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 Cure programme.

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.

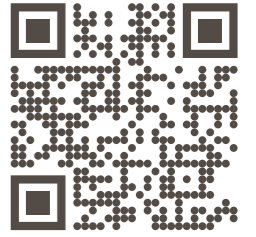
By the same token, if you arrive late or cut your stay with us short without prior notice, we reserve the right to charge 100% of the room rate as a cancellation fee for the number of cancelled nights.

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

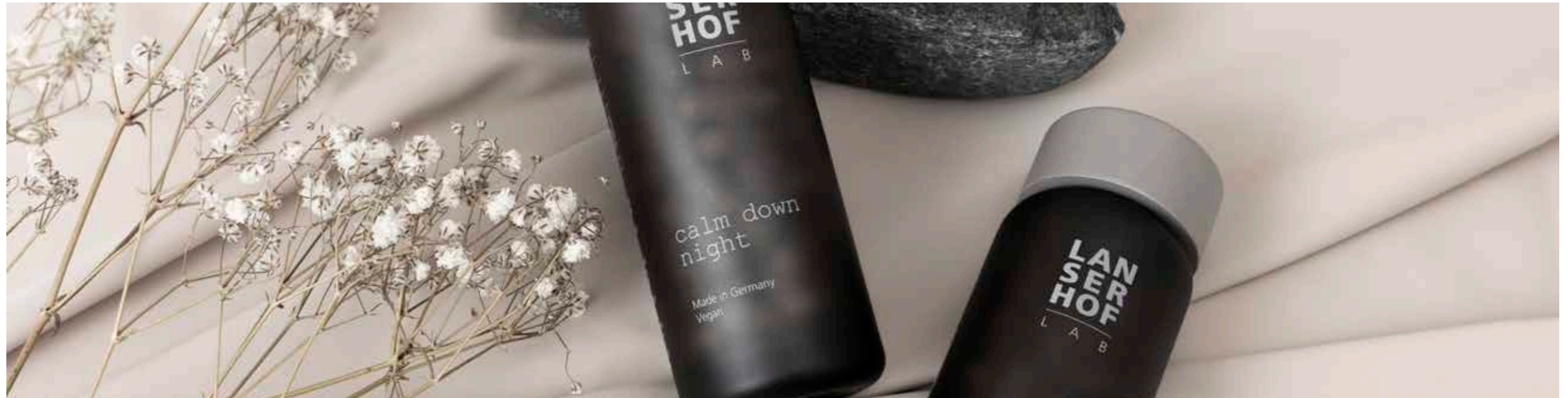
All prices are stated in euro.
Prices are subject to change without prior notice.



A PIECE OF LANSERHOF TO TAKE HOME WITH YOU



shop.lanserhof.com



Take a small piece of Lanserhof well-being home with you, for either your loved ones or yourself. It could hold fond memories or simply be for everyday use.

LANSERHOF DERMA PRODUCTS

The plant-based Lanserhof Derma products are a result of the close cooperation between the Lanserhof medical team and our derma experts. In our high-quality products for face and body, raw materials from nature's treasure trove are processed using high-tech methods into active ingredients that can do many things: nourish, soothe, firm and smooth. The Vitality body line refreshes and revitalises.

LANSERHOF GIFT VOUCHER

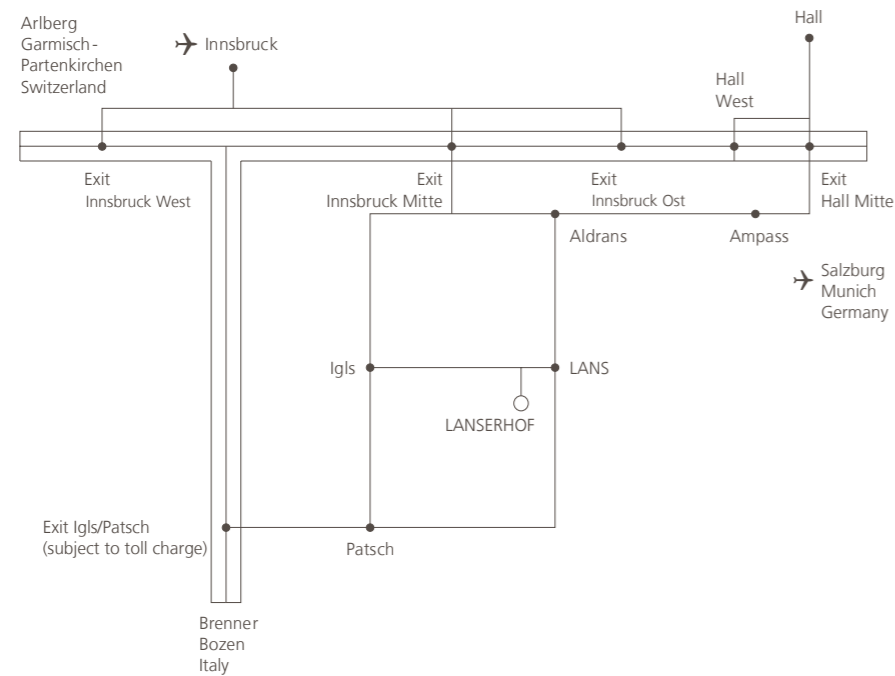
Show your loved ones how much they mean to you with a special gift. Give them the gift of time at Lanserhof by contributing to or covering the cost of their stay, or surprise them with a voucher for a specific treatment during their stay here at Lanserhof Lans.

THE LANSERHOF ONLINE SHOP: GOOD THINGS FROM LANS

At shop.lanserhof.com you will find a wide selection of products that will help you to live the Lanserhof idea even at home.

Discover the Lanserhof Lab dietary supplements, which are also part of the cure at the Lanserhof Resorts, pamper your senses with the Lanserhof Derma products for skin and hair and experience healthy indulgence from the Lanserhof Energy Cuisine.

HOW TO FIND US



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**LAN
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