YOUR PATH TO VITALITY
2020
Lanserhof at The Arts Club: your journey to better health, inner balance and a new quality of life.

Are you looking for a place to regenerate and re-gather your strength? A peaceful place to train and focus on yourself. We want to offer you precisely that.

Lanserhof at The Arts Club is an oasis of tranquillity in the heart of London, where you, your health and fitness take priority over anything else. We will accompany you every step of the way, to help you find the right balance between body and mind.

The most innovative medical treatments from leading experts, we focus on an integrated, holistic approach to preventive health care and fitness optimisation.

Take advantage of our medical expertise, enrich your well-being through personalised training and relaxing treatments, or simply enjoy our energy-boosting cuisine in our Members’ Lounge.

We will guide you on a path to your new self.

Yours sincerely,

Dr. Christian Harisch  Alice Chadwyck-Healey
CEO     Executive Director
Lanserhof Group   The Arts Club
Take control of your health – The regeneration process begins with a health assessment with a personal trainer and a pre-screening with a nurse. A medical consultation will be conducted to gather crucial lifestyle information to help our experts evaluate your overall health. These diagnostic tests will serve as the foundation for further examinations, treatments and your individualised training plan.

MEMBERS FIRST

The ultimate holistic experience – The ultimate holistic experience: as a member of Lanserhof at The Arts Club, you have unbridled access to some of the world’s leading discoveries from the fields of diagnostics, medicine and fitness. Take the opportunity to concentrate on the most valuable thing of all – your health. Our concept focuses on the human body in its entirety and takes an integrated approach to your well-being.

As a member, it is you who guides our approach: your goals are our goals.

#1

The latest global standard – The latest global standard in body composition assessment: a comprehensive full body scan in the in-house MRI delivers unparalleled insights into multiple fat and muscle biomarkers, including the critical detection of excess visceral fat around your organs. A simple 6-minute scan will provide the essential knowledge to form the basis of your overall plan.

MRI

BRAIN COMPOSITION ANALYSIS

Visualise your body transformation – In just 35 seconds we can perform millions of measurements with 2mm accuracy to present a detailed full body scan, calculate fitness and health metrics, and much more.

3D BODY SCAN
SPINE LAB

Out of this world – our Spine Lab makes use of the same state-of-the-art technology that originates from aerospace training. A detailed image of the curvature of your spine allows us to identify and redress any potential imbalances that could deter your overall progress.

MOVEMENT LAB

Precise to the millimetre – using the most up-to-date analytical devices to monitor the complex musculoskeletal system, mapping its architecture, activation and balance, our Movement Lab has the ability to examine each individual’s quality of functionality. Led by a number of specialists who combine expertise in rehabilitation and biomechanics, the facility is set to redefine fitness performance.

CARDIOPULMONARY EXERCISE TESTING

A matter close to the heart – a cardiovascular screening executed by our physiologist equates to the same level of testing undertaken by professional athletes. Measuring your heart activity during exercise is an imperative step in evaluating your optimal exercise capacity.
A healthier life – A consultation with our Lifestyle Doctor completes the medical analysis. You are guaranteed to receive an incomparable bespoke diagnosis and health plan, designed to help you eradicate any complaints and ward off future health issues. Effective therapy depends on an accurate diagnosis.

Movement optimisation – Our musculoskeletal system is a powerful, complex mechanism. A consultation with our orthopaedic consultant brings us one step further in gathering all the information necessary to ensure everyday life is more enjoyable and pain-free. We want to activate your body’s own ability to strengthen joints and muscles, so that the potential of further damage can be prevented.

MEDICAL CONSULTATION

GYM 2.0

Intelligence-driven training – Lanserhof at The Arts Club is the first private health club that allows you to train with a completely new generation of fitness equipment. Thanks to microchip technology, machines recognise you, automatically load your individual training programme, correct your positioning and adjust to pre-stored weights and distances – a new training experience. These machines compliment a gym that supplies an impressive free weight lifting area, cardio zone and a stretching/cool down area.
PERSONAL TRAINING

*Designed for your specific needs* – Our trainers (sports scientists, calisthenic experts, dancers and former professional athletes) know your fitness and health status and support you in the implementation of your tailor-made training plan. Responding to possible injuries or imbalances, they will help push you towards maximum efficiency to achieve peak performance.

MASSAGE

*Take some time off* – treat yourself to a break from the stresses of everyday life. Place yourself in the skilful hands of our massage therapists, who will tailor-make treatments to release blockages, ease muscular tension and ensure absolute wellbeing that lasts long after your massage.

PHYSIOTHERAPY & OSTEOPATHY

*Performance optimisation* – our experts all specialise in qualified integrative treatment techniques in order to assist you in the most effective way. Holistic, manual and diagnostic approaches such as physiotherapy and osteopathy are vital aspects of our interdisciplinary concept, that also include orthopaedics, and chiropractic and sports science techniques. Our practitioners can detect and treat dysfunctions in the body to ensure other bodily structures are not compromised. These treatments can gently relieve protracted discomfort and effectively restore your fitness post-surgery.
For a healthy body, mind and soul – discover our class studio! Feel the vitalising, energising and balancing effects of Yoga and Reformer Pilates. Set new personal records in our HIIT training sessions or try the latest workout trend in Active Awakening. Infusing elements of Tai Chi, Animal Flow, Calisthenics and Meditation, this hybrid class is the ultimate start to your day. Our courses are kept small to ensure individual support is available and optimal motivation is created through group dynamics. As a member, enjoy access to over 250 classes per month. All courses can be booked quickly and easily via our App, available to all Members.

**STUDIO CLASSES**

**ACUPUNCTURE**

Yin and Yang – based on the assumption that equilibrium is synonymous with health, our experts practise various acupuncture styles and microsystems to achieve the right balance for you. We take different approaches when it comes to fighting acute and chronic pain. Acupuncture offers the diagnostic possibility to identify the state of emerging diseases, prevent ailments and eliminate pain for good.

**CRYOTHERAPY**

Recovery at minus 110 degrees – competitive athletes have known this for a long time: whole-body cryotherapy has a performance-enhancing and therapeutic effect. Extreme cold application on the body has been proven to inhibit pain signals in the nerves and slow down the growth of inflammatory cells. Optimise your training efficiency by testing out our state-of-the-art cryochamber.

**SHOCKWAVE THERAPY**

Impulses of energy – Cutting-edge and non-invasive, shockwave therapy activates a self-healing process that promises to achieve significant results in just a few sessions. Mechanical pressure pulses interact with the tissues of the body to deliver a multitude of benefits, including the treatment of longstanding pain and discomfort, reduction of muscle spasm, increase in mobility, and much more. Most effective in the early stages of recovery, this technique can be used for the healing of conditions which are otherwise difficult to treat with conventional physiotherapy.
**INFUSIONS**

*Ignite the healing process –* Replenish nutrients such as vitamins, minerals and trace elements simply and efficiently with targeted infusions and feel fitter, more energetic and in a better mood. You will also see the results on your skin, hair and nails as well as preventing stress, combatting flu and strengthening your immune system. Certain infusions can also support the therapy and treatment of chronic or acute illnesses.

**CHANGING ROOMS**

*Privacy and comfort –* Treat yourself to a break and leave your everyday life behind you. We want you to feel at home at Lanserhof at The Arts Club. Enjoy a luxury steam-shower using our LANS Derma products, jointly developed by dermatology experts and the medical team at Lanserhof, before changing in your private cabin.

**BUTLER SERVICE**

*A seamless experience –* Our team will keep your kit at the Club, prepare it ahead of your arrival and make sure it’s laundered afterwards, ready for your next visit.
Wow-Glow – revitalise your skin using our innovative therapies and high-quality products. Your skin plays a major role in the detoxification process. Therefore, we take great care in pampering you with exclusively organic products that meet our high standards. Our bespoke treatment plans deliver skin that glows with youthful radiance.

AESTHETICS

MEMBERS’ LOUNGE

Escape from the bustle of city life – recharge your batteries and recoup lost energy in our tranquil lounge, filled with natural daylight. A private place where you can meet friends, relax after training, or simply take a well-deserved break, the Lanserhof at The Arts Club lounge offers members delectable dishes based on our renowned Energy Cuisine. We place great value on regional, organic and fresh produce. Choosing high-quality ingredients that serve the body with antioxidants, vitamins, micronutrients and a multitude of minerals, our dishes are designed to replenish and realise higher levels of energy.

NUTRITIONAL THERAPY

Health starts from within – Vibrant health depends on good digestion. Modern living can disrupt digestive function on many levels. Weight issues, food intolerances, bloating, poor mental function, low energy, sleep issues, hormonal imbalance and sugar cravings are just a few signs of digestive distress. A nutritional therapy consultation will provide diet and lifestyle guidelines to address your specific health concerns and help your body restore optimal health through improving gut function, detoxification processes and cellular nourishment.

MEDICAL CHECKUP

Expert and comprehensive – The Lanserhof at The Arts Club check-ups are the all-round prevention programme for your health. The innovative Lans-Med Concept combines holistic medicine with regeneration. Our interdisciplinary team of specialists perform accurate diagnostic procedures to create the perfect therapy plan for your needs.
YOU 2.0

Body, mind and soul need to be reunited. Here at Lanserhof at The Arts Club, we place you and your needs at the very heart of our endeavours. From the moment you join the Club, we will accompany you every step of the way and ensure you have all you need for prolonged success. Feel revitalised and discover a completely new quality of life.

LOCATION

Please contact our Membership team if you would like to know more about our current Membership options.