



Treatment Guide

bamford

WELLNESS

SPA

1 Hotel Melbourne



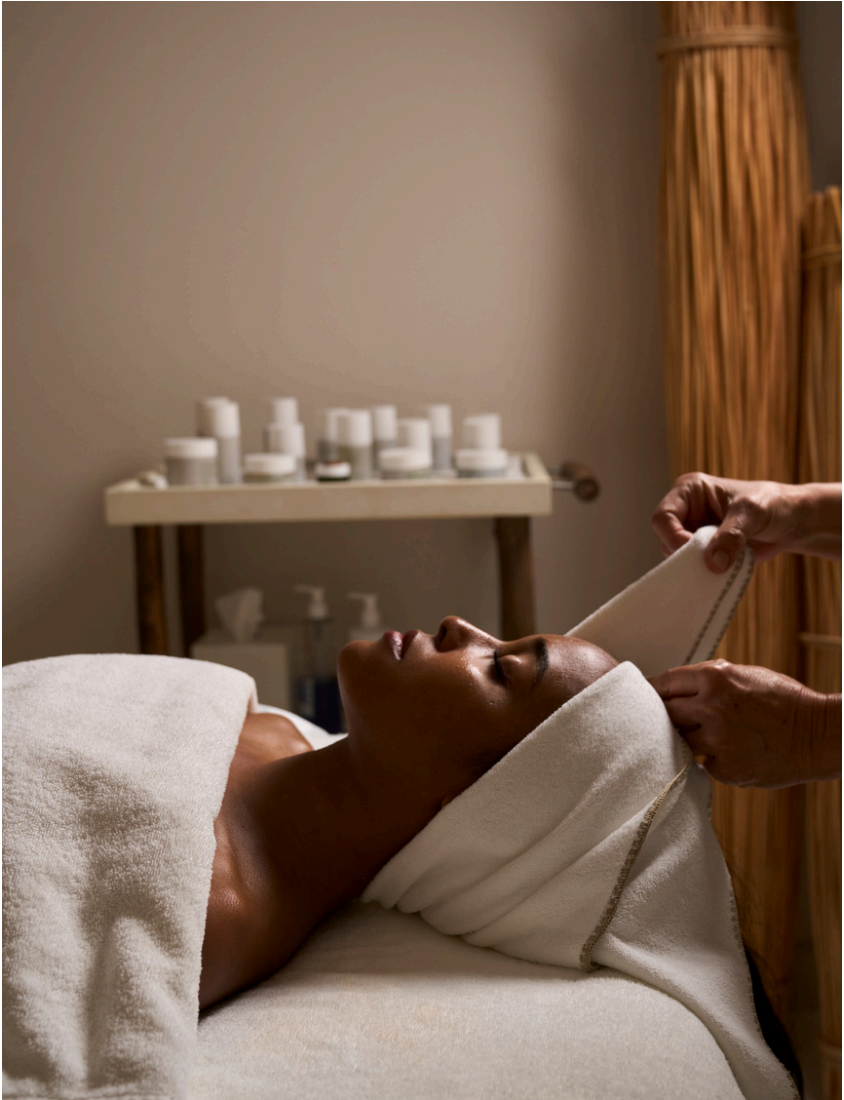
Bamford Wellness Spa, 1 Hotel Melbourne

We invite you to slow down, reconnect and restore. Guided by the Bamford philosophy of holistic wellbeing and rooted in nature, our mindful treatments, rituals, and wellness experiences are thoughtfully designed to support balance, renewal and connection.

Drawing on both traditional healing practices and modern therapeutic techniques, each experience is delivered with intention and personalised care. Our wellness and longevity experiences incorporate advanced modalities including vibro-acoustic therapy, PEMF grounding, LED light and compression therapy, to promote deep rest and recovery.

Whether seeking relaxation, rejuvenation or a moment of stillness, each experience is thoughtfully designed to nurture body, mind and spirit.





SIGNATURE
FACIALS

Bamford Signature Wellbeing Facial

90 Minutes / \$340

A holistic ritual to restore skin health and emotional well-being. Includes a grounding foot bath, Palo Santo cleanse, hot stone back massage, and a personalised facial with warm and cold stone sculpting massage.

Bamford Signature Facial

60 Minutes / \$250

A personalised facial using Bamford's botanical skincare and gentle steam to purify, exfoliate, and nourish. Restores clarity, balance, and hydration while refining texture and tone. Tailored to support the skin's natural renewal and your individual complexion needs.

Bamford Bespoke Facial

30 Minutes / \$160

Tailored to your skin's needs, blending natural and organic botanicals with expert touch for instant radiance. The perfect complement to our massage treatments or a standalone express glow-up for radiant, refreshed skin.

Celluma LED Therapy Series

Package of 5x30 Minutes treatments / \$560

This targeted LED facial series stimulates collagen, reduces inflammation, and enhances skin tone and clarity. Designed for cumulative results, it supports lasting skin health and radiant glow. Recommended 2-3 times per week.

HydraFacial

Discover your healthiest, most radiant skin with HydraFacial. This results-driven treatment deeply cleanses, exfoliates, and replenishes hydration to instantly brighten, smooth, and refresh the complexion. Suitable for all skin types, HydraFacial delivers a visible glow and lasting hydration, leaving your skin looking and feeling its absolute best.

Glow HydraFacial

90 Minutes | \$420

The ultimate HydraFacial experience. Combining deep cleansing, personalised booster serums, LED light therapy, lymphatic drainage, and a luxurious KNESKO collagen mask to visibly firm, hydrate, and restore radiant skin.

Deluxe HydraFacial

45 Minutes | \$300

A customised HydraFacial featuring deep cleansing, exfoliation, personalised booster serums, and LED light therapy to target your unique skin concerns and enhance overall skin health.

Signature HydraFacial

30 Minutes | \$250

Our maintenance HydraFacial, designed to keep your skin clear, hydrated, and glowing between treatments. Includes deep cleansing, exfoliation, and intense hydration to maintain healthy, radiant skin and prolong your results.

For best results, we recommend a monthly HydraFacial to maintain skin health, hydration, and radiance.



WELLNESS
RITUALS

Bamford Signature Ritual

90 Minutes / \$330

A full-body ritual to restore balance and reconnect with Self. Shiatsu, Swedish massage, warm chakra stones, facial massage, scalp acupressure, and yogic breathwork work in harmony to release tension and support deep energetic alignment.

B Strong Ritual

90 Minutes / \$330

A restorative ritual to relieve physical strain and muscular fatigue. Combining Shiatsu, cranial pressure points, deep tissue massage, and soothing Arnica balm to release tension, support circulation, and restore energy after travelling, sports or overexertion.

B Silent Ritual

90 Minutes / \$330

A calming ritual to regulate the nervous system and encourage deep rest. Includes a grounding foot bath, therapeutic back work, body rocking, assisted stretching, and acupressure head massage. Ideal for sleep support, jet lag, or overstimulation.

B Balanced Ritual

90 Minutes / \$330

A harmonising ritual to support the body through hormonal shifts or for those seeking to restore equilibrium. Includes guided breathwork, bamboo tapping, cooling Gua Sha, and energy-balancing techniques to release heat, restore flow, and leave you renewed.



MASSAGE
TREATMENTS

Bamford De-Stress Massage

60 Minutes / \$240 90 Minutes / \$310

A deeply restorative full-body massage that combines flowing Swedish techniques with nurturing relaxation strokes. Performed with light-to-medium pressure, this holistic treatment is designed to release physical tension and rebalance subtle energies for a lasting sense of serenity.

Deep Tissue Massage

60 Minutes / \$240 90 Minutes / \$310

A firm, therapeutic massage using warming rosemary oil to target deep muscles and connective tissue. This personalised treatment releases chronic tension, restores mobility, and leaves you feeling rejuvenated.

Jade Hot & Cold Stone Massage

90 Minutes / \$310

A full-body massage using the therapeutic contrast of warm volcanic and cool jade stones. This treatment eases tension, deeply relaxes and restores emotional and energetic balance for lasting calm and renewal.

Pregnancy Massage

60 Minutes / \$240 90 Minutes / \$310

A gentle massage using unscented oils, specially designed for expectant mothers from the second trimester onward. Tailored for comfort, it soothes muscles, encourages restful calm, and provides nurturing balance and ease.

Couples Massage

60 Minutes / \$480 90 Minutes / \$620

Unwind together in our private couple's suite with full-body massages. Choose from De-Stress or Deep Tissue treatments. This restorative experience cultivates mindful connection, enhanced presence, and shared relaxation.



MENS
TREATMENTS

Bamford Men's Signature Facial

60 Minutes / \$250

Specially designed for male skin using products from Bamford Grooming Department. A deep cleanse and steam followed by facial massage and mask to help stimulate cell regeneration. Warm jade stones aid circulation and cold moonlight stones soothe and tone.

Bamford Men's Signature Massage

90 Minutes / \$310

Targeting the back of the body, this restorative massage uses hot stones and traditional Shiatsu, Swedish and reflexology techniques to melt away tension. A face and head acupressure massage will rebalance energy and ease mental fatigue.



WELLNESS
ADD-ONS

Each 30 minute enhancement is thoughtfully designed to deepen relaxation, amplify results, and personalise your journey toward well-being.

Soundwave by Welnamis

30 minutes / \$140

Uses touchless binaural vibroacoustic technology to gently guide the mind and body into deep relaxation. Combining soothing vibrations with binaural audio frequencies mental activity is calmed, and the nervous system is balanced.

Reflexology

30 Minutes / \$160

A soothing, holistic therapy that focuses on targeted pressure points on the feet. Through precise techniques, reflexology encourages deep relaxation, improves energy flow, and helps restore balance to your entire system, leaving you feeling refreshed and recharged.

Acupressure Scalp Massage

30 Minutes / \$160

A deeply calming pressure-point head and scalp massage designed to ease tension, improve circulation, and quiet the mind. This treatment helps release built-up stress, promotes relaxation, and can help relieve headaches or mental fatigue.

Celluma LED Light

30 minutes / \$140

Celluma uses clinically proven LED technology to stimulate collagen production, reduce inflammation and rejuvenate skin. Targeting fine lines, acne, and hyperpigmentation concerns, this treatment leaves you with a luminous glow.

Steam Shower Ritual

30 minutes / \$120

An aromatic in-treatment room private steam and shower experience. A self-guided ritual using our Bamford Geranium Sugar Polish and Geranium Body Lotion to freshen up the skin pre or post treatment.

The therapies below are touchless. To further enrich your wellness journey, a guided meditation will be provided.

Normatec Compression Boots

30 minutes / \$120

A targeted lymphatic treatment that alleviates lower-body fatigue, enhances circulation, and promotes detoxification. Ideal for post training, prolonged standing, or long flight recovery.

HIGHERDOSE PEMF Infrared Mat

30 Minutes / \$120

Unwind and restore from the inside out with our deeply grounding PEMF Mat. Combining soothing infrared warmth with gentle Pulsed Electromagnetic Field (PEMF) therapy, this treatment promotes cellular rejuvenation, eases muscle tension, and enhances circulation.

Amethyst Biomat

30 Minutes / \$120

A therapeutic mat designed to promote pain relief, relaxation, and overall well-being utilising infrared heat, negative ion generation, and the natural conductive properties of amethyst crystals to deliver a deeply penetrating thermal therapy.

HELSI Red Light

30 Minutes / \$140

Helsi Red Light Therapy harnesses the rejuvenating power of advanced red and NIR-infrared light to restore your skin's natural vitality. This gentle treatment stimulates collagen production, enhances circulation, and promotes cellular renewal—leaving your complexion visibly brighter.



BODY
TREATMENTS

Bamford Tonifying Treatment

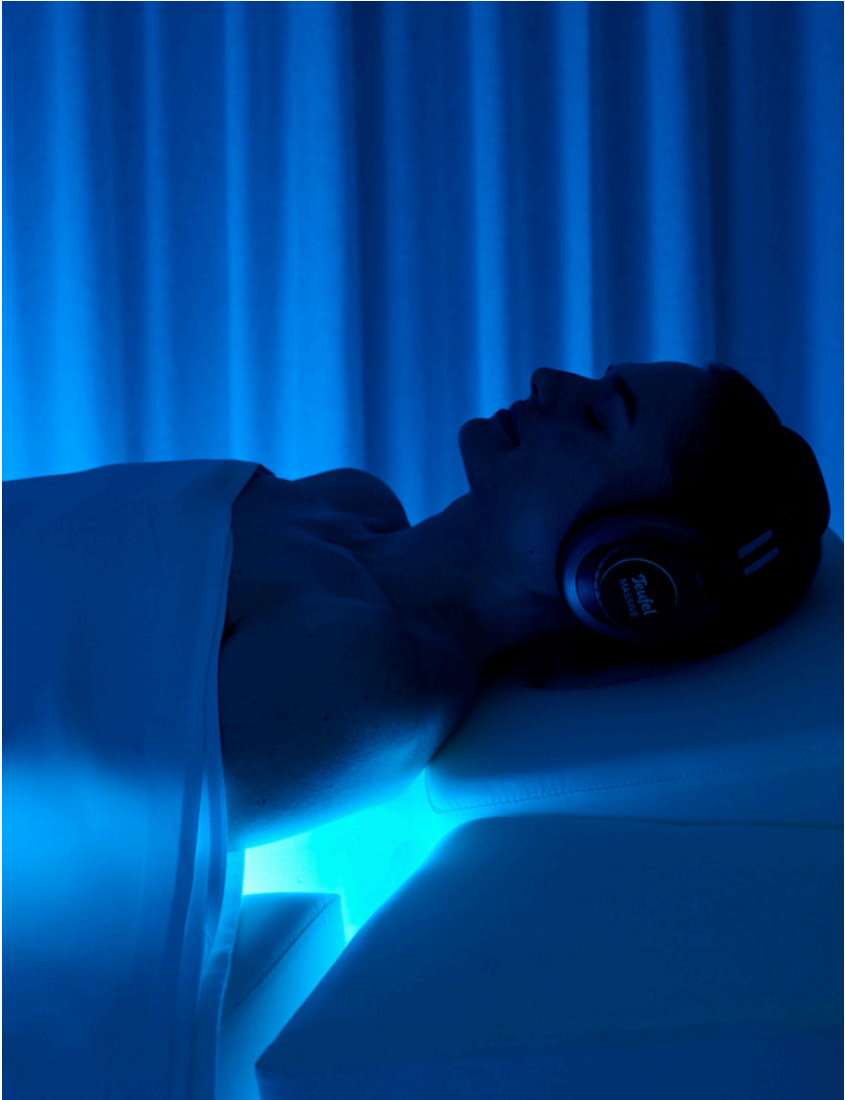
90 Minutes | \$310

A revitalising sculpting ritual for hips and legs. A stimulating coffee scrub and dry brushing awaken the skin before dynamic massage and cupping therapy promote circulation, lymphatic flow, and a renewed sense of lightness and vitality.

Bamford Body Exfoliation

60 Minutes | \$220

Brighten and refresh the skin with Bamford's Botanical Sugar Polish. This revitalising full-body exfoliation smooths, softens, and energises the skin. An ideal prelude to any treatment or massage treatment.



HOLISTIC
WELLNESS

Soundwave Therapy by Welnamis

30 Minutes | \$140

60 Minutes | \$240

A touchless experience on the Welnamis lounge by Gharieni, combining binaural sound and vibro-acoustic therapy to calm the mind and regulate the nervous system. Grounded in Quantum Harmonic™ audio to support deep rest, clarity, and energetic alignment.

Soundwave Therapy Series

Package of 5 x 30 minute treatments \$560

Five sessions deepen nervous system balance, enhance mental clarity, and build lasting calm - amplifying the restorative benefits beyond a single treatment.

Higher States by Welnamis

45 Minutes | \$220

An immersive soundwave experience combining expert therapist touch, yogic breathwork, meridian tapping, and meditative massage to harmonize the nervous system, guiding you into profound relaxation and a deeply restorative state of calm.

Lymphatic Renewal

45 Minutes | \$220

A touchless rejuvenating ritual designed to restore balance after travel or intense exercise. Red Light Therapy and compression boots invigorate lymphatic flow and enhance immune support. Guided Yoga Nidra meditation encourages deep restoration and renewed vitality.

Energy Balance

60 Minutes | \$280

Elevate your vibration with crystal and Tibetan sound bowls, hand and foot reflexology, and acupressure massage for the head, neck, and shoulders. A Knesko collagen face mask, warm Amythyst Biomat with infrared heat, and negative ions restore energetic harmony.



SPA
JOURNEYS

Holistically designed, each Spa Journey is centred around one of our four signature Bamford Wellness Rituals, complemented by carefully selected therapies that deepen and enhance their therapeutic benefits. Every experience allows you to fully immerse yourself in a sense of tranquillity, restoration, and balance.

Offering exceptional value beyond individual treatments, our Spa Journeys are crafted to deliver enhanced wellbeing, leaving you feeling restored, rebalanced, and beautifully renewed.

B Grounded

2 hours | \$460

- Bamford B Balanced Ritual
- Knesko Face Mask
- Acupressure Scalp Massage

B Still

2.5 hours | \$535

- Bamford B Silent Ritual
- Bamford Bespoke Facial
- Celluma LED Therapy

B Calm

3 hours | \$630

- Bamford Signature Ritual
- Bamford Signature Facial
- Bamford Body Exfoliation

B Clear

3.5 hours | \$730

- Bamford B Strong Ritual
- Bamford Signature Facial
- Soundwave by Welnamis
- Reflexology



MIND BODY
& FITNESS

The Fieldhouse Gym

Open 24 hours

The Fieldhouse Gym offers a premium fitness experience in an inspiring riverside setting. Featuring state-of-the-art Technogym cardio and strength-training equipment, the space is designed to support every stage of your fitness goals. Floor-to-ceiling windows flood the gym with natural light while showcasing breathtaking views of the Yarra River and Melbourne skyline, creating an energising environment where the outdoors seamlessly blend with sophisticated indoor design. Whether beginning your day with an invigorating workout or unwinding after a busy schedule, The Fieldhouse Gym is available around the clock to help you achieve your fitness goals.

For a more personalised fitness experience, private sessions with our expert Personal Trainer are available upon request. Tailored to your individual goals and wellness aspirations, these exclusive sessions provide dedicated guidance and support in a premium setting. Please contact the Spa Reception for further details.



HOW
TO SPA

Hours of Operation

Thurs - Tues from 10am to 6pm (Wed 10am - 8pm)

Reservations

To make an appointment, please call us on (03) 7053 0888 or email us at bamfordmelbourne@1hotels.com.

Bamford Wellness Spa welcomes guests aged 18 years and over. Guests under 18 are welcome to enjoy our services with a parental or guardian consent form completed upon arrival. The parent or guardian must remain in the treatment room for the duration of the service.

Weekend & Public Holiday Surcharge

A 10% weekend and 15% public holiday surcharge applies to all spa services. Price and services are subject to change.

Lateness & Cancellation Policy

Please note that late arrivals may result in reduced treatment time as a courtesy to the next guest. Cancellations and changes must be made 24 hours prior to your appointment to avoid a full charge. No-shows and late cancellations will incur the full cost.

Health Concerns

When booking your treatment, please inform our team of any health conditions, allergies, or injuries so we can tailor your experience accordingly. Upon arrival, you will be asked to complete a short health assessment.

Therapist Preference

Our highly skilled team of male and female therapists invites you to unwind in complete comfort. Should you have a preference for a therapist of a particular gender, please advise us at the time of booking, and we will make every effort to accommodate your request.



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Bamford Wellness Spa at 1 Hotel Melbourne
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