





FOR DETOXING

INSIDE-OUT CURE-ALLS TO CLEANSE THE GUT AND TACKLE ISSUES

LANSERHOF TEGERNSEE

WEIGHT
LOSS

BAVARIA, GERMANY

MINIMALIST SPACE PLUGGING INTO A TRUSTED METHOD

All hail the game-changer. Ultra-smart, hyper hi-tech, yet underpinned by the theories promulgated by Austrian naturopath Dr Franz Xaver Mayr in the early 20th century, this is the state-of-the-art German spa that finally rocketed his principles stratospherically upmarket. Traditionally, Mayr clinics – set up by disciples following the doctor's death in 1965 – have been small, cosy and in Austria. They don't tend to be hangouts for the private-jet set, long-term follower of the method Roman Abramovich apart, nor large and cutting-edge cool. But since Lanserhof opened in 2014, deep in the Bavarian countryside, an hour from Munich airport, global nomads used to Rosewood, Four Seasons and Mandarin standards have been able to enjoy more of the same while undergoing every possible treatment in the Mayr approach to health and happiness. Chew, chew, chew, and don't swallow until your mouthful is the consistency of cream, because digestion starts with saliva. 'No raw after four' – that's salads, vegetables and fruits; eat dinner early, so you've digested it all by bedtime; and accept that the solution to many health problems is not medication. In the 1900s, the physician taught that ignoring these simple rules leads to feeling bloated and clogged, and that, sooner or later, the toxicity leaking from overloaded intestines manifests itself in ill health, from excess weight to blotchy skin, diabetes to rheumatoid arthritis. Lanserhof Tegernsee is where Mayr acolytes can prove his point yet

GLOBAL NOMADS WHO ARE USED TO FIVE-STAR STANDARDS COME HERE FOR EVERY POSSIBLE TREATMENT

again in unmitigated luxury. Though it is perhaps the least frilly spa in Europe – a rigorously minimalist enclave of glass, larch wood and stone overlooking a golf course, lake and distant hills. Like everything except the meals, the 70 rooms are built on a humongous scale: king-size beds positioned so that you wake up to the sight of the forest; invitingly squishy sofas; after-after-party-sized bathrooms with glass-walled balconies, so you can steam away while drinking in the atmospheric mistiness to which this area is prone. These knockout rooms explain why Lanserhof often feels deserted. When not having a treatment, sweating in the sauna by the outdoor saltwater pool, or spinning out on sheep's yogurt and a little spelt roll at breakfast, two new potatoes and a sliver of perch with linseed oil at lunch, or vegetable soup at dinner, everyone retreats to their cocoons, keen to make the most of them. With acupuncture, vitamin infusions, biofeedback, cranio-sacral and mitochondrial therapy, and hypnosis on the menu, it's not hard to work up a whacking great bill before you've even reached the part of the brochure that lists echocardiography, colonic ultrasounds, colonoscopies, tests for heavy metals, hormone analysis, prostate check-ups, mental coaching and genetic analysis. But no one could come here unaware that they ought to review the prices before booking, rather than before fainting at checkout.

INSIDER TIP Cycling around Lake Tegernsee is a 14-mile slog – and an unbeatable way to crown your new super-fit status. Borrow an electric bike to make the hilly last stretch doable.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers a seven-night Lans Med Basic Programme from £4,099 per person, full board, including flights and transfers. Healing Holidays is the only UK tour operator that works with Lanserhof Tegernsee.

