RESTART YOUR LIFE
WELCOME TO LANSERHOF

The first Lanserhof opened its doors here in Tyrol in 1984. Since then, it has been regarded as Europe’s leading health resort thanks to its holistic approach to naturopathy and state-of-the-art medicine. Let us look after you - in the unique, familiar atmosphere of Lanserhof. With treatments that are individually tailored to your needs, our doctors and specialists will help you lead a healthier life.

Nowadays, space for individuality is becoming an increasingly scarce commodity. There is hardly time to stop and reflect. We are forgetting to look after our personal needs. This makes it all the more important to consciously take time out on a regular basis, to realise what it is that we need and to do something good for our body. We have developed the Lanserhof Cure for precisely this purpose. Together, our specialists have created a package that takes your current state of health as a basis so that the necessary measures and therapies can be planned and implemented precisely and bespoke according to your needs. These include detailed diagnostics, professional sports analyses and therapies, as well as numerous vitalising applications. Your personal wishes as well as preventive measures flow into the treatment plan. This combination is crucial in order to achieve sustainable and long-term success with the Lanserhof Cure.

Our goal is to support you on your way to better health, inner balance and a new quality of life. With Lanserhof Lans, we have created a place for you that makes exactly this possible.

Sincerely
DR CHRISTIAN HARISCH
Managing Director Lanserhof Group
Developed over three decades and practised to perfection at Lanserhof on a daily basis, the LANS Med Concept is the combination of the most valuable insights that nature and science have to offer: Wisdom of traditional naturopathy, energy medicine, psychology and psychoneuroimmunology, chronomedicine, and advanced modern medicine.

Our approach is a thoroughly holistic one. At Lanserhof, we see people as a whole and treat them accordingly, from the crown of their head to the tip of their toes. Beyond simply fighting illness, our sophisticated approach actively promotes health.

A harmonious atmosphere pervades Lanserhof. When you visit, you’ll be able to breathe freely and feel protected at all times, bathed in a warm sense of security. This is essential in our eyes, as well as being a prerequisite for rebalancing the mind, body, and soul. Another absolutely crucial element is the intensive personal contact that you share with the doctor and therapist who treat you.

Empathy and affinity form the basic components of the LANS Med Concept. Individual exercise therapy sessions, our specially designed LANS Energy Cuisine concept, and our extensive physical therapy programme all accelerate and strengthen the holistic regeneration process. This is underlined by the breathtaking scenery, which banishes thoughts of the hustle and bustle of everyday life.

Come to Lanserhof and open your heart and soul to a unique experience. We will help you to activate the reserves deep within you and reach your full potential. By the time you leave, you’ll feel free, light and enlivened once again.

The LANS Med Concept will continue to work its miracles on your body even after you return home. It also teaches you a very valuable art: The healing power of self-awareness.
The power of nature is an important part of the Lanserhof concept. A space to regain lost energy, recharge your batteries, and fill the void inside you.

Unique flora and fauna abound in the magnificent Alpine scenery, in broad meadows, deep forests, crystal clear streams and air spiced with earthy flavours. It truly is a natural treasure that moves us deep inside. Here at Lanserhof, man and his environment make a lasting connection – one that is sure to stay with you long after you leave the greenery and tranquility of the valley behind.

Your body’s batteries will be recharged with new drive and power awakened within. You reconnect with your energies in a lasting manner.
The LANS Med Concept is based on insights gained from over 30 years of constant research and development. Fortified by the latest knowledge in state-of-the-art medicine and procedural analysis, the concept has enjoyed tremendous success.

Our therapy is based on six pillars:

1. **REST**
   - Recovery and regeneration of the digestive system

2. **PURIFICATION**
   - Detoxification and de-acidification of the entire organism

3. **AWARENESS**
   - Learn and practise how to change your lifestyle

4. **INTEGRATION**
   - Integrate tailored nutrients into your personal diet

5. **SPORTS**
   - Exercise and mobility

6. **SOUL**
   - Spirit, emotions, and feelings

The LANS Med Concept is internationally regarded as one of the world’s most pioneering holistic health concepts. By combining natural remedies from traditional medicine with advanced medical knowledge, it helps our guests to achieve healthier, happier lives filled with zest and energy.

The regeneration process begins with a gentle detoxification, purification, and de-acidification programme. These cleansing rituals are the only way to empower your body to regenerate and rebalance its self-healing powers. The purity of a person’s body determines their health, beauty, vitality, and mental spirit.
LANS ENERGY CUISINE

The LANS Energy Cuisine concept delivers long-term success. It was designed with today’s health-conscious consumers in mind to improve their sense of well-being. It also strives to enhance their delight in food, cooking, and eating. What better way to satisfy the body’s long-term need for energy than to provide it with a tasty diet of top-quality, easily digestible food? The LANS Energy Cuisine contains all of the insights achieved by modern food research as well as lessons learned from nutritional philosophies from every corner of the globe.

Cuisine supplies the body with a great variety of antioxidants, vitamins, and trace elements together with a quantity of minerals, thus helping to maintaining a healthy digestive system. When choosing the ingredients, our chefs place great value on selecting only the freshest choice local, organic produce to ensure the highest possible vital sustenance from the food. For its ingredients, the Lanserhof nutritional concept uses only freshly prepared, organically grown, sun-ripened fruit and vegetables, all selected according to season. The meat we use is biophotonic and comes from animals kept humanely outdoors. To illustrate this, cows grazing on the meadow in the summer soak up the sun’s natural energy, making their milk richer in nutrients. This underlines the LANS Energy Cuisine concept perfectly: one of consciously living in tune with nature’s rhythm, rather than against it. Our concept considers the role played by our “internal clock” and the diurnal rhythm of our organs. Studies show that the digestive system works best in the morning between 7 and 9am, while twelve hours later, it hardly works at all.
Working with a flexible, open approach, the medical team at Lanserhof clears the path towards healing and prevention by working together with each and every guest. Interdisciplinary cooperation is decisive: by working systematically and in harmony with one another, our therapies reveal new effects and activate your regenerative powers. However, while collaboration on a medical and therapeutic level is important, the active engagement of every single guest is just as vital.

Attaining good health requires a holistic understanding as the result of everything we do, so we must act accordingly. Therapeutic intervention is merely one part of a holistic philosophy for health. In truth, we must approach every day with an awareness of both health and ourselves. Sustained well-being is decisive for dealing with routine and daily challenges.

We’ve outlined the main foci of our work in the following pages. We consider health to be the sum of these determinants; whereby each building block has its own importance in our overall concept of physique, mind, and soul.
The goal is to achieve a new and permanent quality of life. Over a fourteen day period, you will complete a programme of regeneration and healing devised in tandem with your doctor. Following extensive allopathic and naturopathic diagnosis, your doctor will prepare your personal treatment plan, supplemented by an individually tailored dietary plan, and lots of exercise in the fresh air. Our experience shows that you will soon discover a completely new quality of life.

1. DIAGNOSES
Gastrointestinal diagnosis, laboratory screening, cardiovascular check, nutritional diagnosis, metabolic diagnosis, resource analysis (mental screening), neurobiological analysis, performance diagnosis...

The most important prerequisite for successful therapy is a correct diagnosis. We use naturopathic and modern allopathic medicine for our diagnoses and prepare them in cooperation with leading specialists from various university hospitals and specialist physicians. Our naturopathic examination procedures are capable of detecting aberrations in your health at an early stage. We then create your personalised treatment plan based on these results.

2. DETOXIFICATION
Our doctors supervise the self-purification of your body, mind and soul using a personal dietary plan and various supporting therapeutic measures.

3. ACTIVATION AND ENERGISATION
A person’s ability to perform is influenced by several factors: his rhythm of life, the balance between dynamics and regeneration, and the positive stimulus provided by enjoyment and aesthetics.
TIME AND ATTENTION

At Lanserhof, you will revel in the presence of two very rare treasures: time and attention. Our doctors and therapists will examine and treat you with all their senses. They are experts in their respective fields and know how to re-activate your self-healing powers.

Our experience shows that the ideal duration of treatment at Lanserhof is three weeks. This is because your body’s biological rhythm first enters an intense period of change in the third week. We will provide you with advice on this in advance of your stay. The LANS Med Concept is designed to last two weeks, although the longer you stay, the longer the success of the treatment will last.

In discussion with our guests and specialists, we continuously sound out the direction in which we want to evolve, innovate, and improve. Our research institute for regenerative and preventive medicine also cooperates with various university research units and external specialists. The LANS Med Concept is in a continuous state of flux and further development. Time and time again, we receive confirmation on how innovative this approach is in its core message.

In this sense, we retain what is worth retaining, and constantly add new scientific findings.
LANSERHOF CURE CLASSIC
MEDICAL THERAPY, 7 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.
- 2 check-ups with abdominal treatments 20 min. each
- 1 final medical examination 30 min.
- 1 urine analysis
- 1 bioimpedance analysis
- 1 reflexology massages 25 min.
- 2 therapeutic massages 50 min. each
- 1 detox drainage
- 1 detox lymph pack with liver compress 50 min.
- 1 electrolysis foot bath 20 min.

Daily Kneipp treatments
Daily group movement therapies
Daily group relaxation therapies
Medical lectures
Additional topical lectures
On-call physician

One-week LANSERHOF CURE CLASSIC excluding accommodation € 2,014

The minimum stay is seven nights. We recommend a minimum stay of two weeks in order to achieve tangible, lasting success for your regeneration programme.

Two-week Lanserhof Cure Classic excluding accommodation € 3,691

The prices for our Lanserhof Cure Classic packages are shown per person and exclude nutritional supplements and medications.
The Lanserhof Kur 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, including taking into account your personal goals.

1 initial medical examination 40 min.
5 check-ups with abdominal treatments 20 min. each
1 medical consultation of examination results 20 min.
1 final medical examination and consultation 30 min.
1 HRV (heart rate variability measurement) incl. coaching 24 hours
1 telomere length measurement to determine biological age
1 preventive blood analysis
1 urine analysis
1 basal metabolism measurement
1 bioimpedance analysis
1 movement consultation 50 min.
4 healing massages 50 min. each
1 reflexology massage 25 min.
2 detox drainage 50 min. each
2 detox lymph pack with bath and liver compress 50 min. each
2 electrolysis foot baths 20 min. each
1 salt therapy 50 min.

Daily Kneipp treatments
Daily group movement therapies
Daily group relaxation therapies
Medical lectures
Additional topical lectures
On-call physician

Two-week LANS Med Basic excluding accommodation € 5,578
We have created a separate cure exclusively designed for our healthy, athletic and ambitious guests. You don’t need to book another Lanserhof Cure package to accompany this programme.

1 initial medical examination 40 min.
1 session discussing results 20 min.
1 final medical examination 30 min.
1 HRV (heart rate variability) measurement, including diagnostics, analysis, evaluation 24 hours
1 spiroergometry test 45 min.
4 functional training sessions with an exercise coach 50 min. each
1 yoga session 50 min.
1 respiratory therapy session 50 min.
4 healing massages 25 min. each
2 magnesium baths 20 min. each
1 bioimpedance analysis
1 cryotherapy session
7 day active-level diet (€ 39 per day)
Daily Kneipp treatments
Daily group movement therapies
Daily group relaxation therapies
Medical lectures
Additional topical lectures
On-call physician

1-week LANSERHOF CURE ACTIVE excluding accommodation € 3,611

The minimum stay is seven nights.
We recommend a minimum stay of two weeks in order to achieve tangible, lasting success for your regeneration programme.

The prices for our LANSERHOF CURE ACTIVE are shown per person and exclude nutritional supplements and medications.
THE LANS MED MODULES

The LANS Med Concept is as individual as you need it to be. With this in mind and building on our Lanserhof Cure programme, we offer you individual modules based on the focal points of your treatment. You can book all of our services individually, allowing you to create your own personal programme with the doctor treating you.

DETOX MODULE
A supplementary module to the basic package, from a minimum of seven days

1 lymph drainage 50 min.
1 deluxe detox drainage 75 min.
1 detox cleansing LANS DERMA 50 min.
1 alkaline bath 20 min.

Module price € 580

EXERCISE MODULE
A supplementary module to the basic package, from a minimum of seven days

1 sports science exercise check-up 75 min.
1 HRV (heart rate variability) measurement incl. diagnostics, analysis and evaluation 24 hours
5 functional training sessions 50 min. each
1 respiratory therapy session 50 min.

Module price € 1,724

RESTART MODULE
A supplementary module to the basic package, from a minimum of 14 days

Poor resilience, and severe and repeated stress at home, in the workplace or during free time cause continuous and chronic stress with considerable effects, placing permanent strain on the body’s regulatory systems. Persistent overtaxing of the body’s system leads to total mental and physical exhaustion. The LANS Med Concept offers you professional help in averting this.

1 HRV (heart rate variability) measurement including diagnostics, analysis and evaluation 24 hours
2 mental coaching sessions
5 individually tailored intravascular laser therapy sessions with infusions 50 min. each
4 bespoke energetic therapy sessions

Module price € 2,951
THE LANS MED MODULES

CHECK WOMAN 40+
A supplementary module to the basic package, from a minimum of ten days
1 gynaecological check-up
1 abdominal ultrasound
1 thyroid and neck vessel ultrasound
1 resting ECG test
1 screening session with specialist dermatologist
1 session discussing results

Module price € 1,741
Additional laboratory tests:
Women's medical check-up approx. € 815 (price dependent on scope)

CHECK MAN 40+
A supplementary module to the basic package, from a minimum of ten days
1 abdominal ultrasound
1 thyroid and neck vessel ultrasound
1 prostate ultrasound
1 resting ECG test
1 screening session with specialist dermatologist
1 session discussing results

Module price € 1,364
Additional laboratory tests:
Men's medical check-up approx. € 915 (price dependent on scope)

REBALANCE BODY & MIND
A supplementary module to the basic package, from a minimum of ten days
HRV (heart rate variability) measurement incl. diagnostics, analysis and evaluation 24 hours
1 yoga session 50 min.
1 respiratory therapy session 50 min.
2 craniosacral therapy sessions 50 min. each
2 aqua relax sessions 45 min. each

Module price € 1,572
Additional laboratory tests:
urinary neurotransmitter, cortisol daily stress profile approx. € 300 (price dependent on scope)

AESTHETICS FACE – WOMAN FRESH
A supplementary module to the basic package, from a minimum of ten days
1 detox Biosel facial treatment 75 min.
1 aesthetic consultation 20 min.
1 mesolift therapy session 30 min.
1 PRP (platelet-rich plasma) treatment 40 min.
2 mesotherapy / PRP follow-up treatments 25 min.

Module price € 1,360

AESTHETICS FACE – WOMAN INTENSIVE
A supplementary module to the basic package, from a minimum of ten days
1 TDA Care2Go 40 min.
1 HydraFacial treatment 60 min.
1 aesthetic consultation 10 min.
1 mesolift therapy session 30 min.
1 PRP (platelet-rich plasma) treatment 40 min.
2 mesotherapy / PRP follow-up sessions 25 min.

Module price € 1,643

AESTHETICS FACE – MAN INTENSIVE
A supplementary module to the basic package, from a minimum of ten days
1 HydraFacial treatment 40 min.
1 aesthetic consultation 10 min.
1 PRP (platelet-rich plasma) treatment 40 min.
1 mesotherapy / PRP follow-up sessions 25 min.

Module price € 999

AESTHETICS BODY – WOMAN
A supplementary module to the basic package, from a minimum of ten days
1 lymph drainage with detox wrap 80 min. each
2 intensive anti-cellulite treatments 75 min. each
1 gentian bath 20 min.
1 goat butter pack 50 min.
1 shiatsu massage 50 min.

Module price € 1,003

AESTHETICS BODY – MAN
A supplementary module to the basic package, from a minimum of ten days
1 lymph drainage with detox wrap 80 min.
2 firming/fitter abdomen 50 min. each
1 gentian bath 20 min.
1 goat butter pack 50 min.
1 shiatsu session 50 min.

Module price € 963
In collaboration with leading specialists from the Innsbruck University Clinic, we apply both naturopathic methods and state-of-the-art orthodox medicine to make our diagnoses. Being as open as possible to new methods and ideas open ups new horizons for us and allows us provide you with more precise, detailed diagnoses.
OUR CONSULTANT SPECIALISTS HELP YOU REACH YOUR GOAL

For disciplines that are not covered by our employed physicians, we have a consulting physician system comprising around 30 physicians from Innsbruck University. Wherever possible, all experts provide their services directly at Lanserhof.

In addition to the LANS Med Concept, we offer you the following check-ups and consultations:

- ANDROLOGY: male consultation, potency problems
- EYES: prevention of green and gray cataract, exclusion of retinal changes in diabetes and high blood pressure, headaches
- DERMATOLOGY: dermatological clarification and consultation: skin cancer prevention, skin problems
- GASTROSCOPY AND COLONOSCOPY: stomach and colon cancer screening
- VASCULAR MEDICINE: arterial or venous vascular status, circulatory problems, stroke prophylaxis, tendency of swelling of the legs
- GYNAECOLOGY: ovarian and uterine cancer screening, chronic infections
- EARS, NOSE, THROAT: hoarseness, paranasal sinus issues, hearing loss
- NEUROLOGY: complaints of the nervous system, memory disorders, early detection of Alzheimer’s disease, migraine
- NUCLEAR MEDICINE: thyroid problems
- ORTHOPAEDICS: joint, muscle and tendon diseases, osteoporosis clarification
- PSYCHOLOGY: psycho-emotional stress, early detection of Alzheimer’s disease, memory test
- SLEEP LABORATORY: sleep disorders, morning tiredness, snoring
- UROLOGY: prostate prevention, kidney and bladder problems
- DENTISTRY: clarification of focal infections, chronic inflammation, malocclusion, migraine, craniomandibular dysfunction
HOLISTIC MEDICINE
Building on our extensive range of diagnostics, you’ll be supported during your stay by our doctors and therapists and a series of targeted treatments.
Medical check and abdominal treatment €152
Acupuncture 40 min. €256
Acupuncture 30 min. €185
Neural therapy 20 min. €152
Meso pain therapy 30 min. €174
Lymphological consultation €439
Applied kinesiology 50 min. €398
Applied kinesiology 25 min. €199

INFUSIONS
To accompany your therapy, we put together an individually tailored programme of infusion and laser therapies using Oxyven (intravenous oxygen therapy).
Intravenous laser therapy from €134
Intravasal laser & oxygen therapy from €232
Ozone own blood from €173
Individual Infusion from €124

IHHT – INTERMITTENT HYPOXIC-HYPEROXIC THERAPY
Cell Gym €124

BODY & MIND HEALTH
We believe that psychological well-being and physical health need to be treated as one. Body & Mind Health therapy incorporates comprehensive stress and personality diagnostics to help your mind and body attain lasting health. Confidential deep-psychological therapy sessions also serve to revitalise and increase your holistic well-being.
Mental coaching 50 min. €212
Psychological consultation or coaching 50 min. €232
Advanced coaching (HRV-based) 50 min. €187
Hypnosis 80 min. €324
Hypnosis 50 min. €216

ENERGY & INFORMATION MEDICINE
Our doctors and therapists use all their senses to diagnose blockages and energy losses in your body before working to stimulate your self-healing powers.
Bioenergetic diagnostics help us to localise dissonances in your energy field, which we then resolve through bioenergetic intervention and regulation. This stimulates your self-healing powers, returning a sense of health and vitality to your body.
Hara shin - Medical energetic abdominal treatment 30 min. €212
Acupuncture massage 50 min. €152
Medical energetic treatment 50 min. €328
Medical energetic treatment 25 min. €164
Aqua relax 45 min. €162
Craniosacral therapy 50 min. €158
Energetic therapy 50 min. €156
Energetic therapy 25 min. €78
Nuad thai 50 min. €156
Nuad thai 25 min. €72
Shiatsu 50 min. €158
Spiritual cleansing 50 min. €186

NUTRITIONAL CONSULTATION
Nutrition coaching with recipes 50 min. €339
Nutritional consultation 50 min. €198
Nutritional consultation - intolerances 25 min. €99

ENERGY & INFORMATION MEDICINE
PRP (platelet-rich plasma) aesthetics 40 min. €652
PRP (platelet-rich plasma) hair 40 min. €652
Mesolift Therapy 30 min. €314
Meso Hair 30 min. €242
Meso Detox 30 min. €242
Meso Glow 20 min. €174
Meso Drainage 20 min. €174
Medical Needling 30 min. €334
Neuromodulator (price dependent on scope)
Skinbooster (price dependent on scope)

AESTHETIC MEDICINE
PRP (platelet-rich plasma) hair 40 min. €652
Mesolift Therapy 30 min. €314
Meso Hair 30 min. €242
Meso Detox 30 min. €242
Meso Glow 20 min. €174
Meso Drainage 20 min. €174
Medical Needling 30 min. €334
Neuromodulator (price dependent on scope)
Skinbooster (price dependent on scope)
Nowadays our physical ability to effectively generate energy is severely impaired. The reasons for this are numerous: the natural aging process, stress, time pressure, a lack of exercise or insufficient sleep are just some of the negative factors. This causes a lack of energy in the cells, which in turn leads to performance losses and chronic degenerative diseases such as burn-out, diabetes, rheumatism, immunodeficiency and allergies.

Cell Gym is suitable for all persons. 2–3 sessions can be applied per week. Costs per application: € 124

SIMULATED ALTITUDE TRAINING
Professional athletes have long been benefiting from the advantages of altitude training for a long time to boost their performance. Interval hypoxia hyperoxia (IHHT) is a gentle, non-invasive cell stimulation without side effects.

During the 45-minute IHHT session - in a pleasant atmosphere - heart rate, oxygen partial pressure in the tissue and breathing rate are permanently measured via biofeedback. This exact monitoring of the physical reactions enable an optimal training intensity.

Since the therapy is individually adapted to your state of health, it is suitable for anyone who wants to experience the positive effects of hypoxia and hyperoxia, such as improving of general well-being, physical and mental performance, stress tolerance and weight reduction, in an efficient, relaxed and joint-friendly way.
THE THERAPIES

MOVEMENT AND MOBILITY

If a person’s movement is restricted, so too is their quality of life. As an organ of movement, our musculature shapes our posture, protects our joints and stabilises our body. Our physiotherapists and sports scientists can treat you with an entire spectrum of targeted sports and movement therapies.

They will work with you to develop an individual training programme tailored to your needs and also provide one-to-one motivation and support. Your new-found agility, flexibility and physical perception will remain with you for a long time afterwards.

<table>
<thead>
<tr>
<th>Therapy</th>
<th>Duration</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Respiratory therapy</td>
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<td>Respiratory therapy</td>
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<tr>
<td>Exercise in water</td>
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<td>Exercise in water</td>
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<td>Functional training</td>
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<tr>
<td>Functional therapy</td>
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<td>Functional therapy</td>
<td>50 min.</td>
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<tr>
<td>Kinesio-taping</td>
<td>15 min.</td>
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<tr>
<td>Meditation / deep relaxation</td>
<td>50 min.</td>
<td>€ 148</td>
</tr>
<tr>
<td>Meditation / deep relaxation</td>
<td>25 min.</td>
<td>€ 74</td>
</tr>
<tr>
<td>Osteopathy</td>
<td>50 min.</td>
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<td>Osteopathy</td>
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<tr>
<td>Physiotherapy</td>
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<td>Physiotherapy</td>
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<tr>
<td>Pilates</td>
<td>50 min.</td>
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<td>Pilates</td>
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<tr>
<td>Podiatric treatment</td>
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<tr>
<td>Thai yoga</td>
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<tr>
<td>Yoga</td>
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<tr>
<td>Yoga</td>
<td>25 min.</td>
<td>€ 74</td>
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</tbody>
</table>
CRYOTHERAPY AT LANSERHOF

The soothing and healing power of the extreme cold was first systematically tested in Japan in the 1980s. The successes in the cryotherapy chamber led to its recognition as a highly effective form of passive physical short-term therapy.

The body’s short-term exposure to a temperature of -110°C blocks its sensitivity to pain and also acts in an anti-inflammatory manner. The strong analgesic effect breaks pain memory - which chronic pain can serve to over-activate - while also promoting its re-regulation. The positive effects of applying cold can sometimes be felt after just one treatment. Most patients report a noticeable improvement after some fourteen days. The improvement can persist for up to six months. The performance-enhancing effect of whole-body cryotherapy is caused by the redistribution of the blood in the body: the effect of the cold forces the blood from the skin into the body, causing a better supply of blood to the muscles. Athletes, in particular, use this special effect to increase the efficiency of their training.

RECOMMENDED USE
2–3 sessions per day for a maximum of three minutes each, over a period of between fourteen days and four weeks.
Cost per session: € 74

AREAS OF APPLICATION
Rheumatic diseases, arthritis, spinal disorders, chronic pain, blunt injuries to joints, joint or spinal conditions after surgery, skin diseases such as eczema and psoriasis, insomnia, increased stress
Our therapies are underpinned and complemented by an individual nutrition programme and applications that promote self-cleansing of your body and mind. Powerful detox treatments such as baths, packs and massages further intensify this effect in combination with pure, organic products.

**THE THERAPIES**

**DETOX & REGENERATION**

Only possible following consultation with your doctor.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver infusion</td>
<td></td>
<td>€ 156</td>
</tr>
<tr>
<td>Goat butter pack</td>
<td>50 min.</td>
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**BATHS**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alkaline bath</td>
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<td>Gentian bath</td>
<td>20 min.</td>
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<tr>
<td>Magnesium bath</td>
<td>20 min.</td>
<td>€ 94</td>
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<tr>
<td>Salt bath</td>
<td>20 min.</td>
<td>€ 94</td>
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<tr>
<td>Electrolysis foot bath</td>
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<tr>
<td>Brine bath</td>
<td>20 min.</td>
<td>€ 94</td>
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**PACKS**

<table>
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<tr>
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<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>Detox lymph pack with shower and liver wrap</td>
<td>50 min.</td>
<td>€ 162</td>
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<tr>
<td>Natural detox hay</td>
<td>50 min.</td>
<td>€ 148</td>
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<tr>
<td>Natural detox hay</td>
<td>30 min.</td>
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</tr>
<tr>
<td>Natural detox moor</td>
<td>50 min.</td>
<td>€ 148</td>
</tr>
<tr>
<td>Natural detox moor</td>
<td>30 min.</td>
<td>€ 94</td>
</tr>
<tr>
<td>Natural detox birch/juniper</td>
<td>50 min.</td>
<td>€ 148</td>
</tr>
<tr>
<td>Natural Detox Zeolith</td>
<td>50 min.</td>
<td>€ 148</td>
</tr>
</tbody>
</table>

**DEEP LIVER DETOX**

Highly effective, rapid cleansing of the digestive system in combination with a vitamin-mineral infusion.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deoxygenation and vitamin-mineral infusion</td>
<td></td>
<td>€ 156</td>
</tr>
</tbody>
</table>

**MASSAGES**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boeger therapy</td>
<td>50 min.</td>
<td>€ 156</td>
</tr>
<tr>
<td>Boeger therapy</td>
<td>25 min.</td>
<td>€ 78</td>
</tr>
<tr>
<td>Colonic hydrotherapy</td>
<td>50 min.</td>
<td>€ 246</td>
</tr>
<tr>
<td>Deluxe detox drainage</td>
<td>75 min.</td>
<td>€ 184</td>
</tr>
<tr>
<td>Detox drainage</td>
<td>50 min.</td>
<td>€ 132</td>
</tr>
<tr>
<td>Detoxifying connective tissue massage</td>
<td>50 min.</td>
<td>€ 132</td>
</tr>
<tr>
<td>Deluxe foot reflex zone massage</td>
<td>50 min.</td>
<td>€ 132</td>
</tr>
<tr>
<td>Foot reflex zone massage</td>
<td>25 min.</td>
<td>€ 64</td>
</tr>
<tr>
<td>Therapeutic massage</td>
<td>50 min.</td>
<td>€ 132</td>
</tr>
<tr>
<td>Head massage</td>
<td>25 min.</td>
<td>€ 64</td>
</tr>
<tr>
<td>Lymph drainage</td>
<td>50 min.</td>
<td>€ 144</td>
</tr>
<tr>
<td>Lymph drainage</td>
<td>25 min.</td>
<td>€ 72</td>
</tr>
<tr>
<td>Lymph drainage incl. detox wrap</td>
<td>80 min.</td>
<td>€ 239</td>
</tr>
<tr>
<td>Cupping massage</td>
<td>25 min.</td>
<td>€ 64</td>
</tr>
<tr>
<td>Warm herbal steam massage</td>
<td>50 min.</td>
<td>€ 148</td>
</tr>
</tbody>
</table>

The therapies are underpinned and complemented by an individual nutrition programme and applications that promote self-cleansing of your body and mind. Powerful detox treatments such as baths, packs and massages further intensify this effect in combination with pure, organic products.
As the largest organ in the human body, your skin plays a crucial role in the detoxification process. Here at Lanserhof, we treat you using innovative and effective derma therapies and products that support your skin’s regenerative function and give you a fresh, vital and healthy appearance. We have also designed several treatments specifically for men. The products in our LANS Derma range also contain a little piece of Lanserhof: this facial and body care range is made from purely organic ingredients.

**DERMA FACE MAN**
- Detox Biosel 75 min. € 186
- HydraFacial 60 min. € 275
- HydraFacial incl. décolleté 75 min. € 345
- Refreshing booster incl. TDA with active anti-ageing ingredients 75 min. € 270
- Pure Perfection 100 liquid surgery 75 min. € 315
- STK lift – scalpel-free from € 395

**DERMA FACE WOMAN**
- Detox Biosel 75 min. € 186
- HydraFacial 60 min. € 275
- HydraFacial incl. décolleté 75 min. € 345
- Refreshing booster incl. TDA with active anti-ageing ingredients 75 min. € 270
- Pure Perfection 100 liquid surgery 75 min. € 315
- STK lift – scalpel-free from € 395

**DERMA BODY MAN**
- Essential salt therapy with Dead Sea salts and hydrotherapy bath 50 min. € 158
- Intensive cellulite treatment 75 min. € 178
- EndoSphères 60 Min. € 340
- Busto-plasty – tautens and firms the bust 45 min. € 143

**DERMA BODY WOMAN**
- Essential salt therapy with Dead Sea salts and hydrotherapy bath 50 min. € 158
- Intensive cellulite treatment 75 min. € 178
- EndoSphères 60 Min. € 340
- Busto-plasty – tautens and firms the bust 45 min. € 143

Please see the detailed LANS Derma brochure for more information on our full programme.
The village of Lans is just a fifteen-minute drive from Innsbruck, the state capital of Tyrol. Lanserhof itself lies on a sunny plateau, nestled between deep forests and sprawling meadows. The air here is fresh and the water is clear, with beautiful mountain scenery all around.

Lanserhof’s surroundings instil guests with a vital energy. Whether hiking or mountain biking, Nordic walking, jogging or swimming – the possibilities are endless. Proper exercise promotes a balance in your mental and physical well-being.

During your stay, you can play golf against the panoramic backdrop of the Tyrolean mountains. There are three excellent golf courses (both nine- and eighteen-hole) and a driving range just a few minutes away by car. In winter, the snow-capped Tyrolean mountains await you. Skiing, cross-country skiing, snow-shoeing and many more activities can make your stay a heavenly experience.
Art and culture touch people deep inside. The power of creative energy is something that fascinates and inspires us and opens us up to new perspectives.

The Tyrolean state capital of Innsbruck is like a tiny world of its own. Just a short distance down the valley from the natural paradise of Lans, you can immerse yourself in a modern townscape offering an array of charming and intriguing scenery, whatever the season. Culture and art pervade every facet of the city.

Join a guided tour of Innsbruck’s historical highlights, visit one of city’s many galleries and museums, take a stroll through the medieval old town, or – if you’re drawn to the mountains – discover Innsbruck’s collection of world-famous architectural landmarks created by Zaha Hadid. In the evening, you could take in a concert or theatre performance. Or perhaps you might pay a visit to one of the highlights of the city’s cultural calendar, such as the concerts at Ambras Castle or the Festival of Early Music. As a city, Innsbruck is sure to move and inspire you.
ROOMS AND APARTMENTS

Colours, forms and materials – nature produces the most functional designs and harmonious colours. Here at Lanserhof, we follow the example nature sets. Our single and double rooms are furnished according to specific building biology criteria, and thus offer a climate free from electrosmog – just like the forests outside the window.

Our single and double rooms feature fine walnut furnishings and oak parquet flooring in a harmonious colour scheme. The apartments are all individually furnished. We would be happy to advise you further. Accommodation rates include a personal diet tailored to your needs as well as our full range of herbal teas and mineral water. We charge an additional € 39 per person per day for the Energy Cuisine 3/2 and Active package levels. You can use our indoor and outdoor salt water swimming pool, sauna, saunarium, Turkish bath, gym and e-bike station free of charge.

Single room per person per night € 315
Double room per person per night € 283
Double room (single occupancy) per person per night € 365

Prices are quoted per person per night and are only valid in conjunction with the Lanserhof Cure programme. Our diagnostic and therapeutic programme is based on a seven-day rhythm, beginning on Sunday. We recommend a 14-day stay, while the minimum stay with us is 7 nights. We ask that you try to arrive on Sunday by 5pm.

THE NEW LANSERHOF SUITES

Whether providing a spectacular view of Innsbruck’s Nordkette massif or the spectacle of nature at the foot of the Patscherkofel mountain, every room in our suites opens up onto an impressive panorama.

Situated in the upper floors of our new development, our suites offer the perfect ambience and accoutrements for you to recharge your batteries. Spacious and bathed in light, they feature a soothingly minimalistic design and natural furnishings that appeal to all senses.

A particular highlight is your own private roof terrace, which is only ever a few steps away. The terraces provide magnificent views, but they also allow you to take in as much sun as you wish. Our suites provide the perfect retreat, enabling you to focus solely on yourself and your stay.

Another direct entrance leads you to our new sauna and pool area in the lower part of the house. Our new wellness area is also just a short walk away. If you fancy, you can swim a few peaceful lengths of our indoor/outdoor pool to start your morning.

Our wellness building is your wellness home.

OUR HOME IS YOUR HOME

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Our wellness building is your wellness home.
LANSER SUITES

50m² spacious lounge/sleeping area with balcony terrace, spacious bathroom (bath, double basin, shower, separate WC), parquet flooring, complimentary WiFi and anti-electrosmog device.

Light-filled rooms with a harmonious colour scheme combine perfectly with the surrounding nature and provide uninhibited views of the lush countryside outside. Some suites feature a steam shower or infra-red shower.

<table>
<thead>
<tr>
<th>OCCUPANCY</th>
<th>VIEW</th>
<th>TOP FLOOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 person</td>
<td>€ 645</td>
<td>€ 745</td>
</tr>
<tr>
<td>2 persons</td>
<td>€ 845</td>
<td>€ 945</td>
</tr>
</tbody>
</table>

PENTHOUSE SUITES

50m², light-filled lounge/sleeping area with stunning panoramic views from the balcony terraces, spacious bathroom (bath, double basin, shower, separate WC), parquet flooring, complimentary WiFi and anti-electrosmog device.

The roof terrace offers magnificent panoramic views of the stunning Alpine landscape.

<table>
<thead>
<tr>
<th>OCCUPANCY</th>
<th>EAST VIEW</th>
<th>NORTH VIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 persons</td>
<td>€ 1,015</td>
<td>€ 1,095</td>
</tr>
</tbody>
</table>

Price per night
GRAND SUITE

65m² spacious lounge/sleeping area with balcony terrace (grand penthouse suite features roof terrace), entrance hall with cloakroom, spacious bathroom (bath, double basin, shower, WC), separate WC, parquet flooring, complimentary WiFi, and anti-electrosmog device.

The spacious, modern interior design with light oak parquet flooring and a harmonious colour scheme frames magnificent views of the surrounding mountains.

<table>
<thead>
<tr>
<th>OCCUPANCY</th>
<th>VIEW</th>
<th>TOP FLOOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 person</td>
<td>€ 805</td>
<td>€ 1,295</td>
</tr>
<tr>
<td>2 persons</td>
<td>€ 1,005</td>
<td>€ 1,295</td>
</tr>
</tbody>
</table>

Price per night
55m² spacious loft suite, modern lounge/sleeping area with spacious en-suite bathroom (bath, double basin, shower, separate WC), oak parquet flooring, complimentary WiFi and anti-electrosmog device. Offers unobstructed views of the imposing Nordkette massif.

**OCCUPANCY**

- 1 person € 735
- 2 persons € 935
- Price per night

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100m² spacious loft suite, open-plan lounge/sleeping area, spacious en-suite bathroom (bath, double basin, separate WC), parquet flooring, complimentary WiFi, anti-electrosmog device and private sauna. Second room with double bed, bathroom and east-facing balcony. Offers a truly breathtaking view of the mountains.

**OCCUPANCY**

- 1-4 persons € 1,850
- Price per night
## Single Rooms

### APP. 33
Spacious single room, 20m², with desk, partial walk-in wardrobe, bathroom with shower-bath and separate shower/WC.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 315</td>
<td></td>
</tr>
</tbody>
</table>

## Double Rooms

### APP. 36
Spacious apartment for two persons, 58m², lounge/sleeping area, desk, walk-in wardrobe, west-facing balcony overlooking the gardens with views of Serles mountain, large bathroom with bath and separate WC/bidet and separate shower and, anti-electrosmog device.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 525</td>
<td>€ 725</td>
</tr>
</tbody>
</table>

### APP. 32
Apartment for 2-3 persons, 57m², one lounge/sleeping area and one small additional bedroom, two bathrooms with shower/WC, desk, east-facing balcony overlooking Lans, and anti-electrosmog device.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 525</td>
<td>€ 725</td>
</tr>
</tbody>
</table>

## Apartments

### APP. 341
Spacious apartment for two persons, 45m², lounge/sleeping area with twin bed and two sofas, desk, walk-in wardrobe, bathroom with bath and separate WC, and balcony facing the Nordkette massif.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 535</td>
<td>€ 735</td>
</tr>
</tbody>
</table>

### APP. 37
Apartment for 2-3 persons, 55m², one lounge/sleeping area with additional small bedroom, desk, west-facing balcony looking out onto the gardens with views of Serles mountain, two bathrooms with shower/WC, and anti-electrosmog device.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 525</td>
<td>€ 725</td>
</tr>
</tbody>
</table>

### APP. 352
Apartment for two persons, 37m², one lounge/sleeping area, bathroom with bath, separate WC, and balcony facing the Nordkette massif.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 475</td>
<td>€ 675</td>
</tr>
</tbody>
</table>

### APP. 31
Spacious apartment for two persons, 25m², lounge/sleeping area with twin bed and two sofas, desk, walk-in wardrobe, bathroom with bath and separate shower/WC.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 535</td>
<td>€ 735</td>
</tr>
</tbody>
</table>

## Rooms and Apartments

### SINGLE ROOM
Spacious single room, 20m², with desk, partial walk-in wardrobe, bathroom with shower-bath and separate shower/WC.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 315</td>
<td></td>
</tr>
</tbody>
</table>

### DOUBLE ROOM
Spacious double room for two persons, 25m², with desk, partial walk-in wardrobe, bathroom with shower-bath and separate shower/WC.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 365</td>
<td>€ 565</td>
</tr>
</tbody>
</table>

### APP. 34
Spacious apartment for two persons, 58m², lounge/sleeping area, desk, large bathroom (Philippe Starck fittings) with bath, separate toilet/bidet area and separate shower in jade green, walk-in wardrobe, east-facing balcony overlooking Lans, and anti-electrosmog device.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 525</td>
<td>€ 725</td>
</tr>
</tbody>
</table>

### APP. 35
Spacious apartment for two persons, 37m², one lounge/sleeping area, bathroom with shower-bath and separate shower/WC.

<table>
<thead>
<tr>
<th></th>
<th>1 person</th>
<th>2 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price per night</td>
<td>€ 475</td>
<td>€ 675</td>
</tr>
</tbody>
</table>
**APP. 80, 90**

Very spacious apartment for two persons, approx. 70m², north-facing with a magnificent mountain views. Open-plan sleeping, living and bathroom area with sofa, desk and walk-in wardrobe. Free-standing bath, shower, double basin and separate WC, and anti-electrosmog device.

1 person € 775  
2 persons € 975  
Price per night

**APP. 86**

Apartment for two persons, 39m², separate lounge/sleeping area, desk, modern furnishings, bathroom with shower and separate WC, and east-facing balcony overlooking Lans.

1 person € 425  
2 persons € 625  
Price per night

**APP. 94**

Apartment for 2 persons, 39m², separate lounge/sleeping area, desk, modern furnishings, bathroom with bath and separate WC, and east-facing balcony overlooking Lans.

1 person € 425  
2 persons € 625  
Price per night
ARRIVAL AND DEPARTURE
We ask that you try to arrive on Sunday by 5pm. Rooms are available from 3pm. We ask that you check out by 11am on your day of departure. We charge a fee of 50% of the daily room rate for early arrival (before 12pm) and late departure (up to 5pm), subject to availability.

PAYMENT TERMS
At the end of your stay, you'll receive an invoice for the total amount payable for all the services you enjoyed during your time with us. We accept all credit and debit cards. Please transfer the deposit to secure your reservation to the following account: IBAN AT773600000001042399, BIC RZTIAT 22.

YOUNG PEOPLE
Children and young people aged 16 and over are welcome at Lanserhof if accompanied by an adult.

WAITING LIST
If we do not have any remaining capacity for your desired dates, we would be happy to add you to our waiting list.

MINIMUM STAY
Our experience shows us that a minimum stay of seven nights is required for our therapies to achieve medically tangible success. Your stay can only be arranged in combination with the Lanserhof Cure programme.

PETS
Due to hygiene regulations, we are unable to accommodate cats or dogs.

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 100% of the room rate as a cancellation fee if we are unable to allocate your room to another guest.

By the same token, 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 to other guests in your party in the same room.
A PIECE OF LANSERHOF TO TAKE HOME WITH YOU

Take a small piece of Lanserhof well-being home with you, for either your loved ones or yourself. It could hold fond memories or simply be for everyday use.

LANS DERMA PRODUCTS
LANS Derma products are made from purely plant-based ingredients and are the result of close collaboration between Lanserhof’s team of doctors and our Derma experts.

There are three product lines in the LANS Derma body care range: BALANCE harmonises, ENERGY refuels and VITALITY has a refreshing, revitalising effect. LANS Derma Sensitive Face is also new to the range.

In our high-quality facial care line, we combine raw ingredients from nature’s treasure trove with high-tech processing methods to open up a wealth of possibilities: the products nurture and soothe, tighten and smooth.

LANSERHOF GIFT VOUCHER
Show your loved ones how much they mean to you with a special gift. Give them the gift of time at Lanserhof by contributing to or covering the cost of their stay, or surprise them with a voucher for a specific treatment during their stay here at Lanserhof Lans.

LANSERHOF ONLINE SHOP QUALITY PRODUCTS FROM LANS – JUST A FEW CLICKS AWAY
In the Lanserhof shop at shop.lanserhof.com, you can find many of the products behind the Lanserhof concept. These include LANS Derma products and fine foods from Lanserhof Energy Cuisine. The Lanserhof shop is available for you 24 hours a day, seven days a week, just a few clicks away.