



**LAN
SER
HOF**

LANSERHOF TEGERNSEE
2024

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. |
| 1 hay liver wrap | 30 min. |

On-call doctor and night service (24h)

7–8 nights Lanserhof Cure Classic excluding accomodation from 2,890,–

9–11 nights Lanserhof Cure Classic excluding accomodation from 4,078,–

12–16 nights Lanserhof Cure Classic excluding accomodation from 5,173,–

17–21 nights Lanserhof Cure Classic excluding accomodation from 7,238,–

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 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 basal metabolism measurement
1 functional training 50 min.
Microbiome analysis (stool test).

Additional flat rate Advanced excluding accommodation 2,408,-

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

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.

NUTRITIONAL DIAGNOSTICS

H₂ breath test – fructose

H₂ 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

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)

SPECIALIST EXAMINATIONS

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

MOVEMENT AND MOBILITY

Spiroergometry

Bioimpedance analysis

ULTRASOUND

Ultrasound scans of various body regions

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.

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.

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. |

NUTRITIONAL CONSULTATION

| | |
|--------------------------------------|---------|
| Nutritional counselling | 50 min. |
| Personal cooking class with our chef | |

NUTRITIONAL COURSE

Your path to a healthier diet and lifestyle

PAIN THERAPY

| | |
|-----------------------------------------------|--------------------|
| Myoreflex therapy | |
| Mesotherapy / mesotherapy for pain management | |
| Physiotherapy | 25 min. 50 min. |
| Osteopathy | 50 min. |
| Therapeutic massage | 50 min. |

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 | 40 min. | Pilates Reformer | 50 min. |
| Nuad Thai | 75 min. | Classical & Modern Dance | 45 min. |
| Therapeutic massage | 50 min. | Aquatraining | 20 min. |
| Singing bowl massage | 50 min. | Zumba | 50 min. |
| Hot stone massage | 70 min. | Outdoor Training | 90 min. 120 min. 180 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. | | |

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/MAN

Detox Facial treatment

Lanserhof
LAB SERIES Regeneration

Refreshing Booster incl. TDA
with Anti Aging active ingredients

JetPeel DeLuxe incl. Dec

3D Anti Aging Treatment

Step 1 Micro+Sonografie
Step 2 Cell Premium Needling

Pure Perfection
Liquid Surgery

STK Lifting without Scalpel

DERMA BODY WOMAN/MAN

Essential salt therapy with
salts from the Dead Sea
and hydrotherapy bath

Cellulite – active firming

MBR Bust Up treatment
tissue-strengthening and firming

EndoSpheres
Micro massage und Lymphatic stimulation

Shyld Body Contouring
Fat reduction and tightening

Emsculpt
Magnetic field for muscle toning
and fat reduction

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

CRYOTHERAPY

CHEMICAL PEELS

Chemical peels

CRYOLIPOLYSIS

Chin 60 min.

Basic (1 body zone) 70 min.

Classic (2 body zones) 90 min.

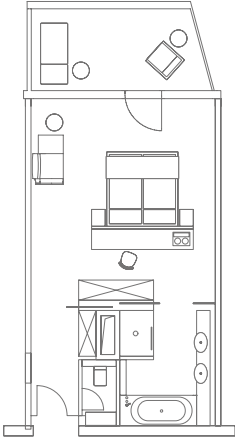
DOUBLE ROOM



55m², 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 715,- | from 815,- |
| 2 persons | from 1,035,- | from 1.135 |
| Price per night | | |

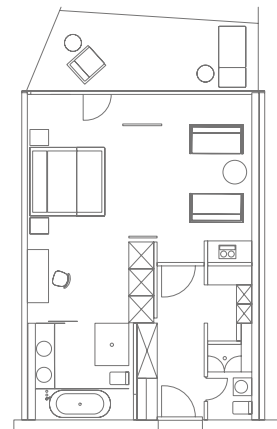


PARVUS SUITE



65m², 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 920,- | from 1,025,- |
| 2 persons | from 1,240,- | from 1,345,- |
| Price per night | | |

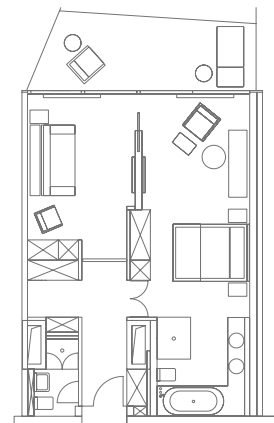


SYMPHONIA SUITE



65m², 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

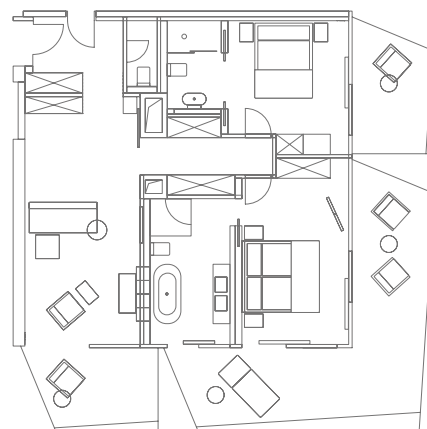
| OCCUPANCY | BASIC | VIEW |
|-----------------|--------------|--------------|
| 1 person | from 920,- | from 1,025,- |
| 2 persons | from 1,240,- | from 1,345,- |
| 3 persons | from 1,560,- | from 1,665,- |
| Price per night | | |



SOMNIUM SUITE



100m² 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 2,250,- | from 2,435,- |
| 3 persons | from 2,570,- | from 2,755,- |
| 4 persons | from 2,890,- | from 3,075 |

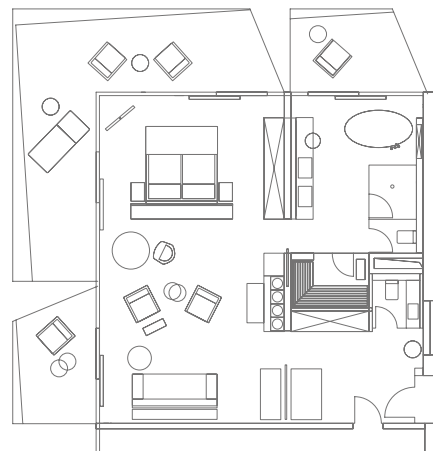
Price per night

INFINITAS SUITE



100m², including loft-like 50m² 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 cloak-room, 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.

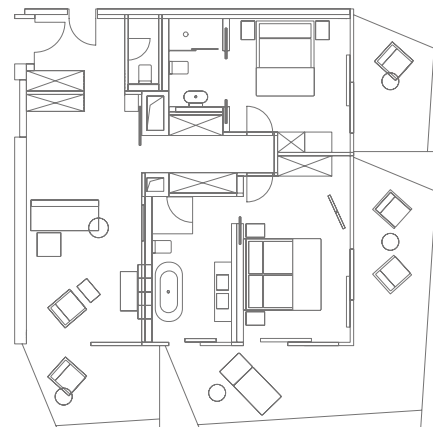
| OCCUPANCY | 1ST FLOOR | 2ND FLOOR |
|-----------------|--------------|--------------|
| 1 – 2 persons | from 2,650,- | from 2,800,- |
| Price per night | | |



ELYSIUM DUO SUITE



100m² 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 2,350,- | from 3,050,- |
| 3 persons | from 2,670,- | from 3,370,- |
| 4 persons | from 2,990,- | from 3,690,- |

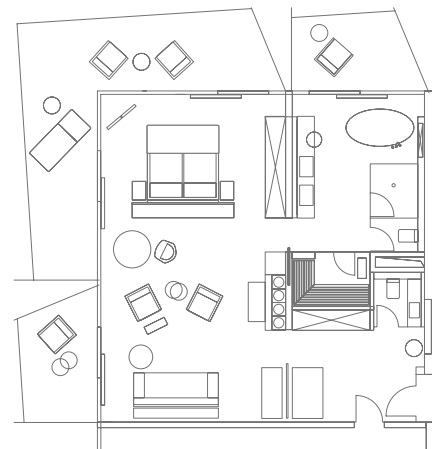
Price per night

ELYSIUM LOFT SUITE



100m² suite with panoramic views of the golf course and Tegerensee valley, including loft-like 50m² 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.

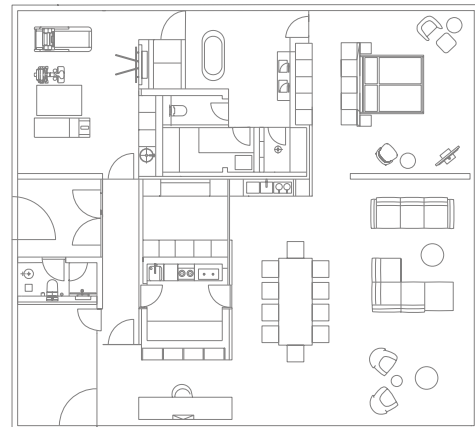
| | | |
|-----------------|--------------|--------------|
| OCCUPANCY | 1ST FLOOR | 2ND FLOOR |
| 1 – 2 persons | from 3,800,- | from 4,100,- |
| Price per night | | |



PAVILLON SUITE



250 m² 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, roof terrace with a possibility for personal training and yoga; 36 m² bedroom with an en-suite bathroom that has a freestanding bathtub, private steam shower and sauna; 77 m² living and dining area with private tea station; 13 m² open plan study, separate kitchen for use by our private chef; private gym with state-of-the-art TechnoGym equipment and a Kinesis training wall



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.

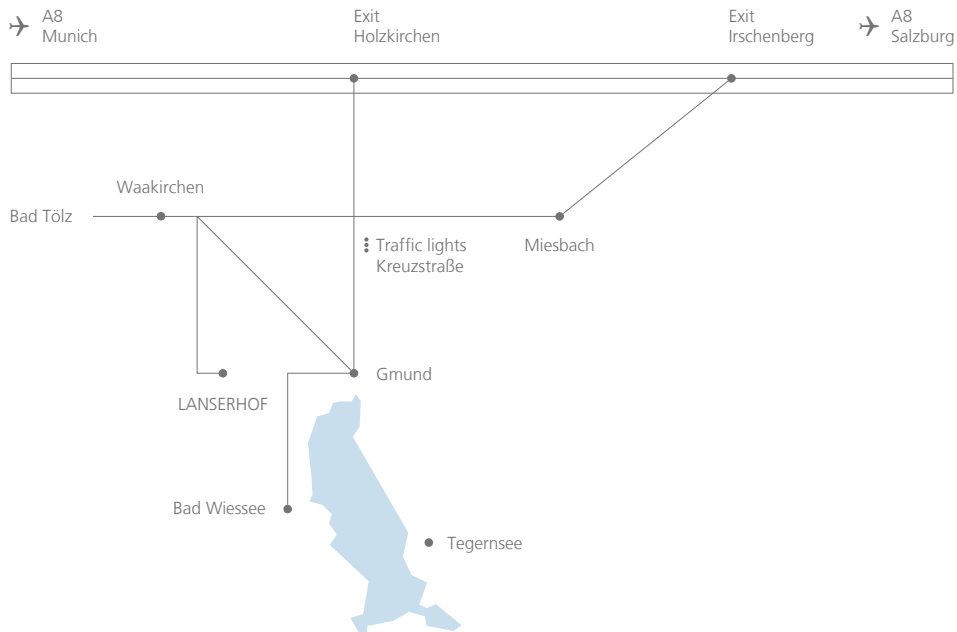
During the stay, the desire to continue the newly experienced healthy lifestyle in everyday life grows in most guests.

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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Legal notice

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