



LAN SER HOF

LANSERHOF SYLT
2026

LANSERHOF CLASSIC, 7–8 NIGHTS

BASIC MEDICAL THERAPY

The Lanserhof Classic treatment package forms the basis of your stay. Together with your attending physician, you will develop a complementary diagnostic and therapy strategy tailored to your individual needs and personal goals.

1 preliminary telephone consultation		1 discussion of bioimpedance analysis findings	
1 initial medical examination	40 min.	& hand grip strength measurement*	40 min.
1 extended initial medical examination	20 min.	1 foot reflexology massage*	25 min.
2 medical check-ups		1 therapeutic massage*	50 min.
and abdominal treatments	each 20 min.	1 detox drainage*	50 min.
1 medical discussion of findings	30 min.	1 natural detox hay*	50 min.
1 final medical examination	30 min.	1 detox foot bath*	30 min.
1 initial laboratory examination	30 min.	1 urine analysis*	
(bioimpedance analysis, blood pressure, lactate and metabolism check)*	30 min.		

Daily group movement therapies
Daily group relaxation therapies
Introductory medical lecture
Topical presentations
Cultural evening programm
On-call doctor, duty and night service**

7–8 nights Lanserhof CLASSIC excluding accommodation € 2,940

The minimum stay for the Lanserhof Kur Classic Plus package is seven nights. The total price is per person, excluding dietary supplements and medication, and is calculated based on individual prices.

*conducted by therapy center

** The daily flat rate is a binding part of the Lanserhof Kur Classic package and is charged at € 42 per night. It includes on-call and night-time medical services.
If you do not make use of these services, you are not entitled to a refund.

LANSERHOF CLASSIC PLUS, 7–8 NIGHTS

BASIC MEDICAL THERAPY

The Lanserhof Classic treatment package forms the basis of your stay. Together with your attending physician, you will develop a complementary diagnostic and therapy strategy tailored to your individual needs and personal goals.

CLASSIC

1 preliminary telephone consultation	
1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
2 medical check-ups and abdominal treatments	each 20 min.
1 medical discussion of findings	30 min.
1 final medical examination	30 min.
1 initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolism check)*	30 min.
1 discussion of bioimpedance analysis findings & hand grip strength measurement*	40 min.
1 foot reflexology massage*	25 min.
1 therapeutic massage*	50 min.
1 detox drainage*	50 min.
1 natural detox hay*	50 min.
1 detox foot bath*	30 min.
1 urine analysis*	

Daily group movement therapies
Daily group relaxation therapies
Introductory medical lecture
Topical presentations
Cultural evening programm
On-call doctor, duty and night service**

CLASSIC PLUS

1 laboratory final examination (Blood pressure, lactate, and metabolism check)*	20 min.
1 fatty liver measurement (Fibroscan)*	20 min.
1 short-term HRV measurement (heart rate variability measurement)	30 min.
1 metabolic measurement*	30 min.
1 Lanserhof Sylt Facial*	60 min.
1 Vo ₂ Max measurement Discussion of findings*	20 min.

7–8 nights Lanserhof CLASSIC Plus excluding accommodation € 3,990

The minimum stay for the Lanserhof Kur Classic Plus package is seven nights. The total price is per person, excluding dietary supplements and medication, and is calculated based on individual prices.

*conducted by therapy center

** The daily flat rate is a binding part of the Lanserhof Kur Classic package and is charged at € 42 per night. It includes on-call and night-time medical services.
If you do not make use of these services, you are not entitled to a refund.

LANSERHOF CLASSIC PLUS, 9–11 NIGHTS

BASIC MEDICAL THERAPY

The Lanserhof Classic treatment package forms the basis of your stay. Together with your attending physician, you will develop a complementary diagnostic and therapy strategy tailored to your individual needs and personal goals.

CLASSIC

1 preliminary telephone consultation	
1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
2 medical check-ups and abdominal treatments	each 20 min.
1 medical discussion of findings	30 min.
1 final medical examination	30 min.
1 initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolism check)*	30 min.
1 discussion of bioimpedance analysis findings & hand grip strength measurement*	40 min.
1 foot reflexology massage*	25 min.
1 therapeutic massage*	50 min.
1 detox drainage*	50 min.
1 natural detox hay*	50 min.
1 detox foot bath*	30 min.
1 salt therapy*	50 min.
1 urine analysis*	

Daily group movement therapies
Daily group relaxation therapies
Introductory medical lecture
Topical presentations
Cultural evening programm
On-call doctor, duty and night service**

CLASSIC PLUS

1 laboratory final examination (Blood pressure, lactate, and metabolism check)*	20 min.
1 fatty liver measurement (Fibroscan)*	20 min.
1 short-term HRV measurement (heart rate variability measurement)	30 min.
1 metabolic measurement*	30 min.
1 Lanserhof Sylt Facial*	60 min.
1 Vo ₂ Max measurement Discussion of findings*	20 min.

9–11 nights Lanserhof CLASSIC Plus excluding accommodation € 5,042

The minimum stay for the Lanserhof Kur Classic Plus package is seven nights. The total price is per person, excluding dietary supplements and medication, and is calculated based on individual prices.

*conducted by therapy center

** The daily flat rate is a binding part of the Lanserhof Kur Classic package and is charged at € 42 per night. It includes on-call and night-time medical services.
If you do not make use of these services, you are not entitled to a refund.

LANSERHOF CLASSIC PLUS, 12–16 NIGHTS

BASIC MEDICAL THERAPY

The Lanserhof Classic treatment package forms the basis of your stay. Together with your attending physician, you will develop a complementary diagnostic and therapy strategy tailored to your individual needs and personal goals.

CLASSIC

1 preliminary telephone consultation	
1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
6 medical check-ups	
and abdominal treatments	each 20 min.
1 medical discussion of findings	30 min.
1 final medical examination	30 min.
1 initial laboratory examination	30 min.
(bioimpedance analysis, blood pressure, lactate and metabolism check)*	30 min.
1 discussion of bioimpedance analysis findings & hand grip strength measurement*	40 min.
2 foot reflexology massage*	25 min.
4 therapeutic massage*	50 min.
1 detox drainage*	50 min.
1 natural detox hay*	50 min.
1 detox foot bath*	30 min.
1 salt therapy*	50 min.
1 urine analysis*	

Daily group movement therapies
Daily group relaxation therapies
Introductory medical lecture
Topical presentations
Cultural evening programm
On-call doctor, duty and night service**

CLASSIC PLUS

1 laboratory final examination	20 min.
(Blood pressure, lactate, and metabolism check)*	
1 fatty liver measurement (Fibroscan)*	20 min.
1 short-term HRV measurement	
(heart rate variability measurement)	30 min.
2 metabolic measurement*	30 min.
1 Lanserhof Sylt Facial*	60 min.
1 Vo ₂ Max measurement	
Discussion of findings*	20 min.

12–16 nights Lanserhof CLASSIC Plus excluding accommodation € 6,293

The minimum stay for the Lanserhof Kur Classic Plus package is seven nights. The total price is per person, excluding dietary supplements and medication, and is calculated based on individual prices.

*conducted by therapy center

** The daily flat rate is a binding part of the Lanserhof Kur Classic package and is charged at € 42 per night. It includes on-call and night-time medical services.
If you do not make use of these services, you are not entitled to a refund.

LANSERHOF CLASSIC PLUS, 17–21 NIGHTS

BASIC MEDICAL THERAPY

The Lanserhof Classic treatment package forms the basis of your stay. Together with your attending physician, you will develop a complementary diagnostic and therapy strategy tailored to your individual needs and personal goals.

CLASSIC

1 preliminary telephone consultation	
1 initial medical examination	40 min.
1 extended initial medical examination	20 min.
10 medical check-ups and abdominal treatments	each 20 min.
1 medical discussion of findings	30 min.
1 final medical examination	30 min.
1 initial laboratory examination (bioimpedance analysis, blood pressure, lactate and metabolism check)*	30 min.
1 discussion of bioimpedance analysis findings & hand grip strength measurement*	40 min.
3 foot reflexology massage*	25 min.
6 therapeutic massage*	50 min.
2 detox drainage*	50 min.
3 natural detox hay*	50 min.
1 detox foot bath*	30 min.
1 salt therapy*	50 min.
1 urine analysis*	

CLASSIC PLUS

1 laboratory final examination (Blood pressure, lactate, and metabolism check)*	20 min.
2 fatty liver measurement (Fibroscan)*	20 min.
1 short-term HRV measurement (heart rate variability measurement)	30 min.
2 metabolic measurement*	30 min.
1 Lanserhof Sylt Facial*	60 min.
1 Vo ₂ Max measurement Discussion of findings*	20 min.

Daily group movement therapies
Daily group relaxation therapies
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17–21 nights Lanserhof CLASSIC Plus excluding accommodation €8,081

The minimum stay for the Lanserhof Kur Classic Plus package is seven nights. The total price is per person, excluding dietary supplements and medication, and is calculated based on individual prices.

*conducted by therapy center

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HOLISTIC DIAGNOSTICS AT LANSERHOF

Planned therapy offer - subject to availability

GASTROINTESTINAL

As an innovation, we offer capsule endoscopy, the modern and gentle alternative to endoscopic colonoscopy.

A sonographic examination of the entire abdomen, comprehensive stool examinations and the clarification of food intolerances are part of the standard repertoire of Lanserhof diagnostics.

selective
Stool examinations

LABORATORY DIAGNOSTICS

Laboratory diagnostics is an important link between diagnostics and therapy. The individually coordinated laboratory profile is the basis of a successful treatment process.

NUTRITIONAL DIAGNOSTICS

H₂-and CH₄-Breath test fructose

H₂-and CH₄-Breath test fructose

Food intolerance test Histamine diagnostics,
Allergoscreen

METABOLISM AND IMMUNE SYSTEM

Detailed immunodiagnostics as well as precise vitamin, enzyme and nutrient analyses enable a meaningful assessment of your metabolic situation and your individual immune status. Valuable information about disruptive factors and focal events can also be worked out within the framework of holistic diagnostics. The prices of the corresponding analyses (blood, saliva, urine) depend on the respective effort.

OGTT – oral glucose tolerance test

Routine laboratory

Heavy metal determination

Nutrient analysis

Hormone profile

Fibroscan

HOLISTIC DIAGNOSTICS AT LANSERHOF

Planned therapy offer - subject to availability

PULMONARY-CARDIOVASCULAR

Specialised doctors are available to you for clarification on all cardiologically related topics.

Transthoracic echocardiography

Carotid and vertebral arterial duplex ultrasound

Resting ECG incl. written findings

Ergometry / Exercise ECG

Long-term ECG (24 h ECG)

Long-term blood pressure measurement (24h)

Spirometry (lung function)

SPECIALIST EXAMINATIONS

- | | |
|---------------------|--------------|
| - Orthopaedics | - Urology |
| - Dermatology | - N urology |
| - Gynaecology | - Cardiology |
| - Internal Medicine | - Dentistry |
| - Ophthalmology | |

MOVEMENT AND MOBILITY

Individual force measurement

Hyperice Normatec

Sensorimotor screening

Spirometric check

Bioimpedance measurement

Hand grip strength measurement

VO₂max measurement

SONOGRAPHY

Sonographies of the different body regions

SLEEP AND CHRONOMEDICINE

24h HRV (heart rate variability measurement) incl. diagnostics, analysis, evaluation and coaching

Sleep laboratory / sleep apnoea screening

3D-Body-Mapping Examination	30 Min.
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Bone density measurement (DXA Scan)	30 Min.
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THE THERAPIES

HOLISTIC MEDICINE AND NATUROPATHY

Medical examination with
abdominal treatment

Colon-Hydro-Therapy

Acupuncture 30 min.

Mesotherapy

INFUSION THERAPY

Revitalizing infusion large

Autologous blood ozone

Electrolyte vitamin infusion

Alcalic infusion

Infusion liver

Infusion vitamin C high dose

Infusion skin, hair, nails

Infusion Mitoboot

Infusion Cell Energy

Infusion Anti-Aging

Infusion NAD Boost

BODY & MIND HEALTH

Psychological well-being and physical health are
closely linked. Body & Mind Health stands for a
comprehensive personality analysis, diagnosis and
therapy of psychological blockages as well as the
development of coping strategies.

Mental Coaching 50 min.

24h HRV
(heart rate variability measurement)

Short-term HRV

INTERVAL HYPOXIA- HYPEROXIA THERAPY (IHHT)

CellGym First Appointment 230 CellGym
appointment



THE THERAPIES

ENERGY & INFORMATION MEDICINE

Craniosacral therapy	50 min.
Shiatsu	50 min.

NUTRITION COUNSELLING

Nutrition consultancy + nutrition plan
Metabolic measurement

PAINTHERAPY

PRP (platelet-rich-plasma)
orthopedic

Mesotherapy /
Meso pain therapy

Infusion therapy

Physiotherapy	25 min.
	50 min.

Medical Osteopathy	40 min.
classic massage	50 min.

CRYOTHERAPY

Cryotherapy

1



THE THERAPIES

Exercise helps us to develop a healthy and stable cardiovascular system and strengthens our immune defence. While undergoing treatment, exercise supports the cleansing process and enhances the detoxifying results. The foundation of our philosophy is coordination: our neuromuscular system accompanies us throughout our lives and keeps our body and mind fresh.

Our holistic exercise concept includes

- Sports science diagnostics: By building on this knowledge, our physiotherapists and sports scientists devise a personal programme to help you to rid yourself of complaints and symptoms, ensuring that you will be brimming with health and vitality again at the of your stay.
- Personal training: The goal is to start a healthy workout routine during your stay here, tailored to your personal needs, preferences, and weaknesses.
- Framework programme: Our extensive framework programme will familiarise you with different training methods and allow you to gather new ideas to apply in your day-to-day life.

Personal training	25 min. 50 min.	classical massage therapy	50min.
Pilates training	50 min.	Hot Stone massage	70 mn.
Yoga	50 min.	Individual bodywork therapy	25 min. 50 min.
Aqua fitness	45 min.	Deep breathing exercises	25 min. 50 min.
EMS-Training Booster (Electromuscular Stimulation)	50 min.	Meditation	50 min.
Nuad Thai	75 min.	Matrix Therapy	30 min. 50 min.

DETOX TREATMENTS

Planned therapy offer - subject to availability

Detox treatments such as baths, packs, and massages, in combination with pure organic products, help to intensify the self-healing process.

Lanserhof Sylt Facial	50 min.	Lymph Flowtation	50 min.
Revitalizing Body Wrap	50 min.	Lymph Drainage	50 min.
Natural detox Hay	50 min.	Head massage	25 min.
Natural algae	50 min.	Foot reflexology	25 min.
Detox drainage	50 min.	Classic massage therapy	50 min.
		Herbal-Steam-Massage	50 min.

LIVER CLEANSING

This highly effective treatment cleanses the digestive and metabolic organs. To support the detoxified liver, essential vitamins and minerals are administered during the liver infusion session the following day.

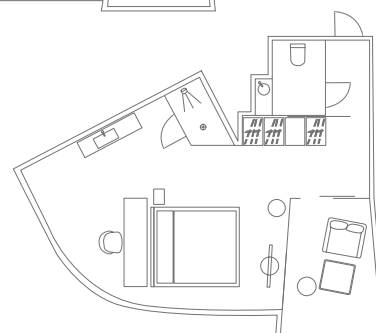
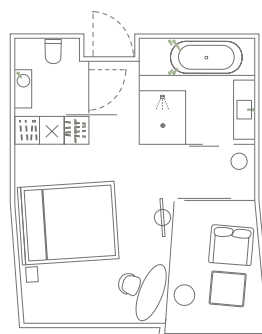
Liver cleansing (price dependent on scope)

SINGLE ROOM WITH LOGGIA



29 m² single room with loggia, open living and sleeping area, desk, bath- room with bathtub and shower, separate WC, parquet floor, free WLAN internet access, 50" TV, Smart TV, safe, Electro-smog-free/no air conditioning.

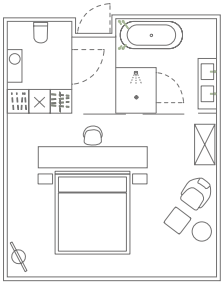
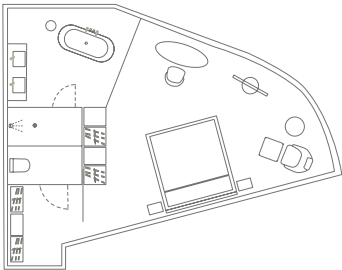
	Village	Basic	Sea
1 person	from € 500	from € 600	from € 700



EXECUTIVE WITH TERRACE



39 m² double room with terrace, open living and sleeping area, desk, bathroom with bathtub and shower, separate WC, parquet floors, free Wi-Fi access, 50" TV, Smart TV, safe, Electrosmog-free/no air conditioning.



	Basic	Sea
1 person	from € 990	from € 1,090
2 persons	from € 1,340	from € 1,440

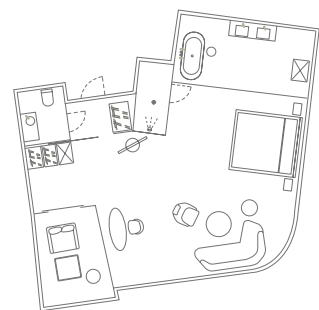
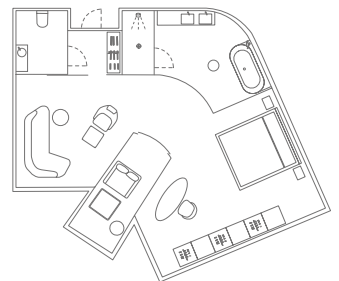
JUNIOR SUITE WITH LOGGIA



54 m² double room with loggia, open plan living and sleeping area, high quality couch, innovative FreshBed technology*, health promoting light concept*, large couch, desk, bathroom with bathtub and shower, separate WC, corner location, parquet floor, free WLAN internet access, 55" TV, Smart TV, safe, Electrosmog-free/no air conditioning.

**FreshBed-Technology:* the FreshBed is the only bed in the world that offers a unique and innovative combination of individual body temperature control with the quietest active airflow technology to ensure proper skin temperature and optimal humidity during sleep. The integrated medical HEPA filter additionally purifies the air and removes more than 99.95% of bacteria, viruses, pollen and fine dust.

**Lighting concept:* Human Centric Lighting Technology aligns your internal clock with your natural biorhythms. This reduces fatigue while increasing your health and well-being.



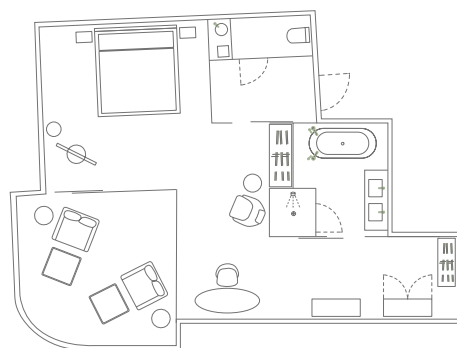
Village Sea

1 person	from € 1,500	from € 1,750
2 persons	from € 1,850	from € 2,100

JUNIOR SUITE WITH SEA VIEW



41 m² double room with spacious corner loggia and sweeping views over the sea, open living and sleeping area, desk, bathroom with bathtub and shower, separate WC, anteroom with wardrobe, corner location, parquet floor, free WLAN internet access, 50" TV, Smart TV, safe, Electro-smog-free/no air conditioning.

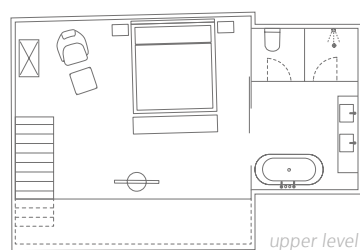


1 person from € 1,750
2 persons from € 2,100

DELUXE MAISONETTE

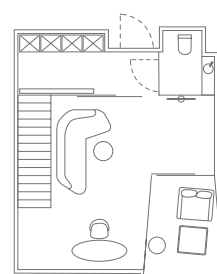


58 m² suite with open gallery, living area with high-quality couch, loggia, WC and anteroom with wardrobe on the first level, cozy sleeping area under the thatched roof with bathroom with bathtub and shower on the second level, parquet flooring, free WLAN internet access, 50"/55"-TV, Smart-TV, safe, air conditioning.



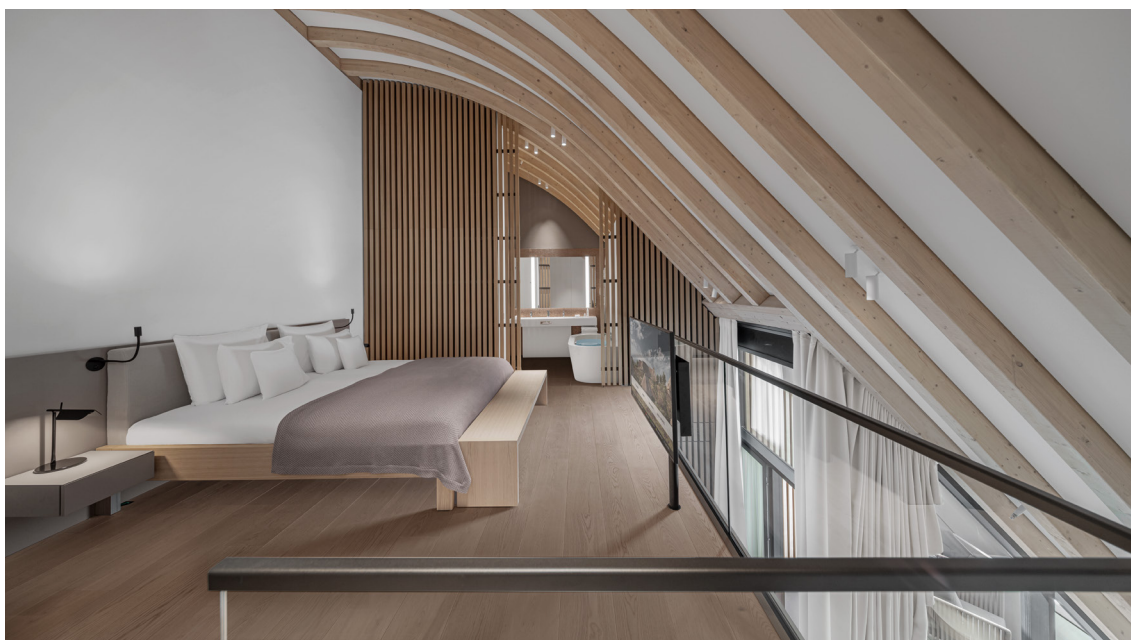
upper level

	Village	Basic	Sea
1 person	from € 900	from 950	from € 1,200
2 persons	from € 1,250	from € 1,300	from € 1,550
with private sauna	Village		
1 person	from € 1,050		
2 persons	from € 1,400		

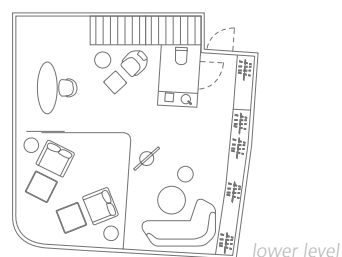
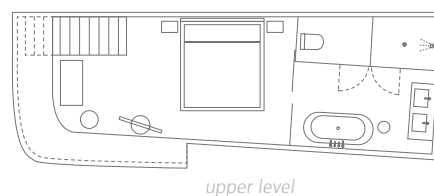


lower level

ELYSIUM DUPLEX SUITE WITH BALCONY



58 m² suite with open gallery, large living area with high quality couch, spacious balcony, WC and anteroom with wardrobe on the first level, cozy sleeping area under the thatched roof with spacious bathroom with bathtub and shower on the second level, corner location, parquet, free WLAN internet access, 50" TV, Smart TV, safe, air conditioning.

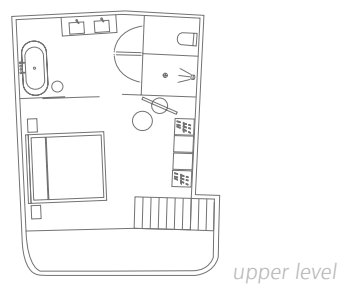


	Basic	Sea
1 person	from € 1,400	from € 2,000
2 persons	from € 1,750	from € 2,350

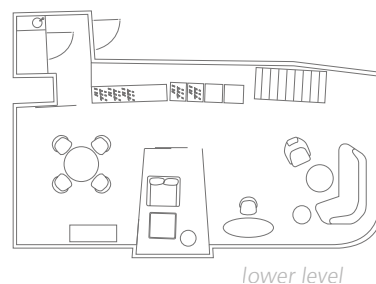
ELYSIUM LOFT SUITE WITH SEA VIEW



74 m² suite with open gallery, living area with high quality couch, anteroom with wardrobe, WC and loggia on the first level, cozy sleeping area under the thatched roof with spacious bathroom with bathtub, shower on the second level, parquet flooring, free WLAN-Internet access, 50" TV, Smart TV, safe, air conditioning.



1 person from € 2,350
2 persons from € 2,700



GENERAL INFORMATION

ARRIVAL AND DEPARTURE

Rooms are available from 3pm. We ask that you check out by midday on your day of departure. We would be happy to consider any individual requests you may have concerning your arrival and departure. We can organise a transfer from the airport or train station on request. The entire building is wheelchair accessible.

SALES CONDITIONS

Our stay at Lanserhof Sylt starts at 7 nights. From a medical point of view, our doctors recommend a stay between 10 and 14 nights to ensure that the Lanserhof Arrangement can achieve the best results.

TERMS OF PAYMENT

The room rates listed here only apply in conjunction with the Lanserhof Basic medical programme. At the end of your stay, you receive an invoice for the total amount payable for all services enjoyed during your time with us. We accept all major debit and credit cards (American Express, Mastercard, Visa). We reserve the right to request an advance payment of up to 50 %. Separate invoices are issued for the hotel bill and the private clinic.

WAITING LIST

In the event that we cannot fulfil your reservation on a particular arrival date, don't despair – all is not lost. We'd be happy to add you to our waiting list, compiled in the order we receive reservation requests. If one of our guests happens to cancel, you would be welcome to take their place.

YOUNGER GUESTS

Children and adolescents from the age of 16 are welcome as long as they are accompanied by a parent or guardian.

REIMBURSEMENT OF TREATMENT COSTS

You will receive a total invoice from us for all services provided during your stay. In addition, you will receive an attachment with the medical services received. Please note that we cannot guarantee a reimbursement by your private insurance. Whether treatment costs are reimbursed depends on the respective terms and conditions of your insurance policy and your chosen tariff.

TERMS AND CONDITIONS OF CANCELLATION

For cancellations made less than four weeks before the arrival date, we reserve the right to charge a cancellation fee of 50 % of the room rate for the number of cancelled nights.

For cancellations made less than seven days before the arrival date, we reserve the right to charge 90 % of the room rate as a cancellation fee if we are unable to allocate your room to another guest.

If you arrive late or cut your stay with us short without prior notice, we reserve the right to charge 90 % of the room rate as a cancellation fee for the number of cancelled nights.

If your stay is subsequently shortened due to a late arrival or early departure, 100 % of the room rate for the number of nights cancelled will be charged as a cancellation fee.

All cancellation fees apply in equal measure other guests in your party in the same room.

All prices incl. VAT are stated in €.
Prices are subject to change without prior notice.



LANSERHOF LIFESTYLE AT HOME

Many of our guests want to prepare themselves for the Lanserhof fasting therapy, prior to their arrival at Lanserhof. Tea instead of coffee, wholesome natural foods and the stimulation of digestion and metabolism can support this.

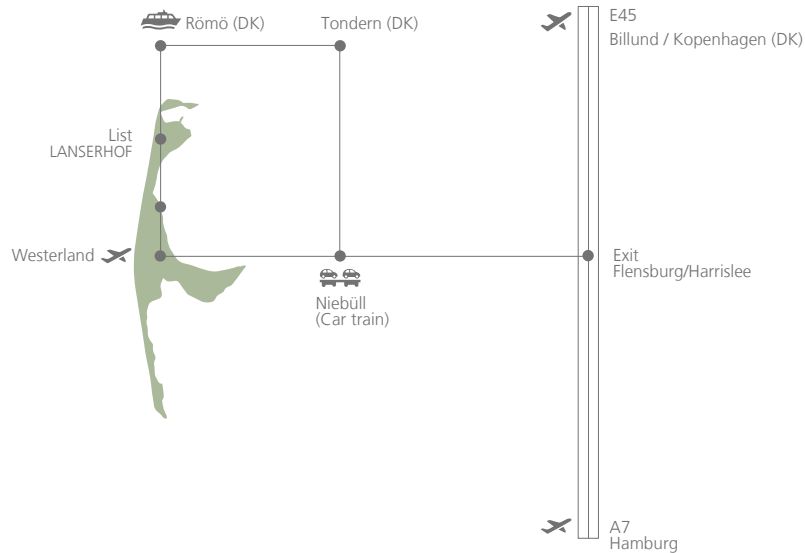
During the stay, the desire to continue the newly experienced healthy lifestyle in everyday life grows in most guests.

Our cookbooks with many recipes suitable for everyday use, effective nutritional supplements and intensively caring cosmetics with the typical Lanserhof scent support you mentally and physically on your path to a new lifestyle.

All products in the Lanserhof online shop were developed in close consultation with the Lanserhof experts and combine holistic health with modern design, in accordance with the Lanserhof Concept.

<https://shop.lanserhof.com>

HOW TO FIND US



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LAN
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