

LAN
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THE ARTS CLUB
LONDON

PRICE LIST

WELCOME

to Lanserhof at The Arts Club: London's leading private wellness club and clinic, offering an elevated approach to health, fitness and vitality. An oasis of tranquillity in the heart of Mayfair, embark on an integrative journey of pioneering holistic concepts, state-of-the-art medicine, and high-tech diagnostics, supported by our team of medics, therapists and trainers.

Placing you and your needs at the very heart of our endeavours, we focus on a personalised, holistic approach to preventive health care and fitness optimisation. Lanserhof at The Arts Club combines the standards and expertise of two of the world's most renowned institutions to offer innovative and personalised wellbeing solutions. to members and non-members alike.



CLUB

Home to an elegant private gym, members can enjoy unlimited studio classes, book personal training sessions and relax in the Members' Lounge.

Feel revitalised and discover a completely new quality of life. As a member, you have direct access to some of the best diagnostic equipment available. Our interdisciplinary team of medical experts and specialists can advise on further examinations and create the ultimate tailor-made plan. The latest technologies and diagnostics help to ensure efficient training that's unique to you, while complementary therapies, consultations, assessments and treatments help you meet your health goals.



FITNESS & MEMBERSHIP

PERSONAL TRAINING

Single Session (55 mins)	£110
Personal Training (55 mins) - 5 Pack	£525
Personal Training (55 mins) - 10 Pack	£1,000
Personal Training (55 mins) - 20 Pack	£1,950
Personal Training (55 mins) - 30 Pack	£2,850

EXERCISE

Group Classes (incl. reformer Pilates, Yoga, HIIT, Aerial Yoga etc.)	included
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MEMBERSHIP

As a member, it is you who guides our approach: your goals are our goals. For more information regarding the following three membership options, email lanserhof@theartsclub.co.uk

FULL

Our Full membership allows us to create a personalised programme for you with clear checkpoints to ensure progress. This option includes £2,500 of credit, which can be spent on any service within the Club.

ACTIVE

Active membership is perfect for those who enjoy regular personal training and monthly massages - combining detailed functional diagnostic assessments with a targeted training programme to ensure results.

ULTIMATE

Change your life with our Ultimate membership. Benefit from unlimited personal training, cryotherapy and beauty treatments as well as a comprehensive medical package. This is the membership for those who are truly committed to their health goals.

MEDICAL FACILITY

The clinic combines the very best in research, innovative technology and medical expertise to improve and maintain your health. With an emphasis on preventative medicine, our concept focuses on the human body in its entirety and takes an integrated approach to your well-being.

Personalised screening programmes and annual assessments are also available in order to proactively detect changes to your health at an early stage.



DIAGNOSTICS & THERAPY

MSK

Orthopaedic Initial Consultation (30 mins)	£275
Orthopaedic Follow Up (30 mins)	£180
Orthopaedic Second Opinion (60 mins)	£410
Shock Wave Therapy Single Session	£250
Shock Wave Therapy 3 Sessions	£650
Shock Wave Therapy 6 Sessions	£1,300
Ultrasound-guided Injection (Steroids, Cortisol)	£500
Ultrasound-guided Injection (PRP, Hyaluronic acid)	£600
Dry Needling Muscle Trigger Points	£120

GP & FUNCTIONAL MEDICINE

Integrative Consultation (60 mins)	£390
Functional Medicine Consultation (90 mins)	£550
Integrative Follow Up (30 mins)	£200
GP Consultation (15 mins)	£125
GP Consultation (30 mins)	£200
LORE – Lanserhof Optimal Resilience Experience (50 mins)*	£290
<small>HeartMath coaching, trauma therapy (somatic experiencing), motivational interviewing</small>	
LITE – Lanserhof Integrative Therapy Experience (50 mins)*	£290
<small>Acupuncture, Jin Shin Jyutsu, neural therapy, micro-immuno therapy/sanum therapy</small>	

CARDIOLOGY

Cardiology Consultation (30 mins)	£275
Cardiology Follow up (30 mins)	£180
Cardiology Consultation Second Opinion (60 mins)	£410
Ultrasound Echocardiogram	£400
Cardiopulmonary Exercise Testing (CPET)	£595
Resting ECG (10 mins)	£105

SLEEP MEDICINE

Initial Consultation with Sleep Specialist (40 mins)	£340
Follow up with Sleep Specialist	£180
Wrist Actigraphy Insomnia/Sleep Rhythm (14 days)	£590
Actigraphy (1 night)	£190
OSA Diagnostic WatchPAT	£280
OSA Screening Sunrise	£190

FUNCTIONAL MOVEMENT ANALYSIS & TREATMENTS

FUNCTIONAL ANALYSIS OF MUSCULOSKELETAL SYSTEM*

Basic Check (30 mins)	from £390
Check Plus (60 mins)	from £690
Elite Check (90 mins)	from £990

**Package includes follow up consultation, assessments and report, including personalised exercise plan. An initial orthopaedic consultation is required at £275*

REHABILITATION

	Members	Non-Members
Physiotherapy (50 mins)	£140	£155
Physiotherapy - Follow up (25 mins)	£85	£95
Osteopathy (50 mins)	£140	£155
Osteopathy (25 mins)	£85	£95
Chiropractic Consultation (50 mins)	£140	£155
Chiropractic Session (25 mins)	£85	£95
Exercise Rehabilitation (50 mins)	£140	£155
Package of 10 Sessions	£1260	£1395

MASSAGE

Massage (50 mins)	£110	£130
Massage (80 mins)	£160	£180
Manual Lymphatic Drainage (50 mins)	£110	£130
Hot and Cold Stone Massage (50 mins)	£130	£150
Cupping	£130	£150
Fascial Stretch Therapy (50 mins)	£110	£130



INVESTIGATIONS

Using a 3Tesla Siemens Skyra MRI Scanner, our experienced team focus on high resolution and advanced imaging techniques. There is also an entertainment package to include TV and music as well as aromatherapy and mood lighting.

MRI

One part	£790
Two parts	£1,200
Three parts	£1,680
Four parts	£2,160
Cardiac	£2,030
Whole body	£2,950
MRI Contrast Surcharge	£280
MRI Body Composition	£490

ULTRASOUND

Ultrasound one part	from £320
Ultrasound two parts	from £400

WELLNESS

NUTRITION

Personalised Nutrition Programme (60 mins)	£220
Follow Up with Nutritionist (60 mins)	£220

DIAGNOSTICS

Please note that the below tests have to be prescribed by a Lanserhof doctor

DNA Life profile from £860

Our DNA tests focus on health management, dietary disposition, athletic performance and drug metabolism. Each test provides a unique insight into a patient's genetic code: revealing sensitivities, susceptibilities and keys to their true health potential

Blood Testing	from £50
Heavy Metal	£81
Amino Acid Profile	£74
Female Tumour Marker	£162
Male Tumour Marker	£155
Vitamins, Minerals & Micronutrients	£297
Functional Profile	£690
Allergy Profile	£371
Lactose Intolerance Test	£102
Fructose Intolerance Test	£102
Food Sensitivity	£245
Stool Analysis	£376
Sleep Profile	£807

CRYOTHERAPY

	Members	Non-Members
First Session	Free	£50
Single Session	£75	£80
5 Sessions (£55)	£275	£300
10 Sessions (£50)	£500	£550
20 Sessions (£45)	£900	£1,000

INFUSION THERAPY*

	Members	Non-Members
Tailor-made Infusion		from £400
Life	£170	£210
Life Plus	£250	£310
Liver Cleanse	£230	£280
Immune Support	£250	£320
Fitness	£240	£300
Hair, Skin & Nails	£240	£300
High Dose Vitamin C	£180	£220
Brain Health	£280	£350
Gut Health	£280	£350
Ozone Therapy (20 mins)		£250
Ozone Therapy (when combined)		£200
Oxygen Therapy (Oxyven)		£160
6 Oxygen Therapy Pack		£860

INTERMITTENT HYPOXIC THERAPY (AIRZONE)

	Members	Non-Members
Single Session (60 mins)	£110	£120
3 Sessions	£290	£320

HYPERBARIC OXYGEN THERAPY

	Members	Non-Members
Single Session (60 mins)	£200	£225
10 Sessions	£1,800	£2,000
20 Sessions	£3,200	£3,600

SUPPLEMENTS

A broad range of supplements are available, including:

Bioniq personalised supplements *following blood test	from £250 /month
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BEAUTY TREATMENTS

**Some treatments include after-care products*

LANSERHOF CLASSIC FACIALS

Following a consultation and skin analysis, your therapist will choose different techniques and products to cleanse, calm, clarify, refine and nourish your complexion.

	Members	Non-Members
Bespoke Facial	£190	£220
<i>This tailored facial is suitable for most skin types</i>		
Sculpting Face Massage	£140	£160
<i>Also known as the non-surgical face lift, massage and lymphatic drainage detoxifies & oxygenates the skin</i>		
Essential Purifying Facial	£190	£220
<i>Perfect for congested skin, designed to soothe and gently clarify the complexion</i>		
Pregnancy Facial	£190	£220
<i>A relaxing treatment which addresses common concerns such as dehydration, sensitivity and hormonal congestion</i>		
Glow & Go (30 mins)	£90	£110
<i>An express facial to target decongestion, with a deep cleanse, steam and exfoliation with optional extraction</i>		
Purifying Back Treatment (50 mins)	£160	£180
<i>Perfect for decongested and inflamed skin to neutralise acne causing bacteria and purify the back</i>		

AUGUSTINUS BADER FACIALS

Augustinus Bader's renowned skincare with TFC8 support the body's innate renewal processes to visibly reduce signs of ageing and damage caused by environmental stressors, leaving skin looking restored, regenerated and glowing with health.

	Members	Non-Members
Classic Augustinus Bader Facial (45 mins)	£170	£200
<i>An introduction to the Augustinus Bader Method</i>		
Superior Augustinus Bader Facial (60 mins)	£220	£250
<i>A longer version of the method which supports the penetration of TFC8 using LED light therapy</i>		
Deluxe Augustinus Bader Facial (90 mins)	from £250	from £280
<i>With the addition of LED light therapy and radiofrequency for an even more revitalised look</i>		



LED LIGHT THERAPY

Blue, red and near-infrared light therapy have myriad benefits: blue light is a proven tool for banishing the bacteria which leads to blemishes, red light is known to increase collagen production and aid skin repair, whilst near-infrared light therapy aims to help those with damaged or sensitive skin conditions, to reduce irritation or redness and rejuvenate the skin.

Single Session (20 mins)	£40
Course of 6 sessions (20 mins each)	£215
Course of 12 sessions (20 mins each)	£430
<i>30 minute sessions and packages available upon request</i>	

EPIONCE LITE REFRESH PEEL

A quick and effective treatment to improve skin texture and decrease redness by combining malic, salicylic and lactic acids with optional LED light therapy. This peel requires no downtime, is suitable for all skin types and recommended for those concerned with dilated pores, fine lines, sensitive skin, or acne and rosacea conditions. By activating an anti-inflammatory response in the dermis, wound healing, scar reduction and plumping of fine lines can all be achieved. An instant and visible glow is apparent after the first session, however a course of treatments is advisable for optimal results.

	Members	Non-Members
Epionce Lite Refresh Peel	£140	£160

For a truly holistic approach to skin health, facials can be combined with a Hair, Skin & Nails vitamin infusion to nourish your skin from the inside.

BEAUTY TREATMENTS

RADIOFREQUENCY

A non-invasive skin tightening treatment, which can be added to an existing facial or as a stand alone treatment. Radiofrequency uses energy waves to heat the skin gently, stimulating collagen and elastin production. The skin appears more vital, plump, radiant & visibly smooth. A course of treatments is recommended for longer lasting results.

Single session (20 mins)	£100
Course of 6 sessions (20 mins each)	£540
Course of 12 sessions (20 mins each)	£1,050

30 minute sessions and packages available upon request

ROYAL FERN

Royal Fern products are the brainchild of German dermatologist Dr Timm Golueke. During this facial, a special blend of phytonutrients is applied to the skin, followed by microdermabrasion and a relaxing massage to release tension and help infuse the active ingredients. Followed by ultrasound to leave the skin feeling smoother and visibly healthier.

	Members	Non-Members
Phyto Balance Royal Fern Facial (60 mins)	£210	£240
Royal Fern Classic Facial (30 mins)	£140	£160

DERMAFRAC

An advanced aesthetic treatment used to target many concerns including fine lines and wrinkles, enlarged pores, pigmentation, dehydration and acne scarring. DermaFrac uses a roller, containing fine needles to stimulate collagen production and cell renewal. This treatment also increases the absorption potential of active and corrective serums at home. A course of treatments is recommended for optimal results.

	Members	Non-Members
Radiance Renewal (60 mins)	£200	£230

Combining the Epionce peel with DermaFrac microdermabrasion to promote clearer and smoother skin

Deluxe DermaFrac Facial (70 mins)	£280	£310
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The original DermaFrac microdermabrasion & microneedling treatment is combined with a highly effective, results driven Dermalux LED session.

AESTHETICS

FACE RESTORATION

FaceRestoration is a Consultant delivered medical and surgical service specialising in diseases of the eyes, eyelids and facial aesthetics. Award-winning oculoplastic surgeons, Dr Rachna and Murthy and Professor Jonathan Roos, are global recognised as experts in the field and are trained to look after your health and appearance in a safe, confidential and timely manner.

from £475

FINISHING TOUCHES

RUUBY

In partnership with RUUBY, we are delighted to offer selected grooming services upon request

Bespoke Blow Dry	£65
Gel Manicure	£55





LANSERHOF | AT THE ARTS CLUB

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