

**LAN  
SER  
HOF**

LANSERHOF  
DERMA THERAPY  
2023



WOMAN

Skin Active Body	4
Skin Repair Body	6
EMSCULPT®	7
LANSERHOF SYLT FACIALS	
STARTER	8
INBETWEENS	10
SKIN REPAIR FACE: STK	11
LANSERHOF SYLT FACIAL	14
LANSERHOF SYLT SPECIALS	15
UNIVERSKIN™	18
Aesthetic dermatology	22



Derma Therapy leaves you with a glowing complexion and inner radiance which has a powerful impact on both your presence and your personal appearance. A new sense of awareness leads to a new, invigorated expression of self: attractive, self-confident and natural.

To achieve this, we have created a comprehensive programme of highly innovative skin treatments, combining medical cosmetics with new and pioneering techniques and procedures. These treatments are the result of a collaboration between Lanserhof skin therapists and leading international cosmetic laboratories.

Derma Therapy is one part of the Lanserhof Concept – a holistic health concept of unbridled innovation and ingenuity. It leaves no stone unturned in its mission to help, heal and revitalise. We combine state-of-the-art medical techniques from around the world with exceptional traditional healing therapies. Intimacy, attentiveness and empathy are crucial elements of our practice.

This approach has seen Lanserhof become Europe's leading health centre for regenerative and preventative medicine over the past three decades.



## HEALTHY SKIN – NEW ENERGY

The treatments and products focus on activating vital skin and body functions.

Our skin regulates five essential functions which are responsible for our health, beauty and vitality:

IMMUNITY FUNCTION  
ENERGETIC FUNCTION  
CIRCULATORY FUNCTION  
LYMPHATIC FUNCTION  
STRUCTURAL FUNCTION

These important functions are activated by phyto-energising product ranges as well as through bio-energetic and lymph-drainage massages, which also provide new energy.



## SKIN ACTIVE BODY

### ESSENTIAL SALT THERAPY

Effective treatment for tension, hardened skin and allergic reactions. Includes a massage and bath with Dead Sea salts to activate and strengthen the fluid exchange between tissues. Supports the metabolism and promotes drainage and regeneration, providing a wonderfully relaxed sense of well-being.

50 min. 267,–

### DETOX BODY SCRUB

As an alternative to salt therapy, we offer a gentle body scrub for sensitive skin. The scrub contains purely natural ingredients, enriched with detoxing essential oils.

50 min. with shower 270,–

### RREVITALISING BODY TREATMENT

This treatment hydrates, revitalises, und remineralises your skin, using a body mask entirely attuned to your skin's specific needs. Your skin's regenerative and protective properties are enhanced and aetheric oils noticeably increase the resilience of your epidermis to negative outside influences.

50 min. with shower 266,–

### LYMPHFLOWTATION

Swollen and heavy legs seriously inhibit our life quality, but this stimulating treatment provides immediate and lasting relief. The active synergy of a bubble bath massage and an ice cold compression wrap reduce water retention and lead to an immediate feeling of wellness. As the pain goes away, the flexibility and lightness returns to your legs.

60 min. 242,–

### BODY WRAPS

Typical application areas for this treatment are the legs, abdomen and/or arms. Based on your personal derma-therapist consultation, a suitable dermal wrap is selected and imparts its effects accordingly

### ALKALINE, ALGAE, DECONGESTANT OR FIRMING BODY WRAP

These aromatic wraps purify, drain and slim while also firming up lax tissue. These wraps contain essential citrus oils and are particularly effective for sensitive, reddened skin. They support deacidification of the body, thereby promoting successful purification. The intensely purifying, draining effect affords the skin a new tautness and firmness.

Leg wrap	25 min.	150,–
Abdominal warp	25 min.	130,–
Arm wrap	25 min.	85,–
Leg / abdominal / arm wrap	35 min.	195,–
Decongestant alkaline wrap	25 min.	150,–

# SKIN REPAIR BODY

## BODY CONTOURING WITH ULTRASOUND

Ultrasound treatment for problem areas on the Body. It activates microcirculation and stimulates the cell metabolism. Toxins are increased transported away. The thermal effect of the ultrasound gives the blood vessels new momentum. It tightens and strengthens the connective tissue.

	60 min.	300,—
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## BUST-UP-TREATMENT

State-of-the-art technology makes it makes it possible to markedly enhance the elasticity of the bust. A biotechnologically created ingredient, similar to the female hormone oestrogen, enhances the shape of the breasts and improves its elasticity. This treatment consists of preparatory peeling, a toning serum and a thermal algae mask to firm up the breasts.

	45 min.	259,—
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## HOT SHELL MASSAGE

A heavenly relaxation massage using hot shells and a wonderful relaxing oil, leading to inner balance, deep relaxation and alleviation of stress. The addition of salt from Sylt stimulates cell generation.

	30 min.	280,—
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# ACTIVE BODY

## The world’s only non-invasive procedure for muscle building and fat burning

**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 they cannot be achieved by normal muscle movements. The muscles respond to a complete reshaping of their internal structure, i.e. myofibrils (muscle hypertrophy) increases and new protein strands and muscle fibres (muscle hyperplasia) form. This procedure results in the growth of the muscle structure. The final results of the treatment can be seen after about eight weeks.

- Intensive muscle building
- Buttock lifting effect
- 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. These should be punctuated by a treatment interval of at least two days.

EMSCULPT® ABDOMEN	30 min.	870,—
EMSCULPT® BUTTOCKS	30 min.	870,—
EMSCULPT® THIGHS Front	20 min.	690,—
EMSCULPT® THIGHS Inside	20 min.	690,—
EMSCULPT® CALVES	20 min.	690,—
EMSCULPT® UPPER ARMS triceps and biceps	40 min.	1.400,—





## LANSERHOF SYLT FACIALS: STARTER

### MICRODERMABRASION AND ULTRASOUND

Two patents for beauty: the classis Microdermabrasion, an intensive mechanical peel enriching and polishing the skin, and high tech ultrasound technology, actively counteracting the build up of collagen and elastin and stimulating the lymphatic system. The impressive result includes a much higher elasticity of the skin. The treatment is optimised to the fullest by the combination of Ocean Fleece and oxygen.

60 min.     360,–



# LANSERHOF SYLT FACIALS: INBETWEENS

## JETPEEL™ THE INNOVATIVE FACIAL TREATMENT

Contact-free, needle-free and deeply penetrative! JetPeel™ is one of the world's most exciting derma-cosmetic treatment methods, composed of several treatment steps: lymph drainage, massage, deep cleansing, exfoliation, pH management with oxygen and hydroporation.

In hydroporation, highly effective substances are massaged gently yet dynamically into the deepest layers of skin. JetPeel™ visibly and sustainably enhances your complexion in a short amount of time.

The JetPeel™ technology is a safe and effective treatment method for deep cleansing and complexion refining, which also stimulates blood flow and skin activity. The first positive results are visible and palpable immediately after the treatment: Small wrinkles are smoothed out and the skin appears fresh with a unique, natural glow.

JetPeel™ can be used to enhance the face, neck, décolleté and hands at any time.

JETPEEL™ Deluxe

90 min. 580,-

SKIN REPAIR  
FACE

LIFTING WITHOUT SCALPEL AND WITHOUT SYRINGE – STK MULTILINE

STK technology is a highly effective, non-invasive lifting method for the face, neck and upper arms. In contrast to other lifting methods, the tissue is treated with targeted heat impulses. This treatment stimulates the body’s own collagen synthesis and results in the tightening of the tissue.

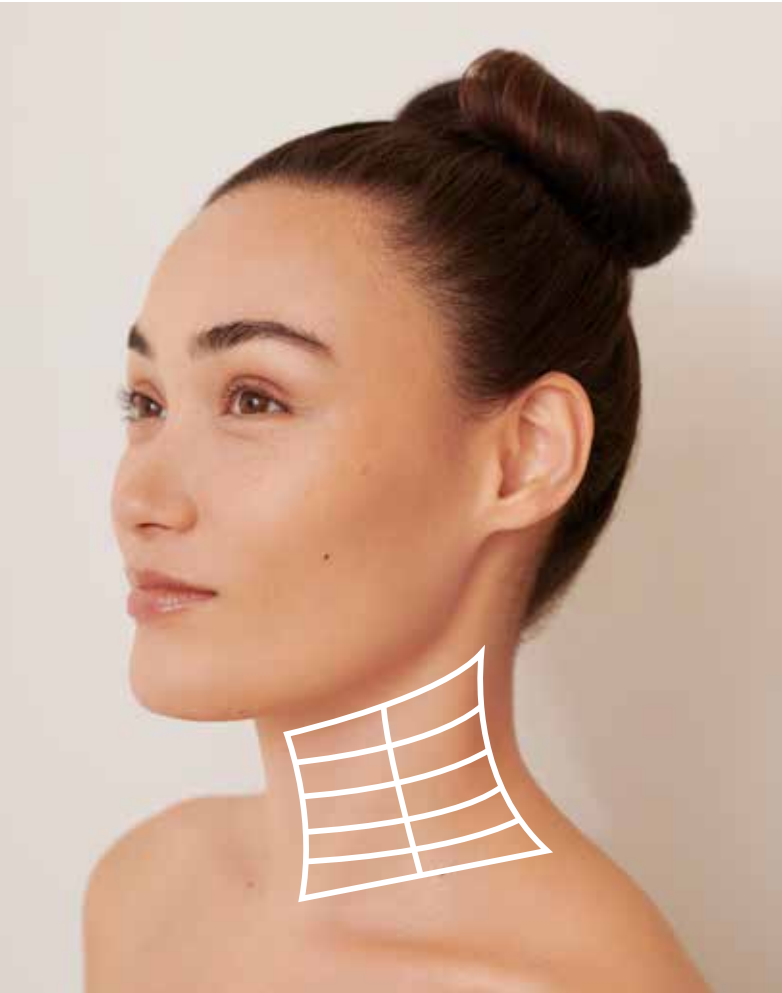
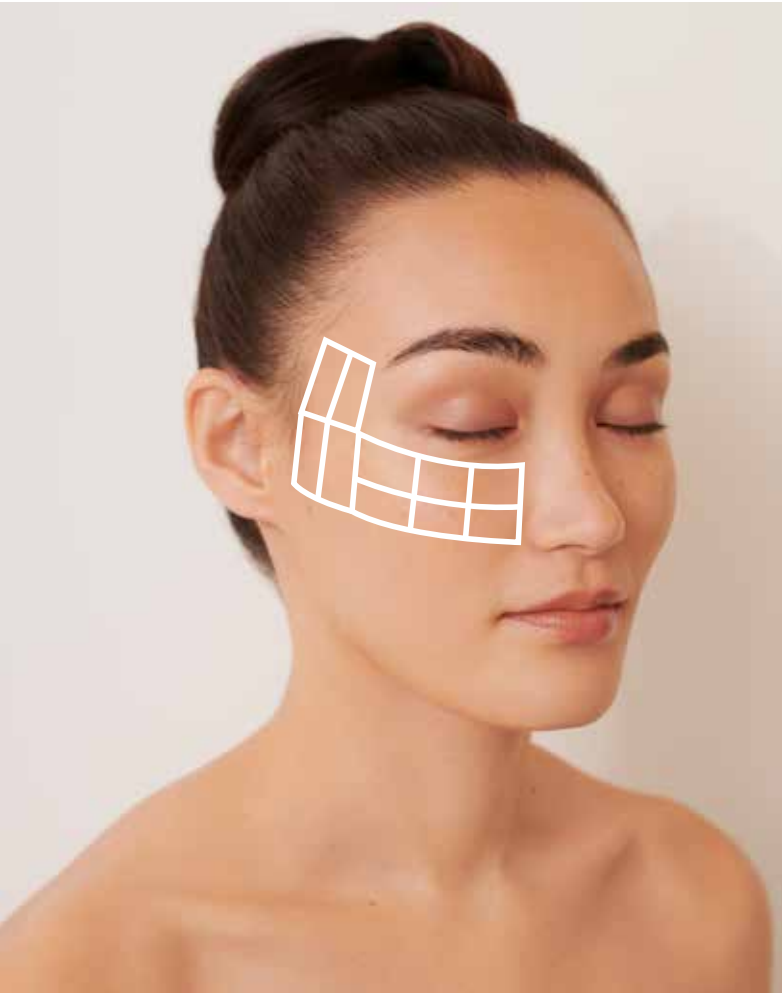
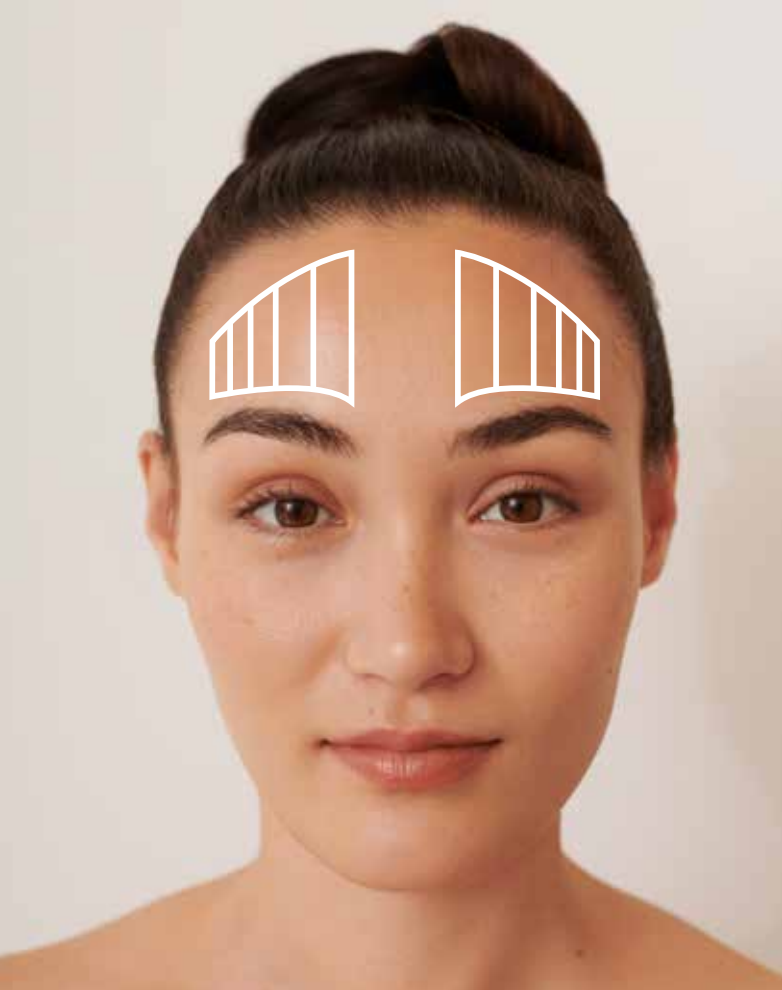
The STK method is an effective and almost painless alternative to surgery. In addition, there is no downtime after the treatment and you can immediately return to your normal daily routine.

The STK treatment utilises the body’s own repair mechanisms by employing high-frequency ultrasound to produce targeted irritations in various skin layers. As a result, the tissue contracts, which is perceived as tightening on the skin surface.

Your appearance immediately becomes younger and fresher. The connective tissue is activated and further strengthened in the course of the next months. The skin is tightened in a natural way for up to one year.

STK MULTILINE

Neck	965,–	Upper lip	240,–
Forehead	490,–	Decolleté center	490,–
Beneath and lateral eyes	700,–	Decolleté (small)	1.200,–
Cheeks	1.450,–		





# LANSERHOF SYLT FACIAL

The LANSERHOF SYLT FACIAL is a classic cosmetic treatment, thoroughly cleaning and exfoliating the skin. After analysing the skin, the relaxing thirty minute massage thoroughly hydrates the skin, effectively counteracting aging and stimulating the lymphatic system.

The intensive application of the active substances along the TDA method restores the skin's glow and flexibility. The choice of products used for the LANSERHOF SYLT FACIAL is dependent on skin type, ensuring the availability of individual.

- Lanserhof Anti Age Specialist
- Pharmos Ritual Face Treatment
- Augustinus Bader Regeneration & Face Repair
- Skin Ceutical Meso Clearing
- MbR Pure Perfection Surgery
- Prof.Dr Steinkraus Vitamin C Special
- Ebenholz Skin Repair Hydro Booster Special for men

90 min. 335,–

# LANSERHOF SYLT SPECIALS

The following specials can be booked as individual elements in addition to the Lanserhof Sylt Facial:

## SPECIALS

Ocean Fleece	29,–	Facial lymph draining	25,–
Facial massage extra	130,–	Eye mask	38,–
Oxygen	50,–	Meso soft	80,–
TDA special	115,–	Jet Cool Softener	80,–
Algae mask	from 120,–	Hot Shells Face	80,–
Collagen fleece	from 120,–		

## DEPILATION

Back	from 140,–
Full legs	from 180,–
Lower legs	from 110,–
Bikini area	83,–
Underarms	58,–
Full face	80,–
Upper lip/Chin	28,–
Eyebrows	30,–

## TINTING

Eyelashes	40,–
Eyebrows	40,–



# LANSERHOF SYLT SPECIALS

The following specials can be booked as individual elements in addition to the Lanserhof Sylt Facial:

## MANICURE / HANDS

Manicure Natural	95,-
Manicure with varnish	131,-
Nail polish extra	59,-
French varnish	69,-
Kerosene Mask Anti-Age	85,-
TDA Beautiful Hands	120,-
Algae mask Hands	140,-

## PEDICURE / FEET

Pedicure with varnish	140,-
Pedicure with Shell	179,-
med. Foot care Natural	150,-
Nail polish extra	59,-
French varnish	79,-
Kerosene Anti-Age	95,-



# UNIVERSKIN™ YOUR SKIN – YOUR FORMULA



A team of scientists, experts and French specialists in dermatology, constructive surgery, biology and chemistry has developed UNIVERSKIN™, placing a particular focus on innovation and aspiration towards enhancing skin functions in order to transfer the principles of functional dermatology to the field of cosmetology.

The underlying philosophy is to apply a medical logic to skin care, with the ability to select and adjust active ingredients, concentrations and application of care products to the recipient's individual skin type and current care requirements.

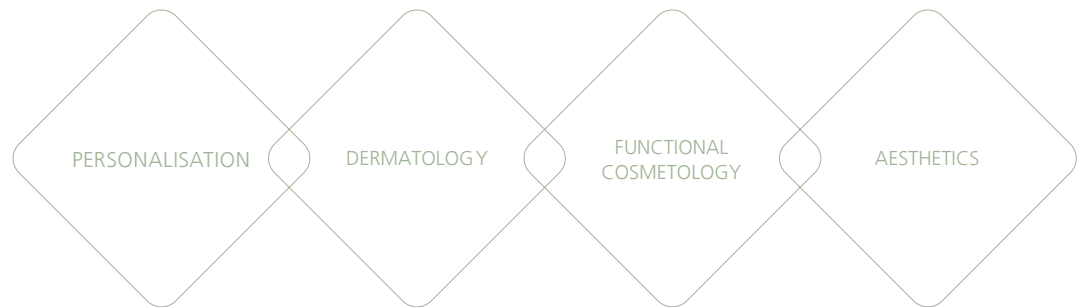
Developed by doctors for doctors and special therapists – UNIVERSKIN™: every skin care product is one of a kind, a personalised remedy.

UNIVERSKIN™ – Microscopic skin analysis 30 min. € 124

UNIVERSKIN™ – Medical skin analysis and consulting

We determine the current condition of your skin and your skin care requirements on the basis of a catalogue of questions. After evaluating the results, your personalised products are individually blended.

45 min. € 124





AESTHETIC  
DERMATOLOGY



# AESTHETIC DERMATOLOGY

## BOTOX

One possibility of efficiently and safely reducing unflattering wrinkles, such as the so called frown lines, is treating them with a botulinum toxin in short: Botox. The botulinum toxin used by the Lanserhof is a thoroughly studied protein and is injected in the muscles that cause wrinkles, causing a temporary relaxation, smoothing out existing lines. Your face will look younger and healthier, while retaining your natural facial expression.

per region 30 min.. 288,–

## FILLER TREATMENTS

Injecting fillers into the skin is a gentle method of smoothing out unflattering lines. A very fine needle is used to inject a filling substance underneath the wrinkle, smoothing it out. The filling is temporary and it the body completely naturally breaks it down over time.

The duration of one treatment is around thirty minutes and the results are visible immediately.

The safest and most common substances used for such a treatment are bioidentical hyaluronic acids and fillers on the basis of calcium hydroxyapatites.

Hyaluronic acid is the skin's natural retainer of moisture, making sure the skin stays strong and looks healthy.

The results of the filler treatment, either with hyaluronic acid or calcium hydroxyapatites, last for over twelve months.

60 min.. ab 581,–

## MESOTHERAPY

A mesotherapy treatment is able to correct skin damage, such as scars, pigmentation issues, and wrinkles. A roller, studded with ultra fine needles, a so called derma pen or very fine hypodermic needles are used to create minuscule wounds, stimulating blood flow and the production of collagen and renewing the skin. This process can be enhanced by an additional treatment with serums or hyaluronic acid.

20 min. from 254,–

## THREAD LIFT

The thread lift has proven to be a very fine, minimally invasive method, which involves introducing dissolvable threads underneath the skin, both tightening flabby skin and stimulating collagen production. The result is a skin that looks younger and healthier.

40 min. 575,–

## SKIN BOOSTER

Compared to hyaluronic fillers, which are injected in specific areas of the skin in order to combat wrinkles, hyaluronic skin boosters aim for the hydration of larger areas of the skin, such as the face, neck, cleavage or hands. Fine hypodermic needles are used to inject micro depots of hyaluronic acid in the deeper layers of the skin, aiding in a sustainable revitalization with immediate results. Your skin will be stronger, smoother and more flexible.

30 min. 483,–

## PROFIHLO®

PROFILO® PROFIHLO® is an innovative and gentle way of biologically re-modelling the skin. This anti aging method stimulates the body's natural generation of hyaluronic acid and is quick and effective: barely noticeably, PROFIHLO® is injected in specific areas of the facial skin the so called bio aesthetic points and from there spreads into the facial tissues on its own. The tightening effect of this unique mixture is immediate: skin that is dry or tired is rejuvenated and lines will be noticeably reduced. Two treatments placed four weeks apart ensure an optimal result.

30 min. 483,–

## LASER THERAPY

Laser therapy is a significantly milder alternative to an operation for reducing signs of aging, such as wrinkles and lines in the face or cleavage. The gentle treatment with high intensity rays of light leads to the clearing away of parts of the top layer of the skin, stimulating the body's own skin cell regeneration and collagen production. The treatment will make your skin look smoother, tighter, and revitalized. Benign irregularities of the skin, such as liver spots, spider veins, haemangiomas or warts can have a negative effect on how we look, potentially leading to insecurity about ourselves. Laser therapy is an effective way of combatting these irregularities the number of treatments depends on the specific skin problems.

30 min. from 277,–

## LASER TREATMENT OF FACIAL REDNESS

The typical symptoms of the skin disease rosacea are initially temporary, but later lasting red spots on the cheeks and the nose, widened veins and, in later stages, pimples, either or not filled with pus. Special lasers can aid in reaching clear and usually long lasting improvements of the condition of the skin when suffering from rosacea or other vein irregularities.

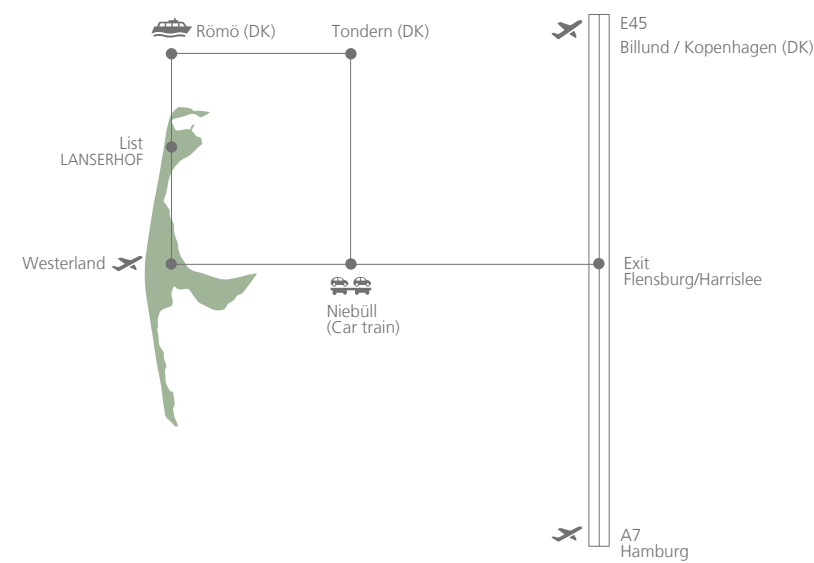
30 min. 518,–

## PRP VAMPIRE LIFT

The name says it all: the innovative vampire lifting technique uses platelet rich plasma (PRP), taken from the body's own blood, to stimulate the regenerative processes of the skin. The plasma is extracted from blood taken from veins in the arm and afterwards concentrated. A roller, studded with ultra fine needles, a so called derma pen or very fine hypodermic needles are used to create minuscule wounds, preparing the skin for the treatment. The PRP is then applied to the skin, stimulating collagen production, resulting in a healthy looking and smooth skin with fine pores.

40 min. 899,–

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