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YOU

WELCOME TO

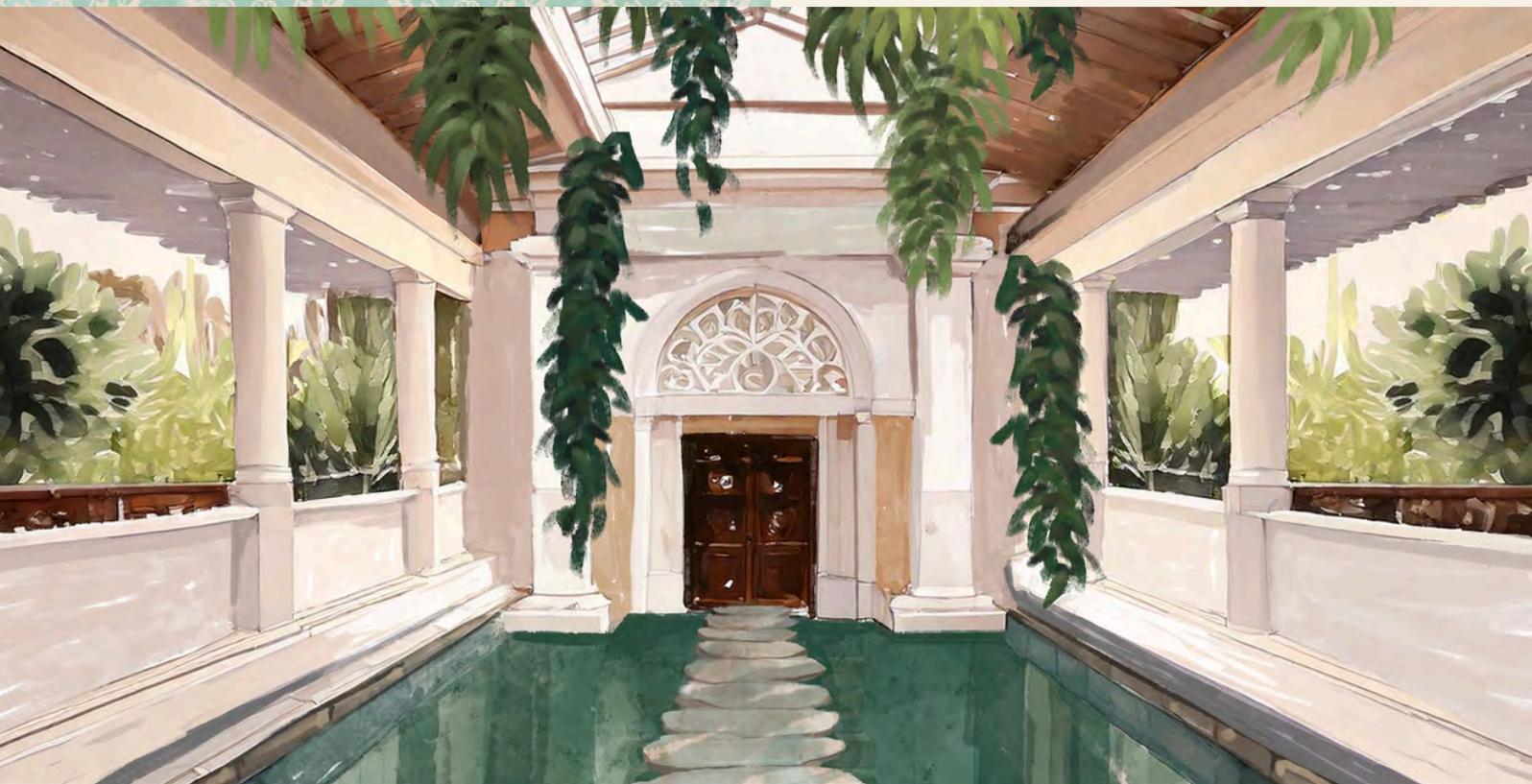
# MAISON YOU

## 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

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

### EXCLUSIVE EXPERIENCES

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

### COMMUNITY FOCUS

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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

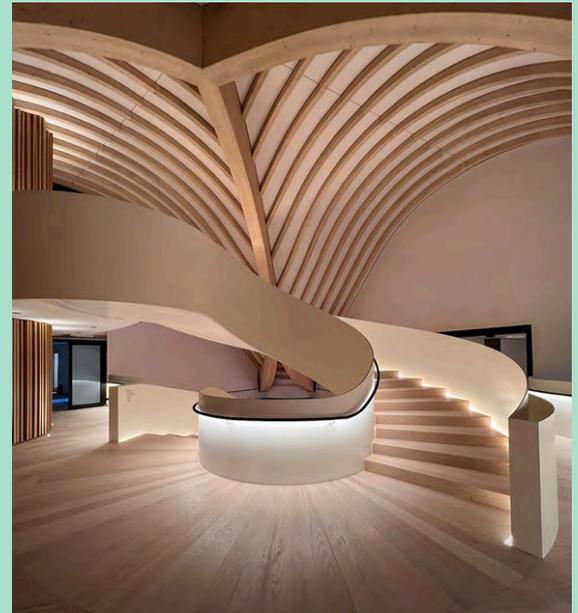
7-14 NIGHTS / YEAR-ROUND  
GERMANY

LANSERHOF TEGERNSEE



## LANSERHOF SYLT

WHERE MEDICAL SCIENCE MEETS CELLULAR  
RENEWAL AND DEEP RESTORATION.



Nestled on Germany's remote North Sea island of Sylt, **Lanserhof Sylt** offers a minimalist, sustainably-built retreat rooted in the extraordinary power of its wild coastal landscape. Lanserhof's holistic approach blends state-of-the-art medical science with whole-person wellness - treating health not as isolated symptoms but as interconnected systems throughout the body and lifestyle. Their philosophy is grounded in decades of clinical practice and combines cutting-edge diagnostics with regenerative therapies, lifestyle medicine and personalised guidance.

Rather than focusing only on a single outcome — such as weight or blood work - Lanserhof looks at the full picture of your vitality, including how your metabolism, cardiovascular function, stress response, activity and regenerative capacity interact.

- Advanced medical diagnostics to deeply understand your current health status
- Comprehensive medical examinations and lab work to map physical performance and biological resources
- Regenerative treatments that support recovery, resilience and cellular function
- Personalised recommendations for movement, nutrition and lifestyle changes that align with long-term wellbeing
- An emphasis on preventative care and longevity, not just symptom relief



## KEY EXPERIENCES:

The “Longevity Check” is a compact retreat offering a scientifically-backed assessment of your health and vitality through advanced diagnostics, medical exams, and regenerative treatments for enhanced resilience and longevity.

- Longevity Consultation (Initial Examination)
- Final Medical Examination
- Laboratory Initial Examination (Bioimpedance Analysis, Blood Pressure, Lactate, and Metabolism Check)\*
- Laboratory Diagnostics\* (Routine Laboratory Tests)
- Bioimpedance Analysis & Hand Grip
- Strength Measurement Results Discussion\*
- VO<sub>2</sub>Max Measurement & Results Discussion\*
- Cryotherapy Chamber\*
- Bio-Photon Modulation (NIR Therapy)\*
- Urine Analysis\*
- Daily Group Movement Therapy
- Daily Group Relaxation Training
- Medical Introductory Lecture
- Themed Lectures
- Cultural Evening Program
- Medical On-Call and Night Service\*\*



## 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: 4 nights / Year-Round

LOCATION: Lanserhof Sylt, Germany

### PRICING:

Programme: From €2,844.00 EUR

Accommodation: From €500 per night (depending on view and category)



## CONTACT US

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The journey inward is the greatest adventure of all

## WELCOME HOME



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