

GLOBAL SPA GUIDE

The 10 Best Spas in the World

BY VOGUE

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Lanserhof Sylt

List auf Sylt, Germany



Photo: Courtesy of Lanserhof Sylt

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Lanserhof's newest destination, which opened on the island of Sylt off the northern coast of Germany in 2022, adheres to the concept that originated more than three decades ago at Lans, the Tyrolean alpine resort in Austria: that the gut, once cleansed and detoxified, has an astounding ability to kick-start the body's path back to health and vitality. Paired with state-of-the-art diagnostic analyses and extensive physical and psychological assessments, Lanserhof's gut-focused treatments inform individualized protocols that can include naturopathy and chronomedicine (the mapping of future illnesses), as well as overall regeneration. There are many options here, but your path is likely going to be very prescribed. A sampling of what's on offer: "intermittent hypoxic training" (which involves inhaling varying levels of oxygen through a specialized breathing mask to enhance



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