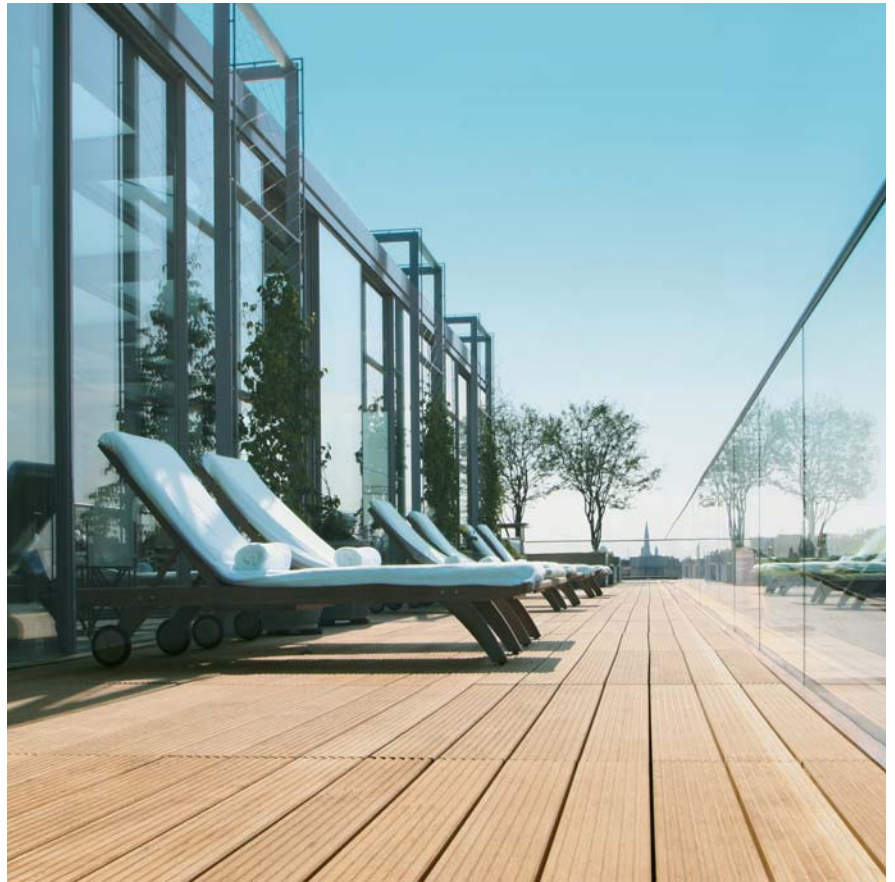
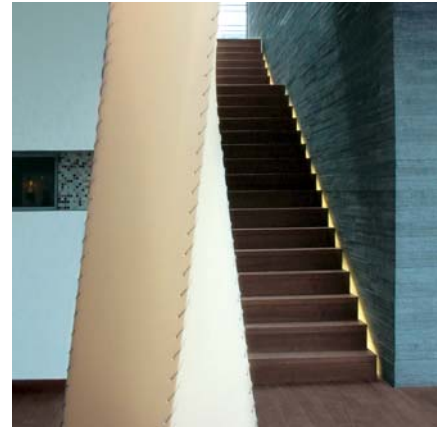


Blue Spa

WELL-BEING AT THE HIGHEST LEVEL



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 wish they could leave everyday life behind once in a while? Do you long to re-connect to your senses and unwind in a place dedicated solely to relaxation and regeneration? Then, the Blue Spa is just what you've been waiting for. High above the roofs of Munich, it is the crowning glory of the Hotel Bayerischer Hof. Here, star architect Andrée Putman has created a unique oasis in the midst of a lush roof garden. The Blue Spa: possibly one of the best places to energise your body and let your mind float. Our team would like to extend you a very warm welcome.



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



Even back in Roman times, water was renowned for its healing properties. Today, “Sanus per aquam”, abbreviated as spa, is acclaimed as a gentle way to revitalise body and soul. What better place could there possibly be to relax than in the generously sized pool at the Blue Spa? Enjoy a breathtaking view over the whole of Munich. In good weather, swim under an open sky thanks to the sliding glass roof. For even more exercise, try out the fitness studio. Former Mr Universe Ralf Moeller, a regular guest at the hotel, is responsible for choosing state-of-the-art equipment, and our team will put together your own personal exercise programme based on professional fitness and health checks. Yoga and Pilates round off the range of options. However, you may also just relax on our sun terrace or in front of the fireplace by the swimming pool. The choice is yours.



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

First and foremost, the Blue Spa is a place where you can switch off. That's why we offer a choice of special body treatments in addition to various classic massages. Why not enjoy a Shiatsu, Ayurveda or Hot Stone Massage in the hands of our specially trained international therapists, followed by a visit to one of our different saunas? With everything from the ladies' gentle bio sauna to a mixed sauna with herbal preparations and a steam bath, there's something for everyone. A plunge pool and several relaxation rooms, including a winter garden with an open fire, will leave nothing to be desired – except for as many return visits as possible.

T H E S E C R E T O F N A T U R A L B E A U T Y ?
R E L A X A T I O N .

Not only will you feel the rejuvenating effect of a few hours at the Blue Spa. It will also be visible – especially if you opt for one of our beauty treatments. Try a facial massage accompanied by a luxurious mask to make the most of your natural beauty. Enjoy a first-rate anti-ageing treatment with collagen and caviar extracts or a vitamin C remedy for stressed-out skin. Afterwards, pamper yourself with our relaxing tropical all-over body treats such as an exfoliating mixture of fresh papaya, sea sand complex and cold-pressed coconut oil. If you would like to do even more for that healthy glow, visit our modern solarium. And finally we recommend an appointment with our internationally commended hairstylists Arnoldy & Traub. Tempted?



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 .

There is one more thing that a sanctuary for the senses cannot do without: gourmet spa cuisine. Refined creations from our spa chefs are served at the Pool Bar, in the lounge and in the winter garden. We set great store by light meals and fresh ingredients, which are prepared harmoniously and carefully. It goes without saying that we also offer a wide range of drinks, catering not only to fitness enthusiasts but also to those who prefer exceptional cocktails. In summer, you can enjoy the view over the whole city from our large terrace at the Blue Spa Barbecue. An exclusive treat, the likes of which you won't find anywhere else.





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

- Open daily from 7.00 a.m. to 10.30 p.m., fitness studio from 6.30 a.m.
- Hotel guests may use the Blue Spa and its facilities free of charge.
- Non-residents can choose from the following membership options:
day spa, 1 month, 6 months, 12 months. All tickets are available with or
without usage of the fitness studio.
- We recommend you arrive 15 minutes before your treatment begins
to prepare body and mind.
- Gift vouchers are available at our kiosk at any time.
- Our spa team will be happy to answer your questions or make
a reservation for you any time. Call +49 89.21 20 - 992 or e-mail
bluespa@bayerischerhof.de

