

TREATMENT LIST

BAMFORD FACIALS

Awakening Bamford Facial	60 mins 160
Detoxifying Signature Facial	60 mins 160
Rejuvenating Signature	60 mins 160
Facial Bespoke Facial	30 mins 100
Bamford Wellness Facial	90 mins 210

SIGNATURE EXPERIENCES

1 Hotel Mayfair Experience	90 mins 250
B Silent Ritual	90 mins 250
B Strong Ritual	90 mins 250
Be Balance	90 mins 250
Bamford Body Signature Treatment	90 mins 250
Men's Signature Massage	90 mins 250
Geranium Ritual	90 mins 250

MASSAGES

Deep Tissue Massage	60 mins 180
Deep Tissue Massage	90 mins 220
De-stress Massage	60 mins 180
Sports Massage	60 mins 220
Sports Massage	90 mins 290
Bamford Pregnancy and New Mother Massage	60 mins 190
Tailor Made Massage	2 hours 300
Swedish Massage	60 mins 160
Swedish Massage	90 mins 200
Lymphatic Drainage Massage	60 mins 180
Lymphatic Drainage Massage	75 mins 220
Lymphatic Drainage Massage	90 mins 250
Prenatal Lymphatic Drainage	60 mins 190
Back, Neck and Shoulders	30 mins 110
Back, Neck and Shoulders	45 mins 150
Foot Massage	30 mins 110

EXFOLIATE AND HYDRATE

1 Hotel Mayfair Exfoliate and Hydrate Bamford Sugar Scrub	60 mins 200
	45 mins 150

DAY SPA PACKAGES

B restored Spa Half Day	2 hours 45 mins 430
-------------------------	-----------------------

Guided yoga or PT session 45 mins
De-Stress Massage 60 mins
Choice of signature Bamford facial 60 mins
Nutritional lunch

Bamford Mother to Be and New Mothers Ritual	2 hours 310
---	---------------

Pregnancy massage 60 mins
Bamford Facial of your choice 60 mins
Choice of Juice

Bamford Wellness Full Spa Day and Lunch	3 hours 30 mins 560
---	-----------------------

A guided yoga session 60 mins
B Silent ritual with back massage 90 mins
Choice of signature Bamford facial 60 mins
2 course lunch

1 Hotel Mayfair Spa Immersion Experience	3 hours 450
--	---------------

Bamford Full Body Exfoliation 30 mins
1 Hotel Mayfair experience 90 mins
Bamford Facial of your choice 60 mins
Nutritious juice of your choice

FITNESS AND MOVEMENT

Fieldhouse is located on the 1st floor of the hotel. Running maps of Green park are available with Concierge.

Personal Training Session	45 mins 150, 60 mins 200
Paired Personal Training Session	45 mins 175, 60 mins 225
Yoga Session	45 mins 150, 60 mins 200
Paired Yoga Session	45 mins 175, 60 mins 225

CANCELLATION POLICY

Should you need to cancel or reschedule your Spa appointment, we request a minimum of 24 hours notice to avoid a full charge.

BAMFORD WELLNESS SPA AT 1 HOTEL MAYFAIR
For Reservations: Bamford.Mayfair@1hotels.com | 9am-8pm