



**LAN
SER
HOF**

LANSERHOF TEGERNSEE
2022

A picturesque mountain panorama, the deep blue Tegernsee, and the calming expanse of the valley - a treasure of nature surrounding the Lanserhof. A place where new impulses awake, the body recharges, and energy returns - and stays.

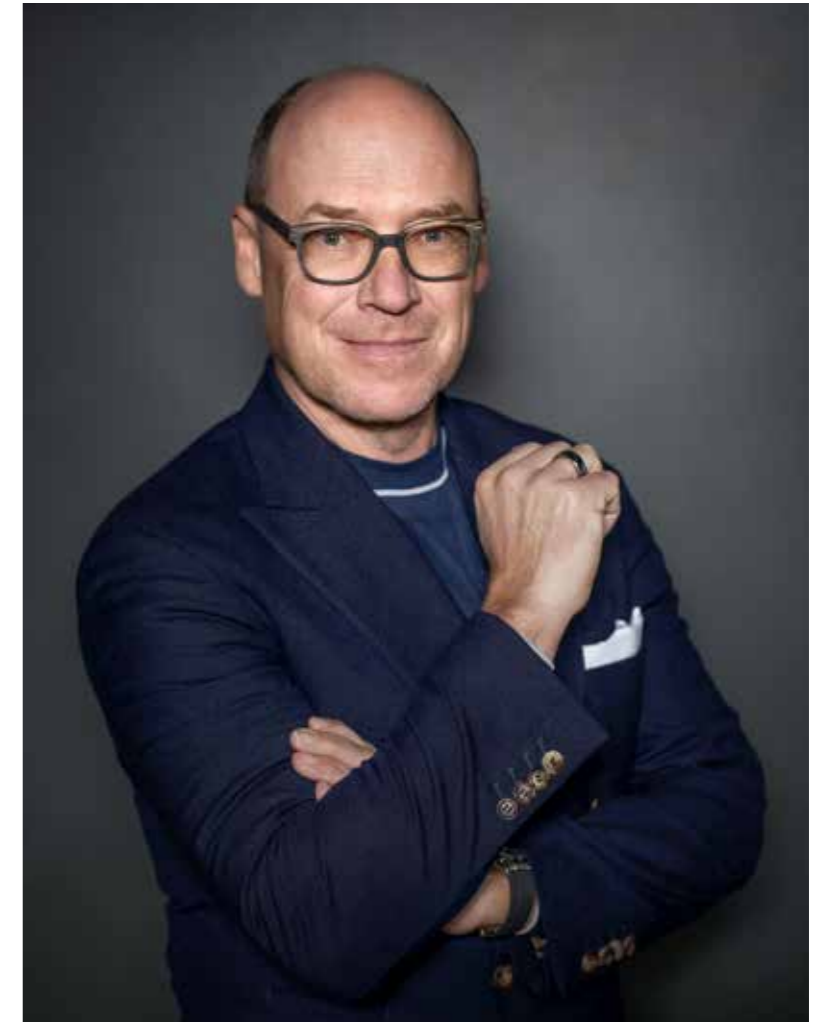
An oasis of well-being awaits you on more than 21,000 square metres with unique architecture redolent of a monastery. Spacious, light-flooded rooms offer space for regeneration and revitalisation, allowing you to concentrate on the essentials: yourself. Of course, in an indistinctive, familiar atmosphere. For me, this is a matter of the heart as only this creates a secure atmosphere and the perfect place to give you peace and support.

Particularly with regard to these demanding times, the best investment is health. Experience the worldwide unique Lanserhof Concept, where naturopathy meets the most innovative medicine and diagnostics - highly individualised to your health goals. Whether fasting, regeneration, or energy therapy - every detail is precisely tailored to you.

A holistic health concept that enables your body to reorganise its self-healing powers in a new and sustainable way.

Commence a healthier life now. I look forward to welcoming you to Lanserhof Tegernsee.

Sincerely
DR CHRISTIAN HARISCH
Managing Director Lanserhof Group





EUROPE'S MOST MODERN HEALTH RESORT

Come and experience a new class of health resort in one of Europe's most beautiful nature setting. The architecture for the Lanserhof was created by one of the most prestigious architects of our time: Christoph Ingenhoven.

"With the clear and pure severity of its lines, the layout is reminiscent of a monastery. The element of luxury is found in the generosity of space. This design helps our guests focus on the essential, even a short time after arrival: your essential self."

Here you will find rest, recovery, and revitalisation spread over more than 21,000 square metres. The facilities at our resort include state-of-the-art treatment, consulting and exercise rooms. In our separate bathhouse you will find our innovative fitness area, saunas and steam bath as well as a relaxation room, all of them united by a breathtaking view over the Tegernsee Valley. In addition, the indoor pool and our new therapeutic cold chamber are also located here.

Filled with refreshing salt water, the large outdoor pool is open all year round and lends a special atmosphere with its underwater music overlooking our 18-hole golf course. The 71 luxuriously furnished rooms and suites complement the resort's spacious and modern architecture where even the smallest unit is 55 square metres in size.

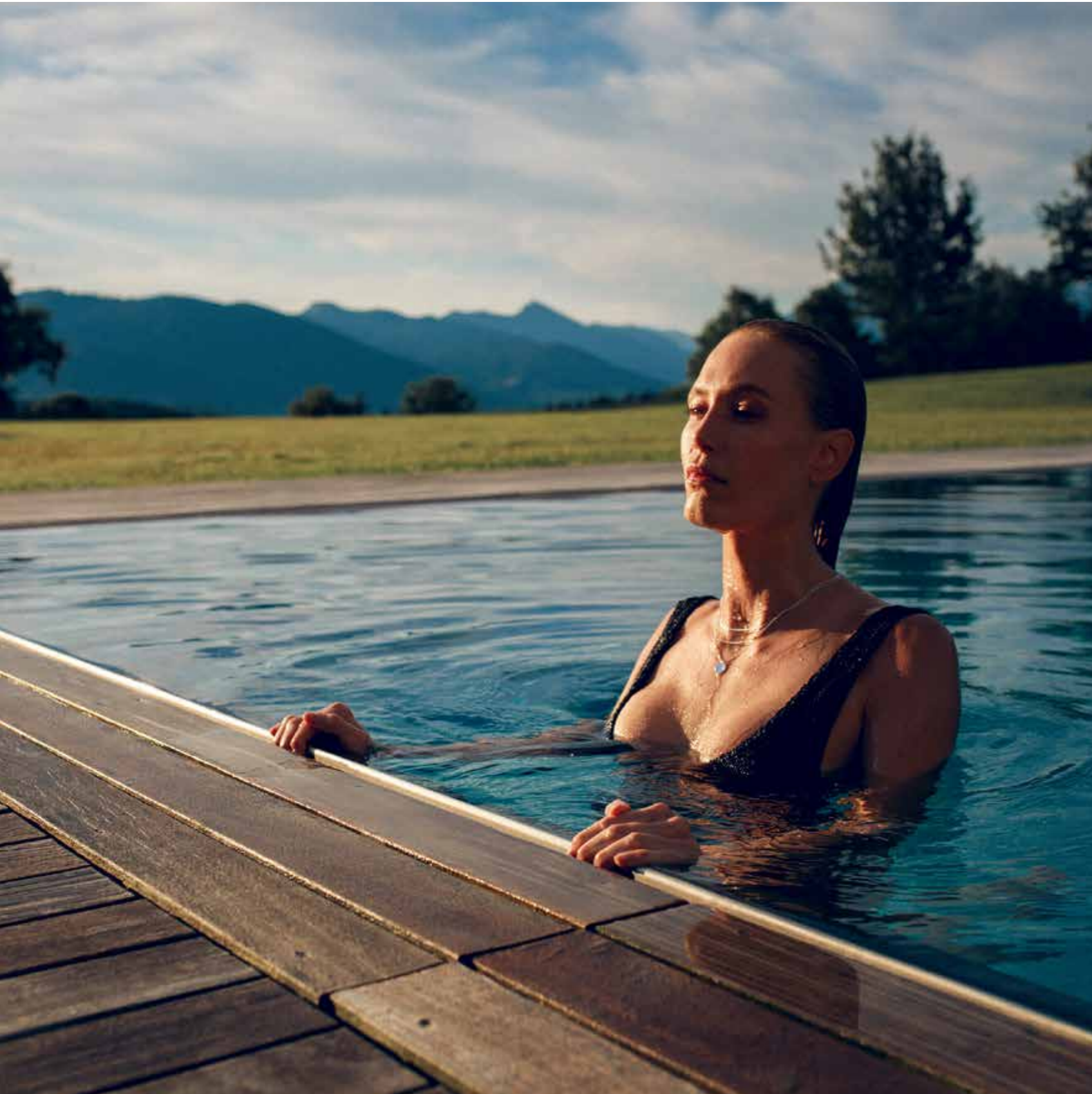




THE POWER OF NATURE

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 of 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 will reconnect with your energies in a lasting manner.



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. 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.

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.

THERE IS NO PANACEA FOR YOUR HEALTH

Working with a flexible, open approach, the medical team at Lanserhof clears the path towards healing and prevention by working together with every guest. Interdisciplinary cooperation is decisive: by working systematically and in harmony with one another, our therapies reveal new effects and activate your regenerative powers. However, while collaboration on a medical and therapeutic level is important, the active engagement of every single guest is just as vital.

Attaining good health requires a holistic understanding as the result of everything we do, so we must act accordingly. Therapeutic intervention is merely one part of a holistic philosophy for health. In truth, we must approach every day with an awareness of both health and ourselves. Sustained well-being is decisive for dealing with routine and daily challenges.

We have outlined the main focus of our work in the following pages. We consider health to be the sum of these determinants; whereby each building block has its own importance in our overall concept of physique, mind, and soul.



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 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 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, 7–8 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 check-ups with abdominal treatments	20 min. each
1 medical discussion of findings	20 min.
1 final medical examination and consultation	30 min.
1 urinalysis	
1 bioimpedance analysis	
1 reflexology massage	25 min.
2 therapeutic massages	50 min. each
1 detox drainage	50 min.
1 detox lymph pack with bath	50 min.
1 detox foot bath	30 min.

On-call doctor and night service (24h)

7–8 nights Lanserhof Cure Classic excluding accomodation max. € 2,697

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. If you do not make use of individual services or programme items, you will not be entitled to a refund.





LANSERHOF CURE CLASSIC

MEDICAL BASIC THERAPY, 12–14 NIGHTS

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

1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
6 check-ups with abdominal treatments	20 min. each
1 medical discussion of findings	20 min.
1 final medical examination and consultation	30 min.
2 reflexology massages	25 min. each
4 therapeutic massages	50 min. each
2 detox drainages	50 min. each
2 detox lymph packs and bath	50 min. each
1 bioimpedance analysis	
1 urinalysis	
2 detox foot baths	30 min. each
1 salt therapy with bath	50 min.

On-call doctor and night service (24h)

12–14 nights Lanserhof Cure Classic excluding accommodation max. € 4,836

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

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

If you do not make use of individual services or programme items, you will not be entitled to a refund.

LANSERHOF CURE ADVANCED

MEDICAL BASIC THERAPY, OVER 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, also taking into account your personal goals.

1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
5 check-ups with abdominal treatments	20 min. each
1 medical consultation of examination results	20 min.
1 final medical examination and consultation	30 min.
1 HRV (heart rate variability measurement) incl. diagnostics, analysis and evaluation	24 hours
1 telomere length measurement to determine biological age	
1 large routine lab test	
1 nutrient analysis in whole blood	
1 urinalysis	
1 basal metabolism measurement	
1 Bioimpedance analysis	
1 functional training	50 min.
4 healing massages	50 min. each
1 reflexology massage	25 min.
2 detox drainages	50 min. each
2 detox lymph pack with bath	50 min. each
2 detox foot baths	30 min. each
1 salt therapy with bath	50 min.

On-call doctor and night service (24h)

2 weeks Lanserhof Cure Advanced excluding accommodation € 6,335

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

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

If you do not make use of individual services or programme items, you will not be entitled to a refund.



LIFE'S THEMES

The Lanserhof Concept is as individual as individual as you are. On top of your personal Lanserhof Basic programme, you and your doctor devise a list of extra applications, 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 reunited. 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 LANSEHOF

GASTROINTESTINAL TRACT

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

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

Colonoscopy	€ 958
Gastroscopy	€ 598
Colonoscopy and gastroscopy	€ 1,383
Stool examinations	price dependent on scope

LABORATORY DIAGNOSTICS

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

NUTRITIONAL DIAGNOSTICS

H ₂ breath test – fructose	€ 86
H ₂ breath test – lactose	€ 86
Food intolerance test	
Histamine intolerance test	
Allergy screening	price dependent on scope

METABOLISM AND IMMUNE SYSTEM

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

OGTT – oral glucose tolerance test	€ 95
Routine laboratory	€ 465
Heavy metals identification	€ 240
Nutrient analysis	€ 473
Hormone profile	€ 408
Hormone saliva test	€ 172

GENETIC ANALYSIS

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

Genetic profile for risk constellation	price dependent on scope
--	--------------------------

PULMONARY- CARDIOVASCULAR SYSTEM

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

Echocardiogram (cardiac ultrasound)	€ 453
Colour Doppler ultrasound of the neck vessels (carotid artery)	€ 233
Resting ECG with medical report	€ 141
Ergometry / exercise ECG	€ 399
24-hour ECG & blood pressure measurement	€ 435
Spirometry (lung function)	€ 141

SPECIALIST EXAMINATIONS

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

MOVEMENT AND MOBILITY

Spiroergometry	€ 328
Bioimpedance analysis	€ 88

ULTRASOUND

Ultrasound scans of various body regions	from € 213
--	------------

SLEEP MEDICINE AND CHRONOMEDICINE

24-hour HRV (heart rate variability measurement) incl. diagnostics, analysis, evaluation, and coaching	€ 488
Sleep laboratory / sleep apnoea screening	from € 1,498

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
- VASCULAR MEDICINE: clarification of blood circulation disorders, lymphoedema, varicose veins, arteriosclerosis diagnostic
- 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

HOLISTIC MEDICINE AND NATUROPATHY

Medical check-up and abdominal treatment		€ 178
Naturopathic consultation	30 min.	€ 242
Colonic hydrotherapy		€ 277
Acupuncture	40 min.	€ 272
Biophysical system diagnostics (partial body)	30 min.	€ 258
Mesotherapy	price dependent on scope	
Bioresonance high frequency measurement and therapy	60 min.	€ 368

INFUSION THERAPIES

Conditioning infusion – large	€ 194
Ozone autologous blood	€ 206
Electrolyte/vitamin infusion	€ 123
Infusion of bases and minerals	€ 144
Liver infusion	€ 182
High-dose vitamin C infusion	€ 182
Amino acid infusion, skin and hair	€ 113
Amino acid infusion, muscles	€ 113
Amino acid infusion, immune system	€ 113
Intravascular laser therapy	from € 156

BODY & MIND HEALTH

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

Medical-psychotherapeutic consultation	50 min.	€ 425
Psychological consultation	50 min.	€ 461
Stress management coaching	50 min.	€ 459
Hypnotherapy	90 min.	€ 392

INTERVAL HYPOXIC-HYPEROXIC THERAPY (IHHT)

CellGym first appointment	€ 205
follow-up appointment	€ 136

ENERGY & INFORMATION MEDICINE

Craniosacral therapy	50 min.	€ 184
Shiatsu	50 min.	€ 174
Acupuncture massage	50 min.	€ 182
Bioenergetic intervention	50 min.	€ 398
Light therapy	30 min.	€ 73

NUTRITIONAL CONSULTATION

Nutritional counselling	50 min.	€ 298
Personal cooking class with our chef		€ 212

NUTRITIONAL COURSE

Your path to a healthier diet and lifestyle	on request
---	------------

PAIN THERAPY

Neural therapy	€ 178
Mesotherapy / mesotherapy for pain management	from € 194
Acupuncture	40 min. € 272
Infusion therapy	price dependent on scope
Physiotherapy	25 min. € 94 50 min. € 187
Osteopathy	50 min. € 218
Therapeutic massage	50 min. € 148

CRYOTHERAPY

Cold chamber	€ 86
--------------	------



THE THERAPIES

Exercise helps us to develop a healthy and stable cardiovascular system and strengthens our immune defence. While undergoing treatment, exercise supports the cleansing process and enhances the detoxifying results. The foundation of our philosophy is coordination: our neuromuscular system accompanies us throughout our lives and keeps our body and mind fresh.

Our holistic exercise concept includes

- Sports science diagnostics: By building on this knowledge, our physiotherapists and sports scientists devise a personal programme to help you to rid yourself of complaints and symptoms, ensuring that you will be brimming with health and vitality again at the of your stay.
- Personal training: The goal is to start a healthy workout routine during your stay here, tailored to your personal needs, preferences, and weaknesses.
- Framework programme: Our extensive framework programme will familiarise you with different training methods and allow you to gather new ideas to apply in your day-to-day life.

Functional training	25 min. € 96	Meditation / deep relaxation	50 min. € 172
	50 min. € 168		
Pilates	25 min. € 86	Marma point massage	75 min. € 261
	50 min. € 174	Matrix therapy	30 min. € 89
Yoga	50 min. € 174		50 min. € 178
Aquatraining	45 min. € 163	Medical-therapeutic training	
Progressive muscle relaxation	50 min. € 144	First appointment	70 min. € 229
		Follow-up appointments	50 min. € 168
Nuad Thai	75 min. € 261	Pilates Reformer	50 min. € 174
Therapeutic massage	50 min. € 148	Gong Meditation	€ 208
Singing bowl massage	50 min. € 142	Classical & Modern Dance	45 min. € 157
Hot stone massage	70 min. € 261	Yoga	25 min. € 86
Manual bodywork	25 min. € 94	Aquatraining	20 min. € 81
	50 min. € 187	Zumba	50 min. € 174
Respiratory therapy	25 min. € 86	Outdoor Training	90 min. € 300
	50 min. € 174		120 min. € 364
			180 min. € 469



DETOX TREATMENTS

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

Detox pack with bath	50 min.	€ 178	Deluxe detox drainage	75 min.	€ 213
Detox cleansing Lanserhof Derma	50 min.	€ 184	Lymph drainage	50 min.	€ 84
Revitalising body pack	50 min.	€ 178		75 min.	€ 167
Natural detox hay	30 min.	€ 103	Lymph drainage incl. detox wrap	80 min.	€ 263
Natural detox hay	50 min.	€ 163	Detoxifying connective tissue massage	50 min.	€ 152
Natural detox moor	30 min.	€ 108	Head massage	25 min.	€ 83
Natural detox moor	50 min.	€ 174	Foot reflex zone massage	25 min.	€ 85
Natural detox gentian	50 min.	€ 168	Deluxe foot reflex zone massage	50 min.	€ 152
Natural detox birch/juniper	50 min.	€ 168	Therapeutic massage	50 min.	€ 148
Alkaline or salt bath	20 min.	€ 108	Warm herbal steam massage	50 min.	€ 163
Detox drainage	50 min.	€ 152			

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

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.	€ 214
JetPeel DeLuxe incl. Dec	90 min.	€ 438
3D Anti Aging Treatment Microdermabrasion + Needling + Sonography	90 min.	€ 438
Pharmos Rohini Green Luxury	80 min.	€ 314
Pure Perfection 100 Liquid Surgery	75 min.	€ 367

DERMA BODY WOMAN

Essential salt therapy with Dead Sea salts and hydrotherapy bath	50 min.	€ 184
Active contouring cellulite treatment	75 min.	€ 253
Detox Europea – flushing and cleansing	60 min.	€ 203
EndoSphères	60 min.	€ 396
MBR bust-up treatment – tautens and firms the breasts	45 min.	€ 178

DERMA FACE MAN

Detox-Gesichtsbehandlung	60 min.	€ 197
Hydro Booster + Refreshing Booster TDA	60 min.	€ 232 € 315
High Tech Skin Regimen	60 min.	€ 238
TDA Care2Go	40 min.	€ 227
MSB Alpha Tropox Contour Lift	60 min.	€ 270
JetPeel Intensiv	60 min.	€ 321

DERMA BODY MAN

Essential salt therapy with Dead Sea salts and hydrotherapy bath	50 min.	€ 184
Firmer/fitter abdomen – fat-burning	50 min.	€ 184
EndoSphères	40 min.	€ 304
Radiofrequency therapy – fat reduction and contouring	50 min.	€ 348
Abdomen wrap – tautening	25 min.	€ 86

AESTHETICS AND MEDICAL COSMETICS

MESOTHERAPY

Meso detox – face, neck and décolleté	€ 257
Medical needling	€ 547
Mesolift vitamin – hyaluronidase – face	€ 356
PRP (platelet-rich plasma) – aesthetic	€ 652
PRP (platelet-rich plasma) – hair	€ 449
Aesthetic hyaluronic acid fillers (frown lines, nasolabial folds, etc.)	from € 595
Radiofrequency therapy Face & Body	from € 316

CRYOTHERAPY

Liver spots	price dependent on scope
Hyperkeratosis	price dependent on scope
Warts	price dependent on scope

ULTHERAPY

Ultherapy® is a treatment for the face, neck, and décolleté. Focused ultrasonic pulses precisely target the deeper layers of the skin. The briefly generated heat stimulates the regeneration of collagen and elastin. This strengthens connective tissues, naturally tightens your skin, and affords you a younger, fresher appearance.

Ultherapy price dependent on scope

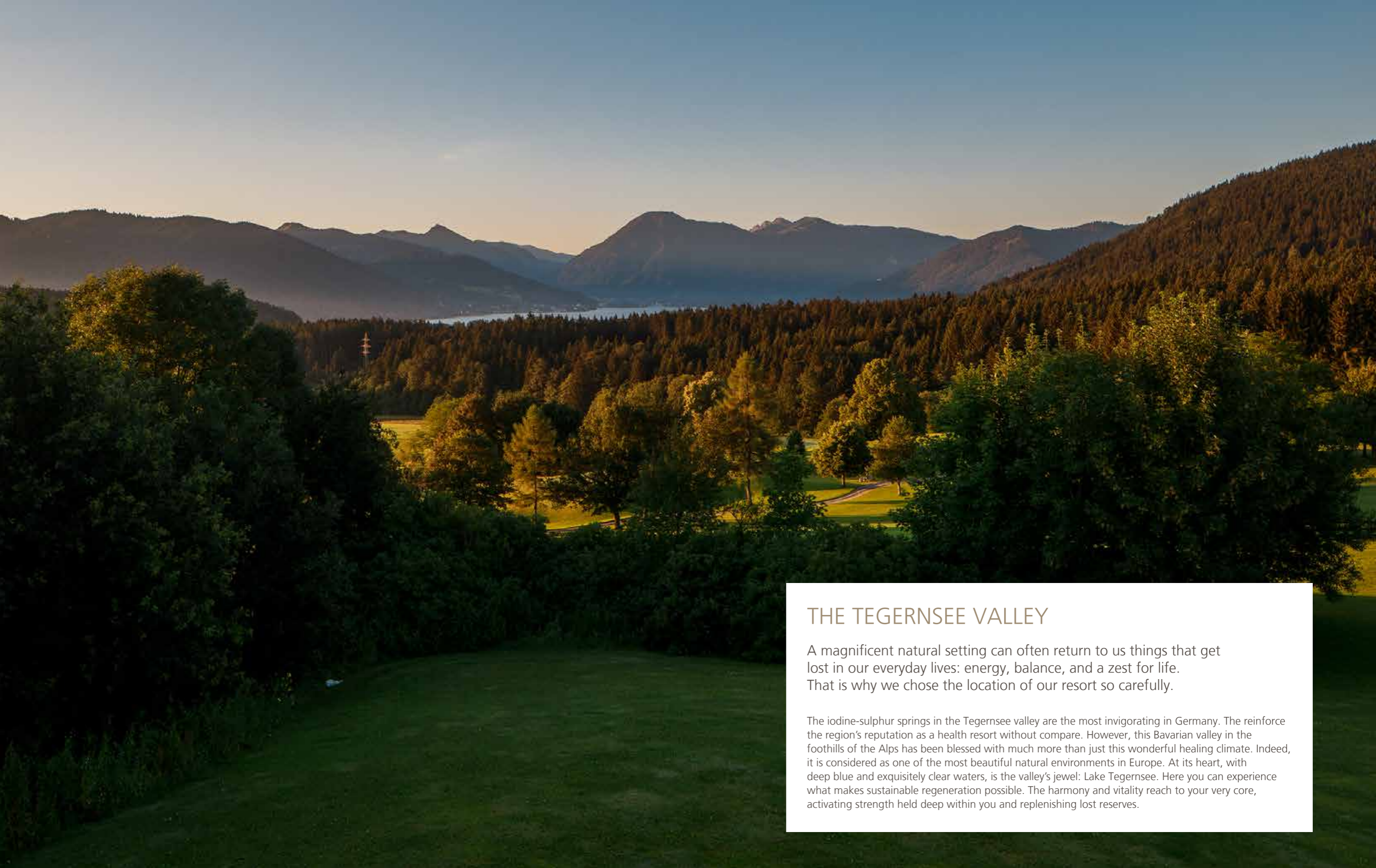
CHEMICAL PEELS

Chemical peels from € 155

CRYOLIPOLYSIS

Chin	60 min.	€ 704
Basic (1 body zone)	70 min.	€ 869
Classic (2 body zones)	90 min.	€ 1.474

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



THE TEGERNSEE VALLEY

A magnificent natural setting can often return to us things that get lost in our everyday lives: energy, balance, and a zest for life. That is why we chose the location of our resort so carefully.

The iodine-sulphur springs in the Tegernsee valley are the most invigorating in Germany. They reinforce the region's reputation as a health resort without compare. However, this Bavarian valley in the foothills of the Alps has been blessed with much more than just this wonderful healing climate. Indeed, it is considered as one of the most beautiful natural environments in Europe. At its heart, with deep blue and exquisitely clear waters, is the valley's jewel: Lake Tegernsee. Here you can experience what makes sustainable regeneration possible. The harmony and vitality reach to your very core, activating strength held deep within you and replenishing lost reserves.

THE GAME OF RELAXATION

Golf, they say, is a meditative sport. Every step along the fairway, every drive, and every putt brings the player closer to inner harmony.

The intensity of these movements depends on the needs and power of the individual player. The sport both relaxes and demonstrably strengthens muscles, mind, and immune system simultaneously. Golf provides harmony and enjoyment in wonderful, natural surroundings.

Just a three-minute walk away, our 18-hole course is one of the most scenic in the German-speaking region. You will find yourself standing on one of the highest tees in Germany, some 1,000 metres above sea level. Far below you, at the foot of the valley, you will see Lake Tegernsee – and all your problems and worries will soon fade into the background. Movement, concentration, and nature come together to create a cheerful, enjoyable atmosphere mixed with a deep feeling of lasting well-being.



A PERFECT SETTING WITH SUBLIME VIEWS

Once you visit us here at Lanserhof Tegernsee, you will be at the centre of everything we do. This principle has been a crucial element in the conception and design of our rooms and suites. Individual, generously proportioned rooms offer plenty of space for your own private retreat. At Lanserhof, elegance and a sense of well-being create a true home-from-home. This is complemented by a warm, friendly atmosphere, characterised by the colours of the sky, lakes, and mountains and the intimate interplay of man and nature. Expansive panoramic windows provide uninhibited views of the surrounding landscape. Your own private terrace or balcony offers another private area for relaxation and contemplation.

The area surrounding Lanserhof Tegernsee also inspired the interior design of our rooms. Wood, leather, and natural stone merge to create a refined atmosphere, where you can experience nature with all your senses. With its clear lines, its design provides the ideal setting for you to rest and relax. Plenty of details spread out over the estate to provide a perfect sense of well-being.

A modern resort is made up of various elements, but the real essence is not something you can see, it is something you can feel. This is why we have taken the very latest knowledge from the world of science and health into account in the design of each room. For example you can shut-down the power in every single room to prevent the build-up of electrosmog, so that you can enjoy a healthy night's sleep. Relax and enjoy yourself in our rooms and suites:

in a modern atmosphere where architecture and nature merge into one – your own private space with the very best of views. You will find that our "Basic" suites face north and west and have views of the forest. Our "View" suites face east and south and overlook the Tegernsee Valley and the mountains.

Room rates include a diet personalised to your needs including all herbal teas and mineral water. We charge an additional €45 per day and person for Lanserhof Energy Cuisine, level Active and above. You can use the swimming pool, sauna, gym, underground car park, mountain bike station, and a caddy hire service free of charge. Prices are quoted per night and are only valid in conjunction with the Lanserhof Basic package. We recommend you stay a minimum of 14 nights.



DOUBLE ROOM

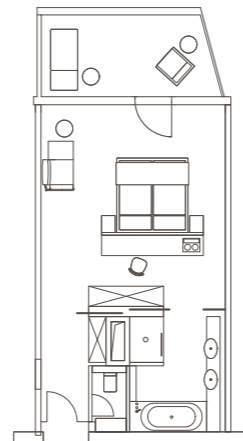


55m², can be combined with the Somnium or Infinitas suites through a connecting door, features open-plan lounge/bedroom area, bathroom with bath and shower, parquet flooring, complimentary Wi-Fi, tea-making facilities, 46" TV with on-demand services, radio, safe, anti-electrosmog device, balcony terrace

There are two accessible rooms available.

OCCUPANCY	BASIC	VIEW
1 person	€ 585	€ 685
2 persons	€ 850	€ 950

Price per night



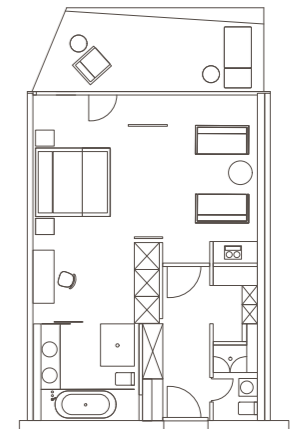
PARVUS SUITE



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

OCCUPANCY	BASIC	VIEW
1 person	€ 785	€ 895
2 persons	€ 1,050	€ 1,160

Price per night



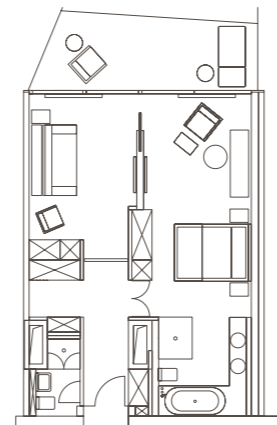
SYMPHONIA SUITE



SOMNIUM SUITE



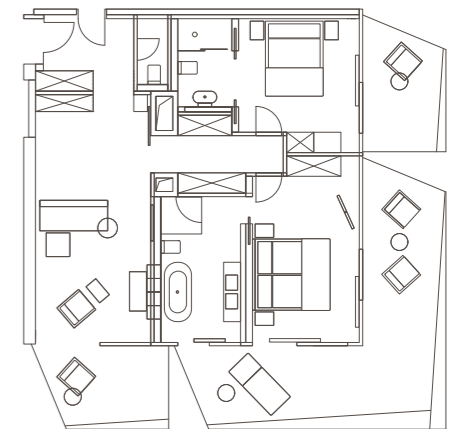
65m², two lounge/bedroom areas separated by sliding doors, lounge area, high quality double sofa bed in the lounge area, full-size bathroom (shower, bath, and WC), shower bath and WC, parquet flooring, complimentary Wi-Fi, tea-making facilities, 46" TV with on-demand services, radio, safe, anti-electrosmog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



OCCUPANCY	BASIC	VIEW
1 person	€ 785	€ 895
2 persons	€ 1,050	€ 1,160
3 persons	€ 1,315	€ 1,425

Price per night

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



OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2 persons	€ 1,825	€ 2,025
3 persons	€ 2,090	€ 2,290
4 persons	€ 2,355	€ 2,555

Price per night

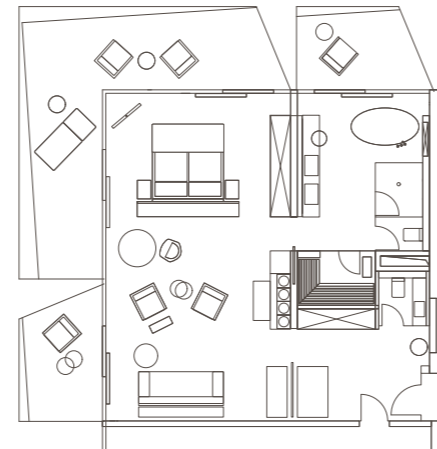
INFINITAS SUITE



ELYSIUM DUO SUITE

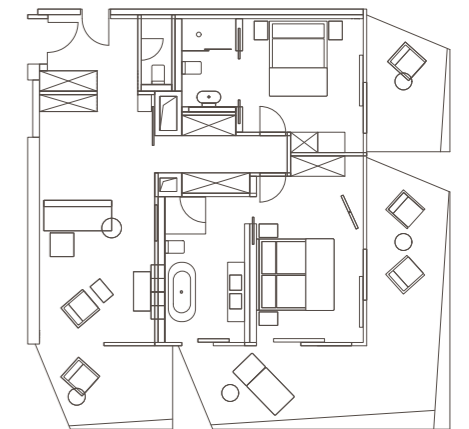


100m², including loft-like 50m² lounge/bedroom area featuring an open fireplace, corner location, three balcony terraces surrounding the suite with soothing vistas of the forest and excellent views to the north on a clear day, entrance hall with cloakroom, generous bathroom with free-standing bath and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



OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2 persons	€ 2,145	€ 2,315
Price per night		

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

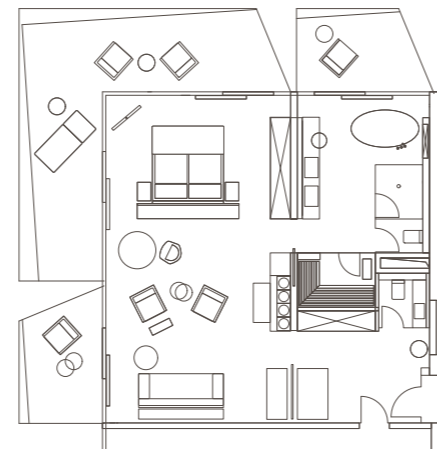


OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2 persons	€ 1,915	€ 2,665
3 persons	€ 2,180	€ 2,930
4 persons	€ 2,445	€ 3,195
Price per night		

ELYSIUM LOFT SUITE



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



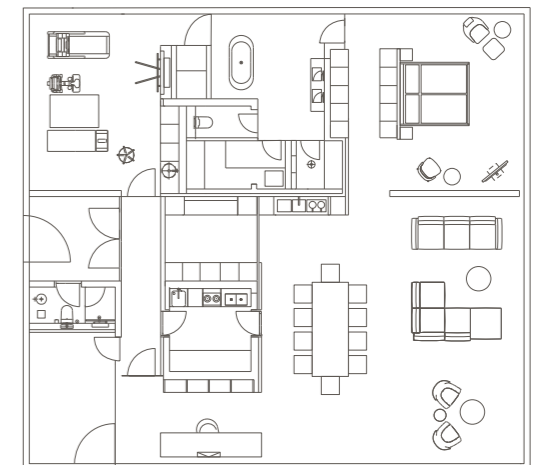
OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2 persons	€ 3,185	€ 3,525
Price per night		

PAVILION SUITE



250 m² pavilion, integrated into the landscape of the Bavarian Prealps with all-round glazing and panoramic view of the Tegernsee Valley; maximum privacy due to its separate location from the main house and its own access road and garage for caddy, bicycles and golf equipment, roof terrace with a possibility for personal training and yoga; 36 m² bedroom with an en-suite bathroom that has a freestanding bathtub, private steam shower and sauna; 77 m² living and dining area with private tea station; 13 m² open plan study, separate kitchen for use by our private chef; 30 m² private gym with state-of-the-art TechnoGym equipment and a Kinesis training wall as well as private treatment facilities

OCCUPANCY
1 – 2 persons Price on demand





GENERAL INFORMATION

ARRIVAL AND DEPARTURE

Rooms are available from 3pm. We ask that you check out by midday on your day of departure. We would be happy to consider any individual requests you may have concerning your arrival and departure. We can organise transfers from Munich airport or train station on request. The entire building is wheelchair accessible.

SALES CONDITIONS

Our stay at Lanserhof Tegernsee starts at 7 nights. From a medical point of view, our doctors recommend a stay between 10 and 14 nights to ensure that the Lanserhof 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.

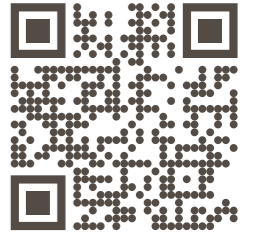
For cancellations made less than seven days before the arrival date, we reserve the right to charge 90% of the room rate as a cancellation fee if we are unable to allocate your room to another guest.

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

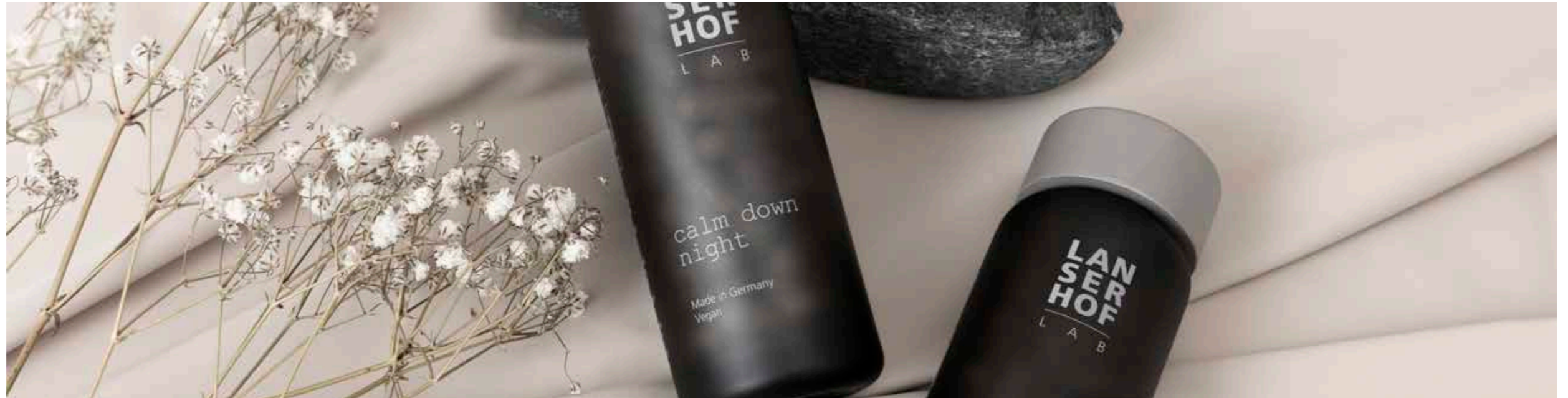
All cancellation fees apply in equal measure other guests in your party in the same room.

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

A PIECE OF LANSEHOF 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.

LANSEHOF DERMA PRODUCTS

Lanserhof Derma products are made from purely plant-based ingredients and are the result of a close collaboration between Lanserhof's team of doctors and our Derma experts.

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.

LANSEHOF GIFT VOUCHER

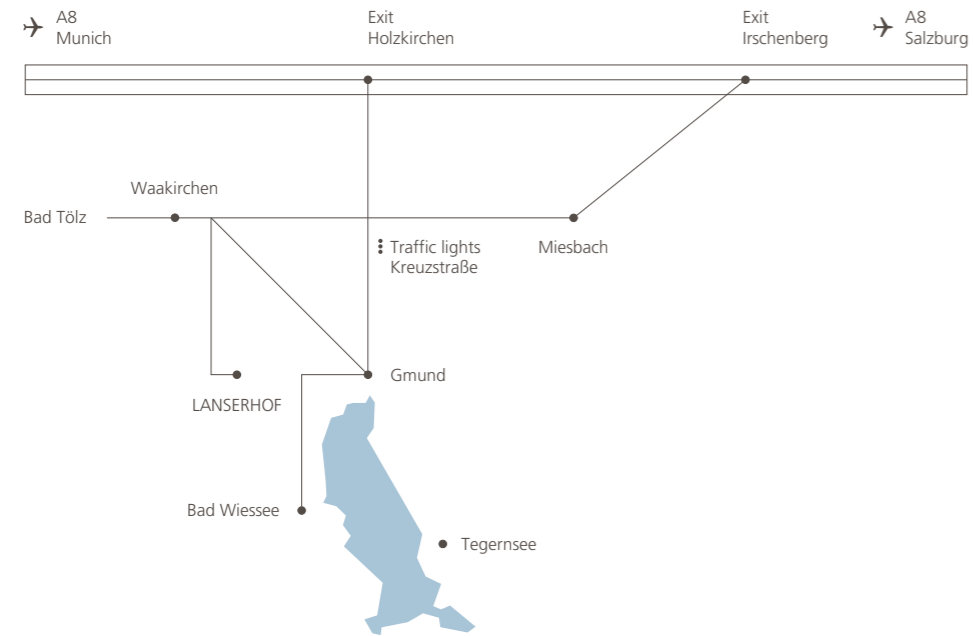
Show your loved ones how much they mean to you with a special gift. Give them the gift of time at Lanserhof by contributing to or covering the cost of their stay – or surprise someone with a voucher for a specific treatment during their stay here at Lanserhof Tegernsee. You can obtain this voucher via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

LANSEHOF ONLINE SHOP. QUALITY PRODUCTS FROM LANS – JUST A FEW CLICKS AWAY

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



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

OUR OTHER LOCATIONS

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

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

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

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

Legal notice

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

Design
Lanserhof

Editing
Lanserhof

Photography
Maximilian König, Johannes Kernmayer,
Günter Kresser, Egbert Krupp, John Daehn,
Alexander Haiden, Jenny Heimerl

**LAN
SER
HOF**