



Wedding Collection

bamford

WELLNESS
SPA

1 Hotel Melbourne

The Bridal Sanctuary

3hrs / \$645 pp

A luxurious bridal retreat designed to restore, reconnect and create a moment of calm amidst the celebrations. Perfectly suited to both before or after the special day, The Bridal Sanctuary brings together personalised massage, facial and restorative wellness treatments for a deeply relaxing journey. A considered ritual of renewal, leaving the bridal party feeling radiant and enveloped in a profound sense of wellbeing.

The experience includes:

- 90 mins Bamford Signature Ritual
- 60 mins Bamford Bespoke Facial
- 30 mins Celluma LED
- Exclusive Wedding Collection Gift
- Access to Hydrothermal Facilities



The Groom's Reset

3hrs / \$650 pp

A refined wellness retreat designed to restore, recharge and create a moment of calm amidst the celebrations. Perfectly suited to both before or after the special day, The Groom's Reset brings together Bamford Men's signature treatments and targeted recovery therapies for a deeply restorative journey. A considered ritual of renewal, leaving the groom and his party feeling rebalanced and immersed in a sense of wellbeing.

The experience includes:

- 90 mins Bamford Men's Signature Massage
- 60 mins Bamford Bespoke Facial
- 30 mins Normatec Compression Boots
- Exclusive Wedding Collection Gift
- Access to Hydrothermal Facilities



The Couple's Retreat

3hrs / \$755 pp

A private sanctuary for two, designed to pause, reconnect and restore together. Set within our exclusive Couple's Suite, featuring a private double steam shower, The Couple's Retreat offers an intimate wellness experience centred around connection, relaxation and shared wellbeing. Perfectly suited to before or after the wedding celebrations, this considered journey brings together restorative treatments and unhurried moments to savour together.

The experience includes:

- 60 mins Couples Massage
- 60 mins Bamford Bespoke Facial
- 30 mins Acupressure Scalp Massage
- 30 mins Steam Shower Ritual
- Exclusive Wedding Collection Gift
- Access to Hydrothermal Facilities





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
9 Maritime Place, Melbourne VIC 3008, Australia

For Reservations: +61 7053 0888
bamfordmelbourne@1hotels.com