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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.

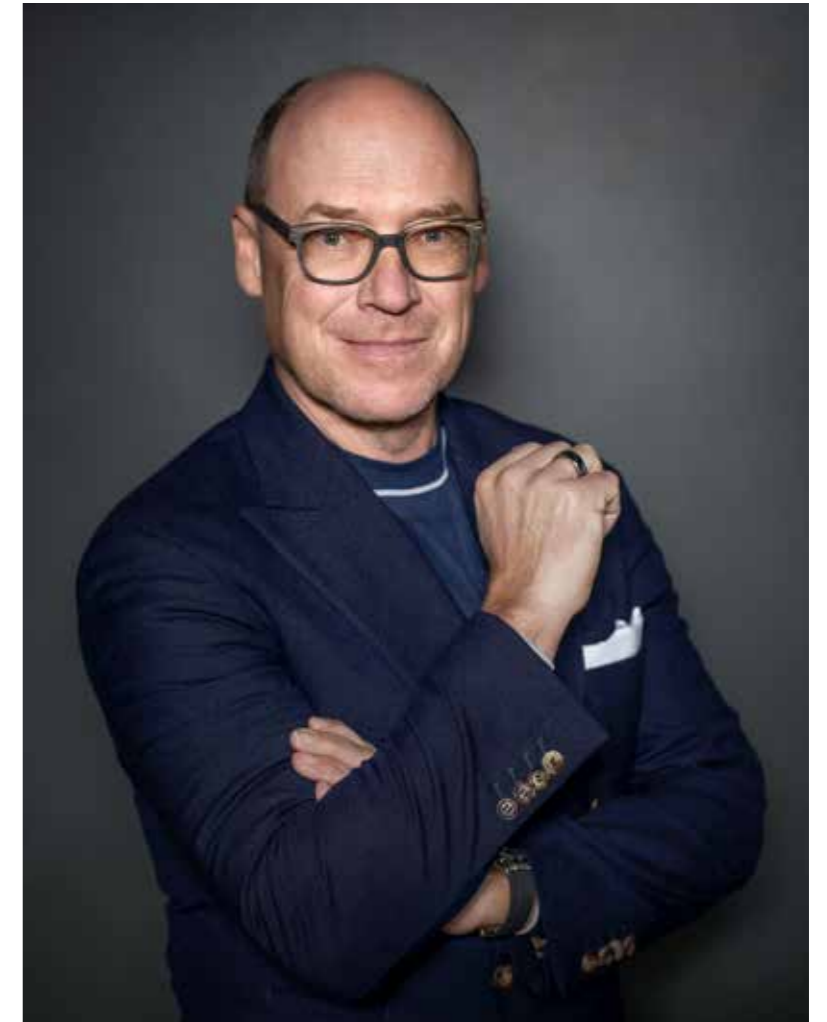
The sea. The dunes. The light. The air. The unique character of the island. It never ceases to move and inspire me. So it was all the more important for us to preserve this treasure of the North for generations to come – the architecture and natural materials for our new resort embody this commitment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



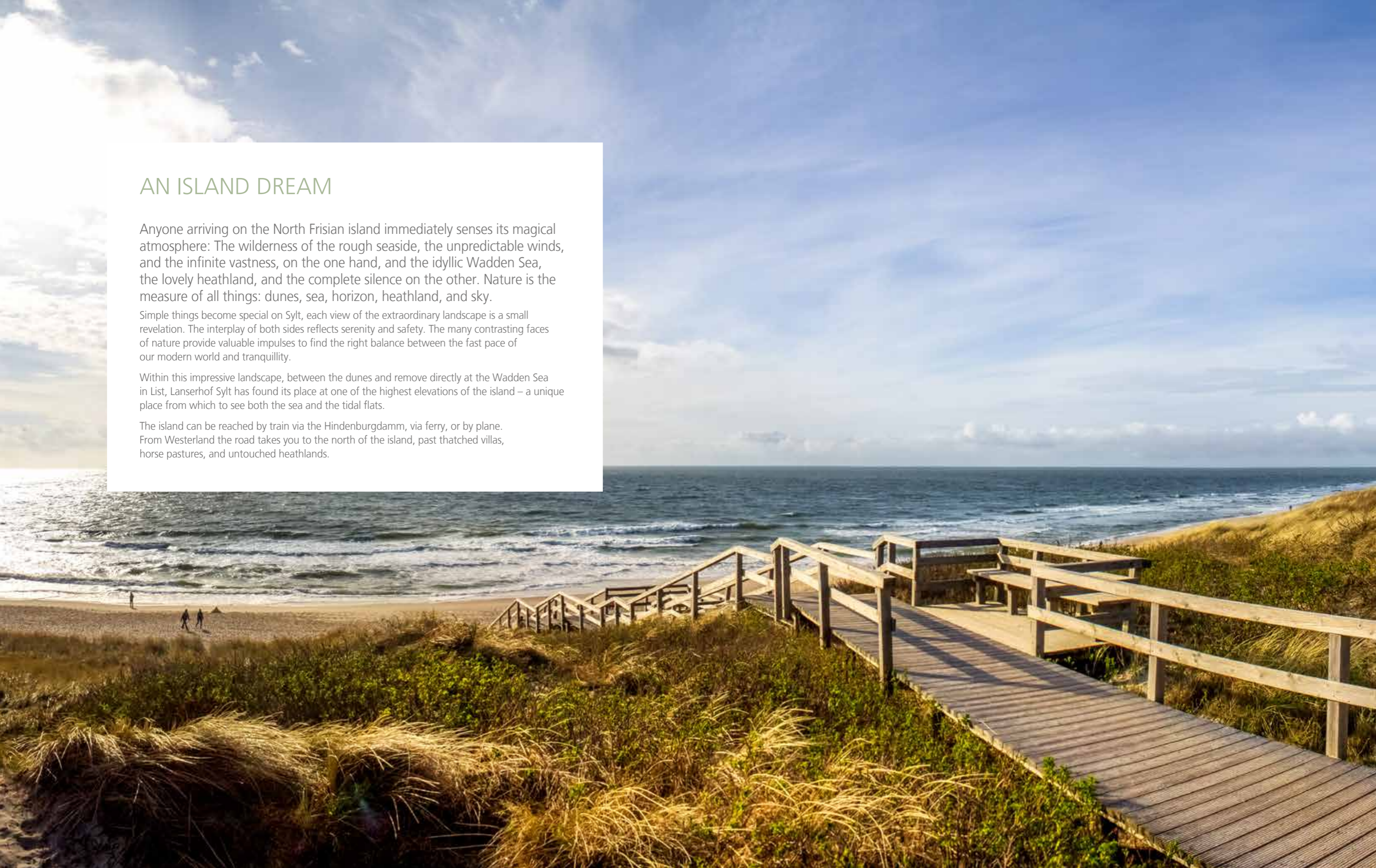
## AN ISLAND DREAM

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.

# THE LANSERHOF MODULES

The Lanserhof Concept is as individual as you are. Building on our Lanserhof spa programme, we offer individual modules on specific focal points. You can, of course, book all services individually and put together your own personal programme with your accompanying doctor.

## CHECK WOMAN 40+

As an additional module to the basic package from minimum 10 days

- 1 Preventive blood testing
- 1 gynaecological check
- 1 Dermatological check with 3D scan of the skin and analysis of the skin
- 1 Internal medicine check with sonography abdomen and thyroid gland
- 1 Cardiological check with sonography of cervical vessels and pelvic / femoral vessels
- Echocardiography
- Resting and exercise ECG
- Measurement of the ankle-brachial index (ABI)
- Measurement of vascular stiffness and central blood pressure
- Measurement of sugar deposition in skin (AGE reader)
- Ultrasensitive phonocardiography (CADScor) incl. final discussion of the findings'

Module price € 6,405

Recommended additional examinations:  
Colonoscopy and stool analysis € 1,430

## CHECK MAN 40+

As an additional module to the basic package from minimum 10 days

- 1 Preventive blood testing
- 1 Urological check with prostate sonography
- 1 Dermatological check with 3D scan of the skin and analysis of the skin
- 1 Internal medicine check with sonography abdomen and thyroid gland
- 1 Cardiological check with sonography of cervical vessels and pelvic / femoral vessels
- Echocardiography
- Resting and exercise ECG
- Measurement of the ankle-brachial index (ABI)
- Measurement of vascular stiffness and central blood pressure
- Measurement of sugar deposition in skin (AGE reader)
- Ultrasensitive phonocardiography (CADScor) incl. final discussion of the findings

Module price € 6,529

Recommended additional examinations:  
Colonoscopy and stool analysis € 1,430

## LONG COVID

As an additional module to the basic package from minimum 10 days

After an infection with COVID, some patients take a long time to recover completely. The cause is often an excessive inflammatory reaction that persists even after the acute infection. This module is intended to help patients regain their strength.

- 6 Simulated altitude training (CellGym) each 45 min.
- 1 Performance diagnostics (spiroergometry) including discussion of findings 60 min.
- 2 Hydrojet (full body treatment) each 45 min.
- 6 Personal trainings each 50 min.
- 6 individually tailored infusions
- 2 Physiotherapy each 50 min.

Module price € 4,150

Recommended additional examinations:  
Cardiological checkup € 3,409  
Lung function (spirometry) € 169  
Preventive blood testing € 643  
Micronutrient analysis Price depending on scope

## REBALANCE BODY & MIND

As an additional module to the basic package from minimum 10 days

If your inner balance has been disturbed by everyday stress or work, this module will help you back into calm waters.

- 1 HRV (heart rate variability measurement) 24 h incl. Diagnostics, analysis and discussion of findings and psychological coaching 60 min.
- 1 Yoga session 50 min.
- 1 Respiratory therapy 50 min.
- 2 Craniosacral therapies each 50 min.
- 2 Aqua Relax each 45 min.
- 2 Guided meditations each 50 min.
- 2 Individually tailored infusions

Modulpreis € 3,150

plus the price for the infusions depending on the extent

## THE LANSERHOF MODULES

### AESTHETICS FACE

As an additional module to the basic package from minimum 10 days

1 Aesthetic consultation	20 min.
1 JetPeel Facial treatment	60 min.
1 Mesotherapy Aesthetics	30 min.
1 PRP - Platelet Rich Plasma	40 min.
2 Meso / PRP after-treatments	each 25 min.

Module price € 1,879

### ESTHETICS BODY - WOMAN

As an additional module to the basic package from minimum 10 days

2 lymphatic drainages	each 50 min.
2 Cellulite intensive	each 75 min.
1 detoxifying connective tissue massage	50 min.

Module price € 1,088

### AESTHETICS HAIR

As an additional module to the basic package from minimum 10 days

1 Aesthetic consultation	20 min.
1 PRP - Platelet Rich Plasma - Hair	30 min.
1 Mesotherapy hair	30 min.
2 Infusions skin, hair, nails (individually coordinated)	each 30 min.

Module price € 938 plus the price for the infusions depending on the extent

### ESTHETICS BODY - MAN

As an additional module to the basic package from minimum 10 days

1 lymphatic drainages	50 min.
2 tighter / leaner belly	each 50 min.
4 Cold chamber therapies	

Module price € 1,202

### DEFLAMMATION

As an additional module to the basic package from minimum 10 days

Silent inflammation is the cause of ageing and chronic disease. This module is for advanced diagnostics and therapy.

1 Preventive blood testing (incl. IL-6 and hr-CRP)	
1 Stress hormone testing	
1 Micronutrient analysis	
1 Fatty acid status of the erythrocyte membrane	
1 Inflammation of the gastrointestinal tract (stool examination - incl. calprotectin)	
1 Inflammation of the respiratory tract (FeNO breath analysis)	
1 HRV (heart rate variability measurement) 24h incl. diagnostics, analysis and discussion of findings and psychological coaching	60 min.
6 Simulated altitude training sessions (CellGym)	each 45 min.
4 Cold chamber therapies	
4 Specially defined anti-inflammatory Infusions (e.g. curcumin, vitamin B)	

Module price € 3,534

plus the price of the infusions & some laboratory parameters depending on the scope

### BE(COME) ACTIVE (AGAIN)

As an additional module to the basic package from minimum 10 days

We spend more and more time sitting and move too little. This module aims to lay the foundation for a more active life in everyday life and to (re)awaken the joy of movement in you.

1 Performance diagnostics (Spiroergometry)	
4 personal training	each 50 min.
2 outdoor training sessions	each 45 min.
2 Fascia training sessions	each 50 min.
2 Hydrojet (full body treatment)	each 45 min.
2 Magnesium baths	
4 Cold chamber therapies	

Module price € 3,202

## THE LANSERHOF MODULES

### PAIN ALLEVIATION

As an additional module to the basic package from minimum 10 days

For many patients, chronic pain is part of everyday life. This module aims to show new ways in pain therapy and try to alleviate your complaints.

2 Psychological coaching	each 50 min.
3 Mindfulness training sessions	each 40 min.
2 Physiotherapeutic Pain therapies	each 50 min.
2 Mud pack	each 50 min.
2 Matrix therapies	each 50 min.

Module price € 3,131

### MINDFUL STRESS REDUCTION

As an additional module to the basic package from minimum 10 days

Mindfulness-based stress reduction according to the MBSR programme (mindfulness stress reduction inspired by MBSR)

1 Individual preliminary talk	50 min.
1 Mindfulness of the Body	50 min.
1 Mindfulness of the Thoughts	50 min.
1 Mindfulness of the Emotions	50 min.
1 Walkin Meditation	50 min.
1 Lovingkindness Meta Meditation	50 min.
+ individual meditations as a Take Home Tool for further practice.(as download)	

Modul price € 2,540

### BETTER SLEEP

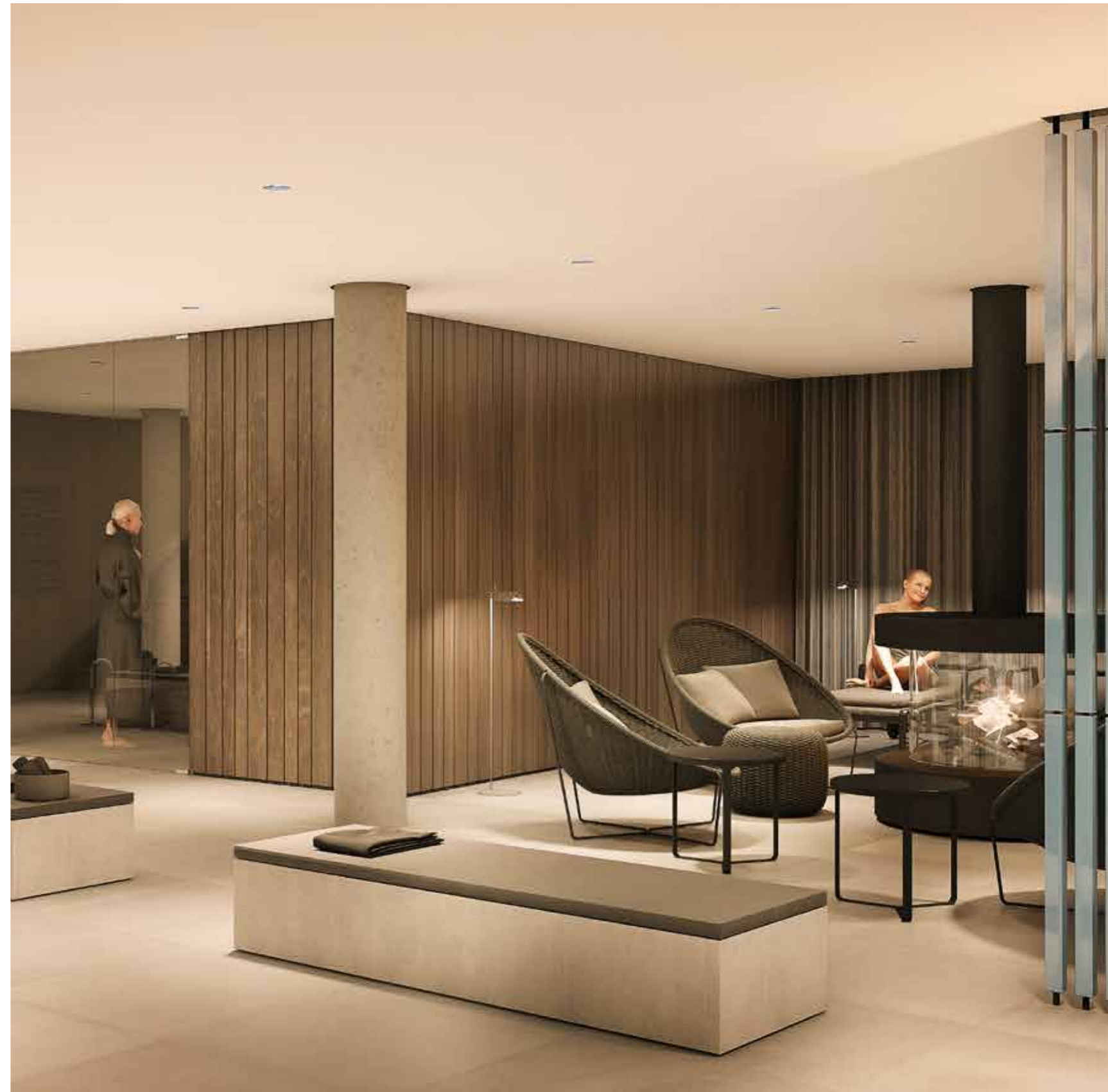
As an additional module to the basic package from minimum 10 days

Sleep disorders are common. They make us sick and impair our performance considerably. The causes are manifold and highly individual. This module is designed to help you explore your own personal sleep problems and and takes you on a journey to better and more restful sleep.

Overnight stay in specially equipped rooms (FreshBed and JetLight)

1 Preventive blood testing	
1 Stress hormone testing	
1 1 Examination in the sleep laboratory (Polysomnography)	
1 HRV (heart rate variability measurement) 24 h . incl. diagnostics, analysis and discussion of findings and psychological coaching	60 min.
1 Sleep consultation	30 min.
2 Guided meditations	50 min.
6 Simulated altitude training sessions (CellGym)	each 45 min.
4 Cold chamber therapies	

Modulepreis € 6,186



## 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 convalescence 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.

# HOLISTIC DIAGNOSTICS AT LANSERHOF

Planned therapy offer - subject to availability

## GASTROINTESTINAL

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

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

Coloscopy	€ 1,221
Gastroscopy	€ 784
Coloscopy and gastroscopy	€ 1.710
selective	
Stool examinations (price depending on scope)	

## LABORATORY DIAGNOSTICS

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

## ERNÄHRUNGSDIAGNOSTIK

H <sub>2</sub> -and CH <sub>4</sub> -Breath test fructose	€ 100
H <sub>2</sub> -and CH <sub>4</sub> -Breath test fructose	€ 100

Food intolerance test Histamine diagnostics, Allergoscreen (price depending on scope)

## METABOLISM AND IMMUNE SYSTEM

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

OGTT – oral glucose tolerance test	€ 100
Blood test	€ 643
Heavy metal determination	€ 312
Nutrient analysis	€ 676
Hormone profile	€ 530
Hormone saliva test	€ 530

## PULMONARY-CARDIOVASCULAR

Specialised doctors are available to you for clarification on all cardiologically related topics. Echocardiography (cardiac sonography) € 549

Colour Doppler sonography of the cervical vessels (carotid)	€ 283
Resting ECG incl. written findings	€ 183
Ergometry / Exercise ECG	€ 484
24h long-term ECG	€ 424
Long-term blood pressure measurement (24h RR)	€ 215
Spirometry (lung function)	€ 183

## SPECIALIST EXAMINATIONS

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

## MOVEMENT AND MOBILITY

Spiroergometry	€ 424
Bioimpedanzmessung	€ 96

## SONOGRAPHY

Sonographies of the different body regions from € 243

## SLEEP AND CHRONOMEDICINE

24h HRV (heart rate variability measurement) incl. diagnostics, analysis, evaluation and coaching € 1,180  
Sleep laboratory / sleep apnoea screening € 1,819

## 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

# THE THERAPIES

Planned therapy offer - subject to availability

## HOLISTIC MEDICINE AND NATUROPATHY

medical check and abdominal treatment		€ 216
naturopathic consultation	30 min.	€ 323
Colon-Hydro-Therapy		€ 302
Acupunktur	40 min.	€ 349
Mesotherapy	(price depending on scope)	

## INFUSION THERAPY

Infusion build up – large		€ 211
Ozone own blood		€ 242
Electrolyte vitamin infusion		€ 124
Infusion bases & minerals		€ 157
Infusion liver		€ 198
Infusion vitamin C high dose		€ 198
Infusion amino acids skin and hair		€ 124
Infusion amino acids muscles		€ 124
Infusion amino acids immune		€ 124

## BODY & MIND HEALTH

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

psychological Interview	50 min.	€ 558
24h HRV (heart rate variability measurement)		€ 1,180
Short-term HRV		€ 140

## INTERVAL HYPOXIA-HYPEROXIA THERAPY (IHHT)

CellGym First Appointment		€ 223
CellGym follow-up appointment		€ 149

## ENERGY & INFORMATION MEDICINE

Craniosacral therapy	50 min.	€ 200
Shiatsu	50 min.	€ 226
Acupuncture massage	50 min.	€ 236

## NUTRITION COUNSELLING

nutritional counselling + nutrition plan		€ 343
individual cooking course with the chef		€ 230

## PAIN THERAPY

Neuraltherapy		€ 216
Mesotherapy / Meso pain therapy	(price depending on scope)	
Infusion therapy	(price depending on scope)	
Physiotherapy	25 min.	€ 102
	50 min.	€ 204
Osteopathy	50 min.	€ 238
Healing massage	50 min.	€ 166

## CRYOTHERAPY

Cold chamber		€ 94
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## THE THERAPIES

Planned therapy offer - subject to availability

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. € 108	classical massage therapy	50 min. € 166
	50 min. € 220	Hot stone massage	70 min. € 338
Pilates	25 min. € 112	manual body therapy	25 min. € 102
	50 min. € 226		50 min. € 204
Yoga	50 min. € 190	Respiratory therapy	25 min. € 94
	75 min. € 268		50 min. € 190
Exercise in water	45 min. € 178	Meditation /	
EMS training booster first appointment		Deep relaxation	50 min. € 187
(Electromuscular Stimulation)	70 min. € 320	Marma point massage	75 min. € 329
EMS training booster		Matrix Therapy	30 min. € 115
appointments	50 min. € 300		50 min. € 231
Progressive muscle relaxation	50 min. € 157		
Nuad Thai	75 min. € 329		



## DETOX TREATMENTS

Planned therapy offer - subject to availability

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

Detox pack with bath	50 min.	€ 194	Detox Drainage Deluxe	75 min.	€ 277
Detox-Cleansing Lanserhof Derma	50 min.	€ 232	Lymphatic drainage	50 min.	€ 91
vitalising body wrap	50 min.	€ 225		75 min.	€ 182
Natural detox Hay	50 min.	€ 212	Lymphatic drainage incl. Detox wrap	80 min.	€ 287
Natural detox moor	50 min.	€ 226	Detoxifying connective tissue massage	50 min.	€ 198
North Sea Mud Pack	50 min.	€ 226	Head massage	25 min.	€ 90
Natural Detox Birke / Wacholder	50 min.	€ 226	Foot reflexology	25 min.	€ 90
Basen- oder Salzbad	20 min.	€ 140	Foot reflexology deluxe	50 min.	€ 166
Detox drainage	50 min.	€ 155	Classic massage therapy	50 min.	€ 166
			Warm herbal steam massage	50 min.	€ 218

### LIVER CLEANSING

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

Liver cleansing (price dependent on scope)

## LANSERHOF DERMA

Planned therapy offer - subject to availability

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

Detox facial treatment	75 min.	€ 268
JetPeel DeLuxe incl. Dec	90 min.	€ 553
3D Anti Aging Treatment		
Microdermabrasion +		
Needling + Sonography	90 min.	€ 553
Pure Perfection 100		
Liquid Surgery	75 min.	€ 464

### DERMA BODY WOMAN

Essential salt therapy with		
salts of the Dead Sea		
and hydrotherapy bath	50 min.	€ 232
Cellulite - intensive	75 min.	€ 263
Detox Europea - decongestant		
and draining	60 min.	€ 253
MBR Bust Up Treatment -		
tissue-firming and tightening	45 min.	€ 225

### DERMA FACE MAN

Detox Facial	75 min.	€ 268
Hydro Booster	60 min.	€ 291
Pharmos Men Only -		
new energy	60 min.	€ 263
Skin Regimen Facial	60 min.	€ 300
MSB Alpha Tropox Contour Lift	60 min.	€ 341
JetPeel Intensive	60 min.	€ 406

### DERMA BODY MAN

Essential salt therapy with		
salts of the Dead Sea		
and hydrotherapy bath	50 min.	€ 232
firmer / sporty belly		
fat burning	50 min.	€ 232
Radio frequency therapy		
fat reduction and tightening	50 min.	€ 439
Belly wrap - firming	25 min.	€ 108

For our complete offer, please refer to our detailed Lanserhof Derma brochure.

## AESTHETICS AND MEDICAL COSMETICS

Planned therapy offer - subject to availability

### MESOTHERAPY

Meso-Detox - face, neck, décolleté	€ 308
medical needling	€ 724
Mesolift Vitamin -	
hyaluronic acid - face	€ 427
PRP (Platelet Rich Plasma) - Aesthetics	€ 782
PRP (Platelet Rich Plasma) - hair	€ 782
Aesthetic hyaluronic fillings	
(frown line, nasolabial fold etc.)	from € 534
Radiofrequency therapy	
(face or body)	from € 439
Skinbooster	from € 420
Fullface approach	€ 1,500

### CRYOTHERAPY

Age spots	(price dependent on scope)
Hyperkeratoses	(price dependent on scope)
Warts	(price dependent on scope)

### STK MULTILINE - LIFTING WITHOUT SCALPEL AND SYRINGE

The STK treatment uses the body's own repair mechanisms by first creating targeted irritations in various skin layers using high-frequency ultrasound. Your appearance is immediately younger and fresher. The connective tissue is further strengthened over the course of the next few months.

various body regions (price dependent on scope)

### MEDICAL PEELINGS

Medical peelings from € 172

### EMSCULPT

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

and fat burning different body regions

body regions from € 667

## 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.

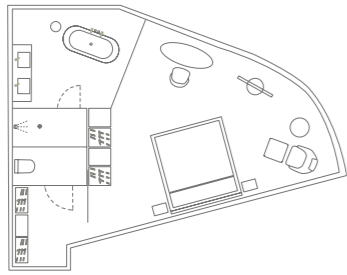






## OUR ROOMS

Prices per night



### DOUBLE ROOM WITH TERRACE

39 m<sup>2</sup> 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, 48"/55" TV, Smart TV, safe.

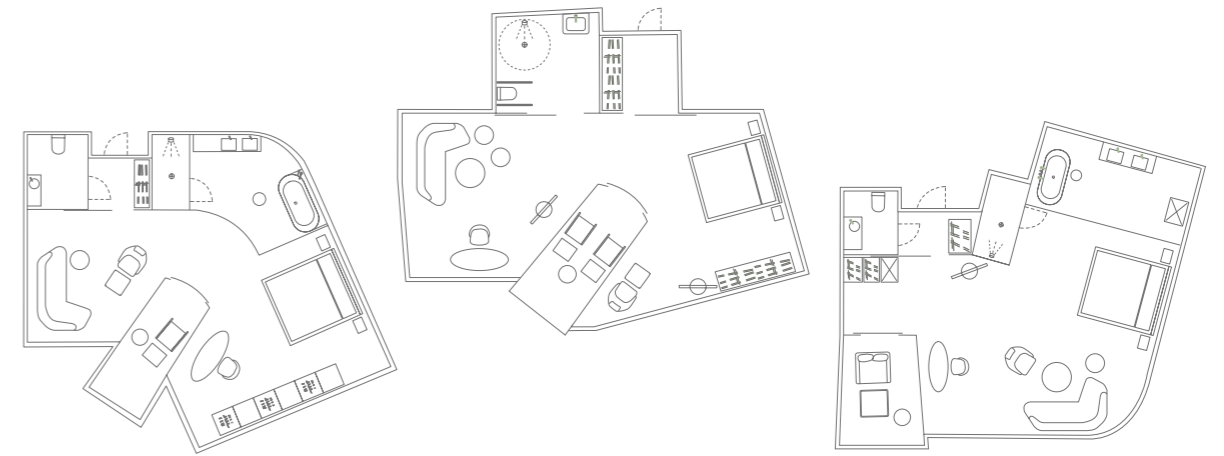
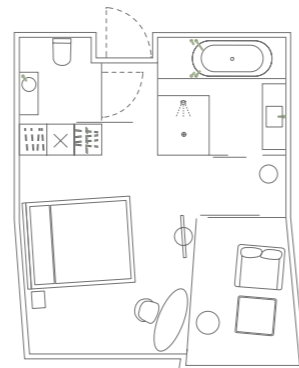
	Dune view	Sea view
1 Person	€ 690	€ 790
2 Persons	€ 890	€ 990



### DOUBLE ROOM WITH BALCONY

29 m<sup>2</sup> double room with balcony and view over the sea or dunes, open living and sleeping area with a queensize bed, desk, bathroom with bathtub and shower, separate WC, parquet floors, free Wi-Fi access, 48" TV, Smart TV, safe.

	Dune view	Sea view
1 person	€ 590	€ 690
2 persons	€ 790	€ 890



### DOUBLE ROOM FABULOSA WITH BALCONY

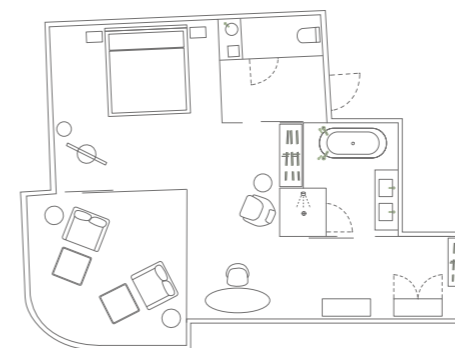
54 m<sup>2</sup> double room with balcony and view over the sea or dunes, open living and sleeping area, high-quality couch, innovative FreshBed technology\*, health-promoting lighting concept\*, large couch, desk, bathroom with bathtub and shower, separate WC, corner location, parquet floors, free Wi-Fi access, 48"/55" TV, Smart TV, safe.

*\*FreshBed-Technology.* The FreshBed is the only bed in the world which provides a unique and innovative combination of individual body temperature regulation and the quietest active airflow technology to ensure the best skin temperature and optimal humidity during sleep. The integrated medical HEPA filter additionally cleans the air and removes more than 99.95% of bacteria, viruses, pollen, and fine particles.

*\*Lighting concept:* Die Human Centric Lighting Technology harmonises your circadian clock with your natural biorhythm. This reduces fatigue and at the same time improves your health and wellbeing.

It is possible to book a wheelchair accessible room without FreshBed and Human Centric Lighting Technology.

	Dune view	Sea view
1 person	€ 890	€ 990
2 persons	€ 1,490	€ 1,590



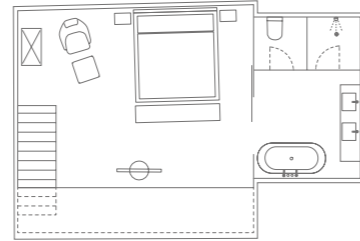
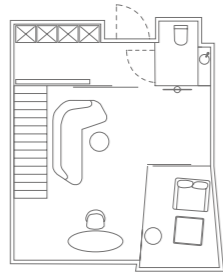
### DOUBLE ROOM MIRUM WITH BALCONY

41 m<sup>2</sup> double room with balcony and view over the sea, open living and sleeping area, desk, bathroom with bathtub and shower, separate WC, anteroom with coat rack, corner location, parquet floors, free Wi-Fi access, 48" TV, Smart TV, safe.

	Sea view
1 person	€ 890
2 persons	€ 1,490

# OUR SUITES

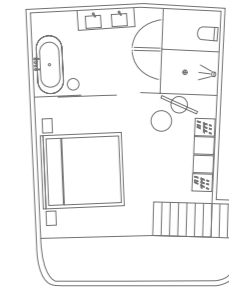
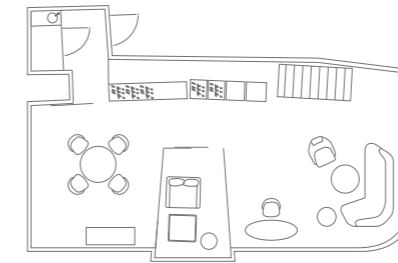
Prices per night



## PARVUS DUPLEX SUITE WITH BALCONY

58 m<sup>2</sup> suite with view over the sea or dunes with an open gallery, large living area with high-quality couch, balcony, WC and anteroom with coat rack on the first level, cosy sleeping area under the thatched roof with a spacious bath that includes a bathtub and shower on the second level, parquet floors, free Wi-Fi access, 48"/55" TV, Smart TV, safe.

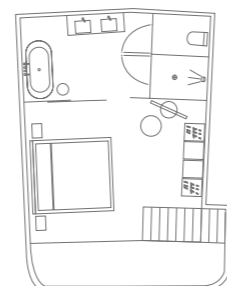
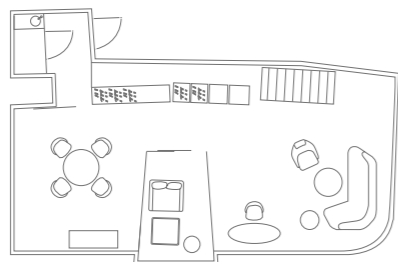
	Dune view	Sea view
1 person	€ 990	€ 1,090
2 persons	€ 1,590	€ 1,690



## ELYSIUM LOFT SUITE MARE WITH BALCONY

75 m<sup>2</sup> suite with an open gallery, large living and eating area with high-quality couch, balcony, WC and anteroom with coat rack on the first level, cosy sleeping area under the thatched roof with a spacious bath that includes a bathtub and shower on the second level.

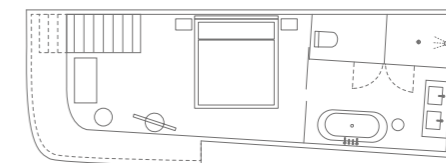
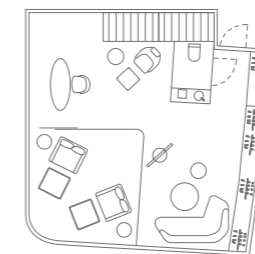
	Sea view
1 person	€ 3,200
2 persons	€ 3,200



## ELYSIUM LOFT SUITE DUNE WITH BALCONY

75 m<sup>2</sup> suite with view over the dunes and an open gallery, large living and eating area with high-quality couch, anteroom with coat rack, WC and balcony on the first level, cosy sleeping area under the thatched roof with a spacious bath that includes a bathtub, shower, and private sauna on the second level, corner location, parquet floors, free Wi-Fi access, 48"/55" TV, Smart TV, safe.

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



## ELYSIUM DUPLEX SUITE MARE WITH BALCONY

58 m<sup>2</sup> suite with view over the sea and an open gallery, large living area with high-quality couch, balcony, WC and anteroom with coat rack on the first level, cosy sleeping area under the thatched roof with a spacious bath that includes a bathtub and shower on the second level, corner location, parquet floors, free Wi-Fi access, 48" TV, Smart TV, safe.

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



## 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.

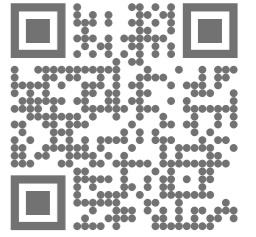
If you arrive late or cut your stay with us short without prior notice, we reserve the right to charge 90 % of the room rate as a cancellation fee for the number of cancelled nights.

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](https://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.

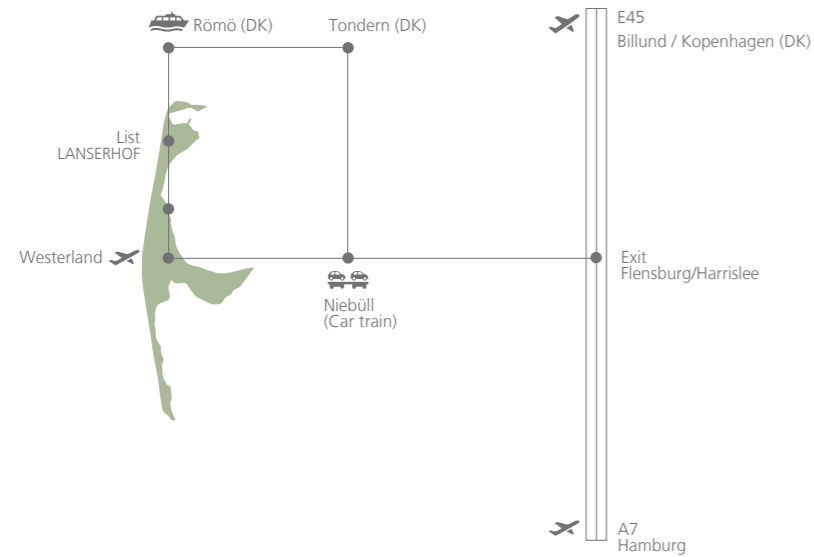
### THE LANSERHOF ONLINE SHOP: A PIECE OF LANSERHOF JUST A FEW CLICKS AWAY!

At [shop.lanserhof.com](https://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.

# HOW TO FIND US



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

## OUR OTHER LOCATIONS

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

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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Responsible for content:  
Dr. Christian Harisch (CEO), Nils Behrens

Design  
Lanserhof

Editing  
Lanserhof

Photography  
Maximilian König, ingenhoven architects,  
Nicolai Durbaum, Johannes Kernmayer,  
Manu Agah, Marcel Schaar,  
Alexander Haiden, Jenny Haimerl

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