

# Lanserhof Tegernsee

MARIENSTEIN, GERMANY

**In a nutshell** A design dynamo: all glass and teak on the outside, suede and leather on the inside. A frontrunner in medical diagnostics, Lanserhof offers genetic tests, it says, to 'mimimise potential risks by optimising your individual lifestyle'. These are administered by the no-nonsense Dr Kira Kubenz.

**Before you go** Be informed, so you can go armed with questions. Before the blood or saliva tests, Dr Kubenz meets with patients to explain the process and may recommend additional lab tests depending on your medical history. This place adheres to the strict Mayr regime (restrictive diet, much time spent chewing – and on the loo) so, to soften the blow, avoid caffeine, alcohol and sugar, eat light in the evening and drink masses of water for two weeks beforehand.

**Be warned** It takes time (usually two to three weeks) to get the genetic-testing results from the IhreGene lab, where they're processed. Dr Kubenz then analyses the findings and will follow up in the flesh in her Munich or Hamburg offices, or via Skype.

**Genius move** There are eight types of genetic testing, or 'panels'. So if you don't want the full monty Prevention Complete, you can opt for one panel, such as nutrition testing, which looks for things like lipid disorders, obesity and gluten and lactose intolerance.

**While you're there** There are therapies for body, soul and mind, from cupping to mesotherapy. There's also a brand-new sleep laboratory. Swim in the heated saltwater pool, go Nordic walking or stay inside and try the weekly cooking workshop.

**Homework** Dr Kubenz will make recommendations about what to change and which lab tests to repeat when. Patients send her any follow-up results so she can explain how to optimise them.

**Book it** Healing Holidays ([healingholidays.co.uk/tatlerspa](http://healingholidays.co.uk/tatlerspa); 020 7529 8551) offers a seven-night LANS Med Basic programme from £2,800, full board, including flights, transfers and all treatments. For genetic testing, POA. **TATLER EXCLUSIVE** For the latest, most up-to-date offer, visit [tatler.com/spaoffers](http://tatler.com/spaoffers).



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