



The Lanserhof's Icaros system combines fitness with virtual reality for both diagnostics and workouts

Gym of the Future

There's no cure better than prevention, and there may be nowhere better to prehab than at the new medically infused Lanserhof in London. By **Adriaane Pielou**

The world's first medical gym opened recently in London. A stone's throw from Fortnum's and The Ritz in affluent Mayfair, the new doctor-led venture is located in the 17th-century Dover Street opposite The Arts Club, the members club with which it's aligned. Six elegant, light-filled floors of studios, treatment rooms and ultra hi-tech diagnostic and gym equipment – including, startlingly, its own state-of-the-art MRI machine – comprise this, a first foray outside Austria and Germany for the Lanserhof Group.

Lanserhof's medical spas are world leaders, diagnostically cutting edge but rooted in the simple naturopathic philosophy of the Austrian physician FX

Mayr (1875-1965). Once widely derided, he posited that numerous illnesses and ailments are the result of a clogged and toxic gut. Mayr has been proving ever-more prescient, thanks to the discovery of the effects of gut bacteria – the microbiome – on health. And with its similarly Mayr-oriented focus on natural healing, bespoke training programmes and 30-strong team of doctors and therapists, the new Lanserhof at The Arts Club looks set to consolidate London's standing as a global centre for alternative as well as mainstream health tourism.

New members undergo an intensive three-hour induction process. This includes an MRI body composition analysis, a 3D Styku body scan, a Spine Lab session >

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strapped into a machine designed for aerospace training that tips one backwards, forwards and upside down (novel and rather exciting) to pinpoint any spinal issues, and the similarly slightly giggle-inducing VR Icaros experience, wearing a VR headset, trying to shoot down targets, while spread-eagled across another hi-tech machine to assess core strength.

That may leave you keen for something stronger than a glass of beetroot, spinach and carrot juice in the Alpine-forest themed lounge. But the results assess functionality to a precise degree, enabling a gym-training schedule to be personalised, any relevant appointments made with the cardiologist, dermatologist or physiotherapist, or specific treatments prescribed. A few minutes at minus 110 degrees in the cryotherapy chamber, for instance, or acupuncture, shockwave healing therapy or an IV vitamin infusion.

As you might expect, all this involves hefty fees. Membership costs £6,500 a year, plus a £1,500 joining fee. Signing up for the butler service to wash and store your gym kit incurs an extra £1,000 a year. But when you sit down for a consultation with the medical director, German orthopaedic surgeon Sebastian Kunz, a lean fortysomething evangelical about the importance of preventive health measures, those prices may start to seem – well, not quite a bargain, but perhaps an investment. One that could save you from unnecessary orthopaedic surgery.

“Knee replacement, for instance: this surgery has become very, very common and for hospitals is very, very lucrative,” says Kunz. “I myself performed this operation for years. But increasingly I found myself looking down at the patient and thinking, you didn’t need this. You wouldn’t be lying here now if someone had told you that you just needed to exercise the muscle above your knee.”

After joining the Lanserhof Group he spent time at Lanserhof Tegernsee before moving to London, and maintains the Mayr practice of an annual “cure”. “Living on the lightest of diets for a week or two – the results are fantastic,” he explains. Emanating energy and enthusiasm, he’s certainly an encouraging example of the regime he promotes – and a sign, surely, of the integration of wellness and fitness across the globe. lanserhof.com/london ♦

Spaces within the new Lanserhof at The Arts Club, which include state-of-the-art medical, fitness and spa equipment spread across six storeys

