



Treatment Guide

bamford

WELLNESS
SPA

At 1 Hotel West Hollywood



Bamford Wellness Spa, 1 Hotel West Hollywood

Bamford Wellness Spa is devoted to nurturing the mind, body, and spirit. Our holistic approach is based around our heartfelt connection with nature.

Originally created by Carole Bamford in the English Countryside, individually crafted treatments use specially formulated products from the Bamford Body and Skincare ranges made from natural and organic ingredients organically certified to the highest standard.

In the intuitive hands of our therapists, the effect of each treatment will be felt long after you depart.



RELAX
THE BODY

Bamford Signature Treatment

80 Minutes / \$365

110 Minutes / \$495

Our signature treatment combines carefully targeted ancient techniques that nurture your well-being. This fully immersive treatment starts with an Epsom salt foot bathing ritual to draw toxins from the body and absorb magnesium to reduce inflammation. Japanese shiatsu massage is then used to open the body's meridians and unblock the energy channels. Swedish massage techniques release specific points of tension as a warm Himalayan stone is placed on the abdomen for a gentle abdominal massage to improve digestive health. A face and Indian head massage will calm the mind and increase circulation to improve scalp and hair condition. The treatment finishes with assisted yogic breathing exercise to oxygenate and invigorate the body.

Bamford De-Stress Massage

50 Minutes / \$185

80 Minutes / \$250

Upper body massage focused targeting the neck, back and shoulders to combat physical fatigue. Japanese shiatsu massage is used to open body's energy channels. Warm Himalayan stone is used on abdomen to improve blood flow and aid digestion. Face and scalp massage works anti-aging and calms the mind.

Bamford Himalayan Stone Massage

50 Minutes / \$195

80 Minutes / \$260

This profoundly relaxing full body treatment uses a combination of warm Himalayan stones to work deep into your muscles. The treatment includes a firm back massage, working down the body and ends with a neck and shoulder massage. You will experience a deep release of tension and feel a sense of balance and harmony in the body and mind.

Reflexology

50 Minutes / \$185

Jade is a symbol of purity and serenity, profoundly relaxing. The treatment focuses on the head, hands and feet pinpoints. You will experience a release of tension and feel a sense of balance and harmony in the body and mind.

Bamford Pregnancy Massage

50 Minutes / \$185

80 Minutes / \$265

Our pregnancy massage is designed for the second and third trimesters of pregnancy. A full body massage using gentle unscented oils. This massage provides a peaceful and gentle uplifting experience. The treatment targets back ache, tension, and tired legs.

**Available after first trimester*

Gentlemen's Signature Massage

50 Minutes / \$195

80 Minutes / \$265

110 Minutes / \$425

Designed to focus on tension and stress built up in your back, neck, and shoulders. This restorative treatment uses traditional massage techniques focusing on the back of the body.

B Silent Ritual

80 Minutes / \$295

110 Minutes / \$395

Chronic stress is one of the main causes of depleted serotonin and can affect our ability to sleep well. This treatment is devoted to relaxing your body and preparing it for sound, restful sleep. This journey begins with a foot bathing ritual, followed by a Japanese Shiatsu rocking technique and therapeutic back massage using our B silent body oil. A sequence of assisted stretches has been designed to release stress, loosen tight hips, unlock the lower back, and gently rotate the spine. Massage on the neck and chest will aim to release any stress or tension. Finally, the B silent organic temple balm massage is applied to the forehead to complete the treatment with and Indian head massage that will encourage peaceful sleep.

B Strong Ritual

50 Minutes / \$205

80 Minutes / \$295

110 Minutes / \$395

This full body massage uses a combination of shiatsu and traditional techniques to work with the deep layers of the muscle tissue and treat acute tension and injuries from overuse. Adhesions in the muscles can cause pain, inflammation, and restriction of movement. This massage works to increase blood flow, realign the different layers of tissue, relax tight muscles, and encourage them to strengthen and heal.

Dual Signature Massage Journey

50 Minutes / \$500

80 Minutes / \$750

110 Minutes / \$1000

Unwind and indulge with 2 Side by Side Japanese shiatsu massages together in one of our beautiful spa suites. Together you will begin with a guided deep breathing practice that combines a selected aromatic experience aimed to bring your body into a deeply relaxed state. This treatment relieves tired muscles, reduces tension, and promotes deep relaxation.

Bamford Sugar Scrub

45 Minutes / \$155

Gentle exfoliation using warm botanic sugar polish to rejuvenate the skin, increase circulation, and prepare the body for further treatment (if desired). The sugar polish is removed with a warm shower before our geranium body oil is applied.



REPLENISH
THE FACE

Bamford Wellness Facial

80 Minutes / \$310

Targeting skin health from the outside in, the Bamford wellness facial combines two massage techniques including Gua Sha to ease muscle tension, support lymphatic flow and reduce puffiness in the face, neck and décolleté.

Throughout the treatment, your therapist responds to your personal needs and concerns using a tailored selection of Bamford skincare products following the holistic cleanse, refine, treat, and nourish framework.

**Suitable for all skin types. Includes a face, neck, and head massage to target areas of the body that contribute to skin health from the inside out.*

Bamford Signature Facials

50 Minutes / \$210

80 Minutes / \$295

The Bamford Signature Facials are designed to brighten and balance the skin. Including deep facial massage techniques with a hot/cold massage to stimulate cell regeneration while releasing any tension. Your therapist will create a facial tailored to your skins specific needs using a personalized selection of Bamford skincare products.

**Suitable for all skin types.*

Awakening Facial: Awakens and Brightens the skin with a double exfoliation.

Rejuvenating Facial: Powerful Anti-Aging facial to improve elasticity and firmness.

Detoxifying Facial: Deep Cleansing Facial that helps remove impurities, toxins, and pollution. extract impurities and reduce blemishes and dark spots. Skin is left soothed, pure, and beautifully clear. Ideal for oily or blemished skin, or anyone affected by city pollution.

Bamford Gentlemen's Facial

50 Minutes / \$210

Specifically designed for male skin using products from our Bamford grooming collection. This treatment includes a deep cleanse and steam followed by a facial massage that will help stimulate cell regeneration. Jade hot and cold stones aid circulation, soothe, and tone.

**Suitable for all skin types.*

Red Carpet Experience

80 Minutes / \$485

Get Red Carpet ready with this Energising facial that targets the deeper layers of the skin through sculpting face massage using Gua Sha and Cryo therapy. The face will look firmer, more sculpted and energized. Improves radiance, all over skin health and brightens. Making this the ultimate photo ready treatment before any big event.



INFRARED CRYSTAL
THERAPY & SAUNA

Infrared Crystal Therapy Sauna Blanket

25 Minutes / \$95

Turn up the heat! Are you looking for muscle recovery, glowing skin and deep relaxation? Slip into our infrared crystal therapy sauna blanket by HigherDOSE combined with a relaxing scalp and facial massage to receive one of the most powerful healing experiences.

50 Minutes / \$185

Turn up the heat! Are you looking for muscle recovery, glowing skin and deep relaxation? Slip into our infrared crystal therapy sauna blanket by HigherDOSE combined with a relaxing scalp and facial massage to receive one of the most powerful healing experiences.

80 Minutes / \$250

Turn up the heat! Are you looking for the ultimate muscle recovery, glowing skin and deep relaxation? Slip into our infrared crystal therapy sauna blanket by HigherDOSE combined with a relaxing scalp, facial and foot massage to receive one of the most powerful healing experiences.



SOUNDWAVE THERAPY

The Power Nap

25 Minutes / \$75

Experience binaural acoustic & dynamic stimulation therapy on waterbed with chroma technology in 30mins. Train the brain on how to achieve a deep power nap while receiving a scalp massage. Chromatherapy enhances your mood while indulging the senses.

The Ultimate

50 Minutes / \$145

Experience binaural acoustic & dynamic stimulation therapy on waterbed with chroma technology. Specific vibrations and binaural audio frequencies train the brain on how to achieve deep levels of relaxation while receiving a scalp, neck and shoulder massage. Chromatherapy enhances the ultimate spa experience while indulging the senses.



PREMIUM SERVICE
ENHANCEMENTS

Knesko Skin Collagen Gel Masks

Eye \$25

Lip \$25

Face \$45

Choose from:

24k Nanogold Repair

Age-defying, firming, anti-inflammatory, reduces puffiness.

Diamond Radiance

Age-defying, brightening, anti-oxidant, reduces dark circles.

Rose Quartz Anti-Oxidant

Age-defying, calming, hydrating, healing, nourishing.

Black Pearl Detox

Age-defying, detoxifying, exfoliating, balancing.

Red Light Therapy

\$35

Red, amber, and infrared lights trigger a natural, intracellular reaction within the dermis, similar to how plants use light to create energy. This treatment leads to an increased production of new proteins, collagen, and elastin, reducing the appearance of fine lines and wrinkles.

Extractions

\$35

Steam and pore cleansing.

Muscle Relief

\$25

Choose Bamford Arnica or Wintergreen balm to help alleviate muscular pain.

Hand and Foot Reviver

\$45

Reveal smoother skin with an exfoliating and nourishing treatment that will leave hands or feet smooth, soft, and bright.

Infrared PEMF Mat*

\$55

Infrared pulsed electromagnetic therapy mat added to your massage or facial treatment designed to reduce stress, soothe muscles, improve energy, and promote a restful sleep.

*20 minute advanced booking



PERFECT PACKAGES

Bamford Blissful Day

4 Hours | \$695

- Bamford Body Scrub - 45 Minutes
- Bamford Signature Treatment - 80 Minutes
- Bamford Signature Facial - 80 Minutes
- 24k Collagen Face Mask

Bamford De-Stress

2 Hours | \$455

- Bamford De-Stress Massage - 50 Minutes
- Bamford Signature Facial - 50 Minutes
- Diamond Radiance Collagen Face Mask

Bamford Mother-To-Be

2.5 Hours | \$500

- Bamford Pregnancy Massage - 80 Minutes
- Bamford Signature Facial - 50 Minutes
- Rose Quartz Face Mask

Bamford Gentlemen's Day

2.5 Hours | \$520

- Gentleman's Signature Massage - 80 Minutes
- Gentleman's Facial - 50 Minutes
- Black Pearl Detox Face

Dual Spa Journey for Two

2.5 Hours | \$950

- Dual Full Body Massages - 80 Minutes
- Dual Bamford Signature Facials - 50 Minutes
- 24k Collagen Face Masks



BAMFORD
POOLSIDE

Soak up the sun and soak in the views. Overlooking the LA skyline, our pool deck is the perfect spot to enjoy a sampling of services from our newly opened Bamford Wellness Spa.

B Lifted

\$55

Micro Current Facial Toning

B Masked

\$65

Chilled Collagen Masked

B Papered

\$75

Neck, Shoulder & Upper Back

Services may be requested at the spa's reception desk.



HOW
TO SPA

How To Spa

Reservations

Guests of Bamford Wellness Spa must be 18 years of age or older unless accompanied by a parent or guardian. Please alert your Spa Concierge when booking an appointment if your child is under the age of 18 so that special accommodations may be made in advance. 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. A credit card is required to secure your spa reservation.

Cancellation Policy

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

Arrival and Lateness

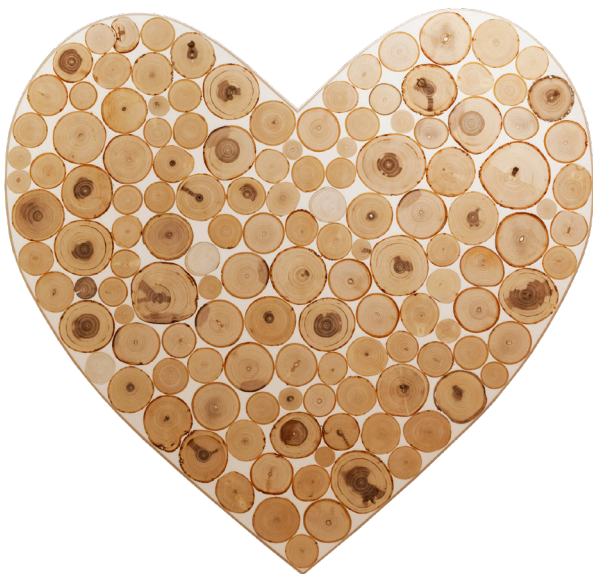
We recommend that you arrive 15 minutes prior to your treatments to enjoy a calming tea prior to treatment. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

Price and Service Charge

20% service charge will be included on your spa bill. Additional gratuities may be added at your discretion. Prices and services are subject to change.

In Room Service Fee

\$100 Service Fee is available for massage and body treatments.



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Bamford Wellness Spa At 1 Hotel West Hollywood
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