

TREATMENT LIST

BAMFORD FACIALS

Awakening Bamford Facial	60 mins £160
Detoxifying Signature Facial	60 mins £160
Rejuvenating Signature	60 mins £160
Facial Bespoke Facial	30 mins £100
Bamford Wellness Facial	90 mins £210

SIGNATURE EXPERIENCES

1 Hotel Mayfair Experience B Silent	90 mins £250
Ritual B Strong Ritual Bamford	90 mins £250
Body Signature Treatment Men's	90 mins £250
Signature Massage	90 mins £250
	90 mins £250

MASSAGES

Deep Tissue Massage Deep	60 mins £180
Tissue Massage De-stress	90 mins £220
Massage De-stress Massage	60 mins £180
Sports Massage Sports	90 mins £220
Massage Bamford	60 mins £220
Pregnancy and New Mother Massage	90 mins £290
Tailor Made Massage	60 mins £190
Massage	2 hours £300
Back, Neck and Shoulders	45 mins £150
Reflexology	30 mins £110
Reflexology	60 mins £180
Foot Massage	90 mins £220
	30 mins £110

EXFOLIATE AND HYDRATE

1 Hotel Mayfair Exfoliate and	60 mins £200
Hydrate Bamford Sugar Scrub	45 mins £150

DAY SPA PACKAGES

B restored Spa Half Day	2 hours 45 mins £430
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Guided yoga or PT session 45 mins
De-Stress Massage 60 mins
Choice of signature Bamford facial 60 mins
Nutritional lunch at the Neighbours Cafe

Bamford Mother to Be and New Mothers Ritual	2 hours £310
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Pregnancy massage 60 mins
Bamford Facial of your choice 60 mins
Choice of Smoothie /Juice

Bamford Wellness Full Spa Day and Lunch	3 hours 30 mins £560
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A guided yoga session 60 mins
B Silent ritual with back massage 90 mins
Choice of signature Bamford facial 60 mins
2 course lunch served on a private terrace

1 Hotel Mayfair Spa Immersion Experience	3 hours £450
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Bamford Full Body Exfoliation 30 mins
1 Hotel Mayfair experience 90 mins
Bamford Facial of your choice 60 mins
Nutritious juice of your choice

FITNESS AND MOVEMENT

Fieldhouse is located on the 1st floor of the hotel. Running maps of Green park are available with Concierge.

Personal Training Session	45 mins £150, 60 mins £200
For Paired Session	45 mins £175, 60 mins £225
Yoga Session	45 mins £150, 60 mins £200
For Paired Session	45 mins £175, 60 mins £225

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.

BAMFORD WELLNESS SPA AT 1 HOTEL MAYFAIR
For Reservations: Bamford.Mayfair@1hotels.com | 9am-8pm