



## LANSERHOF TEGERNSEE

BAVARIA, GERMANY

WEIGHT LOSS

### A FIRST-CLASS TEAM PLUGGING INTO A TRUSTED METHOD

Modern is a word they use a lot here, and you can't argue with that. The Lanserhof in Tegernsee is a spectacular Christoph Ingenhoven-designed wood-and-glass structure that glints in the Bavarian sunshine. Iodine-sulphur springs have made this valley in the foothills of the Alps a healing hangout for centuries, but here the cloud-white medi-spa is as futuristic as anything on the wellness circuit. The team works closely with local clinics for the most hi-tech health tests, with the in-house doctors offering a mind-bogglingly thorough menu of diagnostics from endoscopy services and genetic analyses to Doppler ultrasounds alongside specialist urology, neurology and cardiology examinations. And yet at the very core of this state-of-the-art space are the holistic early-20th-century principles of Dr FX Mayr – detoxing and rest – based on the belief that wellbeing can't exist without a properly functioning digestive system. This means that food intake is restricted – meals include lots of broths, sheep's yogurt and steamed vegetables, with the directive to chew slowly and for a long time – in order to

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re-alkalise and re-energise the body. Weight loss is a given, but this diet also lays the groundwork for treating all sorts of issues, including stress, addiction, exhaustion, skin problems, sleep concerns and illness. It's as ideal for post-operative rehabilitation as it is for those simply needing a good old-fashioned battery recharge. The surroundings are glorious – acres of manicured gardens edging onto deep, dark forest – so if there's time between liver compresses, vitamin infusions and brilliant, results-driven Augustinus Bader facials, guests can get out and stomp around for free. Because all those extra treatments will add up (regular guest Roman Abramovich clearly doesn't flinch at the bill). But this on-the-spot access to a range of medical expertise in such a calming atmosphere is one of the best investments you could make. By far the smartest place in Europe for a deep-rooted restart.

**INSIDER TIP** Lanserhof has well and truly planted its feet in the UK, too. Its London outpost at The Arts Club on Mayfair's Dover Street offers the shiniest doctor-supported fitness sessions in town. And Grayshott Health Spa in Surrey, which the brand jointly took over three years ago, has become the first hotel in the UK to launch a dedicated Mayr cure programme.

**BOOK IT** Healing Holidays (+44 20 7843 3592; [healingholidays.com/conde-nast](http://healingholidays.com/conde-nast)) offers a seven-night retreat from £4,165 per person, full board, including flights, transfers and inclusions of the Basic Medical package. Healing Holidays is the only UK tour operator that works with Lanserhof Tegernsee.

