



**LAN  
SER  
HOF**

LANSERHOF TEGERNSEE  
2023



# 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 from € 2,918

9–11 nights Lanserhof Cure Classic excluding accomodation from € 4,083

12–16 nights Lanserhof Cure Classic excluding accomodation from € 5,084

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 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 € 6,476

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.

# HOLISTIC DIAGNOSTICS AT LANSERHOF

## 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

Gastroscopy

Colonoscopy and gastroscopy

Stool examinations

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## 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.

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## NUTRITIONAL DIAGNOSTICS

H<sub>2</sub> breath test – fructose

H<sub>2</sub> breath test – lactose

Food intolerance test

Histamine intolerance test

Allergy screening

## 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

Routine laboratory

Heavy metals identification

Nutrient analysis

Hormone profile

Hormone saliva test

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## GENETIC ANALYSIS

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

Genetic profile for  
risk constellation

# HOLISTIC DIAGNOSTICS AT LANSERHOF

## PULMONARY- CARDIOVASCULAR SYSTEM

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

Echocardiogram (cardiac ultrasound)

Colour Doppler ultrasound of the neck vessels (carotid artery)

Resting ECG with medical report

Ergometry / exercise ECG

24-hour ECG & blood pressure measurement

Spirometry (lung function)

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## SPECIALIST EXAMINATIONS

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

## MOVEMENT AND MOBILITY

Spiroergometry

Bioimpedance analysis

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## ULTRASOUND

Ultrasound scans of various body regions

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## SLEEP MEDICINE AND CHRONOMEDICINE

24-hour HRV (heart rate variability measurement) incl. diagnostics, analysis, evaluation, and coaching

Sleep laboratory / sleep apnoea screening

# THE THERAPIES

## HOLISTIC MEDICINE AND NATUROPATHY

Medical check-up and abdominal treatment

Naturopathic consultation 30 min.

Colonic hydrotherapy

Acupuncture 40 min.

Biophysical system diagnostics (partial body) 30 min.

Mesotherapy

Bioresonance high frequency measurement and therapy 60 min.

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## INFUSION THERAPIES

Conditioning infusion – large

Ozone autologous blood

Electrolyte/vitamin infusion

Infusion of bases and minerals

Liver infusion

High-dose vitamin C infusion

Amino acid infusion, skin and hair

Amino acid infusion, muscles

Amino acid infusion, immune system

Intravascular laser therapy

## 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.

Psychological consultation 50 min.

Stress management coaching 50 min.

Hypnotherapy 90 min.

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## INTERVAL HYPOXIC-HYPEROXIC THERAPY (IHHT)

CellGym

# THE THERAPIES

## ENERGY & INFORMATION MEDICINE

Craniosacral therapy	50 min.
Shiatsu	50 min.
Acupuncture massage	50 min.
Bioenergetic intervention	50 min.

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## NUTRITIONAL CONSULTATION

Nutritional counselling	50 min.
Personal cooking class with our chef	

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## NUTRITIONAL COURSE

Your path to a healthier diet and lifestyle

## PAIN THERAPY

Neural therapy	
Mesotherapy / mesotherapy for pain management	
Infusion therapy	price dependent on scope
Physiotherapy	25 min. 50 min.
Osteopathy	50 min.
Therapeutic massage	50 min.

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## CRYOTHERAPY

Cold chamber



# 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. 50 min.	Meditation / deep relaxation	50 min.
Pilates	25 min. 50 min.	Marma point massage	75 min.
Yoga	50 min.	Matrix therapy	25 min. 50 min.
Aquatraining	45 min.	Medical-therapeutic training	50 min.
Progressive muscle relaxation	50 min.	Pilates Reformer	50 min.
		Classical & Modern Dance	45 min.
Nuad Thai	75 min.	Aquatraining	20 min.
Therapeutic massage	50 min.	Zumba	50 min.
Singing bowl massage	50 min.	Outdoor Training	90 min. 120 min. 180 min.
Hot stone massage	70 min.		
Manual bodywork	25 min. 50 min.		
Respiratory therapy	25 min. 50 min.		

# 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.	Deluxe detox drainage	75 min.
Detox cleansing Lanserhof Derma	50 min.	Lymph drainage	50 min. 75 min.
Revitalising body pack	50 min.	Lymph drainage incl. detox wrap	75 min.
Natural detox hay	30 min.	Detoxifying connective tissue massage	50 min.
Natural detox hay	50 min.	Head massage	25 min.
Natural detox moor	30 min.	Foot reflex zone massage	25 min.
Natural detox moor	50 min.	Deluxe foot reflex zone massage	50 min.
Natural detox gentian	50 min.	Therapeutic massage	50 min.
Natural detox birch/juniper	50 min.	Warm herbal steam massage	50 min.
Alkaline or salt bath	20 min.		
Detox drainage	50 min.		

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## 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

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

## DERMA FACE MAN

Detox-Gesichtsbehandlung	75 min.
Refreshing Booster incl. TDA	75 min.
Skin Regimen Facial treatment	60 min.
TDA Care2Go	40 min.
MSB Alpha Tropox Contour Lift	60 min.
JetPeel Intensiv	60 min.

## DERMA BODY WOMAN

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

## DERMA BODY MAN

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

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



## AESTHETICS AND MEDICAL COSMETICS

### MESOTHERAPY

Medical needling

Mesolift vitamin –  
hyaluronic acid – face

PRP (platelet-rich plasma) – aesthetic

PRP (platelet-rich plasma) – hair

Aesthetic hyaluronic acid fillers  
(frown lines, nasolabial folds, etc.)

Radiofrequency therapy  
Face & Body

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### CRYOTHERAPY

Liver spots

Hyperkeratosis

Warts

### 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

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### CHEMICAL PEELS

Chemical peels

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### CRYOLIPOLYSIS

Chin	60 min.
Basic (1 body zone)	70 min.
Classic (2 body zones)	90 min.

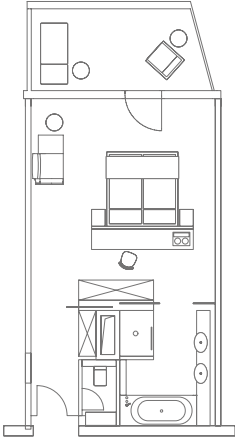
# DOUBLE ROOM



55m<sup>2</sup>, can be combined with the Somnium or Infitas suites through a connecting door, features open-plan lounge/bed-room 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	from € 685	from € 785
2 persons	from € 990	from € 1.090
Price per night		



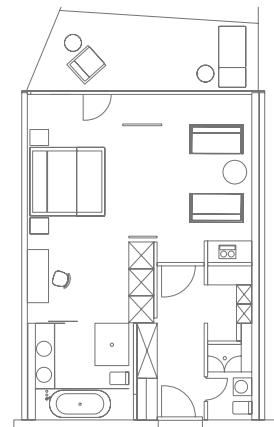
# PARVUS SUITE



65m<sup>2</sup>, 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	from € 890	from € 995
2 persons	from € 1,195	from € 1,300

Price per night



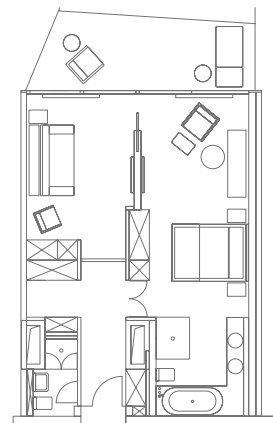
# SYMPHONIA SUITE



65m<sup>2</sup>, 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	from € 890	from € 995
2 persons	from € 1,195	from € 1,300
3 persons	from € 1,500	from € 1,605

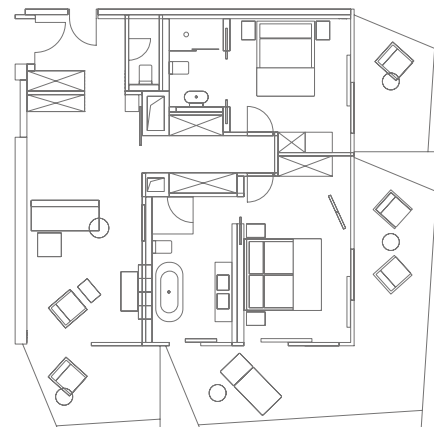
Price per night



# SOMNIUM SUITE



100m<sup>2</sup> 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	from € 2,145	from € 2,365
3 persons	from € 2,450	from € 2,670
4 persons	from € 2,755	from € 2,975

Price per night



# INFINITAS SUITE



100m<sup>2</sup>, including loft-like 50m<sup>2</sup> 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.

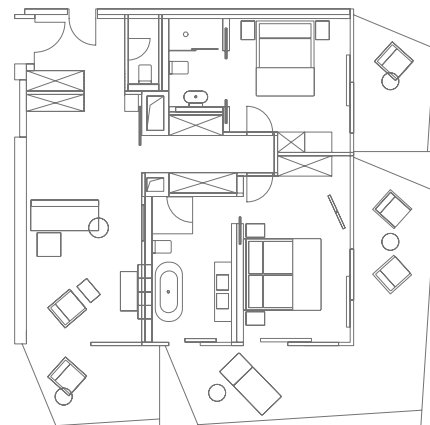


OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2persons	from € 2,555	from € 2,695
Price per night		

# ELYSIUM DUO SUITE



100m<sup>2</sup> 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	from € 2,245	from € 2,985
3 persons	from € 2,550	from € 3,290
4 persons	from € 2,855	from € 3,595

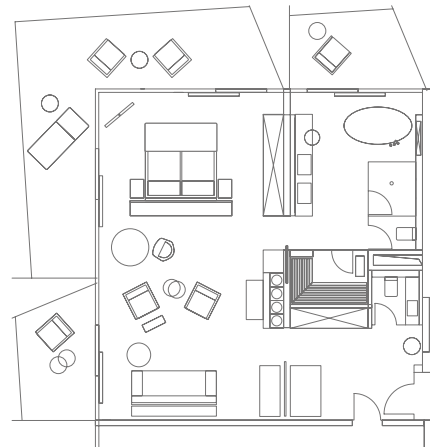
Price per night

# ELYSIUM LOFT SUITE



100m<sup>2</sup> suite with panoramic views of the golf course and Tegersee valley, including loft-like 50m<sup>2</sup> 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.

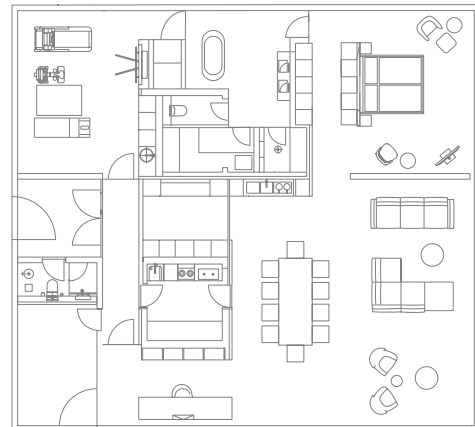
OCCUPANCY	1ST FLOOR	2ND FLOOR
1 – 2 persons	from € 3,650	from € 3,950
Price per night		



# PAVILLON SUITE



250 m<sup>2</sup> 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 m<sup>2</sup> bedroom with an en-suite bathroom that has a freestanding bathtub, private steam shower and sauna; 77 m<sup>2</sup> living and dining area with private tea station; 13 m<sup>2</sup> open plan study, separate kitchen for use by our private chef; 30 m<sup>2</sup> 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.



## 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.

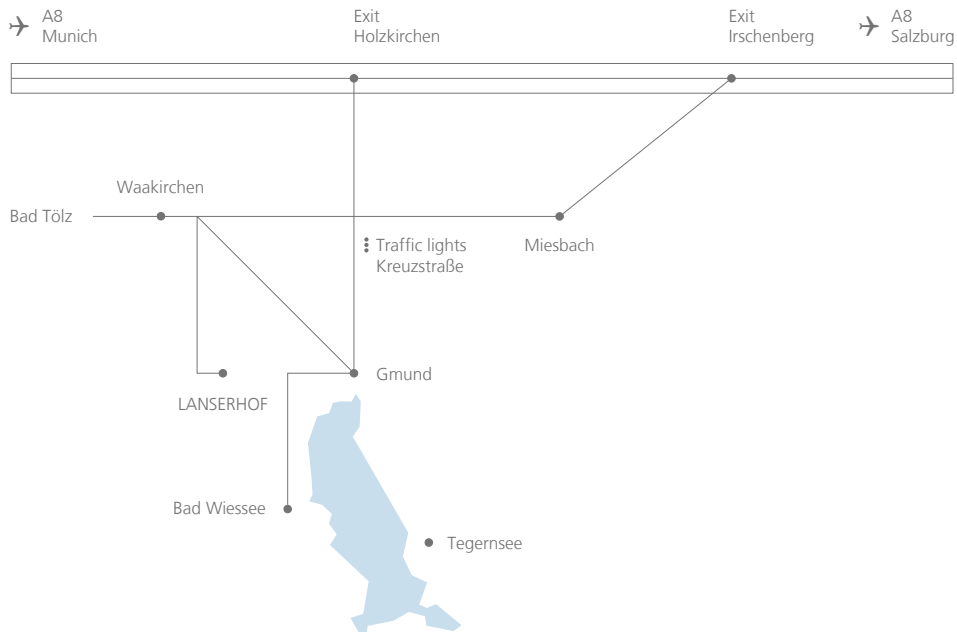
During the stay, the desire to continue the newly experienced healthy lifestyle in everyday life grows in most guests.

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



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