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HOTEL  
*hanalei bay*

# WELLNESS GUIDE

bamford

WELLNESS  
SPA



*“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

Informed by the calming nature and thoughtful culture of Kaua'i's North Shore, Bamford Wellness Spa features 13 sustainably designed treatment rooms alongside a menu of transformative therapies, rituals and treatments that blend ancient Hawaiian techniques with advanced technology, creating an enlightened space for serenity, restoration and holistic, lasting wellness.

The Spa also offers a selection of carefully curated mind & movement classes, each devoted to gently relaxing, restoring and nurturing your overall well-being—led by our team of wellness experts to help guide you toward harmony, health and happiness.

Mahalo nui loa (with deepest gratitude) for the natural beauty and rich culture that surrounds us, we're honored to guide you on this journey to replenishing your body, rejuvenating your mind and renewing your spirit.



# RITUALS

*Wellness rituals have the unique ability to empower us, giving us a new opportunity to learn, grow and connect as we flow through them.*

*Infused with Bamford's nourishing products, these healing rituals work to relieve and restore your body—and open your heart to receive the love and light that surrounds you daily.*

## **B SILENT RITUAL**

*90 Minutes*

Includes Chamomile, Lavender  
and Vetiver

Chronic stress is a leading cause of depleted serotonin, affecting your ability to enter deep, restorative sleep, and this relaxing ritual is devoted to reversing those effects. You'll begin deep relaxation with a calming foot bath followed by Japanese Shiatsu rocking techniques and a therapeutic back massage with our B Silent Body Oil. A sequence of assisted stretches eases tension, loosens tight joints, releases your lower back and gently rotates your spine while a nurturing neck and chest massage alleviates tightness in your upper body. Finish with a soothing forehead and temple massage with our B Silent Temple Balm, setting you up to drift into a peaceful sleep. Choose to upgrade this ritual with an Amphibia Massage Table, featuring heated aqua exteriors, acoustic waves and binaural sounds to ease you into a deeper state of relaxation.

## **B STRONG RITUAL**

*90 Minutes*

Includes Arnica and Wintergreen

Begin this deep tissue massage ritual with our B Strong Arnica Balm, which our intuitive therapist will massage into areas of concern to relieve pain and reduce inflammation in your muscles. This full-body massage combines Shiatsu and traditional techniques to reach deep layers of muscle tissue, treating acute tension from injury and overexertion. By increasing blood flow and realigning different layers of tissue, these techniques repair adhesions, relaxing tight muscles and allowing them to heal with help from soothing Wintergreen Balm.

## **B VIBRANT RITUAL**

*90 Minutes*

Includes Rosemary, Peppermint,  
Eucalyptus

Energize your body, awaken your senses and radiate positivity during this revitalizing, inside-out healing experience. Begin with a refreshing foot bath ritual followed by sound therapy to calm your nervous system and realign your energy channels. Using a warm sugar polish, your therapist will gently exfoliate and rejuvenate your skin, leading into a full body and Indian 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.

## **ULTIMATE RECOVERY RITUAL**

*150 Minutes*

Includes Rosemary, Geranium,  
Upcycled Coffee Scrub

This deep tissue massage draws inspiration from traditional Hawaiian Lomilomi massage, using gentle kneading to calm and align your body and mind. As rhythmic strokes encourage energy flow, our detoxifying upcycled coffee scrub exfoliates your skin, increases circulation and nurtures a radiant complexion. This traditional combination of a facial cleanse and massage leaves your skin and spirit feeling youthful and refreshed.



# HAWAIIAN PLANT MEDICINE

*As you cultivate holistic wellness, strengthen your connection to the flourishing world around you with intuitive healing experiences centered around locally sourced plants from Kaua'i Pharmacy.*

*Herbs have the unique ability to help you tap into your intuition and heighten your self-awareness. We encourage you to explore these insights, as they can help lay the foundation for true growth and healing.*

## **INTUITIVE HERBAL HEALING RITUAL**

*90 Minutes*

Begin this ritual with a healing herbal foot soak infused with the powerful plants of Kaua'i. As this awakens your senses, transition into a full body massage centered around Kaua'i Pharmacy'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.

## **COUPLES PLANT MEDICINE RITUAL**

*120 Minutes*

*Hekehau ho'oma'ema'e ke aloha* (love is like a cleansing dew). Begin this connective couple's ritual by soaking away tension in a intimate, custom herbal bath infused with Kaua'i healing herbs and flowers. Relax into a full body massage complimented with Botanical Body Butter and a customized herbal poultice to target and calm your unique stressors. Enjoy a decadent, antioxidant-rich Cacao Honey Face Mask as you receive a soothing scalp massage, revealing skin that's glowing, hydrated and relaxed. To finish the ritual, savor a raw cacao nut, a rare treat full of antioxidants and heart-healthy benefits that can reduce blood pressure, improve cholesterol and boost energy.

## **'AWA DEEP TISSUE MASSAGE**

*60 | 90 Minutes*

'Awa has been cherished for centuries due to its therapeutic properties. Its mild and natural icy hot sensation delivers warmth and release to areas of tension, calms anxiety and treats insomnia—simultaneously nourishing and grounding your body. This deep tissue massage accesses the deeper layers of your muscles, delivering 'awa to undernourished tissues for unparalleled relief and relaxation. Float through the rest of your day feeling centered and revitalized.

## **TULSI HONEY FACIAL**

*90 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.



# 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, Kaua'i Pharmacy's tropical honey, Bamford's nourishing oils, and local pa'akai (salt) scrubs—drift into a state of serenity during your treatment and leave feeling radiant and revitalized.*



## **LOMILOMI PŌHAKU**

*90 | 120 Minutes*

Dissolve tension, ease pain and calm inflammation with gentle, traditional Lomilomi massage and a balancing combination of hot volcanic stones, cool Jade stones and Himalayan salt stones. Allow the nourishing warmth from the heated stones to melt away your muscular tension, soothe your body and mind, and enhance your body's ability to absorb the decadent healing oils.

## **LOMILOMI MESSAGE**

*60 | 90 | 120 Minutes*

This traditional Hawaiian massage indulges in long, rhythmic strokes, incorporating work with the forearms, connecting you to a healing modality that has been passed down from generation to generation.

## **B RESTORE MESSAGE**

*90 | 120 Minutes*

This treatment is devoted to relaxing your body and preparing it for deep, restful sleep. A foot bathing ritual is followed by Japanese Shiatsu rocking techniques and therapeutic back massage with our B silent body oil. A sequence of assisted stretches is designed to release stress, loosen tight hips, unlock the lower back and gently rotate the spine. Massage on the neck and chest helps to release additional stress or tension. Finally, the B silent organic temple balm massage is applied to the forehead to complete the treatment with scalp massage encouraging a peaceful sleep.

## **BAMFORD AFTER-SUN SOOTHING**

*60 | 90 Minutes*

Rest and rejuvenate with this nourishing body wrap treatment designed to heal and hydrate irritated skin after overexposure to the sun. Allow calming chamomile and rose to enhance your recovery with their soothing, anti-inflammatory properties. While your skin is soaking up the pure hydration, feel your tension melt away with a restorative face and scalp massage. Enhance this treatment by adding Kawika's Favorite, a simultaneous scalp and foot massage to stimulate overall circulation and renew your body and mind.

## **BAMFORD SIGNATURE TREATMENT**

*60 | 90 | 120 Minutes*

Carefully selected ancient techniques to gently nurture your mind, body and spirit. Ease into this holistic treatment with a geranium-infused foot bath, encouraging your body to absorb calming magnesium to reduce inflammation. Transition into a Japanese Shiatsu massage, opening your body's meridians and unblocking your energy channels. Continue to relax into a Swedish massage to release points of tension, as your therapist places a heated chakra stone on your abdomen, massaging it gently to nurture gut health. Finish the ritual with a calming face and head massage to increase circulation as you're guided through yogic breathwork to oxygenate and invigorate your body. Footbath available in 90 or 120 minute durations.

### **DE-STRESS MASSAGE**

*60 | 90 Minutes*

Your therapist will help melt away tension and fatigue with a gentle massage that focuses on the back of the body. After the Wintergreen Balm invigorates your feet and calves, we'll wrap them in a steaming towel to awaken your tired feet and refresh your entire body.

### **HĀPAI (PREGNANCY) MASSAGE**

*60 | 90 | 120 Minutes*

Our full-body pregnancy massage is tailored to the second and third trimesters, utilizing warmed kukui nut oil to moisturize your skin and reduce the appearance of stretch marks. The warmed oil nurtures a peaceful and uplifting experience, as the calming massage targets back aches and tired legs while alleviating full-body tension and pain. Developed by an expert in pregnancy yoga, your therapist will position you with supported contour cushions, ensuring optimal comfort and absolute safety for you and your baby.

### **JET LAG MASSAGE**

*60 | 90 | 120 Minutes*

Melt into our quartz sand table which contours your body in a warm cocoon of sand, grounding and centering you after a long trip. Relax into a restorative massage with a rosemary body oil that reinvigorates your senses, increases circulation and reduces inflammation. The addition of B Strong Arnica Balm soothes areas of tension while Wintergreen Balm nourishes your feet and lower legs. Finish with hot towels over your legs and leave feeling refreshed and relaxed.

### **BGD SIGNATURE MASSAGE**

*90 Minutes*

This treatment soothes the body through a combination of traditional Japanese massage, Swedish massage, hot therapy, acupressure facial and reflex zone foot massage. Feel renewed and relaxed as these techniques relieve your overtired muscles and reduce tension in your body.

**BGD RECOVERY BACK  
MESSAGE**

*60 Minutes*

This restorative treatment uses hot stones along with traditional massage techniques to release tension and stress built up in your back, neck and shoulders. Finish with a soothing face and head massage to leave you feeling calm and centered.

**ALI'I HONEY (MELI)  
STEAM WRAP**

*90 Minutes*

Treat your body to the healing powers of Kaua'i Bee Team's medicinal honey. These local honeybees have access to some of the rarest nectar and pollen on earth, resulting in honey that's infused with the island's ancient medicine. Your therapist will choose the most effective product based on the condition of your skin, gently apply this healing honey, and wrap you in a warm cocoon. As the warm steam opens your pores, the therapeutic benefits of this golden elixir start working to reduce your stress, improve your circulation, boost your immunity, increase your liver function and relieve discomfort.

**BAMFORD INVIGORATING  
BODY POLISH**

*90 Minutes*

Nourish your skin with this luxurious treatment designed to stimulate cell rejuvenation and reduce cellulite. Indulge in a beautiful blend of Bamford Geranium Body Oil, Hawaiian pa'akai (salt) and upcycled coffee grounds to clear away dead cells, lock in hydration and reveal silky, radiant skin followed by a Swedish massage.

**BAMFORD BOTANICAL  
SUGAR SCRUB / PA'AKAI  
(SALT) / UPCYCLED  
COFFEE SCRUB**

*45 Minutes*

Rejuvenate your skin with your choice of a sugar, pa'akai (salt), or upcycled coffee ground scrub. These natural exfoliants clear away dead skin cells, invigorate healthy cells, increase blood flow and prepare your body to absorb healing oils. After exfoliation prime your skin for a silky layer of nourishing body oil.



# BODY ENHANCEMENTS

*Little extras that go a long way for overall wellness,  
designed and curated by our wellness team.*

### **DRY BRUSHING**

Promote healthy lymphatic drainage as firm, natural bristles sweep across your body, beginning at your feet and working toward your heart. These gentle sweeping motions work to brush away dead skin cells, stimulate blood flow, ease muscular tension, and firm your skin to reduce the appearance of cellulite. Try dry brushing before your sauna session to promote a detoxifying sweat.

### **KAUA'I FARMACY COMFREY SALVE**

This silky salve made with locally grown comfrey provides your skin with deep hydration and healing. Infused into rich organic coconut oil and Kaua'i beeswax, mineral-rich comfrey absorbs into your skin, bolstering the vitality of your bones, tendons and ligaments to relieve pain and tension.

### **BAMFORD ARNICA BALM**

This soft, nourishing Arnica-based balm gently warms and relieves aching muscles. With hints of black pepper, nutmeg and rosemary essential oils, it works to soothe and ease tension in your skin and muscles.

### **B STRONG WINTERGREEN BALM FOOT TREATMENT**

Treat your feet to a soothing massage with Wintergreen Balm. Your therapist will massage this healing herb into your feet and lower legs, and wrap them in a cocoon of hot towels around them. The heat allows the Wintergreen to absorb into your skin to improve circulation and soothe the 30 muscles that exist in each of your feet.

### **HERBAL POULTICE**

Enjoy a soothing blend of local herbs and spices wrapped in cotton and steam-heated to deliver healing properties to your skin and muscles. The heated poultice works to reduce inflammation and help tired muscles recover and repair.

**NONI LEAF WRAP**

For centuries, noni has played a foundational role in la'aū lapa'au, Hawaiian herbal medicine. Experience the traditional pain-relieving ritual, as your therapist places warmed noni leaves directly on areas of pain, tension or injury throughout your body. Not only does the noni leaf contain powerful anti-inflammatory properties, but it also imparts a touch of long-respected spiritual healing to awaken the senses.

**FOUR-HANDED MASSAGE**

Ease into the ultimate luxury experience, as two therapists massage in tandem to lull you into a deep state of relaxation.

**KAWIKA'S FAVORITE**

Conclude your treatment with a four-handed simultaneous scalp and foot massage for ultimate relaxation and inner alignment.

**PERCUSSION THERAPY**

This percussive massage-enhancing instrument, made by Therabody, works to reach 60% deeper into your tissue than the typical hand massage. Elevating your treatment for more effective muscular relief and recovery.

**QUARTZ TABLE**

Our preferred table for crystal therapy, crafted from gemstone quartz, contours your body for a soothing, cocoon of healing. Quartz is known as an energy amplifier, so this unique table can help stimulate your immune system, cleanse your organs, promote concentration and harmonize your physical, mental and emotional spirit.

**AMPHIBIA TABLE**

Experience this unique heated aqua table, fully adjustable and equipped with acoustic waves and binaural sounds to simulate a cloud-like setting for your treatment.



KAHUNA NUI HALE KEALOHALANI MAKUA

Love all you see, including yourself.



# THERAPEUTIC FACIALS

*Each facial is crafted based on your individual skin type and concerns. Journey through a tailored ritual that includes a complete skin care consultation and analysis, a custom face mask, a facial massage using warm and cold heart-shaped jade stones to stimulate circulation, facial reflexology to stimulate and drain the lymphatic system, and a relaxing neck and shoulder massage to nurture total relaxation.*



## **THE MASTERPIECE**

*120 | 250 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. The Cryo T-shock alternates between warm and cold temperatures to treat localized fat and cellulite around your abdomen, arms, glutes and legs. You'll leave this treatment with glowing, clarified and lifted skin as well as renewed vitality.

## **THERMAL FACIAL**

*150 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.

## **BAMFORD WELLNESS FACIAL**

*90 Minutes*

Target skin health from the outside in with Bamford Wellness Facial. This personalized treatment combines manual facial massage techniques with Gua Sha to ease muscle tension, stimulate lymphatic flow and reduce puffiness in your face, neck, and décolletage. The facial treatment begins with a soothing stomach massage to promote radiance from the inside, as the gut plays a crucial role in skin health. Throughout the treatment, your Bamford therapist will respond to your personal needs and concerns using a curated set of Bamford skincare products that cleanse, refine, treat, and nourish.

**BAMFORD RESTORE  
HYDRAFACIAL WITH  
KERAVIVE SCALP  
TREATMENT**

*90 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 moonlight 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.

**ENERGY SCULPT  
FACIAL**

*60 Minutes*

This energizing facial targets the deeper layers of the skin with the handheld TheraFace instrument, treating your skin with microcurrent, LED and deep cleaning effects. Combined with percussive therapy, this treatment works to relieve jaw tension, contour your skin, sculpt your face, improve circulation and leave you feeling refreshed and radiant.

**NOURISHING NONI FACIAL**

*60 | 90 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.

**BGD SIGNATURE  
FACIAL**

*60 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 Moonlight 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.



'IMI OLA

*[ee-me oh-lah]*

(to seek complete well-being)

We must listen to the messages our body sends us.

**BAMFORD SIGNATURE  
FACIAL**

*60 | 90 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 moonlight 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.

**HYDRAFACIAL:  
DERMABUILDER /  
RADIANCE / CLARIFYING**

*60 Minutes*

Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing. This radiant treatment cleanses debris from your pores with gentle suction and quenches your skin with deep moisturizers, glazing peptides and purifying antioxidants to maximize your glow.

**HYDRAFACIAL BACK  
TREATMENT**

*60 Minutes*

An opportunity to nurture the parts of your skin that you don't always see, this specialized HydraFacial treatment removes impurities from your back while Vortex-Fusion technology enhances the penetration of potent serums such as antioxidants, peptides and hyaluronic acid.

**PRIORI CHEMICAL REFINE,  
CORRECT AND HYDRATE**

*60 Minutes*

PRIORI'S professional-grade RED Light Mask and Patented Biotechnology come together to improve blood flow, tissue oxygenation, collagen production and elastin retention. Finish this refining ritual with PRIORI's ULTIMATE Anti-Aging R-Spinasome and DNA biotechnologies to smooth your skin's surface, reduce pigmentation, tame inflammation and protect your skin from daily aggressors.

**PRIORI RESTORE, AWAKEN  
AND CORRECT**

*90 Minutes*

This Cosmeceutical treatment adapts to your skin's needs and aims to restore your complexion at the cellular level. As PRIORI's Biotech Complexes work to brighten, exfoliate and smooth your skin, their Red Light Therapy Mask stimulates collagen and elastin to reduce fine lines and wrinkles, increase blood flow and reduce redness.

**RENEW, OXYGENATE  
AND STIMULATE**

*120 Minutes*

This progressive and adaptive treatment works to restore your skin's vitality. Through the use of Biotech Complexes and a Red Light Therapy Mask, this therapeutic facial soothes imperfections, reduces fine lines and wrinkles, improves blood flow, promotes tissue oxygenation and stimulates collagen and elastin production to slow the signs of aging.

**PRIORI BACK TREATMENT**

*30 Minutes*

Retexturize and refine your skin with this adaptive back treatment. Relax through a personalized exfoliation peel and deeply hydrating massage to fight inflammation and reveal a smooth and toned back.



# GLOWING EXTRAS

*Inspired add-ons that take your facial to enlightened new heights.*

## **PRIORI RED LIGHT 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**

Eye | Lip | Face | Neck | Décolleté

### **CHOOSE FROM:**

#### **24k Nanogold Repair**

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

#### **Diamond Radiance**

Improve radiance, minimize pores and hydrate.

#### **Rose Quartz**

Brighten, smooth and reverse damage.

#### **Black Pearl**

This detoxifying, purifying and anti-inflammatory face mask counteracts environmental stress and toxins.

#### **Amethyst**

Calms, supports micro-circulation and promotes cellular energy.

## **KERAVIVE SCALP TREATMENT**

Exfoliate, cleanse and soothe your scalp with nourishing growth hydrating skin proteins to reveal healthier, thicker, fuller-looking hair.

## **CRYO T-SHOCK**

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.

## **WAXING**

### **Hair Removal**

Brow | Face | Lip | Bikini | Brazilian | Arms | Legs | Underarm | Back

### **Post Wax Relax**

Allow our healing Propolis Balm, Organic Aloe and Tulsi Mist to soothe your freshly waxed skin.



# SALON SERVICES

*Hair, nails, make-up, blowouts, event hair, and more.*

*Our stylists are always ready to advise.*



## **NAILS**

### **Manicure**

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**

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.

## **MAKEUP**

### **Makeup**

Our artists are passionate about enhancing your natural beauty using Jane Iredale's clean and cruelty-free cosmetics.

### **Lash Extensions**

Our eyelash experts place single strands on each eyelash to thicken and elongate your natural lashes and accentuate your eyes.

## **SIGNATURE SHAPING AND STYLING WOMEN**

### **Women's Haircut**

Enjoy a classic women's hair cut with shampooing and styling.

### **Color / Highlights**

Our experienced colorist will analyze your hair and skin to help you select the perfect palette, so you leave looking and feeling your absolute best.

### **Baylage**

A freehand color technique applied to specific sections of hair for a more natural highlight effect.

### **Intense Hydration**

This deep treatment works to restore salt-stripped and otherwise overdry hair. Begin with an amethyst oil massage on damp hair followed by clarifying shampoo and a heated deep conditioning treatment. Finish with a cool rinse to lock in moisture or add a styling session based on your hair type and texture.

### **Blonde Refresh**

Eliminate brassy tones in blonde, gray or color-treated hair, while conditioning in sun-damaged hair. As the clarifying shampoo cleanses your roots, the blonde toning shampoo treatment replenishes color. Continue with a heated deep conditioning masque to restore volume and finish with a cool rinse at the end to lock in moisture and color. Going out? Add a personal styling session based on your hair type and texture.

### **Women's Blowout**

A traditional blowout, including shampooing and styling.

### **Replenishing Blowout**

This replenishing treatment restores your hair's moisture and protects it from heat damage before styling. Relax with a moisturizing shampoo, an amethyst oil massage, a deep conditioning masque, heat protection application and an individualized blowout.

### **Sun-Protected Beach Braid**

Feel beach ready and sun protected with a beach braid of your choice. Begin with a moisturizing shampoo followed by amethyst oil and a deep conditioning masque. Finish with humidity-resistant styling creme and a beach braid of your choice. For keiki (children), finish with a princess braid.

**SIGNATURE SHAPING  
AND STYLING  
MEN | KEIKI**

**Event Hair**

Our stylists create looks that fit your vision and stand out at any event. Whether it's an up-do or a luxurious blowout, you can be sure your hair will look shiny and glamorous.

**Photography and Event Styling**

Feel fully prepared with teeth whitening, makeup and hairstyling for your special event or beachfront photoshoot.

**Amethyst Scalp Rejuvenation**

This clarifying shampoo, amethyst oil scalp massage, and deep conditioning masque treatment will leave your hair refreshed and clean.

**Classic Head Shave**

Enjoy a full head shave with a straight razor finished with hot towels and a soothing aftershave.

**Men's Haircut**

Enjoy a classic men's haircut with shampooing, styling, and a hot towel neck shave.

**The 65+ Distinguished Haircut**

The 65+ Distinguished Haircut includes shampooing, styling and a hot towel finish.

**Buzzcut**

This traditional one length allover buzzcut includes shampooing, styling and a hot towel neck shave.

**Beard Trim**

Look your sharpest with a straight razor beard lineup.

**Men's Scalp Rejuvenation & Style**

Relax with an amethyst oil massage, clarifying shampoo treatment, and personalized styling based on your hair texture.

**Keiki (Child) Haircut**

This 12 and under haircut includes shampooing and styling.



# HOLISTIC WELLNESS

*Holistic wellness is a fluid, tranquil experience that nurtures and extends 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.*

### **SUNLIGHTEN INFRARED SAUNA**

Photobiomodulation uses invisible, near infrared (NIR) wavelengths (700 to 1,200 nanometers (nm) to deliver energy to your cells. Research shows that specific light frequencies have specific effects, and NIR has the perfect wavelength (880 nm) to best treat the skin. When receiving NIR, your connective tissue absorbs the light, stimulating the production of collagen and elastin. This can lead to skin renewal, cell regeneration, tissue growth, decreased lines, faded scars, and overall younger, more radiant skin.

### **SOMADOME MEDITATION POD**

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**

Breathe in 100% pure oxygen in a pressurized environment, which is known to rejuvenate your skin and tissues and promote a clear, focused mind.

### **CRYOBUILT CHAMBER**

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.

### **DREAMPOD ICE BATH**

Cold water immersion constricts your blood vessels, helping your body tame inflammation, reduce swelling, and flush toxins. After exiting the Ice Bath, your body naturally begins to restore heat, and the blood vessels that were once constricted expand to allow blood flow. This constriction and expansion can have a positive lasting effect on blood pressure, circulation and health.

### **NORMATEC3 COMPRESSION LEG THERAPY**

Normatec's patented precision pulse technology helps to increase circulation, revive your muscles, reduce swelling, speed up recovery and maximize performance through targeted air compression.

### **FLOAT CHAMBER**

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

**ACUPUNCTURE**

This ancient form of alternative medicine has been used for over 2,500 years to heal common ailments, unclog blocked meridians and balance internal and external systems. Acupuncture has proven effective in treating many ailments such as fibromyalgia, low back pain and migraines.

**CHIROPRACTIC TREATMENTS**

Manual adjustments of the neck and spine can initiate surprising health benefits. In addition to physical relief, tune into other improvements such as increased energy, lowered blood pressure, effortless breathing, better range of motion and improved quality of sleep.

**HALOTHERAPY**

From the Greek “halos” meaning “salt”, experience the ritual of breathing in pure salt air, which is known to help prevent infection, boost immune function, cleanse your skin and reduce inflammation throughout your body.

**COLOR THERAPY**

This intuitive session harnesses the vibrational powers of Mother Nature, activating your senses to deliver ease, balance and calm to your system. Aura-soma is a holistic multi-dimensional system of color, plant and crystal energies that work together to enhance your sense of joy and peace.

**VIBRATIONAL ACOUSTIC THERAPY**

Experience the transformational power of sound through music, rhythm and voice, rejuvenating your body and sending it into a frequency state that naturally activates its natural healing abilities.

**CRYSTAL HEALING**

Focus on your body's vital energy flow through the ancient practice of crystal healing. This 90-minute private session begins with meditation and breathwork followed by an integrative crystal healing session. You'll leave centered, grounded, and equipped with a ritual to continue the positive energy flow in your daily wellness practice.

**RAINBOW CHAKRA MAT BY HEALTHYLINE**

Inspired by nature and perfected by science, enjoy the cumulative healing benefits of heated crystals, far infrared, negative ions, photon lights and PEMF.

**SMARTGOGGLES BY THERABODY**

For a heightened meditative experience, slip on these intelligent wearables that combine gentle heat, targeted vibration and soothing massage, targeting pressure points to ease tension and discomfort and improve sleep quality.

# HOW TO SPA

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## **RESERVATIONS**

Guests of Bamford Wellness Spa must be 18 years of age or older. 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.

## **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 30 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**

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.

## **AGE RESTRICTION**

Age 15 and younger requires a parent present during treatment.



Bamford Wellness Spa at 1 Hotel Hanalei Bay  
5520 Ka Haku Rd., Princeville, HI 96722

For Reservations: [BamfordSpa.Hanalei@1hotels.com](mailto:BamfordSpa.Hanalei@1hotels.com)  
or 808-977-1230

[@1hotel.hanaleibay @1hotels](https://1hotels.com/Bamford)