LANSERHOF

LANSERHOF TEGERNSEE
DERMA THERAPY 2026

LANSERHOF

LANSERHOF TEGERNSEE
DERMA THERAPY 2026



HEALTHY SKIN – NEW ENERGY

As the largest organ of the human body, the skin plays an essential role in the detoxification process. Our medically oriented Derma treatments therefore form a key component of the Lanserhof Concept, aiming to help revitalise the skin and promote health at the highest level of medical care.

At our Lanserhof resorts, we use advanced technologies and methods to optimise the vital functions of the skin and the body. In close partnership with international cosmetic laboratories and medical professionals, we have developed a comprehensive range of Derma treatments that meet the highest medical standards.

In addition to a wide range of non-invasive, cosmetic treatments, we also offer a variety of medical services that have been developed in close collaboration with our Lanserhof doctors and selected dermatologists. Each treatment is individually tailored and continuously further developed by our Derma experts to suit the specific needs of your skin. We also take into account the duration of your stay at Lanserhof so we can ensure you leave with the best HEALTHY SKIN and brimming with NEW ENERGY. Our pursuit of innovation is what drives us to continually drive our treatments forward so we can offer you a holistic and innovative experience.

LANSERHOF
TREATMENTS



LANSERHOF LAB SIGNATURE FACIAL

Our Lanserhof Signature treatment is a deep-acting treatment combining highly active ingredients from the vegan Lanserhof Lab Skincare range. The combination of acupuncture massage, bio-cellulose masks and final care massage gives your skin the ultimate natural Lanserhof glow.

- ✓ Intensively nourishes the skin
- ✓ Relaxes the skin and boosts the lymphatic system
- ✓ Activates the skin's own resilience and cell generation

80 min.

DETOX FACIAL

Purifying treatment combines detox drainage for pore-deep purity and more balanced skin. Particularly effective in easing allergic reactions and inflammation particularly fast.

- ✓ Has an anti-inflammatory and calming effect
- ✓ Clears and purifies body and soul
- ✓ Ensures a pure complexion

75 min.

HYDROBOOSTER

Intensive regenerative application, which literally moisturises the skin tissue with highly effective active ingredients from the inside.

- ✓ Improves skin texture and supports skin regeneration
- ✓ Provides deep-acting hydration
- ✓ Promotes the skin's elasticity

60 min.

INTENSIVE EYE TREATMENT

Exclusive treatment to reduce swelling around the eye area using specific lymphatic and glass cupping drainage combined with an intensively nourishing eye mask.

- ✓ Soothing moisturisation in sensitive areas of the face
- ✓ Reduces swelling around the eye area
- ✓ Refreshes with a cooling eye mask

50 min.

MBR CYTOLINE 100 FACIAL

Invigorating energy boost with phytohormones and a particularly indulgent collagen algae mask. Ideal for tired and lacklustre skin in need of regeneration.

- ✓ Intensive supply of nutrients
- ✓ Revitalises the skin's appearance and supports cell regeneration
- ✓ Tightens the skin and improves its firmness

70 min.

LANSERHOF HYDRATING FACIAL

Intensive moisture treatment for the visible improvement of skin quality using an exclusive enzyme peeling and highly active and natural active ingredient serums that activate collagen synthesis.

- ✓ Improves the skin's texture and reduces the depth of wrinkles
- ✓ Supports and strengthens the skin's own immune function
- ✓ Increases the density and tone of the skin

70 min.

MBR CYTOLINE VITAMIN C POWER FACIAL

This revitalising collagen treatment combines a skin-smoothing enzyme peeling with activating vitamin C serum and finishes with a collagen algae mask.

- ✓ Vitamin C gives new energy and a natural glow
- ✓ Removes dead skin cells, giving a rosy, fresh glow
- ✓ Refreshes, leaving skin feeling soothed and tingly

70 min

MBR EPIDERMAL FACIAL

Intensive moisturising and cell-firming treatment for tired and dry skin through the targeted use of enzymes.

- ✓ Removes dead skin cells
- ✓ Opens up pores to absorb active ingredients
- ✓ Smoothes lines and wrinkles and gives the skin elasticity and vitality

70 min.

MBR PURE PERFECTION 100 LIQUID SURGERY FACIAL

Revitalising oxygen treatment where 100% pure active ingredients improve the skin's intake of oxygen and stimulate deep-acting cell renewal and regeneration. Effective on demanding, tired and sagging skin.

- ✓ Natural lifting without a scalpel
- ✓ Smoothes and revitalises the skin for a fresher, firmer look
- ✓ Intensively nourishes and moisturises, revitalising every layer of the skin

75 min.

ALPHA TROPHOX 112 CONTOURING FACIAL

Effect treatment combines intensive skin-smoothing active ingredient serum with intelligent treatment of expression lines. Treatment is particularly suitable before or after injections.

- ✓ Smoothes the skin and rejuvenates the complexion
- ✓ Lifts and tightens sagging skin areas
- ✓ Natural lifting without a scalpel

70 Min.

MINI FACIAL

Short and effective facial treatment – individually tailored to your needs.

- ✓ Refinement of the skin texture
- ✓ Supplies the skin with highly active ingredients
- ✓ Rapid nutrient supply

50 Min.

SKIN NORMALISING FACIAL PRE MESO TREATMENT

Gentle fruit acid treatment removes corns from the skin and gets rid of dead skin cells. Treatment is ideal as a pretreatment for mesotherapy, pigment disorders or age spots.

- ✓ Gently removes corns and improves the skin's structure
- ✓ Lightens pigment disorders
- ✓ Improves the skin's absorption of active ingredients and promotes cell regeneration

60 min.

STRESS RELEASE FACE TREATMENT

A relaxing treatment for skin and soul. The highly effective CALMING & REGENERATING ELIXIR soothes irritations, restores radiance and elasticity and stimulates cell renewal. At the same time it strengthens the nerves, provides new energy and alleviates signs of stress and tension.

- ✓ Calms the skin and has a relaxing effect
- ✓ Strengthens and firms the connective tissue
- ✓ Intensively moisturises through the skin

70 min.

ROHINI – THE DIVINE FEMININE

Experience how selected rejuvenating and regenerating plants fulfil your cells and make them happy.

- ✓ New energy and vitality
- ✓ Relaxed and refined skin texture
- ✓ Natural glow through intensive nutrient supply

80 Min.

INTENSIVE MOISTURE FACE TREATMENT

Intensive hydration treatment that penetrates deep into the skin. The mask, made with freshly prepared aloe vera and biophotons, promotes a vibrant, fresh and youthful appearance. Skin texture is refined, well-hydrated and more voluminous.

- ✓ Smoothes and revitalises the skin for a natural glow
- ✓ Plump and refined complexion
- ✓ Refreshes the skin and adds moisture

50 min.

BIO ENERGETIC INNER BALANCE TREATMENT

Specific marma point head and face massage with special ayurvedic aromatic oils. Particularly effective for sleep disorders and migraines.

- ✓ Has a deeply relaxing effect on the muscles in the head and face area
- ✓ Promotes inner balance and helps reduce stress
- ✓ Calms body and soul
- ✓ Prevents future damage from, for example, free radicals or UVA radiation

50 min.

UNIVERSKIN: YOUR SKIN, YOUR FORMULA

MEDICAL SKIN ANALYSIS AND CONSULTATION TO CREATE A CUSTOMISED SERUM

We use a special camera to analyse your skin precisely and determine its current condition. The choice of active ingredients enables us to create a customised serum.

- ✓ Optimisation of skin health
- ✓ Improvement of skin problems
- ✓ Customised solution

40 Min.





3D ANTI-AGING INTENSIVE TREATMENT

Revolutionary 3D anti-aging skin care concept combines three intelligently selected technologies in two treatment steps: Microdermabrasion to refine the complexion and the skin's structure; ultrasound treatment to deliver active ingredient complexes deep into the cutis; and Cell Premium microneedling to activate cell renewal and regeneration.

(1) Treatment step 1: Microdermabrasion and ultrasound treatment
(2) Treatment step 2: Cell Premium microneedling.

120 min.

MICRODERMABRASION & ULTRASOUND TREATMENT

This treatment combines two technologically advanced patents: a classic microdermabrasion as an intensive peeling to refine the skin's structure and activate cell turnover. It uses the very latest ultrasound technology to achieve deep-penetrating effects and stimulate lymphatic flow.

50 min.

CELL PREMIUM NEEDLING

Prepares the skin with an enzyme + AHA peeling for subsequent microneedling. Gentle rotations of the needling pens cause small micro-injuries, which stimulate the tissue to heal itself and regenerate. The depth of penetration can be individually adjusted. A final organic cellulose mask moisturises and seals the active ingredient complexes introduced beforehand in the ultrasound.

70 min.

SPECIAL NEEDLING ZONES 30 min.

JETPEEL™ TM FACIAL

Multi-stage JETPEEL™ facial treatment, combines deep cleansing, exfoliation, lymphatic drainage, massage and pH management with oxygen and hydroporation.

- ✓ Improvement of the skin's texture
- ✓ Stimulates blood circulation and skin activity
- ✓ Immediate smooth, fresh complexion and natural glow

JETPEEL™ INTENSIVE	60 min.
JETPEEL™ HYDROPORATION	50 min.
JETPEEL™ DELUXE (incl. décolleté and hands)	90 min.

JETPEEL™ can be used on the face, neck, décolleté and hands in all seasons and at any time.

JETCARE™ SCALP & HAIR

JetCare™ Scalp & Hair is a line of highly effective reagents that stimulate hair growth, reduce hair loss, care for the scalp and optimally prepare for a potential hair transplant. Nourishing and renewing active ingredients for skin and hair rejuvenation. The scalp is supplied with targeted ingredients, creating the conditions for increased volume.

40 min.

JETCARE™ HANDS

Intensive nourishing treatment to firm and moisturize demanding hands. Rejuvenates and can lighten age spots. A subsequent hand massage pampers the hands with nourishing active ingredients.

40 min.

FACIALS – TECHNOLOGY EMPOWERERD

SMART ANTI-AGING

Innovative combination of microdermabrasion and ultrasound technology supplemented with vitamin C to actively counteract the loss of collagen and elastin.

- ✓ Reduces the signs of aging
- ✓ Stimulates collagen and elastin production
- ✓ Promotes the elasticity and firmness of the skin

70 min.

DERMWAVE™ PRO RADIOFREQUENZ FACE LIFTING

Sculpts facial contours for smoother, firmer skin. At the same time, highly effective active ingredients are delivered deep into the skin layers using magnetoporation.

- ✓ Activates the production of collagen and elastin
- ✓ Stimulates the regeneration process
- ✓ Ideal in combination with a JetPeel™ treatment

60 min.

JETPRO DUO™ FACIAL

The transepidermal effect of JetPeel is complemented and enhanced. Different wavelengths can penetrate different skin layers and influencing the treatment positively. Two leading technologies in one.

- ✓ Red LED light: stimulates regeneration and stimulates collagen synthesis
- ✓ Blue LED light: anti-inflammatory, antibacterial and soothing effects
- ✓ Optimizes Skin quality
- ✓ Ideal combination with DermWave™ Face Treatment

60 min.

CONTOUR LIFT

Active anti-aging treatment that combines 10-MHz ultrasound waves with skin-identical peptides for noticeably firmer contours.

- ✓ Reduces the depth of wrinkles and the formation of lines
- ✓ Improves the contours and the firmness of the tissue
- ✓ Counteracts the aging process of the skin

60 min.

ENDOSPHÈRES FACIAL

- ✓ Pure facial massage with ENDOSPHÈRES THERAPY accelerates the production of substances for maintaining firmer, youthful skin. Tightens the skin and reduces the appearance of wrinkles
- ✓ Reduces dark circles and swelling under the eyes
- ✓ Improves microcirculation and skin appearance

40 min.

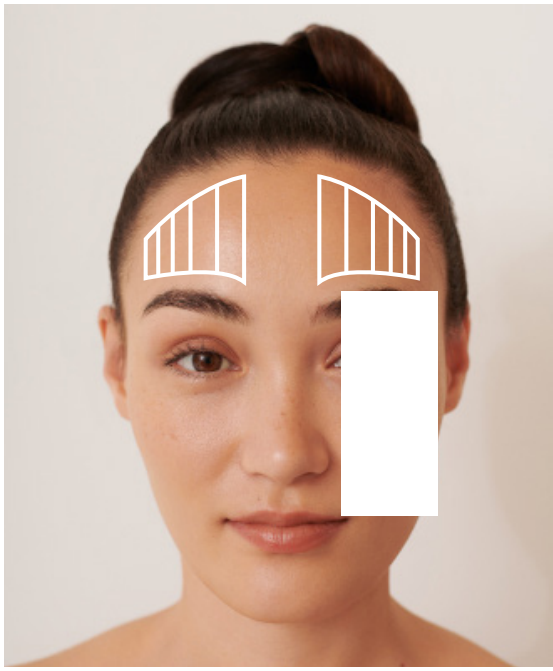
STK MULTILINE TREATMENT

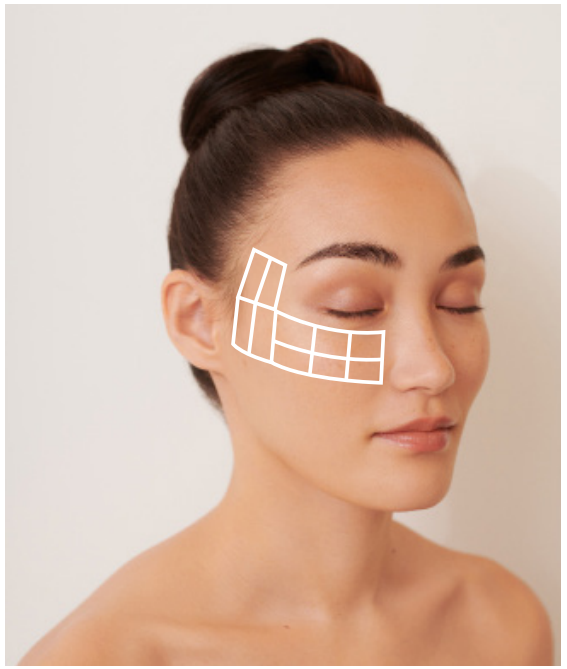
A highly effective, non-invasive lifting method for the face, neck and upper arms through targeted, almost pain-free heat impulses, combined with high-frequency ultrasound.

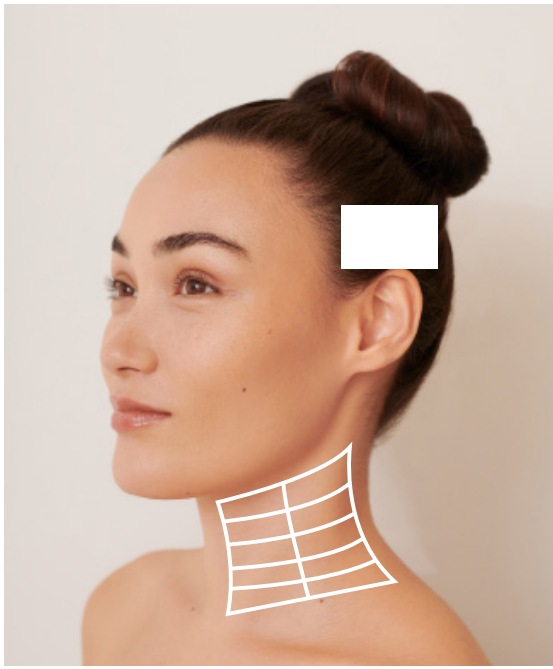
- ✓ Stimulation of the body's own collagen synthesis
- ✓ Tightens the skin for up to a year
- ✓ Immediately younger and fresher appearance

Neck
Forehead
Eyes below
Eyes below and to the side
Cheeks
Upper lip
Chin line
Décolleté
Upper Arms











"SIGNATURE" LANSERHOF ESSENTIAL SALT THERAPY

Lanserhof Signature treatment combines specially developed massage techniques with a bath with salt from the Dead Sea and prevents tension, hardened skin and allergic reactions.

- ✓ Supports the metabolism, drainage and body regeneration
- ✓ Gives a relaxing feeling of well-being
- ✓ Activates and improves the exchange of fluid between tissues

50 min.

ALGAE SALT THERAPY

Treatment combining elements from algae and salt therapy: seaweed stimulates the osmotic exchange of the skin, while magnesium salts have an energy-balancing effect.

- ✓ Invigorating skin feeling
- ✓ Harmony and balance of yin and yang energy
- ✓ Alleviates the consequences of stressed skin

75 min.

REVITALISING BODY TREATMENT

This treatment comprises customised body masks that enhance the skin's inherent regenerative ability and protective function and through the use of essential oils increase the resilience and resistance of your epidermis.

- ✓ Moisturising, vitalising and remineralising
- ✓ Enhances the skin's regenerative ability and protective function
- ✓ Increases the resilience and resistance of the epidermis

50 min.

ALKALINE, ALGAE, DETOXIFYING OR FIRMING BODY WRAP

Treatment method comprises intensive aroma wrap based on essential oils, which are used particularly effectively with sensitive skin and reddened skin.

- ✓ Has a detoxifying, draining and fat-reducing effect
- ✓ Increases the elasticity of the skin tissue
- ✓ Supports the acid/alkali equilibrium in the body

Arm wrap	25 min.
Arm, leg and tummy wrap	35 min.
Tummy wrap	30 min.
Decongesting alkaline wrap	25 min.

BEWEI HANDS

Smoothing and rejuvenating treatment for the hands.

- ✓ Reduces the appearance of age spots
- ✓ Reduces the visibility of veins on the back of the hand
- ✓ Intensive moisturising

30 Min.

DETOX CLEANSING

We provide this gentle peeling treatment as an alternative to salt therapy. Enriched with selected essences, it is developed with purely natural substances to detoxify the body. Particularly suitable for sensitive skin.

50 min.

BUST-UP TREATMENT

This treatment uses state-of-the-art technology to enhance the elasticity of the bust. A biotechnologically created ingredient, similar to the female hormone oestrogen, in a preparatory peeling, a toning serum and an algae mask (bdb).

- ✓ Improves the shape and elasticity of the breast
- ✓ Targeted algae massage tightens the neckline
- ✓ Emphasises the connection between the breast and pectoral muscles

45 min.

CELLULITE TREATMENT

Stimulating leg treatment for immediately palpable, noticeable results. Treatment method combines a brush massage, cupping glass massage and active wraps.

- ✓ Improves the contours
- ✓ Fat-reducing and firming
- ✓ For a feeling of lightness and even skin

Blitz	50 min.
Intensive	75 min.
incl. arm wrap	80 min.
incl. activating mud pack	75 min.

LOVE YOUR AGE BODY TREATMENT

An intensively nourishing and rejuvenating massage with the purest plant power. An innovative combination of lipids, vitamins and antioxidants effectively firms your skin and activates skin renewal.

60 min.

DETOX BODY TREATMENT

A holistic detoxification treatment for the body with detoxifying oil and aloe vera. The treatment cleanses the body, detoxifies via the lymphatic system, strengthens and firms connective tissue, activates the metabolism and reduces cellulite. The treatment focuses on the abdomen, legs and arms.

- ✓ Supports the removal of waste products and detoxifies the body
- ✓ Calms the senses, creating harmony and balance in the body
- ✓ Gives more vitality and improves blood circulation

60 min.

LOVE YOUR AGE PEELING MASSAGE

This luxurious herbal scrub massage with adaptogenic rejuvenating plants revitalizes the skin and promotes healthy circulation. Your skin is smooth, velvety soft and firmer.

80 min.

EMSCULPT®

Innovative treatment methods are based on electromagnetic impulses, which are delivered into the target muscle, which at the same time actively supports muscle development and promotes fat loss.

- ✓ Improves the contour of the body
- ✓ Increases muscle density and volume
- ✓ Activates fat burning

Abdomen	30 min.	Lower legs	20 min.
Buttocks	30 min.	Upper arms triceps + biceps	40 min.
Inner thighs	30 min.		
Outer thighs	30 min.		





CRYSTAL PRO CRYOLIPOLYSIS

Fat cells are systematically exposed to cold temperatures and cooled down, which gradually results in their breakdown and removal. For optimum results, several treatment sessions are recommended.

- ✓ Gently optimises your body shape
- ✓ For firm and defined skin
- ✓ Without anaesthesia and downtimes

Basic 1 Zone

Classic 2 Zone

ENDOSPHÈRES

ENDOSPHÈRES treatments combine vibrations and pressure to stimulate the skin and boost blood circulation

- ✓ Combats the reduction of cellulite
- ✓ Firms the connective tissue
- ✓ Reduces fat and water retention
- ✓ Stimulates the metabolism and detoxification

Whole body application (abdomen, legs, buttocks, waist, upper arms)	60 min.
Partial body application	
abdomen, legs, buttocks	40 min.
Abdomen, waist or upper arms	40 min.
Partial body incl. wrap	60 min.

DERMWAVE™ PRO RADIOFREQUENZ BODY SHAPING

The skin is noticeably tightened and exhibits measurably more defined contours. Multiple sessions are recommended for optimal results.

- ✓ Activates the production of collagen and elastin
- ✓ Cellulite can be visibly reduced
- ✓ Firms sagging skin
- ✓ Promotes fat loss

Upper arms, abdomen, buttocks, thighs back or inner thighs	each 50 min.
Thigh front	75 min.

GLOBAL BEAUTY PACKAGE

Basic & Beauty – Beauty inside and out
A specially tailored, effective, and soothing "Total Body Beauty" treatment program pampers you from head to toe. Cutting-edge technology is combined with high-quality equipment and proven, classic treatment methods.

- ✓ 1 Contour Lift | *Ultrasound Treatment with High Tech Peptides*
- ✓ Jet Peel intensive | *intensive and targeted supply of active ingredients*
- ✓ 1 DermWave Pro Face Lifting | *Radiofrequency Face*
- ✓ 1 Body Scrub & Mask | *nourishing and balancing Body Treatment*
- ✓ 3 Bewei Hands | *rejuvenating Hand Treatment*
- ✓ 1 Lanserhof "LAB" Youth Capsules
- ✓ 1 Lanserhof "LAB" Hand Cream

INDIVIDUAL SERVICES

Eye mask
Facial ampoule in the treatment
Facial lymphatic drainage
Face massage
Manicure natural
Manicure with polish
Manicure with shellac
Nail polish extra
Pedicure natural
Pedicure with polish
Pedicure with shellac
Shellac removal

DEPILATION

Underarms
Arms
Eyebrows
Full face
Legs up to the knee
Full legs
Chin
Upper lip
Upper lip/chin
Back with shoulder
Back

TINTING

Eyebrows
Eyelashes
Eyebrows + eyelashes



DETOX MAN

A purifying and detoxifying treatment with detox drainage.

- ✓ For clear and pure skin
- ✓ Reactions and inflammation subside quickly
- ✓ Visibly decongests the skin

70 Min.

NATURE OF MEN

Enjoy lasting deep relaxation with visible results. An effective massage of your face, head and neck will simultaneously revitalize you. The sacred fresh aloe vera leaf replenishes your skin's moisture reserves and soothes irritations.

- ✓ Moisturising
- ✓ Counteracts tension and stress
- ✓ Radiant and nourished complexion

60 Min.

JETPEEL™ FACIAL INTENSIVE

Multi-stage JETPEEL™ facial treatment. Combines deep cleansing, exfoliation, lymphatic drainage, massage and pH management with oxygen and hydroporation.

- ✓ Refines the skin's texture
- ✓ Stimulates blood circulation and skin activity
- ✓ Immediately smoothed, fresh complexion and natural glow

60 Min.

NORMALISING TREATMENT

Gentle fruit acid treatment dissolves cornification on the skin, removes dead skin cells and refines the skin structure.

- ✓ Gently removes keratinisation and refines the skin texture
- ✓ Brightens pigmentation disorders
- ✓ Improves the absorption of active ingredients and promotes cell regeneration

60 Min.

EMSCULPT® ABDOMEN

Innovative treatment method based on electromagnetic impulses that are delivered to the target muscles, actively supporting muscle building and promoting fat loss at the same time.

- ✓ Improves the body contour
- ✓ Increases muscle density and volume
- ✓ Activates fat burning

30 Min.

BODY WRAP

A brush massage activates the microcirculation. Aroma gels have a detoxifying, draining effect and stimulate fat burning.

- ✓ Increases the elasticity of the skin tissue
- ✓ Improves the contourst
- ✓ Activates blood circulation

30 Min.

TONED SPORTY BELLY

Fat-burning abdominal treatment activated by special products and effective vacuum drainage of the subcutaneous tissue.

- ✓ Increases the tone of the skin and tightens the surface of the abdomen
- ✓ Stimulates fat-burning in the connective tissue
- ✓ Activates the blood circulation

50 min.

LANSERHOF
BRANDS

LANSERHOF LAB

Inspired by the "Lanserhof Glow" you get after a stay with us, our new facial care range combines medical expertise with traditional naturopathy. With highly effective detox and anti-aging ingredients for all skin types, the Lanserhof Skincare Routine offers effective, radiant and healthy skin care, making it an ideal addition to our spa.

Find out more here!

LANSERHOF SPECIAL CARE

Exclusive Lanserhof Tegernsee brand, developed with dermatologists. Moisturising factors such as hyaluronic acid and vitamin A, E and C support and strengthen the immune system and improve the quality of the skin.

MBR

MBR is continually researching even more effective ingredient systems for demanding skin care on the frontiers of medicine. Its individual treatments are tailored to the different needs of the skin and follow the concept of "OPEN - SUPPLY - CLOSE", resulting in deep regeneration and rejuvenation of the skin.

PHARMOS NATUR

Using 100% pure active ingredients based on fresh aloe vera, PHARMOS Natur offers a specially developed anti-aging care routine of PURE NATURE on the skin, supporting an even facial skin, radiantly beautiful eyes and a toned body.

UNIVERSKIN

Developed by doctors for doctors and specialized therapists, each skincare product is unique and offers a personalized solution. The philosophy behind this approach is to provide skincare with a medical foundation. By offering individualized options for active ingredients, concentration, and product application, the products are tailored specifically to each skin type and its current needs. This method emphasizes innovation and aims to improve skin function, aligning with the principles of functional dermatology and cosmetology.

LANSERHOF
TECHNOLOGIES

BEWEI HANDS

The world's first professional and automatic treatment for younger and more beautiful-looking hands. Electromagnetic waves smooth and rejuvenate the skin without any pain.

CRYSTAL PRO CRYOLIPOLYSIS

Non-surgical methods that cool localised fat deposits, in a targeted and controlled way, down to temperatures of minus 12°C in order to crystallise and destroy fat cells, without impacting on the skin or surrounding tissue. The dead fat cells are removed via the lymphatic system.

DERMWAVE™ PRO

The latest generation of volumetric radiofrequency technology VolumetriQ™ offers precisely controlled face lifting and body shaping – completely without side effects, as well as magnetoporation to promote collagen and elastin production.

EMSCULPT®

EMSCULPT® is the only non-invasive method for building muscle whilst also burning fat. Using HIFEM® technology, electromagnetic pulses are generated, triggering up to 20,000 artificial muscle contractions per sitting. These strengthen and increase the muscle fibres and release fatty acids to reduce fat.

ENDOSPHÈRES

Special, aesthetic treatment methods, also known as micro-vibration technology. A combination of vibrations, pressure and micro-vibrations are specifically used to exert massage effects on the skin and the tissue underneath.

JETPEEL™

An advanced and non-invasive skin treatment that aims to cleanse, peel, hydrate and regenerate the skin. Using a high-speed jet stream, special solutions are applied to the skin whilst dead skin cells and impurities are removed.

MICRODERMABRASION & ULTRASOUND

Microdermabrasion in combination with ultrasound is an advanced cosmetic treatment method to rejuvenate and improve the skin. This technology combines two different methods to effectively improve the structure and condition of the skin.

MICRONEEDLING

Microneedling is a revolutionary anti-aging treatment method for rejuvenating the skin. Tiny needles cause controlled micro-injuries to stimulate the body's own production of collagen and elastin, and activate micro-circulation.

STK

Effective, non-invasive lifting method and pain-free alternative to surgery without the downtime. Targeted pulses of heat stimulate the body's own synthesis of collagen, resulting in a tightening of the tissue. High-frequency ultrasound causes irritation in different layers of the skin, which immediately tightens the skin and further strengthens the connective tissue.



LAN
SER
HOF