

A warm, orange-toned background featuring a stack of rolled-up towels and a single flower. The towels are a light beige color and are rolled into thick, cylindrical shapes. A single, light-colored flower with five petals is placed in front of the towels. The background is softly blurred, showing hints of a spa environment with more towels and possibly a wooden chair.

Le SPA

TREATMENTS

WARM WELCOME TO LE SPA MUNICH

Spanning an area of 750 m², the wellness and spa area of Le Méridien Munich houses one of the city's longest hotel pools. Additionally, enjoy access to the fitness area as well as to the sauna, spa facilities, and treatments from around the world featuring products from Comfort Zone. Experience an ambiance where the extraordinary finds its place: your well-being.



LET GO,
DIVE IN
+ BE.

- Holistic treatments from head to toe
- Exclusive sauna area
- Year-round heated indoor pool
- 24-hour open fitness area with cardio and strength equipment

LE SPA SIGNATURE TREATMENT

The all-encompassing pampering program: Enjoy a nourishing full-body massage, arm and hand scrub, as well as a facial mask.

90 min. € 160

RELAXATION MASSAGE

Experience a relaxing massage with slow and rhythmic movements.

45 min. € 90

60 min. € 115

90 min. € 160

BACK AND NECK MASSAGE

This massage relieves tension in the back, neck, and shoulder area, stimulating your energy flow.

30 min. € 60

DEEP TISSUE MASSAGE

As part of the deep tissue massage, deep-seated tensions are released while simultaneously stimulating your body's circulation. Please note that occasional strong pressure may be applied for this purpose.

45 min. € 90

60 min. € 115

90 min. € 160

CLEOPATRA MASSAGE

Thanks to the unique and pleasant silk lotion used during this massage, your skin is effectively going to be nourished.

60 min. € 115

90 min. € 160

"FOOT WELLNESS" FOOT MASSAGE

Experience a relaxing massage with slow and rhythmic movements.

30 min. € 60

HYDRATION (HYDRA4HA.)

A true moisture experience of the latest generation thanks to the synergistic effect of a total of four hyaluronic acid sources. The new highly effective solution for youthful-looking skin.

60 min. € 115

90 min. € 160

ANTI-AGING (JEUNESSE SSP3.)

Wrinkles good-bye! Enjoy our facial rejuvenation treatment in 5 phases with 8 cutting-edge product formulas. The refreshing peeling with phytin acid refines your skin. Through multi-zoning and multi-masking, each zone of your face is individually nourished. After only 3 treatments, your skin looks up to 6 years younger!

60 min. € 115

90 min. € 160

GENTLEMANS' DAY

Our wellness program for men. Experience invigoration through a deep full-body massage and a facial treatment tailored for men.

90 min. € 160

LADIES' DELUXE

Our wellness program for women. Relax with a full-body massage before your skin is rejuvenated with a full-body scrub and a hyaluronic facial treatment.

150 min. € 260

BODY WRAP

A ceremony of pure sensuality that revitalizes and pampers the skin with our high-quality Sothys products..

30 min. € 65



FIT AND VITAL THROUGHOUT THE DAY IN OUR FITNESS AREA

Our high-quality equipment includes treadmills, cross trainers, bicycles, free weights, and a weight bench.

Open 24 hours daily.

PREPARATION

Please arrive for your treatment wearing the bathrobe provided in your room or obtained at the Le SPA reception.

During the treatment, all intimate body parts will be covered with towels. We are happy to provide you with disposable underwear as well.

We recommend refraining from shaving immediately before a body treatment or peeling to avoid redness and irritation. However, for men, we recommend shaving on the day of a facial treatment for optimal results.

Please inform the Le SPA staff when scheduling your appointment if you are pregnant or have recently undergone surgery.

Admittance is permitted one hour prior to closing time.

CANCELLATION POLICY

External guests can cancel booked treatments up to 24 hours in advance, and hotel guests can cancel booked treatments up to 4 hours in advance. Otherwise, the price of the booked treatment will be charged at 100%. Cancellations can only be made at Le SPA.

All prices are in Euro inclusive of the statutory value-added tax.

Subject to change.

IN THE HEART OF THE CITY

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lespa-wellness.com/muenchen/

OPENING HOURS

Monday to Friday

Pool: 7 am - 10 pm
Sauna: 7 am - 9 pm

Saturday, Sunday

Pool: 8 am - 10 pm
Sauna: 8 am - 9 pm