

# SATURDAY SERENITY: WEEKENDS REIMAGINED

# LAN SER HOF

AT



THE ARTS CLUB  
LONDON

Reconnect, recharge and reinvigorate your wellbeing with a new suite of weekend offerings for members and non-members alike at Lanserhof at The Arts Club.

## Breakfast Menu (10am-4pm)

- Coffee
- Energy Bite

+ Choose one of the following:

- Healthy pancake
- Omelette
- Poached egg with avocado, salmon or feta on gluten free bread (alternatively scrambled tofu)
- Gluten free bread with hummus and guacamole



ENERGIZE PLUS		MORNING REVIVAL		WEEKEND BLISS		ACTIVE SATURDAY	
Breakfast Life Plus Infusion		Breakfast Life Plus Infusion Cryotherapy Class (non-members only)		Breakfast Life Plus Infusion Massage Class (non-members only)		Breakfast Life Plus Infusion Massage Cryotherapy Class (non-members only)	
Members:	£230.00	Members:	£290.00	Members:	£310.00	Members:	£370.00
Non-Members:	£290.00	Non-Members:	£370.00	Non-Members:	£410.00	Non-Members:	£480.00

For more information on packages and to make a booking please contact reception at [medical@lhtac.com](mailto:medical@lhtac.com) or 02039676969

