RESTART YOUR LIFE
WELCOME TO LANSERHOF

Situated at the foothills of the Bavarian Alps, the Lanserhof is surrounded by enchanting nature with a magnificent view of Lake Tegernsee. A place of peace and quiet, a place to regenerate and recharge your batteries. Here, energy-giving nature and soothing architecture meet state-of-the-art medicine and naturopathy in a therapeutic and sustainable symbiosis. Europe’s most modern health resort offers 21,000 square metres of space for you to unfold and concentrate on your most valuable asset - your own health.

Nowadays, space for individuality is becoming an increasingly scarce commodity. There is hardly any time to stop and reflect. We literally forget to have a feeling for 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 these needs. 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. This includes a detailed diagnostics, professional sports analyses and therapies, as well as numerous, beneficial applications. Your personal wishes are incorporated into the therapy plan, as well as preventive measures. This combination is crucial to achieve sustainable and long-term success with the Lanserhof cure.

Our goal is to help you on your way to better health, inner balance, and a better future.

Your health is our mission.

Sincerely
DR CHRISTIAN HARISCH
Managing Director Lanserhof Group
EUROPE’S MOST MODERN HEALTH RESORT

Come and experience a new class of health resort in one of Europe’s most beautiful expanses of nature. The architecture for the new Lanserhof was created by one of the most prestigious architects of our time: Christoph Ingenhoven.

"With the clear and pure severity of its lines, the layout is reminiscent of a monastery. The element of luxury is found in the generosity of space. This design helps our guests focus on the essential, even a short time after arrival: your essential self."

Here you will find rest, recovery, and revitalisation spread over more than 21,000 square metres. The facilities at Lanserhof include state-of-the-art treatment, consulting and exercise rooms. A separate bath house is equipped with an innovative fitness studio, the most modern saunas available, an indoor pool, and a lounge featuring an open fireplace.

Filled with refreshing salt water, the large outdoor pool is open year round and lends a special atmosphere with its underwater music. You will find all this overlooking our 18-hole golf course. The 70 luxuriously furnished rooms and suites characterise the atmosphere of the resort’s spacious and modern architecture, where even the smallest living unit is 55 square meters in size.
THE POWER OF NATURE

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.
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 and Lanserhof Cure.

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 mindfulness.
LEADING THE WAY:
THE LANS MED CONCEPT

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.

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 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? 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 focuses 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.
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.
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.

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 initial medical examination</td>
<td>40 min.</td>
</tr>
<tr>
<td>2 check-ups with abdominal treatments</td>
<td>20 min. each</td>
</tr>
<tr>
<td>1 final medical examination and consultation</td>
<td>30 min.</td>
</tr>
<tr>
<td>1 urine analysis</td>
<td></td>
</tr>
<tr>
<td>1 bioimpedance analysis</td>
<td></td>
</tr>
<tr>
<td>1 reflexology massages</td>
<td>25 min.</td>
</tr>
<tr>
<td>2 therapeutic massages</td>
<td>50 min. each</td>
</tr>
<tr>
<td>1 detox drainage</td>
<td>50 min.</td>
</tr>
<tr>
<td>1 detox lymph pack with bath</td>
<td>30 min.</td>
</tr>
<tr>
<td>1 electrolysis foot bath</td>
<td></td>
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</tbody>
</table>

Daily group movement therapies  
Daily group relaxation therapies  
Introductory medical lecture  
Doctor- and topic-related presentations  
Cultural evening programme  
On-call doctor and night service

7 nights Lanserhof Cure Classic excluding accommodation € 2,014

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.
For medical reasons, we highly recommend a 2-week stay to achieve tangible, lasting success for your regeneration programme.

1 initial medical examination 40 min.
6 check-ups with abdominal treatments 20 min. each
1 final medical examination and consultation 30 min.
2 reflexology massages 25 min. each
4 therapeutic massages 50 min. each
2 detox drainages 50 min. each
2 detox lymph packs and bath 50 min. each
1 bioimpedance analysis
1 urine analysis
2 electrolysis foot baths

Daily group movement therapies
Daily group relaxation therapies
Introductory medical lecture
Topical presentations
Cultural evening programme
On-call doctor and night service

14 nights Lanserhof Cure Classic excluding accommodation € 3,691

The prices for our Lanserhof Cure 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.
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, also 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 30 min.
1 final medical examination and consultation 30 min.
1 HRV (heart rate variability measurement) incl. diagnostics, analysis and evaluation 24 hours
1 telomere length measurement to determine biological age
1 large routine laboratory
1 nutrient analysis in whole blood
1 urine analysis
1 basal metabolism measurement
1 Bioimpedance analysis
1 movement consultation
4 healing massages 50 min. each
1 reflexology massage 25 min.
2 detox drainage 50 min.
2 detox lymph pack with bath 50 min.
2 electrolysis foot baths 30 min.
1 salt therapy 50 min.

Daily group movement therapy
Daily group relaxation training
Introductory medical lecture
Topical presentations
Cultural evening programme
On-call doctor and night service

2 weeks Lanserhof Cure Advanced excluding accommodation € 5,578

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.
The rigours of modern society are becoming increasingly complex. For this reason, it is not surprising that many men find it more and more difficult to withstand the physical and psychological stresses of their day-to-day lives. Perfectly designed around the requirements of men, our health and vitality concept encapsulates them at their holistic level, with all their personal and individual physical needs. Extracts from our male medicine programme include specialists’ andrology lectures, sonography prostate check-ups, sleep analysis, mental coaching, hormone analysis, discernment of physical and mental performance and biological age, and much more.

**MAN IN THE PRIME OF LIFE**

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**REGENERATION, BEAUTY, AND BALANCE FOR WOMEN**

“IT’s all too much for me, I can’t look at myself in the mirror any more.”

Body, mind, and soul need to be reunited. The rigours of everyday life often lead to women and their individual needs being neglected. Here at Lanserhof, we place women and their needs at the very centre of life in a variety of ways. Ranging from energetic-therapeutic applications, hormone and sleep analysis, discussions with psychological experts, to aesthetic consultations and treatments, we provide you with everything you need for prolonged success during your time at Lanserhof.

**BODY, MIND, AND SOUL**

Overstress, overstrain, and the pressure to perform shape everyday life for many people. Undigested mental strain such as grievances, sadness, or violence increasingly creep into our lives as obstacles, preventing us from coping with day-to-day events. Specialist reports repeatedly demonstrate that this can all lead to disease if we fail to learn and apply suitable recipes and instruments to assist ourselves.

Lanserhof closes an often missed gap by working with experienced psychologists and counsellors to restore your holistic well-being.

**EXCERCISE**

“Mens sana in corpore sano” — a healthy mind resides in a healthy body. Even in ancient Rome, people knew about the importance of exercise. If you fail to exercise regularly, your quality of life suffers.

Our orthopaedists, physiotherapists, and sports scientists analyse your musculoskeletal apparatus and fitness level to create a programme of therapy and exercise tailor-made for you. The latest findings from sports science allow deep muscles to be built up deliberately, your coordination skills to be increased, and make you more agile in everyday life.

**HOLISTIC REHABILITATION**

Operations, injuries, and diseases adversely affect our physical well-being, often in the long-term. Despite rehabilitation, it may take long for your metabolic and musculoskeletal system to function fully again. Here at Lanserhof, we help you rehabilitate using holistic methods accompanied by a special medical-therapeutic programme.

In effect, this means we create a programme of combined therapies addressing your general physical make-up, such as infusion therapies, oxygen therapy, toxin drainage, naturopathic measures, diet adaptation, and a physiotherapy programme matched to your current problem.
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 € 78
Radical test and antioxidative potential € 175
Heavy metals identification € 218
Nutrient analysis € 449
Hormone profile € 371
Hormone saliva test € 371

GENETIC ANALYSIS
Genetic analysis incorporates a highly innovative method in preventive medicine and is taking on increasing importance.

Our Prevention Complete Panel analyses more than 90 genes and provides extensive recommendations for an optimum diet to prevent cancer. We will be more than happy to perform smaller-scale analyses, such as nutrition and detox panels.

Genetic profile for risk constellation price based on scope

PULMONARY-CARDIOVASCULAR SYSTEM
Specialist doctors are on-hand to clarify all issues relating to your cardiological profile.

Echocardiogram (cardiac ultrasound) € 389
Colour Doppler ultrasound of the neck vessels (carotid artery) € 342
Resting ECG with medical report € 128
Ergometry / exercise ECG € 342
24-hour ECG € 280
Long-term blood pressure measurement (24-hour RR) € 142
Spirometry (lung function) € 84

SPECIALIST EXAMINATIONS
- Orthopaedics
- Urology
- Dermatology
- Neurology
- Radiology
- Cardiology
- Internal medicine

MOVEMENT AND MOBILITY
S3 check € 80
Spiroergometry € 295
Biimpedance analysis € 80

ULTRASOUND
Ultrasound scans of various body regions from € 194

SLEEP MEDICINE AND CHRONOMEDICINE
24-hour HRV (heart rate variability measurement) incl. diagnostics, analysis, evaluation, and coaching € 488
Sleep laboratory / sleep apnoea screening from € 1,365

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 LANS Med diagnostics.

Colonoscopy € 916
Gastroscopy € 588
Colonoscopy and gastroscopy € 1,283
Stool examinations price based on scope

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 € 78
H₂ breath test – lactose € 78
Food intolerance test
Histamine intolerance test
Allergy screening price based on scope

HOLISTIC DIAGNOSTICS AT LANSERHOF
Renowned specialists visit Lanserhof to bring you the latest in medical breakthroughs and perform highly skilled diagnoses and treatments.

On request, we can organise specialist examinations and consultations for you in the following areas:

- **DERMATOLOGY**: dermatological aesthetics, acute and chronic skin diseases, preventive measures...
- **GASTROENTEROLOGY**: colonoscopy, capsule endoscopy (colon), chronic inflammatory bowel diseases
- **VASCULAR MEDICINE**: clarification of blood circulation disorders, lymphoedema, varicose veins, arteriosclerosis diagnostic
- **GYNAECOLOGY**: precautionary measures, mammography, hormonal clarification, breast ultrasound
- **THROAT, NOSE, EARS**: hearing loss, paranasal sinus issues, hoarseness
- **NEUROLOGY**: migraines, early detection of dementia, brain dysfunctions, aftercare following a stroke
- **OPHTHALMOLOGY**: treatment of retinal changes due to diabetes and high blood pressure, vision disorders, cataract and glaucoma prevention
- **ORTHOPAEDICS**: joint, muscle and tendon injuries, osteoporosis diagnostics
- **PSYCHOLOGY**: psychological discussions, psychotherapeutic intervention, mental coaching
- **RADIOLOGY**: MRI, CT, ultrasound
- **UROLOGY**: bladder, prostate and kidney diseases, men’s medicine
- **DENTISTRY**: routine examination and clarification of focal infections, implants, oral hygiene
### 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. €419
- Psychological consultation 50 min. €232
- Stress management coaching 50 min. €417
- Trauma therapy 60 min. €373
- Hypnotherapy 90 min. €382
- Medical-psychotherapeutic consultation 50 min. €419
- Psychological consultation 50 min. €232
- Stress management coaching 50 min. €417
- Trauma therapy 60 min. €373
- Hypnotherapy 90 min. €382

### ENERGY & INFORMATION MEDICINE

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Craniosacral therapy</td>
<td>50 min.</td>
<td>€158</td>
</tr>
<tr>
<td>Shiatsu</td>
<td>50 min.</td>
<td>€158</td>
</tr>
<tr>
<td>Acupuncture massage</td>
<td>50 min.</td>
<td>€158</td>
</tr>
<tr>
<td>Bioenergetic intervention</td>
<td>50 min.</td>
<td>€380</td>
</tr>
<tr>
<td>Light therapy</td>
<td>30 min.</td>
<td>€62</td>
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### HOLISTIC MEDICINE AND NATUROPATHY

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical check-up and abdominal treatment</td>
<td></td>
<td>€152</td>
</tr>
<tr>
<td>Naturopathic consultation</td>
<td>30 min.</td>
<td>€228</td>
</tr>
<tr>
<td>Colonic hydrotherapy</td>
<td></td>
<td>€246</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>40 min.</td>
<td>€256</td>
</tr>
<tr>
<td>Bioenergetic system diagnostics (whole body)</td>
<td></td>
<td>€382</td>
</tr>
<tr>
<td>Mesotherapy</td>
<td></td>
<td>Price based on scope</td>
</tr>
<tr>
<td>Global diagnostics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diagnosis &amp; Therapy</td>
<td>60 min.</td>
<td>€334</td>
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### INTERVAL HYPOXIC-HYPEROXIC THERAPY (IHHT)

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>CellGym</td>
<td>€186</td>
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### INFUSION THERAPIES

<table>
<thead>
<tr>
<th>Infusion Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conditioning infusion – large</td>
<td>€149</td>
</tr>
<tr>
<td>Conditioning infusion – small</td>
<td>€127</td>
</tr>
<tr>
<td>Ozone autologous blood</td>
<td>€173</td>
</tr>
<tr>
<td>Electrolyte/vitamin infusion</td>
<td>€97</td>
</tr>
<tr>
<td>Infusion of bases and minerals</td>
<td>€124</td>
</tr>
<tr>
<td>Liver infusion</td>
<td>€156</td>
</tr>
<tr>
<td>High-dose vitamin C infusion</td>
<td>€156</td>
</tr>
<tr>
<td>Amino acid infusion, skin and hair</td>
<td>€97</td>
</tr>
<tr>
<td>Amino acid infusion, muscles</td>
<td>€97</td>
</tr>
<tr>
<td>Amino acid infusion, immune system</td>
<td>€97</td>
</tr>
<tr>
<td>Intravascular laser therapy</td>
<td>€134</td>
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</table>

### NUTRITIONAL CONSULTATION

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutritional counselling</td>
<td>€276</td>
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<tr>
<td>Personal cooking class</td>
<td>€192</td>
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### NUTRITIONAL COURSE

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your path to a healthier diet and lifestyle</td>
<td>€885</td>
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### PAIN THERAPY

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neural therapy</td>
<td>€152</td>
</tr>
<tr>
<td>Mesotherapy / mesotherapy for pain management</td>
<td>Price based on scope</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>40 min.</td>
</tr>
<tr>
<td>Infusion therapy</td>
<td>Price based on scope</td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>25 min.</td>
</tr>
<tr>
<td>50 min.</td>
<td>€156</td>
</tr>
<tr>
<td>Osteopathy</td>
<td>50 min.</td>
</tr>
<tr>
<td>Therapeutic massage</td>
<td>50 min.</td>
</tr>
</tbody>
</table>
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 end of your stay.
- Personal training: Here, the goal is to start a healthy workout routine during your stay, 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.

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>Functional training</td>
<td>25 min.</td>
<td>€ 74</td>
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<td></td>
<td>50 min.</td>
<td>€ 148</td>
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<tr>
<td>Pilates</td>
<td>25 min.</td>
<td>€ 74</td>
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<td></td>
<td>50 min.</td>
<td>€ 148</td>
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<tr>
<td>Yoga</td>
<td>50 min.</td>
<td>€ 148</td>
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<tr>
<td></td>
<td>75 min.</td>
<td>€ 210</td>
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<tr>
<td>Aquatraining</td>
<td>45 min.</td>
<td>€ 140</td>
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<td>EMS training, initial appointment</td>
<td>50 min.</td>
<td>€ 122</td>
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<tr>
<td>(electro-muscular stimulation)</td>
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<tr>
<td>EMS training follow-up appointments</td>
<td>40 min.</td>
<td>€ 94</td>
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<tr>
<td></td>
<td>40 min.</td>
<td>€ 124</td>
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<tr>
<td>Progressive muscle relaxation</td>
<td>45 min.</td>
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<tr>
<td>Bike fitting</td>
<td>75 min.</td>
<td>€ 234</td>
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<tr>
<td>Nuad Thai</td>
<td></td>
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</tr>
<tr>
<td>Therapeutic massage</td>
<td>50 min.</td>
<td>€ 132</td>
</tr>
<tr>
<td>Singing bowl massage</td>
<td>50 min.</td>
<td>€ 122</td>
</tr>
<tr>
<td>Hot stone massage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Manual bodywork</td>
<td>25 min.</td>
<td>€ 78</td>
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<td></td>
<td>50 min.</td>
<td>€ 156</td>
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<tr>
<td>Kinesio taping</td>
<td>15 min.</td>
<td>€ 74</td>
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<tr>
<td>Respiratory therapy</td>
<td>25 min.</td>
<td>€ 74</td>
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<td></td>
<td>50 min.</td>
<td>€ 148</td>
</tr>
<tr>
<td>Meditation / deep relaxation</td>
<td></td>
<td></td>
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<tr>
<td>Marma point massage</td>
<td></td>
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<tr>
<td>Matrix therapy</td>
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</tbody>
</table>

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 end of your stay.
- Personal training: Here, the goal is to start a healthy workout routine during your stay, 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.

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Functional training</td>
<td>25 min.</td>
<td>€ 74</td>
</tr>
<tr>
<td></td>
<td>50 min.</td>
<td>€ 148</td>
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<tr>
<td>Pilates</td>
<td>25 min.</td>
<td>€ 74</td>
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<tr>
<td></td>
<td>50 min.</td>
<td>€ 148</td>
</tr>
<tr>
<td>Yoga</td>
<td>50 min.</td>
<td>€ 148</td>
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<tr>
<td></td>
<td>75 min.</td>
<td>€ 210</td>
</tr>
<tr>
<td>Aquatraining</td>
<td>45 min.</td>
<td>€ 140</td>
</tr>
<tr>
<td>EMS training, initial appointment</td>
<td>50 min.</td>
<td>€ 122</td>
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<tr>
<td>(electro-muscular stimulation)</td>
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<tr>
<td>EMS training follow-up appointments</td>
<td>40 min.</td>
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<tr>
<td></td>
<td>40 min.</td>
<td>€ 124</td>
</tr>
<tr>
<td>Progressive muscle relaxation</td>
<td>45 min.</td>
<td>€ 94</td>
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<tr>
<td>Bike fitting</td>
<td>75 min.</td>
<td>€ 234</td>
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<tr>
<td>Nuad Thai</td>
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<tr>
<td>Therapeutic massage</td>
<td>50 min.</td>
<td>€ 132</td>
</tr>
<tr>
<td>Singing bowl massage</td>
<td>50 min.</td>
<td>€ 122</td>
</tr>
<tr>
<td>Hot stone massage</td>
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<td></td>
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<tr>
<td>Manual bodywork</td>
<td>25 min.</td>
<td>€ 78</td>
</tr>
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</tbody>
</table>
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. € 162  Detox drainage 50 min. € 132
Detox cleansing Lans Derma 50 min. € 158  Deluxe detox drainage 75 min. € 184
Revitalising body pack 50 min. € 152  Lymph drainage 50 min. € 144
Natural detox hay 30 min. € 94  Lymph drainage 75 min. € 210
Natural detox hay 50 min. € 148  Lymph drainage incl. detox wrap 80 min. € 239
Natural detox hay 30 min. € 94  Detoxifying connective tissue massage 50 min. € 132
Natural detox Moor 30 min. € 94  Head massage 25 min. € 64
Natural detox Moor 50 min. € 148  Foot reflex zone massage 25 min. € 64
Natural detox Gentian 50 min. € 148  Deluxe foot reflex zone massage 50 min. € 132
Natural detox birchjuniper 50 min. € 148  Therapeutic massage 50 min. € 132
Alkaline, salt or gentian bath 20 min. € 94  Warm herbal steam massage 50 min. € 148

LIVER CLEANSING

This highly effective treatment cleanses the digestive and metabolic organs. To support the detoxified liver, essential vitamins and minerals are administered in the liver infusion the following day.

Liver cleansing price based on scope
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 LANS Med Derma facial and body care range is produced using exclusively organic ingredients.

**DERMA FACE WOMAN**
- Detox facial treatment 75 min. € 182
- LANS Active Face 75 min. € 186
- Maya Me freshness kick with aloe 50 min. € 156
- Contour lift anti-ageing 60 min. € 227
- TDA oxygen therapy 60 min. € 238
- 24-carat gold age-defying facial 80 min. € 284
- Pure Perfection 100 liquid surgery 70 min. € 315

**DERMA BODY WOMAN**
- Essential salt therapy with Dead Sea salts and hydrotherapy bath 50 min. € 158
- Active contouring cellulite treatment 75 min. € 217
- Lipo-drainage for heavy legs 75 min. € 178
- Detox Europea – flushing and cleansing 60 min. € 172
- MBR bust-up treatment – tautens and firms the breasts 45 min. € 153

**DERMA FACE MAN**
- Detox facial treatment 75 min. € 182
- Hydro Booster – intensive moisture 60 min. € 197
- Men-only Pharmos – new energy 60 min. € 178
- High-tech skin-firming regimen 60 min. € 178
- TDA Care2Go 45 min. € 194
- Skin-normalising treatment 60 min. € 205

**DERMA BODY MAN**
- Essential salt therapy with Dead Sea salts and hydrotherapy bath 50 min. € 158
- Firmer/fitter abdomen – fat-burning 55 min. € 158
- Radiofrequency therapy – fat reduction and contouring 55 min. € 298
- Monticelli mud – purifying and detoxifying 75 min. € 158
- Abdomen wrap – tautening 25 min. € 74

**MESOTHERAPY**
- Meso detox – face, neck and décolleté € 242
- Medical needling € 516
- Mesolift vitamin – hyaluronic acid – face € 336
- PRP (platelet-rich plasma) – aesthetic € 652
- PRP (platelet-rich plasma) – hair € 424
- Aesthetic hyaluronic acid fillers (frown lines, nasolabial folds, etc.) from € 505
- Radiofrequency therapy Face & Body from € 298

**CRYOTHERAPY**
- Liver spots price based on scope
- Hyperkeratosis price based on scope
- Warts price based on scope

**ULTHERAPY**
- Ultherapy® is a treatment for the face, neck, and décolleté. Focused ultrasonic pulses precisely target the deeper layers of the skin. The briefly generated heat stimulates the regeneration of collagen and elastin. This strengthens connective tissues, naturally tightens your skin, and affords you a younger, fresher appearance.
- Ultherapy price based on scope

**CHEMICAL PEELS**
- Chemical peels from € 135

**HAIR TREATMENTS**
- Salon-exclusive energy treatments individually tailored to the needs of your hair price based on scope

Please consult the detailed LANS Derma brochure for more information on our full programme.
A magnificent natural setting can often return to us things that get lost in our everyday lives: energy, balance, and a zest for life. That is why we chose the location of our resort so carefully.

The iodine-sulphur springs in the Tegernsee valley are the most invigorating in Germany, and reinforce the region’s reputation as a health resort without compare. However, this Bavarian valley in the foothills of the Alps has been blessed with much more than just this wonderful healing climate. Indeed, it is considered one of the most beautiful natural environments in Europe. And at its heart, with deep blue and exquisitely clear waters, is the valley’s jewel: Lake Tegernsee.

It’s here that you experience what makes sustainable regeneration possible. The harmony and vitality reach to your very core, activating strength held deep within you and replenishing lost reserves.
Golf, they say, is a meditative sport. Every step along the fairway, every drive, and every putt brings the player closer to inner harmony. The intensity of these movements depends on the needs and power of the individual player. The sport both relaxes and demonstrably strengthens muscles, mind, and immune system simultaneously. Golf provides harmony and enjoyment in wonderful, natural surroundings. Just a three-minute walk away, our 18-hole course is one of the most scenic in the German-speaking region. You’ll find yourself standing on one of the highest tees in Germany, some 1,000 meters above sea level. Far below you, at the foot of the valley, you’ll see Lake Tegernsee — and all your problems and worries will soon fade into the background. Movement, concentration, and nature come together to create a cheerful, enjoyable atmosphere mixed with a deep feeling of lasting well-being.
When you visit us here at Lanserhof Tegernsee, you’ll be at the centre of everything we do. This principle was also a crucial element in the conception and design of our rooms and suites. Individual, generously proportioned rooms offer plenty of space for your own private retreat. At Lanserhof, elegance and a sense of well-being create a true home-from-home. This is complemented by a warm, friendly atmosphere, characterised by the colours of the sky, lakes, and mountains and the intimate interplay of man and nature. Expansive panoramic windows provide uninhibited views of the surrounding landscape. Your own private terrace-balcony additionally offers a private area for relaxation and contemplation.

The area surrounding Lanserhof Tegernsee also inspired the interior design of our rooms. Wood, leather, and natural stone merge to create a refined atmosphere, where you can experience nature with all your senses. With its clear lines, its design provides the ideal setting for you to rest and relax in. Plenty of details spread out over the estate to provide a perfect sense of well-being.

A modern resort is made up of various elements, but, but the real essence is not something you can see, it’s something you can feel. This is why we have taken the very latest knowledge from the world of science and health into account in the design of each room. To illustrate this, you can shut-down the power in every single room to prevent the build-up of electrosmog, so that you can enjoy a healthy night’s sleep. Relax and enjoy yourself in our rooms and suites:

in a modern atmosphere where architecture and nature merge into one – your own private space with the very best of views. You will find that our “Basic” suites face north and west and have views of the forest. Our “View” suites face east and south and overlook Tegernsee Valley and the mountains.

Room rates include a diet personalised to your needs including all herbal teas and mineral water. We charge an additional €39 per day and person for LANS Energy Cuisine, level Active and above.

You can use the swimming pool, sauna, saunarium, gym, underground car park, mountain bike station, and caddy hire service free of charge. Prices are quoted per night and are only valid in conjunction with the LANS Med Basic package. We recommend you stay a minimum of 14 nights.
DOUBLE ROOM

55m², can be combined with the Somnium or Infinitas suites through a connecting door, features open-plan lounge/bedroom area, bathroom with bath and shower, parquet flooring, complimentary WiFi, tea-making facilities, 46” TV with on-demand services, radio, safe, anti-electrosmog device, balcony terrace

There are two accessible rooms available.

<table>
<thead>
<tr>
<th>OCCUPANCY</th>
<th>BASIC</th>
<th>VIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 person</td>
<td>€ 505</td>
<td>€ 575</td>
</tr>
<tr>
<td>2 persons</td>
<td>€ 700</td>
<td>€ 770</td>
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<tr>
<td>Price per night</td>
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PARVUS SUITE

65m², spacious lounge/bedroom area, full-size bathroom (shower, bath and WC), shower bath and WC, parquet flooring, complimentary WiFi, tea-making facilities, 40” TV with on-demand services, radio, safe, anti-electrosmog device, balcony terrace

There are two accessible rooms available.

<table>
<thead>
<tr>
<th>OCCUPANCY</th>
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<th>VIEW</th>
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</thead>
<tbody>
<tr>
<td>1 person</td>
<td>€ 685</td>
<td>€ 785</td>
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<tr>
<td>2 persons</td>
<td>€ 880</td>
<td>€ 980</td>
</tr>
<tr>
<td>Price per night</td>
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</tbody>
</table>
**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

<table>
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<tbody>
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<td>€ 785</td>
</tr>
<tr>
<td>2 people</td>
<td>€ 880</td>
<td>€ 980</td>
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<tr>
<td>3 people</td>
<td>€ 1,075</td>
<td>€ 1,175</td>
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**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

<table>
<thead>
<tr>
<th>OCCUPANCY</th>
<th>1ST FLOOR</th>
<th>2ND FLOOR</th>
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<tbody>
<tr>
<td>1-2 persons</td>
<td>€ 1,555</td>
<td>€ 1,660</td>
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<tr>
<td>3 persons</td>
<td>€ 1,750</td>
<td>€ 1,855</td>
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<tr>
<td>4 persons</td>
<td>€ 1,945</td>
<td>€ 2,050</td>
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</table>

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 cloakroom, 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

<table>
<thead>
<tr>
<th>OCCUPANCY</th>
<th>1ST FLOOR</th>
<th>2ND FLOOR</th>
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<tbody>
<tr>
<td>1-2 persons</td>
<td>€ 1,875</td>
<td>€ 1,970</td>
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</table>

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

<table>
<thead>
<tr>
<th>OCCUPANCY</th>
<th>1ST FLOOR</th>
<th>2ND FLOOR</th>
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<tbody>
<tr>
<td>1-2 persons</td>
<td>€ 1,650</td>
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<tr>
<td>3 persons</td>
<td>€ 1,845</td>
<td>€ 2,595</td>
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<tr>
<td>4 persons</td>
<td>€ 2,040</td>
<td>€ 2,790</td>
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Price per night
ELYSIUM LOFT
SUITE

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

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 also 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 LANS Med 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’d be welcome to take their place.

YOUNGER GUESTS
Children and adolescents from the age of 16 are welcome 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 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.

All prices incl. VAT are stated in euro.
Prices are subject to change without prior notice.
Take a small piece of Lanserhof well-being home with you, either for your loved ones or for yourself. To cherish fond memories, or simply for everyday use.

LANS DERMA PRODUCTS
LANS Derma products are made from purely plant-based ingredients and are the result of a 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. New to the range: LANS Derma Sensitive Face.

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 someone with a voucher for a specific treatment during their stay here at Lanserhof Tegernsee.

You can obtain this voucher via our website.

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, of course, open for you 24 hours a day, seven days a week – and is just a few clicks away.
HOW TO FIND US

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