



## Lanserhof at The Arts Club, London, Launches Three New Packages for 2024



High-res images [here](#)

New for 2024, Lanserhof at The Arts Club welcomes Consultant Gastroenterologist, [Dr Ray Shidrawi](#), as its new Medical Director and the launch of three new innovative packages: LIFE (Lanserhof Integrative Fasting Programme), Health Screening and NAD+ Infusion Therapy.

[Lanserhof](#) has been setting standards in modern medicine and longevity for over 35 years and is a unique institution worldwide for prevention and health regeneration. Their leading private medical wellness clinic in Mayfair, London – [Lanserhof at The Arts Club](#) – offers an elevated approach to health, fitness, and vitality. Lanserhof at The Arts Club invites patients to embark on an integrative journey of pioneering holistic concepts, state-of-the-art medicine, and high-tech diagnostics, supported by a team of medical experts, therapists, and trainers.

### **LIFE – Lanserhof Integrative Fasting Experience**

The LIFE Integrative Fasting Experience is a structured fasting program designed to rejuvenate the body and optimise metabolic function. Drawing from Lanserhof's established fasting protocols popular across Lanserhof resorts in Lans, Tegernsee, and Sylt, LIFE focuses on detoxification, de-acidification, and purification of the body to promote holistic wellness.

Tailored to individual needs, participants can opt for a 7, 14, or 21-day fasting program. This medically supervised regimen initiates a profound metabolic transformation and offers comprehensive preparatory measures for success. Prior to commencing the programme, clients undergo thorough consultations, medical examinations, diagnostic testing, intestinal health analysis, and ECG examinations. The results help inform a personalised fasting plan aligned with each guest's goals and lifestyle.

The programme is designed to reset the body and get the metabolism back on track, to feel lighter and more energised, to improve complexion and boost cognitive performance. Associated with a wide array of health benefits, especially in relation to the gut, guests are invited to promote their wellbeing and vitality by incorporating fasting into their daily routine.

LIFE Integrative Fasting Experience includes:

- Fasting Plan
- Initial Lifestyle Consultation
- Follow Up Consultation
- Nurse Assessments
- Comprehensive Functional Blood Tests
- Functional Gut Health Analysis
- Nutritional Consultation
- IV Treatment
- Supply of Relevant Supplements
- Body Composition MRI or or Styku Body Composition Analysis
- Abdominal Treatment
- Fasting Level Adjustment
- Deep Tissue Massage
- Lymphatic Drainage Treatment
- Visceral Osteopathy Session
- PT Session
- Urine Analysis
- Resting Electrocardiogram,

Initial lifestyle consultation £550 with Dr Grover (90 mins), follow up lifestyle consultation £390 with Dr Grover (60 mins), typical 7 day treatment plan starts from £2,500 per person, typical 14 day treatment plan starts from £4,000 per person. This programme is tailored to a patient's goals, therefore, pricing varies depending on intensity and number of treatments.

### **Health Screenings**

Prevention is at the core of Lanserhof's concept. Lanserhof encourages its guests to move away from treatment of symptomatic disease, and instead towards prevention and early detection of disease *before* the onset of symptoms. This revolutionary approach introduces an advanced level of health screening offering comprehensive insights into individual physical conditions. It facilitates

meticulous monitoring of progress along the path to achieving optimal health. The screening process begins with an initial consultation conducted by a General Practitioner (GP), resulting in a thorough review session of the detailed medical health report. This screening is recommended for all age groups and takes in total approx. 2 hours to undergo.

Crucially, the Lanserhof at The Arts Club team provide a comprehensive explanation of findings, along with tailored recommendations. Additionally, they schedule follow-up consultations to track and review progress made. This sophisticated health screening initiative marks a pivotal step in empowering individuals to take charge of their health proactively.

Basic Health Screening includes:

- Doctor Consultation (30 mins)
- Baseline Medical Assessment
- Resting ECG
- Body Composition Analysis
- Detailed Blood Test
- Urine Analysis
- Follow up Consultation

Basic Health Screening: £750

*More comprehensive screenings, including Cardiac Screening, will be coming soon*

### **NAD+ Infusion Therapy**

A groundbreaking approach to health optimisation, Lanserhof's NAD+ infusions emerge as a key coenzyme crucial for metabolic activity and energy production in the human body. NAD+, short for nicotinamide adenine dinucleotide, is a pivotal molecule with two distinct forms – active (NAD+) and inactive (NADH). From birth, humans possess the ideal level of NAD+, which diminishes naturally with age. This decline leads to undersupplied mitochondria, impairing function and resulting in cellular deterioration which ultimately contributes to the aging process.

Lanserhof at The Arts Club takes a holistic approach to address this issue, offering NAD+ infusions as a safe, fast, and highly effective method compared to oral ingestion. This mode of treatment ensures one hundred percent bioavailability, allowing the body to regenerate with maximum efficacy.

Benefits of NAD+ Infusions at Lanserhof Clinic London:

1. General well-being enhancement
2. Maintenance of cognitive functions (focus, memory, concentration, comprehension)
3. Activation of brain's neurological function
4. Increased energy levels
5. Stimulation of metabolism
6. Cell regeneration and repair of damaged DNA

The clinic offers single IV infusions of NAD+ as well as comprehensive packages designed to maximise the benefits of this innovative treatment. Experience the transformative power of NAD+ infusions at Lanserhof at The Arts Club, where optimal health and vitality converge.

Single infusions loading dose from £215 for non-members (62.5mg / 60-90 mins) or from £185 for members. Starter NAD+ package includes 1 x 62.5mg NAD+ infusion and 2 x 250mg NAD+ infusion and costs £,1000 for non-members or £850 for members. NAD+ maintenance package includes 4 x 500mg NAD+ infusions and costs £2,500 for non-members and £2,125 for members. NAD+ executive package includes 10 x 500mg NAD+ infusions and costs £6,000 for non-members and £5,100 for members.

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### **About Lanserhof**

Lanserhof has been setting standards in modern medicine and longevity for over 35 years. The origin of the Lanserhof Concept lies in Lans / Tyrol and was created in years of research and development work by Lanserhof doctors and therapists. The symbiosis of traditional naturopathy and the latest medical findings is unique and remains constantly innovative.

In 2012, the outpatient health centre LANS Medicum was opened in Hamburg, and offers patients an interdisciplinary sports medicine team of medical specialists, sports scientists, physiotherapists, osteopaths and nutritionists. With the opening of the Lanserhof Tegernsee, another location which was added in 2014 - framed by the Bavarian foothills of the Alps and surrounded by beautiful nature – guests can find a place of tranquillity and unique architectural design by award-winning architect, Christoph Ingenhoven. The success of Lanserhof Tegernsee has been confirmed by eight awards in a row as "World's Best Medical Spa". In July 2019, Lanserhof at The Arts Club opened on Dover Street in the heart of London as part of a partnership with London's legendary Private Members Club and has also received repeated awards as "World's Best Private Members Club Spa" and "England's Best Day Spa." In Spring 2022, Lanserhof expanded its outpatient physio services in the Hanseatic city with LANS Physio, Hamburg's most modern centre for sports and exercise therapy. With the opening of Lanserhof Sylt in summer 2022 as the brand's first seaside resort, the complete medical service portfolio of the Lanserhof Concept is now accessible in northern Germany and, like the other locations, strives to establish a globally renowned reputation.

In 2023, Lanserhof announced they will open their first health resort in Spain in 2026. AltamarCAM and Inbest-GPF, together with Lanserhof, will join forces to invest 100 million euros in the wellness sector. The property will be located near Marbella within the renowned Finca Cortesin resort – ranked the Best Resort Hotel in Spain.

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