

FREQUENTLY ASKED QUESTIONS (FAQs)

Q: Who is the Five-Day Reset Programme designed for?

A: This programme is ideal for anyone looking to enhance their well-being through a comprehensive reset. Whether you are seeking to jumpstart a healthier lifestyle, address specific health concerns, or simply unwind and rejuvenate, this programme is tailored to meet a variety of wellness goals.

Q: What can I expect from the daily schedule of the programme?

A: Each day is structured to provide a balanced mix of health assessments, personalised fitness sessions, nutritional guidance, and therapeutic treatments. From in-depth health evaluations to personalised training and nutritionist consultations, the schedule is designed to optimise your reset experience.

Q: Are there any group activities, or is the programme entirely one-on-one?

A: The programme includes a blend of one-on-one sessions and group activities. Group sessions, like Pilates classes, are designed to foster a sense of community and shared wellness experience, while personal sessions focus on individual health needs.

Q: What are the qualifications of the staff conducting the programme?

A: Our team comprises of highly qualified professionals, including nurses, osteopaths, personal trainers, nutritionists, and massage therapists, each with extensive experience in their respective fields. They are dedicated to providing you with expert care and guidance throughout the programme.

Q: Is there any follow-up care or support after the programme concludes?

A: Yes, we provide a final nurse sign-off session on the last day to review your progress and discuss ongoing wellness strategies. We also offer support and guidance post-programme to help you maintain and build upon your achieved results through our various services and memberships.

Q: Are there any age or health restrictions for participating in the programme?

A: The programme is generally suitable for adults of various ages. However, if you have any specific health conditions or concerns, it is important to discuss these with us during the booking process to ensure that the programme can be safely tailored to your needs. We are unable to cater to individuals under the age of 18.

Q: How far in advance do I need to book the programme?

A: We recommend booking at least two weeks in advance to ensure availability. However, we strive to accommodate last-minute requests based on our current schedule and availability.

Q: What should I bring with me for the programme?

A: Comfortable clothing for physical activities, any personal health records you wish to discuss, and a readiness to embrace a transformative wellness experience. We will provide all necessary equipment and amenities.

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LANSERHOF
RESET WEEK

FIVE-DAY COMPREHENSIVE RESET PROGRAMME AT THE LANSERHOF CLINIC LONDON

Revitalise your wellbeing with our exclusive Five-Day Reset Programme. Tailored to your unique health needs, this journey begins with detailed assessments by our expert team, followed by a blend of rejuvenating treatments including cryotherapy, personal training, and bespoke infusion therapies.

DAY 1 (MONDAY): COMPREHENSIVE ASSESSMENTS & CRYOTHERAPY

Nurses Assessment: The programme begins with an in-depth health assessment by the clinic's nurses, focusing on a medical history, current health status, and wellness goals as well as a set of observations including blood pressure, heart rate and oxygen levels.

3D Body Composition Scan: A high-tech imaging process that captures a detailed three-dimensional representation of your body, providing precise measurements and data about body shape, volume, muscle mass, and fat distribution.

Osteopathy Session: A one-on-one osteopathy session providing personalised solutions and treatments for your unique requirements to release pain from the root cause, not just the symptoms.

MSK (Musculoskeletal) Assessment: A thorough MSK movement screening follows, evaluating posture, flexibility, and muscle strength to tailor the week's physical activities.

Cryotherapy Session: The day concludes with a cryotherapy treatment, known for its rejuvenating and anti-inflammatory effects, providing a refreshing end to the first day.

DAY 2 (TUESDAY): FITNESS & REVITALISATION

Personal Training: A personalised training session focusing on individual fitness goals, incorporating exercises to enhance strength, flexibility, and overall physical health.

Infusion Therapy: The day includes a Life infusion therapy session, designed to boost your immune system, energy levels and detox process

DAY 3 (WEDNESDAY): PERSONAL TRAINING & AIRZONE THERAPY

Mobility Focused Personal Training: This session will build upon the exercises introduced earlier in the week, with a special focus on enhancing mobility and flexibility.

Nutritionist Consultation: Engage in a consultation with a skilled nutritionist to discuss dietary habits and goals, leading to tailored nutritional advice for optimising overall health and supporting the reset process.

Airzone Experience (Optional): The Airzone therapy simulates a short trip to the mountains through hypoxic training offering cellular regeneration aiding in the reset process.

DAY 4 (THURSDAY): INTENSIVE PHYSICAL WELLNESS

Personal Training: One final bespoke personal training session, building on the exercises introduced earlier in the week and formulating a plan for them moving forward.

Infusion Therapy: The day is rounded off with another infusion therapy session to support the body's nutritional needs and enhance the detox process.

Cryotherapy Treatment: A second cryotherapy session further aids in muscle recovery and overall well-being.

DAY 5 (FRIDAY): HOLISTIC INTEGRATION & CONCLUSION

Reformer Pilates Class: A Pilates session focused on core strength, flexibility, and mindful movement, offering a holistic approach to physical fitness.

Therapeutic Massage: A massage session to relax the muscles, improve circulation, and provide a sense of physical and mental relaxation.

Nurse Sign-off: The programme concludes with a final assessment by the nurses, reviewing the progress made during the week, gaining insights through our feedback form and aiding with any further questions.

This structured programme balances physical activity, therapeutic treatments, and wellness education, ensuring a comprehensive and holistic reset experience. Each day is designed to build upon the previous one, promoting overall health and well-being.

Package Cost: £1,800

* Daily Smoothie / Juice provided

** VAT Included where applicable