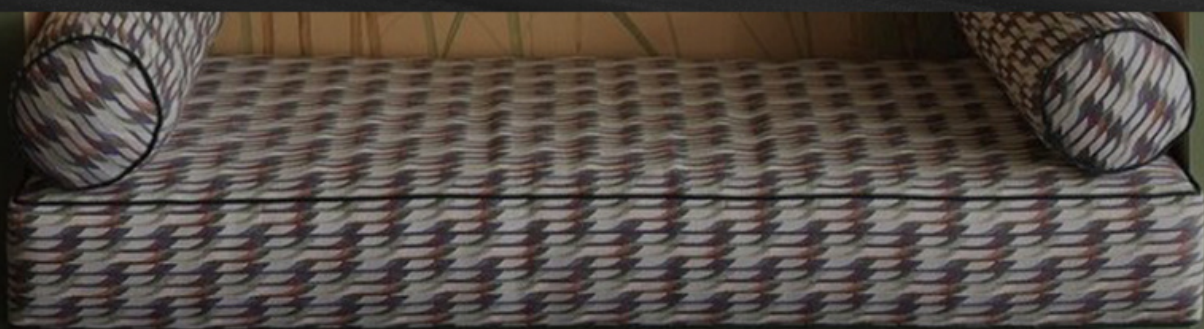




MAI SON YOU



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



LANSERHOLF LANS

A metabolic reset through medical precision and natural healing.



Lanserhof Lans, the original flagship in the Austrian Tyrolean Alps, is the birthplace of modern Mayr healing—

- where nature, medical precision, and holistic philosophy converge. Set amid forests, meadows, and crystal mountain streams, Lans is steeped in history and considered a sanctuary for lasting vitality. Its interdisciplinary team works with guests to co-create fully tailored programmes grounded in advanced diagnostics, regenerative therapies, fasting, detoxification and energetic medicine.

The experience at Lans includes cryotherapy and altitude-style CellGym, INUSphere® blood purification, weight-injection protocols, hormone balancing, movement and psycho-emotional therapies, phytotherapy, sleep and biorhythm recovery, plus aesthetic-medical skin treatments. Nutrition is central—with mandating imperial chewing, gut-restoring meals, and personalized supplementation to activate self-healing powers



KEY EXPERIENCES:

- Science-Led Diagnostics & Personalisation: Blood panels, metabolic analysis, HRV, genetic and aging markers to map individual health programs.
- Mayr-Based Detox & Fasting: Supervised fasting, gut restoration, chewing training, personalized nutrition based on Mayr principles.
- Regenerative & Longevity Treatments: INUSphere® purification, cryotherapy, mitochondrial CellGym, targeted infusions, hormone and weight-management protocols.
- Holistic Physical & Emotional Therapies: Movement therapy, Nordic walking, yoga, mental coaching, stress/emotion diagnostics, sleep optimization.

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 Lans
Lans, Austria

PRICING:

From €2,890

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



CONTACT US

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WELCOME HOME



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