



# NATURE'S *wellness* SANCTUARY

## WELLNESS GUIDE







“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*










## 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*

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 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.

## **B STRONG RITUAL** *80 Minutes*

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 focuses on techniques to reach deep layers of muscle tissue using cross muscle fiber massage methods. You'll start this ritual with a welcoming foot bath, followed by cranial pressure points and kneading, wringing and deep frictions to muscle and joints.

## **B VIBRANT RITUAL** *80 Minutes*

Energize your body, awaken your senses and radiate positivity during this revitalizing, inside-out ritual. Begin with a refreshing foot bath followed by energizing sound clearing. Using a warm sugar polish, your therapist will gently exfoliate and rejuvenate your skin, leading into a full body and 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.

## **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.

## **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 MASSAGE** 50 | 80 | 110 Minutes

This gentle-pressure massage dissolves tension and fatigue while supporting both the physical body and subtle energetic flow. Slow, nurturing strokes calm the nervous system, enhance circulation and promote deep relaxation. Ideal for those seeking a soothing, restorative experience that restores balance, eases stress and leaves the entire body feeling light, refreshed and renewed.

## **LOMILOMI PŌHAKU** 80 | 110 Minutes

This traditional Hawaiian-inspired massage uses flowing strokes and warm Himalayan salt stones to soften tension, ease pain and reduce inflammation. The gentle heat enhances circulation and encourages the body to absorb nourishing healing oils. A deeply grounding experience, it soothes both body and mind while restoring a sense of openness and harmony.

## **‘AWA DEEP TISSUE MASSAGE** 50 | 80 Minutes

This therapeutic deep tissue massage blends percussion techniques with the soothing properties of ‘awa, prized for centuries for its calming and grounding effects. The warmth of ‘awa-infused oils releases deeply held tension, easing anxiety and supporting restful balance. Underworked tissues are nourished, promoting profound relief and leaving you centered, revitalized and deeply restored.

## **HĀPAI (PREGNANCY) MASSAGE** 50 | 80 Minutes

Designed for the second and third trimesters, this nurturing massage uses warmed oil to hydrate skin and ease tension throughout the body. Gentle techniques target back discomfort and tired legs while supporting emotional calm. Cushioned positioning ensures comfort and safety for mother and baby, offering a peaceful, restorative experience. \*Second trimester onward.

## **COUPLES MASSAGE** 50 | 80 | 110 Minutes

Share a relaxing, customizable side-by-side massage in our private couple’s suite. Each guest selects their preferred modality—De-Stress, Lomilomi, ‘Awa Deep Tissue or Hāpai—creating a personalized experience tailored to individual needs. A serene setting and synchronized therapies foster connection, comfort and deep relaxation. \*Certain treatment styles are only available in select durations.

## **BAMFORD SIGNATURE TREATMENT** 80 Minutes

This holistic ritual begins with a geranium-infused foot bath rich in magnesium to soothe inflammation and quiet the mind. A flowing Swedish massage opens energetic pathways and eases accumulated tension. A calming head massage and guided breathwork complete the treatment, enhancing circulation, grounding the body and restoring mental clarity and harmony.


## **BAMFORD INVIGORATING BODY POLISH** 80 Minutes

This rejuvenating body polish combines rosemary oil, sugar crystals and upcycled coffee grounds to exfoliate, invigorate and hydrate the skin. The blend encourages cell turnover, smooths texture and enhances radiance. A nourishing Swedish massage follows, sealing in moisture and leaving the body refreshed, toned and beautifully renewed from head to toe.



## BODY ENHANCEMENTS

*Little extras that elevate your massage or body  
treatment for enhanced overall well-being.*





## KAUA'I FARMACY COMFREY SALVE

This luxurious salve blends locally grown comfrey with organic coconut oil and Kaua'i beeswax to deeply hydrate and replenish the skin. Rich plant minerals support the wellness of bones, tendons and ligaments while easing discomfort and tension. A soothing, restorative addition that nurtures the body and promotes long-lasting comfort and healing.

## BAMFORD ARNICA BALM

This warming balm harnesses the natural benefits of Arnica to soften tension and soothe tired muscles. Essential oils of black pepper, nutmeg and rosemary create gentle heat that eases discomfort and promotes circulation. Ideal as an added enhancement to support relaxation, muscular recovery and an overall sense of calm and comfort.

## B STRONG FOOT TREATMENT

This revitalizing foot ritual begins with a soothing herbal massage applied to the feet and lower legs to encourage relaxation and circulation. Warm towels cocoon the area, allowing the therapeutic botanicals to deeply absorb. The heat softens tension and nurtures the 30 hardworking muscles in each foot, promoting comfort and restored balance.

## PERCUSSION THERAPY

This Therabody percussive tool enhances your massage by delivering rapid, targeted pulses that penetrate deeply into muscle tissue—beyond what traditional techniques can achieve. It helps release stubborn tension, increase circulation and accelerate recovery, making it an effective addition for guests seeking amplified relief and improved mobility throughout the body.

## RAINBOW CHAKRA MAT

This wellness mat blends natural crystal energy with advanced therapeutic technologies to support deep relaxation and energetic balance. Heated crystals, far-infrared warmth, PEMF, negative ions and gentle photon light work together to soothe muscles, calm the nervous system and promote a grounded, restorative state throughout your treatment experience.

## BAMFORD BOTANICAL SUGAR SCRUB/UPCYCLED COFFEE SCRUB *30 Minute Add-On*

Choose either a botanical sugar scrub or an invigorating upcycled coffee scrub to elevate your massage. These natural exfoliants gently polish the skin, encouraging cell renewal, improving circulation and enhancing radiance. By removing dull surface layers, they allow healing oils to absorb more effectively, leaving the body refreshed, smooth and energized.


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

Complete your treatment with a focused foot massage designed to restore balance and melt away lingering tension. Gentle pressure and rhythmic techniques stimulate circulation, soothe soreness and encourage full-body grounding.



## THERAPEUTIC FACIALS

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





## **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 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 KERAVIDE™ 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 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.

## **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.

## **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 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*

#### 24k Nanogold Repair

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

#### Amethyst

Calms, supports micro-circulation and promotes cellular energy. finishing moisturizer and serum leave your skin soothed, purified and visibly smoother.

#### Diamond Radiance

Improve radiance, minimize pores and hydrate.

#### Black Pearl

Detoxifying, purifying and anti-inflammatory face mask counteracts environmental stress and toxins

#### Rose Quartz

Brighten, smooth and reverse damage.

### 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.

## **FRENCH POLISH** *60 Minutes*

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

## **GEL POLISH REMOVER** *15 Minutes*

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.

*Note: Our nail services feature premium regular polish, including the vegan Dazzle Dry line. Gel and powder enhancements are not offered.*






## TOUCHLESS THERAPIES

*Fluid and tranquil experiences that nurture and extend  
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.*



## CONTRAST THERAPY 30 | 60 Minutes

An energizing fusion of near-infrared heat and cold immersion. Start in the Infrared Sauna, where deeply penetrating wavelengths energize cells, stimulate collagen, and enhance skin renewal. Then move into the Cold Pod, where a brisk plunge reduces inflammation, flushes toxins, and boosts circulation. This hot-cold sequence restores balance, elevates vitality, and leaves you feeling clearer, calmer, and fully refreshed from the inside out. Perfect for recovery, relaxation, and total-body wellness.

## CRYO THERAPY 10 Minutes

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.

## 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 | 60 Minutes

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

## RAINBOW CHAKRA MAT 25 | 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.





# ANATOMY

*A collaboration among fitness, sports science and nightlife veterans that embodies the future of fitness. We have developed enriching programming influenced by sports performance and the science of strength conditioning so members can excel in all aspects of their lives.*

*We foster intimate health and wellness communities where friends and families can sweat, enhance and recover, all under one roof.*

## PRIVATE SESSIONS

### Personal Training

Our Body Architects have a wide range of expertise gained from the proprietary Anatomy continuing educational programs and internationally recognized certifications, as well as years of hands-on experience. They are equipped to work with individuals who are just starting their fitness journey, post operative and rehabilitation needs and athletes at all levels.

### Yoga

Whether you choose the soothing surroundings of our indoor spaces or the natural backdrop of our outdoor settings, these classes focus on enhancing flexibility, core strength, and mental clarity.

### Meditation & Sound Bath

Experience the evolving range of signature group classes for all fitness levels. Our Anatomy experts are always crafting new group workouts, so be sure to keep an eye on the calendar to see what's on the horizon.

### Pilates Reformer

Designed to align body and mind by building strength, enhance mobility, and restore balance through controlled, mindful motion. Each class is tailored to your individual goals, creating a deeper connection between breath, form, and flow.

## GROUP SESSIONS

Any private offering designed to accommodate groups of three or more to bring connection and performance together. Sessions are personalized to meet collective goals while supporting every individual's journey.

## ASSESSMENTS

### InBody Composition & Analysis

Good health begins within — InBody leverages class-leading BIA technology to deliver non-invasive, accurate, and precise body composition scans tailored to each unique person

### Vo2 Max

Measures metabolic rate to drive customized exercise programs designed for your individual body.

### Peak Performance & Physiology Protocol

Achieve peak wellness with curated and data-driven experiences combining VO2 max testing, InBody analysis, and personalized training. Gain insights into your fitness and physiology through a custom plan.





## VITALITY KAUA'I

*Modern medical wellness meets island serenity, offering personalized treatments designed to energize and restore. Led by Dr. Betty Dilley and her team of licensed nurses, our offerings include IV infusions, injectables, and holistic therapies that work in harmony with your body's natural rhythm—supporting hydration, recovery, and radiant well-being.*

## AESTHETIC TREATMENTS

### Neuromodulator (Botox/Dysport)

The ultimate wrinkle relaxer. These proteins relax muscles in the areas where they are injected, softening wrinkles and fine lines.

### Dermal Filler

Injected to add contour, balance asymmetry and smooth the skin, these gel-like substances are made from hyaluronic acid, a naturally occurring sugar molecule in the body.

### Sculptra & Radiesse

Collagen stimulators that are injected into areas of volume loss. They work over time to reduce wrinkles and fine lines and to restore volume in a very natural way.

### Microneedling with PRF

Also known as CIT (Collagen Induction Therapy), this skin-rejuvenating procedure stimulates collagen and elastin, resulting in smoother, firmer, and tighter skin using your body's own stem cells.

### PRF Injections

A plasma preparation, rich in growth factors and stem cells, that stimulates collagen in the areas it is injected, smoothing fine lines and wrinkles. It can also be used to stimulate hair growth.

### Perfect Derma Chemical Peel

Used to improve the appearance of the skin of the face, neck, décolleté and hands, resulting in clearer, brighter and smoother skin.

## WELLNESS OFFERINGS

### Clinical Cleanse

A comprehensive three-day medical detox: no fluff, just next-generation science. Flush, repair, and ignite your metabolic function. Includes daily custom IVs, targeted vitamin injections, and a pharmaceutical-grade supplement kit to fully reset your biology.

### DEXA Scan

Provides the most accurate analysis of your body's muscle, fat, and bone density available. This non-invasive, 10-minute scan offers a detailed blueprint of your physical self, including identifying visceral fat—an important predictor of metabolic health and longevity.



## INFUSIONS AND INJECTABLES

### Revive

The perfect blend of vitamins and minerals to hydrate, detoxify and energize. B vitamins, Vitamin C, Magnesium and Calcium improve metabolism and revitalize tissues.

### Immunity

Formulated with Vitamin C, Zinc and Lysine to boost your resilience to environmental stressors and accelerate healing.

### Quench

This ultimate hydration infusion contains a combination of balanced electrolytes, Vitamin C, B vitamins and essential trace minerals.

### Performance

Enhance athletic performance, increase energy and improve the speed of muscle recovery with this powerful blend of vitamins, minerals and amino acids.

### Glow

Restore, hydrate and fortify your skin and hair with this nutrient-rich infusion of antioxidants, Biotin and Zinc.

### Glutathione

Available on its own, or as an add-on to any infusion. Glutathione is the “Master Antioxidant”, reducing damage from free radicals and promoting cellular repair.

### B12 Injection (Methylcobalamin)

This “activated”, bioavailable form of B12 improves energy, mood and mental clarity.

### Lipo Mino Injection

Boost your energy, mood, fat metabolism and insulin function with this combination of lipotropic amino acids and methylated B12.

## RESERVATIONS

Please notify our Bamford Wellness Spa receptionist 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.

Spa service restrictions will apply to guests who are under 13 weeks into their pregnancy. Please speak with our spa receptionist for availability.

To make reservations:

Bamford Wellness Spa  
bamfordspa.hanalei@1hotels.com  
or 808-977-1230

Anatomy Fitness  
anatomy.hanalei@1hotels.com  
or 808-977-1230

Vitality Kaua'i  
info@vitalitykauai.com  
or 808-975-6975

[1hotels.com/hanalei-bay/do/transformative-wellness](https://1hotels.com/hanalei-bay/do/transformative-wellness)

## ACCESS

Bamford Wellness Spa access is only for resort guests and 1 Club Members. A service must be booked to enjoy spa access. A spa day pass can be purchased for \$75 per person to enjoy spa access.

Anatomy Fitness access is only for resort guests and 1 Club Members. Proper athletic attire—fitness top or shirt, shorts or leggings—and closed-toe footwear are required at all times to ensure a comfortable and safe experience for all.

Vitality Kaua'i accepts reservations and walk-ins welcome based on availability.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the appropriate wellness facility at least 24 hours in advance to avoid being charged at full treatment or service 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

Bamford Wellness Spa welcomes youth guests ages 14–17 to enjoy spa services when accompanied by a parent or guardian in the treatment room. Our youth guests will not have access to the sauna, steam room, or spa locker areas. A robe and sandals will be provided to them to change into prior to service. The spa team will escort them into the co-ed relaxation lounge. Guests under 14 may receive nail services only. Guests 18 and older may access spa locker room amenities, steam room, and sauna.

Anatomy Fitness welcomes guests 16 years and older.



