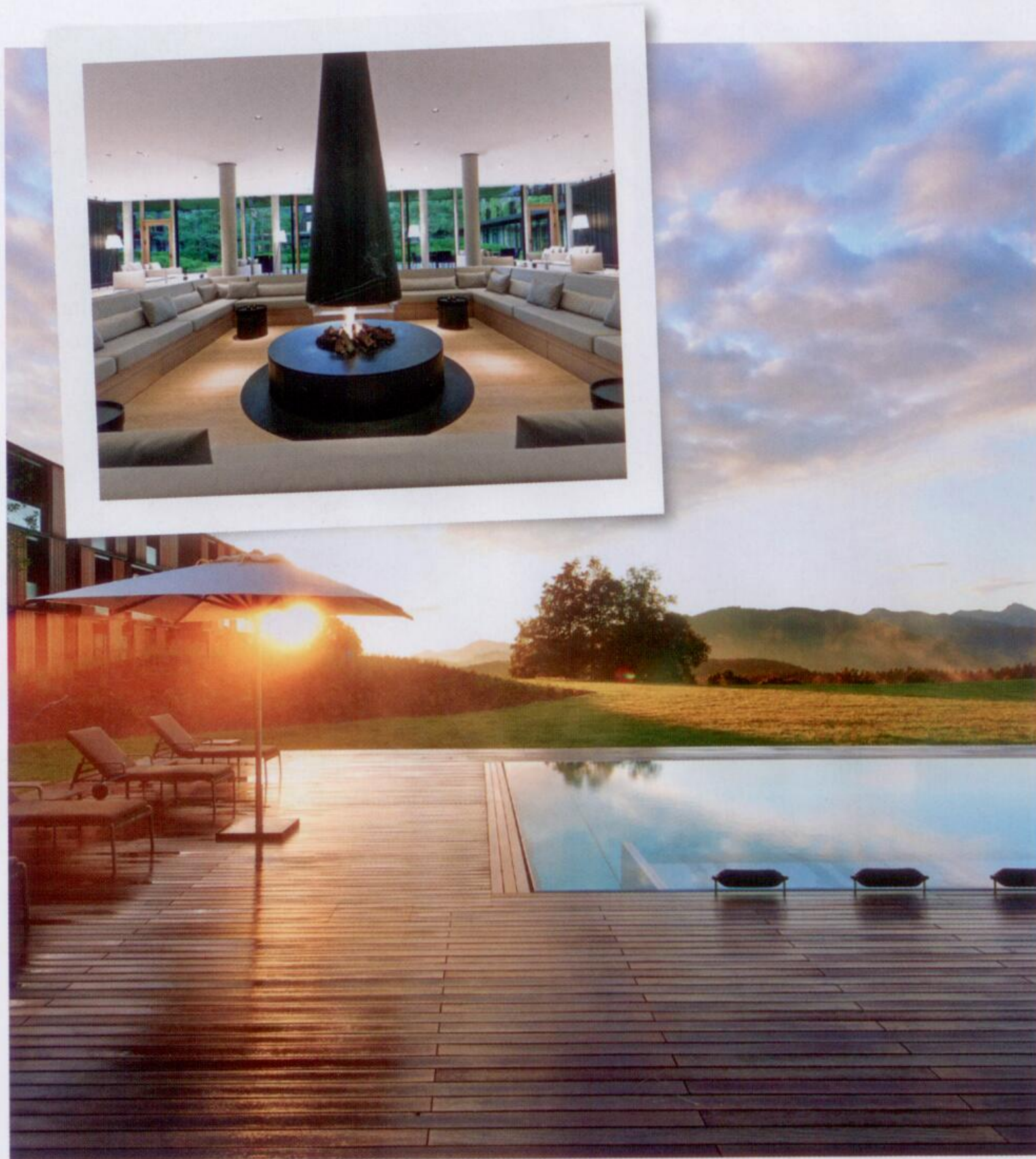


BESPOKE DETOX

How to find a regime that suits you. Marcus Sedgwick puts the medicinal Mayr philosophy to the test, while Linda Bird takes the spiritual ayurvedic route



LANSERHOF TEGERNSEE MARIENSTEIN, GERMANY

It was hard not to have sky-high expectations of Lanserhof Tegernsee, known for being one of the world's best medical spas, where oligarchs, hedgefundors and wielders of old money go to recuperate.

I need not have troubled myself; it's harder to imagine a more potent combination of top-of-the-range medicine and thoughtful

care, all set in the calming nature of the Bavarian hills and forests. I was booked in for a week on the LANS Med Basic programme, designed to offer a personalised detoxification regime, as well as targeting one's own personal medical needs. The Mayr philosophy is based on the central importance of digestive wellbeing to all bodily health, and provided you drink the vast quantities of water prescribed, detoxing this way is actually remarkably easy. My physician, Dr Jan Stritzke, and I agreed a diet strategy for the


duration of my stay, starting with polite amounts of yogurt and bread, and working steadily up to, yes, an actual piece of chicken breast by the end the week. I felt neither hunger nor experienced headaches during this process, and by day three was told by a tablemate that I was glowing.

Maybe that was just the effects of the various treatments: top-notch massages; the lymph compress and bath (this involved being steamed like a cod fillet for 25 minutes, then plunged into a tub); long sessions in the sauna; a consultation with osteopath Martina Biernat (who would possibly have been burned at the stake in the Middle Ages, so uncanny was her diagnosis). Or maybe not. I saw the change in another table companion, a Russian woman

DETOXING THIS WAY IS REMARKABLY EASY

living in Beijing (obviously a spy, but very bad at hiding the fact) whose skin changed from a deathly grey to a healthy pink within 48 hours.

But Lanserhof Tegernsee's greatest wonder is the setting: clean-lined architecture provides elegant, simple but enormous rooms, surrounded by the cocoon of the natural world, which offers hikes right from the doorstep. During my winter stay, the world disappeared in a veil of mist and light snow, which I contemplated daily from either the heated outdoor infinity pool or window-walled sauna, and only the presence of two foxes underneath my balcony on the final morning reminded me there was life outside this bubble to return to.

 *Healing Holidays (healingholidays.co.uk/tatlerspaguide; 020 7529 8551) offers seven nights from £3,870, full board, including flights, transfers and all treatments and activities on the LANS Med Basic Programme.*