

DAY PASSES

One Day Pass

Monday till Friday	50,00
Saturday, Sunday and holidays	55,00

Evening Pass	7.00 to 10.30 p.m.	38,00
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Miscellaneous

Use of fitness studio (in addition to day pass)	8,00
Use of bathrobe	7,00
Slippers	5,50

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

OPENING HOURS

Fitness studio	daily 6.30 a.m. to 10.30 p.m.
Pool and sauna	daily 7.00 a.m. to 10.30 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 every time and free of charge .

All prices are quoted in Euro and include VAT at the statutory rate, valid from 1 September, 2022. Prices are subject to change without any notice.

M E M B E R S H I P

One Month Membership

Pool and sauna

275,00

Pool, sauna and use of fitness studio

346,00

Six Months Membership

Pool and sauna

1.134,00

Pool, sauna and use of fitness studio

1.404,00

Annual Membership

Pool and sauna

1.998,00

Pool, sauna and use of fitness studio

2.418,00

Platinum Membership

3.656,80

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

6.590,00

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 125.00 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 Min./204,00

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 Min./ 92,00

50 Min./ 118,00

80 Min./178,00

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 Min./96,00

50 Min./134,00

80 Min./ 199,00

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 Min./96,00

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 Min./ 213,00

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 Min./ 93,00

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./128,00 80 Min./192,00

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 Min./140,00 80 Min./199,00

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 Min./128,00 80 Min./192,00

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 Min./128,00 80 Min./192,00

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 Min./135,00 80 Min./192,00

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/135.00 80 mins/199.00

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/96.00

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/96.00

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/258.00 2 x 80 mins/370.00

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, Hot Chocolate Massage, Hot Bamboo Massage, Lymphatic Massage, Pantai Luar, Prenatal Massage, Reiki, Sports Massage

Our massages are performed using SPA MANUFACTUR® products. These are made by hand from fresh, certified organic ingredients and lovingly decorated with blossoms, herbs and labels.

The aromatherapy fragrance profiles made up of base, middle and top notes are mixed by hand using 100% natural essential oils.

SPA MANUFACTUR® does not use paraffins (mineral oils), parabens (preservatives), synthetic emulsifiers, emollients or colorants. It does not test on animals or use unnecessary packaging and runs a fair and socially responsible business.

We carry the following SPA MANUFACTUR® collections:

Aromatherapy profile: SOOTHING & RELAXING – skincare effect: calming, sensitive & clearing

Lavender, sandalwood, Ylang Ylang and sweet orange

Aromatherapy profile: – REFRESHING & UPLIFTING – skincare effect: pure vitamins booster

Blood orange, ginger, mandarin and lime

Aromatherapy profile: – BALANCING & HARMONIZING – skincare effect: regenerating & pure antiaging

Rosewood, rose geranium, grapefruit and palmarosa

Aromatherapy profile: – ACTIVATING & ENERGIZING – skincare effect: deep tissue, metabolism & detox

Lemongrass, rosemary, pine, sage and mint

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

Yoga-Session

50 Min./107,00 80 Min./151,00

For centuries, yoga has been a proven method of relaxation and revitalisation. Through breathing exercises, positions and meditation, you will restore harmony to your body and soul. Each session is customised to accommodate the specific needs of your body.

Personal Training 50 mins/124,00

Medical Training Therapy 50 mins/149,00

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.

M A S S A G E P A C K A G E S

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

182,00

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.

Blue Spa Early Bird

179,00

A high-energy start to the day for early risers. The package includes an energy or detox breakfast in the Blue Spa, a refreshing smoothie and a Blue Spa Classic massage (35 min.). Includes use of the pool, sauna, steam bath and gym, as well as provision of a bathrobe and slippers.

Ladies' Delight

204,00

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

204,00

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

230,00

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

264,00

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**280,00**

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**299,00**

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**379,00**

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**465,00**

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

215,00

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

285,00

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

295,00

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

332,00

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 8 a.m. to 9 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.