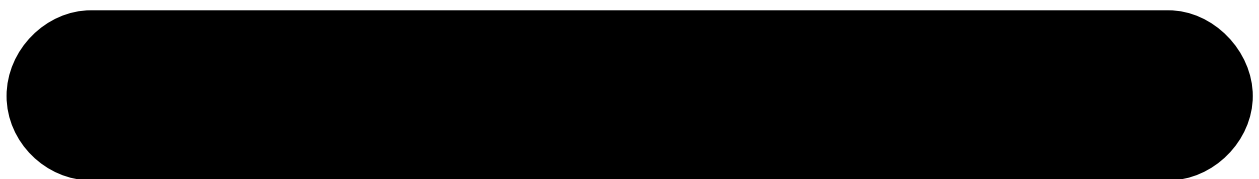
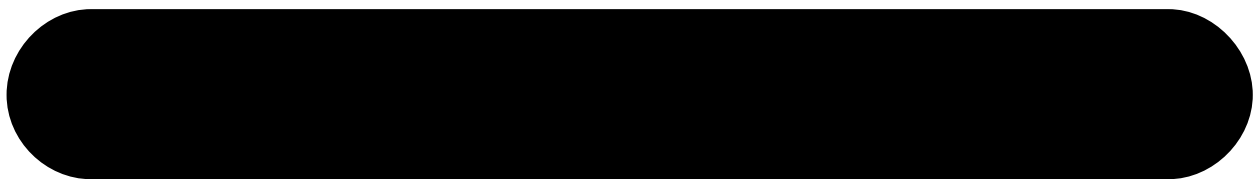


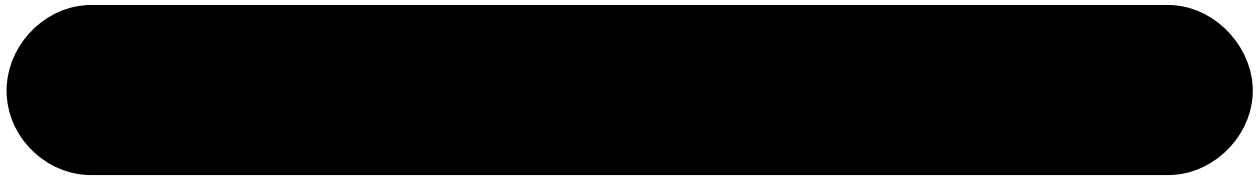
# Lanserhof Tegernsee, Germany

## **Lanserhof Tegernsee, Germany**

Lying low in a bowl of Bavarian hills, surrounded by forest, it's monastically beautiful, all glass and stone, with bare walls, warm wood floors, and a vast white-on-white spa that looks over the outdoor pool to the trees beyond. It is a calming setting in which to submit to the famous detox regime. It's known as Germany's super-swanky digestive-health spa which claims to be the most modern centre for health in Europe. On the 14th September 2015, Lanserhof Tegernsee won the prestigious accolade of World's Best Medical Spa in the World Spa Awards. With tough competition, this represents this is praise and acknowledgement for the hard work of our team and the success of the LANS Med Concept. Our LANS Med Basic programme will form the basis of your stay at Lanserhof Tegernsee. In conjunction with your consulting physician, you will create an individual health plan that is orientated to your body and your personal goals.



But what makes the programme more popular every year is its transformative effect on health, treating ailments from bad skin to arthritis and chronic sinusitis. And at Lanserhof Tegernsee they practise energy medicine, mixing the Mayr emphasis on a clean colon with the best mainstream preventative-medicine methods. Frau Dr. Benedetto-Reisch - one of the most prominent modern Mayr Medicine doctors - and our team of doctors and therapists only have one goal in mind; your well-being and health. Medical consultation and support at the highest level will accompany you in achieving your personal health objectives. Guests can be tested for everything. Days are under-scheduled, with plenty of time to do yoga, ta'i chi and kinesis workouts. For one week in October, you have the opportunity to meet Martin and Oazis Zoller at Lanserhof Tegernsee. As part of individual talks and lectures you will learn to better understand your own nature and use your creative potential more effectively to successfully achieve your goals.



1 week LANS Med Basic programme excluding accommodation costs €1,489.

[www.lanserhof.com](http://www.lanserhof.com)