



Treatment Guide

bamford

WELLNESS

SPA

At 1 Hotel Mayfair



## **Bamford Wellness Spa, 1 Hotel Mayfair**

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 Body Signature Treatment**

*90 mins | £200*

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 allow it to absorb magnesium to help reduce inflammation.

Japanese shiatsu massage is then used to open the body's meridians and start to unblock the energy channels. Swedish massage targets areas of concern and releases specific points of tension, then a heated chakra stone is placed on the abdomen for a gentle abdominal massage to improve gut health.

A face and Indian head massage calms the mind and increases circulation to improve scalp and hair condition. The treatment finishes with assisted yogic breathing to oxygenate and invigorate the body.

## **Men's Signature Massage**

*90 mins | £200*

This targeted treatment has been created to work on the back of the body. A combination of traditional Japanese shiatsu, Swedish massage, acupressure facial and reflex zone foot massage. This treatment relieves over worked and tired muscles, reduces tension and promotes deep relaxation.

## **Bamford De-Stress Massage**

*60 mins | £160*

Focusing on the back of the body, this massage eases tense muscles and reduces stress levels while restoring and realigning energy. The treatment starts with an Epsom salt foot bathing ritual to draw toxins from the body and allow it to absorb magnesium to help reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow, followed by Swedish back and leg massage to help improve circulation. The treatment finishes with a relaxing reflex zone foot therapy.

## **Bamford Full Body Exfoliation**

*45 mins | £135*

Gentle exfoliation using warm botanic sugar polish to rejuvenate the skin, increase circulation, and prepare the body for further treatment. The sugar polish is removed with a warm shower before one of our body oil's is applied.

## **Bamford Pregnancy & New Mother Massage**

*60 mins | £160*

Developed by an expert in pregnancy yoga, this treatment is designed specifically for the second and third trimesters of pregnancy (after 12 weeks and up to 40 weeks) and into the first months of becoming a new mother. A full body massage using gentle unscented oils. the treatment targets backache, tension and heavy legs. This warm oil massage provides a peaceful and gently uplifting experience.

## **B Silent Massage Ritual**

*90 mins | £200*

Chronic stress is one of the leading causes of depleted serotonin and can affect our ability to sleep well. This treatment is devoted to relaxing and preparing your body for sound, restful sleep. Begin the process of deep relaxation with a foot bathing ritual.

This is followed by a therapeutic back massage with Thai stretching, scalp and reflex zone foot and applying the temple balm to the forehead and temples to complete the treatment and encourage peaceful sleep.

## **B Strong Massage Ritual**

*90 mins | £200*

Deeply restorative treatment is designed to nurture and heal stressed joints in the neck, shoulders, lower back, arms and legs. The treatment starts with a welcoming foot bath, shiatsu followed by cranial pressure points, kneading, wringing and deep frictions to warm up tired muscles and joints.

## **1 Hotel Mayfair Experience**

*90 mins | £250*

This signature treatment begins with Palo Santo Ceremony to cleanse the energy and ground the body following a calming breathing meditation.

1 Hotel Mayfair signature experience combines carefully targeted ancient techniques that nurture your well-being using an array powerful massage techniques from Japanese shiatsu to Chinese meridian stimulations and Swedish massage targeting areas of concern and offers an optimum health benefits and deep muscle release. This treatment will conclude with a face and Indian head massage to calm the mind and improve scalp and hair condition.

## **Exfoliate and Hydrate Experience**

*60 minutes | £170*

Gentle exfoliation using warm botanic sugar polish to rejuvenate the skin, increase circulation, and prepare the body for further treatment.

The sugar polish is removed with a warm shower and a Bamford Rose rich cream is applied to your skin to encourage deep hydration and cell renewal .

This blend of rose, chamomile and lemon will revitalise and replenish both body and mind.



REPLENISH  
THE FACE



## **Bamford Wellness Facial**

*90 mins | £210*

A bespoke 90-minute facial that targets skin health from the outside-in. Abdominal massage helps to improve gut health and digestion and release emotional and physical stress: symptoms which can manifest on the surface of the skin.

Gua sha and firm facial massage are used to ease muscle tension, support lymphatic flow, and reduce puffiness in the face, neck, and décolleté. The Wellness Facial is designed to be adjusted to suit the needs of you and your skin, allowing your therapist to spend time treating the areas that require more attention. Post-treatment benefits include more energy, glowing skin, and an improved sense of well-being.

## **Bamford Signature Facials**

*60 mins | £160*

A bespoke skincare consultation, a deep cleanse followed by the mask and finishing products chosen by our therapist to rejuvenate, awake or detox your skin.

### **Rejuvenating**

A deeply hydrating treatment using a rejuvenating mask made with soy stem cells and hyaluronic acid. Designed to lift and firm the skin and help reduce the appearance of fine lines. Particularly recommended for dry or mature skin

### **Awakening**

A resurfacing radiance boost using a powerful fruit acid elixir and exfoliating mask. Designed to leave skin smoother, and glowing. Particularly recommended for sun damage, uneven texture or between seasons

### **Detoxifying**

A detoxifying cleansing treatment using steam to extract impurities. Designed to brighten, balance the skin microbiome and reduce the effects of pollution. Recommended for oily, pigmented or menopausal skin.



PERFECT  
PACKAGES

## **1 Hotel Mayfair Spa Immersion Experience**

*180 mins | £430*

This signature treatment begins with Palo Santo Ceremony to cleanse the energy and ground the body following a calming breathing meditation.

Combining carefully targeted ancient techniques that nurture your well-being using an array powerful massage techniques from Japanese shiatsu to Chinese meridian stimulations and Swedish massage targeting areas of concern and offers an optimum health benefits and deep muscle release with a face and Indian head massage to calm the mind and improve scalp and hair condition.

The experience will conclude with our signature Bamford Organic Facial, completing our immersion in the very best our retreat in the heart of Mayfair.

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

## **Bamford Mother-to-Be/New Mothers Ritual**

*120 mins | £280*

Developed by an expert in pregnancy yoga, this treatment is designed specifically for the second and third trimesters of pregnancy and the first months of becoming a new mother. A full body massage using gentle unscented oils. the treatment targets backache, tension and heavy legs. This warm oil massage provides a peaceful and gently uplifting experience. The experience will conclude with a Bamford signature facial including your choice of rejuvenate, vibrant or detox treatment.

- Bamford Pregnancy and New Mother Massage - 60 mins
- Choice of signature Bamford facial - 60 mins
- Choice of smoothie

## **B Restored Spa Half Day**

*2 hours 45 minutes | £400*

Starting with a guided yoga and assisted meditation session to loosen and enable full restoration of the mind and body. Followed by the B Restored massage that focuses on the back of the body, eases tense muscles and reduces stress levels while restoring and realigning energy. The treatment starts with an Epsom salt foot bathing ritual to draw toxins from the body and allow it to absorb magnesium to help reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow, followed by Swedish back and leg massage to help improve circulation. The treatment finishes with a relaxing reflex zone foot therapy. The experience will conclude with a Bamford signature facial including your choice of rejuvenate, vibrant or detox treatment.

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

## **Bamford Wellness Full Spa Day**

*3 hours 30 minutes (plus lunch) | £560*

Starting with a guided yoga session to loosen and enable full restoration of the mind and body.

Chronic stress is one of the leading causes of depleted serotonin and can affect our ability to sleep well. This treatment is devoted to relaxing and preparing your body for sound, restful sleep. Begin the process of deep relaxation with a foot bathing ritual.

This is followed by a therapeutic back massage with Thai stretching, scalp and reflex zone foot and applying the temple balm to the forehead and temples to complete the treatment and encourage peaceful sleep.

The experience will conclude with a Bamford signature facial including your choice of rejuvenate, vibrant or detox treatment.

Lunch will be served privately on one of 1 Hotel Mayfair's unique terraces showcasing the very best of 1 Hotel Mayfair.

- A guided yoga session - 1 hour
- B Silent Massage Ritual - 90 mins
- 2 course lunch served on a private terrace
- Choice of signature Bamford facial - 60 mins



HOW  
TO SPA

# **How To Spa**

## **Your Arrival**

For the absolute Spa experience, we recommend that you arrive 30 minutes prior to your treatment. Upon arrival at the Spa you will be provided with a locker, bathrobe and slippers for your use whilst at the Spa, you will be asked to complete a health questionnaire and will then be able to enjoy your treatments.

## **Spa**

Please do not use videos, cameras and mobile phones during your visit at the Spa respect the presence of others.

## **Health Conditions**

Please advise us of any health conditions, allergies or injuries prior to your booking.

## **In-Room Treatments**

Hotel Guests are invited to enjoy a selection of treatments in the comfort of their own room couples massages are available too. An additional charge will apply, please enquire at the Spa reception for more information.

## **Child Policy**

Guests of Bamford Wellness Spa under 16 years of age are welcomed and must be always supervised by an adult 18 years or over. Treatments can be scheduled and a discretion form is required to be signed by an adult.



## **Fitness Center**

For hotel guests and members our fitness center operates 24 hours.

Please ensure sports shoes are always worn when using fitness equipment.

Please report any health condition that may put you at risk to a member of the Spa Reception prior to using the equipment.

## **Gift Certificates**

We offer gift certificates which can be purchased on our website or in person at the Spa.

## **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.

## **Pregnancy and New Mothers**

Developed by an expert in pregnancy yoga, this treatment is designed specifically for the second and third trimesters of pregnancy and the first months of becoming a new mother. Please allow us to guide you in selection for additional treatments.

## **Price**

Additional gratuities may be added at your discretion. Prices and services are subject to change.



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Bamford Wellness Spa At 1 Hotel Mayfair  
3 Berkeley St, London W1J 8DL, United Kingdom

For Reservations: [Bamford.Mayfair@1hotels.com](mailto:Bamford.Mayfair@1hotels.com)

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