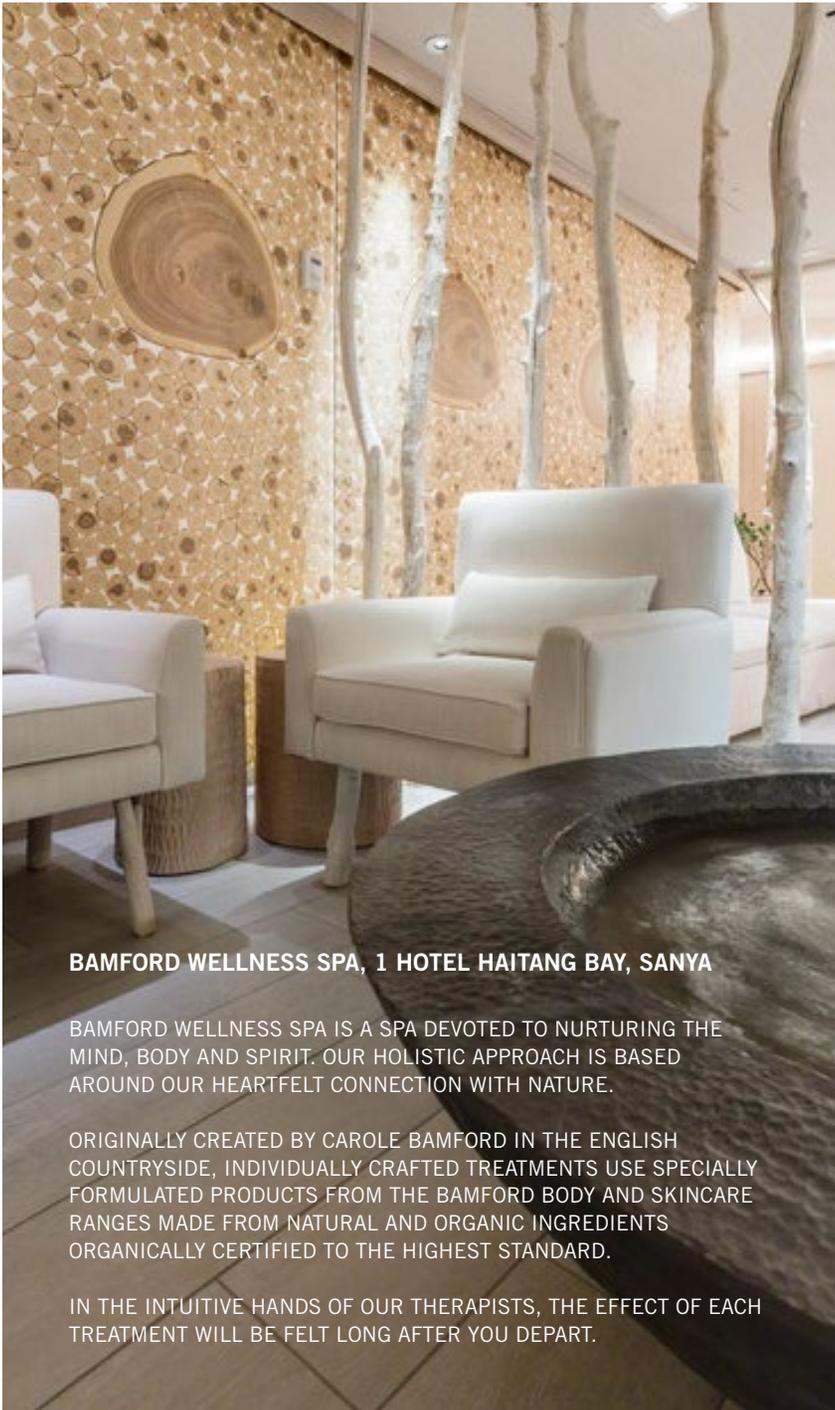


# TREATMENT GUIDE

bamford  
WELLNESS  
SPA

AT 1 HOTEL HAITANG BAY, SANYA



**BAMFORD WELLNESS SPA, 1 HOTEL HAITANG BAY, SANYA**

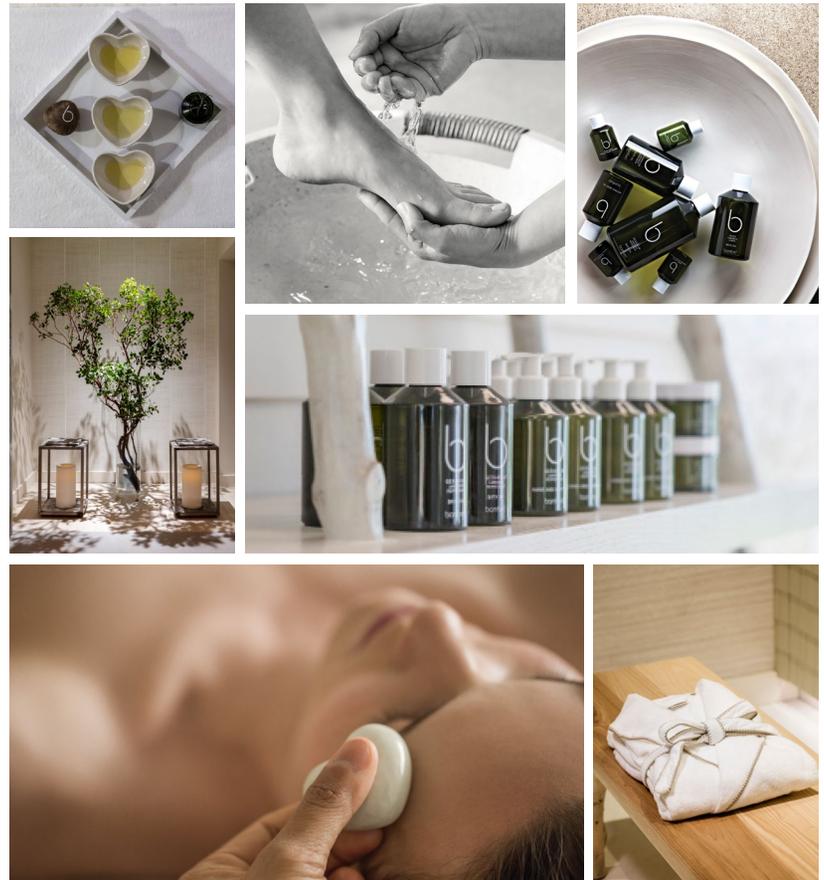
BAMFORD WELLNESS SPA IS A SPA DEVOTED TO NURTURING THE MIND, BODY AND SPIRIT. OUR HOLISTIC APPROACH IS BASED AROUND OUR HEARTFELT CONNECTION WITH NATURE.

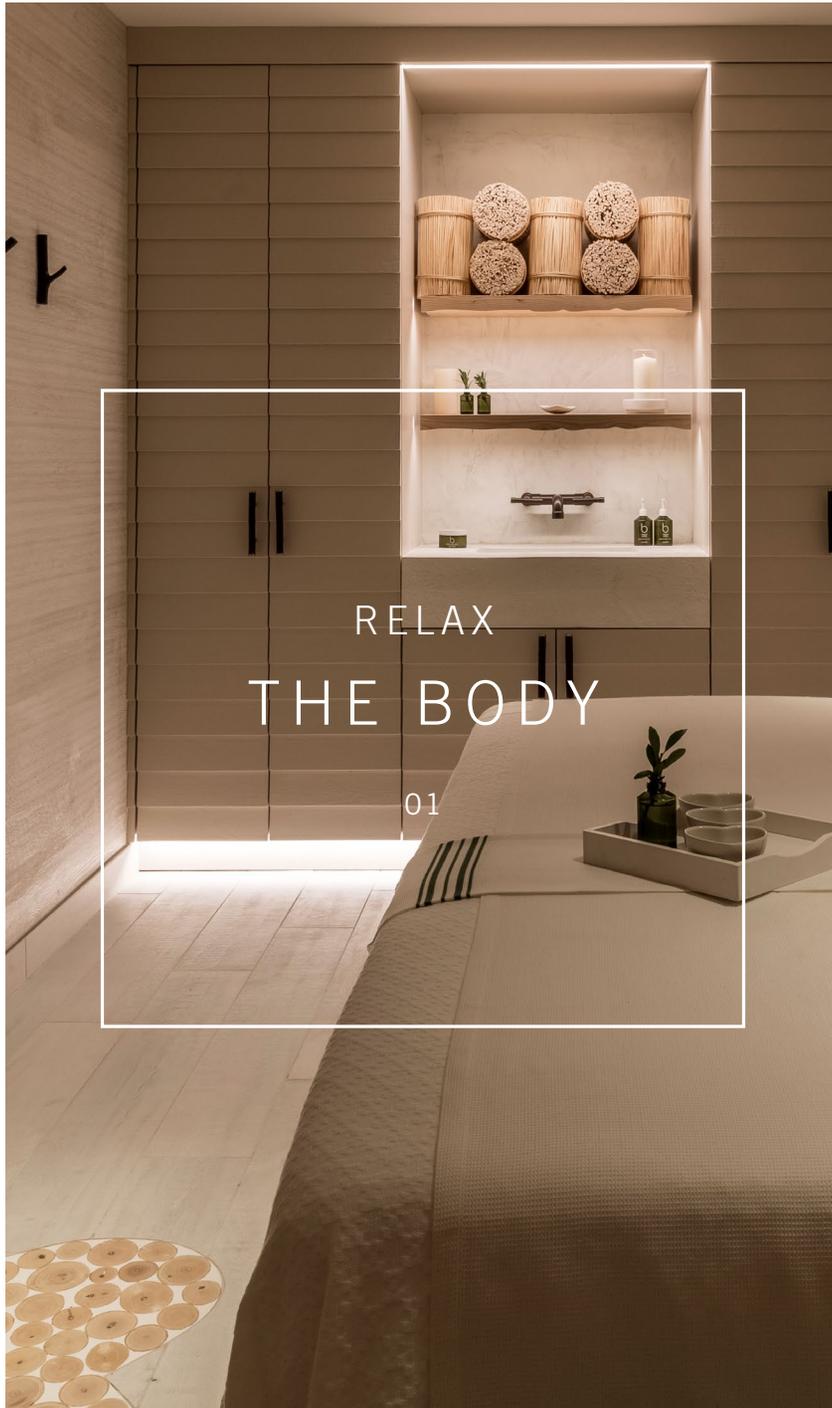
ORIGINALLY CREATED BY CAROLE BAMFORD IN THE ENGLISH COUNTRYSIDE, INDIVIDUALLY CRAFTED TREATMENTS USE SPECIALLY FORMULATED PRODUCTS FROM THE BAMFORD BODY AND SKINCARE RANGES MADE FROM NATURAL AND ORGANIC INGREDIENTS ORGANICALLY CERTIFIED TO THE HIGHEST STANDARD.

IN THE INTUITIVE HANDS OF OUR THERAPISTS, THE EFFECT OF EACH TREATMENT WILL BE FELT LONG AFTER YOU DEPART.

“WHAT GOES ON THE BODY IS AS IMPORTANT AS WHAT WE PUT INSIDE.”

*Carole Bamford*





## BAMFORD TREATMENTS

### **BAMFORD DEEP TISSUE MASSAGE 60 MINS | CNY988 90 MINS | CNY1,188**

AN INVIGORATING FULL-BODY MASSAGE FOCUSES ON MAJOR MUSCLE GROUPS TO STIMULATE SOURCES OF ENERGY DEEP WITHIN THE BODY. OUR EXPERT THERAPIST WORKS DEEP ON AREAS OF STRESS TO RELIEVE MUSCLE TENSION AND RESTORE VITALITY.

### **BAMFORD DESTRESS MASSAGE 90 MINS | CNY1,188 120 MINS | CNY1,588**

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

### **BAMFORD SIGNATURE TREATMENT 90 MINS | CNY1,488**

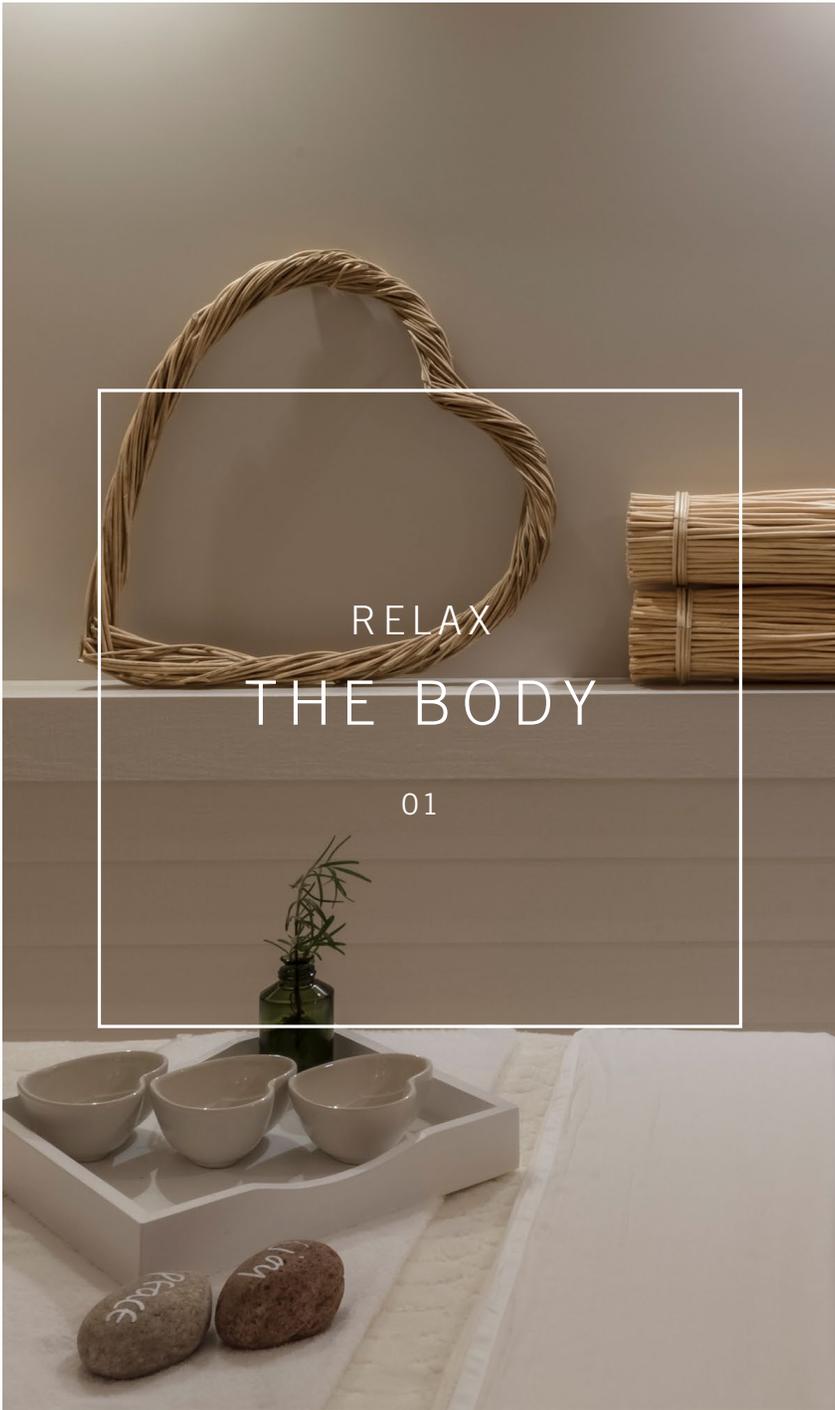
OPENING WITH A CLEANSING FOOTBATH AND FOLLOWED BY SHIATSU, MERIDIAN, AND SWEDISH MASSAGE. THIS TREATMENT AWAKENS THE MUSCLES AND ENERGY CHANNELS IN THE BODY. REFLEXOLOGY-INSPIRED FOOT MASSAGE ENCOURAGES THE POSITIVE FLOW OF ENERGY AND HELPS TO DETOXYFIFY THE ORGANS. PRESSURE POINT MASSAGE ON THE FACE, NECK, SHOULDERS, AND SCALP RELAXES AND UPLIFTS. THE TREATMENT CULMINATES IN ASSISTED YOGIC BREATHING TO REFRESH THE LUNGS AND REVITALIZE THE ENTIRE BODY.

### **BAMFORD PREGNANCY MASSAGE 60 MINS | CNY1,188 90 MINS | CNY1,488**

TAILORED FOR THE SPECIFIC NEEDS OF MOTHER-TO-BE, WITH GENTLE AND UNSCENTED OILS FORMULATED BY OUR PRE-NATAL YOGA EXPERT, YOU ARE POSITIONED FOR OPTIMUM COMFORT AND SUPPORT TO RECEIVE A SAFE, DEEPLY RELAXING, AND RESTORATIVE TREATMENT. \*RECOMMENDED AFTER THE FIRST TRIMESTER

### **BAMFORD FOOT RITUAL 60 MINS | CNY688**

INDULGE YOUR FEET IN A DETOXYFYING FOOT BATH, AROMATHERAPY SEA SALT EXFOLIATION AND WARM SOOTHING HERBAL BOOTIES, FOLLOWED BY A TRADITIONAL REFLEXOLOGY MASSAGE WITH A FOCUS ON THE PRESSURE POINTS TO RETURN THE BODY TO A STATE OF BALANCE.



## MASSAGE TREATMENTS

### **KUNYE MASSAGE 90 MINS | CNY1,488**

KUNYE IS A THERAPEUTIC MASSAGE BASED ON THE PRINCIPLES OF TRADITIONAL TIBETIAN MEDICINE. THE TREATMENT BEGINS WITH A RELAXING OIL MASSAGE, FOLLOWED BY DEEP TISSUE WORK, FOCUSING ON SPECIFIC TRIGGER POINTS. GENTLE THERAPIES SUCH AS HOT STONES, HEATED OIL COMPRESS OR CUPPING MAY ALSO BE APPLIED TO ENHANCE THE TREATMENT. KUNYE MASSAGE IS IDEAL FOR SOOTHING CHRONIC PAIN, ALLEVIATING STRESS, AND BALANCING THE BODY, MIND AND SPIRIT.

### **HOT LAVA SEASHELL MASSAGE 90 MINS | CNY1,488**

COMBINING THERAPEUTIC MASSAGE MOVES WITH HEATED SHELLS AND LOCALLY-PRODUCED COCONUT OIL. THIS TREATMENT IS DESIGNED TO PROMOTE DEEP RELAXATION OF THE MUSCLES AND ENERGIZE THE BODY, LEAVING YOU FEEL RELAXED AND REFRESHED.

### **BODY HEALING 60 MINS | CNY988**

BASED ON TRADITIONAL CHINESE MEDICINE, THIS POINT PRESSURE MASSAGE PROMOTES BLOOD CIRCULATION, REDUCES MUSCLE STRESS AND RELIEVES FATIGUE.

### **DETOXING TREATMENT 90 MINS | CNY1,488**

THIS TREATMENT IS DESIGNED TO INCREASE LYMPHATIC FLOW TO ACCELERATE THE NATURAL DETOXIFICATION PROCESS OF THE BODY, REMOVE EXCESSIVE TOXINS AND IMPROVE METABOLISM.

### **SEEDLINGS (CHILDREN) BODY MASSAGE 60 MINS | CNY688**

THIS GENTLE AROMATHERAPY FULL BODY MASSAGE ENHANCES RELAXATION OF THE BODY AND MIND, AND NOURISHES THE SKIN.



# RELAX THE BODY

01

## BODY TREATMENTS

*BODY TREATMENTS PERFORMED BY EMERGINC, A NATURAL HIGH-PERFORMANCE BODY CARE BRAND.*

### **GREEN CLAY SEAWEED DETOX WRAP 90 MINS | CNY1,488**

THIS BODY WRAP BEGINS WITH A GENTLE SUGAR EXFOLIATION WITH SHEA BUTTER, NONI AND OTHER SOOTHING INGREDIENTS TO LEAVE YOUR SKIN SILKY SMOOTH, WHILE THE PEPPERMINT-SCENTED FRENCH GREEN CLAY DETOX MASK HELPS DRAW OUT IMPURITIES, THE NOURISHING FORMULA OF COCONUT AND ARGAN OILS, GRAPE STEM CELLS AND TEA EXTRACTS HYDRATE AND IMPROVE SKIN TONE AND TEXTURE.

### **AFTER SUN RECOVERY 90 MINS | CNY1,488**

THIS TREATMENT PROVIDES SUN-STRESSED SKIN WITH EVERYTHING IT NEEDS TO RECOVER. A RELAXING FOOTBATH IS FOLLOWED BY A GENTLE DRY BRUSH EXFOLIATION REMOVE DEAD SKIN CELLS AND PROMOTE LYMPHATIC FLOW THROUGHOUT THE BODY. A RESTORATIVE BODY BUTTER WITH GRAPE STEM CELL, WHITE TEA AND SEAWEED IS THEN APPLIED TO THE BODY FOR ULTIMATE HYDRATION, WHILE A DEEP CLEANSING AND MOISTURIZING FACE MASK CALMS AND SOOTHES ANY SKIN IRRITATION. AFTER A GENTLE REFLEXOLOGY COMES AN APPLICATION OF BODY OIL TO LEAVE YOUR SKIN GLOWING.

### **GINGER AND COCONUT BODY POLISH 45 MINS | CNY688**

THIS DAZZLING NATURAL TREATMENT BEGINS WITH A LIVELY CITRUS-KOMBUCHA BODY WASH, FOLLOWED BY A VIBRANT, AROMATIC GINGER-LIME SUGAR SCRUB. A WARM, NOURISHING OIL BLEND WITH COCONUT, ARGAN KERNAL, AVOCADO, APRICOT, ROSE HIP, AND VITAMIN E IS THEN GENTLY MASSAGED TO THE SKIN FOR SUPERIOR HYDRATION AND TOTAL BODY RELAXATION.

### **VITAMIN C BODY POLISH 45 MINS | CNY688**

THE FRESH-SCENTED CITRUS-KOMBUCHA BODY WASH IS FOLLOWED BY AN ALL-NATURAL SCRUB WITH APRICOT SEEDS, ORANGE OIL, OAT KERNEL, AND WALNUT SHELLS TO GENTLY CLEAN AND POLISH YOUR SKIN. JOJOBA, SHEA BUTTER, VITAMIN E, GRAPE STEM CELLS, GREEN AND WHITE TEA EXTRACTS HELP HYDRATE, TONE AND NOURISH, LEAVING YOUR SKIN SMOOTH, SOFT AND EVENLY-TONED.



## REPLENISH THE FACE

02

## FACIALS

*FACIALS PERFORMED BY EMERGINC, A NATURAL, HIGH-PERFORMANCE SKIN CARE BRAND.*

### **ORGANIC FACIAL 60 MINS | CNY1,288**

THIS FACIAL INCORPORATES THE LATEST ADVANCES IN NATURAL SKIN CARE. NATURAL FRUIT ACID DERIVED FROM BILBERRY, SUGAR CANE AND SUGAR MAPLE EXFOLIATES DEAD SKIN CELLS TO IMPROVE CLARITY AND TEXTURE. ORGANIC GRAPE STEM CELLS, KOMBUCHA, SPIRULINA, SEAWEED AND TEA EXTRACT NOURISH, TONE, SOOTHE, BRIGHTEN SKIN TONE, AND COMBAT ANY VISIBLE SIGN OF AGING.

### **PURIFYING FACIAL 60 MINS | CNY1,288**

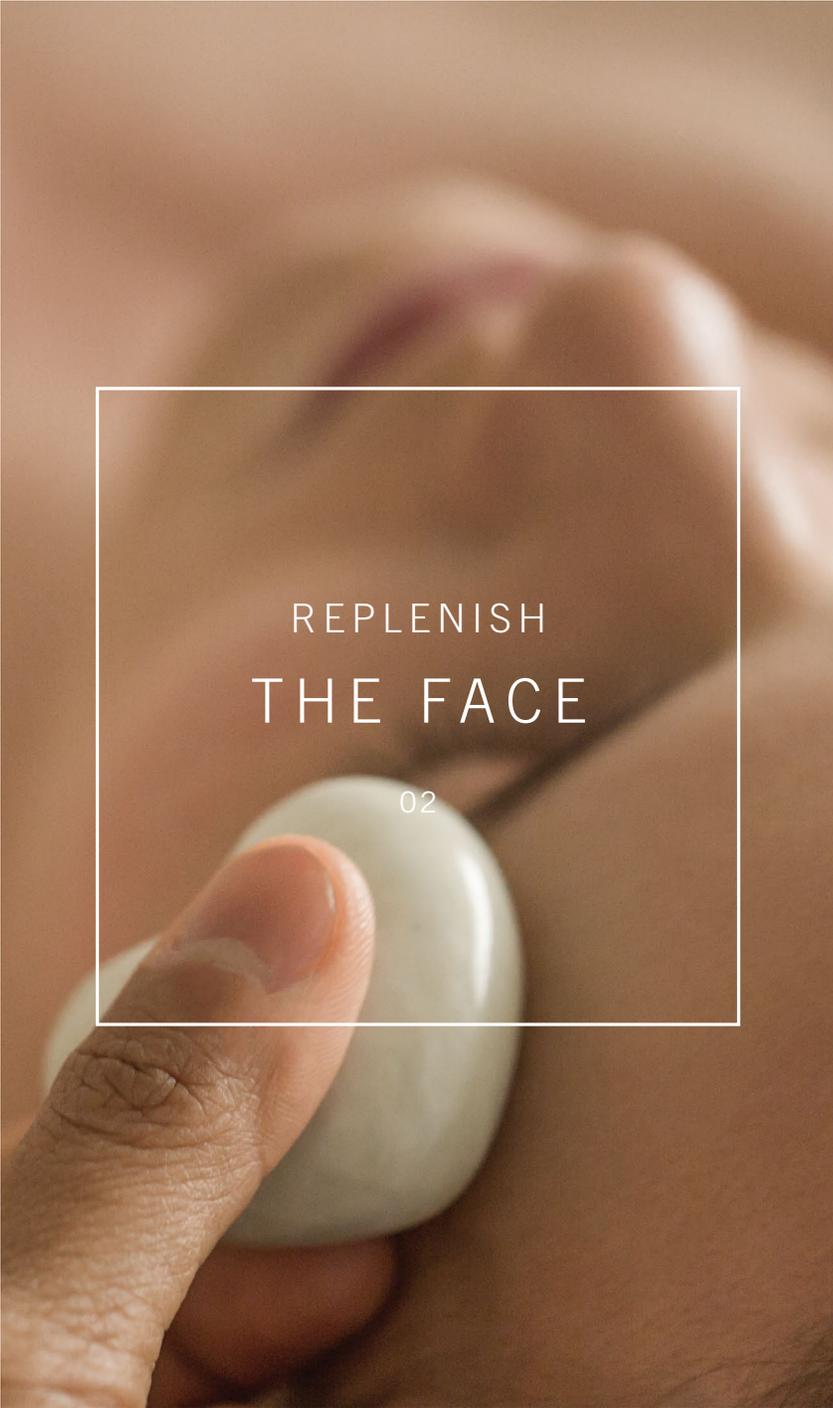
IDEAL FOR OILY AND BREAKOUT-PRONE SKIN, THIS PROFESSIONAL TREATMENT INCLUDES A GENTLE EXFOLIATION WITH NATURAL FRUIT ACID AND LACTIC ACID TO RAPIDLY IMPROVES THE APPEARANCE AND TEXTURE, FOLLOWED BY A CALMING FACIAL WITH EXTRACTS OF COLLOIDAL SULFUR, TEA TREE, WILLOW BARK AND CAMPHOR TO EVEN SKIN TONE, REDUCE EXCESS OIL AND REPLENISH THE SKIN'S ESSENTIAL MOISTURE BARRIER.

### **RADIANCE FACIAL 90 MINS | CNY1,588**

FEATURING OVER 70% ORGANIC INGREDIENTS, IT IS A GENTLE, EFFECTIVE TREATMENT PERFECT FOR SENSITIVE SKIN. NATURAL FRUIT AND LACTIC ACIDS GENTLY REMOVE DEAD SKIN CELLS, WHILE EXTRACTS OF WATER LILY, COLLOIDAL OATMEAL, ALOE VERA, AND GREEN TEA RESTORE HYDRATION, SOOTHE REDNESS, AND DELIVER A RADIANT COMPLEXION.

### **BRIGHTENING FACIAL 90 MINS | CNY1,588**

THE LAB-TESTED, ORGANIC BLUE POPPY ENZYME BRIGHTENING FACIAL IS A HIGH PERFORMANCE TREATMENT, COMBINING NATURAL INGREDIENTS TO ADDRESS SIGN OF AGING, UNEVEN SKIN TONE, DEHYDRATION, AND BREAKOUTS. THIS FACIAL INCLUDES A PHYSICAL EXFOLIANT, ENZYME AND BLUE POPPY SEEDS TO GENTLY BUT EFFECTIVELY REMOVE DEAD SKIN CELLS AND BRIGHTEN THE SKIN. PEPTIDES, KOMBUCHA, TEA EXTRACT, AND OTHER NATURAL INGREDIENTS NOURISH AND HYDRATE THE SKIN, LEAVING IT SOFT WITH A HEALTHY GLOW.



REPLENISH  
THE FACE

02

## FACIALS

### **ANTI-AGING APPLE STEM CELL TREATMENT 90 MINS | CNY1,888**

FIGHT APPEARANCE OF FINE LINES AND WRINKLES WITH CUTTING-EDGE, PLANT-BASED STEM CELLS. THIS TREATMENT COMBINES NATURAL BOTANICALS, FRUIT ACIDS AND POWERFUL ANTIOXIDANTS TO IMPROVE VISIBLE SIGNS OF AGING. THE APPLE STEM CELL MASK HELPS TONE AND TIGHTEN, DELIVERING AN INSTANT “LIFTING EFFECT” TO IMPROVE THE APPEARANCE OF FINE LINES, WRINKLES, UNEVEN SKIN TONE AND TEXTURE.

### **EXPRESS FACIAL PEEL 25 MINS | CNY588**

EXPERIENCE THE AMAZING RESULTS OF OUR ORGANIC PEEL IN THIS EXPRESS FACIAL. PEEL PADS FILLED WITH NATURAL FRUIT ACIDS, LACTIC ACID, WILLOW BARK, GRAPE STEM CELLS, KOMBUCHA, SPIRULINA, ALGAE AND TEA EXTRACTS RAPIDLY IMPROVE SKIN TONE, BOOST CELLULAR TURNOVER, AND DIMINISH THE APPEARANCE OF LARGE PORES AND FINE LINES. A RADIANT GLOW AWAITS YOU IN MINUTES.

### **MANICURE 50 MINS | CNY488**

WE BEGIN WITH EXFOLIATION, MASSAGE, INTENSE MINIATURIZATION. NAIL ANALYSIS AND CUTICLE WORK READY FOR THE PERFECT APPLICATION OF NAIL COLOR.

### **PEDICURE 60 MINS | CNY588**

WE BEGIN BY CLEANSING, PREPARING AND SOAKING THE FEET. CUTICLES ARE TREATED AND WE PERFORM A FULL LOWER LEG EXFOLIATION. FEET ARE MOISTURIZED AND MASSAGED BEFORE A PERFECTLY APPLIED NAIL COLOR.

## NAIL SERVICES

### **MANICURE 50 MINS | CNY488**

WE BEGIN WITH EXFOLIATION, MASSAGE, INTENSE MINIATURIZATION. NAIL ANALYSIS AND CUTICLE WORK READY FOR THE PERFECT APPLICATION OF NAIL COLOR.

### **PEDICURE 60 MINS | CNY588**

WE BEGIN BY CLEANSING, PREPARING AND SOAKING THE FEET. CUTICLES ARE TREATED AND WE PERFORM A FULL LOWER LEG EXFOLIATION. FEET ARE MOISTURIZED AND MASSAGED BEFORE A PERFECTLY APPLIED NAIL COLOR.



# PERFECT PACKAGES

03

## TREATMENT PACKAGES

### **DE-STRESS 2.5 HOURS | CNY2,188**

BAMFORD DE-STRESS MASSAGE, ORGANIC FACIAL

### **REJUVENATION 3 HOURS | CNY2,688**

DETOXING TREATMENT, GREEN CLAY SEAWEED DETOX WRAP,  
HEALTHY DETOX JUICE

### **ISLAND RITUAL 3 HOURS | CNY2,688**

GINGER AND COCONUT BODY POLISH, HOT LAVA SEASHELL MASSAGE,  
ORGANIC FACIAL

### **BLISSFUL DAY 4 HOURS | CNY3,488**

CHOICE OF BODY SCRUB, BAMFORD SIGNATURE TREATMENT, RADIANCE FACIAL,  
HEALTHY SPA CUISINE

### **MEN 2.5 HOURS | CNY2,188**

BAMFORD DEEP TISSUE MASSAGE, EXPRESS FACIAL PEEL,  
BAMFORD FOOT RITUAL

### **COUPLES INDULGENCE 2.5 HOURS | CNY4,288**

BAMFORD DE-STRESS OR DEEP TISSUE MASSAGE, ORGANIC FACIAL



## GUIDANCE

### RESERVATIONS

GUESTS OF BAMFORD HAYBARN SPA UNDER 18 YEARS MUST BE ACCOMPANIED BY PARENT OR GUARDIAN. 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. WHILE WE WILL MAKE EVERY EFFORT TO ACCOMMODATE SAME-DAY APPOINTMENTS, WE ENCOURAGE GUESTS TO SCHEDULE APPOINTMENTS IN ADVANCE TO ENSURE THAT THEIR TREATMENT OR THERAPIST IS 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 FULL TREATMENT PRICE. CANCELLATIONS OF PACKAGES OR PRIVATE PARTIES REQUIRED A SEVEN-DAY NOTICE.

### ARRIVAL AND LATENESS

WE RECOMMEND THAT YOU ARRIVE 30 MINUTES PRIOR TO YOUR TREATMENTS TO ENJOY THE FACILITIES. ARRIVING LATE WILL LIMIT THE TIME FOR YOUR TREATMENT, THUS DECREASING ITS EFFECTIVENESS AND YOUR ENJOYMENT. AS A COURTESY TO THE NEXT SCHEDULED GUEST, YOUR TREATMENT WILL END ON TIME. THE FULL VALUE OF YOUR TREATMENT WILL BE CHARGED.

### SERVICE CHARGE

ALL PRICES ARE IN CNY AND INCLUDE 10% SERVICE CHARGE AND 6% VAT.



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**1 HOTEL HAITANG BAY, SANYA**

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