

The world's first medical gym, Lanserhof at The Arts Club, opens its doors on Dover Street, London



The pioneering medical gym offers the highest level of scientific, functional and diagnostic analysis globally available so as to deliver unparalleled performance for members

Wednesday 26th June - London, UK: [Lanserhof at The Arts Club](#), the world's first medical gym, opens its doors on Monday 1st July in Mayfair's Dover Street, London. The much-anticipated property from leading medical spa, Lanserhof, and iconic London private members' Club, The Arts Club, will combine detailed medical assessments with pioneering analytics and a state-of-the-art training system to deliver an unparalleled training experience for members and prevent injury in the long term. MRI body composition and functional diagnostics will be utilised as standard as part of the world's most comprehensive induction package.

Situated under one roof, across six floors, Lanserhof at The Arts Club will revolutionise the present approach to health and fitness. The extensive induction package will premiere a number of functional and diagnostic assessments including MRI body composition analysis, a SPINE and MOVEMENT Lab, and internal health assessments such as a cardiovascular screening. Measures from these analyses will be incorporated into a bespoke training plan for members and monitored by Lanserhof at The Arts Club's foremost medical experts to promote incomparable advances in health and fitness, and work together to prevent ill-health in the long term.

In line with Lanserhof's innovative approach to preventative healthcare, Lanserhof at The Arts Club will incorporate a range of holistic treatments, implemented with medical precision.



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Members can benefit from physiotherapy, osteopathy, nutritional therapy, acupuncture and massage therapy

delivered by the world's leading experts. Advanced rehabilitation treatments such as cryotherapy, shockwave therapy, and vitamin and mineral infusions will promote recovery and maximise results.

Mr Sebastian Kunz, Medical Director at Lanserhof at The Arts Club said, "We are thrilled to introduce Lanserhof at The Arts Club to London. We aim to revolutionise the approach to training, combining pioneering analytics, state-of-the-art-training systems and holistic preventative treatments, overseen with the upmost medical precision to deliver unrivalled results for our members. Through Lanserhof's acclaimed multidisciplinary approach, we will support members to achieve optimum fitness, reduce injury and demonstrate global improvements to health and wellbeing."

Alongside the state-of-the-art Gym 2.0, featuring revolutionary Technogym equipment, members also benefit from unlimited group fitness classes, including HIIT and spinning. The skin is known to play a vital role in the detoxification process so a range of organic facial and body treatments will be offered to cleanse and rejuvenate the skin for overall wellbeing.

Members can refuel at the exclusive Lanserhof at The Arts Club Members' Lounge featuring a menu inspired by Lanserhof's Energy Cuisine, an integral part of the spa brand's acclaimed LANS Med programme that focuses on easy-to-digest, nutrient-rich foods that don't compromise on flavour or quality - delivered with the unrivalled hospitality of The Arts Club. A balanced menu, high in anti-oxidants, vitamin levels and micronutrients, focussing on organic, local and seasonal produce, will further deliver optimum results for members.

Members can also choose a butler service where sportswear is laundered after use and delivered fresh and ready for the next visit.

Annual memberships to join Lanserhof at The Arts Club are available to purchase for members and non-members of The Arts Club. Annual membership includes the below with further bespoke therapies available:

- One MRI Body Composition Analysis
- One cardiovascular screening including spiroergometry and stress ECG
- One functional diagnostic assessment in the Movement or Spine Lab
- Initial screening with a nurse
- Consultation with the medical doctor
- Consultation with the orthopaedic doctor
- Induction to highly specialised gym equipment
- A bespoke training plan, complete with micro-chip technology that loads your programme onto the gym equipment, ensuring your individual setting is loaded onto selected machines
- Unlimited inclusive small group training classes - including yoga, fascial training, Pilates, functional training
- Exclusive access to the Members' Lounge



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For more **THE ARTS CLUB** information visit
www.lanserhof.com/en/london

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About Lanserhof

For more than 30 years, the Lanserhof has stood for innovative vital medicine and, with its concept, is a medical institution that has won many awards in Europe. The LANS Med Concept is a symbiosis of traditional naturopathy and modern medicine. As early as 2012, the parent company in Lans / Tyrol was supplemented by the outpatient health centre LANS Medicum in Hamburg. In January 2014, the Lanserhof also opened at Tegernsee. In September 2015, 2016 and 2017, and 2018 Lanserhof was named World's Best Medical Spa at the World Spa Awards. In January 2017, Lanserhof reopened LANS after it had been renovated and expanded to include a new building, a seawater pool and a cold chamber. July 2019 marks the opening of Lanserhof at The Arts Club – the first of its kind medical gym built in partnership with the renowned Members' Club. Furthermore, Lanserhof Sylt, the first Lanserhof by the sea, will open its doors in 2020.

For media enquiries about Lanserhof, please contact Laura Smith or Alana Fogarty via lanserhof@lemongrassmarketing.com or +44 1865 237 990

About The Arts Club

Regarded as the ultimate in private members' clubs, The Arts Club opened in London in 1863 and counted creative luminaries such as Charles Dickens and James McNeill Whistler among its members. The Arts Club moved to its existing home in Dover Street in the 1890s and now includes three restaurants, including the Japanese restaurant Kyubi; an all-year-round garden; nine rooms and suites for overnight guests as well as Leo's nightclub for live music. The Arts Club will be opening in Dubai and Los Angeles in 2020 and 2021 respectively. More details can be found at www.theartsclub.co.uk

For media enquiries about The Arts Club, please contact Paul Charles at The PC Agency via theartsclub@pc.agency or +44 207 768 0001