

TREATMENT LIST

BAMFORD FACIALS

Awakening Bamford Facial	60 mins £160
Detoxifying Signature Facial	60 mins £160
Rejuvenating Signature Facial	60 mins £160
Bespoke Facial	30 mins £85
Bamford Wellness Facial	90 mins £210

SIGNATURE EXPERIENCES

1 Hotel Mayfair Experience	90 mins £250
B Silent Ritual	90 mins £200
B Strong Ritual	90 mins £200
Bamford Body Signature treatment	90 mins £200
Men's Signature Massage	90 mins £200
Bamford Pregnancy and New Mother Massage	60 mins £160

MASSAGES

Deep Tissue Massage	60 mins £160
Deep Tissue Massage	90 mins £200
De-stress Massage	60 mins £160
De-stress Massage	90 mins £200
Sports Massage	60 mins £190
Sports Massage	90 mins £230
Bamford Pregnancy and New Mother Massage	60 mins £160
Tailor Made Massage	2 hours £280
Reflexology	60 mins £160
Reflexology	90 mins £200
Foot Massage	30 mins £85

EXFOLIATE AND HYDRATE

1 Hotel Mayfair Exfoliate and Hydrate	60 mins £170
Bamford Sugar Scrub	45 mins £135

PACKAGES

B restored Spa Half Day	2 hours 45 mins £400
Guided yoga or PT session	45 mins
De-Stress Massage	60 mins
Choice of signature Bamford facial	60 mins
Nutritional lunch at the Neighbours Cafe	

Bamford Mother to Be and New Mothers Ritual	2 hours £280
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Pregnancy massage 60 mins
Bamford Facial of your choice 60 mins
Choice of Smoothie /Juice

Bamford Wellness Full Spa Day and Lunch	3 hours 30 mins £560
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A guided yoga session 60 mins
B Silent ritual with back massage 90 mins
Choice of signature Bamford facial 60 mins
2 course lunch served on a private terrace

1 Hotel Mayfair Spa Immersion Experience	3 hours £430
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Bamford Full Body Scrub 30 mins
1 Hotel Mayfair experience 90 mins
Bamford Facial of your choice 60 mins

WAXING

Back Wax	45 mins £60
Bikini line	30 mins £40
Brazilian Wax	45 mins £60
Hollywood Wax	30 mins £65
Chest Wax	30 mins £55
Full Arm	30 mins £45
Full Leg	60 mins £65
Half Leg	45 mins £40
Under Arm	15 mins £25
Upper Lip	15 mins £25

FITNESS

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

Personal Training Session	60 mins £150
Private Yoga Session	60 mins £150

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