

LANSERHOF LANS

This is a typical day at Lanserhof Lans.

TIME	ACTIVITY
06:30	Upon waking, begin the day by drinking bitter salt or F.X. passage salt to help you cleanse your colon and digestive system. You should not to eat or drink anything for at least half an hour after drinking the bitter salt.
07:00 – 08:00	“Active awakening” in the forest: light morning exercises in the fresh air, followed by power walking through the beautiful Lans forest.
08:00 – 09:00	Breakfast according to your recommended nutrition plan, with intensive chewing training.
09:00 – 10:00 Monday to Friday	There is an additional opportunity to take part in a group movement class. The weekly programme of activities includes Pilates, Aqua Zumba, Qi Gong, Meridian Stretching and Awakening Yoga.
10:00 – 12:00	Medical and therapeutic treatments as per your individual health plan: these may include medical examinations, manual stomach treatments, massages, special therapies, Kneipp therapy, sport training, coaching and much more.
12:00 – 12:30	A rest period of approximately 20 minutes is recommended before lunch. During this time, you can apply the liver pack to prepare the liver and large digestive organs for lunch and to support the detoxification process.
12:30 – 14:00	Lunch is taken approximately four hours after breakfast, to give the digestive system enough time to digest your meals. Neither tea nor water are consumed during meals, as these fluids dilute the stomach acids necessary for digestion and inhibit the digestive process.
14:00 – 17:00	Treatments or relaxation: This is another window for medical and therapeutic treatments as per your individual health plan, or for relaxing as you wish. There is a weekly programme of group activities that you can join, including movement training (e.g. strengthening and balance, yoga, Pilates), relaxation training (e.g. breathing exercise, deep relaxation) and cooking workshops. Combined with your own short hikes, running, swimming, biking, walking or golf and a visit to the sauna or sanarium afterwards, this allows your body to enter a wonderful stress-reduced and fresh state.
17:30 – 19:00	The evening meal is very light. The focus is also on allowing the digestive system to rest and this also offers training for “dinner cancelling” in daily life.
19:30 – 20:30	The evening medical lectures cover topics such Modern Mayr Medicine, Lans Med Concept, Traditional Chinese Medicine, Sleep and Psychology. Lanserhof’s experts also present lectures on nutrition, movement, aesthetics and more.
21:30	Apply a liver pack before going to bed, to aid liver’s detoxifying function and promote relaxation. A restful night’s sleep allows your body to recuperate.