



**BAMFORD WELLNESS SPA | 1 HOTEL BROOKLYN BRIDGE**  
60 FURMAN ST. BROOKLYN, NY 11201

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[1HOTELS.COM/BROOKLYN-BRIDGE](https://1HOTELS.COM/BROOKLYN-BRIDGE) | [@1HOTELSBROOKLYN](https://www.instagram.com/1HOTELSBROOKLYN) | [#1HOTELSBROOKLYNBRIDGE](https://www.facebook.com/1HOTELSBROOKLYNBRIDGE)

A large, heart-shaped wooden plaque with a textured, wavy surface, set against a background of vertical wood grain. The plaque is light brown and has a slightly irregular, handcrafted appearance.

# bamford

## WELLNESS SPA

1 HOTEL BROOKLYN BRIDGE

## WELCOME TO BAMFORD WELLNESS SPA

1 HOTEL BROOKLYN BRIDGE

**BAMFORD WELLNESS** IS A SPA 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.

awaken  
life  
restore  
wellness  
pure  
natural  
serene





## MASSAGE & BODY TREATMENTS

### **BAMFORD SIGNATURE TREATMENT** | 80 MINS \$298

START WITH A FOOT-BATH FOLLOWED BY SHIATSU, MERIDIAN AND SWEDISH MASSAGE THAT PENETRATES THE MUSCLES, WHILE REFLEXOLOGY ENHANCES ENERGY THROUGHOUT THE BODY. THIS TREATMENT CULMINATES WITH YOGIC BREATHING.

### **BAMFORD JADE HOT AND COLD STONE MASSAGE** | 80 MINS \$325

JADE IS A SYMBOL OF PURITY. ITS CHEMICAL COMPOSITION RETAINS HEAT AND CONDUCTS ENERGY. A MASSAGE WITH ORGANIC OILS IS COMBINED WITH WARMED AND COOLED STONES, A UNIQUE AND RELAXING EXPERIENCE.

### **BAMFORD DE STRESS MASSAGE** | 50 MINS \$185 | 80 MINS \$296

THIS HEAD-TO-TOE TREATMENT PROVIDES A RELAXING EXPERIENCE, WHILE IMPROVING CIRCULATION AND FOCUSING ON KEY AREAS OF TENSION. FINISH WITH A SESSION OF REFLEXOLOGY TO BRING THE BODY TO A RESTFUL STATE.

### **BAMFORD DEEP TISSUE MASSAGE** | 50 MINS \$205 | 80 MINS \$325

A FULL-BODY MASSAGE FOCUSING ON MAJOR MUSCLE GROUPS. OUR THERAPISTS FOCUS ON AREAS OF TENSION TO RELIEVE THEM AND RESTORE VITALITY.

### **BAMFORD PREGNANCY MASSAGE** | 50 MINS \$195

TAILORED TO THE SPECIFIC NEEDS OF A PREGNANT WOMAN, USING GENTLE AND UNSCENTED OILS DESIGNED BY A PREGNANCY YOGA EXPERT. THE CLIENT IS POSITIONED ON HER SIDE FOR A SAFE, COMFORTING AND RELAXING TREATMENT.

### **BROOKLYN CUSTOMIZED MASSAGE** | 50 MINS \$195 | 80 MINS \$312

THIS CUSTOMIZED PRESSURE MASSAGE OFFERS A CHOICE OF THREE AROMATHERAPY BLENDED OILS TO PROVIDE RELAXATION, DETOXIFICATION AND REVITALIZATION.

### **BAMFORD SUGAR POLISH** | 50 MINS \$195

TRANSFORM TO A SILKEN STATE OF RELAXATION WITH A FULL-BODY GENTLE POLISH, LIGHT MASSAGE AND MOISTURIZING MASK. SKIN IS LEFT SMOOTH AND REFINED AFTER THIS COMPLETE HYDRATING BODY TREATMENT.

### **COUPLES DE STRESS MASSAGE** 50 MINS \$360 | 80 MINS \$592

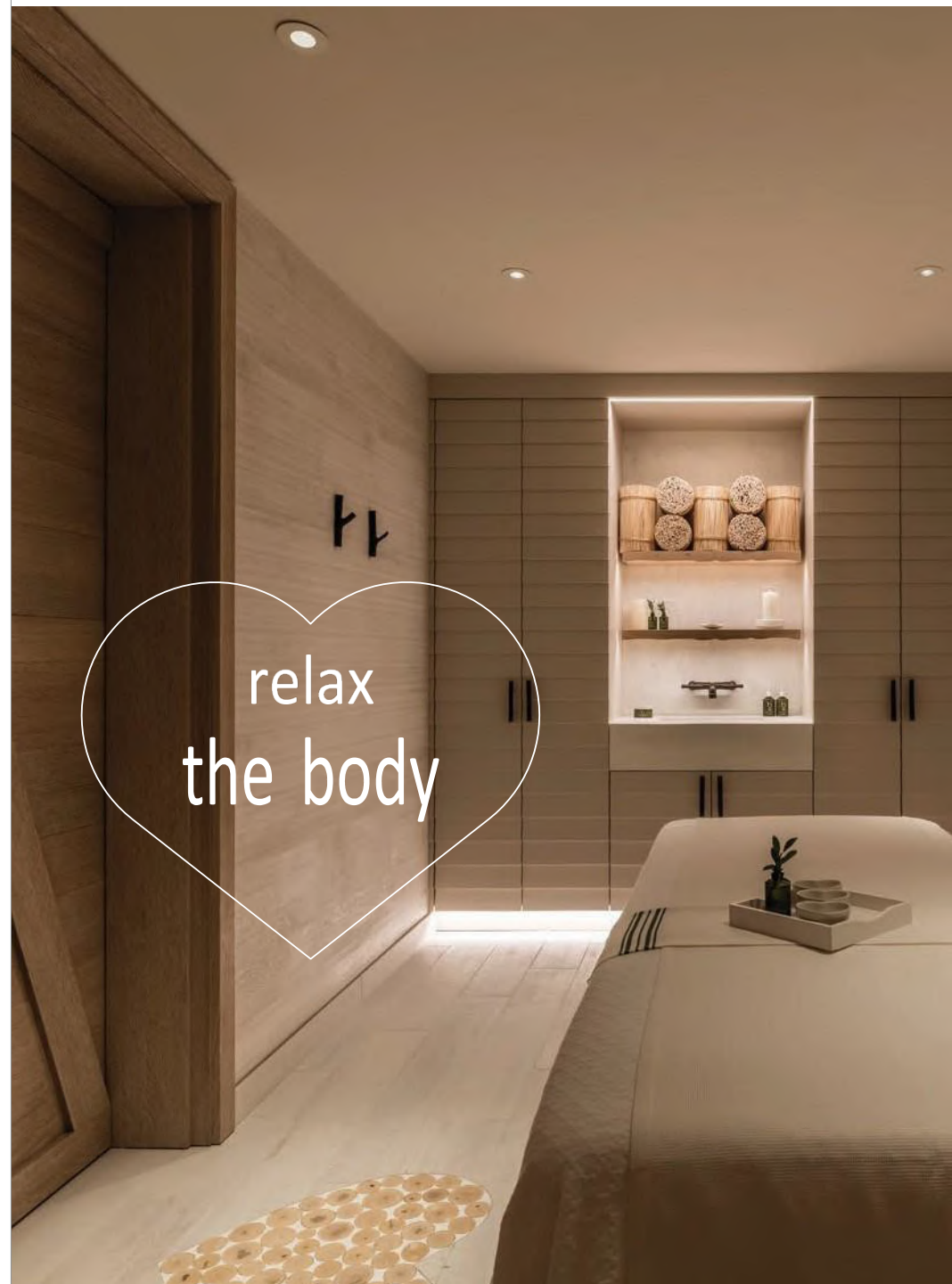
MORE THAN JUST A MASSAGE, THIS HEAD-TO-TOE TREATMENT WORKS WITH BOTH THE PHYSICAL AS WELL AS THE MORE SUBTLE ENERGETIC LAYERS OF THE BODY PROVIDING A RELAXING EXPERIENCE WHILE IMPROVING CIRCULATION.

### **COUPLES SIGNATURE TREATMENT** | 80 MINS \$596

OPENING WITH A CLEANSING FOOTBATH FOLLOWED BY SHIATSU, MERIDIAN AND SWEDISH MASSAGE, THIS TREATMENT AWAKENS THE MUSCLES.

### **REFLEXOLOGY** | 25 MINS \$95 | 50 MINS \$175

INSPIRED FOOT MASSAGE HELPS THE FLOW OF ENERGY AND DETOXIFIES.





Here is authentic luxury: serene, timeless, subtle



and pure Spa treatments



## FACIAL TREATMENTS

### **BAMFORD SIGNATURE FACIAL | 80 MINS \$298**

EMBERS OF PALO SANTO WOOD PURIFY THE ROOM AS OUR EXPERT THERAPIST BEGINS WITH A CLEANSING FOOT BATH AND SKINCARE CONSULTATION. WE USE OUR RANGE OF NATURAL SKINCARE AND CONCENTRATED ELIXIRS TO RESTORE AND REPAIR THE SKIN. THE RESULT IS A TRULY PERSONALIZED TREATMENT WITH YOUR SKIN CLEANSED, EXFOLIATED AND NOURISHED. WE SEEK TO RELEASE TENSION AND PROMOTE A RADIANT COMPLEXION WITH A MARRIAGE OF FACIAL REFLEXOLOGY, LYMPHATIC DRAINAGE AND STIMULATING LIFTING MOVEMENTS.

### **BAMFORD BESPOKE FACIAL | 50 MINS \$185**

THIS FACIAL IS CUSTOMIZED TO FOCUS ON SKIN CONCERNS WHILE ENSURING A RELAXING EXPERIENCE USING HOT AND COLD JADE STONES AND ANCIENT YOGIC BREATHING TO ACHIEVE DEEP RELAXATION AND BALANCE. WE USE OUR RANGE OF NATURAL SKINCARE AND CONCENTRATED ELIXIRS TO RESTORE AND REPAIR THE SKIN.

### **ORGANIC AWAKEN RESURFACING FACIAL | 50 MINS \$195 | 80 MINS \$312**

OUR AWAKEN SKINCARE, CONTAINING POWERFUL AHA FRUIT ACIDS, ULTRA-FINE VOLCANIC EXFOLIANTS AND LACTIC ACID, COMBINE TO REMOVE DEAD SKIN CELLS FOR A REFINED TEXTURE AND TONE. SKIN IS LEFT SMOOTH, RADIANT AND GLOWING.

### **ORGANIC RESTORE REJUVENATING FACIAL | 50 MINS \$195 | 80 MINS \$312**

OUR RESTORE SKINCARE, CONTAINING SODIUM HYALURONATE, CACAY NUT OIL AND SOY STEM CELLS, COMBINE TO REDUCE FINE LINES AND WRINKLES, PLUMP THE SKIN AND REPAIR DAMAGE. SKIN IS LEFT FIRMER, LIFTED AND MORE YOUTHFUL LOOKING. IDEAL FOR DRY OR MATURE SKIN THAT NEEDS DEEP REHYDRATION.

### **ORGANIC PURITY DETOXIFYING FACIAL | 50 MINS \$195 | 80 MINS \$312**

OUR PURITY SKINCARE, CONTAINING LILAC EXTRACT AND MINERAL-RICH DETOXIFYING CLAYS COMBINE TO EXTRACT IMPURITIES, POLLUTION AND REDUCE BLEMISHES OR DARK SPOTS. SKIN IS LEFT SOOTHED, PURE AND BEAUTIFULLY CLEAR. IDEAL FOR OILY OR BLEMISHED SKIN AND MENOPAUSAL BREAK-OUTS.

## AQUAGLO HYDRADERMABRASION FACIALS

A HYDRA-DERMABRASION IS DESIGNED TO DEEPLY CLEANSE THE PORES, EVEN SKIN TONE AND HYDRATE YOUR SKIN

### **AQUAGLO EXPRESS FACIAL | 25 MINS \$115**

### **HYDRADERM DEEP CLEANSE FACIAL | 50 MINS \$225**

### **CRYO RADIANCE FACIAL | 80 MINS \$360**



revive  
the face

## Facial Enhancements:

KNESKO MASK : FULL FACE \$45 | EYE \$25 | NECK \$ 35 | DECOLLETE \$45

### **NUFACE**

**QUICK FIX \$45**

**BRIGHTEN AND TIGHTEN MICROCURRENT \$45**

**ULTIMATE LIFT \$55**



perfect  
packages



## TREATMENT PACKAGES

### **BLISSFUL HAYBARN DAY** | 4.5 HOURS \$750

BAMFORD BODY SCRUB  
BAMFORD SIGNATURE BODY TREATMENT  
BAMFORD SIGNATURE FACIAL

### **HAYBARN MOTHER TO BE** | 2.5 HOURS \$468

BAMFORD SIGNATURE FACIAL  
BAMFORD PREGNANCY MASSAGE

### **HAYBARN GROOMING** | 2 HOURS \$360

BAMFORD RECOVERY TREATMENT  
BAMFORD MENS FACIAL

### **HAYBARN DE-STRESS** | 2 HOURS \$350

BAMFORD DE STRESS MASSAGE  
BAMFORD BESPOKE FACIAL

## WAXING SERVICES

**BROW | LIP | BIKINI | ARMS | LEGS | UNDERARM | BACK**

**\*AVAILABLE UPON REQUEST**

Natural products developed for treatments  
at the Bamford Haybarn Spa.

“What goes on the body is as Important as  
to what we put inside.”

—CAROL BAMFORD



## BAMFORD GROOMING DEPARTMENT

### **BAMFORD RECOVERY TREATMENT | 50 MINS \$195**

THIS TREATMENT HAS BEEN CREATED TO COMBAT THE STRESSES OF MODERN LIFE. BEGINNING WITH A BACK MASSAGE, USING OUR SPECIALLY BLENDED MASSAGE OIL AND HOT STONES, THE TREATMENT MOVES ON TO A SIMPLE AND EFFECTIVE FACE AND SCALP MASSAGE. GREAT FOR REDUCING STRESS AND PROMOTING DEEP RELAXATION.

### **BGD EDITION 1 SIGNATURE TREATMENT | 80 MINS \$312**

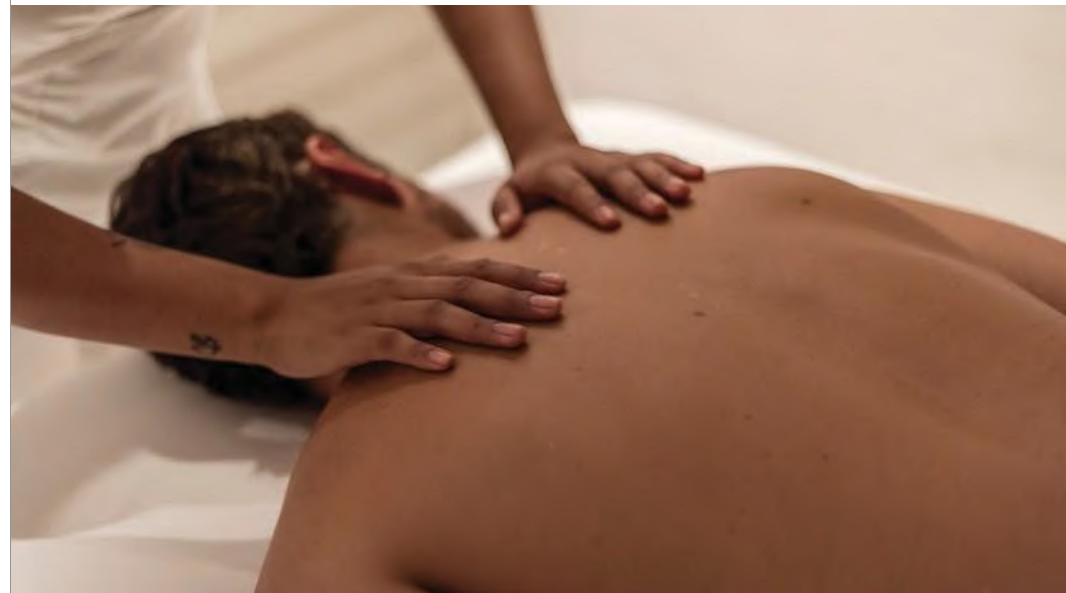
THE BAMFORD GROOMING DEPARTMENT EDITION 1 SIGNATURE TREATMENT HAS BEEN SPECIALLY CREATED FOR THE MODERN ACTIVE MAN. A COMBINATION OF TRADITIONAL JAPANESE MASSAGE, SWEDISH MASSAGE, HOT STONES THERAPY, ACUPRESSURE FACIAL AND REFLEXOLOGY, THE TREATMENT ENCOURAGES BLOOD FLOW THROUGH THE BODY, RELIEVES OVER-TIRED MUSCLES AND PAIN, REDUCES STRESS AND PROMOTES DEEP RELAXATION. THE SIGNATURE TREATMENT RESTORES YOUR EQUILIBRIUM READY FOR THE CHALLENGES AHEAD.

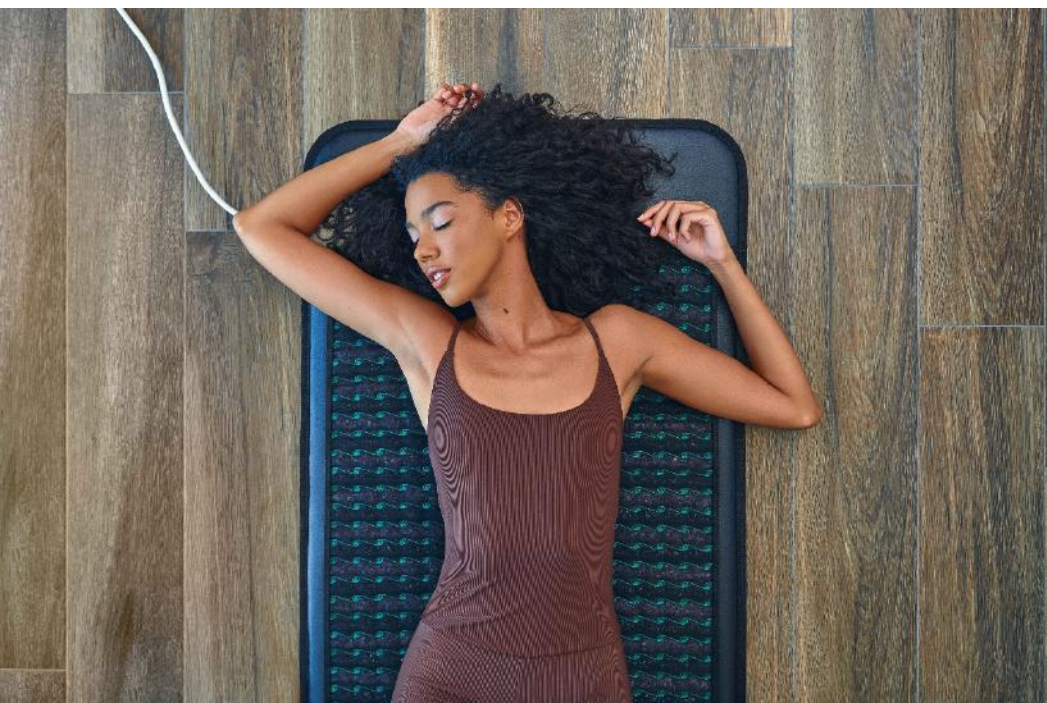
### **BAMFORD DEEP TISSUE MASSAGE | 50 MINS \$205 | 80 MINS \$325**

AN EXCELLENT FULL-BODY MASSAGE FOCUSING ON MAJOR MUSCLE GROUPS AS WELL AS STIMULATING SOURCES OF ENERGY DEEP WITHIN THE BODY. OUR EXPERT THERAPISTS WORK MORE DEEPLY ON AREAS OF TENSION TO RELIEVE MUSCULAR TENSION AND RESTORE VITALITY OF THE BODY.

### **BAMFORD MENS FACIAL | 50 MINS \$185**

BAMFORD GROOMING DEPARTMENT EDITION 1 BESPOKE FACIAL TREATMENT IS A DEEPLY CLEANSING AND BRIGHTENING FACIAL. A THOROUGH CLEANSE WITH HOT STEAM TOWELS IS FOLLOWED BY A CHARCOAL AND BLACK QUARTZ EXFOLIATION WITH SPECIAL ATTENTION GIVEN TO ANY CONCERNS. LEAVING SKIN SMOOTH AND HEALTHY, YOUR EXPERIENCE IS COMPLETE WITH AN ADDED PRESSURE POINT FACIAL, HEAD AND ARMS MASSAGE - GREAT FOR REDUCING STRESS AND PROMOTING DEEP RELAXATION.





## HIGHERDOSE ADD ONS

### **INFRARED SAUNA WRAP | 50 MINS \$165**

BEGIN WITH A RELAXING BACK, NECK AND SHOULDER MASSAGE FOLLOWED BY A WRAP IN HIGHERDOSE'S INFRARED SAUNA BLANKET. DESIGNED TO SOOTHE MUSCLES, PROMOTE DEEP RELAXATION, BOOST MOOD AND ENERGY.

### **INFRARED PEMF MAT ADD ON | \$50**

INFRARED PULSED ELECTRO MAGNETIC THERAPY MAT ADDED TO YOUR MASSAGE OR FACIAL TREATMENT DESIGNED TO REDUCE STRESS, SOOTHE MUSCLES, IMPROVE ENERGY AND PROMOTE A RESTFUL SLEEP.

### **RED LIGHT FACE MASK ADD ON | \$45**

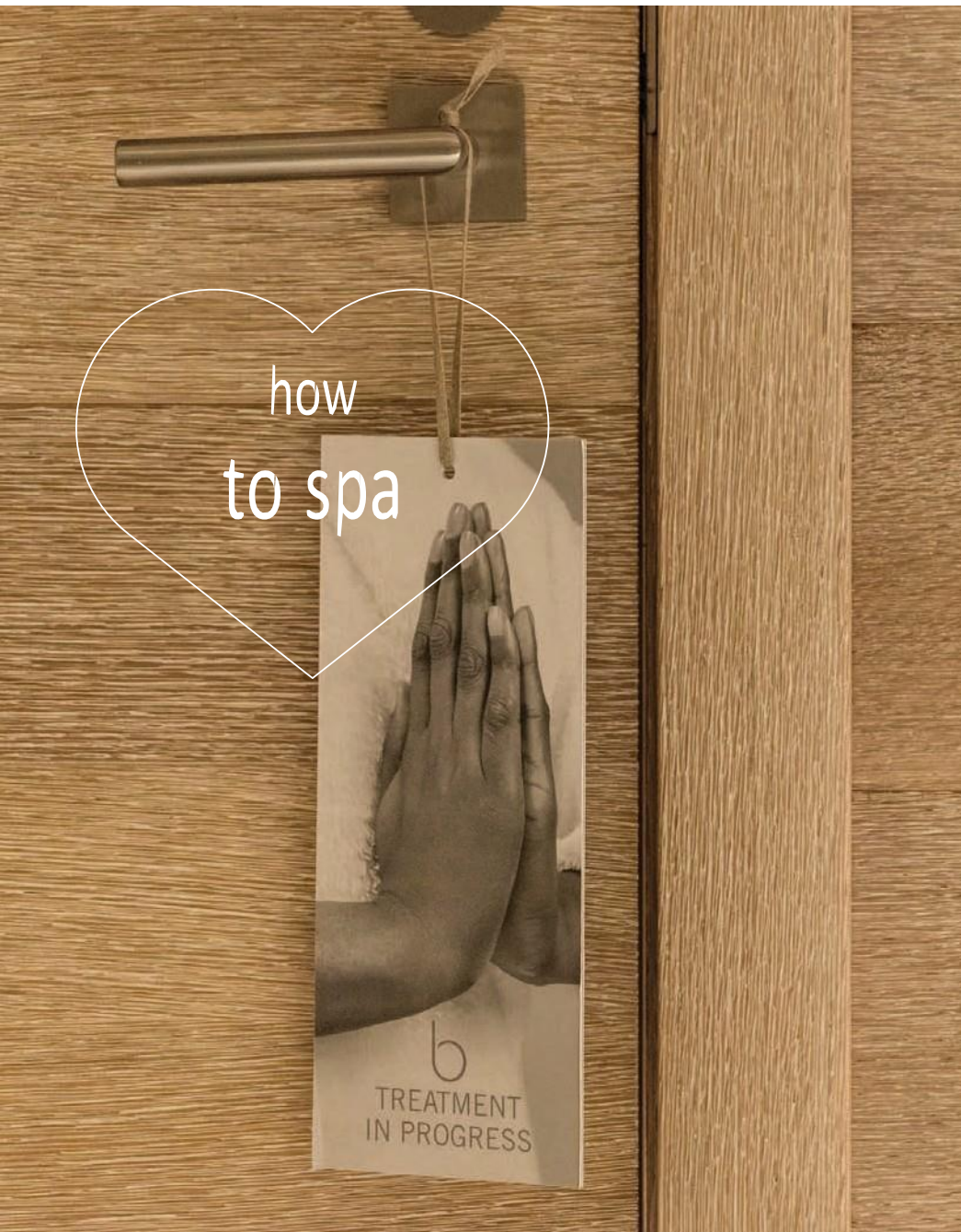
THIS FACE MASK ADD ON IS DESIGNED TO REDUCE FINE LINES, REGENERATE CELLS AND STIMULATE COLLAGEN.

*\*HIGHERDOSE SERVICES ARE NOT RECOMMENDED DURING PREGNANCY.*



HigherDOSE





## HOW TO SPA

### 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. WHILE WE WILL MAKE EVERY EFFORT TO ACCOMMODATE SAME DAY APPOINTMENTS, WE ENCOURAGE GUESTS TO SCHEDULE APPOINTMENTS IN ADVANCE TO ENSURE THAT THEIR TREATMENT AND TECHNICIAN PREFERENCES ARE AVAILABLE. 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 CANCELLATION FEE. CANCELLATIONS OF PACKAGES OR PRIVATE PARTIES REQUIRE SEVEN-DAY NOTICE.

### ARRIVAL AND LATENESS

WE RECOMMEND THAT YOU ARRIVE 15 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.

### SERVICE CHARGE

FOR YOUR CONVENIENCE A SUGGESTED 22% SERVICE CHARGE WILL BE INCLUDED ON YOUR SERVICE BILL. ADDITIONAL GRATUITIES MAY BE ADDED AT YOUR DISCRETION. PRICES AND SERVICES ARE SUBJECT TO CHANGE.

feel nurtured and rested.