



LANSERHOF TEGERNSEE

BAVARIA, GERMANY

WEIGHT
LOSS

FULL IMMERSION INTO THE MAYR METHOD DOESN'T GET ANY SLICKER

For anyone wanting to lose weight, get rid of bloating, deal with IBS or sort out some bothersome intestinal condition, signing up to a Mayr programme should be top priority. Mayr clinics have been training people to restrict their food intake and chew properly, proving that good health can't exist without a properly functioning digestive system, for decades. It's more than a century, actually, since FX Mayr proved how sluicing the intestine of impacted old poo got rid of all sorts of illnesses and made the declogged-gut owners also feel considerably lighter, brighter and better. But until Tegernsee came on the scene in 2014, submitting to a Mayr cure meant doing so in fairly folksy surroundings. There was nowhere someone used to the high-level luxury of an Aman, Four Seasons or Mandarin Oriental hotel would look on approvingly. Decades of almost 100 per cent occupancy at the original Lanserhof in Austria had shown there was a ravenous demand for the Mayr method. Frequent visitor Roman Abramovich reportedly demanded the pool be cleared (strictly no non-oligarchs) before he commandeered it for a swim. So here at Tegernsee was a five-star setting for the five-star treatment. Three years on, a stay has become a crucial fixture on many travel schedules. Alcohol-free, meat-free and seemingly dust-free, too, it's wholly pristine. The remote enclave of glass and wood rising out of rolling countryside is so dauntingly hard-edged it suggests you may be in for a dose of discipline and strictness, obliged to be up and out at 5am and spend timetabled days toughing out various frightening physical challeng-



es. But it looks scarier than it is. Which comes as such a relief that most guests meekly accept, with gratitude rather than grumpiness, the one major rule that does exist – that meals will consist largely of sheep's yogurt and spelt rolls or broth and steamed vegetables. All those white-coated staff striding around the super-hi-tech spa are actually on your side. They don't want you to run away sobbing. They just want you to realise how fantastically good you can feel if you devote several hours each day to looking after yourself, or (much better) having other people look after you. Punctuating sessions in the gym, pools and yoga rooms are all manner of treatments to unknot kinked muscles, boost vitamin levels via an IV, or help speed the detoxing. Lying on a heated bed for half an hour with a warm hay pack on your liver, for instance, just relaxing, ruminating, is rather wonderful. If expensive. As for rooms, it's just a shame

you don't get to spend more time in them. The best are apartment-sized, with floor-to-ceiling glass and bathrooms that would prompt an approving nod from any Aman junkie.

INSIDER TIP The Lanserhof team have taken over Grayshott Spa in Surrey (as well as a central London site) so soon this detoxing haven could be on your doorstep.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers a seven-night Basic Medical Package from £3,899 per person, full board, including flights, transfers, treatments and activities. Healing Holidays is the only UK tour operator that works with Lanserhof.