




WELLNESS GUIDE

bamford
WELLNESS
SPA




*"Bamford's longstanding partnership with 1 Hotels feels very instinctive – we share the same values and vision for our businesses and the impact they make on the world, so I'm thrilled that we're able to extend the collaboration we've had for over five years with the launch of Bamford's new wellness spa in Hanalei Bay."
– Lady Bamford*

Informed by the calming nature and thoughtful culture of Kauaʻi's North Shore,
Bamford Wellness Spa features 18 sustainably designed treatment rooms
alongside a menu of transformative therapies, rituals and treatments that blend
Hawaiian practices with advanced technology, creating an enlightened space
for serenity, restoration and holistic, lasting wellness.

The Spa also offers a selection of carefully curated mind & movement classes, each
devoted to gently relaxing, restoring and nurturing your overall well-being—led by our
team of wellness experts to help guide you toward harmony, health and happiness.

With deepest gratitude for the natural beauty and rich culture that
surrounds us, we're honored to guide you on this journey to replenishing
your body, rejuvenating your mind and renewing your spirit.



WELLNESS RITUALS

Wellness rituals have the unique ability to empower us, giving us a new opportunity to learn, grow and strengthen our connection to the flourishing world around us. Our Wellness Rituals are centered around Bamford's nourishing products and locally sourced plant-based products from Kaua'i, which work to relieve and restore your body and open your heart to receive the love and light that surrounds you daily.

B SILENT RITUAL

80 Minutes
Chamomile
Lavender
Vetiver

Prepare the body and mind for deep relaxation using products from the B Silent range, developed to improve sleep quality. This treatment starts with a stress-reducing footbath, opening the body's meridians and beginning the process of deep relaxation. Next, experience a full back massage with our B Silent body oil. A series of assisted stretches plus Japanese Shiatsu rocking techniques releases stress, loosen hips, unlocks the lower back, and gently rotates your spine. Finally, B Silent Temple Balm is applied to the forehead and temples to prepare the body and mind for deep relaxation. Choose to upgrade this ritual with our Wave & Sound Therapy Table, featuring heated aqua exteriors, acoustic waves and binaural sounds to ease you into an even deeper state of relaxation.

B STRONG RITUAL

80 Minutes
Wintergreen
Arnica

Deeply restorative treatment designed to nurture, heal and relax stressed joints in the neck, shoulders, lower back, arms and legs. This deep tissue massage works right into the muscles to release pain and discomfort after a heavy workout or too many hours spent sitting down. This full body ritual combines Shiatsu and traditional techniques to reach deep layers of muscle tissue using cross muscle fiber massage techniques that also combine stretching and lymphatic drainage. You'll start this ritual with a welcoming foot bath, followed by shiatsu, cranial pressure points and kneading, wringing and deep frictions to muscle and joints.

B VIBRANT RITUAL

80 Minutes
Rosemary
Peppermint
Eucalyptus

Energize your body, awaken your senses and radiate positivity during this revitalizing, inside-out ritual. Begin with a refreshing foot bath followed by sound therapy to calm your nervous system and realign your energy channels. Using a warm sugar polish, your therapist will gently exfoliate and rejuvenate your skin, leading into a full body and Indian head massage using clarifying citrine crystals. Close the ritual with soothing breathwork exercises to focus your mind and leave your body feeling relaxed yet invigorated.

RENEWED VITALITY RITUAL

140 Minutes
Rosemary
Geranium
Upcycled Coffee Scrub

This custom massage draws inspiration from Hawaiian lomilomi massage, which uses rhythmic strokes and flowing forearm movements that emulate the Pacific Ocean waves. Our detoxifying upcycled coffee scrub exfoliates your skin, increases circulation and nurtures a radiant complexion. This traditional combination of a facial cleanse and massage leaves your skin and spirit feeling youthful and refreshed.

**INTUITIVE HERBAL
RITUAL**
80 Minutes

Awaken your senses with a full body massage centered around Kaua'i Farmacy's Comfrey Noni Serum. Infused into rich macadamia nut oil, the highly revered comfrey and noni plants work together to awaken your fatigued cells. As mineral-rich comfrey bolsters the vitality of your bones, tendons and ligaments, nourishing noni encourages circulation and detoxification. Relax deeply into a traditional pain-relieving ritual, as your intuitive therapist places warmed noni leaves directly on areas of concern to melt away tension and reduce inflammation.

**PERFECT HARMONY
RITUAL**
50 | 80 Minutes

This exquisite and synchronized four hand massage treatment is performed by two massage therapists who will work in harmony to provide a customized massage treatment. Calm your senses and bask in relaxation with this ultimate indulgence.

**KAUA'I COUPLES
ROMANCE RITUAL**
95 Minutes

Begin this connective couple's ritual by soaking away tension with an herbal foot bath infused with healing herbs and flowers. Relax into a full body massage complimented with an herbal poultice to target and calm your unique stressors. Enjoy a decadent, antioxidant-rich Honey Face Mask as you receive a soothing scalp massage, revealing skin that's glowing, hydrated and relaxed. To finish the ritual, enjoy local dark chocolate, a rare treat full of antioxidants.





MASSAGE & BODY TREATMENTS

Experience nature's healing elements with earth-infused massage and body treatments performed by our intuitive, expert and thoughtful therapists. With traditional and innovative massage techniques combined with healing enhancements such as hot stones, tropical honey, nourishing oils, and local pa'akai (salt) scrubs—drift into a state of serenity during your treatment and leave feeling radiant and revitalized.

DE-STRESS MESSAGE

50 | 80 | 110 Minutes

More than just a massage, this gentle pressure treatment will melt away tension and fatigue while Wintergreen Balm invigorates your feet and calves. This massage works with the physical as well as the subtle energy of the body, providing a relaxing experience while improving circulation.

LOMILOMI MESSAGE

50 | 80 | 110 Minutes

This traditional Hawaiian-style massage indulges in long, rhythmic strokes, emulating Pacific Ocean waves and, incorporating work with the forearms, connecting you to a healing modality that has been passed down from generation to generation.

LOMILOMI PŌHAKU

80 | 110 Minutes

Dissolve tension, ease pain and calm inflammation with gentle, traditional Hawaiian-style massage and Himalayan salt stones. Allow the nourishing warmth from the heated stones to melt away your muscular tension, soothe your body and mind, and enhance your body's ability to absorb the decadent healing oils.

‘AWA DEEP TISSUE MESSAGE

50 | 80 Minutes

‘Awa has been cherished for centuries due to its therapeutic properties. Its mild and natural icy hot sensation delivers warmth and release to areas of tension, calms anxiety and treats insomnia—simultaneously nourishing and grounding your body. This deep tissue massage accesses the deeper layers of your muscles, delivering ‘awa to undernourished tissues for unparalleled relief and relaxation. Float through the rest of your day feeling centered and revitalized.

HĀPAI (PREGNANCY) MESSAGE

50 | 80 Minutes

Our full-body pregnancy massage is tailored to the second and third trimesters, utilizing warmed kukui nut oil to moisturize your skin and reduce the appearance of stretch marks. The warmed oil nurtures a peaceful and uplifting experience, as the calming massage targets back aches and tired legs while alleviating full-body tension and pain. Your therapist will position you with supported contour cushions, ensuring optimal comfort and absolute safety for you and your baby.

COUPLES MESSAGE

50 | 80 | 110 Minutes

Enjoy an indulgent, customized side by side massage in our couple's treatment room. Choose from De-Stress, Lomilomi, ‘Awa Deep Tissue or Hāpai Massage. Please note certain treatment styles are only available in selected durations.

QUARTZ RECOVERY MESSAGE

50 | 80 | 110 Minutes

Melt into our quartz sand table which contours your body in a warm cocoon of sand, grounding and centering you. Relax into a restorative massage with a rosemary body oil that reinvigorates your senses, increases circulation and reduces inflammation. The addition of B Strong Arnica Balm soothes areas of tension while Wintergreen Balm nourishes your feet and lower legs. Finish with hot towels over your legs and leave feeling refreshed and relaxed.

BAMFORD SIGNATURE TREATMENT

95 Minutes

Carefully selected ancient techniques to gently nurture your mind, body and spirit. Ease into this holistic treatment with a geranium-infused foot bath, encouraging your body to absorb calming magnesium to reduce inflammation. Transition into a Japanese Shiatsu massage, opening your body's meridians and unblocking your energy channels. Continue to relax into a Swedish massage to release points of tension, as your therapist places a heated chakra stone on your abdomen, massaging it gently to nurture gut health. Finish the ritual with a calming face and head massage to increase circulation as you're guided through yogic breathwork to oxygenate and invigorate your body.

BAMFORD INVIGORATING BODY POLISH

80 Minutes

Nourish your skin with this luxurious treatment designed to stimulate cell rejuvenation and reduce cellulite. Indulge in a beautiful blend of Bamford Geranium Body Oil, pa'akai (Hawaiian salt) and upcycled coffee grounds to clear away dead cells, lock in hydration and reveal silky, radiant skin followed by a Swedish massage.





BODY ENHANCEMENTS

*Little extras that elevate your massage or body
treatment for enhanced overall wellbeing.*

**KAUA'I FARMACY
COMFREY SALVE**

This silky salve made with locally grown comfrey provides your skin with deep hydration and healing. Infused into rich organic coconut oil and Kaua'i beeswax, mineral-rich comfrey absorbs into your skin, bolstering the vitality of your bones, tendons and ligaments to relieve pain and tension.

BAMFORD ARNICA BALM

This soft, nourishing Arnica-based balm gently warms and relieves aching muscles. With hints of black pepper, nutmeg and rosemary essential oils, it works to soothe and ease tension in your skin and muscles.

**B STRONG
WINTERGREEN BALM
FOOT TREATMENT**

Treat your feet to a soothing massage with Wintergreen Balm. Your therapist will massage this healing herb into your feet and lower legs, and wrap them in a cocoon of hot towels around them. The heat allows the Wintergreen to absorb into your skin to improve circulation and soothe the 30 muscles that exist in each of your feet.

PERCUSSION THERAPY

This percussive massage-enhancing instrument, made by Therabody, works to reach 60% deeper into your tissue than the typical hand massage. Elevating your treatment for more effective muscular relief and recovery.

**QUARTZ SAND
THERAPY**

Crafted from gemstone quartz, this specialty treatment table contours your body for a soothing, cocoon of healing. Quartz is known as an energy amplifier, so this unique table can help stimulate your immune system, cleanse your organs, promote concentration and harmonize your physical, mental and emotional spirit.

**WAVE & SOUND
THERAPY**

Experience this unique heated aqua table, fully adjustable and equipped with acoustic waves and binaural sounds to simulate a cloud-like setting for your treatment.

**RAINBOW CHAKRA
MAT**

Inspired by nature and perfected by science, enjoy the cumulative healing benefits of heated crystals, far infrared, negative ions, photon lights and PEMF.

**BAMFORD BOTANICAL
SUGAR SCRUB / PA'AKAI
(SALT) / UPCYCLED
COFFEE SCRUB**
30 Minute Add On

Enhance your massage experience and rejuvenate your skin by adding your choice of a sugar, pa'akai (Hawaiian salt), or upcycled coffee ground scrub to your selected massage service. These natural exfoliants clear away dead skin cells, invigorate healthy cells, increase blood flow and prepare your body to absorb healing oils.

**SOLE RELIEF FOOT
RECOVERY**
30 Minute Add On

Conclude your massage treatment with a luxurious foot massage for ultimate relaxation and inner alignment.





THERAPEUTIC FACIALS

*Each facial is crafted based on your
individual skin type and concerns.*

**ULTIMATE RESTORING
FACIAL**
110 Minutes

Experience the ultimate in anti-aging, refining and cellular renewal. This exclusive treatment combines our nurturing Bamford products, dual cleansing process, three restorative Knesko masks including collagen gem treatment for face, neck and eye and Keravive™ scalp treatment. Furthermore, this elevated ritual utilizes Cryo T-shock therapy face and body contouring, LED therapy and Vortex suction with combination of BHA and AHA acid peels to remove impurities. You'll leave this treatment with glowing, clarified and lifted skin as well as renewed vitality.

**THERMAL-CRYO
FACIAL**
110 Minutes

A delicate massage for your neck and décolletage area to stimulate circulation, followed by a deep muscle massage for your face, neck and shoulders to sculpt and lift your skin. This healing facial incorporates different massage techniques throughout, including Gua Sha and Cryo T-Shock (alternating warm/cold) therapies to impart powerful, soothing anti-aging effects. This targeted treatment will leave your skin looking and feeling youthful, refreshed and radiant.

**BAMFORD WELLNESS
FACIAL**
80 Minutes

Target skin health from the outside in with Bamford Wellness Facial. This personalized treatment combines manual facial massage techniques with Gua Sha to ease muscle tension, stimulate lymphatic flow and reduce puffiness in your face, neck, and décolletage. The facial treatment begins with a soothing stomach massage to promote radiance from the inside, as the gut plays a crucial role in skin health. Throughout the treatment, your Bamford therapist will respond to your personal needs and concerns using a curated set of Bamford skincare products that cleanse, refine, treat, and nourish.

**BAMFORD SIGNATURE
FACIAL**
50 | 80 Minutes

Awakening

This radiance-boosting facial leaves your skin feeling supple and smooth. After an opening cleanse, experience a nourishing exfoliation with ultra-fine volcanic ash and fruit enzymes followed by a rich moisturizer and refining serum. This treatment is designed to nurture sun-damaged skin, uneven textures and dull skin between seasons, leaving you with a radiant glow.

Rejuvenating

This deeply hydrating treatment works to nourish and sculpt your skin to reduce the appearance of fine lines and wrinkles. Particularly recommended for dry or mature skin, this facial begins with a rich plumping mask made with soy stem cells and hyaluronic acid, which work to retain moisture and maintain elasticity. The mask is followed by a cold moonlight stone massage with eye cream containing cacay nut oil, one of the world's richest sources of vitamin A. These methods work together to boost collagen and elastin production to leave your skin looking firm, rejuvenated and radiant.

Detoxifying

Perfect for oily, blemish-prone or pollution-exposed skin, this purifying treatment targets blemishes and pigmentation to reveal brighter and clearer skin. Our signature double-cleanse and steam works deeply to extract impurities, while the lilac flower extract in the brightening mask reduces sebum production, pigmentation and inflammation. Relax as our mineral-rich clay mask works to draw out toxins, heavy metals and pollutants while our finishing moisturizer and serum leave your skin soothed, purified and visibly smoother.

**BAMFORD RESTORE
HYDRAFACIAL® WITH
KERAVIVE™ SCALP
TREATMENT**
80 Minutes

This revitalizing and restoring facial offers immediate and long-term results. The HydraFacial® process allows for optimal skin restoration, enhancing product absorption and driving active ingredients deep into the skin to improve circulation, soften fine lines, hydrate and control breakouts. As the LED light therapy encourages the production of collagen, our Hyaluronic Glow Mist further plumps and hydrates your skin. Enjoy a luxurious, de-puffing eye massage using cold moonlight stones and eye cream containing cacay nut oil, one of the richest sources of vitamin A. Finish the treatment with a Keravive™ scalp massage, infusing your scalp with essential proteins that hydrate, nourish and promote hair growth and healthy overall circulation.

HYDRAFACIAL®
50 | 80 Minutes

Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing. The HydraFacial® resurfacing procedure thoroughly cares for the skin by providing and promoting cleansing, exfoliation, extractions and hydration, including the Vortex-Fusion™ of antioxidants, peptides and hyaluronic acid. The HydraFacial® is a non-invasive, non-surgical procedure that delivers instant glowing results with no discomfort.

**TULSI HONEY
FACIAL**
80 Minutes

Nurture smooth, supple and radiant skin through this conditioning treatment centered around tulsi, a powerful adaptogenic herb, and honey, a natural antibacterial. As the antioxidants in the soothing honey turmeric mask reduce inflammation, sweep away impurities and revive your skin, nutrient-rich tulsi smoothes fine lines and wrinkles to reduce visible signs of aging. Finish with a calming layer of rich kukui nut oil, leaving your skin glowing with deep, dewy hydration.

**NOURISHING NONI
FACIAL**
50 | 80 Minutes

Enjoy a deeply relaxing and effective facial to renew, heal and brighten dull skin. Known for its high level of antioxidants, nourishing noni works to firm your skin and reverse subtle signs of aging. Applied in a raw, rich, unfermented Hawaiian Noni Sheet Mask, nutrients absorb into your skin to balance uneven tones, smooth uneven spots and reveal your radiance. Fruit-derived AHAs and PHAs stimulate cell renewal while gently exfoliating to reduce imperfections, leaving your skin looking polished and plump.

**KANE (MEN'S)
SIGNATURE FACIAL**
50 Minutes

A nourishing treatment designed for male skin using products from our Bamford Grooming Department. Begin with a deep cleanse and steam followed by facial reflexology to help stimulate cell regeneration. Continue with Jade stones that aid circulation and cold Moonlight stones that soothe and tone your skin and tissue. Finish your treatment with a personalized mask selected for you by your therapist to address your skin's unique needs.

COUPLES FACIAL
65 Minutes

Enjoy an indulgent, customized side-by-side facial in our couple's treatment room. This extended, Bamford Signature facial includes a soothing scalp massage and hydrating hand and arm massage.



GLOWING EXTRAS

Inspired add-ons that take your facial to enlightened new heights.

**LED THERAPY: FACE,
DÉCOLLETÉ AND HAND
TREATMENT**

Red light therapy is a non-invasive treatment designed to even your skin tone, reduce fine lines, and leave you with brighter, plumper skin.

**KNESKO FACE MASKS
CHOOSE FROM:**

Eye | Lip | Face | Neck | Décolleté

24k Nanogold Repair

Fight the signs of aging while sculpting, plumping, rejuvenating and repairing damaged skin.

Diamond Radiance

Improve radiance, minimize pores and hydrate.

Rose Quartz

Brighten, smooth and reverse damage.

Black Pearl

This detoxifying, purifying and anti-inflammatory face mask counteracts environmental stress and toxins.

Amethyst

Calms, supports micro-circulation and promotes cellular energy.

**HYDRAFACIAL®
ENHANCEMENTS
CHOOSE FROM:**

Brighten

Designed to even skin tone, minimize the appearance of dark spots and visibly brighten the skin.

Restore

This anti-aging treatment supports hydration of the skin while reducing the appearance of fine lines and wrinkles.

NassifMD Hydraglucan

HydraFacial®'s most hydrating booster repairs dry, dehydrating skin leaving it rejuvenated and protected while attaining the "glass skin look."

**KERAVIVE™ SCALP
TREATMENT
30 Minutes**

Exfoliate, cleanse and soothe your scalp with nourishing growth hydrating skin proteins to reveal healthier, thicker, fuller-looking hair.

**CRYO T-SHOCK
15+ Minutes, Consultation
Recommended**

Cryo T-shock employs rapid and dynamic exchanges between hot and cold temperatures to induce thermal shock in the tissues reducing cellulite and body fat while promoting muscle relaxation and facial smoothing and tightening.

THERAFACE

Enjoy eight treatments in one with this handheld percussive tool. Microcurrent, LED, deep clean, hot and cold treatments and percussive therapy work together to relieve your facial and jaw tension, leaving you with a relaxed youthful glow.



NAIL SERVICES

MANICURE
50 Minutes

Give your tired hands some gentle love with an exfoliating Upcycled Coffee Scrub and Bamford Geranium Salt Scrub followed by a manicure with non-toxic and ethically sourced nail polish.

PEDICURE
60 Minutes

Treat your feet to a gentle exfoliation with our Upcycled Coffee Scrub and Bamford Geranium Salt Scrub. Finish with a fresh coat of non-toxic, ethically sourced nail polish to leave your feet looking and feeling completely refreshed.

**KANE (MEN'S)
MANICURE**
50 Minutes

The Kane manicure is tailored to the needs of a busy man. Includes an exfoliation with Upcycled Coffee Scrub and Bamford Geranium Salt Scrub followed by buff and shine.

**KANE (MEN'S)
PEDICURE**
60 Minutes

The Kane pedicure is perfect for the needs of men's feet. Treat your feet to a gentle exfoliation with our Upcycled Coffee Scrub and Bamford Geranium Salt Scrub. Finish with a buff and shine.

**KEIKI (CHILDREN'S)
MANICURE**
25 Minute

Hand and nail care tailored for keiki (children) 12 and younger. A manicure complete with a non-toxic and ethically sourced nail polish.

**KEIKI (CHILDREN'S)
PEDICURE**
25 Minute

Foot and nail care tailored for keiki (children 12 and younger). A pedicure complete with a non-toxic and ethically sourced nail polish.

FRENCH POLISH
15 Minute

A classic nail style provided by a natural-looking base color with white tips.

**GEL POLISH
REMOVER**
15 Minute

Removal of gel polish or shellac (hands or feet) providing a fresh, clean nail for an updated manicure or pedicure finished with non-toxic and ethically sourced nail polish.



HOLISTIC WELLNESS

Holistic wellness is a fluid, tranquil experience that nurtures and extends your feeling of physical, mental and emotional fulfillment. When you take the time to tune into your body, it reveals the ever-evolving path forward towards balance, harmony and tranquility.

These physical alignment techniques and sensory stimulation therapies are designed to guide you on your journey toward holistic wellness.

**SUNLIGHTEN
INFRARED SAUNA**

25 Minutes | 50 Minutes

Photobiomodulation uses invisible, near infrared (NIR) wavelengths (700 to 1,200 nanometers (nm) to deliver energy to your cells. Research shows that specific light frequencies have specific effects, and NIR has the perfect wavelength (880 nm) to best treat the skin. When receiving NIR, your connective tissue absorbs the light, stimulating the production of collagen and elastin. This can lead to skin renewal, cell regeneration, tissue growth, decreased lines, faded scars, and overall younger, more radiant skin.

**SOMADOME
MEDITATION POD**

25 Minutes

Experience the world's first technology-enabled meditation vessel. Merging ancient healing remedies with modern technology, the dome is a personal meditation pod that provides meaningful stress relief in exactly 20 minutes.

**HYPERBARIC OXYGEN
THERAPY**

45 Minutes+

Breathe in 100% pure oxygen in a pressurized environment, which is known to rejuvenate your skin and tissues and promote a clear, focused mind.

**LEG COMPRESSION
BOOTS**

30 Minutes

TheraBody's patented precision pulse technology helps to increase circulation, revive your muscles, reduce swelling, speed up recovery and maximize performance through targeted air compression.

OCEAN FLOAT ROOM

30 Minutes | 60 Minutes

Enter a zero-gravity environment free of external stimuli, allowing you to completely relax while your nervous system resets.

WAVE & SOUND THERAPY
25 Minutes

Sink into a warm aqua treatment table, equipped with serene acoustic waves and binaural sounds to create a cloud-like setting, nurturing a state of deep mindfulness and relaxation.

CRYSTAL JOURNEY
90 Minutes

Focus on your body's vital energy flow through the ancient practice of crystal healing. This 90-minute private session begins with meditation and breathwork followed by an integrative crystal healing session. You'll leave centered, grounded, and equipped with a ritual to continue the positive energy flow in your daily wellness practice.

RAINBOW CHAKRA MAT
25 Minutes | 50 Minutes

Inspired by nature and perfected by science, enjoy the cumulative healing benefits of heated crystals, far infrared, negative ions, photon lights and PEMF.

CRYOBUILT CHAMBER
Sprouting Soon

Plunge into temperatures of -166°F or lower for 2-3 minutes creating a 30-40°F drop in your external skin temperature. This allows blood to flow rapidly to your core, revealing multiple benefits. The shocking cold promotes increased blood flow, bringing fresh, oxygenated white blood cells to areas of your body that need it most.

HOW TO SPA

RESERVATIONS

Guests of Bamford Wellness Spa must be 16 years of age or older. Please notify your spa concierge when booking treatments if you have high blood pressure, allergies, physical disabilities, are pregnant or have any other health concerns. If you prefer a male or female therapist, please make your gender request when scheduling your treatment.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least 24 hours in advance to avoid being charged at full treatment price.

ARRIVAL AND LATENESS

We recommend that you arrive 20 minutes prior to your treatments to enjoy the facility. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

PRICE AND SERVICE CHARGE

23% service charge will be included on your spa bill. Additional gratuities may be added at your discretion. Prices and services are subject to change.

AGE RESTRICTION

Guests 16-17 years of age require parent consent to receive treatment. Ages 12-15 requires a parent be present during treatment. Ages 11 and younger may receive nail services with parent present.



Bamford Wellness Spa at 1 Hotel Hanalei Bay
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