

DAY PASSES

One Day Pass

One Day Pass	55.00
Saturday, Sunday and holidays	60.00

Evening Pass	07.00 to 10.30 p.m.	40.00
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Miscellaneous

Use of fitness studio (in addition to day pass)	8.50
Use of bathrobe	7.50
Slippers	6.00

Day passes include use of the pool and sauna area and the provision of hand towels during your visit.

OPENING HOURS

Fitness studio	daily 07.00 a.m. to 10.30 p.m.
Pool and sauna	daily 07.00 a.m. to 08.00 p.m.

Direct dial from hotel room: -992

Please understand that external guests must make advance bookings for the spa area and for massages.

Overnight guests may access the Blue Spa at any time and free of charge.

All prices are quoted in Euro and include VAT at the statutory rate, valid from 1st September, 2023. Prices are subject to change without any notice.

M E M B E R S H I P

One Month Membership

Pool and sauna

295.00

Pool, sauna and use of fitness studio

370.00

Six Months Membership

Pool and sauna

1,210.00

Pool, sauna and use of fitness studio

1,500.00

Annual Membership

Pool and sauna

2,100.00

Pool, sauna and use of fitness studio

2,550.00

Platinum Membership

3,930.00

Includes Annual Membership, use of the fitness studio, provision of bathrobe and slippers at each visit as well as 12 body treatments (50 minutes).

Platinum Membership Plus

7,249.00

Extend your Platinum Membership with underground parking space for the duration of your stay at the Blue Spa.

F E E S A N D D U E S

An additional administration fee of 25.00 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 130.00 Euro.

Our Blue Spa brings together hand-picked spa therapists who deploy techniques from around the world. This is reflected in our diverse range of treatments and gives each treatment a personal touch.

Blue Spa Signature Treatment **80 mins/220.00**

Our unique treatment specially adapted to you and your needs combines elements of four different massage styles: classic, aromatherapy, Shiatsu and Thai.

Blue Spa Classic **35 mins/99.00** **50 mins/130.00** **80 mins/195.00**

Also known as Swedish Massage. The massage can be adjusted to the desired pressure in consultation with the therapist. Improves blood circulation and muscular relaxation.

Blue Spa Aroma **35 mins/105.00** **50 mins/145.00** **80 mins/215.50**

A soft relaxing massage using organic aromatherapy oil. An excellent way to achieve deep relaxation. This treatment uses purely organic, hand-made products from SPA MANUFACTUR® that meet the highest organic quality standards.

Blue Spa Peeling **35 mins/105.00**

A wonderfully fragrant body peel with moisturising organic coconut, shea and cocoa butter and detoxifying Himalayan crystal salt, which also provides precious minerals and trace elements. Dead skin cells are removed, leaving behind even, silky smooth skin. Talk to the therapist to find the right peel for you.

Blue Spa Aroma and Peeling **80 mins/230.00**

Combine the Blue Spa aromatherapy massage and the Blue Spa body peel in a complete treatment that detoxifies, nourishes, relaxes and regenerates.

Blue Spa Foot Massage **35 mins/99.00**

The finest botanical essences from SPA MANUFACTUR® with organic shea butter, fresh aloe, mint and lemongrass nourish, hydrate and unblock tired feet and legs. Feel the relaxing effect of this very special massage technique spread throughout your body.

MESSAGES FROM ALL OVER THE WORLD

Deep Tissue Massage **50 mins/140.00** **80 mins/205.00**

A very deep treatment of the connective tissue, working with pleasant pressure and deep strokes on areas of stress and restricted mobility.

Lomi Lomi Massage **50 mins/150.00** **80 mins/215.00**

This Hawaiian massage-ritual with rhythmic and flowing strokes provides deep relaxation as well as a sense of weightlessness and home. This massage is usually performed by applying light to medium pressure.

Shiatsu **50 mins/140.00** **80 mins/205.00**

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, supports their functional interaction and ensures lasting relaxation.

Thai Massage **50 mins/140.00** **80 mins/205.00**

Firm pressure warm up your body, stretches muscles and increase the circulation of blood through out the whole body. Feels like going through different stages of a yoga session, moved by your specially trained therapist.

Hot Stone Massage **50 mins/145.00** **80 mins/205.00**

This treatment uses lava stones that have been warmed to a pleasant temperature. Applying the stones and using them to massage the body sends the warmth deep into the muscles, resulting in particularly deep relaxation.

A Y U R V E D A

Ayurveda is a health system that originated in India and is made up of central elements such as massage, nutrition and herbal medicine. We offer a small part of its teachings in the form of massage.

Abhyanga **50 mins/145.00** **80 mins/215.00**

An Indian whole body massage involving special massage and positioning techniques to provide a unique experience. The combination of massage and selected herbal oil essences produces a special form of relaxation.

Shirobhyanga **35 mins/105.00**

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.

Padabhyanga **35 mins/105.00**

An Indian form of foot massage which stimulates the organs and energy flow to bring peace to the whole body. It is particularly suited to times of stress and those who spend lots of time on their feet.

Partner Massage Course **2 x 50 mins/280.00** **2 x 80 mins/405.00**

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 you will receive a small gift.

We are also happy to offer other massages on request:

Craniosacral, Lymphatic Massage, Reiki, Prenatal Massage, Sports Massage

For our massages we use the LUXURY BODY OILS from SPA MANUFACTUR® .
The finest, 100% pure botanical essences form a uniquely effective symbiosis with
luxurious plant & seed oils from 1st cold pressing and certified origin, with a maximum
of complex, active vitamins & antioxidants.

The PURE BOTANICAL AROMABLENDS are hand-arranged according to perfumers'
tradition arranged in base, heart & top notes.

SPA MANUFACTUR® skin care & treatment concepts follow a result-focused, holistic
focused, holistic approach & touch all senses - body, mind & soul.

// MADE IN GERMANY

// 100 % HANDMADE . CLEAN . PLANTBASED

Choose from 3 pure botanical aromablends from the AYURVEDIC COLLECTION by
SPA MANUFACTUR® for your treatment:

re · lax [peace//harmony] VATA BALANCE -

100% pure botanical essences of sandalwood, green pepper, cypress,
ylang-ylang & nutmeg

re · direct [calm//strenght] PITTA BALANCE -

100% botanical essences of rosewood, lavender, fennel, lime & sweet orange

re · energize [power//vitality] KAPHA BALANCE -

100% pure botanical essences of sage, myrrh, patchouli, bergamot, lemon & eucalyptus

P E R S O N A L T R A I N I N G

Personal Training 50 mins/135.00

Medical Training Therapy 50 mins/160.00

After a short check-up of your physical fitness, our personal trainer will advise you on
the training to be performed and work with you to develop a tailored programme. The
trainer will of course be on hand the whole time, allowing you to train under the best
possible conditions. We would also be delighted to develop long-term programmes
for you to ensure a continuous improvement in your fitness. Furthermore, we offer you
the possibility for a medical training therapy, tailored to your special needs, for the
purpose of rehabilitation after injuries or for the treatment of diseases. With our fitness
and health package, you will receive healthy food in addition to your individual training
session. We will be delighted to advise you.

MASSAGE PACKAGES

Enjoy a whole day of pampering with one of our packages, which offer various treatments and include full access to our spa area. Naturally, refreshments will also be provided.

After Work Package

200.00

Unwind after a stressful working day: Aromatherapy Massage (35 min.), pool snack and smoothie. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal.

Ladies' Delight

220.00

Treat yourself and your friends or your mother to some very special relaxation time with an aromatherapy massage (35 min.), a glass of champagne, a fruit etagere and a delicious dessert. Including use of the pool, sauna and steam bath. Bathrobe and slippers are at your disposal. Price per person.

Gentlemen's Delight

220.00

A relaxation package especially for him with a vigorous massage (35 min.) to loosen the muscles, a snack and an isotonic wheat beer will be served. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal.

Blue Spa Break

250.00

Enjoy a break that is tailored to your needs and your tastes. Choose a massage from our extensive selection (50 min.). We will also serve you a non-alcoholic cocktail of your choice and a pool snack. Includes use of the pool, sauna, steam bath and gym, as well as provision of a bathrobe and slippers.

Blue Spa Floating Day

285.00

Craniosacral or Shiatsu treatment (80 min.) accompanied by a Carpe Diem Cocktail of your choice. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal.

Blue Spa Detox**300.00**

Savour our relaxing Blue Spa Peeling treatment and Aroma Massage (80 min.) with detoxifying Himalayan salts, a green tea and vegetables sticks with dip. Includes use of the pool, sauna, steam bath and gym, as well as provision of a bathrobe and slippers.

Blue Spa Ayurveda Day**325.00**

Shirobhyanga Massage (35 minutes), combined with an Abhyanga treatment (50 minutes) with a special ayurvedic herbal oil. In addition we serve a healthy snack and an ayurvedic tea. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal.

Blue Spa Asia Day**410.00**

Yoga session (50 minutes) followed by Shiatsu or Thai Massage (80 minutes). Plus a light Asian snack with a smoothie. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal.

Romantic Moments for Two**500.00**

Enjoy a romantic day at our Blue Spa. Relax during a 50 minutes aromamassage with selected essences and oils. Afterwards you are welcome to experience the comforting warmth of our saunas and steam bath as well as refreshing moments at our pool. We indulge you two with a glass of Moët & Chandon champagne, delicious chocolate fruits and tasty napes. Bathrobes and slippers are at your disposal.

BEAUTY - PACKAGES

Together with our in-house Beauty Center, we also offer beauty treatment packages.

Blue Spa Breeze Day **230.00**

A revitalizing wellness programme for your skin, that activates the muscle tissue and encourages the metabolism as well. Enjoy an ultrasonic massage or a relaxing manual massage, followed by a vitamin mask. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal.

Blue Spa Vital Day **305.00**

Vitalising facial treatment for stressed and irritated skin including Masque Modelant Maria Galland Paris (mineral masque with natural thermal properties), facial massage and constructive Spa Manicure, (150 minutes) as well as a Carpe Diem Cocktail. Including use of the pool, sauna, steam bath and fitness studio. Bathrobe and slippers are at your disposal.

Blue Spa Men's Day **320.00**

The wellness package with men in mind (120 min.). High-quality cosmetic products from Niance Men are used for the facial, with a back massage featuring nourishing oils and a manicure, pool snack and smoothie rounding off the pampering. Includes use of the pool, sauna, steam bath and gym, as well as provision of a bathrobe and slippers.

Blue Spa Beauty Day **355.00**

This treatment (150 min.) is a feast for the senses and includes a body peeling with coconut oil and fresh papaya, a body massage with aromatic oils and a relaxing facial with the soothing and fragrant care products as well as Asian lunch snack and Carpe Diem Cocktail. Includes use of the pool, sauna, steam bath and gym, as well as provision of a bathrobe and slippers.

SPA ETIQUETTE

Spas are a place of relaxation and peace. We therefore ask that you remain quiet throughout the entire area and avoid using mobile devices as far as possible to protect the privacy of other guests. You may choose to use the sauna area with or without clothing. We ask that you place towels underneath you when seated and that you shower before using the sauna and pool. However, swimwear must be worn throughout the entire pool and relaxation area, and sports clothing must be worn when in the fitness area.

Day passes

Please understand that, in addition to our hotel guests and members, only a small number of day guests can be admitted to the Blue Spa. Advance telephone booking is therefore required. To avoid no-shows, please take note of the cancellation conditions listed below.

Arrival

To ensure that you enjoy optimal physical and mental relaxation, we recommend to arrive at the spa 15 minutes before your treatment is due to begin.

Massage

Please note that, in the event of late arrival, your massage time may be shortened as a courtesy to subsequent guests.

Vouchers

Prepaid gift vouchers for our spa treatment offers can also be purchased at our hotel shop, which is open every day from 08.00 a.m. to 09.00 p.m., via our telephone voucher service on +49 89.21 20-894 or online at shop.bayerischerhof.de.

Cancellation conditions

Please note that massage bookings can be cancelled free of charge up to 5 hours before the appointment. Later cancellations as well as no shows will be charged completely. Day passes can be reserved free of charge until 6 p.m. the day before. No-shows will be charged 80% of the entrance fee. In the case of group reservations for 6 people or more, day passes must be cancelled 3 days before the appointment. Otherwise, 80% of the cost will be charged.

BEAUTY CENTER AT THE HOTEL BAYERISCHER HOF

Our independent Beauty Center takes care of your well being with selected cosmetical treatments. The team looks forward to advise and indulge you. For reservations please call +49 89.29 63 06.

FACIAL TREATMENTS

Face Classic – Clean

90 mins/145.00

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.

ananné – Fife Continent Ritual

60 mins/120.00 90 mins/165.00

This exclusive treatment combines the effects of proven herbal active ingredients from five continents. A firming and relaxing massage ritual regenerates the skin with lasting effect. The result is revitalised, smoother skin and a radiant complexion.

Luxury Treatment Niance

60 mins/120.00 90 mins/165.00

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.

Luxury Treatment Niance for Men

70 mins/135.00

This session suits the specific needs of male skin: restoring its soft, elastic and fresh appearance.

Face Firming – Energising Facelift

60 mins/130.00 120 mins/180.00

Treatment procedure as for Face Classic Clean. An impulse massage additionally causes enormous tightening of the facial muscles, as well as smoothing of the skin, neck and décolleté.

Micro Needling

90 mins/180.00 Buy by subscription: 5 x 800.00

This treatment activates the skin's own deep regeneration processes; combined with high-frequency current, it produces a true rejuvenation. We recommend it for wrinkles, pigmentation disorders, acne scars and many more.

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Méthode Mosaïque Modelante – Maria Galland Paris

90 mins/150.00

The iconic, ultra-personalized treatment with a spectacular lifting effect. For a rejuvenated appearance, redefined facial features, denser skin and a glowing complexion.

Ridupuncture

90 mins/150.00

This treatment can be used to combat the forming of wrinkles. It helps sustainably reduce mimic wrinkles using the body's own tissue. Fine needles are applied to the affected areas and led horizontally into the cutaneous fold. Gentle, pulsating microcurrents stimulate and activate the fibroblasts, causing the collagen fibres to mesh together; the connective tissue is rebuilt and the wrinkle filled out. The skin can tighten and revitalise itself and is once again well supplied with blood. One or several treatments may be necessary depending on wrinkle depth. A highly effective treatment involving cleansing, preparation and ridupuncture.

Manual Lymph Massage

60 mins/140.00

Soft and tender facial Lymph Massage eases puffiness and tired eyes. Finishing with bio-cellulose mask.

Thirst-Quenching & Energy Booster Treatment – Maria Galland Paris

60 mins/110.00

Leaves the skin intensively hydrated, plumped, revitalized and luminous. Supple, soft and smoothed, the skin has gained new energy and signs of fatigue appear reduced.

Biomatrix-Masks (collage, hyaluron, caviar)

30 mins/70.00

Through freeze-dried substances, this treatment achieves a strong moisture retention. It is particularly suitable for allergic skin, dry skin or skin damaged by couperose. Also popular during a manicure or pedicure.

We will be happy to advise you on further treatments such as the removal of enlarged veins, oil seeds, fibroma, keratosis, spider naevi, etc. We are able to treat these conditions.

BODY TREATMENTS

annané – Deep Detox Bodypeeling

Followed by an aroma body massage.

30 mins/70.00

60 mins/140.00

Special Back Treatment

Manual cleansing for a beautiful back including peeling, vapazone, a calming pack and final care.

60 mins/90.00

Relaxation from Top to Toe – by annané

Includes an aroma body massage and a facial with massage, cleansing ampoule with milk and tonic, and cream mask. Suitable for ladies and gentlemen.

90 mins/160.00

Beauty Package for Face and Body by annané

A feast for the senses is this treatment (150 min.) consisting of body peeling, body massage and a relaxing facial treatment with soothing natural care products from annané. A natural face lift with proven effectiveness.

150 mins/245.00

Men's Spa Package

The wellness package with men in mind (120 min.). High-quality cosmetic products from Niance Men are used for the facial, with a back massage featuring nourishing oils and a manicure rounding off the pampering.

120 mins/210.00

EXTRAS

Spa-Manicure Hand bath, peeling, nail care, hand pack with copaiba oil, including nail hardener or clear coat.	60 mins/85.00
Manicure Classic Hand bath, nail care, including nail hardener or clear coat.	65.00
Hand or Foot Treatment With Fruit Wax.	25.00
Spa-Pedicure Rejuvenating foot bath, peeling, nail and callus care, copaiba oil package, including clear nail varnish.	60 mins/85.00
Pedicure Classic	70.00
Colouration of Eyelashes / Colouration of Eyebrows	20.00/20.00
Eyebrow Shaping Manually or waxing.	15.00
Daytime Makeup	45.00
Evening Makeup	65.00

PERMANENT MAKE-UP

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 the price.

HAIR REMOVAL WITH WARMWAX

Legs to knee	45,00
Legs complete with bikini zone	90,00
Bikini zone	20,00 to 40,00
Bikini zone	20,00
Upper lip	10,00 to 15,00
Facial complete	20,00 to 25,00
Back or full-length	according to duration

OPENING HOURS

Monday to Friday 10.00 a.m. to 07.00 p.m.
Saturday 10.00 a.m. to 06.00 p.m.
Sundays and holidays by appointment only

Direct dial from hotel room: -170

Kindly supported by

N I A N C E® **M A R I A G A L L A N D**
■ SWITZERLAND P A R I S

Vouchers for beauty treatments are available and only valid at the 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 in 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.

Beauty Center
at **Hotel Bayerischer Hof/Blue Spa**

Prannerstraße 5
D-80333 Munich, Germany

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

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

HAIR SALON ARNOLDY UND TEAM FRISEURE

Enjoy the fashionable, puristic and classic atmosphere in the exclusive salon of Herbert Arnoldy and his team.

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'Oréal Kérastase.

LADIES

Hair bath, Styling	from 50.00
Hair bath, Cut, Styling	from 95.00
Colouring	from 100.00
Highlights	from 120.00
Hair and Scalp Care	8.00 to 20.00

GENTLEMAN

Hair bath, Cut, Styling	starting at 70.00
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HAIRSPA

Hair Care Rituals	starting at 65.00
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OPENING HOURS

Tuesday to Friday 09.00 a.m to 06.30 p.m.

Saturday 09.00 a.m. to 02.00 p.m.

Direct dial from hotel room: -952

Subject to change without notice.