

**LAN  
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HOF**

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DERMA THERAPY 2024

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## HEALTHY SKIN – NEW ENERGY

As the largest organ of the human body, the skin plays an essential role in the detoxification process. Our medically oriented Derma treatments therefore form a key component of the Lanserhof Concept, aiming to help revitalise the skin and promote health at the highest level of medical care.

At our Lanserhof resorts, we use advanced technologies and methods to optimise the vital functions of the skin and the body. In close partnership with international cosmetic laboratories and medical professionals, we have developed a comprehensive range of Derma treatments that meet the highest medical standards.

In addition to a wide range of non-invasive, cosmetic treatments, we also offer a variety of medical services that have been developed in close collaboration with our Lanserhof doctors and selected dermatologists. Each treatment is individually tailored and continuously further developed by our Derma experts to suit the specific needs of your skin. We also take into account the duration of your stay at Lanserhof so we can ensure you leave with the best HEALTHY SKIN and brimming with NEW ENERGY. Our pursuit of innovation is what drives us to continually drive our treatments forward so we can offer you a holistic and innovative experience.





### LANSERHOF LAB SIGNATURE FACIAL

Our Lanserhof Signature treatment is a deep-acting treatment combining highly active ingredients from the vegan Lanserhof Lab Skincare range. The combination of acupuncture massage, bio-cellulose masks and final care massage gives your skin the ultimate natural Lanserhof glow.

- ✓ Intensively nourishes the skin
- ✓ Relaxes the skin and boosts the lymphatic system
- ✓ Activates the skin's own resilience and cell generation

75 min.

### AUGUSTINUS BADER REPAIR FACIAL

Treatment combination from the innovative TFC8® complex, consisting of amino acids and vitamins to stimulate the skin's own repair mechanisms, combined with our specially developed face-lifting massage.

- ✓ Boosts the skin's natural potential for regeneration
- ✓ Improves skin tone and counteracts lines and fine wrinkles
- ✓ Nourishes and protects the skin

75 min.

### BIOSEL DETOX FACIAL

Purifying treatment combines detox drainage for pore-deep purity and more balanced skin. Particularly effective in easing allergic reactions and inflammation.

- ✓ Has an anti-inflammatory and calming effect
- ✓ Clears and purifies body and soul
- ✓ Ensures a pure complexion

75 min.

### DERMA EPIDERMAL FACIAL

Intensive moisturising and cell-firming treatment for tired and dry skin through the targeted use of enzymes.

- ✓ Removes dead skin cells
- ✓ Opens up pores to absorb active ingredients
- ✓ Smooths lines and wrinkles and gives the skin elasticity and vitality

60 min.

### HYDROBOOSTER

Intensive regenerative application, which literally moisturises the skin tissue with highly effective active ingredients from the inside.

- ✓ Improves skin texture and supports skin generation
- ✓ Provides deep-acting hydration
- ✓ Promotes the skin's elasticity

60 min.

### MBR CYTOLINE 100 FACIAL

Invigorating energy boost with phytohormones and a particularly indulgent collagen algae mask. Ideal for tired and lacklustre skin in need of regeneration.

- ✓ Intensive supply of nutrients
- ✓ Revitalises the skin's appearance and supports cell regeneration
- ✓ Tightens the skin and improves its firmness

75 min.

### MSB ALPHA TROPHOX 112 COUNTOURING FACIAL

Effective treatment intelligently combines intensive active serum to smoothe the skin and treat mimic lines. Treatment is particularly suitable before or after an injection.

- ✓ Smooths the skin and rejuvenates the skin's appearance
- ✓ Lifts and tightens loose skin
- ✓ Reduces wrinkles and fine lines

60 min.

### INTENSIVE EYE TREATMENT

Exclusive treatment to reduce swelling around the eye area using specific lymphatic and glass cupping drainage combined with an intensively nourishing eye mask.

- ✓ Soothing moisturisation in sensitive areas of the face
- ✓ Reduces swelling around the eye area
- ✓ Refreshes with a cooling eye mask

50 min.

### SKINCEUTICALS ADVANCED CORRECTION

Anti-aging treatment uses a combination of vitamin C, Phloretin and Alpha and beta hydroxy acid and thus effectively combats aging skin and changes in skin pigmentation, in order to achieve an even skin tone.

- ✓ Provides long-term protection against UV damage and future pigment disorders
- ✓ Improves the tone and smoothes out uneven skin tone
- ✓ Reduces hyperpigmentation

75 min.

### SKINCEUTICALS CLARIFYING DETOX

Special products with Vitamin C, Phloretin, salicylic and glycolic acid regenerate and clear skin effectively for greater vitality and purity; ideal for blemished, acne-prone skin.

- ✓ Improves skin clarity blemishes
- ✓ Supports die Regeneration der Haut
- ✓ Increases the vitality and purity of the skin

60 min.

### SKINCEUTICALS SMART LIFTING FACIAL

Anti-aging treatment combines highly concentrated vitamin C, vitamin E and ferulic acid to treat skin-aging caused by light exposure with special massage techniques, Proxylane, blueberry extract and hyaluronic acid.

- ✓ Vital, smooth and more resilient skin
- ✓ Gives greater tonicity and more elasticity

75 min.





### HYDRAFACIAL™ GOLD

Ultimate Anti-aging booster facial treatment, which alongside intensive nourishment combines additional lymphatic drainage and Dermabuilder™ peptide mixture, and is completed with LED light therapy.

- ✓ Reduces fine lines and wrinkles
- ✓ Improves the complexion and peels away dead skin cells
- ✓ Provides the skin with long-lasting care and nourishment

75 min.

### HYDRAFACIAL™ SILVER

Treatment combines lymphatic drainage as the ideal preparation for HYDRAFACIAL, also making intelligent use of LED light therapy. Particularly recommended for skin prone to acne.

- ✓ Evens out pigmentation spots
- ✓ Effective against fine lines, impurities and wrinkles
- ✓ Reduces pores and creates an even complexion

60 min.

### HYDRAFACIAL™ BRONZE

Multi-stage HYDRAFACIAL™ Facial treatment with intensive cleansing and gentle exfoliation.

- ✓ Eliminates skin impurities
- ✓ Ultimate boost for complexion and radiant and smooth skin
- ✓ Moisturises and helps skin regenerate

40 min.



## REFRESHING BOOSTER INCL. TDA

This proven hydrobooster treatment is enhanced by innovative TDA technology and rounded off with a deep-acting moisturiser with a highly effective collagen fleece.

- ✓ Regenerates the skin through highly effective active ingredients
- ✓ Provides intense moisture
- ✓ Improves the elasticity of the skin

75 min.

## TDA CARE 2GO

Classic TDA treatment comprises selected active ingredients for individual skin types that are atomised with oxygen and applied.

- ✓ Deep-acting through high oxygen partial pressure
- ✓ Visibly reduces mimic lines
- ✓ Provides optimum care for the individual needs of the skin

40 min.

## TDA SPECIAL

Can be booked as a supplement for special skin areas

## TDA POST-OPERATIVE TREATMENT

Treatment method particularly suited as a post-operative use, through a soothing and gentle technique, for example after a facelift with hyaluronic acid, filler, mesotherapy or injections.

- ✓ Soothes the skin and supports the healing process
- ✓ Accelerates the regeneration of minimally invasive injection sites
- ✓ Reduces irritation caused and bruising

40 min. | €250

## ENDOSPHERÈS FACIAL

- ✓ Pure facial massage with ENDOSPHERÈS THERAPY accelerates the production of substances for maintaining firmer, youthful skin. Tightens the skin and reduces the appearance of wrinkles
- ✓ Reduces dark circles and swelling under the eyes
- ✓ Improves microcirculation and skin appearance

30 min.



### “SIGNATURE” LANSERHOF ESSENTIAL SALT THERAPY

Lanserhof Signature treatment combines specially developed massage techniques with a bath with salt from the Dead Sea and prevents tension, hardened skin and allergic reactions.

- ✓ Supports the metabolism, drainage and body regeneration
- ✓ Gives a relaxing feeling of well-being
- ✓ Activates and improves the exchange of fluid between tissues

50 min.

### ALGAE SALT THERAPY

Treatment combining elements from algae and salt therapy: Seaweed stimulates the osmotic exchange of the skin, while magnesium salts have an energy-balancing effect.

- ✓ Invigorating skin feeling
- ✓ Harmony and balance of yin and yang energy
- ✓ Alleviates the consequences of stressed skin

75 min.

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

Treatment method comprises intensive aroma wrap based on essential oils, which are used particularly effectively with sensitive skin and reddened skin.

- ✓ Has a detoxifying, draining and fat-reducing effect
- ✓ Increases the elasticity of the skin tissue
- ✓ Supports the acid/alkali equilibrium in the body

Arm wrap	30 min.
Arm, leg & abdominal wrap	40 min.
Abdominal wrap	30 min.
Abdominal and leg wrap	30 min.

### TONED SPORTY BELLY

Fat-burning abdominal treatment activated by special products and effective vacuum drainage of the subcutaneous tissue.

- ✓ Increases the tone of the skin and tightens the surface of the abdomen
- ✓ Stimulates fat-burning in the connective tissue
- ✓ Activates the blood circulation

50 min.

### BUST-UP TREATMENT

This treatment uses state-of-the-art technology to enhance the elasticity of the bust. A biotechnologically created ingredient, similar to the female hormone oestrogen, in a preparatory peeling, a toning serum and an algae mask (bdb).

- ✓ Improves the shape and elasticity of the breast
- ✓ Targeted algae massage tightens the neckline
- ✓ Emphasises the connection between the breast and pectoral muscles

40 min.

### CELLULITE TREATMENT

Stimulating leg treatment for immediately palpable, noticeable results. Treatment method combines a brush massage, cupping glass massage and active wraps.

- ✓ Improves the contours
- ✓ Fat-reducing and firming
- ✓ For a feeling of lightness and even skin

Blitz	50 min.
Intensive	75 min.
incl. arm wrap	75 min.

### DETOX CLEANSING

We provide this gentle peeling treatment as an alternative to salt therapy. Enriched with selected essences, it is developed with purely natural substances to detoxify the body. Particularly suitable for sensitive skin as an alternative to salt therapy.

50 min.

### REVITALISING BODY TREATMENT

This treatment comprises customised body masks that enhance the skin's inherent regenerative ability and protective function and through the use of essential oils increase the resilience and resistance of your epidermis.

- ✓ Moisturising, vitalising and remineralising
- ✓ Enhances the skin's regenerative ability and protective function
- ✓ Increases the resilience and resistance of the epidermis

50 min.

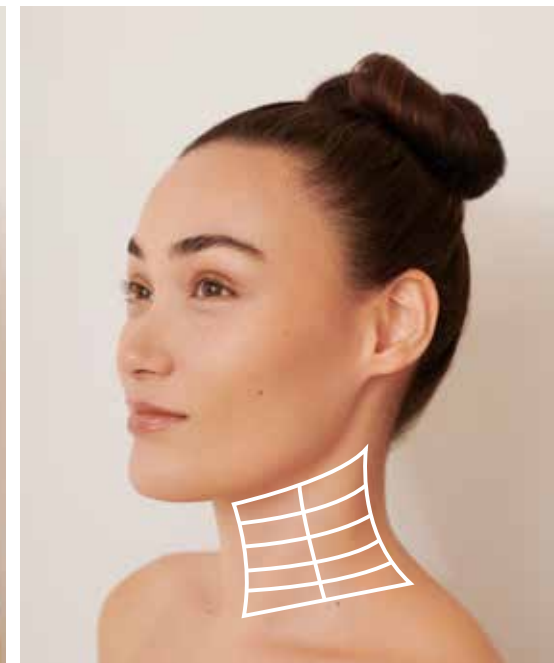
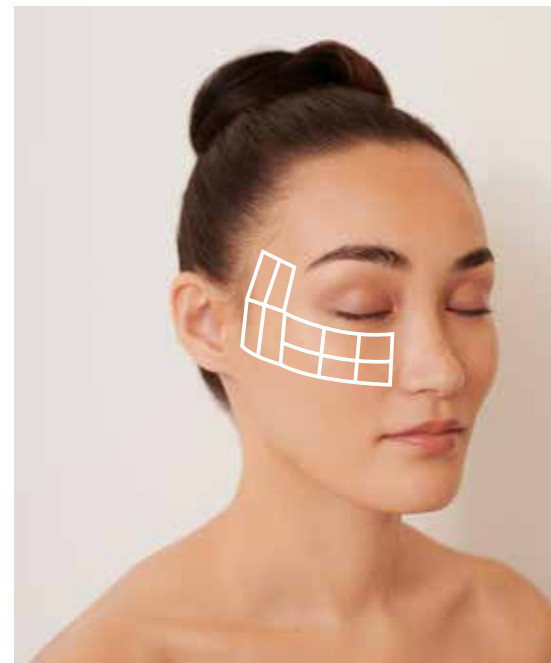
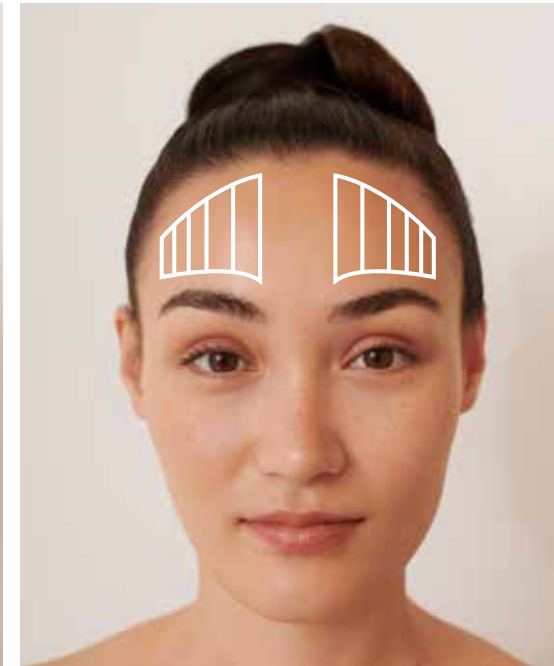
## STK MULTILINE TREATMENT

A highly effective, non-invasive lifting method for the face, neck and upper arms through targeted, almost pain-free heat impulses, combined with high-frequency ultrasound.

- ✓ Stimulation of the body's own collagen synthesis
- ✓ Tightens the skin for up to a year
- ✓ Immediately younger and fresher appearance

Neck	Upper lip
Forehead	Chin line
Eyes below	Décolleté medium
Eyes below and to the side	Décolleté small
Cheeks	Décolleté large

With STK high-frequency ultrasound technology, the skin is treated using the new STK Multiline technology with a number of different of ultrasound lines. In contrast to the known HIFU (high intensity focused ultrasound) devices, which treat with a line per scan, with STK Multiline, the STK Multiline delivers up to eleven lines per scan, enabling an almost pain-free and quick lifting treatment of the skin.





### CRYSTAL PRO CRYOLIPOLYSIS

Fat cells are systematically exposed to cold temperatures and cooled down, which gradually results in their breakdown and removal. For optimum results, several treatment sessions are recommended.

- ✓ Gently optimises your body shape
- ✓ For firm and defined skin
- ✓ Without anaesthesia and downtimes

Chin	60 min.
1 BODY ZONE	90 min.

### EMSCULPT®

Innovative treatment methods are based on electromagnetic impulses, which are delivered into the target muscle, which at the same time actively supports muscle development and promotes fat loss.

- ✓ Improves the contour of the body
- ✓ Increases muscle density and volume
- ✓ Activates fat burning

Abdomen	30 min.	Lower leg	20 min.
Buttocks	30 min.	Upper arms	
Inner thigh	20 min.	triceps + biceps	40 min.
Outer thigh	20 Min.		

## ENDOSPHERES

ENDOSPHERES treatments combine vibrations and pressure to stimulate the skin and boost blood circulation

- ✓ Combats the reduction of cellulite
- ✓ Firms the connective tissue
- ✓ Reduces fat and water retention
- ✓ Stimulates the metabolism and detoxification

Whole body application  
(abdomen, legs, buttocks, waist, upper arms) 60 min.

Partial body application

Abdomen, legs, buttocks 40 min.

Abdomen, waist or upper arms 40 min.

Partial body incl. wrap 75 min.

## HYDRAFACIAL™ BACK TREATMENT

HYDRAFACIAL™ application with long-lasting cleansing, peeling, removal and optimal moisturisation of the skin Colour therapy completes the back treatment.

- ✓ Smooths the skin
- ✓ Removes impurities
- ✓ Moisturises

50 min.

## TDA HAND AND NAIL TREATMENT

Special hand and nail treatment using TDA technology Comprehensive restorative care for beautiful and healthy nails.

- ✓ Reduces hyperpigmentation and age spots on the hands
- ✓ Regenerates and tightens the skin with lasting effect
- ✓ Supports nail growth and smooths the surface of the nail

45 min.

## INDIVIDUAL SERVICES

Bioenergetic lymphatic  
drainage face

Facial ampoule  
in the treatment

Facial lymphatic drainage

Visagisten make-up  
+ consultation

Manicure

Mesotherapy/PRP  
follow-up treatment

Nail polish

Pedicure

## DEPILATION

Underarms

Arms

Eyebrows

Full face

Legs to the knee

Full legs

Bikini area

Chin

Upper lip

## TINTING

Eyebrows

Eyelashes



## LANSERHOF LAB

Inspired by the “Lanserhof Glow” you get after a stay with us, our new facial care range combines medical expertise with traditional naturopathy. With highly effective detox and anti-aging ingredients for all skin types, the Lanserhof Skincare Routine offers effective, radiant and healthy skin care, making it an ideal addition to our spa.



## AUGUSTINUS BADER

AUGUSTINUS BADER focuses on revolutionary approaches and highly effective products. Known for its patented TFC8® technology, it helps skin regenerate and build up its own repair mechanisms, resulting in radiant and revitalised skin.

## BIOSEL

Biosel is a renowned brand for natural skin-care products featuring a sustainable and environmentally responsible approach. Every formulation is based on the use of plant extracts, essential oils and other natural ingredients. They do not use any harmful chemicals and do not test on animals.

## MBR

MBR is continually researching even more effective ingredient systems for demanding skin care on the frontiers of medicine. Its individual treatments are tailored to the different needs of the skin and follow the concept of “OPEN - SUPPLY - CLOSE”, resulting in deep regeneration and rejuvenation of the skin.

## SKINCEUTICALS

SkinCeuticals is a pioneer in scientifically-based skin care with ground-breaking anti-aging products, which use highly concentrated antioxidants and pure active ingredients to effectively correct and prevent the signs of aging.





## CRYSTAL PRO CRYOLIPOLYSIS

Non-surgical methods that cool localised fat deposits, in a targeted and controlled way, down to temperatures of minus 12°C in order to crystallise and destroy fat cells, without impacting on the skin or surrounding tissue. The dead fat cells are removed via the lymphatic system.

## EMSCULPT®

EMSCULPT® is the only non-invasive method for building muscle whilst also burning fat. Using HIFEM® technology, electromagnetic pulses are generated, triggering up to 20,000 artificial muscle contractions per sitting, which strengthen and increase the muscle fibres and release fatty acids to reduce fat.

## ENDOSPHÈRES

Special, aesthetic treatment methods, also known as micro-vibration technology. A combination of vibrations, pressure and micro-vibrations, are specifically used to exert massage effects on the skin and the tissue underneath.

## HYDRAFACIAL™

Progressive and non-invasive facial treatment, which aims to cleanse, peel, extract and hydrate. The HYDRAFACIAL™ method offers a unique combination of the removal of dead skin cells, deep cleansing and dermal infusion of nutrients in order to improve different skin problems and give the skin a radiant, healthy appearance.

## STK

Effective, non-invasive lifting method and pain-free alternative to surgery without the downtime. Targeted pulses of heat stimulate the body's own synthesis of collagen, resulting in a tightening of the tissue. High-frequency ultrasound causes irritation in different layers of the skin, which immediately tightens the skin and further strengthens the connective tissue.

## TDA

TDA stands for "transdermal application", the world's first pain-free and non-invasive therapy system. TDA treatments enable the upper layers of the skin to gently open for the transdermal delivery of selected cell-generating active ingredients, e.g. anti-aging active ingredients using highly concentrated oxygen down to the deepest layers of the skin.







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