



EXCLUSIVE
OFFERS

Salt Lab Magnesium Ritual

90 minutes | \$280

Created in partnership with SALT LAB, this elevated deep tissue experience blends therapeutic massage with the restorative benefits of topical magnesium. Using Salt Lab's Magnesium Oil Spray and Magnesium Muscle Repair Cream, this treatment works deep into tired, overworked muscles to release persistent tension, support recovery, and restore ease of movement.

Magnesium is known for its role in supporting muscle function, regulating the nervous system, assisting energy production, promoting relaxation and improving sleep quality. Combined with tailored deep tissue techniques, this indulgent ritual leaves the body feeling lighter, balanced, and ready for a restful sleep.

Bamford Winter Warmer

90 minutes | \$290

Escape the chill of Winter and immerse yourself in the comforting warmth of our Bamford Winter Warmer. This deeply restorative journey is designed to soothe the body, calm the mind, and cocoon you in warmth from head to toe. Your experience begins with a comforting foot bath, followed by an invigorating foot scrub to refresh the senses and promote a feeling of grounded relaxation.

Next, surrender to the therapeutic embrace of a full-body volcanic hot stone massage where the warmth of basalt stones works deep into the muscles melting away tension. The experience concludes with a nurturing neck and shoulder massage using arnica balm, crafted to relieve lingering stress and ease tightness.

A luxurious seasonal escape designed to keep the cold out and the warmth within.

Terms & Conditions apply

Bamford Hour

60 minutes | \$200 | Mon – Thurs Only

Meet your moment of calm with our weekday Bamford Hour. This perfectly tailored 60-minute escape is designed to restore body and mind without taking up your whole day. Choose between two deeply effective massage experiences, each crafted to melt tension and revive your energy.

Unwind with the Bamford De-Stress Massage, a soothing head-to-toe treatment blending Swedish and relaxation techniques to calm the nervous system and rebalance body and mind. Alternatively, choose a Deep Tissue Massage. A more intensive, therapeutic experience using rosemary oil to release chronic tension, improve mobility, and leave you feeling powerfully renewed.

Whether you're seeking therapeutic relaxation or targeted relief, this hour is yours to reset, recharge, and re-emerge feeling your best.

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