Travel

The best wellness hotels to boost life longevity

If wellness is the new religion, then the quest for eternal life no longer involves prayer, but pricey cryotherapy treatments, genetic testing, and in some cases, a willingness to believe in the impossible

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27 November 2024



Sylt, Germany

Lanserhof



An island off the far north of Germany might not scream "hot holiday destination", but everyone from Kevin Costner to Karl Lagerfeld has developed a soft spot for this windswept island of buildings with thatched roofs. The über-high-tech resort (which also has centres in Tyrol, Lake Tegernsee, and a private club in London) focuses its attention on the stomach. At the heart of Lanserhof's concept is fasting: by cutting out ultra-processed foods and other irritants, the resort promises to revitalise intestinal health, which has been linked to everything from dementia to poor mental health. You are required to limit coffee, alcohol and sugar for two weeks before arrival – but you'll end up with a personalised guide on what works for you.

Am Lanserhof 1-8, 25992 List. lanserhof.com

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