

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.

<p>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.</p>	<p>50 mins/90.00</p>
<p>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.</p>	<p>50 mins/90.00 (add. person 18.00)</p>
<p>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.</p>	<p>50 mins/89.00</p>
<p>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.</p>	<p>50 mins/90.00</p>
<p>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.</p>	<p>35 mins/63.00 50 mins/89.00</p>

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.

All prices are in Euro and include VAT at the statutory rate. All previous price lists lose their validity, with this release as from 1 September 2011. Rates subject to change.