

DETOXING



LANSERHOF TEGERNSEE LANSERHOF, GERMANY

IN BRIEF A super-swanky new arrival on the clinic circuit

THE LOWDOWN It was only a matter of time before investors leapt on the Mayr bandwagon. Until this state-of-the-art retreat opened in Germany recently, there was nowhere you could detox Mayr-style in five-star luxury. But cleaning out clogged intestines and retuning a sluggish digestive system is beneficial for everyone – including the super-rich (a lot of networking goes on around the pool). Russian oligarch Roman Abramovich has been visiting the original Lanserhof spa, a cosy little haven in Austria, for years. The new £55-million eco-led outpost is wildly cool and understated. 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: spelt rolls (each mouthful chewed 30 times); clear soup; sheep yogurt; organic vegetables. It only takes two days to witness how successfully it helps you

shed pounds. 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. Guests can be tested for everything. Swallow a pill containing a minuscule camera to film every inch of your intestines; flood your system with vitamins via a drip; have all the blood tests going. Days are under-scheduled, with plenty of time to do yoga, ta'i chi and kinesis workouts. There are nightly classical concerts. Life slows down without actually stopping.

INSIDER TIP Rooms at Lanserhof Tegernsee cost almost twice the price of at the original Lanserhof Lans. Cut costs by splitting your time between the two.

BOOK IT Healing Holidays (+44 20 7843 3592; www.healingholidays.co.uk/condenast) offers a seven-night Lans Med Basic programme from £2,965 per person full board, including flights and activities.