



**LAN
SER
HOF**

LANSERHOF LANS
2023



Tyrol - The Heart of the Alps. Having existed since 1984, the Lanserhof Lans is an incomparable place on earth. It lies amidst wide meadows, unique flora and fauna, deep forests and crystal-clear streams. Here, people can connect with their environment in a very special way to revitalize body, mind and soul and to once more attain lasting energy, all with the help of the power of nature. Take a conscious time-out and allow yourself to surrender to the feeling of absolute security in the family atmosphere of the Lanserhof Lans. Place your health in the hands of our doctors and therapists and experience this powerful place as the source of your personal life force.

During your stay at Lanserhof Lans, you will experience a particularly health-promoting effect in several dimensions, because for us at Lanserhof, health means freedom. Freedom to re-center yourself. To awaken a new awareness, discover new values. Freedom to enter into deep contact with yourself and nature. To nourish yourself consciously, to move, to feel. Experience the world-wide unique Lanserhof Concept, where naturopathy meets the most state-of-the-art medicine and diagnostics - highly individualized to your own particular health goals. Whether fasting, regeneration or energy therapy - every detail is precisely tailored to you.

The Lanserhof Concept as a holistic health concept enables your body to activate its self-healing powers in a new and sustainable way – for a long and above all healthy life.

I look forward to welcoming you to my home.

Sincerely

DR. CHRISTIAN HARISCH
CEO Lanserhof Group

LANSERHOF CURE CLASSIC

MEDICAL THERAPY, FROM 1 WEEK

The Lanserhof Cure Classic arrangement forms the basis of your stay. Together with your attending physician, you will develop a diagnostic and therapeutic strategy that is tailored to your individual needs and goals.

1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
2 medical examinations with abdominal treatment	each 20 min.
1 discussion of medical findings	20 min.
1 final medical examination	30 min.
1 urinalysis	
1 bioimpedance analysis	
1 head or foot reflexology massages	25 min.
2 therapeutic massages	each 50 min.
1 detox drainage	50 min.
1 detox algae pack with liver wrap	50 min.
1 detox foot baths	20 min.

Daily Kneipp treatments
Daily group movement therapies
Daily group relaxation therapies
Medical lectures
Additional topical lectures
On-call physician (24 h)

7–9 nights LANSERHOF CURE CLASSIC excluding accommodation from € 2,810,-

The minimum stay is seven nights.

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

The prices for our Lanserhof Cure Classic packages are shown per person and exclude nutritional supplements and medications. For our Energy Cuisine we charge an additional € 69 EUR per person/day.

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 THERAPY, FROM 10 DAYS

The Lanserhof Cure Classic arrangement forms the basis of your stay. Together with your attending physician, you will develop a diagnostic and therapeutic strategy that is tailored to your individual needs and goals.

1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
4 medical examinations with abdominal treatment	each 20 min.
1 discussion of medical findings	20 min.
1 final medical examination	30 min.
1 urinalysis	
1 bioimpedance analysis	
1 head or foot reflexology massages	25 min.
2 therapeutic massages	each 50 min.
1 detox drainage	50 min.
1 detox algae pack with liver wrap	50 min.
1 detox foot baths	20 min.
1 salt therapy with bath	50 min.

Daily Kneipp treatments
Daily group movement therapies
Daily group relaxation therapies
Medical lectures
Additional topical lectures
On-call physician (24 h)

10–13 nights LANSERHOF CURE CLASSIC excluding accommodation from € 3,992,–

The minimum stay is seven nights.

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

The prices for our Lanserhof Cure Classic packages are shown per person and exclude nutritional supplements and medications. For our Energy Cuisine we charge an additional € 69 EUR per person/day.

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 THERAPY, 2 WEEKS

The Lanserhof Cure Classic arrangement forms the basis of your stay. Together with your attending physician, you will develop a diagnostic and therapeutic strategy that is tailored to your individual needs and goals.

1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
6 medical examinations with abdominal treatment	each 20 min.
1 discussion of medical findings	20 min.
1 final medical examination	30 min.
1 urinalysis	
1 bioimpedance analysis	
2 head or foot reflexology massages	25 min.
2 therapeutic massages	each 50 min.
2 detox drainages	50 min.
2 detox algae pack with liver wrasp	50 min.
2 detox foot baths	20 min.

Daily Kneipp treatments
Daily group movement therapies
Daily group relaxation therapies
Medical lectures
Additional topical lectures
On-call physician (24 h)

2 weeks LANSERHOF CURE CLASSIC excluding accommodation from € 4,829,-

The minimum stay is seven nights.

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

The prices for our Lanserhof Cure Classic packages are shown per person and exclude nutritional supplements and medications. For our Energy Cuisine we charge an additional € 69 EUR per person/day.

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

EXTENDED MEDICAL THERAPY, 2 WEEKS

It includes, in addition to the Lanserhof Kur Classic, essential laboratory and metabolic analyses that give our teams of doctors and therapists an even better impression of your physical condition for personal coaching.

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

Daily Kneipp treatments
Daily group movement therapies
Daily group relaxation therapies
Medical lectures
Additional topical lectures
On-call physician (24 h)

2 weeks LANSERHOF CURE ADVANCED excluding accommodation € 7,347

The prices for our Lanserhof Cure Classic packages are shown per person and exclude nutritional supplements and medications. For our Energy Cuisine we charge an additional € 69 EUR per person/day.

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.

LONG-COVID PACKAGE

EXTENDED MEDICAL THERAPY, 2 WEEKS

Our Long-COVID Package is aimed at guests who have been ill with the coronavirus infection and are now struggling with late effects. These are mainly inflammatory reactions of the body, which affect the entire organism and the brain and are manifested by a persistent feeling of fatigue, exhaustion and listlessness. Together with your attending physician, you will develop a diagnostic and therapeutic strategy based primarily on CellGym metabolic activation. For physical, mental and spiritual regeneration right down to the core.

1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
5 medical examinations with abdominal treatment	each 20 min.
1 discussion of medical findings	20 min.
1 final medical examination	30 min.
6 CellGym units (IHHT)	each 50 min.
1 Bio-impedance measurement	30 Min.
1 urinalysis	
2 therapeutic massages	each 50 min.
1 foot reflexology	
2 respiratory therapies	each 25 min.
1 personal trainings	each 50 min.

Daily Kneipp treatments
Daily group movement therapies
Daily group relaxation therapies
Medical lectures
Additional topical lectures
On-call physician (24 h)

2 weeks Lanserhof Long-COVID Package excluding accommodation € 4,806

The prices for our Lanserhof Cure Classic packages are shown per person and exclude nutritional supplements and medications. For our Energy Cuisine we charge an additional € 69 EUR per person/day.

HOLISTIC DIAGNOSTICS AT LANSERHOF

LABORATORY MODULES

We cooperate with leading international laboratories in Germany, Austria and Scandinavia, which rely on the highest qualitative standards and always meet the latest state of research. With the listed modules, we offer you an excerpt of our laboratory diagnostic possibilities. Of course, we use further special analyses according to individual needs.

MICRONUTRIENT ANALYSIS MINI

Vitamin profile
Whole blood mineral analysis € 279*

MICRONUTRIENT ANALYSIS MIDI

Vitamin profile extended
Whole blood mineral analysis extended € 572*

MICRONUTRIENT ANALYSIS MAXI

Vitamin profile extended
Whole blood mineral analysis extended
Amino acid status
Fatty acid status € 840*

STOOL EXAMINATION MICROBIOME

from € 487

FOOD INTOLERANCES

Victuscreen
Histamine profile
Lactose breath test
Fructose breath test € 707*

PRECAUTION BLOOD ANALYSIS

€ 649*

IMMUNE STATUS

Microimmunology laboratory
Medical immunological
Consultation € 1,226*

HORMONE PROFILE

Hormone block special
Hormone profile saliva
Hormone consultation € 871*

STRESS PROFILE

Neurotransmitter + Tryptophan
Metabolism
Cortisol daily profile € 446

*plus blood sample € 29

Note: We may not receive the findings of the special analyses until after your stay.

HOLISTIC DIAGNOSTICS AT LANSERHOF

Comprehensive and accurate laboratory reports provide our physicians and therapists with important information about your health profile at any time. It is our utmost concern to adjust your therapy plan individually, if necessary, on the basis of our laboratory findings. We follow a holistic approach in order to achieve sustainable success.

GASTROINTESTINAL TRACT

H ₂ breath test – fructose	€ 97
H ₂ breath test – lactose	€ 97
SIBO breath test	€ 140
Capsule endoscopy	€ 1,799
Victusscreen	€ 323
Food intolerance test	Price depending on scope
Selective stool examination	Price depending on scope

METABOLISM, IMMUNE SYSTEM AND MOVEMENT

Microimmunological profile	€ 612
Heavy metal analysis	€ 332
Whole blood mineral analysis	€ 81
Hormone profile	€ 390
Hormone saliva test	€ 182
OGTT – Oral glucose tolerance test	€ 97

Preventive lab test	€ 649
other individual laboratory profiles	Price depending on scope
Spiroergometry	€ 347
Basal metabolic rate measurement	€ 106
Bio-impedance measurement	€ 93
Lactate diagnostics	€ 55

GENANALYSIS

Gene analysis is an extremely innovative method in preventive medicine and is becoming increasingly important. Our "Prevention Complete Panel" analyses more than 90 genes and provides you with comprehensive recommendations ranging from optimal nutrition to cancer prevention.

Genetic profiles for Risk constellation
Price depending on scope

THE THERAPIES

HOLISTIC MEDICINE

Building on our extensive range of diagnostics, you'll be supported during your stay by our doctors and therapists and a series of targeted treatments.

Medical check and abdominal treatment	20 min.	€ 189
Acupuncture	40 min.	€ 306
Neural therapy	20 min.	€ 230
Meso pain therapy	30 min.	€ 189
Laser treatment	25 min.	€ 216

BODY & MIND HEALTH

We believe that psychological well-being and physical health need to be treated as one. Body & Mind Health therapy incorporates comprehensive stress and personality diagnostics to help your mind and body attain lasting health. Confidential deep-psychological therapy sessions also serve to revitalise and increase your holistic well-being.

Mental coaching	50 min.	€ 272
Psychological consultation or coaching	50 min.	€ 365
Abdominal hypnosis	50 min.	€ 189
Meditation and Deep relaxation	50 Min.	€ 182

ENERGY & INFORMATION MEDICINE

After the detection of blockages and energy losses in your body, these are dissolved through bioenergetic intervention and regulation. Your self-healing powers are stimulated, Health and vitality are restored.

Foot reflexology	25 min.	€ 88
Acupuncture massage	50 min.	€ 189
Energetic therapy	50 min.	€ 198
Energetic Craniosacral Therapy	50 min.	€ 189
Spiritual Craniosacral Therapy	50 min.	€ 189
Spiritual purification	50 min.	€ 238
Hara Shin – Medical energetic Abdominal treatment	30 min.	€ 284
Medical energetic Treatment	50 min.	€ 425
Mental-Emotional Process work	50 min.	€ 448
Bloody cupping/ Expelling healing method	50 min.	€ 448
Shiatsu	50 min.	€ 185
Nuad Thai	50 min.	€ 198

NUTRITIONAL CONSULTATION

Nutritional consultation (optionally with or without diet plan)	50 min.
---	---------

from € 252



THE THERAPIES

MOVEMENT AND SPORTS THERAPIES

If a person's movement is restricted, so too is their quality of life. As an organ of movement, our musculature shapes our posture, protects our joints and stabilises our body. Our physiotherapists and sports scientists can treat you with an entire spectrum of targeted sports and movement therapies.

They will work with you to develop an individual training programme tailored to your needs and also provide one-to-one motivation and support. Your new-found agility, flexibility and physical perception will remain with you for a long time afterwards.

Respiratory therapy	50 min.	€ 185	Pilates	50 min.	€ 185
Exercise in water	45 min.	€ 176	Yoga	50 min.	€ 185
Personal training	50 min.	€ 185	Matrix Therapy	50 min.	€ 189
Functional therapy	50 min.	€ 198	Cold chamber		€ 92
Osteopathy	50 min.	€ 244	CellGym – Intervall Hypoxie Therapy (IHHT)	50 min.	€ 145
Physiotherapy	50 min.	€ 198			

These therapies can also be booked as 25 minute appointments.

THE THERAPIES

DETOX & REGENERATION

Our therapies are underpinned and complemented by an individual nutrition programme and applications that promote self-cleansing of your body and mind. Powerful detox treatments such as baths, packs and massages further intensify this effect in combination with pure, organic products.

PACKS

Detox algae pack and liver wrap	50 min.	€ 189
Natural detox hay	50 min.	€ 173
Natural detox hay	30 min.	€ 110
Natural detox moor	50 min.	€ 185
Natural detox moor	30 min.	€ 115
Natural detox birch/juniper	50 min.	€ 185
Natural detox zeolith	50 min.	€ 186
Goat-butter pack	50 min.	€ 189

BATHS

Alkaline bath	20 min.	€ 102
Gentian bath	20 min.	€ 112
Magnesium bath	20 min.	€ 102
Salt bath	20 min.	€ 102
Detox foot bath	20 min.	€ 72
Brine bath	20 min.	€ 112
Schiele circulation bath	40 min.	€ 72
Hydroelectric bath (Stangerbad) with underwater massage	50 min.	€ 215

MASSAGES

Boeger therapy	50 min.	€ 198
Colonic hydrotherapy	50 min.	€ 295
Detox drainage	50 min.	€ 162
Detox peeling	50 min.	€ 182
Detoxifying connective-tissue massage	50 min.	€ 162
Therapeutic massage	50 min.	€ 162
Head massage	25 min.	€ 89
Lymphatic drainage	50 min.	€ 176
Cupping massage	50 min.	€ 162
Detox ReLegs	75 min.	€ 279
Warm herbal steam massage	50 min.	€ 185
Wave Balance	40 min.	€ 172

DEEP LIVER DETOX

Highly effective, rapid cleansing of the digestive system in combination with a vitamin-mineral infusion. Only possible following consultation with your doctor.

Liver infusion	€ 196
----------------	-------



INFUSIONS

Physical or mental stress that can lead to a loss of vitality, fatigue and a weakened immune system. This in turn often results in vitamin and mineral deficiencies, because the entire organism needs increased vital substances to cope with such stressful situations. This is exactly where our infusion concept comes in and gently compensates for a reduced supply or an increased need for vitamins and trace elements.

Replenish vital nutrients such as vitamins, minerals and trace elements simply and efficiently with targeted infusions and feel fitter and more energetic in the long term. Infusions can also provide targeted support for the therapy and treatment of chronic or acute illnesses. Infusions combine valuable nutrients and vitamins in higher

concentrations than is possible with oral intake. This leads to a better absorption rate and a more effective effect than with oral supplementation. For increased energy quality, a strengthened immune system, beautiful skin and an effective improvement in health and overall well-being.

Accompanying your treatments and diagnostics, we create an individual infusion therapy and laser therapy with Oxyven (intravenous oxygen therapy) tailored to your needs.

- | | | | |
|---|------------|--|------------|
| - Individual infusion (cell build-up, balancing deficiencies, strengthening of the immune system, detoxification, inflammation, vegetative dysregulation) | | - Intravascular Laser and Oxygen Therapy | € 270 |
| - Ozone own blood | from € 214 | - Intravascular laser therapy | from € 162 |
| - Oxyven | from € 115 | | |



CELLGYM INTERVAL HYPOXIA HYPEROXIA TRAINING (IHHT)

Nowadays, our physical ability to effectively generate energy is severely impaired. The reasons for this are numerous: the natural aging process, stress, time pressure, a lack of exercise or insufficient sleep are just some of the negative factors. This causes a lack of energy in the cells, which in turn leads to performance losses and chronic degenerative diseases such as burn-out, diabetes, rheumatism, immunodeficiency and allergies.

SIMULATED ALTITUDE TRAINING

Professional athletes have long been benefitting from the advantages of altitude training for a long time to boost their performance. Interval hypoxia hyperoxia training (IHHT) is a gentle, non-invasive cell stimulation without side effects.

During the 45-minute IHHT session - in a pleasant atmosphere - heart rate, oxygen partial pressure in the tissue and breathing rate are permanently measured via biofeedback. This exact monitoring

of the physical reactions enable an optimal training intensity.

Since the therapy is individually adapted to your state of health, it is suitable for anyone who wants to experience the positive effects of hypoxia and hyperoxia, such as improvement of general well-being, physical and mental performance, stress tolerance and weight reduction, in an efficient, relaxed and joint-friendly way.

CellGym is suitable for all persons. 2-3 sessions can be applied per week.



CRYOTHERAPY AT LANSERHOF

The soothing and healing power of the extreme cold was first systematically tested in Japan in the 1980s.

The successes in the cryotherapy chamber led to its recognition as a highly effective form of passive, physical, short-term therapy.

The body's short-term exposure to a temperature of -110°C blocks its sensitivity to pain and also acts in an anti-inflammatory manner.

The strong analgesic effect breaks pain memory - which chronic pain can serve to over-activate - while also promoting its re-regulation.

The positive effects of applying cold can sometimes be felt after just one treatment. Most patients report a noticeable improvement after some fourteen days. The improvement

can persist for up to six months.

The performance-enhancing effect of whole-body cryotherapy is caused by the redistribution of the blood in the body: the effect of the cold forces the blood from the skin into the body, causing a better supply of blood to the muscles. Athletes, in particular, use this special effect to increase the efficiency of their training.

RECOMMENDED USE

1–2 sessions per day for a maximum of three minutes each, over a period of between fourteen days and four weeks.

AREAS OF APPLICATION

Rheumatic diseases, arthritis, spinal disorders, chronic pain, blunt injuries to joints, joint or spinal conditions after surgery, skin diseases such as eczema and psoriasis, insomnia, increased stress.

LANSERHOF DERMA

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

DERMA FACE WOMAN

Detox Biosel	75 min.	€ 235
HydraFacial™	60 min.	€ 350
HydraFacial™ incl. décolleté	75 min.	€ 440
EndoSphères face	30 min.	€ 298
Refreshing booster incl. TDA with active anti-ageing ingredients	75 min.	€ 340
Pure Perfection 100 liquid surgery	75 min.	€ 398
STK lift – scalpelfree		€ 453

DERMA FACE MAN

Detox Biosel	75 min.	€ 235
HydraFacial™	60 min.	€ 350
High-tech skin-firming regimen	60 min.	€ 258
Great Man Facial	60 min.	€ 223
TDA Care2Go	40 min.	€ 245
STK lift – scalpelfree		from € 453

DERMA BODY WOMAN

Essential salt therapy with Dead Sea salts and hydrotherapy bath	50 min.	€ 198
Intensive cellulite treatment	75 min.	€ 223
EndoSphères		from € 223
Busto-plasty – tautens and	40 min.	€ 180
EMSCULPT Magnetic field for muscle tightening		from € 510

DERMA BODY MAN

Essential salt therapy with Dead Sea salts and hydrotherapy bath	50 min.	€ 198
Firmer/fitter abdomen – fatburning	50 min.	€ 198
EndoSphères abdomen	20 min.	€ 223
EMSCULPT Magnetic field for muscle tightening		from € 510

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

THE LANSERHOF MODULES

The Lanserhof Concept is as individual as you are. Building on our Lanserhof cure, you have the option of choosing individual modules on specific focal points, because every body has its very own desires and needs. Of course, you can book desired and necessary treatments, diagnostics and therapies individually and thus put together your own personal programme with your accompanying doctor.

AESTHETICS FACE

1 HydraFacial Silver facial treatment	60 min.
1 aesthetic preliminary talk	20 min.
1 mesolift therapy session	30 min.
1 PRP (platelet-rich plasma) treatment	30 min.
2 mesotherapy / PRP follow-up treatments	each 25 min.
	€ 1,850

AESTHETICS HAIR

1 aesthetic preliminary talk	20 min.
1 PRP - platelet rich plasma - Hair	30 min.
1 mesotherapy hair	30 min.
2 infusion skin, hair, nails (individually adjusted)	each 30 min.
	€ 1,527

AESTHETICS BODY – WOMAN

2 lymphatic drainages	each 50 min.
2 intensive anti-cellulite treatments	each 75 min.
1 detoxifying connective tissue massage	50 min.
1 goat-butter pack	50 min.
	€ 1,149

AESTHETIC MEDICINE

PRP (platelet-rich plasma) aesthetics	€ 763
PRP (platelet-rich plasma) hair	€ 763
Mesotherapy Aesthetic	€ 389
Mesotherapy Hair	€ 302
Medical needling	€ 389
Neuromodulator	Price depending on scope
Wrinkle treatment	Price depending on scope
Sclerotherapy veins	Price depending on scope
Dental bleaching	€ 765

AESTHETICS BODY – MAN

1 lymphatic drainage	50 min.
2 firmer/fitter abdomen	each 50 min.
4 uses of cold chamber	
1 goat-butter pack	50 min.
	€ 1,129



SKIN ACTIVE BODY

EMSCULPT® is the latest innovative step in non-invasive body shaping. It improves the body contour, muscle density and muscle volume, and burns fat – all at the same time. **EMSCULPT®** is the only alternative to surgical buttock lifting and offers non-invasive buttock enhancement.

EMSCULPT® uses HIFEM® (High-Intensity Focused Electro-Magnetic Field) technology. HIFEM® makes up to 20,000 artificial muscle contractions per session possible. These are called supramaximal contractions and cannot normally be achieved by spontaneous muscle movements. The musculature responds with a complete reshaping of its internal structure, i.e. the increase of myofibrils (muscle hypertrophy) and the formation of new protein strands and muscle fibres (muscle hyperplasia). The procedure thus leads to the growth of the muscle structure. The final results of the treatment can be seen after about eight weeks.

- Intensive muscle building
- Lifting effekt
- FDA certified
- Confirmed by independent studies

Before the treatment can be carried out, a consultation with one of our doctors must first take place.

For modest improvement wishes, two treatments per zone are sufficient.

For the best possible effects, four applications per selected zone should be performed.

EMSCULPT® ABDOMEN	30 min.	€ 730*
EMSCULPT® BUTTOCKS	30 min.	€ 730*
EMSCULPT® THIGHS Outside	20 min.	€ 510*
EMSCULPT® THIGHS Inside	20 min.	€ 510*
EMSCULPT® UPPER ARMS Triceps and biceps	40 min.	€ 1,114*

*The price refers to the respective body zone per session.

CRISTAL PRO® CRYOLIPOLYSIS

Developed by scientists at Harvard Medical School (USA), cryolipolysis is based on the scientific knowledge that fat cells are more sensitive to cold than other cell types. CRISTAL Pro® 360° Cryolipolysis makes use of this effect and enables fat cell treatment without surgery: a gentle body shaping procedure that can be used effectively for localised fat deposits.

Through the use of a cold vacuum applicator, local fat depots of the desired body area are cooled down to temperatures as low as minus 12°C in a targeted and controlled manner without injuring or affecting the skin or surrounding tissue. The direct supercooling of the treated depot area causes fat cells to crystallise, which are ultimately destroyed. The dead fat cells are taken up by the macrophages (scavenger cells) and transported away via the lymphatic system. As cryolipolysis only has an external effect on the fatty tissue, anaesthesia is not necessary.

Even movement is possible immediately after a cryolipolysis treatment.

With CRISTAL Pro® Cryolipolysis, all fat deposits on the body and even in the facial area can be treated. An integrated ultrasound supports the exact measurement of the fat layer in order to reduce the fatty tissue in the problem zone in a controlled manner.

CRISTAL® CRYOLIPOLYSIS

Cryolipolysis Starter Chin	€ 765
Cryolipolysis Basic 1 Zone	€ 945
Cryolipolysis Classic 2 Zones	€ 1,598



OUR HOME IS YOUR HOME

ROOMS AND APARTMENTS

Colours, forms and materials – nature produces the most functional designs and harmonious colours. Here at Lanserhof, we follow the example nature sets. Our single and double rooms are furnished according to specific building biology criteria, and thus offer a climate free from electrosmog – just like the forests outside the window.

Our single and double rooms feature fine walnut furnishings and oak parquet flooring in a harmonious colour scheme. The apartments are all individually furnished. We would be happy to advise you further. Accommodation rates include a personal diet tailored to your needs as well as our full range of herbal teas and mineral water. medications. For our Energy Cuisine we charge an additional € 69 EUR per person/day. You can use our indoor and outdoor salt water swimming pool, sauna, saunarium, Turkish bath, gym and e-bike station free of charge.

Single room per person / night	420,– EUR
Double room per person / night	362,50,– EUR
Double room for single occupancy per person / night	470,– EUR

Prices are quoted per person per night and are only valid in conjunction with the Lanserhof Cure programme. Our diagnostic and therapeutic programme is based on a seven-day rhythm, beginning on Sunday. We recommend a 14-day stay, while the minimum stay with us is 7 nights. We ask that you try to arrive on Sunday by 5 p.m.

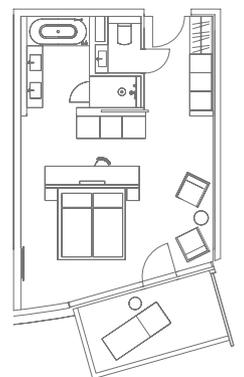
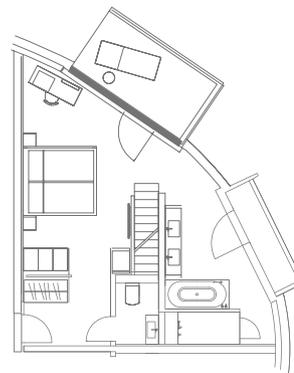
LANSER SUITEN



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

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

OCCUPANCY	VIEW	TOP FLOOR
1 person	€ 810	€ 920
2 persons	€ 1,065	€ 1,175
Price per night		



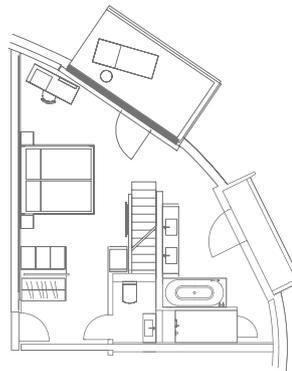
PENTHOUSE SUITEN



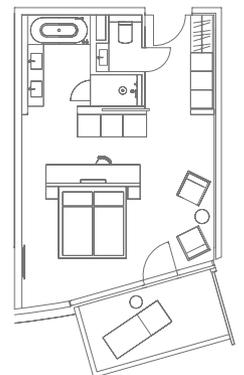
50m², light-filled lounge/sleeping area with stunning panoramic views from the balcony terraces, spacious bathroom (bath, double basin, shower, separate WC), parquet flooring, complimentary WiFi and anti-electrosmog device.

The roof terrace offers magnificent panoramic views of the stunning Alpine landscape.

OCCUPANCY	EAST VIEW	NORTH VIEW
1-2 persons	€ 1,100	€ 1,300
Price per night		



East View



North View

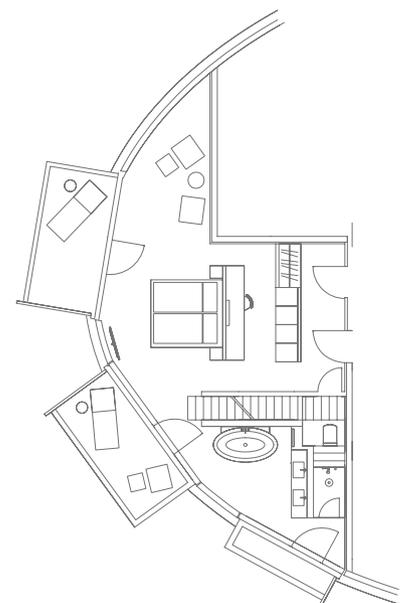
GRAND SUITE



65m² spacious lounge/sleeping area with balcony terrace (grand penthouse suite features roof terrace), entrance hall with cloakroom, spacious bathroom (bath, double basin, shower, WC), separate WC, parquet flooring, complimentary WiFi, and anti-electrosmog device.

The spacious, modern interior design with light oak parquet flooring and a harmonious colour scheme frames magnificent views of the surrounding mountains.

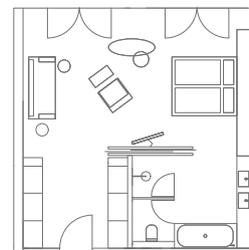
OCCUPANCY	VIEW	TOP FLOOR
1 person	€ 990	€ 1,550
2 persons	€ 1,245	€ 1,550
Price per night		



PANORAMA SUITE 91



55m² spacious loft suite, modern lounge/sleeping area with spacious en-suite bathroom (bath, double basin, shower, separate WC), oak parquet flooring, complimentary WiFi and anti-electrosmog device. Offers unobstructed views of the imposing Nordkette massif.



OCCUPANCY

1 person	€ 920
2 persons	€ 1,175
Price per night	

PANORAMA SUITE 92

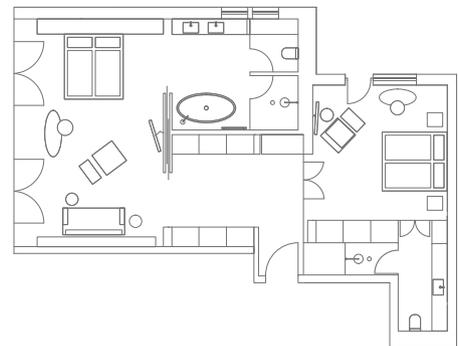


100m² spacious loft suite, open-plan lounge/sleeping area, spacious en-suite bathroom (bath, double basin, separate WC), parquet flooring, complimentary WiFi, anti-electrosmog device and private sauna. Second room with double bed, bathroom and east-facing balcony. Offers a truly breathtaking view of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

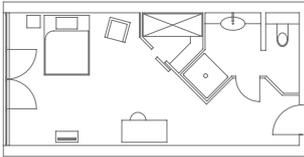
OCCUPANCY

1-4 persons € 2,250

Price per night



ROOMS AND APARTMENTS

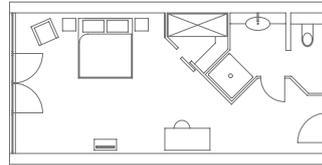


SINGLE ROOM

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

1 person € 420

Price per night



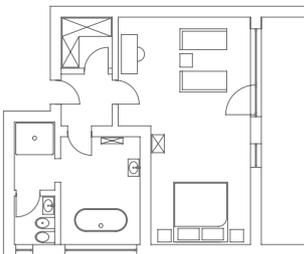
DOUBLE ROOM

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

1 person € 470

2 persons € 725

Price per night



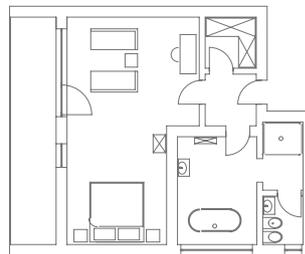
APP. 33

Spacious apartment for two persons, 58m², lounge/sleeping area, desk, large bathroom (Philippe Starck fittings) with bath, separate toilet/bidet area and separate shower in jade green, walk-in wardrobe, east-facing balcony overlooking Lans, and anti-electrosmog device.

1 person € 660

2 persons € 915

Price per night



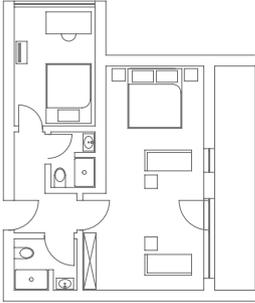
APP. 36

Spacious apartment for two persons, 58m², lounge/sleeping area, desk, walk-in wardrobe, west-facing balcony looking out onto the gardens with views of Serles mountain, large bathroom with bath, separate WC/bidet and separate shower and anti-electrosmog device.

1 person € 660

2 persons € 915

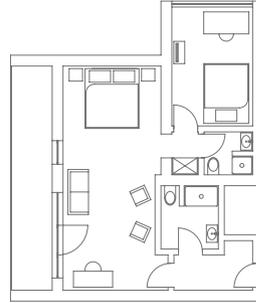
Price per night



APP. 32

Apartment for 2-3 persons, 57m², one lounge/sleeping area and one small additional bedroom, two bathrooms with shower/WC, desk, east-facing balcony overlooking Lans, and anti-electrosmog device.

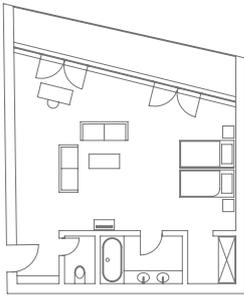
1 person	€ 660
2 persons	€ 915
Price per night	



APP. 37

Apartment for 2-3 persons, 55m², one lounge/sleeping area with additional small bedroom, desk, west-facing balcony looking out onto the gardens with views of Serles mountain, two bathrooms with shower/WC, and anti-electrosmog device.

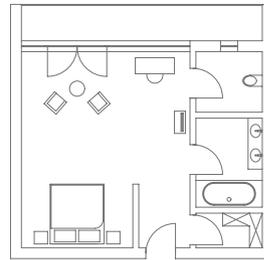
1 person	€ 660
2 persons	€ 915
Price per night	



APP. 341

Spacious apartment for two persons, 45m², lounge/sleeping area with two sofas, desk, walk-in wardrobe, bathroom with bath and separate WC, and balcony facing the Nordkette massif.

1 person	€ 670
2 persons	€ 925
Price per night	

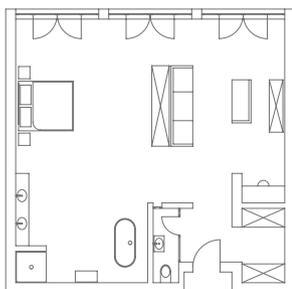


APP. 352

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

1 person	€ 590
2 persons	€ 845
Price per night	

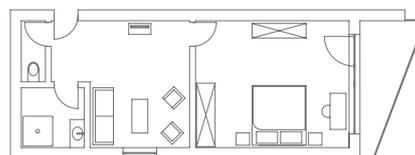
ROOMS AND APARTMENTS



APP. 80, 90

Very spacious apartment for two persons, approx. 70m², northfacing with magnificent mountain views. Open-plan sleeping, living and bathroom area with sofa, desk and walk-in wardrobe. Free-standing bath, shower, double basin and separate WC, and anti-electrosmog device.

1 person	€ 940
2 persons	€ 1,195
Price per night	



APP. 86, 94

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

1 person	€ 540
2 persons	€ 795
Price per night	

GENERAL INFORMATION

ARRIVAL AND DEPARTURE

We ask that you try to arrive on Sunday by 5 p.m. Rooms are available from 3 p.m. We ask that you check out by 11 a.m. on your day of departure. We charge a fee of 50% of the daily room rate for early arrival (before 12 p.m.) and late departure (up to 5 p.m.), subject to availability.

FIXATION

After you have received the confirmation of the room reservation, the deposit is required in order to guarantee the fixation of the room category. We request the corresponding transfer to our account: IBAN: AT77 3600 0000 0104 2399, BIC: RZTIAT22
We ask for your understanding that your individual treatment plan will only be prepared after receipt of the deposit.

TERMS OF PAYMENT

At the end of your stay you will receive a total invoice for all services. We accept all credit and debit cards.

YOUNG PEOPLE

Young people aged 16 and over are welcome at Lanserhof if accompanied by an adult.

WAITING LIST

If we do not have any remaining capacity for your desired dates, we would be happy to add you to our waiting list.

MINIMUM STAY

Our experience shows us that a minimum stay of seven nights is required for our therapies to achieve medically tangible success. Your stay can only be arranged in combination with the Lanserhof Cure programme.

PETS

Due to hygiene regulations, we are unable to accommodate cats or dogs.

REIMBURSEMENT OF TREATMENT COSTS

You will receive a total invoice from us for all services provided during your stay. In addition, you will receive an attachment with the medical services received. Please note that we cannot guarantee a reimbursement by your private insurance. Whether treatment costs are reimbursed depends on the respective terms and conditions of your insurance policy and your chosen tariff.

TERMS AND CONDITIONS OF CANCELLATION

For cancellations made less than four weeks before the arrival date, we reserve the right to charge a cancellation fee of 50% of the room rate for the number of cancelled nights.

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

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

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

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



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.

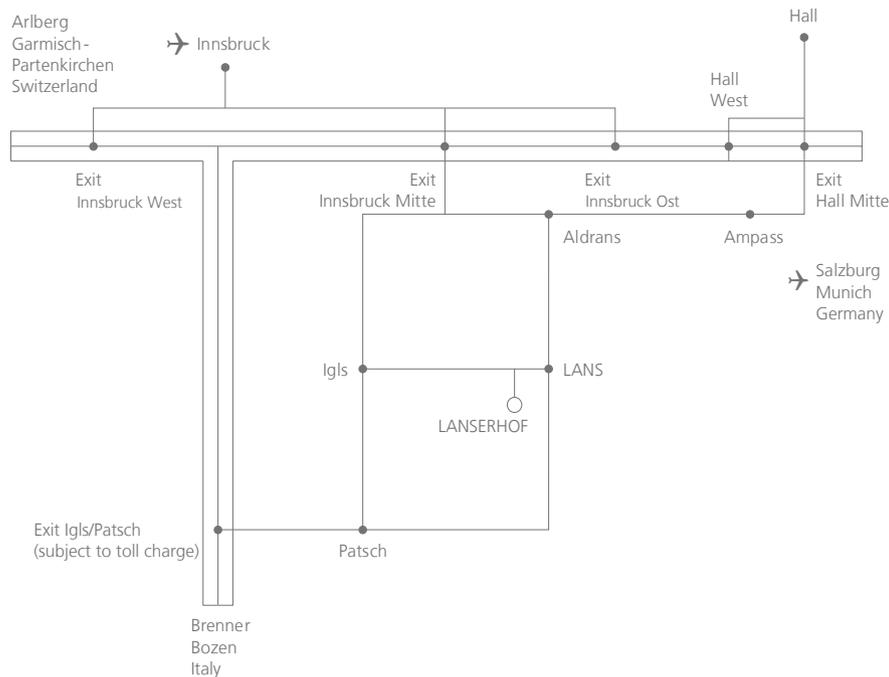
During the stay, the desire to continue the newly experienced healthy lifestyle in everyday life grows in most guests.

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 Lans
 Kochholzweg 153, 6072 Lans, Austria
 T +43 512 38666-0, F +43 512 378282
 info.lanserhof.com, www.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 Tegernsee
 Gut Steinberg 1–4, 83666 Marienstein / Waakirchen
 Germany
 T +49 8022 1880-0, F +49 8022 1880-499
 info.tegernsee@lanserhof.com

Lanserhof Hamburg – LANS Medicum
 Stephansplatz 5, 20354 Hamburg
 Germany

T +49 40 3208832-0, F +49 40 3208832-1
 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

**LAN
SER
HOF**

Legal notice

Responsible for content:

Dr Christian Harisch (CEO), Andrea Csics

Design

Lanserhof

Editing

Lanserhof

Photography

Maximilian König, Peter Koren,
Johannes Kernmayer, Stefan Milev,
Alexander Haiden, Günter Kresser,
Jenny Heimerl, Hiepler & Brunier