



LAN
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LANSERHOF SYLT
2022

Sylt, the Legend. The island of longing that leaves you longing for more. A magical place that enchants and ensnares anyone who visits. This is where a new chapter will begin for Lanserhof in May 2022. On a plot measuring 20,000 square metres, we have brought a unique architectural vision to life – nestled in the dunes with a spectacular view of the sea.

A new resort. A new level of luxury. A new Sylt sensation. You will notice that I'm getting a bit carried away. But I can't help it: I love the island – and now, a very special dream of mine has come true. A project very close to my heart: Lanserhof Sylt.

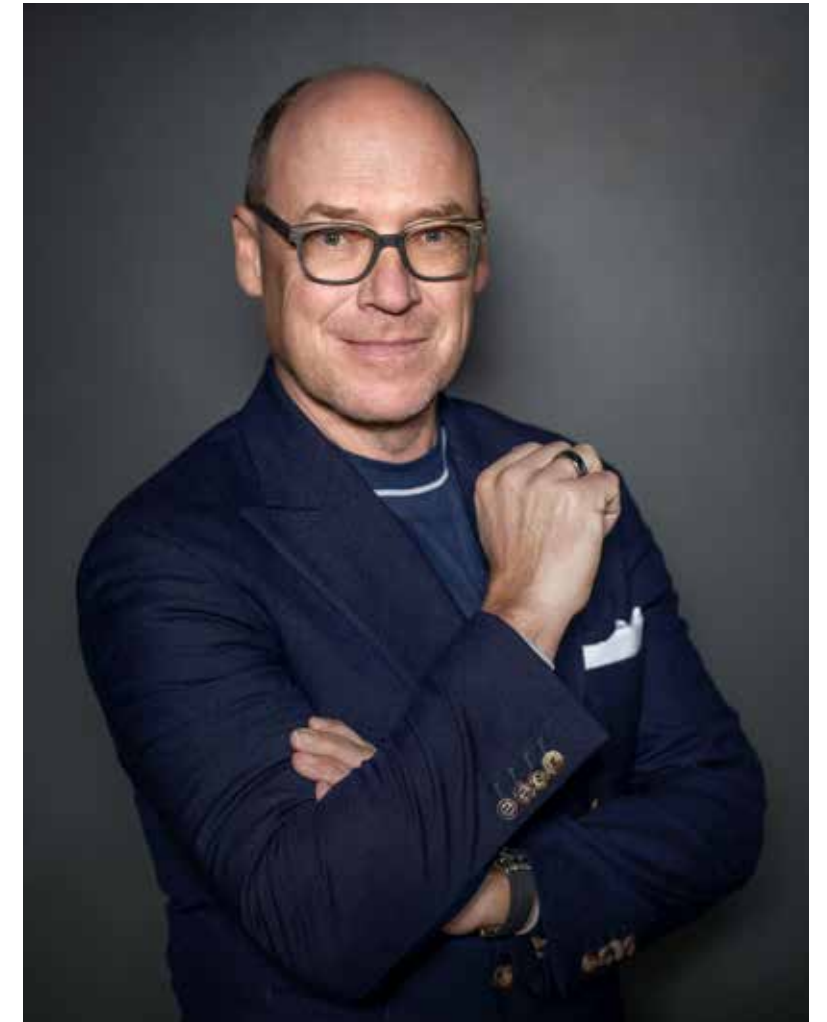
The sea. The dunes. The light. The air. The unique character of the island. It never ceases to move and inspire me. So it was all the more important for us to preserve this treasure of the North for generations to come – the architecture and natural materials for our new resort embody this commitment down to the last detail.

Experience Lanserhof's totally unique concept under the largest thatched roof in Europe: Natural healing meets innovative medicine and diagnostics – fully focused on your individual health goals. Be it fasting, regeneration or energy therapy – everything is precisely tailored to you.

A holistic health concept that allows your body to channel its self-healing powers in a novel and lasting way. Then there is the legendary climate of the island, which will give you an additional health and energy boost. We can't wait to show all this to you. And we promise that you will experience Sylt like never before.

Yours truly,

DR. CHRISTIAN HARISCH
Managing Director Lanserhof Group





EUROPE'S MOST MODERN HEALTH RESORT

Designed by renowned architect, Christoph Ingenhoven, you will experience a new kind of health resort, in a breathtaking and extraordinary region.

“A particularly sustainable and healthy oasis where guests can recharge their batteries in harmony with nature and relax in a very private setting.”

Tranquillity, regeneration and revitalisation - on a floor space of 20,000 square metres you will find the most modern treatment, consultation and exercise rooms. Our spacious spa area includes saunas, steam baths as well as a resting place in addition to our innovative fitness area. The indoor and outdoor salt water pool with counter-current system is located in the dunes, sheltered from the wind by the sun terrace. From there you can enjoy a breathtaking view of the tranquil Wadden Sea. The spacious, modern style is also reflected in the 55 rooms and suites, each one furnished to a high standard. Natural, selected materials as well as harmonious and minimalistic rooms are the building blocks of the health-promoting architecture, which focuses on your holistic recovery.



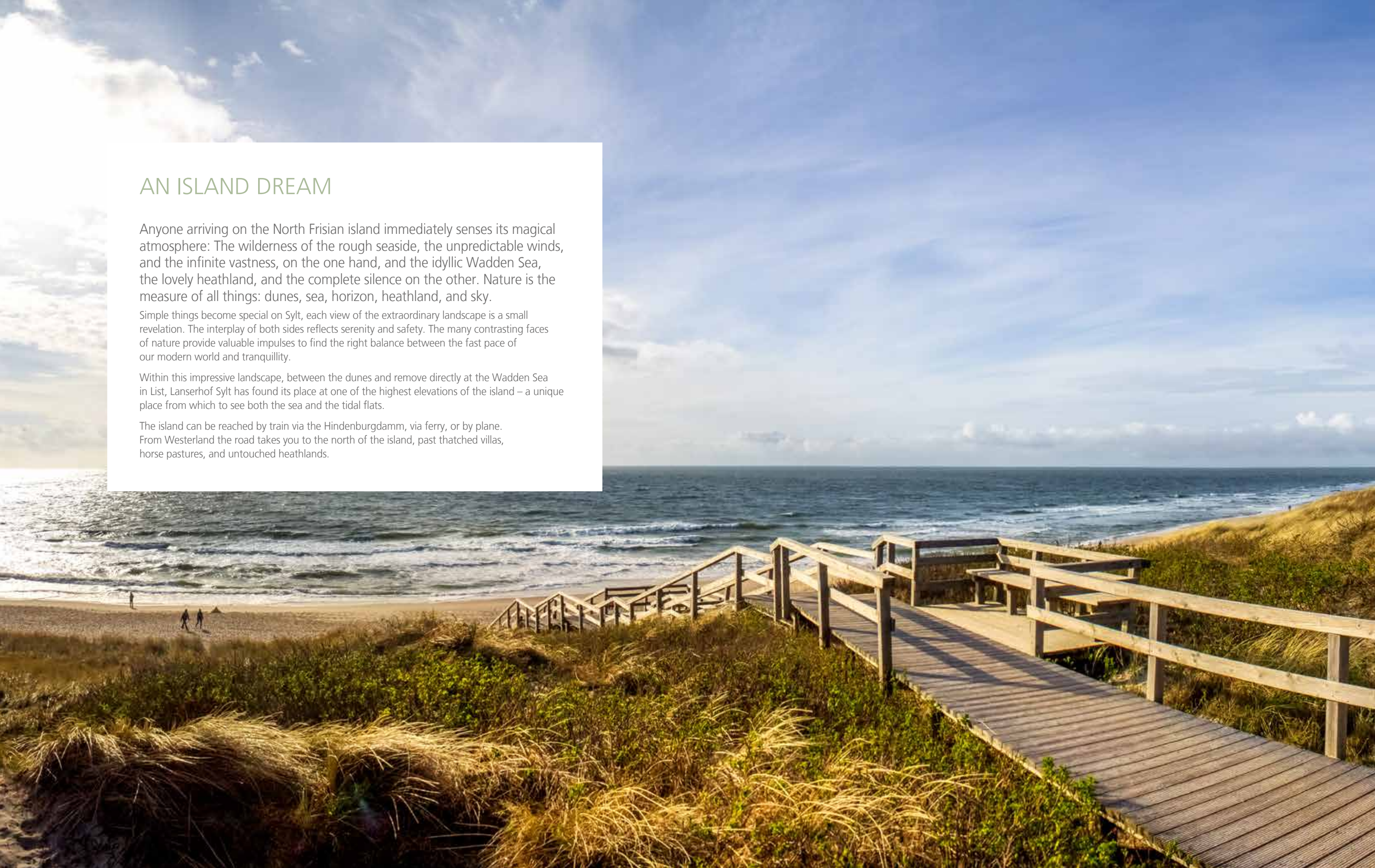
AN ISLAND DREAM

Anyone arriving on the North Frisian island immediately senses its magical atmosphere: The wilderness of the rough seaside, the unpredictable winds, and the infinite vastness, on the one hand, and the idyllic Wadden Sea, the lovely heathland, and the complete silence on the other. Nature is the measure of all things: dunes, sea, horizon, heathland, and sky.

Simple things become special on Sylt, each view of the extraordinary landscape is a small revelation. The interplay of both sides reflects serenity and safety. The many contrasting faces of nature provide valuable impulses to find the right balance between the fast pace of our modern world and tranquillity.

Within this impressive landscape, between the dunes and remove directly at the Wadden Sea in List, Lanserhof Sylt has found its place at one of the highest elevations of the island – a unique place from which to see both the sea and the tidal flats.

The island can be reached by train via the Hindenburgdamm, via ferry, or by plane. From Westerland the road takes you to the north of the island, past thatched villas, horse pastures, and untouched heathlands.





THE LANSERHOF ART OF HEALING

Developed over three decades and perfected 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. Once you visit, you will 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 and Lanserhof Cure. 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 will feel free, light and revived 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 mindfulness.



LEADING THE WAY: THE LANSERHOF CONCEPT

The Lanserhof Concept is internationally regarded as one of the world's most pioneering 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 de-acidification 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 30 years of constant research and development. Fortified by the latest knowledge in state-of-the art medicine 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 de-acidification 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, emotions, and feelings |

LANSERHOF ENERGY CUISINE



The Lanserhof Energy Cuisine concept focusses on long-term success. It was designed with today's health-conscious consumers in mind to improve their sense of well-being. It strives to enhance your 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 quantity of minerals. This helps 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 its 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 9am, while twelve hours later, it hardly works at all.

TIME AND ATTENTION

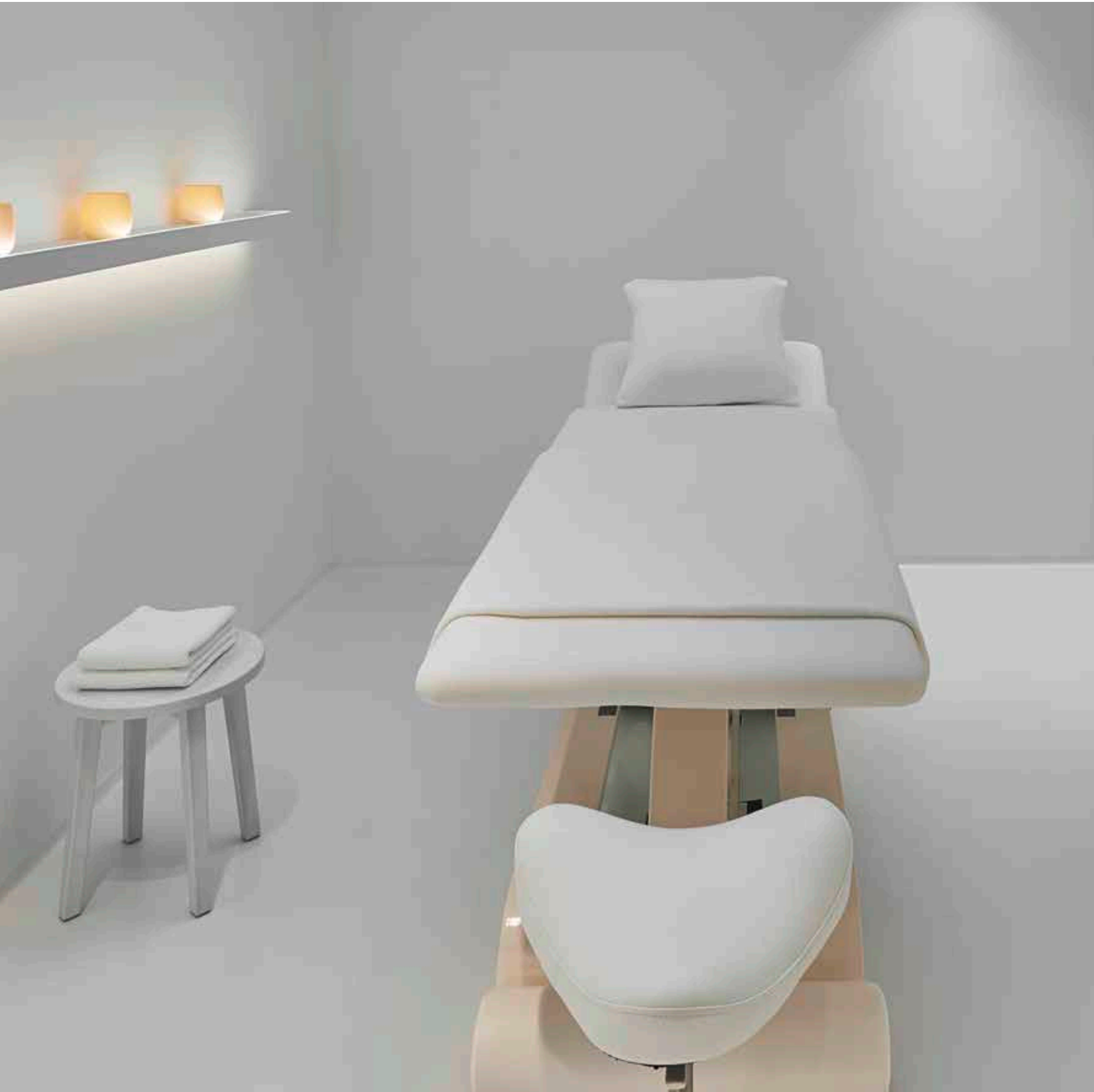


At Lanserhof, you will indulge yourself in the presence of two very rare treasures: time and attention. Our doctors and therapists will examine and treat you with all their senses. They are experts in their respective fields and know how to re-activate your body's natural self-healing processes.

Our experience shows that the ideal duration of treatment at Lanserhof is three weeks. This is because your body's biological rhythm only 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.

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 BASIC THERAPY (7/14 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	40 min.
1	extended initial medical examination	20 min.
2 / 6	check-ups with abdominal treatments	each 20 min.
1	medical discussion of findings	30 min.
1	final medical examination and consultation	30 min.
1	urinalysis	
1	bioimpedance analysis	
1 / 2	reflexology massages	25 min.
1 / 4	classical massage therapy	each 50 min.
1 / 2	detox drainage	50 min.
1 / 2	detox lymph pack with bath	50 min.
1 / 2	electrolysis foot bath	30 min.

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

7–8 nights LANSERHOF CURE CLASSIC excluding accomodation € 2,903

The minimum stay is seven nights.
We recommend a stay of two weeks for a more meaningful and sustainable regeneration.

12–14 nights LANSERHOF CURE CLASSIC excluding accomodation € 5,370

The prices for our Lanserhof Cure 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.
Please note that if you do not make use of individual services or programme items, you will not be entitled to a refund.

REHABILITATION AT LANSERHOF SYLT

FOLLOW-UP TREATMENT,
DURATION: VARIABLE (2 WEEKS MINIMUM)

Recharge your batteries!

Whether it is after a surgery, such as a bypass operation or a joint replacement, or after severe illness, such as a heart attack, we provide a treatment concept that is tailored to your specific needs.

We combine trusted elements of the Lanserhof reconvalescence treatments, such as physiotherapy and medical training therapy, with experienced therapists. The treatment is continually monitored by a specialist and adapted based on your progress during your stay.

If you need more medical care or require medical supervision at the beginning of your treatment, we are happy to accommodate you. There are three comfortably equipped rooms at the clinic with the capabilities for continual EKG monitoring.

We are also prepared for potential complications. An experienced nurse professional is always available. We also provide emergency medical service around the clock, and a professional call service is available. An emergency room with the appropriate equipment is also provided.

We recommend that you have a preliminary meeting with us to allow us to prepare for your stay as best as possible. Afterwards, we provide you with a treatment plan, tailored to your specific needs, as well as a cost estimation.

We look forward to helping you heal and recuperate!



LIFE'S THEMES

The Lanserhof Concept is as individual as you are. On top of your personal Lanserhof Basic programme, you and your doctor devise a list of extra consultations, diagnoses, and therapies you may need.

MAN IN THE PRIME OF LIFE

The rigours of modern society have become increasingly complex. For this reason, it is not surprising that many men find it more and more difficult to withstand the physical and psychological stresses of their day-to-day lives. Perfectly designed around the requirements of men, our health and vitality concept encapsulates them at their holistic level, with all their personal and individual physical needs.

Extracts from our male medicine programme include specialists' andrology lectures, sonography prostate check-ups, sleep analysis, mental coaching, hormone analysis, discernment of physical and mental performance as well as biological age, and much more.

REGENERATION, BEAUTY, AND BALANCE FOR WOMEN

"It's all too much for me, I can't look at myself in the mirror any more."

Body, mind, and soul need to be united. The rigours of everyday life often lead to women and their individual needs being neglected. Here at Lanserhof, we place women and their needs at the very centre of life in a variety of ways.

Ranging from energetic-therapeutic applications, hormone and sleep analysis, discussions with psychological experts, to aesthetic consultations and treatments, we provide you with everything you need for prolonged success during your time at Lanserhof.

BODY, MIND, AND SOUL

Too much stress, overstrain, and the pressure to perform shape everyday life for many people. Undigested mental strain such as grievances, sadness, or violence increasingly creep into our lives as obstacles, preventing us from coping with day-to-day events. Specialist reports repeatedly demonstrate that this can all lead to disease if we fail to learn and apply suitable recipes and instruments to assist ourselves.

Lanserhof closes an often missed gap by working with experienced psychologists and counsellors to restore your holistic well-being.

EXERCISE

"Mens sana in corpore sano" – a healthy mind resides in a healthy body. Even in ancient Rome, people knew about the importance of exercise. If you fail to exercise regularly, your quality of life suffers.

Our orthopaedists, physiotherapists, and sports scientists analyse your musculoskeletal apparatus and fitness level to create a programme of therapy and exercise tailor-made for you. The latest findings from sports science allow deep muscles to be built up deliberately, your coordination skills to be increased, and make you more agile in everyday life.

HOLISTIC REHABILITATION

Operations, injuries, and diseases adversely affect our physical well-being, often in the long-term. Despite rehabilitation, it may take long for your metabolic and musculoskeletal system to function fully again. Here at Lanserhof, we help you rehabilitate using holistic methods accompanied by a special medical-therapeutic programme.

In effect, this means we create a programme of combined therapies addressing your general physical make-up, such as infusion therapies, oxygen therapy, toxin drainage, naturopathic measures, diet adaptation, and a physiotherapy programme matched to your current problem.

OUR CONSULTANT SPECIALISTS
HELP YOU REACH YOUR GOAL



Renowned specialists visit Lanserhof to bring you the latest in medical breakthroughs and perform highly skilled diagnoses and treatments.

On request, we can organise specialist examinations and consultations for you in the following areas:

- DERMATOLOGY: dermatological aesthetics, acute and chronic skin diseases, preventive measures
- GASTROENTEROLOGY: colonoscopy, capsule endoscopy (colon), chronic inflammatory bowel diseases
- GYNAECOLOGY: precautionary measures, mammography, hormonal clarification, breast ultrasound
- THROAT, NOSE, EARS: hearing loss, paranasal sinus issues, hoarseness
- NEUROLOGY: migraines, early detection of dementia, brain dysfunctions, aftercare following a stroke
- OPHTHALMOLOGY: treatment of retinal changes due to diabetes and high blood pressure, vision disorders, cataract and glaucoma prevention
- ORTHOPAEDICS: joint, muscle and tendon injuries, osteoporosis diagnostics
- PSYCHOLOGY: psychological discussions, psychotherapeutic intervention, mental coaching
- RADIOLOGY: MRI, CT, ultrasound
- UROLOGY: bladder, prostate and kidney diseases, men's medicine
- DENTISTRY: routine examination and clarification of focal infections, implants, oral hygiene

A HOUSE, PERFECTLY TAILORED TO MEET YOUR NEEDS

As a guest at Lanserhof Sylt, you take centre stage. It is a place where you regather your strength and energy in harmony with nature. This is where elegance and wellbeing are at home. Including nature in our concept and design was particularly important to us: the environment surrounding Lanserhof Sylt has inspired the design. Harmonic, simple rooms and a clear layout provide the ideal framework for tranquillity and relaxation. Large window fronts make you feel exceptionally close to the unique landscape of Sylt, the sky, the dunes, and the Wadden Sea.

Architecture and nature also reflect a special connection in our rooms and suites. The balconies are incorporated into the thatched roof and are the first of this kind. They provide you with an amazing view of the dune landscape or the Wadden Sea. It is your personal place of retreat with a magnificent view.

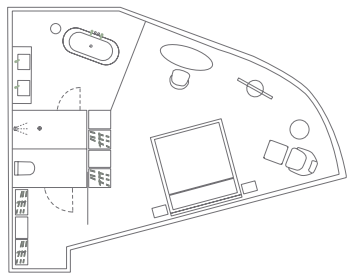
The room rates include a customised diet as well as all herbal teas and sparkling water. The use of indoor and outdoor saltwater pools, saunas, vapour baths, fitness room, and e-bike rentals are free of charge. Prices are nightly rates, and reservations can only be made in conjunction with our Arrangement Lanserhof Basic. We recommend a stay of 14 days, but the minimum duration is seven nights.





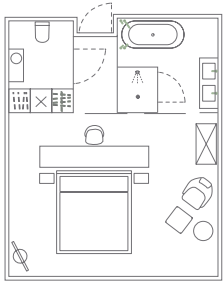
OUR ROOMS

Prices per night

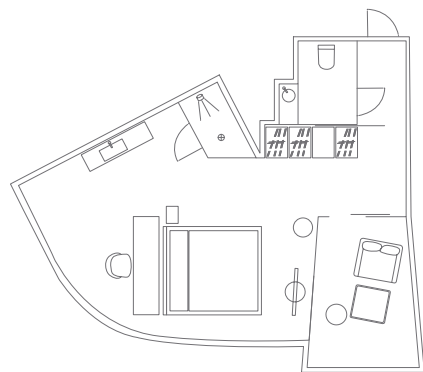


DOUBLE ROOM WITH TERRACE

29 m² double room with terrace and a view over the sea or dunes, open living and sleeping area, desk, bathroom with bathtub and shower, separate WC, parquet floors, free Wi-Fi access, 50" TV, Smart TV, safe.

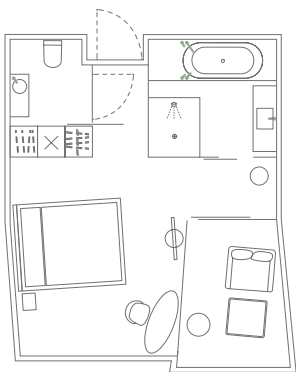


	Dune view	Sea view
1 Person	€ 690	€ 790
2 Persons	€ 890	€ 990

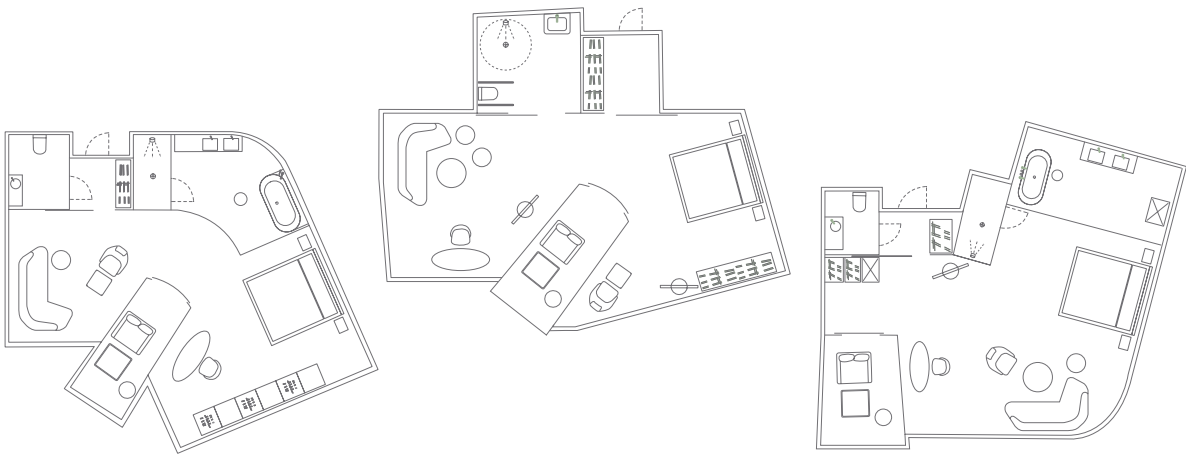


DOUBLE ROOM WITH BALCONY

29 m2 single room with balcony and sea or dune view, open living and sleeping area, desk, bathroom with bathtub and shower, separate WC, parquet floor, free WLAN internet access, 50" TV, smart TV, safe.



	Dune view	Sea view
1 person	€ 590	€ 690



DOUBLE ROOM FABULOSA WITH BALCONY

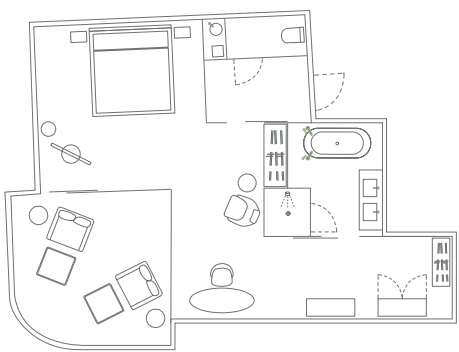
54 m² double room with balcony and dune view, open plan living and sleeping area, high quality couch, innovative FreshBed technology*, health promoting light concept*, large couch, desk, bathroom with bathtub and shower, separate WC, corner location, parquet floor, free WLAN internet access, 55" TV, Smart TV, safe.

**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.

A barrier-free room without FreshBed and lighting concept can be booked.

	Sea view
1 person	€ 990
2 persons	€ 1,590



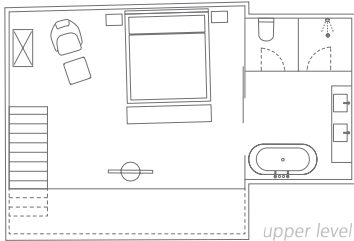
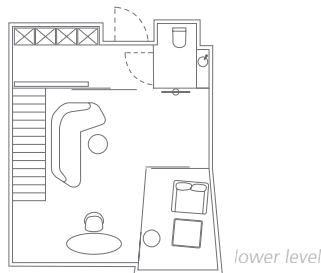
DOUBLE ROOM MIRUM WITH BALCONY

41 m² double room with balcony and sea view, 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.

	Sea view
1 person	€ 2,500
2 persons	€ 2,500

OUR SUITES

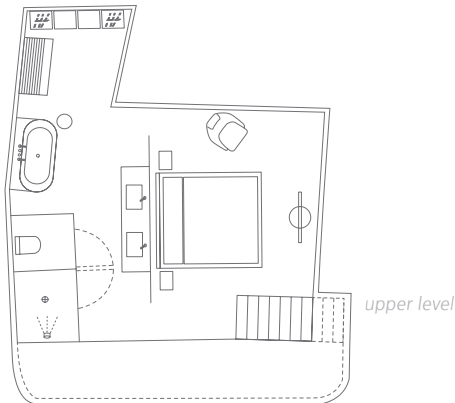
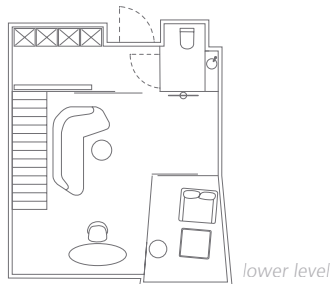
Prices per night



PARVUS DUPLEX SUITE WITH BALCONY

58 m² suite with sea or dune view and open gallery, living area with high-quality couch, 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, parquet flooring, free WLAN internet access, 50"/55"-TV, Smart-TV, safe.

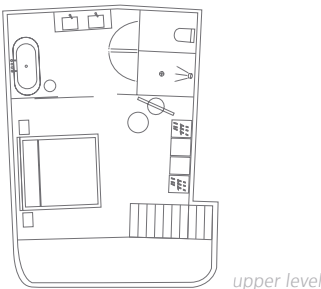
	Dune view	Sea view
1 person	€ 990	€ 1,090
2 persons	€ 1,590	€ 1,690



ELYSIUM LOFT SUITE DUNE WITH BALCONY

78 m² suite with dune view and open gallery, living area with high quality couch, anteroom with wardrobe, WC and balcony on the first level, cozy sleeping area under the thatched roof with bathroom with bathtub, shower and private sauna on the second level, corner location, parquet flooring, free WLAN-Internet access, 50" TV, smart TV, safe.

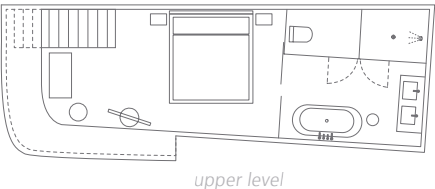
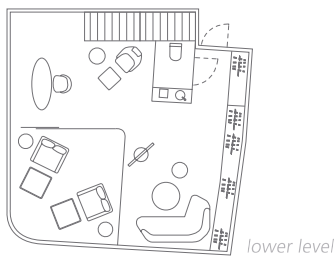
	Dune view	
1 person	€ 3,100	
2 persons	€ 3,100	



ELYSIUM LOFT SUITE MARE WITH BALCONY

78 m² suite with sea view and open gallery, large living and dining area with high quality couch, anteroom with wardrobe, WC and balcony 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.

	Sea view
1 person	€ 3,200
2 persons	€ 3,200



ELYSIUM DUPLEX SUITE MARE AND DUNE WITH BALCONY

58 m² suite with sea view and 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.

	Dune view	Sea view
1 person	€ 3,500	€ 3,600
2 persons	€ 3,500	€ 3,600



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 Cure 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.

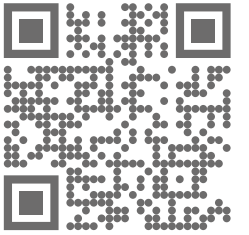
If you arrive late or cut your stay with us short without prior notice, we reserve the right to charge 90 % of the room rate as a cancellation fee for the number of cancelled nights.

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.

A PIECE OF LANSERHOF TO TAKE HOME WITH YOU



shop.lanserhof.com



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

LANSERHOF GIFT VOUCHER

Show your loved ones how much they mean to you with the gift of health. Give them the gift of time at Lanserhof by contributing to or covering the cost of their stay – or surprise someone with a voucher for a specific treatment during their stay here at Lanserhof Sylt. You can obtain this voucher via our website.

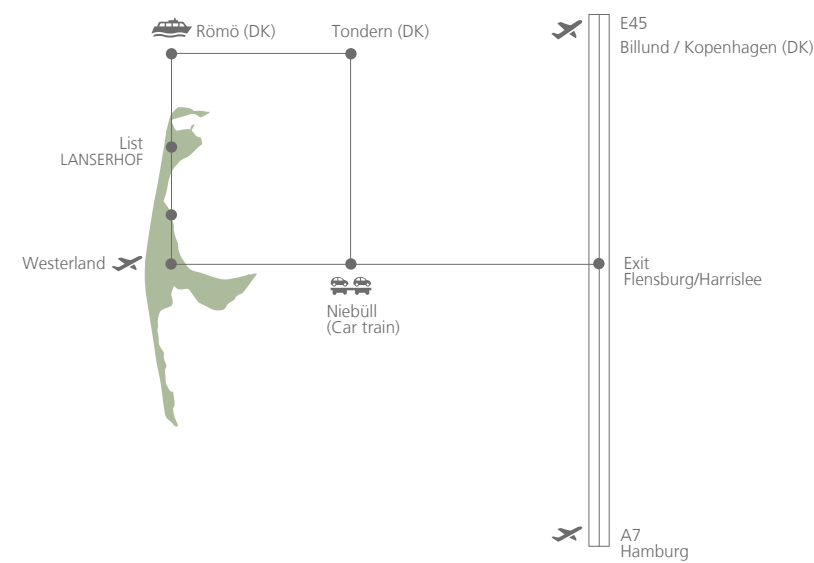
THE LANSERHOF ONLINE SHOP: A PIECE OF LANSERHOF JUST A FEW CLICKS AWAY!

At shop.lanserhof.com you will find a large selection of products that will also help you to live the concept of Lanserhof at home.

Discover the Lanserhof Lab dietary supplements, which are also part of the Lanserhof Resorts during your cure, pamper your senses with the Lanserhof Derma products for skin and hair, and experience healthy indulgence from the Lanserhof Energy Cuisine with popular everyday products such as the gluten-free cereal.

For true Lanserhof style, we also offer luxurious cashmere clothing and our popular Lanserhof beach bag.

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