



# LAN SER HOF

LANSERHOF SYLT  
2023



# LANSERHOF CURE CLASSIC PLUS

MEDICAL BASIC THERAPY, 7–8 NIGHTS

The Lanserhof Cure Classic Plus 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 treatment	each 20 min.
1	medical discussion of findings	30 min.
1	final medical examination and consultation	30 min.
1	initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolic check)*	30 min.
1	final laboratory examination (blood pressure, lactate and metabolic check)*	30 min.
1	short time HRV check (heart rate variability)*	30 min.
1	metabolism measurement*	20 min.
1	foot reflexology massage*	25 min.
2	classic massage therapy*	50 min.
1	detox drainage*	50 min.
1	natural detox hay pack*	50 min.
1	detox foot bath*	30 min.
1	urine analysis*	

Daily group movement therapies  
Daily group relaxation therapies  
Introductory medical lecture  
Topical presentations  
Cultural evening programm  
On-call doctor, duty and night service

7–8 nights Lanserhof Cure Classic Plus excluding accommodation EUR 4,125

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

\* performed by therapy center

# LANSERHOF CURE CLASSIC PLUS

MEDICAL BASIC THERAPY, 9–11 NIGHTS

The Lanserhof Cure Classic Plus 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.
4	check-ups with abdominal treatment each	each 20 min.
1	medical discussion of findings	30 min.
1	final medical examination and consultation	30 min.
1	initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolic check)*	30 min.
1	final laboratory examination (blood pressure, lactate and metabolic check)*	30 min.
1	short time HRV check (heart rate variability)*	30 min.
1	metabolism measurement*	20 min.
1	foot reflexology massage*	25 min.
2	classic massage therapy*	50 min.
2	detox drainage*	50 min.
2	natural detox hay pack*	50 min.
2	detox foot bath*	30 min.
1	salt therapy with bath*	50 min.
1	urine analysis*	

Daily group movement therapies

Daily group relaxation therapies

Introductory medical lecture

Topical presentations

Cultural evening programm

On-call doctor, duty and night service

9–11 nights Lanserhof Cure Classic Plus excluding accommodation 5.637,– EUR

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

\* performed by therapy center

# LANSERHOF CURE CLASSIC PLUS

MEDICAL BASIC THERAPY, 12–16 NIGHTS

The Lanserhof Cure Classic Plus 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.
6	check-ups with abdominal treatment each	each 20 min.
1	medical discussion of findings	30 min.
1	final medical examination and consultation	30 min.
1	initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolic check)*	30 min.
1	final laboratory examination blood pressure, lactate and metabolic check)*	30 min.
1	short time HRV check (heart rate variability)*	30 min.
1	metabolism measurement*	20 min.
2	foot reflexology massage*	25 min.
4	classic massage therapy*	50 min.
2	detox drainage*	50 min.
2	natural detox hay pack*	50 min.
2	detox foot bath*	30 min.
1	salt therapy with bath*	50 min.
1	urine analysis*	

Daily group movement therapies  
Daily group relaxation therapies  
Introductory medical lecture  
Topical presentations  
Cultural evening programm  
On-call doctor, duty and night service

12–16 nights Lanserhof Cure Classic Plus excluding accommodation 6.873,– EUR

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

\* performed by therapy center

# LANSERHOF CURE CLASSIC PLUS

MEDICAL BASIC THERAPY, 17–21 NIGHTS

The Lanserhof Cure Classic Plus 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.
10	check-ups with abdominal treatment each	each 20 min.
1	medical discussion of findings	30 min.
1	final medical examination and consultation	30 min.
1	initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolic check)*	30 min.
1	final laboratory examination blood pressure, lactate and metabolic check)*	30 min.
1	short time HRV check (heart rate variability)*	30 min.
1	metabolism measurement*	20 min.
3	foot reflexology massage*	25 min.
6	classic massage therapy*	50 min.
3	detox drainage*	50 min.
3	natural detox hay pack*	50 min.
3	detox foot bath*	30 min.
1	salt therapy with bath*	50 min.
1	urine analysis*	

Daily group movement therapies

Daily group relaxation therapies

Introductory medical lecture

Topical presentations

Cultural evening programm

On-call doctor, duty and night service

17–21 nights Lanserhof Cure Classic Plus excluding accommodation 9.224,– EUR

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

\* performed by therapy center

# 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.

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.

## NUTRITIONAL DIAGNOSTICS

H<sub>2</sub>-and CH<sub>4</sub>-Breath test fructose 138,-

H<sub>2</sub>-and CH<sub>4</sub>-Breath test fructose 138,-

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 109,-

Routine laboratory 771,-

Heavy metal determination 299,-

Nutrient analysis 748,-

Hormone profile 276,-

# HOLISTIC DIAGNOSTICS AT LANSERHOF

Planned therapy offer - subject to availability

## PULMONARY-CARDIOVASCULAR

Specialised doctors are available to you for clarification on all cardiologically related topics.

Transthoracic echocardiography	631,–
Carotid and vertebral arterial duplex ultrasound	325,–
Resting ECG incl. written findings	210,–
Ergometry / Exercise ECG	557,–
Long-term ECG (24 h ECG)	488,–
Long-term blood pressure measurement (24h)	247,–
Spirometry (lung function)	110,–

## SPECIALIST EXAMINATIONS

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

## MOVEMENT AND MOBILITY

Spirometric check	410,–
Bioimpedance measurement	99,–

## SONOGRAPHY

Sonographies of the different body regions	from 279,–
--	------------

## SLEEP AND CHRONOMEDICINE

24h HRV (heart rate variability measurement) incl. diagnostics, analysis, evaluation and coaching	1.180,–
Sleep laboratory / sleep apnoea screening	1.498,–

3D-Body-Mapping Examination	30 Min.	411,–
Bone density measurement (DXA Scan)	30 Min.	320,–





## THE THERAPIES

### HOLISTIC MEDICINE AND NATUROPATHY

Medical examination with abdominal treatment		248,-
Naturopathic consultation	40 min.	496,-
Colon-Hydro-Therapy		347,-
Acupuncture	30 min.	300,-
Mesotherapy	(price depending on scope)	

### INFUSION THERAPY

Revitalizing infusion large	243,-
Autologous blood ozone	253,-
Electrolyte vitamin infusion	154,-
Alcalic infusion	181,-
Infusion liver	228,-
Infusion vitamin C high dose	228,-
Infusion skin, hair, nails	143,-
Infusion Mitoboost	228,-
Infusion Cell Energy	181,-

### 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.

Mental Coaching	50 min.	572,-
24h HRV (heart rate variability measurement)		1.180,-
Short-term HRV		276,-

### INTERVAL HYPOXIA-HYPEROXIA THERAPY (IHHT)

CellGym First Appointment	256,-
CellGym follow-up appointment	171,-



## THE THERAPIES

### ENERGY & INFORMATION MEDICINE

Craniosacral therapy	50 min.	230,-
Shiatsu	50 min.	260,-

---

### NUTRITION COUNSELLING

Nutrition consultancy + nutrition plan		394,-
Metabolic measurement		131,-

### PAINTHERAPY

PRP (platelet-rich-plasma) orthopedic		541,-
Mesotherapy / Meso pain therapy	(price depending on scope)	
Infusion therapy	(price depending on scope)	
Physiotherapy	25 min.	117,-
	50 min.	235,-
Medical Osteopathy	40 min.	497,-
classic massage	50 min.	191,-

---

### CRYOTHERAPY

Cryotherapy		108,-
-------------	--	-------



## 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.

Personal training	25 min.	125,-	classical massage therapy	50min.	191,-
	50 min.	250,-	Hot Stone massage	70 mn.	327,-
Physiotherapeutic pilates training	50 min.	260,-	Individual bodywork therapy	25 min.	117,-
Yoga	50 min.	260,-		50 min.	235,-
Aqua fitness	45 min.	205,-	Deep breathing exercises	25 min.	117,-
				50 min.	235,-
EMS-Training Booster (Electromuscular Stimulation)	50 min.	290,-	Mindfulness based stress reduction – meditation	50 min.	401,-
Nuad Thai	75 min.	327,-	Matrix Therapy	30 min.	132,-
				50 min.	266,-

# 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.

Lanserhof Sylt Facial	50 min.	335,-	Lymph Flowtation	50 min.	242,-
Revitalizing Body Wrap	50 min.	266,-	Lymph Drainage	50 min.	209,-
Natural detox Hay	50 min.	244,-	Lymphatic drainage incl. Detox wrap	80 min.	392,-
Natural detox moor	50 min.	260,-	Detoxifying connective tissue massage	50 min.	191,-
Natural detox birch/cedar	50 min.	260,-	Head massage	25 min.	104,-
Alkaline or salt bath	20 min.	161,-	Foot reflexology	25 min.	98,-
Detox drainage	50 min.	212,-	Classic massage therapy	50 min.	191,-
			Herbal-Steam-Massage	50 min.	251,-

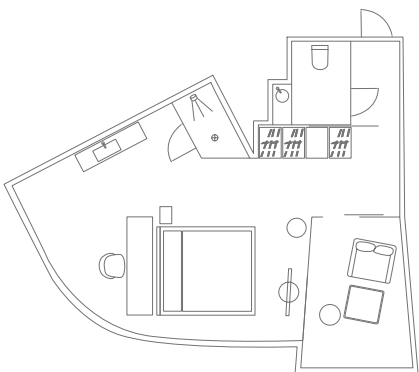
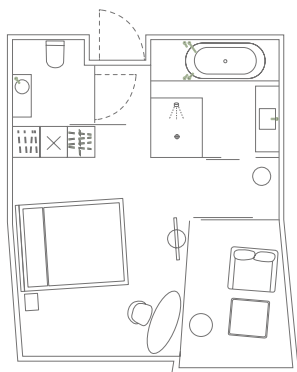
## LIVER CLEANSING

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)

# OUR ROOMS

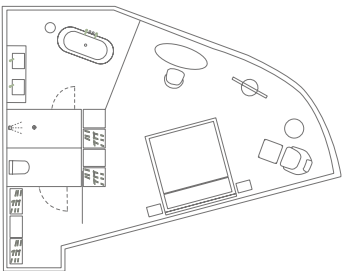
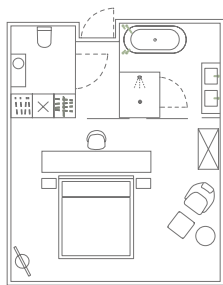
Prices per night



## SINGLE ROOM WITH BALCONY

29 m<sup>2</sup> single room with balcony, open living and sleeping area, desk, bath- room with bath- tub and shower, separate WC, parquet floor, free WLAN internet access, 50" TV, Smart TV, safe, Electro-smog-free/no air conditioning.

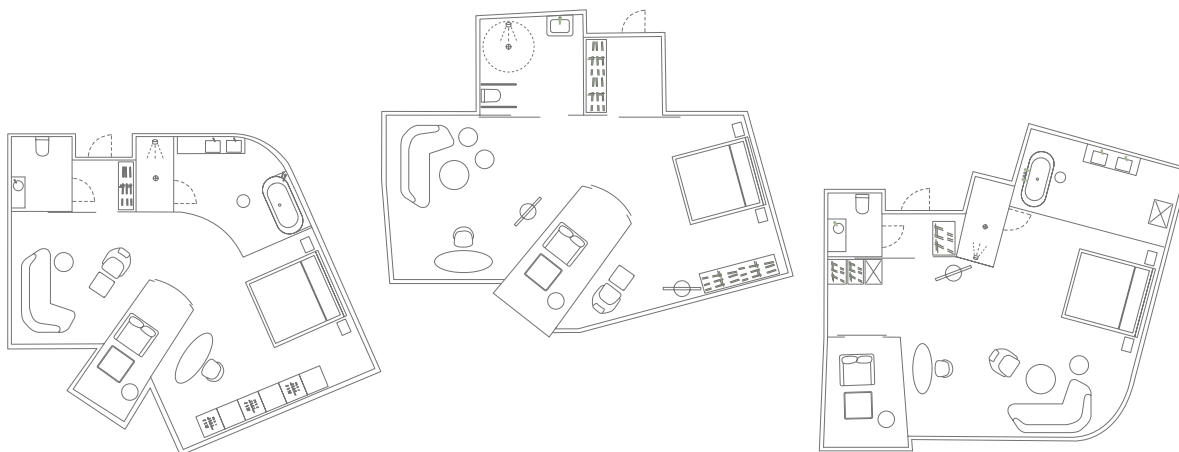
	Village	Dune	Sea
1 person	from €369	from €433	from €497



## DOUBLE ROOM WITH TERRACE

39 m<sup>2</sup> double room with terrace, open living and sleeping area, desk, bathroom with bathtub and shower, separate WC, parquet floors, free Wi-Fi access, 50" TV, Smart TV, safe, Electrosmog-free/ no air conditioning.

	Dune	Sea
1 person	from €504	from €631
2 persons	from €631	from €759



## DOUBLE ROOM FABULOSA WITH BALCONY

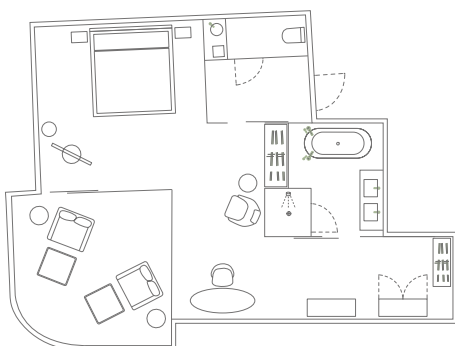
54 m<sup>2</sup> double room with balcony and sea view, open plan living and sleeping area, high quality couch, innovative FreshBed technology\*, health promoting light concept\*, large couch, desk, bathroom with bathtub and shower, separate WC, corner location, parquet floor, free WLAN internet access, 55" TV, Smart TV, safe, Electrosmog-free/no air conditioning.

*\*FreshBed-Technology:* the FreshBed is the only bed in the world that offers a unique and innovative combination of individual body temperature control with the quietest active airflow technology to ensure proper skin temperature and optimal humidity during sleep. The integrated medical HEPA filter additionally purifies the air and removes more than 99.95% of bacteria, viruses, pollen and fine dust.

*\*Lighting concept:* Human Centric Lighting Technology aligns your internal clock with your natural biorhythms. This reduces fatigue while increasing your health and well-being.

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

	Village	Sea
1 person	from €662	from €726
2 persons	from €790	from €854



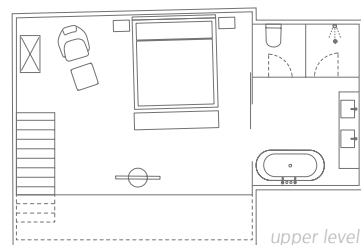
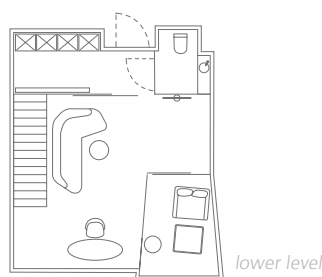
## JUNIOR SUITE MIRUM

41 m<sup>2</sup> double room with spacious corner balcony and sweeping views over the sea, open living and sleeping area, desk, bathroom with bathtub and shower, separate WC, anteroom with wardrobe, corner location, parquet floor, free WLAN internet access, 50" TV, Smart TV, safe, Electro-smog-free/no air conditioning.

1 person	from €1211
2 persons	from €1339

# OUR SUITES

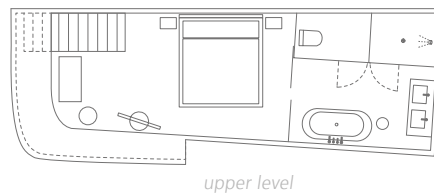
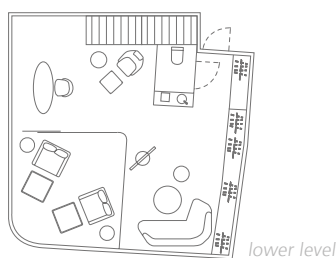
Prices per night



## PARVUS DUPLEX SUITE WITH BALCONY

58 m<sup>2</sup> suite with open gallery, living area with high-quality couch, balcony, WC and anteroom with wardrobe on the first level, cozy sleeping area under the thatched roof with bathroom with bathtub and shower on the second level, parquet flooring, free WLAN internet access, 50"/55"-TV, Smart-TV, safe, air conditioning.

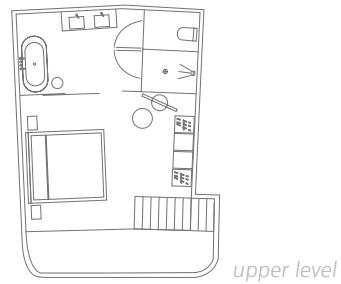
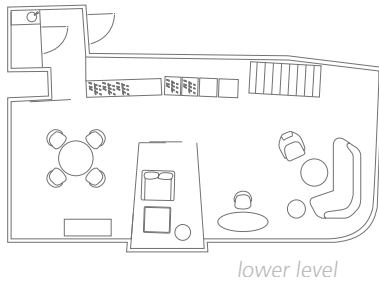
	Village	Dune	Sea
1 person	from €790	from €854	from €917
2 persons	from €917	from €981	from €1045



## ELYSIUM DUPLEX SUITE WITH BALCONY

58 m<sup>2</sup> suite with open gallery, large living area with high quality couch, spacious balcony, WC and anteroom with wardrobe on the first level, cozy sleeping area under the thatched roof with spacious bathroom with bathtub and shower on the second level, corner location, parquet, free WLAN internet access, 50" TV, Smart TV, safe, air conditioning.

	Dune	Sea
1 person	from €1339	from €1339
2 persons	from €1466	from €1466



## ELYSIUM LOFT SUITE WITH SEA VIEW

78 m<sup>2</sup> suite with open gallery, living area with high quality couch, anteroom with wardrobe, WC and balcony on the first level, cozy sleeping area under the thatched roof with spacious bathroom with bathtub, shower on the second level, parquet flooring, free WLAN-Internet access, 50" TV, Smart TV, safe, air conditioning.

1 person	from €1721
2 persons	from €1849



# 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.



## LANSERHOF LIFESTYLE AT HOME

Many of our guests want to prepare themselves for the cure, prior to their arrival at Lanserhof. Tea instead of coffee, wholesome natural foods and the stimulation of digestion and metabolism can support this.

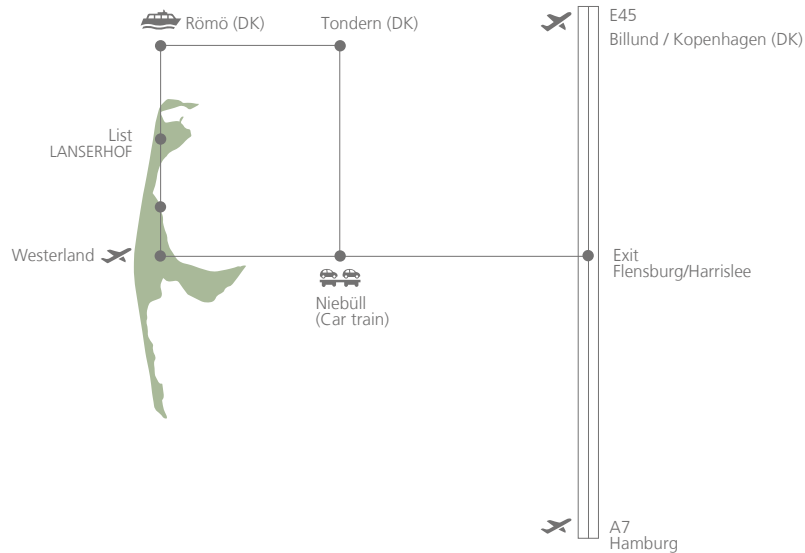
During the stay, the desire to continue the newly experienced healthy lifestyle in everyday life grows in most guests.

Our cookbooks with many recipes suitable for everyday use, effective nutritional supplements and intensively caring cosmetics with the typical Lanserhof scent support you mentally and physically on your path to a new lifestyle.

All products in the Lanserhof online shop were developed in close consultation with the Lanserhof experts and combine holistic health with modern design, in accordance with the Lanserhof Concept.

<https://shop.lanserhof.com>

# HOW TO FIND US



Lanserhof Sylt  
Am Lanserhof 1, 25992 List on Sylt  
Germany  
T +49 4651 995957-0  
[info.sylt@lanserhof.com](mailto: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](mailto:info.tegernsee@lanserhof.com)

Lanserhof Lans  
Kochholzweg 153, 6072 Lans  
Austria  
T +43 512 38666-0, F +43 512 378282  
[info.lans@lanserhof.com](mailto:info.lans@lanserhof.com)

Lanserhof Hamburg – LANS Medicum  
Stephansplatz 5, 20354 Hamburg  
Germany  
T +49 40 3208832-0, F +49 40 3208832-10  
[info@lansmedicum.com](mailto:info@lansmedicum.com)

Lanserhof at The Arts Club  
18 Dover Street, Mayfair / London W1S 4LT  
United Kingdom  
T +44 20 39676969  
[reception@lhtac.com](mailto:reception@lhtac.com)

# LAN SER HOF

## Impressum

Für den Inhalt verantwortlich:  
Dr. Christian Harisch (GF), Nils Behrens

Design  
Lanserhof

Redaktion  
Lanserhof

Fotografie  
Alexander Haiden, Jenny Haimerl, Johannes Kernmayer