REAL ESTATE, INTERIOR DESIGN, LIFESTYLE & TRAVEL

STREIFZUG

BEST OF

#4 | AUTUMN/WINTER 2025/26



GLOBAL GRACE

Where Elegant Living meets the Art of Travel

BEST OF STREIFZUG www.streifzugmedia.com @streifzug.magazin

EST. 2006 KITZBÜHEL

THE ART OF **HEALTHY AGING**

DECLARED THE WORLD'S BEST LONGEVITY CLINIC, THE LANSERHOF ANALYSES AND RESPONDS TO THE SUBJECT OF LIVING-LONGER-BETTER AS NO ONE ELSE DOES. BY MEANS OF THE MOST MODERN MEDICINE, SCIENTIFICALLY GROUNDED DIAGNOSTICS AND TRADITIONAL NATURAL HEALING METHODS, IT PROVIDES AMPLIFIED MECHANISMS TO TURN BACK THE CLOCK OF GETTING OLDER. FOR MORE THAN 40 YEARS NOW, THE LANSERHOF HAS SET NEW MILESTONES IN PREVENTION, REGENERATION AND ENHANCED PERFORMANCE – WITH THE EXPRESSED TARGET OF NOT MERELY LENGTHENING LIFE BUT MAKING IT LONGER-BETTER, LONGER-ACTIVE, LONGER-FULFILLED.

Picture: © Enrico Costantini





A

At the centre of the LANSERHOF CONCEPT stands the Lanserhof fasting therapy, the heart of its philosophy. It is founded on knowledge from natural healing methods, from orthomolecular medicine, from psychology, from the science of chronological problems such as inflammation, and from the latest discoveries of highly modern medicine. "Our cure programme is more than a temporary measure – it is the launch of a lifelong journey towards taking care of yourself," says Dr. Christian Harisch, Managing Director of the Lanserhof Group.

Longevity means understanding what it means to grow old. Through wide-ranging diagnostics and personal consultations, guests receive insights into their own individual genetic composition and thereby, to the key to preventive measures. "Genetic predisposition cannot be changed or altered. Nevertheless, through consciously adopted lifestyle measures we can achieve a healthier and visibly decelerated process of aging," explains Dr. Jan Stritzke, Medical Director of Lanserhof Sylt. Nutrition, exercise/training, sleep, stress management and social relationships are the decisive factors in this composition.

The longevity medicine which is practiced at Lanserhof examines the various biological mechanisms of the aging process – the so-called Hallmarks of Aging. Based on these scientific discoveries and the knowledge we have gained from them; individual therapies are developed in order to optimize the cellular processes and slow down the process of aging. "We cannot stop the clock in the march of time, but we can slow it down, measurably – that is what modern Longevity Medicine is," says Dr. Stritzke with pointed emphasis.

> „WE CANNOT STOP THE CLOCK IN THE MARCH OF TIME, BUT WE CAN SLOW IT DOWN, MEASURABLY."

BIOHACKING AT LANSERHOF

A fundamental and integral factor in the longevity approach is Biohacking – the conscious optimizing of the body through precisely-targeted, scientifically grounded interventions. At Lanserhof, traditional methods merge with high-tech innovations, ranging from personalized blood analysis, micronutritive optimizing improvements and mitochondrial screening continuing to sleep-tracking and cryo-light all the way to neuro-feedback therapies. The goal is to improve physical, bodily functions measurably and to accelerate processes of regeneration. In such ways, a precise, data-based approach is generated which will reinforce the individual's energy household, reduce inflammations and optimize performance abilities on all levels, leading to increased vitality in everyday life.

Pictures: © Alexander Haiden



NUTRITION, EXERCISE/TRAINING AND MENTAL BALANCE

At the centre of gravity stands nutrition: organic, seasonal and locally obtained ingredients, then combined with phases of fasting to amplify and reinforce cell regeneration and a healthy gut microbiome, both of which are indispensable factors for living-longer-better. "Exercise & training is the fundamental prerequisite for prevention. Muscle mass is the key to a longer, healthier life," elaborates Dr. Stritzke. For that reason, each and every cure is complemented by individually customized programmes of training, yoga and attentiveness sessions.

Apart from physical, bodily health, mental strength also plays a decisive role in the overall composition. Meditation, breathing techniques and personal experiences out in nature all help to reinforce emotional resilience and inner balance. In such ways, a harmonious interaction of body, mind and soul is generated and takes on new form. That constitutes the basis of sustainable health.

LANSERHOF – THE PLACE FOR A NEW QUALITY OF LIVING

The Lanserhof is more than merely a clinic – it is a place of renewal and rejuvenation. This is where living-longer-better becomes palpable, feelable, with well-being as its topmost priority and sustainable good health as its philosophy of life. "We assist our guests to unfold their entire potential as well as to re-discover renewed pleasure in a healthy, fulfilled life," elucidates Dr. Stritzke. Whoever comes to Lanserhof, experiences first-hand not only healing, but more: transformation – for a life lived in balance, in vitality and in happiness.



CONTACT

Lanserhof Lans
Lanserhof Sylt
Lanserhof Tegernsee
Lanserhof Marbella (coming soon)
www.lanserhof.com

Pictures: © Alexander Haiden (Pool), © Enrico Costantini (Climbing)