



MAI SON YOU

WELCOME TO

MAISON YOU

CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury—it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators—whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



BEST RATES & PERKS

Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

EXCLUSIVE EXPERIENCES

Priority access to new or limited-edition wellness and brand experiences

COMMUNITY FOCUS

A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



LANSERHOF

Lanserhof is Europe's leading health resort group, internationally renowned for its pioneering integration of cutting-edge diagnostics, regenerative medicine, and holistic therapies. Each location - whether nestled in the Alps or along the North Sea - offers a unique setting where medical excellence meets the healing power of nature.

Programmes at Lanserhof are deeply personalised, beginning with comprehensive diagnostics and tailored to individual needs. Rooted in therapeutic fasting, detoxification, cell regeneration, and mind-body optimisation, every aspect is guided by medical expertise and delivered with precision and care. The result is a transformative experience designed to restore health, enhance longevity, and promote sustainable wellbeing.



LOCATIONS

7-14 NIGHTS / YEAR-ROUND
GERMANY

LANSERHOF SYLT

7-14 NIGHTS / YEAR-ROUND
AUSTRIA

LANSERHOF LANS

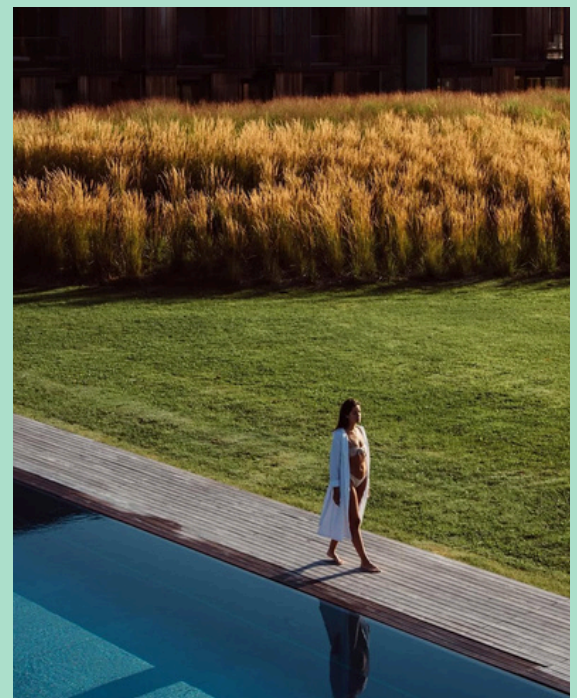
7-14 NIGHTS / YEAR-ROUND
GERMANY

LANSERHOF TEGERNSEE



LANSERHOF TEGERNSEE

THE ULTIMATE COMBINATION OF MEDICAL EXCELLENCE AND ALPINE TRANQUILITY.



Nestled above Lake Tegernsee in the Bavarian Alps, Lanserhof Tegernsee has been consistently recognised as the World's Best Medical Spa. It seamlessly marries minimalist, high-tech architecture with the healing serenity of alpine nature. This Longevity Clinic specialises in preventative health and regeneration, underpinned by the award-winning LANS Med Concept - an intelligent synthesis of traditional FX Mayr fasting philosophy, naturopathy, chronomedicine, psychoneuroimmunology, and cutting-edge diagnostics.

Each programme at Tegernsee begins with in-depth medical assessment - genetic, metabolic, microbiome, HRV, body composition, digestive diagnostics - and is tailored precisely to your physiology and health goals. Offering signature packages such as Classic, Longevity, Brain Health, Energy Balance, Weight & Sports and INUSphere® purification, the resort designs deeply personalised plans focused on detoxification, cell regeneration, fasting, and mind-body optimisation.



KEY EXPERIENCES:

- Advanced Medical Diagnostics: Comprehensive screenings including bloodwork, microbiome, metabolic, and cardiovascular assessments.
- Personalised Longevity Programmes: Tailored plans combining fasting, detox, cell regeneration, and therapies like INUSphere® and Cryo-CellGym.
- Expert-Guided Nutrition & Fasting: Precision fasting and anti-inflammatory diets designed to restore gut health and metabolic balance.
- Integrative Medicine Approach: A fusion of modern diagnostics with naturopathy, psychoneuroimmunology, and chronomedicine.
- Mind-Body Therapies: Daily activities including meditation, resilience training, yoga, and neurostimulation for cognitive and emotional reset.
- Movement & Recovery: Individualised physio, osteopathy, and training enhanced by biomechanics, altitude, and cryotherapy.

ITINERARY

Your itinerary will be fully customised after your medical intake and diagnostics. You will receive a detailed plan upon arrival, adapted throughout your stay as required.

DETAILS & PRICING:

DATES:

7-14 nights / Year-Round

LOCATION:

Lanserhof Tegernsee
Tegernsee, Germany

PRICING:


From €2,913

Cost of program only; accommodation and additional treatments quoted separately.



CONTACT US

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