

Lanserhof

CATEGORY

Wellness

SUMMARY

The winner of many prestigious awards, Lanserhof is securing its place as the world's best destination spa and expanding its footprint by opening an urban day centre in nearby Hamburg.

Location: Innsbruck, Austria

Established: 1998

Keys: 90

Recommended Minimum Stay: 14 days

Single Room (20 sqm): USD\$210

Apartment (50 sqm): Unlisted

Basic Package (excluding accommodation): USD\$1,800

(Medical exam, massage, analysis, movement therapy, presentations)

"...health awareness and mindfulness must belong to the requisite know-how of each and every one of us. Enduring and sustainable well-being plays a decisive role in dealing with the routine and daily challenges in life."

Originally developed as a holiday hotel, Lanserhof was acquired in 1998 by a consortium of investors who redeveloped and modernized the facilities into a regenerative holistic health centre. The medical team at Lanserhof is interdisciplinary and focuses on creating an individualized approach to healing, recognizing therapeutic intervention is a single component of a "complete philosophy of health". Lans Med is based on the FX Mayr philosophy, focusing on the health of the gut, aiming to "improve one's health through digestive detoxification."

Each program begins with an initial medical examination and consultation, followed by targeted massage and detox programs and concludes with a progress analysis and recommendation.

Lanserhof has racked up numerous awards, winning the European Health and Spa Awards “Best Medical Spa” for four consecutive years and the World Spa Awards “Best European Destination Spa.”

In 2012 Lanserhof expanded to include an urban day centre in Hamburg to administer four weekly Mayr therapy. The 1,500 square meter facility “provides space for the most modern medicine, purposeful methods of treatment and worthwhile moments of regeneration”

Further Reading

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