



REVIEW

# BODY LANGUAGE

*Olivia Falcon* tries the workout of the future

There are two tribes of people on Instagram: the gym bunnies and the sofa sloths. Until recently I was in the latter camp. I don't enjoy exercise at all – it's a chore, or so I thought. A recent trip to Lanserhof at The Arts Club, a high-tech medical gym, has rather inspired me. This place takes the energy-boosting principles of the cult Lanserhof spas in Austria and Germany (loved by the likes of Victoria Beckham) and turbo charges it with virtual reality exercise equipment, intravenous infusions in joint-soothing infrared-heated chairs, and a restaurant that makes carb-free eating so delicious you don't feel you're missing out at all. I was scheduled for a half-day session, but enjoyed it so much that they practically had to drag me out at dusk.

This is the UK's most exclusive and expensive gym – memberships start at a bottom-clenching £6,500 per year. But I guess you can't put a price on improving health, and boy does this place deliver. I started in the basement, an Iron Man-style bunker that has a MRI machine offering full body composition analysis, (in some cases this has been a life-saver, picking up aneurysms and early signs of cancer), before heading over to the Movement Lab. Here, I was tagged at key points over my legs and hips and filmed running to analyse my gait (which was surprisingly

on-point). Across the hall in the Spine Lab, I swivelled on the robotic metal frames of the Centaur machine that measures core stability by tilting the body into unusual positions. It felt more like a game than a test, but the discreet staff were taking notes. These were seamlessly fed to the personal trainer upstairs, who handed me a workout routine on a microchipped card that I tapped on the machines for precise instructions.

Gyms usually make me feel nauseous but this one looks like an art gallery and smells like a spa. My remit was to strengthen my weaker left side, improve my posture and burn fat so it was straight onto the treadmill for a parachute sprint that uses a harness to increase resistance and get the heart pumping. To tone up my tummy, I climbed on to Icaros (*above*), a virtual reality core-strengthening contraption that simulates hand gliding through an alpine valley – you have to use your pelvis and abs to move the machine. Afterwards I felt the burn, but what a ride – it felt akin to flying. This gym reaches the parts others don't. Save up, blow the budget and go. You won't be disappointed.

*Memberships from £6,500 a year.  
40 Dover Street, London. [theartsclub.co.uk](http://theartsclub.co.uk) ■*

## MIND & MATTER



INVEST

**Vintner's Daughter Active Botanical Serum**  
The cool girl's beauty secret, this multi-correctional skin powerhouse plumps, moisturises and brightens. £175. [net-a-porter.com](http://net-a-porter.com)



HEAL

**Advanced Nutrition Program Skin Accumax**  
A must for any type of eruption, be it a period-related breakout or mid-life menopausal spots. It's packed with broccoli extract for clearer skin in four to six weeks. £42. [editorslist.co.uk](http://editorslist.co.uk)



TRAIN

**Bala Bangles**  
Fire up your workout with these functional and decorative arm and leg weights that target muscles to define and strengthen your body. £50. [conranshop.co.uk](http://conranshop.co.uk)