



Treatment Guide

bamford

WELLNESS
SPA

1 Hotel Melbourne



Bamford Wellness Spa, 1 Hotel Melbourne

We invite you to ease into wellness through the Bamford philosophy, a holistic approach grounded in a heartfelt connection to nature. With consciously crafted organic skincare and personalised care, our facial and body treatments are designed to support your well-being through targeted, intentional methods.

Blending ancient healing traditions with modern techniques, each treatment works on both the physical and energetic body, regulating the nervous system and restoring harmony to mind and spirit. Therapies include shiatsu, reflexology, acupuncture, and yogic breathwork.

Our wellness and longevity experiences support deep rest and renewal. Using advanced modalities such as lymphatic compression, light therapy, PEMF grounding, and vibro-acoustic sound, each session is thoughtfully delivered to promote stillness and connection.

Whether through mindful movement, rejuvenating therapies, or the natural serenity that surrounds you, every element of the Bamford Wellness Spa is designed to guide you back to balance.



SIGNATURE ORGANIC
FACIALS

Bamford Signature Wellbeing Facial

90 Minutes / \$340

A holistic ritual to restore skin health and emotional well-being. Includes a grounding foot bath, Palo Santo ceremony, hot stone back massage, and a customised organic facial with warm and cold stone sculpting massage.

Bamford Signature Organic Facial

60 Minutes / \$250

A personalised facial using Bamford's botanical skincare and gentle steam to purify, exfoliate, and nourish. Restores clarity, balance, and hydration while refining texture and tone. Tailored to support the skin's natural renewal and your individual complexion needs.

Bamford Bespoke Facial

30 Minutes / \$160

Tailored to your skin's needs, blending natural and organic botanicals with expert touch for instant radiance.

Celluma LED Therapy Series

Package of 5x30 Minutes treatments / \$560

This targeted LED facial series stimulates collagen, reduces inflammation, and enhances skin tone and clarity. Designed for cumulative results, it supports lasting skin health and radiant glow. Recommended 2-3 times per week.

HydraFacial

HydraFacial is a high-performance treatment that deeply cleanses, exfoliates, extracts, and hydrates using advanced vortex technology. Suitable for all skin types, it delivers instant, visible results - refining pores, improving tone and texture, and restoring a healthy glow. Skin is left refreshed, plumped and with zero downtime.

Glow HydraFacial

90 Minutes | \$420

Includes HydraFacial enhanced with LED light therapy to address skin concerns, lymphatic drainage to reduce puffiness and boost circulation, deeply hydrating collagen mask for firming and nourishment.

Deluxe HydraFacial

45 Minutes | \$300

The Deluxe HydraFacial combines the core steps of cleansing, exfoliation, extraction, and hydration with personalised booster serums and LED light therapy to treat specific skin needs.

Signature HydraFacial

30 Minutes | \$250

Signature HydraFacial offers a quick yet effective refresh. This express session includes deep cleansing, exfoliation, and hydration to maintain your results and keep your skin clear, balanced, and glowing.



WELLNESS
RITUALS

Bamford Signature Ritual

90 Minutes / \$330

A full-body ritual to restore balance and reconnect with Self. Shiatsu, Swedish massage, warm chakra stones, facial and scalp acupressure, and yogic breathwork work in harmony to release tension and support deep energetic alignment.

B Strong Ritual

90 Minutes / \$330

A restorative ritual to relieve physical strain and muscular fatigue. Combining Shiatsu, cranial pressure points, deep tissue massage, and soothing Arnica balm to release tension, support circulation, and restore energy after travelling, sports or overexertion.

B Silent Ritual

90 Minutes / \$330

A calming ritual to regulate the nervous system and encourage deep rest. Includes a grounding foot bath, therapeutic back work, body rocking, assisted stretching, and acupressure head massage. Ideal for sleep support, jet lag, or overstimulation.

B Balanced Ritual

90 Minutes / \$330

A harmonising ritual to support the body through hormonal shifts or post-illness recovery. Includes breathwork, bamboo tapping, cooling Gua Sha, meridian massage, and energy-balancing techniques to release heat, restore flow, and leave you renewed.



MASSAGE
TREATMENTS

Bamford De-Stress Massage

60 Minutes | \$240 90 Minutes | \$310

A head-to-toe light-to-medium pressure massage combining Swedish and relaxation techniques. Including reflexology, this deeply restorative treatment works on both physical and subtle energies to soothe tension and calm the nervous system.

Deep Tissue Massage

60 Minutes | \$240 90 Minutes | \$310

A firm, therapeutic massage using warming rosemary oil to target deep muscles and connective tissue. This personalised treatment releases chronic tension, restores mobility, and leaves you feeling rejuvenated.

Jade Hot & Cold Stone Massage

90 Minutes | \$310

A full-body massage using the therapeutic contrast of warm volcanic and cool jade stones. This treatment eases tension, deeply relaxes and restores emotional and energetic balance for lasting calm and renewal.

Pregnancy Massage

60 Minutes | \$240 90 Minutes | \$310

A gentle massage using unscented oils, specially designed for expectant mothers from the second trimester onward. Tailored for comfort, it soothes muscles, encourages restful calm, and provides nurturing balance and ease.

Couples Massage

60 Minutes | \$480 90 Minutes | \$620

Unwind together in our private couple's suite with full-body massages. Choose from De-Stress or Deep Tissue treatments. This restorative experience cultivates mindful connection, enhanced presence, and shared relaxation.



MENS
TREATMENTS

Bamford Men's Signature Facial

60 Minutes / \$250

Specially designed for male skin using products from Bamford Grooming Department. A deep cleanse and steam followed by facial reflexology and mask to help stimulate cell regeneration. Jade stones aid circulation and cold moonlight stones soothe and tone.

Bamford Men's Signature Massage

90 Minutes / \$310

Targeting the back of the body, this restorative massage uses hot stones and traditional Shiatsu, Swedish and reflexology techniques to melt away tension. A face and head acupressure massage will rebalance energy and ease mental fatigue.



WELLNESS ADD-ONS

Enhance your service with the following *30-minutes* treatment experiences:

Normatec Compression Boots

30 minutes / \$120

A targeted lymphatic treatment that alleviates lower-body fatigue, enhances circulation, and promotes detoxification. Ideal for post training, prolonged standing, or long flight recovery.

Steam Shower Ritual

30 minutes / \$120

An aromatic in-treatment room private steam and shower experience. A self-guided ritual using our Bamford Geranium Sugar Polish and Geranium Body Lotion to freshen up the skin pre or post treatment.

HIGHERDOSE PEMF Infrared Mat

30 Minutes / \$120

Unwind and restore from the inside out with our deeply grounding PEMF Mat. Combining soothing infrared warmth with gentle Pulsed Electromagnetic Field (PEMF) therapy, this treatment promotes cellular rejuvenation, eases muscle tension, and enhances circulation.

Amethyst Biomat

30 Minutes / \$120

A therapeutic mat designed to promote pain relief, relaxation, and overall well-being utilising infrared heat, negative ion generation, and the natural conductive properties of amethyst crystals to deliver a deeply penetrating thermal therapy.

Soundwave by Welnamis

30 minutes/ \$140

Uses touchless binaural vibroacoustic technology to gently guide the mind and body into deep relaxation. Combining soothing vibrations with binaural audio frequencies mental activity is calmed, and the nervous system is balanced.

Celluma LED Light

30 minutes / \$140

Celluma uses clinically proven LED technology to stimulate collagen production, reduce inflammation and rejuvenate skin. Targeting fine lines, acne, and hyperpigmentation concerns, this treatment leaves you with a luminous glow.

HELSI Red Light

30 Minutes / \$140

Helsi Red Light Therapy harnesses the rejuvenating power of advanced red and NIR-infrared light to restore your skin's natural vitality. This gentle treatment stimulates collagen production, enhances circulation, and promotes cellular renewal—leaving your complexion visibly brighter.

Reflexology

30 Minutes / \$160

A soothing, holistic therapy that focuses on targeted pressure points on the feet. Through precise techniques, reflexology encourages deep relaxation, improves energy flow, and helps restore balance to your entire system, leaving you feeling refreshed and recharged.

Acupressure Scalp Massage

30 Minutes / \$160

A deeply calming pressure-point head and scalp massage designed to ease tension, improve circulation, and quiet the mind. This treatment helps release built-up stress, promotes relaxation, and can help relieve headaches or mental fatigue.

Each enhancement is thoughtfully designed to deepen relaxation, amplify results, and personalise your journey toward well-being.



BODY
TREATMENTS

Bamford Tonifying Treatment

90 Minutes / \$310

A revitalising sculpting ritual for hips and legs. A stimulating coffee scrub and dry brushing awaken the skin before dynamic massage and cupping therapy promote circulation, lymphatic flow, and a renewed sense of lightness and vitality.

Bamford Body Exfoliation

60 Minutes / \$220

Brighten and refresh the skin with Bamford's Botanical Sugar Polish. This revitalising full-body exfoliation smooths, softens, and energises the skin. An ideal prelude to any treatment or massage ritual.



HOLISTIC
WELLNESS

Soundwave Therapy by Welnamis

30 Minutes | \$140

60 Minutes | \$240

A touchless experience on the Welnamis lounge by Gharieni, combining binaural sound and vibro-acoustic therapy to calm the mind and regulate the nervous system. Grounded in Quantum Harmonic™ audio to support deep rest, clarity, and energetic alignment.

Soundwave Therapy Series

Package of 5 x 30 minute treatments \$560

Five sessions deepen nervous system balance, enhance mental clarity, and build lasting calm - amplifying the restorative benefits beyond a single treatment.

Higher States by Welnamis

45 Minutes | \$220

An immersive soundwave experience combining expert therapist touch, yogic breathwork, meridian tapping, and meditative massage to harmonize the nervous system, guiding you into profound relaxation and a deeply restorative state of calm.

Lymphatic Renewal

45 Minutes | \$220

A rejuvenating ritual designed to restore balance after travel or intense exercise. Red Light Therapy and compression boots invigorate lymphatic flow and enhance immune support. Guided Yoga Nidra meditation encourages deep restoration and renewed vitality.

Energy Balance

60 Minutes | \$280

Elevate your vibration with crystal and Tibetan sound bowls, hand and foot reflexology, and acupressure massage for the scalp, neck, and shoulders. A Knesko collagen face mask, warm Amythyst Biomat with infrared heat, and negative ions restore energetic harmony.



WELLNESS SPA
DAYS

B Grounded

2 hours / \$480

Ease travel fatigue, restore energy, and rebalance your body with this revitalizing ritual. Includes the calming B Silent Wellness Ritual, grounding Infrared PEMF Mat, and rejuvenating Knesko Jade Collagen Gemstone Mask.

- B Silent Ritual
- Infrared PEMF Mat
- Knesko Jade Collagen Gemstone Mask

B Calm

2 hours 30 minutes / \$650

A restorative ritual designed for two featuring the Bamford Signature Ritual, Organic Facial, and Private Steam Shower. Reconnect through mindful face and body therapies that detoxify, soothe, and renew.

- Bamford Signature Ritual
- Bamford Signature Organic Facial
- Private Steam Shower Ritual

B Clear

4 hours / \$830

An immersive wellness retreat day to restore vitality, enhance clarity, and renew physical and mental strength. Includes a Guided Yoga or Personal Training Session, B Strong Ritual, Bamford Signature Facial, Soundwave Therapy and a nutritious lunch provided by From Here By Mike.

- Guided Yoga or PT session
- B Strong Wellness Ritual
- Bamford Signature Facial
- Soundwave Therapy by Welnamis
- Nutritious lunch provided by From Here By Mike



MIND BODY
& FITNESS

The Fieldhouse Gym

Located on Level 3, The Fieldhouse Gym is a light-filled space designed to cultivate strength, enhance mobility, and restore balance. Outfitted with state-of-the-art Technogym equipment, it supports both mindful movement and performance-focused training.

Group classes include yoga and sound bowl journeys, invite connection, vitality, and inner stillness. For current offerings, please refer to Wellness Happenings.

Private sessions are available with our Resident Personal Trainer, and practitioners are available for yoga, Pilates, breathwork, meditation, and sound healing.

Custom running maps are available at Concierge to guide your exploration of Melbourne with intention.



HOW
TO SPA

Hours of Operation

Bamford Wellness Spa: Daily from 10:00am to 6:00pm

Reservations

To make an appointment, please call us on (03) 7053 0888 or email us at bamfordmelbourne@1hotels.com.

Bamford Wellness Spa welcomes guests aged 18 years and over. Guests under 18 are welcome to enjoy our services with a parental or guardian consent form completed upon arrival. The parent or guardian must remain in the treatment room for the duration of the service.

Weekend & Public Holiday Surcharge

A 10% weekend and 15% public holiday surcharge applies to all spa services. Price and services are subject to change.

Lateness & Cancellation Policy

Please note that late arrivals will result in reduced treatment time as a courtesy to the next guest. Cancellations and changes must be made 24 hours prior to your appointment to avoid a full charge. No-shows and late cancellations will incur the full cost of the treatment.

Health Concerns

When booking your treatment, please inform our team of any health conditions, allergies, or injuries so we can tailor your experience accordingly. Upon arrival, you will be asked to complete a short health assessment.

Therapist Preference

Our highly skilled team of male and female therapists invites you to unwind in complete comfort. Should you have a preference for a therapist of a particular gender, please advise us at the time of booking, and we will make every effort to accommodate your request.



b

Bamford Wellness Spa at 1 Hotel Melbourne
9 Maritime Place, Melbourne VIC 3008, Australia

For Reservations: +61 7053 0888
bamfordmelbourne@1hotels.com



IN-ROOM
WELLNESS

Personalised wellbeing in the privacy of your room or suite.

Signature Sleep Therapy | \$150

A deeply restorative turn-down ritual designed to quiet the mind, regulate the nervous system, and support deep, uninterrupted sleep.

Includes:

- HigherDOSE Infrared PEMF Mat
- Therabody Smart Sleep Mask
- Weighted Blanket
- Bamford Night-Time Pillow Mist
- IMBIBE Calm Sleep Sachet

Reset & Recover | \$150

Perfect post-travel or after a long day. This full-body ritual supports active recovery, restores circulation, eases muscular fatigue, and brings the body back into balance.

Includes:

- Normatec Compression Boots
- HigherDOSE Infrared PEMF Mat
- Hyperice Percussion Massage Device
- Therabody Smart Sleep Mask
- IMBIBE Miracle Collagen Sachet

Normatec Compression Boots | \$70

A targeted lymphatic ritual that alleviates lower-body fatigue, enhances circulation, and promotes detoxification. Ideal for recovery after walking, training, or prolonged standing.

Equipment Available daily

**Delivery: 3:00–6:00 PM | Collection: 9:00–10:00 AM
(next day)**