| SIGNATURE ORGANIC FACIALS | | HOLISTIC WELLNESS | |
|---------------------------------|--------------------|---|---------------------|
| Bamford Wellbeing Facial | 90 Minutes \$340 | Soundwave Therapy by Welnamis | 60 Minutes \$240 |
| Bamford Awakening Facial | 60 Minutes \$250 | Higher States by Welnamis | 45 Minutes \$220 |
| Bamford Rejuvenating Facial | 60 Minutes \$250 | Lymphatic Renewal | 45 Minutes \$220 |
| Bamford Detoxifying Facial | 60 Minutes \$250 | Energy Balance | 45 Minutes \$220 |
| Bamford Men's Signature Facial | , . | Energy Balance | 45 Millules \$220 |
| · · | 60 Minutes \$250 | | |
| Bamford Bespoke Facial | 30 Minutes \$160 | SPA DAYS | |
| Hydrafacial - Glow | 90 Minutes \$420 | B Grounded 2 Hours | \$460 |
| Hydrafacial - Deluxe | 45 Minutes \$300 | B Balanced Wellness Ritual HigherDOSE Infrared Therapy | |
| Hydrafacial - Signature | 30 Minutes \$250 | | |
| LED Light Therapy | 30 Minutes \$160 | Jade Collagen Gemstone Mask | |
| | | B Calm 2.5 Hours | \$570 |
| WELLNESS RITUALS | | B Silent Wellness Ritual Bamford Signature Organic Facial Celluma LED Light Therapy | |
| Bamford Signature Ritual | 90 Minutes \$330 | | |
| B Strong Ritual | 90 Minutes \$330 | | |
| B Silent Ritual | 90 Minutes \$330 | B Clear 4 Hours | \$820 |
| B Balanced Treatment | 90 Minutes \$330 | Guided Yoga or PT session | |
| | | B Strong Wellness Ritual Choice of Bamford Signature Fa | ocial |
| MASSAGE & BODY TREATMENTS | | Higher States by Welnamis | |
| Bamford De-Stress Massage | 90 Minutes \$310 | Nutritious lunch at Neighbors Cafe | |
| G | 60 Minutes \$240 | | |
| Deep Tissue Massage | 90 Minutes \$310 | | |
| | 60 Minutes \$240 | IN ROOM COLLECTION | |
| Jade Hot & Cold Stone Massage | 90 Minutes \$310 | Signature Sleep Therapy | Turn-down \$150 |
| Bamford Men's Signature Massage | 90 Minutes \$310 | Reset & Recover | 180 Minutes \$150 |
| Couples Massage | 90 Minutes \$620 | Cellular Vitality | 180 Minutes \$150 |
| | 60 Minutes \$480 | | |
| Pregnancy Massage | 90 Minutes \$310 | FITNESS | |
| | 60 Minutes \$240 | Located on Level 3, our light-filled gym features | |
| Bamford Tonifying Treatment | 90 Minutes \$310 | premium Technogym equipment, group fitness classes, | |
| Bamford Body Exfoliation | 45 Minutes \$220 | and private sessions in personal training, yoga, Pilates, | |
| | | and more. Running maps of Melbour | |
| WELLNESS ADD-ONS | | Concierge. | |
| Reflexology | \$160 | Concierge. | |
| Acupressure Scalp Massage | \$160 | Personal Training Session | 60 mins POA |
| Celluma LED Light Therapy | \$160 | G | 60 mins POA |
| Soundwave Therapy by Welnamis | \$140 | Private Yoga Session 60 mins POA | |
| HIGHERDOSE Infrared PEMF Mat | \$140 | | |
| Amethyst Biomat | \$140 | CANCELLATION POLICY | |
| HELSI Red-Light Therapy | \$140 | Should you need to cancel or reschedule your Spa appointment, we request a minimum of 24 hours notice to avoid a full charge. | |
| Steam Shower Ritual | \$140 | | |
| | , , | | |