

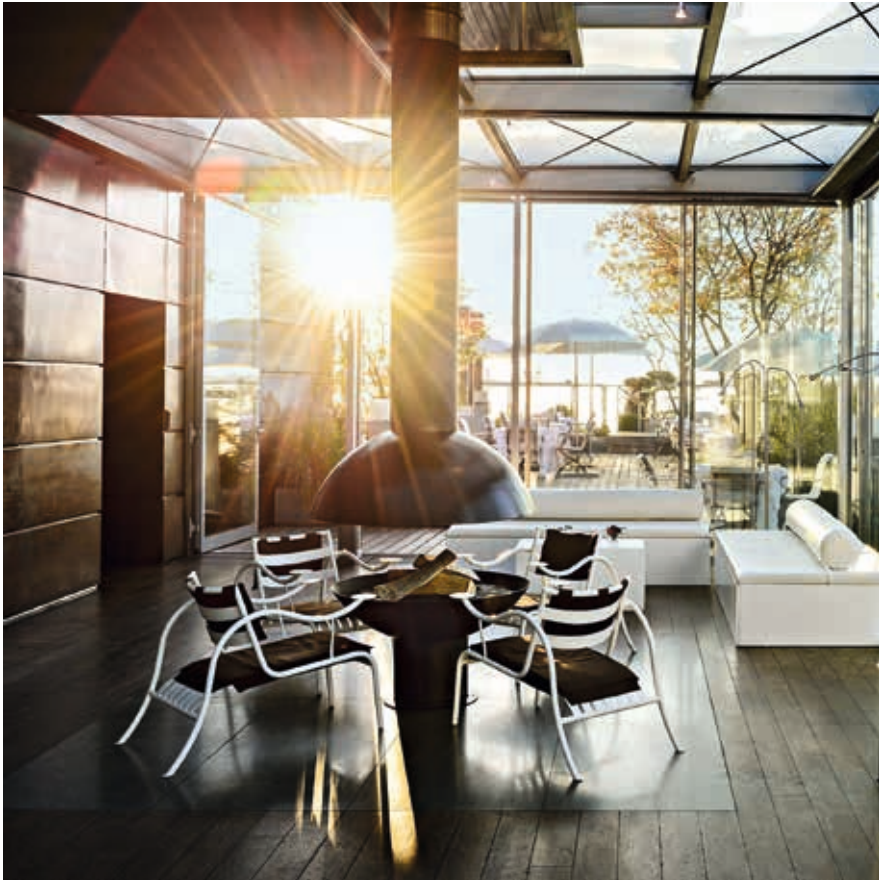
Blue Spa

WELL-BEING AT THE HIGHEST LEVEL

YOU DON'T NEED AN
AEROPLANE TO REACH
THE STARS.



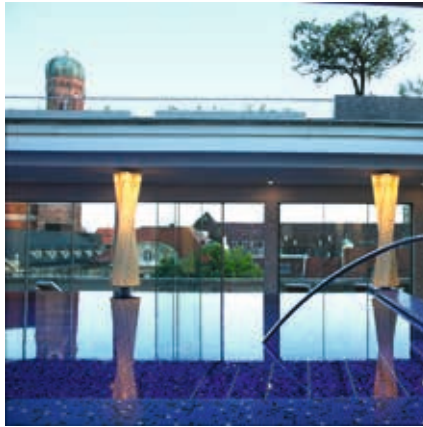
J U S T S T E P I N T O T H E L I F T .



Are you one of those people who would like to have the power to stop time? You would like a little less speed and a little more serenity in your life? You would love to be in a place that offers nothing more than quiet and relaxation? Then you will love the Blue Spa. Even its location shields you from everyday life: high above the rooftops of Munich, it is the crowning glory of the Bayerischer Hof. Star architect Andrée Putman has created a true oasis with the Blue Spa. In the truest sense of the word, because this refuge is surrounded by a unique garden landscape. The Blue Spa – perhaps the best place to not only get back in form, but also to find your inner self. Our team will give you a warm welcome.



IN CASE YOU WERE WONDERING
WHY YOU FEEL SO WEIGHTLESS:
YOU'RE SWIMMING 570 METRES
ABOVE SEA LEVEL.



The term "sanus per aquam" – healthy through water – was coined by the Romans. Even today, its abbreviation Spa stands for gentle relaxation of body and soul. Where better to achieve this than in the spacious pool of the Blue Spa? Here, you can get a fascinating view over the whole of Munich. In case of good weather you can even swim under the blue sky: to make this possible our glass roof can be opened completely. And if you would like a little more exercise, simply pay our fitness studio a visit. Alongside the glass-roofed pool, steam bath, organic sauna and a multitude of high-end wellness treatments, the Blue Spa also offers tailor-made medical rehabilitation treatments, based on a five point programme. The specialist at your disposal: Ulrich Barth. His clientele: Top athletes and private patients. The professional career of the medical training therapist includes jobs at the German national football team, FC Bayern and the legendary sports physician Müller-Wohlfahrt. Yoga and pilates complete the programme. By the way: so much fitness is not a must. Perhaps you would rather enjoy a bit of relaxation on our sun terrace? Or by the pool, in front of the open fire.

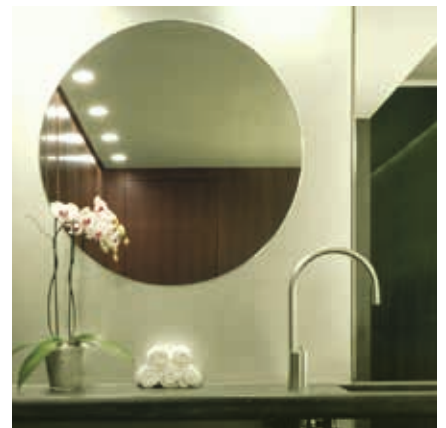
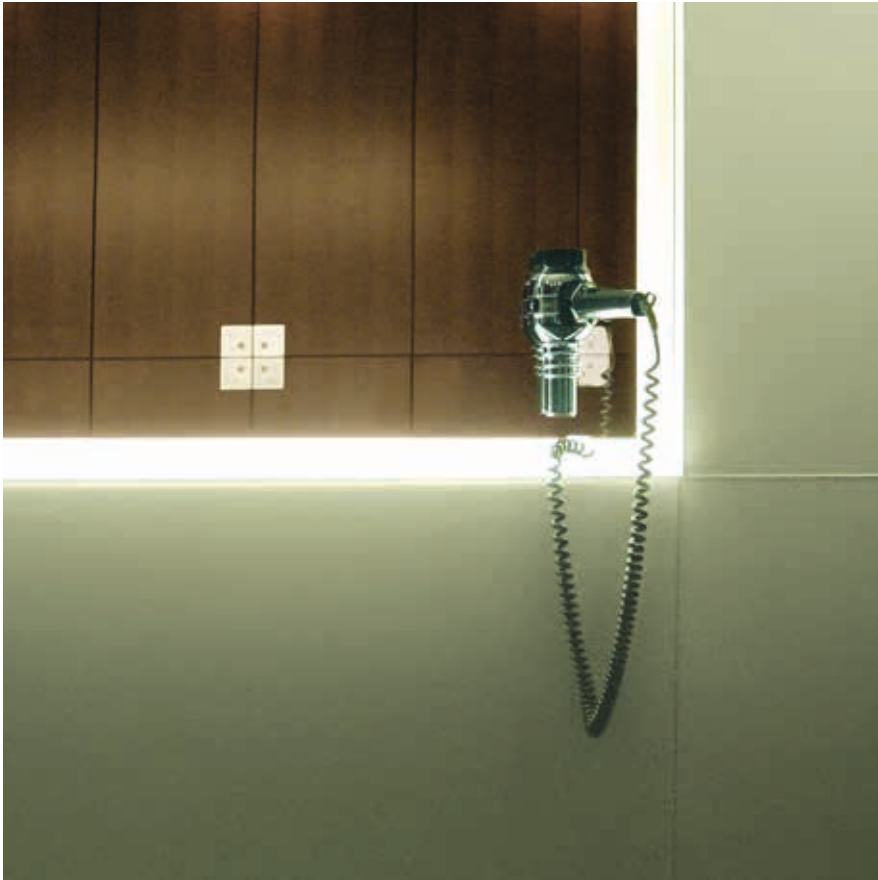


D O N ' T A S K H O W .
Y O U ' L L F E E L .
J U S T F E E L I T .

The Blue Spa should primarily be a place where you can relax. That is why we offer an extensive range of beneficial treatments alongside various classic massages. Whether from Germany, Greece, India, Japan, Mauritius or the Ukraine – in our Blue Spa, hand picked therapists demonstrate their individual techniques from all over the world. This is reflected in our multifaceted range of treatments: from classic massages such as sport, foot reflexology and deep tissue massage, to wellness massages such as chocolate and hot stone massage, over Japanese treatments such as Shiatsu and Reiki to Yoga and Ayurveda therapies, that are passed on from generation to generation. The various techniques can be combined, which means that every treatment has a personal touch and can be tailored to the individual needs of every guest. And before or afterwards you can use our saunas, which range from the very gentle organic sauna in the ladies area, to the mixed sauna with infusions, to the steam bath. A plunge pool and several relaxation areas, including the winter garden with an open fire, leaves nothing left to be desired – apart from one thing: to come back as often as possible.

T H E R E A R E M A N Y P A T H S T O T R U E B E A U T Y .
H O W A B O U T T H E S H O R T E S T O N E ?

It will be clear to see how well you feel after an extensive visit to our Beauty Center. Especially after one of our beauty treatments. From a facial to luxurious masks and exfoliants, right up to classic manicures and pedicures, we offer everything you need to highlight your natural beauty. Enjoy an exceptional anti-ageing treatment with collagen and caviar extracts or an ultrasound and myolifting treatment. Used in a simultaneous process, these have a great firming effect on the facial muscles and smoot the skin, neck and décolleté. You can also look forward to our very beneficial body treatments, such as a body peeling with fresh papaya, sea sand complex and cold pressed coconut oil. If you would like to do even more for your complexion, our modern solarium is available. We would also be delighted to make an appointment with our international award winning hairdressers Arnoldy & Team for you. Are these not beautiful outlooks?



T H E B L U E S P A B A R .
P R O B A B L Y T H E F I R S T B A R
Y O U ' L L E V E R L E A V E
F E E L I N G H E A L T H I E R .

In a spa where everything is about your wellbeing, one thing is essential: enjoyment. So, you will be served with selected creations from our spa kitchen at the pool bar, at the pool, in the lounge and winter garden. We place particular importance on light food and fresh ingredients that are prepared harmoniously and carefully. Of course, we also offer you a wide range of drinks which will not only impress ambitious athletes, but also fans of unusual cocktails. In summer you can enjoy a view of the whole city on our large terrace – at the Blue Spa Barbecue. An exclusive treat that you won't experience in quite the same way anywhere else.





WE HAVE A KEEN EYE
FOR DETAILS.
HERE ARE THE MOST
IMPORTANT ONES FOR YOU.

- Opening times daily from 07.00 a.m. to 10.30 p.m., fitness studio from 06.30 a.m.
- The use of the Blue Spa and its facilities is free for hotel guests.
- We offer the following access options for non-hotel guests:
Day spa, 1 month, 6 months, 12 months. All tickets are available optionally with or without use of the fitness studio.
- For optimum preparation of body and mind, we recommend that you arrive 15 minutes before the start of the treatment.
- You can obtain gift vouchers from our hotel shop at any time.
- Our spa team is available to make reservations and answer any questions at any time. By phone on + 49 89.21 20 - 992 or by e-mail at bluespa@bayerischerhof.de

