Robb Report

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Forget Massages. These 13 Medical Spas Want to Help You Extend Your Life.

Staffed with medical specialists and equipped with state-of-the-art facilities, these world-class spas offer personalized programs designed to help you live longer and healthier.

Lanserhof Tegernsee | Waakirchen, Germany



A stay at Lanserhof Tegernsee is about your whole self—that means the mind, the body, and the spirit. The way to align this trio at this German practice starts in your gut; from there, the program helps ignite a regeneration of your body via fasting. First, though, comes the comprehensive examination to assess your current state of well-being. Then, the fasting begins, supported by movement therapies (think swimming or yoga), a curated diet made just for you, and some physical therapy mixed in. And you'll be leaving the property equipped with the proper tools to aid in sustainable prevention—perhaps the most helpful takeaway of all.

From $8,940, seven-night minimum