



LAN  
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HOF

LANSERHOF SYLT  
2024



# LANSERHOF CURE CLASSIC

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	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)*	20 min.
1	short time HRV check (heart rate variability)*	25 min.
1	metabolism measurement*	20 min.
1	foot reflexology massage*	25 min.
1	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 2,890

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

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 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)*	20 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.
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 4.079,– 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

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)*	20 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.
1	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 5.267,– 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

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 7.109,50 EUR

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

\* performed by therapy center

# HORMONE BALANCE

## MEDICAL BASIC THERAPY, 7–8 NIGHTS

Hormone health plays a crucial role in every phase of a woman's life. Even minor fluctuations in hormone levels can have noticeable effects and influence a woman's everyday life.

### SUITABLE FOR:

The Hormone Balance Package is for women who suffer from mood swings, irritability, tiredness, sleep disorders and headaches due to hormonal changes..

1	initial medical examination	40 min.
1	extended initial medical examination	20 min.
2	check-ups with abdominal treatment	each 20 min.
1	final medical examination and consultation	30 min.
1	laboratory diagnostics (routine laboratory, osteoporosis)*	
1	Bioimpedance measurement and discussion of findings*	50 min.
1	DXA Bone density measurement*	60 min.
1	Hormone consultation	20 min.
1	Nutritional advice + nutrition plan*	50 min.
1	metabolic measurement*	20 min.
1	acupuncture if required	50 min.
1	urine analysis*	

7–8 nights Lanserhof excluding accommodation 4.333,50 EUR  
(incl. medical on-call and night service\*\*)

### ADDITIONAL TREATMENTS:

1	personal training*	50 min.
2	yoga sessions*	50 min.
1	breathing therapy*	50 min.
1	reiki*	50 min.

Daily relaxation training in a group  
Introductory medical lecture  
Topic-related lectures  
Cultural evening program

7–8 nights Lanserhof excluding accommodation 5.421,50 EUR

The price for our Lanserhof Kur Classic arrangement is per person excluding dietary supplements and medication.

\*carried out by therapy center

\*\*flat rate per day/night

# LONG COVID

## MEDICAL PACKAGE, 7–8 NIGHTS

Even after a mild course of the disease, many people continue to suffer from various long-term effects following Covid-19. The Long Covid package aims to create stability and restore physical resilience.

### SUITABLE FOR:

The Long-Covid package is suitable for people who suffer from impaired lung function or reduced mental and physical performance even after the illness.

1	initial medical examination	40 min.
1	extended initial medical examination	20 min.
2	check-ups with abdominal treatment	each 20 min.
1	final medical examination and consultation	30 min.
1	laboratory Initial examination (bioimpedance analysis, blood pressure, lactate and metabolism check)*	30 min.
1	Bioimpedance measurement and discussion of findings*	
1	Final laboratory test (blood pressure, lactate and metabolism check)*	20 min.
1	Metabolic measurement*	20 min.
1	urine alysis*	
1	Laboratory diagnostics* (Routine laboratory)	

### 7–8 nights excluding accommodation 2.626 EUR

(incl. medical on-call and night service\*\*)

### ADDITIONAL TREATMENTS:

1	Spiroergometry and discussion of findings*	50 min.
1	Cell Gym first appointment*	60 min.
5	Cell Gym sessions*	50 min.
2	Physiotherapy sessions*	50 min.
2	Hydrojet*	30 min.
6	Sports science personal training sessions**	50 min.
1	Infusion Mitoboost*	60 min.
1	Infusion Cell Energy*	60 min.

Daily relaxation training in a group

Introductory medical lecture

Topic-related lectures

Cultural evening program

### 7–8 nights excluding accommodation 6.247 EUR

The price for our Lanserhof Kur Classic arrangement is per person excluding dietary supplements and medication.

\*carried out by therapy center

\*\*flat rate per day/night

# STRESS- RESILIENCE

## MEDICAL PACKAGE, 7–8 NIGHTS

Stress is omnipresent in today's society and presents us with many health challenges. By looking at your individual needs, we help you to deal with stressful situations more effectively. At the same time, important resources are built up to help you cope better with the demands of everyday life. The package also teaches proven mental techniques for stress management that will help you to strengthen your resilience.

### SUITABLE FOR:

Our Stress Resilience Package is suitable for anyone looking for ways to relax and reduce stress. In terms of physical health, excessive stress can manifest itself in the form of increased blood pressure, heart disease, a weakened immune system, gastrointestinal complaints and sleep problems. Psychological problems such as anxiety disorders and depression, increased nervousness, irritability, concentration problems and exhaustion can also occur. With the help of self-care, stress management techniques, exercise and a balanced diet, we support you on the path to greater inner peace.

1	initial medical examination	40 min.
1	extended initial medical examination	20 min.
2	check-ups with abdominal treatment	each 20 min.
1	final medical examination and consultation	40 min.
1	laboratory Initial examination (bioimpedance analysis, blood pressure, lactate and metabolism check)*	30 min.
1	metabolic measurement*	20 Min.
1	urine alysis*	
1	Individual psychological preliminary talk*	50 Min.
1	short time HRV check (heart rate variability)*	
2	Coachings*	50 Min.

Daily relaxation training in a group  
Introductory medical lecture  
Topic-related lectures  
Cultural evening program

7-8 nights Lanserhof excluding accommodation 3.656,– EUR

The price for our Lanserhof Kur Classic arrangement is per person excluding dietary supplements and medication.

\*carried out by therapy center

\*\*flat rate per day/night

# CARDIO CHECK UP

## MEDICAL PACKAGE, 3–4 NIGHTS

Around 80% of all heart attacks and strokes are preventable! In order to achieve this goal, regular check-ups are necessary. These should be carried out using the latest diagnostic procedures in order to detect and, if necessary, treat diseases that have not yet become clinically apparent at the earliest possible stage. Lanserhof Sylt offers the best conditions for this. We have state-of-the-art equipment in all areas and experts with decades of experience in prevention. Experts with decades of experience in prevention. All with the aim of adding many HEALTHY years to your life.

The Lanserhof Cardio Check-up package focuses on the prevention of cardiovascular and metabolic diseases – by far the most common causes of death. With an individually tailored training and nutrition programme, we show you how you can drastically reduce your risk, often without any medication.

1 Cardio Check	120 Min.
1 Long-term ECG/RR/SpO2 (including sleep apnea screening)	
1 Laboratory diagnostics** (routine laboratory, supplementary cardio profile)	
1 bioimpedance measurement and discussion of findings*	50 Min.
1 Cell Gym first appointment*	60 Min.
2 Cell Gym Applications*	50 Min.
1 Infusion Cell Energy*	30 Min.
3 Cold chamber units*	20 Min.
2 sports science personal training sessions*	50 Min.
1 Infusion setup large*	60 Min.

OPTIONAL (only bookable from 4 nights)

Uro Check, Gyn Check, gastroscopy, colonoscopy, sleep laboratory\*, ophthalmologic examination, Nutritional consultation + nutrition plan\*, Bone density measurement (DXA)\*

Daily relaxation training in a group  
Introductory medical lecture  
Topic-related lectures  
Cultural evening program

3–4 nights excluding accommodation and Lanserhof Energy Cuisine 7.991,50 EUR

The price for our Lanserhof Kur Classic arrangement is per person excluding dietary supplements and medication.

\*carried out by therapy center

\*\*flat rate per day/night

# 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

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## 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.

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## NUTRITIONAL DIAGNOSTICS

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

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

Food intolerance test Histamine diagnostics,  
Allergoscreen

## 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

Routine laboratory

Heavy metal determination

Nutrient analysis

Hormone profile

# 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

Carotid and vertebral arterial duplex ultrasound

Resting ECG incl. written findings

Ergometry / Exercise ECG

Long-term ECG (24 h ECG)

Long-term blood pressure measurement (24h)

Spirometry (lung function)

## SPECIALIST EXAMINATIONS

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

## MOVEMENT AND MOBILITY

Spirometric check

Bioimpedance measurement

## SONOGRAPHY

Sonographies of the different body regions

## SLEEP AND CHRONOMEDICINE

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

Sleep laboratory / sleep apnoea screening

3D-Body-Mapping Examination	30 Min.
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Bone density measurement (DXA Scan)	30 Min.
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## THE THERAPIES

### HOLISTIC MEDICINE AND NATUROPATHY

Medical examination with  
abdominal treatment

Naturopathic  
consultation 40 min.

Colon-Hydro-Therapy

Acupuncture 30 min.

Mesotherapy

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### INFUSION THERAPY

Revitalizing infusion large

Autologous blood ozone

Electrolyte vitamin infusion

Alcalic infusion

Infusion liver

Infusion vitamin C high dose

Infusion skin, hair, nails

Infusion Mitoboost

Infusion Cell Energy

Infusion Anti-Aging

Infusion NAD Boost

### 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.

24h HRV  
(heart rate variability measurement)

Short-term HRV

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### INTERVAL HYPOXIA- HYPEROXIA THERAPY (IHHT)

CellGym First Appointment

CellGym follow-up appointment



## THE THERAPIES

### ENERGY & INFORMATION MEDICINE

Craniosacral therapy	50 min.
Shiatsu	50 min.

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### NUTRITION COUNSELLING

Nutrition consultancy + nutrition plan
Metabolic measurement

### PAINTHERAPY

PRP (platelet-rich-plasma)  
orthopedic

Mesotherapy /  
Meso pain therapy

Infusion therapy

Physiotherapy	25 min.
	50 min.

Medical Osteopathy	40 min.
classic massage	50 min.

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### CRYOTHERAPY

Cryotherapy



# 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. 50 min.	classical massage therapy	50min.
		Hot Stone massage	70 mn.
Physiotherapeutic pilates training	50 min.	Individual bodywork therapy	25 min. 50 min.
Yoga	50 min.	Deep breathing exercises	25 min. 50 min.
Aqua fitness	45 min.	Meditation	50 min.
EMS-Training Booster (Electromuscular Stimulation)	50 min.	Matrix Therapy	30 min. 50 min.
Nuad Thai	75 min.		

# 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.	Lymph Flowtation	50 min.
Revitalizing Body Wrap	50 min.	Lymph Drainage	50 min.
Natural detox Hay	50 min.	Connective tissue massage according to thickness	50 min.
Natural algae	50 min.	Head massage	25 min.
Detox drainage	50 min.	Foot reflexology	25 min.
		Classic massage therapy	50 min.
		Herbal-Steam-Massage	50 min.

## 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.

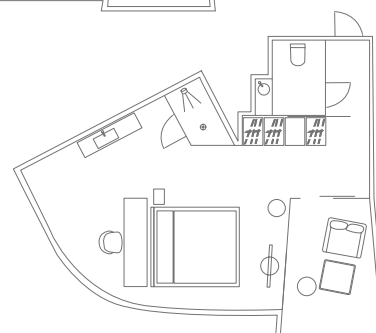
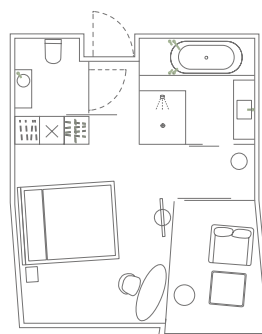
Liver cleansing (price dependent on scope)

# SINGLE ROOM WITH BALCONY



29 m<sup>2</sup> single room with balcony, open living and sleeping area, desk, bath- room with bathtub 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 579,-	from 679,-	from 779,-

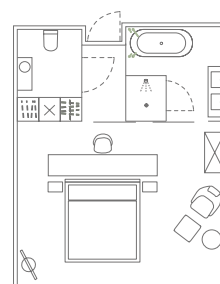
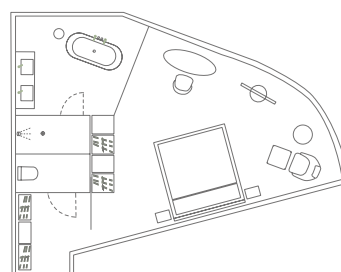


The prices shown are "from" prices.  
Depending on the season, available room categories and general occupancy, higher room prices may apply.

## 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 790,-	from 990,-
2 persons	from 990,-	from 1190,-

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# DOUBLE ROOM FABULOSA WITH BALCONY

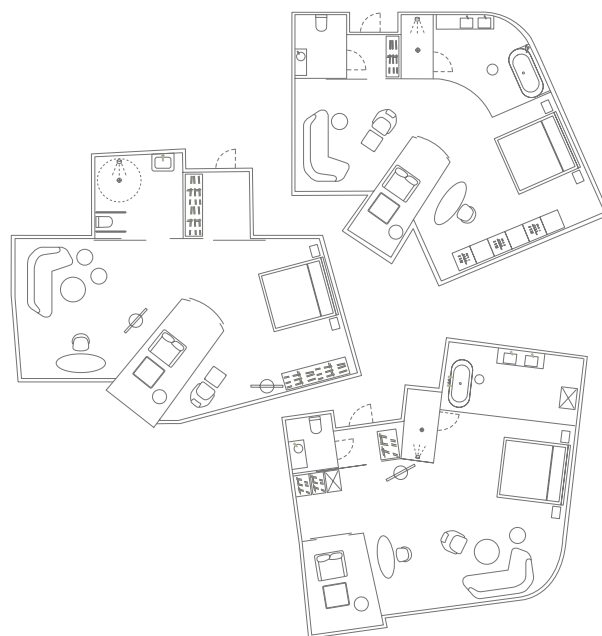


54 m<sup>2</sup> double room with balcony and sea view, open plan living and sleeping area, high quality couch, innovative FreshBed technology\*, health promoting light concept\*, large couch, desk, bathroom with bathtub and shower, separate WC, corner location, parquet floor, free WLAN internet access, 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

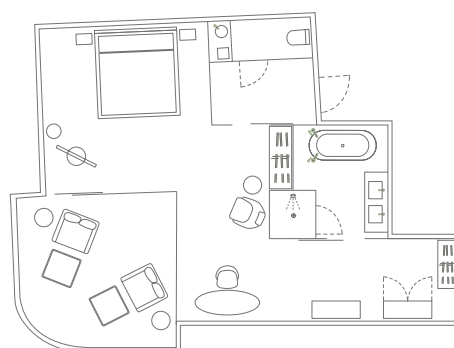
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1 person	from 1039,-	from 1239,-
2 persons	from 1139,-	from 1339,-

## 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.



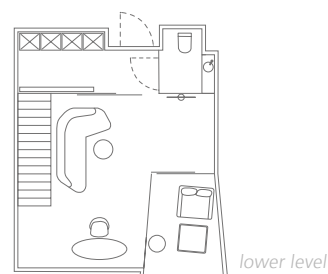
1 person	from 1900,-
2 persons	from 2100,-

The prices shown are "from" prices.  
Depending on the season, available room categories and general occupancy, higher room prices may apply.

# PARVUS DUPLEX SUITE WITH BALCONY

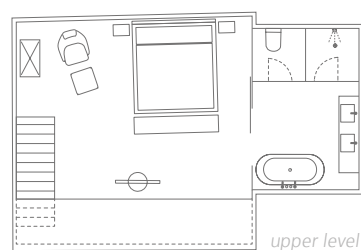


58 m<sup>2</sup> suite with open gallery, living area with high-quality couch, balcony, WC and anteroom with wardrobe on the first level, cozy sleeping area under the thatched roof with bathroom with bathtub and shower on the second level, parquet flooring, free WLAN internet access, 50"/55"-TV, Smart-TV,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

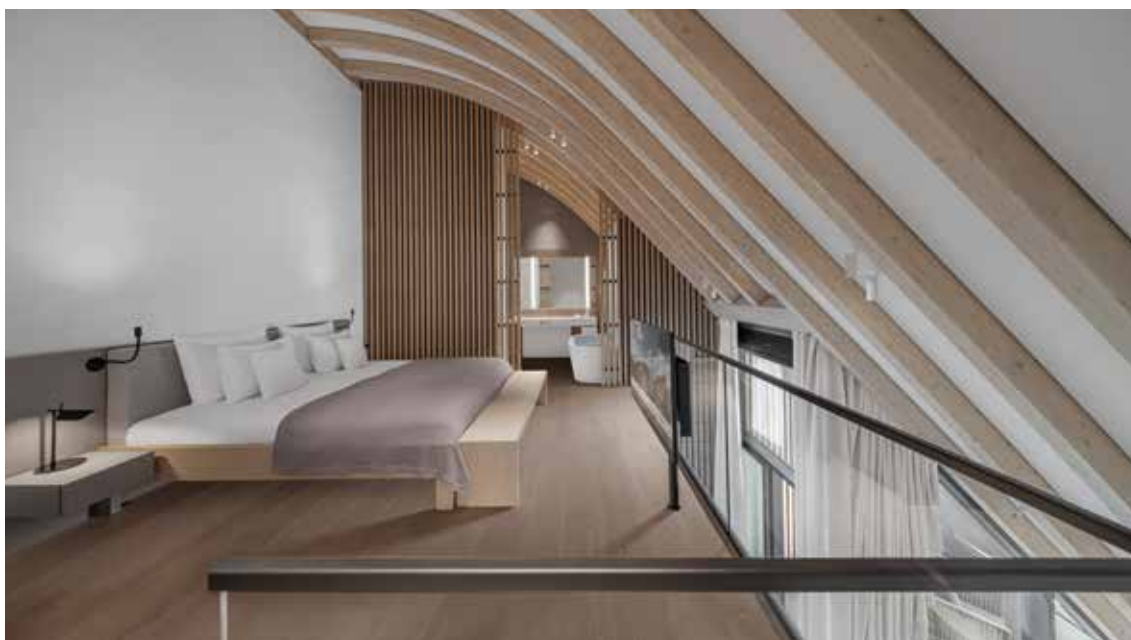


	Village	Dune	Sea
1 person	from 1239,-	from 1339,-	from 1439,-
2 persons	from 1439,-	from 1539,-	from 1639,-

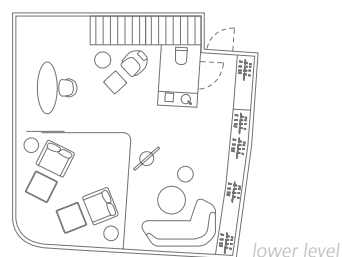
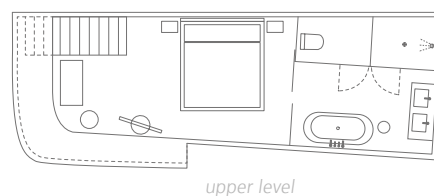
The prices shown are "from" prices.  
Depending on the season, available room categories and general occupancy, higher room prices may apply.



# 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 2100,-	from 2100,-
2 persons	from 2300,-	from 2300,-

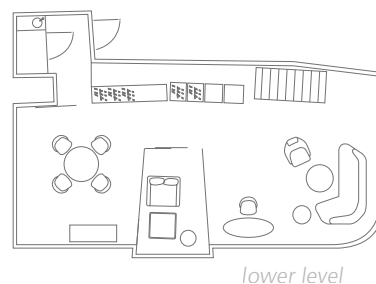
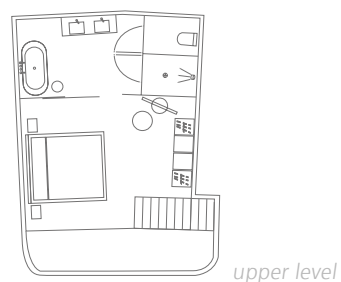
The prices shown are "from" prices.  
Depending on the season, available room categories and general occupancy, higher room prices may apply.

## 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 2700,–  
2 persons     from 2900,–



The prices shown are "from" prices.  
Depending on the season, available room categories and general occupancy, higher room prices may apply.

# 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

From now on your dog is welcome! Please note that this offer is only available when booking a double room with terrace. The price per dog and night is 60€. Dog bed, bowls, towels and door tag are provided..

## 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.

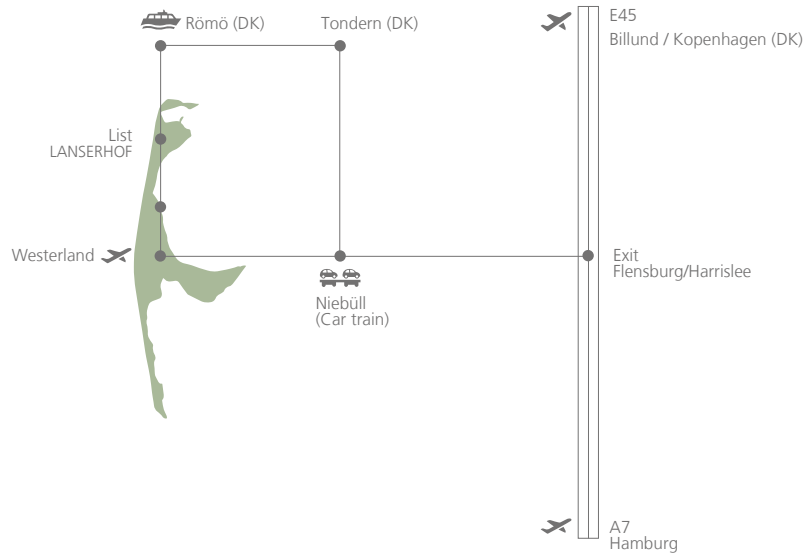
During the stay, the desire to continue the newly experienced healthy lifestyle in everyday life grows in most guests.

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



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# LAN SER HOF

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