



**LAN
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LANSERHOF
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

80 min.

ANANNÉ DETOX & RELAX RITUAL

Intelligent combination of deep cleansing thanks to a brush massage, a preparatory peeling, regenerating massage and a special mask for the face, neck and décolleté – complemented by a peeling and an arm and hand massage, bringing it to a relaxing close.

- ✓ Vitalises the skin and improves elasticity, firmness and texture
- ✓ Even and rejuvenated complexion
- ✓ Smooth skin and radiant skin tone

80 min.

AUGUSTINUS BADER FACE REPAIR

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

60 min.

AUGUSTINUS BADER FACE REPAIR ADVANCED

Building on the FACE REPAIR BASIC, this treatment uses an additional 3D treatment method and hyperthermia to activate cell rejuvenation through intensive cell regeneration.

80 min.

DETOX FACIAL

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

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

75 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 regeneration
- ✓ Provides deep-acting hydration
- ✓ Promotes the skin's elasticity

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.

LANSERHOF HYDRA FACIAL

Intensive moisture treatment for the visible improvement of skin quality using an exclusive enzyme peeling and highly active and natural active ingredient serums that activate collagen synthesis.

- ✓ Improves the skin's texture and reduces the depth of wrinkles
- ✓ Supports and strengthens the skin's own immune function
- ✓ Increases the density and tone of the skin

70 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.

MBR CYTOLINE VITAMIN C POWER FACIAL

This revitalising collagen treatment combines a skin-smoothing enzyme peeling with activating vitamin C serum and finishes with a collagen algae mask.

- ✓ Vitamin C gives new energy and a natural glow
- ✓ Removes dead skin cells, giving a rosy, fresh glow
- ✓ Refreshes, leaving skin feeling soothed and tingly

70 min.

MBR 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

70 min.

MBR PURE PERFECTION 100 LIQUID SURGERY FACIAL

Revitalising oxygen treatment where 100% pure active ingredients improve the skin's intake of oxygen and stimulate deep-acting cell renewal and regeneration. Effective on demanding, tired and sagging skin.

- ✓ Natural lifting without a scalpel
- ✓ Smooths and revitalises the skin for a fresher, firmer look
- ✓ Intensively nourishes and moisturises, revitalising every layer of the skin

75 min.

MSB ALPHA TROPHOX 112 CONTOURING 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

70 min.

MSB SKIN NORMALISING FACIAL

Gentle fruit acid treatment removes corns from the skin and gets rid of dead skin cells. Treatment is ideal as a pretreatment for mesotherapy, pigment disorders or age spots.

- ✓ Gently removes corns and improves the skin's structure
- ✓ Lightens pigment disorders
- ✓ Improves the skin's absorption of active ingredients and promotes cell regeneration

60 min.

PHARMOS NATUR JOY FOR LIFE

Natural ingredients, including cell repair complex, hyaluronic acid and aloe vera effectively permeate all layers of the skin for a lasting effect. Particularly beneficial for reddened, stressed and sensitive skin.

- ✓ Calms the skin and has a relaxing effect
- ✓ Strengthens and firms the connective tissue
- ✓ Intensively moisturises through the skin

70 min.

PHARMOS NATUR MAYA ME

Fresh aloe-vera plant therapy combines pure aloe vera plant gel, fresh from the leaf, with fragrant oils and medicinal plant products, which are gently massaged into the skin.

- ✓ Smooths and revitalises the skin for a natural glow
- ✓ Plump and refined complexion
- ✓ Refreshes the skin and adds moisture

50 min.

FACIALS

SUBTLE ENERGY INNER BALANCE TREATMENT

Specific marma point head and face massage with special ayurvedic aromatic oils. Particularly effective for sleep disorders and migraines.

- ✓ Has a deeply relaxing effect on the muscles in the head and face area
- ✓ Promotes inner balance and helps reduce stress
- ✓ Calms body and soul
- ✓ Prevents future damage from, for example, free radicals or UVA radiation

50 min.

UNIVERSKIN MEDICAL SKIN ANALYSIS AND CONSULTATION

Individual consultation in which the condition and needs of your skin are determined using advanced skin analysis in order to then mix and create an individual formula for you.

30 min.

VISIA SKIN ANALYSIS

Innovative skin analysis using special cameras and software. The high-resolution images of the skin provide a holistic evaluation and personalised recommendations for optimising skin health and treatment, as well as for preventing skin problems.

30 min.





3D ANTI-AGING INTENSIVE TREATMENT

Revolutionary 3D anti-aging skin care concept combines three intelligently selected technologies in two treatment steps: Microdermabrasion to refine the complexion and the skin's structure; ultrasound treatment to deliver active ingredient complexes deep into the cutis; and Cell Premium microneedling to activate cell renewal and regeneration.

- (1) Treatment step 1: Microdermabrasion and ultrasound treatment
- (2) Treatment step 2: Cell Premium microneedling.

120 min.

MICRODERMABRASION & ULTRASOUND TREATMENT

This treatment combines two technologically advanced patents: a classic microdermabrasion as an intensive peeling to refine the skin's structure and activate cell turnover. It uses the very latest ultrasound technology to achieve deep-penetrating effects and stimulate lymphatic flow.

50 min.

CELL PREMIUM NEEDLING

Prepares the skin with an enzyme + AHA peeling for subsequent microneedling. Gentle rotations of the needling pens cause small micro-injuries, which stimulate the tissue to heal itself and regenerate. The depth of penetration can be individually adjusted. A final organic cellulose mask moisturises and seals the active ingredient complexes introduced beforehand in the ultrasound.

80 min.

SPECIAL NEEDLING ZONES

Mouth	30 min.	Forehead	30 min.
Eye area	30 min.		

CONTOUR LIFT

Active anti-aging treatment that combines 10-MHz ultrasound waves with skin-identical peptides for noticeably firmer contours.

- ✓ Reduces the depth of wrinkles and the formation of lines
- ✓ Improves the contours and the firmness of the tissue
- ✓ Counteracts the aging process of the skin

60 min.

ENDOSPHERES FACIAL

- ✓ Pure facial massage with ENDOSPHERES 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

40 min.

JETPEEL™ TM FACIAL

Multi-stage JETPEEL™ facial treatment, combines deep cleansing, exfoliation, lymphatic drainage, massage and pH management with oxygen and hydroporation.

- ✓ Improvement of the skin's texture
- ✓ Stimulates blood circulation and skin activity
- ✓ Immediate smooth, fresh complexion and natural glow

JETPEEL™ INTENSIVE	60 min.
JETPEEL™ HYDROPORATION	50 min.
JETPEEL™ DELUXE (incl. décolleté and hands)	90 min.

JETPEEL™ can be used on the face, neck, décolleté and hands in all seasons and at any time.

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.

SMART ANTI-AGING WITH OXYGEN

Innovative combination of microdermabrasion and ultrasound technology supplemented with vitamin C to actively counteract the loss of collagen and elastin.

- ✓ Reduces the signs of aging
- ✓ Stimulates collagen and elastin production
- ✓ Promotes the elasticity and firmness of the skin

70 min.

SYHLD™ SKIN TIGHTENING TREATMENT

A combination of hyperthermia and lymphatic drainage developed by doctors and scientists. Intensive anti-aging face and neck treatment.

- ✓ Activates the formation of collagen and elastin
- ✓ Improves the skin's structure and reduces wrinkle depth
- ✓ Stimulates microcirculation and the growth of fibroblasts

60 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.

ANANNÉ PREMIUM BODY

Treatment combines intensive body peeling with a modern brush massage, where a combination of active ingredients from plants, including mustard, capsaicin and liposomal caffeine concentrate, is used to stimulate purification and detoxification.

- ✓ Tighter and firmer skin and contours from connective tissue massage
- ✓ Immediate improvement of skin tone
- ✓ Stimulates detoxification and metabolism with lasting effect

90 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	25 min.
Arm, leg and tummy wrap	35 min.
Tummy wrap	30 min.
Decongesting alkaline wrap	25 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

45 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	80 min.
incl. activating mud pack	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.

DETOX EUROPEA

Detox treatment with fresh aloe vera leaf, high quality plant extract and detoxifying black sesame oil for a physical sense of well-being both inside and out.

- ✓ Supports the removal of waste products and detoxifies the body
- ✓ Calms the senses, creating harmony and balance in the body
- ✓ Gives more vitality and improves blood circulation

60 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.

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.





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 legs	30 min.
Buttocks	30 min.	Upper arms	
Inner thighs	30 min.	triceps + biceps	30 min.
Outer thighs	30 min.		

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

Starter chin
 Basic 1 Zone
 Classic 2 Zone

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 60 min.

SHYLD BODY CONTOURING™ (RADIO FREQUENCY TREATMENT)

A combination of shock waves, hyperthermia and lymphatic drainage developed by doctors and scientists

- ✓ Counteracts cellulite and stretch marks
- ✓ Reduces the body circumference
- ✓ Firms up lax skin tissue

50 min.

INDIVIDUAL SERVICES

Eye mask

Facial ampoule
in the treatment

Facial lymphatic drainage

Face massage

Make-up consultation

Make-up for the day

Manicure natural

Manicure with polish

Manicure with shellac

Nail polish extra

Pedicure natural

Pedicure with polish

Pedicure with shellac

Shellac removal

DEPILATION

Underarms

Arms

Eyebrows

Full face

Legs up to the knee

Full legs

Bikini area

Chin

Upper lip

Upper lip/chin

Back with shoulder

Back

TINTING

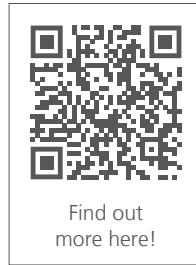
Eyebrows

Eyelashes

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.



ANANNÉ

ANANNÉ is a facial care brand that specialises in natural and effective products. The formulations have been developed by the latest research and are suitable for a variety of skin types, with particular value placed on pollutant-free ingredients and the highest quality standards.

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.

LANSERHOF SPECIAL CARE

Exclusive Lanserhof Tegernsee brand, developed with dermatologists. Moisturising factors such as hyaluronic acid and vitamin A, E and C support and strengthen the immune system and improve the quality of the skin.

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.

PHARMOS NATUR

Using 100% pure active ingredients based on fresh aloe vera, PHARMOS Natur offers a specially developed anti-aging care routine of PURE NATURE on the skin, supporting an even facial skin, radiantly beautiful eyes and a toned body.

UNIVERSKIN

UNIVERSKIN is a unique, personalised skin-care method catering to the individual needs of each skin type, with a solution to solve every skin problem. It was developed by an inter-disciplinary team of scientists, dermatologists, surgeons, biologists and chemists.

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. These strengthen and increase the muscle fibres and release fatty acids to reduce fat.

ENDOSPHERES

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.

JETPEEL™

An advanced and non-invasive skin treatment that aims to cleanse, peel, hydrate and regenerate the skin. Using a high-speed jet stream, special solutions are applied to the skin whilst dead skin cells and impurities are removed.

MICRODERMABRASION & ULTRASOUND

Microdermabrasion in combination with ultrasound is an advanced cosmetic treatment method to rejuvenate and improve the skin. This technology combines two different methods to effectively improve the structure and condition of the skin.

MICRONEEDLING

Microneedling is a revolutionary anti-aging treatment method for rejuvenating the skin. Tiny needles cause controlled micro-injuries to stimulate the body's own production of collagen and elastin, and activate micro-circulation.

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.

SYHLD™

Unique clinically tested concept developed by doctors and scientists to counteract and prevent cellulite and stretch marks. The therapy method combines shock waves, hyperthermia and lymphatic drainage to prevent cellulite and stretch marks with lasting effect and help firm up sagging skin 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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