



Wedding Collection

bamford

WELLNESS
SPA

1 Hotel Melbourne

The Bridal Sanctuary

3hrs / \$645 pp

An indulgent pre-wedding escape designed to slow down, reconnect and prepare for the celebrations ahead. Created for the bride and her bridal party, The Bridal Sanctuary brings together restorative bodywork and personalised facial treatments for a deeply relaxing wellness experience.

The experience includes:

- Bamford Signature Ritual — 90 minutes
- Bamford Bespoke Facial — 30 minutes
- Celluma LED – 30 mins
- Signature Bamford Gift Upgrade
- Access to selected Bamford wellness facilities



The Groom's Reset

3hrs / \$650 pp

A restorative retreat designed to recharge, release tension and prepare for the celebrations ahead. The Groom's Reset is a considered wellness experience for the groom and his party, combining Bamford's men's treatments with targeted recovery therapies.

The experience includes:

- Bamford Men's Signature Massage — 90 minutes
- Bamford Bespoke Facial — 60 minutes
- Normatec Compression Boots – 30 mins
- Signature Bamford Gift Upgrade
- Access to selected Bamford wellness facilities



The Couple's Retreat

3hrs / \$755 pp

A private moment to pause, reconnect and restore together. Designed for the couple to enjoy before or after their wedding celebrations, The Couple's Retreat offers an intimate wellness experience centred around connection and relaxation.

The experience includes:

- Couples Massage – 60 minutes each
- Bamford Bespoke Facial – 60 minutes each
- Acupressure Scalp Massage – 30 minutes each
- Steam Shower Ritual
- Signature Bamford Gift Upgrade
- Access to selected Bamford wellness facilities



Wedding Wellness Enhancements

30 minutes each

For guests looking to personalise their experience, a selection of Bamford wellness treatments can be added to any wedding package.

Soundwave by Welnamis - \$140.00

Reflexology - \$160.00

Acupressure Scalp Massage - \$160.00

Celluma LED Light - \$140.00

Normatec Compression Boots - \$120.00

Steam Shower Ritual - \$120.00

HigherDOSE PEMF Infrared Mat - \$120.00

HELSI Red Light - \$140.00

*Treatments and enhancements are subject to availability.
Weekend and public holiday surcharges may apply.*



HOW
TO SPA

Hours of Operation

Fri - Tues from 10am to 6pm | Wed & Thurs from 10am to 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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For Reservations: +61 7053 0888
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