

Blue Spa

OFFERS AND PRICES

B O D Y T R E A T M E N T S

C L A S S I C

Swedish Massage Also known as classic massage. Medium pressure is applied using organic oil. Improves blood circulation and muscular relaxation. We recommend to relax a few minutes after the massage before having a shower.

35 mins/60.00
50 mins/82.00
80 mins/132.00

Aroma Massage A soft relaxing massage using our wonderful blend of essential and organic aroma oils. Your therapist will help you choose your favourite mix before the session starts.

35 mins/63.00
50 mins/89.00
80 mins/142.00

Deep Tissue Massage A very deep treatment of the connective tissue, working with strong pressure and deep strokes on areas of stress and restricted mobility. Due to the strong pressure only advisable to clients with low tendency to bruises.

50 mins/90.00
80 mins/145.00

Prenatal Massage A soothing massage with warm massage oils. We take care of your comfortable posture and special ailments. Offering support for your changing body perception. This session can be applied after the 14th week.

35 mins/63.00
50 mins/89.00

Baby Massage We show you with your baby how to conduct easy and safe soothing strokes along with comforting movements for the well-being of your child. Additionally this massage is helping to develop the baby's sensory system as well as to improve digestion and skin condition. We use warm, pure and 100 per cent natural massage oils.

35 mins/63.00

I N T E G R A T I V E B O D Y W O R K

We recommend a sequence of different sessions. Our team will be happy to advise you.
We kindly ask you to bring comfortable clothing along with a pair of socks with you.

Shiatsu This Japanese treatment uses directed pressure on certain points of the body along the meridian lines, as well as stretches and soft touch. Shiatsu helps to balance the body systems and supports their functional interaction. Helps to improve self-awareness and sustained de-stressing and regeneration.

50 mins/90.00
80 mins/145.00

Craniosacral A soft and efficient method for very deep relaxation using soft and long pressure on different parts of the head, neck and body. Activates the de-stressing part of the nervous system allowing for effective regeneration of the whole body system.

80 mins/145.00

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Yoga Yoga is the traditional Indian way to relax and vitalise body and mind. A session consists of breathing techniques, body postures and meditation. Each session is customised to accommodate the specific needs of your body.

50 mins/73.00
80 mins/110.00
(add. person 18.00)

A Y U R V E D A

Abhyanga An ayurvedic whole body massage. Our therapist identifies your body-type (dosha) and chooses the right blend of oils to purify your system and restore balance. We work with only small amounts of ayurvedic oil.

50 mins/96.00
80 mins/152.00

Shirobhyanga An ayurvedic massage of head, neck and shoulders. Related to Indian head massage, using ayurvedic oils and stimulating specific energetic pressure points, called “marma” for deep relaxation.

35 mins/68.00

A D D I T I O N A L T R E A T M E N T S

Blue Spa Massage Our signature treatment. A holistic session with a special combination of five different styles: Shiatsu, Swedish, Aroma, Lymphatic and Thai Massage. Your ultimate experience.

80 mins/152.00

Personal Touch Choose your favourite therapist who determines your personal condition and targets, and receive a personalised massage and bodywork session. Additionally we serve a healthy drink.

80 mins/149.00
110 mins/199.00

Traditional Thai Massage Firm pressure and stretches warm up muscles and increase the circulation of blood throughout the whole body. Feels like going through different stages of a yoga session, moved by your specially trained therapist. We kindly ask you to bring comfortable clothing from natural fibres with you.

50 mins/90.00
80 mins/145.00

<p>Pantai Luar Traditional Indonesian massage with thermophysical components. The body is anointed with pleasantly warm oil in preparation for the treatment. During the treatment, damaged zones are touched with carefully prepared hot fruit balls made from limes, coconut and herbs. The ensuing relaxing exotic massage activates the skin's self-repair mechanism. Any burned cells are thus replaced, repaired and rejuvenated.</p>	<p>50 mins/90.00 80 mins/142.00</p>
<p>Lomi Lomi This is more an Hawaiian massage-ritual than a simple massage. Long and slow strokes and our special aromatic Lomi Lomi oil provides deep relaxation as well as a sense of weightlessness and home.</p>	<p>50 mins/96.00 80 mins/152.00</p>
<p>Hot Stone Massage A face and body treatment from Hawaii. Our specially trained therapist places heated stones on specific points of your face and body. Warms up and soothes the skin, muscles and the nervous system.</p>	<p>50 mins/90.00 80 mins/142.00</p>
<p>Hot Chocolate Massage A marvellous skin-caring treat. Warm massage oils containing shea butter and cocoa soften your skin, leaving an infatuating scent. Our recommendation: book in for an afternoon massage to get prepared for your evening rendezvous.</p>	<p>50 mins/107.00</p>
<p>Four Hands Massage More than relaxation: indulge yourself in an Ayurveda or Lomi Lomi massage with two therapists working in the same rhythm and flow, using a special blend of oils.</p>	<p>50 mins/151.00</p>
<p>Foot Reflexology Stimulating the whole body through acupressure foot reflex points and massage of the lower legs and calves. Exquisite relief for those who are on their legs all day long.</p>	<p>35 mins/63.00</p>
<p>Lymphatic Massage Using very soft pressure and rhythmic circular movements on the arms and legs to ease the flow back of lymphatic fluid into the body-centre.</p>	<p>50 mins/90.00</p>
<p>Reiki A very soft and energetic session with the therapist's hands partly working above the body. The result: a fresh flow of energy and deep relaxation to revitalise body and mind.</p>	<p>50 mins/90.00</p>

PARTNER COURSES

- Partner Massage Course** This state-of-the-art massage class in two units teaches the basics and most important techniques to perform a safe and relaxing massage. You and your partner learn how to set up a fabulous treatment-place at home as well as how to prepare yourself for massage. In addition we offer you a bottle of Ligne St. Barth massage oil. 2 x 50 mins/180.00
2 x 80 mins/280.00
- Partner Shiatsu Course** We introduce you and your partner to the art of touch. Discover this marvellous Japanese bodywork technique. Learn how to indulge each other at home to ease away stress in a basic and easy-to-perform Shiatsu session. We kindly ask you to bring comfortable clothing as well as a pair of socks with you. 2 x 50 mins/180.00
2 x 80 mins/280.00
- Partner Thaimassage Course** We offer a solid introduction into this excellent bodywork for you and your partner. Our skilled therapists will introduce you to basic terms, techniques and moves to perform a beautiful Siamese partner treat. The proper way of safe and effective stretching is of major concern. We kindly ask you to bring comfortable clothing along with a pair of socks with you. 2 x 50 mins/180.00
2 x 80 mins/280.00

To find out about our attractive Day Spa programmes please refer to our “Packages” flyer.

In addition to the packages listed here we will be happy to provide a personalised programme. We invite you to check into the Blue Spa 15 minutes prior to your scheduled appointment. This will allow you time to change and prepare body and mind for your treatment. Appointments for health and fitness sessions may be cancelled free of charge provided you notify us at least 5 hours in advance. We charge 50 % of the total costs for cancellations made less than 5 hours before the appointment and 100 % for no-shows or if appointments are cancelled with less than 3 hour's notice. Subject to change without notice.

P A C K A G E S

D A Y P A C K A G E S

Blue Spa Floating Day Craniosacral or Shiatsu treatment (80 minutes) accompanied by a healthy drink. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal. 198.00

Blue Spa Asia Day Yoga session (50 minutes) followed by Shiatsu or Thai-Massage (80 minutes). Plus a light Asian lunch with spa smoothie at the Blue Spa Bar & Lounge. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal. 284.00

Blue Spa Ayurveda Day Abhyanga treatment (50 minutes) with a special ayurvedic oil, our therapist identifies your body type (dosha) and offers nutritional advice. In addition we serve a healthy snack and a drink according to your dosha type. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal. 209.00

Blue Spa Fitness Package Personal training session (50 minutes) with equipment introduction, advice to establish a personal training plan followed by a Sport Massage (35 minutes). In addition, a healthy snack and fitness drink is served at the Blue Spa Bar & Lounge. Including use of the pool, sauna and steam bath. Bathrobe and slippers are at your disposal. 220.00

For prices and availability, please visit our website at www.bayerischerhof.de. You are welcome to contact our reservations team for more information or to reserve accommodation packages. They will be pleased to help you at any time. Just call +49 89.21 20-900 or e-mail info@bayerischerhof.de

BEAUTY PACKAGES

Blue Spa Breeze Day A revitalizing wellness programme for your skin, that activates the muscle tissue and encourages the metabolism as well. The facial massage is available as micro massage or as relaxing manual massage, followed by a vitamin C mask and pleasant cream (60 minutes). In addition, a healthy snack and fitness drink is served at the Blue Spa Bar & Lounge. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal. 154.00

Blue Spa Beauty Day Ligne St. Barth beauty treatment (150 minutes) for face and body (body exfoliation, body massage, face, neck and décolleté treatment with fresh organic ingredients). In addition, a healthy snack and spa smoothie is served at the Blue Spa Bar & Lounge. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal. 260.00

Blue Spa Vital Day Vitalising facial treatment for stressed and irritated skin including Masque Modelant Maria Galland Paris (mineral masque with natural thermal properties), facial massage and Spa Manicure, (150 minutes). Healthsnack and cocktail. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal. 255.00

Blue Spa Men's Day Our gentleman's special session: Men's Spa Package (150 minutes) with an aroma face treatment, Asian pressure point massage, additional back massage, Manicure and Pedicure, wellness snack and cocktail. Including use of the pool, sauna steam bath and fitness studio. Bathrobe and slippers are at your disposal. 265.00

BUSINESS PACKAGES

After Work Package Unwind after a busy conference or stressful working day. Aromatherapy massage (35 minutes), plus a healthy snack and cocktail. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal. 132.00

We would be delighted to offer you conference or incentive packages. For more information or reservations please contact our banquet team. We will be pleased to answer your enquiry by telephone on +49 89.21 20-934 or e-mail to banqueting@bayerischerhof.de.

BEAUTY TREATMENTS / HAIR SALON

BEAUTY CENTER AT THE BAYERISCHER HOF

Our independent Beauty Center under the ownership of Ms Liliana Schaub takes care of your well-being with selected cosmetical treatments. Her team looks forward to advise and indulge you. For reservations please call: +49 89.29 63 06.

FACIAL TREATMENTS

Face Classic – Clean This cleansing treatment energises your skin and restores its equilibrium. The facial includes: cleansing, herbal vapours, peeling, removal of skin blemishes, eyebrow shaping, active agent ampoules, massage, a mask for face, neck and décolleté. 90 mins/115.00

Luxury Treatment Niance A lavish facial and eye treatment. With its cell-regenerating and revitalising force your skin is given a smooth, healthy and beautiful appearance. This luxury cosmetic is based on glacier water, algae components and bio-nanotechnology. 60 mins/110.00
Including electric impulses and Myolifting. 90 mins/150.00

Luxury Treatment Niance for Men This session suits the specific needs of male skin: restoring its soft, elastic and fresh appearance. 70 mins/110.00

Facial and Décolleté Treatment Ligne St. Barth This particularly tranquil and pampering treatment will help you to reach a state of deep relaxation. The high-quality organic care products containing natural vitamins and minerals have an intensive cleansing effect and stimulate the skin's natural functioning. 90 mins/120.00

Face Firming – Energising Facelift Rebuilding and tightening of the skin tissue as well as face and neck muscles. Through the deep effect of the galvano massage and muscle contraction with electric impulses, small lines and wrinkles are diminished. Solely products of high intensity will be used. 120 mins/160.00
Including removal of skin blemishes and massage. 60 mins (without removal of skin blemishes and massage)/110.00

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<p>Face Regeneration – Masque Parfait Caviar Maria Galland Paris An intensive beauty treat based on a high-class combination of caviar extracts and collagen. A “Pro-Lifting” with active components from the “Anti-Age de Luxe” series.</p>	70 mins/130.00
<p>Face Vital – Masque Modelant Maria Galland Paris We recommend this mineral mask for stressed and irritated skin which needs a deep cleanse and the full effect of natural thermal properties.</p>	60 mins (without massage)/100.00 90 mins (with massage)/120.00
<p>Face Relax – Therapy Cocoon Maria Galland Paris Premium beauty care. Your skin receives new elasticity and suppleness while relaxing in a cocoon of gauze and foam. A professional facial massage and lots of attention are included in this revitalising beauty session.</p>	70 mins/115.00
<p>Face Cool – Masque Thalasso Maria Galland Paris The effect of this mask is based on the unfailing power of the ocean. Algae extracts and mineral sea-water properties refresh and vitalise your skin.</p>	70 mins/110.00
<p>Aroma Face Treatment A real treat for your skin with essential oils. Balances energetic blocks via the meridian lines and nerve pressure points and improves circulation. With active agent ampoules and selected essential oils followed by a creamy mask.</p>	60 mins/85.00
<p>Ridupuncture A state-of-the-art treatment for any age. By using needle and electric we achieve sensational results in reducing fine wrinkles and lines. The number of treatments depends on your skin profile.</p>	per minute/3.00 (at least 60.00)
<p>Manual Lymph Massage Soft and tender facial lymph massage eases puffiness and tired eyes.</p>	45 mins/75.00
<p>Collagen-Biomatrix Restores the healthy moisture balance of the skin by using freeze-dried collagen. Especially suited for allergic, dry or couperose-affected skin.</p>	30 mins/55.00

ADDITIONAL BODY TREATMENTS AND EXTRAS

Body Peeling Massage with Coconut Oil and Papaya Ligne St. Barth Relaxing peeling massage for velvety soft and smooth skin. The fruit enzymes in fresh papaya, natural yoghurt and a special sea sand polish complex enriched with minerals remove dead skin cells. Pure coconut oil provides lasting care for the skin while pampering it with valuable nutrients.	30 Min./70.00
Sea Salt Body Peeling Including an aroma body massage.	60 mins/110.00
Special Back Treatment Manual cleansing for a beautiful back. Including peeling, herbal vapors, a soothing package and final care.	60 mins/85.00
Tightening Body Treatment A algae mask for the whole body, sea salt application, followed by an aroma body massage for a smoother silhouette and silky skin.	80 mins/125.00
Body and Cellulite Treatment Enzyme peeling, anti-cellulite concentrate, ultrasound (20 mins), Mask Thalasso on problem areas and skin tightening cream.	80 mins/125.00 9 x 80 mins/960.00
Relaxation from Top to Toe Includes a body massage and a facial with massage, cleansing ampoule with milk and tonic, and cream mask. Suitable for ladies and gentlemen.	90 mins/150.00
Ligne St. Barth Beauty Package for Face and Body This combination of body peeling, massage, facial, neck and décolleté treatment is a feast for your senses using fresh and natural ingredients.	150 mins/195.00
Ladies' Beauty Package A fine selection of some of our best beauty treatments including Masque Modelant, Aroma Massage and Spa Manicure.	150 mins/210.00
Men's Spa Package Our gentleman's special session: an aroma face treatment with Asian pressure point massage, additional back massage, Manicure and Pedicure.	150 mins/195.00

E X T R A S

Spa Manicure Hand bath, peeling, nail care, hand massage and hand mask including nail hardener.	60 mins/70.00
Manicure Classic Including nail hardener.	45.00
Nail Varnish / French Manicure	12.00/20.00
Hand or Foot Treatment with Fruit Wax	25.00
Spa Pedicure Rejuvenating foot bath, peeling, nail and callus care and long foot massage.	60 mins/70.00
Pedicure Classic	50.00
Medical Pedicure	60.00
Colouration of Eyelashes / Colouration of Eyebrows	15.00/12.00
Eyebrow Shaping Manually or waxing.	15.00
Daytime Makeup	35.00
Evening Makeup	50.00
Bridal Makeup Includes active agent ampoule.	90.00
Makeup Consultation Complete makeup with description of products and colours.	60 mins/80.00

Permanent Makeup

Eyebrows	500.00
Eyeliner above and below	800.00
Eyeliner simple	450.00
Lip correction	800.00

Touch-up treatment up to three months is included in price.

Depilation with Warm Wax

Legs to knee	45.00
Legs complete with bikini zone	90.00
Bikini zone	20.00
Brasilian waxing	40.00 to 50.00
Armpit	20.00
Upper lip	10.00 to 15.00
Facial complete	20.00 to 25.00
Back and full-length	according to treatment

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Opening hours: Monday to Friday 10 a.m. to 7 p.m., Saturday 10 a.m. to 6 p.m.

or by appointment, Sundays and holidays by appointment only.

Direct dial from hotel room: - 170

Vouchers for beauty treatments are available and only valid at our Beauty Center. In addition to the packages listed here we would be delighted to assist you individually and to provide a personalised programme. We invite you to check into the Blue Spa a few minutes prior to your scheduled appointment. Appointments for beauty treatments may be cancelled free of charge provided you inform us at least 1 day in advance. Cancellations are only accepted via phone and directly in the Beauty Center. We charge 50 % of the total costs for cancellations made less than 1 day before the appointment and 100 % for no-shows or if appointments are cancelled with less than 3 hours notice. Subject to change without notice.

Beauty Center
im Hotel Bayerischer Hof/Blue Spa

Promenadeplatz 2 - 6
D - 80333 München

Fon +49 89.29 63 06
Fax +49 89.24 23 11 36

www.beauty-bayerischerhof.de
info@beauty-bayerischerhof.de

H A I R S A L O N A R N O L D Y & T R A U B

Enjoy the modern Mediterranean atmosphere in the exclusive salon of Herbert Arnoldy and Gerhard Traub. The owners' international experience and permanent personal presence brought them numerous awards. Expect nothing less than the expert touch for outstanding hairstyling creations. We basically use products of L'Óreal Kérastase.

L A D I E S

Hair bath, Styling	33.00 (short), 36.00 (medium), 42.00 (long)
Hair bath, Cut, Styling	67.00 (short), 70.00 (medium), 75.00 (long)
Colouring	70.00 (short), 75.00 (medium), 80.00 (long)
Highlights	75.00 (short), 90.00 (medium), 120.00 (long)
Hair and Scalp Care	12.00 to 15.00

G E N T L E M E N

Shampoo, Cut, Blow-Dry	55.00 to 60.00
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H A I R S P A

Hair Care Rituals	35.00 to 75.00
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Opening hours: Monday to Friday 9 a.m. to 6.30 p.m., Saturday 9 a.m. to 2 p.m.
Subject to change without notice.
Direct dial from hotel room: - 952

FITNESS / HOW - T O - S P A

Personal Training Choose a Personal Trainer to conduct a fitness check-up and a personal training session in our studio. The goal is to develop your personal routine during this session or ideally in a follow-up of different sessions. Enhances your condition and personal level of fitness. 50 mins/90.00

Pilates A special form of fitness, posture, and movement training on the floor. The objective is the improvement of stamina, breathing technique, posture and body control by strengthening the core muscles around the spine. A therapist will provide detailed instructions while guiding you through a series of exercises. 50 mins/90.00
(add. person 18.00)

Individual stress management We deal with your current situation, in order to bring back the different areas of life back into balance. With the "Jacobsson Progressive Muscle Relaxation" technique you will learn to use your personal resources to avoid and overcome stress. The coaching will help you get "back" into contact with yourself and to create islands of relaxation and equilibrium in your everyday life. 50 mins/89.00

Equipment Introduction Our Personal Trainer introduces a safe and professional way of using our training equipment. Includes detailed explanation of the machines and their perfect adjustment to avoid postural and operational mistakes. In addition, advice on contraindications, personal training intensities and specific training areas is provided. 50 mins/90.00

Sports Massage In preparation for your training. The massage will help to loose tensions, to alleviate or avoid muscle ache, to stretch muscles and tendons, to relax the body. Furthermore, the massage improves the efficiencies of your training. Reduces risks of injuries and complements your training. 35 mins/63.00
50 mins/89.00

In addition to the packages listed here we will be happy to provide a personalised programme. We invite you to check into the Blue Spa 15 minutes prior to your scheduled appointment. This will allow you time to change and prepare body and mind for your treatment. Appointments for health and fitness sessions may be cancelled free of charge provided you notify us at least 5 hours in advance. We charge 50 % of the total costs for cancellations made less than 5 hours before the appointment and 100 % for no-shows or if appointments are cancelled with less than 3 hour's notice. Subject to change without notice.

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Our spa reception is situated on 7th floor.

Please reserve your day spa visit in advance. Towels are provided free of charge. At our spa reception you may borrow a bathrobe and buy slippers as well as a key to the locker in the changing room with safe. Please take your credit card or a cash deposit to establish your guest account, however the bill may be settled by ec-card or cash, too.

Please book spa treatments and day spa packages via our spa reception +49 89. 21 20-992, beauty treatments and beauty packages via the Beauty Center +49 89. 29 63 06. We invite you to check into the Blue Spa 15 minutes prior to your scheduled appointment. We guide you to the treatment room. If you come late we ensure the remaining time although the session might be shortened if a following guest is scheduled. We charge for your initial reservation.

Please do not take mobile phones to the pool, sun beds and sauna area as well as the relaxation room.

Please wear swimwear in the pool, gym wear and running shoes to use our fitness studio and cover yourself in the relaxation room. However, our culture invites you to choose being both undressed or dressed using sauna and steam bath. Please lay a towel underneath and take a shower before using pool, sauna or steam bath.

After the massage, please leave the organic oil for at least 20 minutes before taking a shower to ensure its beneficial properties.

Vouchers, except for beauty treatments and hair styling, are available in our Hotel Shop in the lobby from 8 a.m. to 9 p.m. or order via phone +49 89. 21 20-894. These vouchers are not valid in the Beauty Center and at the coiffeur A&T. We are pleased to take your reservation for a table in our Blue Spa Lounge, on +49 89. 21 20-875.

M E M B E R S H I P

ENTRANCE & MEMBERSHIP FEES (prices quoted are without/with use of the fitness studio)

One Day Pass

One Day tickets, issued as a voucher, are only available in combination with an additional Blue Spa benefit. We are delighted to assist you at any time.

Monday to Friday 35.00/39.00
Saturday to Sunday and holidays 39.00/43.00

One Month Membership

195.00[•]/244.00[•]

Six Months Membership

848.00[•]/1063.00[•]

Annual Membership (12 months)

1520.00[•]/1856.00[•]

Blue Spa Platinum Card (12 months, includes use of the fitness studio, 12 body treatments (max. 50 minutes) accompanied by a cup of herbal tea at each session, provision of bathrobe and bathing shoes at each visit)

2690.00[•]

Blue Spa Platinum Plus (12 months, includes use of the fitness studio, 12 body treatments (max. 50 minutes) accompanied by a cup of herbal tea at each session, an underground parking space for the duration of your stay at the Blue Spa, provision of bathrobe and bathing shoes at each visit)

5310.00[•]

Entry to the Blue Spa is free of charge for overnight guests. Purchase of a day pass or membership entitles the holder to unlimited access to the pool and all other facilities during opening hours.

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- **Administration fees**

An additional administration fee of 25 euro is charged for all memberships except day passes.

All members (except day passes and one month memberships) are charged a one-time joining fee of 125 euro.

Opening hours: Daily 7 a.m. to 10.30 p.m.

Fitness studio: Daily 6.30 a.m. to 10.30 p.m.

Direct dial from hotel room: -992

Our General Terms and Conditions apply.

Subject to change without notice.

