

# TREATMENT GUIDE



bamford  
**HAYBARN**  
**SPA**

AT 1 HOTEL SOUTH BEACH

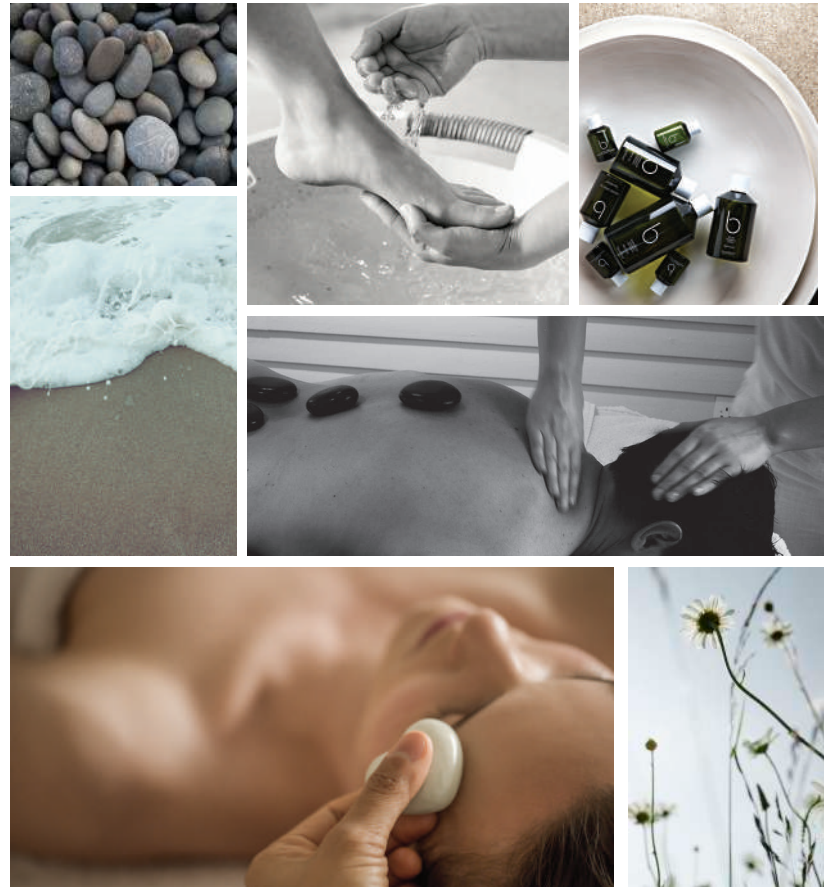


**BAMFORD HAYBARN SPA, 1 HOTEL SOUTH BEACH**

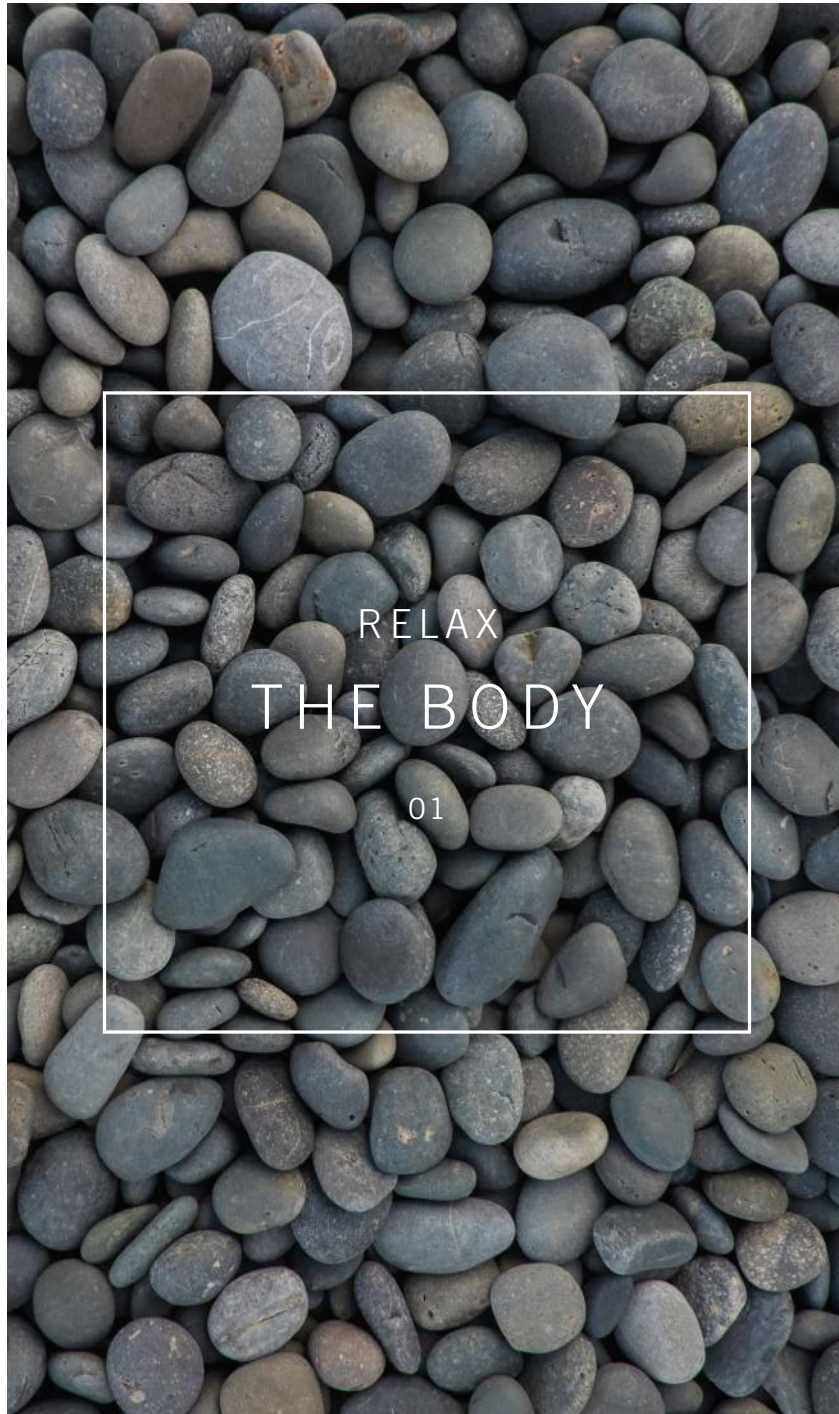
BAMFORD HAYBARN IS A SPA DEVOTED TO NURTURING THE MIND, BODY AND SPIRIT. OUR HOLISTIC APPROACH IS BASED AROUND OUR HEARTFELT CONNECTION WITH NATURE. ORIGINALLY CREATED BY CAROLE BAMFORD IN THE ENGLISH COUNTRYSIDE, INDIVIDUALLY CRAFTED TREATMENTS USE SPECIALLY FORMULATED PRODUCTS FROM THE BAMFORD BODY 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*







RELAX  
THE BODY

01

## BODY TREATMENTS

### **BAMFORD SIGNATURE TREATMENT 90 MINS | \$295**

OPENING WITH A CLEANSING FOOTBATH FOLLOWED BY SHIATSU, MERIDIAN AND SWEDISH MASSAGE, THIS TREATMENT AWAKENS AND PENETRATES THE MUSCLES AND ENERGY CHANNELS OF THE BODY. REFLEXOLOGY INSPIRED FOOT MASSAGE HELPS TO ENCOURAGE THE POSITIVE FLOW OF ENERGY THROUGHOUT THE BODY AND TO DETOXYFIFY THE ORGANS. PRESSURE POINT MASSAGE TO THE FACE, NECK, SHOULDERS AND SCALP IS DEEPLY RELAXING AND UPLIFTING. THE TREATMENT CULMINATES WITH ASSISTED YOGIC BREATHING TO REFRESH THE LUNGS AND REVITALIZE THE WHOLE OF THE BODY.

### **BAMFORD JADE HOT AND COLD STONE MASSAGE 80 MINS | \$235**

JADE IS A SYMBOL OF PURITY AND SERENITY. ITS CHEMICAL COMPOSITION LENDS ITSELF TO RETAINING HEAT AND CONDUCTING ENERGY. A MASSAGE WITH ORGANIC OILS IS COMBINED WITH WARMED AND COOLED STONES, A UNIQUE AND PROFOUNDLY RELAXING EXPERIENCE.

### **HIMALAYAN SALT STONE MASSAGE 50 MINS | \$175 80 MINS | \$235**

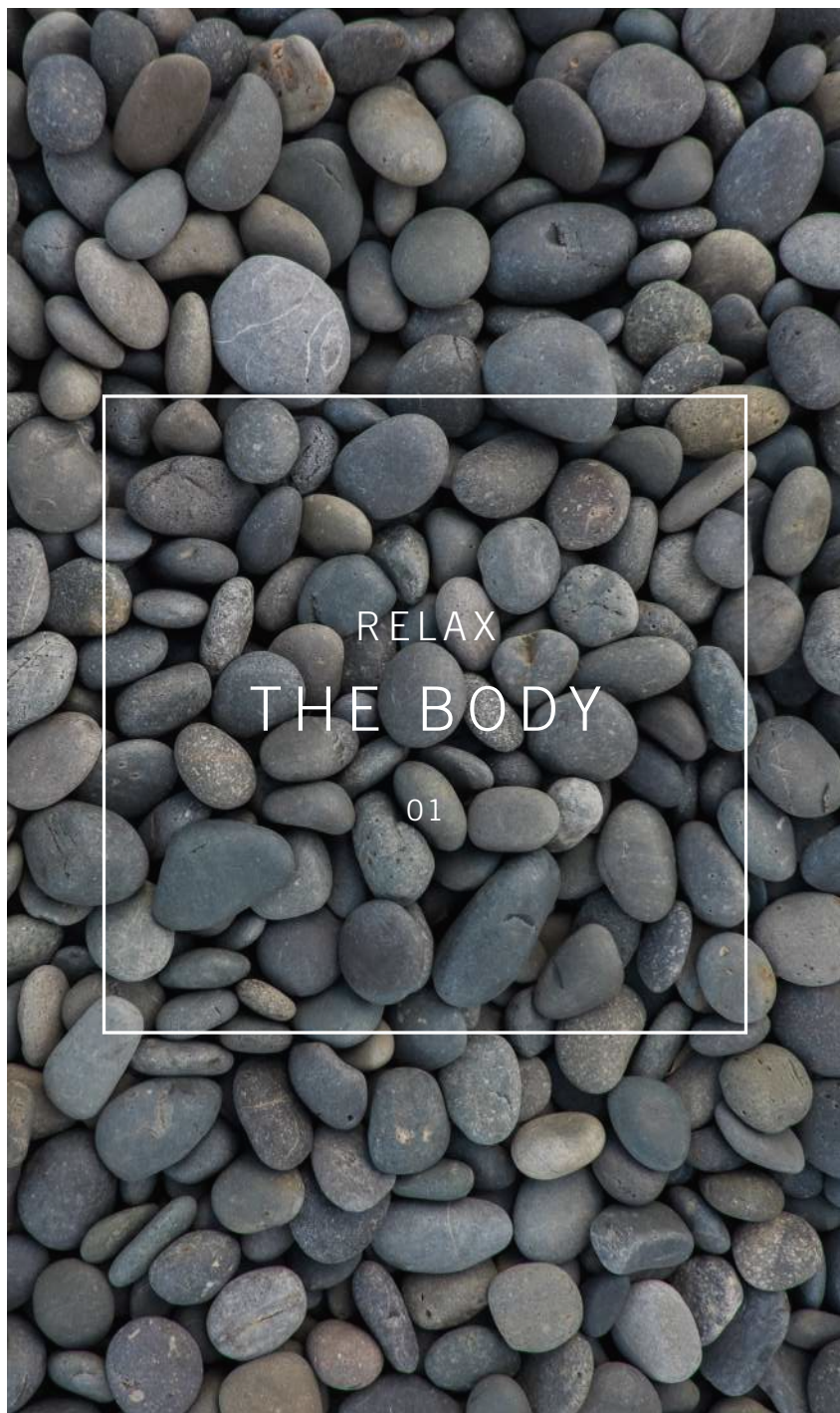
THIS HIGHLY RELAXING AND REMINERALIZING BODY MASSAGE, USING WARM, HAND-CARVED SALT STONES FROM HIMALAYAN MOUNTAINS AND OUR BAMFORD AROMATHERAPY OIL, BALANCES THE CENTRAL; NERVOUS SYSTEM AND NOURISHES DEPLETED CELLS, LEAVING THE BODY IN A DEEP SENSE OF RELAXATION. STIMULATION OF SPECIFIC MERIDIANS ON THE BODY ALLOW FOR IMPROVED SLEEP AND REDUCES INFLAMMATION AND GIVE AN IMMEDIATE SENSE OF IMPROVED WELL-BEING.

### **BAMFORD DE STRESS MASSAGE 50 MINS | \$165 80 MINS | \$225**

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

### **BAMFORD DEEP TISSUE MASSAGE 50 MINS | \$175 80 MINS | \$240**

AN EXCELLENT FULL-BODY MASSAGE FOCUSING ON MAJOR MUSCLE GROUPS AS WELL AS STIMULATING SOURCES OF ENERGY DEEP WITHIN THE BODY. OUR EXPERT THERAPISTS WORK MORE DEEPLY ON AREAS OF TENSION TO RELIEVE MUSCULAR TENSION AND RESTORE VITALITY OF THE BODY.



RELAX  
THE BODY

01

## BODY TREATMENTS CONTINUED

### **BAMFORD PREGNANCY MASSAGE 50 MINS | \$165**

A TREATMENT TAILORED TO THE SPECIFIC NEEDS OF THE PREGNANT WOMAN WHILE USING GENTLE AND UNSCENTED OILS DESIGNED BY AN EXPERT IN PREGNANCY YOGA, THE CLIENT IS POSITIONED FOR OPTIMUM COMFORT AND SUPPORT FOR A SAFE, DEEPLY RELAXING AND RESTORATIVE TREATMENT.

*\*TREATMENT AVAILABLE AFTER FIRST TRIMESTER*

### **BODY REJUVENATION 80 MINS | \$245**

THE WHOLE BODY IS LIGHTLY MASSAGED WITH A WARM BLEND OF PURE SEA SALT AND BROWN SUGAR SUSPENDED IN RICH OILS AND BODY BUTTERS. THIS LOOSENS DRY AND DEAD SKIN CELLS AND GIVE WAY TO SMOOTH NEW SKIN. THE SUGAR POLISH IS REMOVED WITH A WARM SHOWER FOLLOWED BY FULL AROMATHERAPY BODY MASSAGE.

### **BAMFORD SUGAR SCRUB 25 MINS | \$125**

GENTLE EXFOLIATION USING WARMED BOTANIC SUGAR POLISH TO REJUVENATE THE SKIN, INCREASING CIRCULATION AND PREPARING THE BODY FOR FURTHER TREATMENT IF DESIRED. THE SUGAR POLISH IS REMOVED WITH A WARM SHOWER FOLLOWED BY THE APPLICATION OF OUR GERANIUM BODY CREAM.

### **BODY CONTOURING 50 MINS | \$185**

THANKS TO THE POWERFUL SYNERGY OF A SCRUB WITH CHIA SEEDS AND NASTURTIUM, THE LONGEVITY COMPLEX AND INGREDIENTS SUCH AS MATCHA TEA AND CAFFEINE, AND THE SPECIFIC MANUAL SKILL KABAT INSPIRED, THIS COSMETIC TREATMENT GIVES COMPACTNESS AND YOUTH TO THE SILHOUETTE APPEARANCE.

### **AFTER SUN RECOVERY 80 MINS | \$245**

THIS TREATMENT PROVIDES A SUN STRESSED SKIN WITH EVERYTHING IT NEEDS TO RECOVER AFTER SUN EXPOSURE. A RELAXING FOOTBATH IS FOLLOWED BY A SOOTHING FULL BODY WRAP WITH OUR LUXURIOUS ROSE CHAMOMILE AND LEMON BODY CREAM. A DEEP CLEANSE FOLLOWED BY A MOISTURIZING FACE MASK CALMS ANY IRRITATION. REFLEXOLOGY AND A FINAL APPLICATION OF BODY OIL COMPLETES THE RECOVERY.





REPLENISH  
THE FACE

02

## FACIAL TREATMENTS

### **BAMFORD SIGNATURE FACIAL 80 MINS | \$275**

EMBERS OF PALO SANTO WOOD PURIFY THE CALMING TREATMENT ROOM AS OUR EXPERT THERAPIST BEGINS WITH A CLEANSING FOOT BATH AND COMPLETE SKINCARE CONSULTATION. WE USE OUR RANGE OF BAMFORD NATURAL SKINCARE AND CONCENTRATED ELIXIRS TO RESTORE, REJUVENATE AND REPAIR THE SKIN. TOGETHER WITH OUR DEDICATION TO TRADITIONAL AND THERAPEUTIC TECHNIQUES THE RESULT IS A TRULY PERSONALIZED TREATMENT WITH YOUR SKIN BEAUTIFULLY CLEANSED, ANALYSED, EXFOLIATED AND NOURISHED. WE SEEK TO RELEASE TENSION AND PROMOTE A RADIANT COMPLEXION WITH A MARRIAGE OF FACIAL REFLEXOLOGY, LYMPHATIC DRAINAGE AND STIMULATING LIFTING MOVEMENTS.

### **BAMFORD BESPOKE FACIAL 50 MINS | \$160**

THIS FACIAL IS CUSTOMIZED TO PERSONALIZE AND FOCUS ON THE GUESTS SKIN CONCERNS WHILE ENSURING A TRULY RELAXING AND HOLISTIC EXPERIENCE USING HOT AND COLD JADE STONES AND ANCIENT YOGIC BREATHING TO ACHIEVE DEEP RELAXATION AND BALANCE. WE USE OUR RANGE OF BAMFORD NATURAL SKINCARE AND CONCENTRATED ELIXIRS TO RESTORE, REJUVENATE AND REPAIR THE SKIN. TOGETHER WITH OUR DEDICATION TO TRADITIONAL AND THERAPEUTIC TECHNIQUES, THE RESULT IS A TRULY PERSONALIZED TREATMENT.

### **24 KARAT GOLD FACIAL 50 MINS | \$180**

INSTANTLY REPAIR AND FIRM YOUR SKIN WITH KNESKO'S NANOGOLD INFUSED FACE COLLAGEN TREATMENT. THIS INDULGENT AND HYDRATING FACIAL COMBINES THE HEALING AND ANTI-AGING POWERS OF GOLD, PRECIOUS MINERAL TO REDUCE THE APPEARANCE OF FINE LINES AND WRINKLES WHILE REDUCING INFLAMMATION, REDNESS, AND PUFFINESS.

### **DIAMOND RADIANCE FACIAL 50 MINS | \$180**

DRAMATICALLY RESTORE YOUTHFUL RADIANCE AND GLOW TO YOUR SKIN WITH KNESKO'S DIAMOND FACE COLLAGEN TREATMENT. THIS INDULGENT AND HYDRATING FACIAL COMBINES THE HEALING AND ANTI-AGING POWERS OF DIAMOND, PRECIOUS GEMSTONE RESULTING IN AN INSTANT REDUCTION OF THE APPEARANCE OF FINE LINES AND WRINKLES WHILE REDUCING SIGNS OF FATIGUE, DISCOLORATION AND DARK CIRCLES.

### **CORRECTIVE ANTI AGING FACIAL 50 MINS | \$195**

THE EXCLUSIVE WATERLESS BIPHASIC MASKS WITH VITAMIN PP AND HEXAPEPTIDE-8 TO COSMETICALLY OXYGENATE SKIN TISSUES AND TO GIVE AN INSTANT FIRMING EFFECT.



REPLENISH  
THE FACE

02

## PREMIUM SERVICE ENHANCEMENTS

### **KNESKO SKIN COLLAGEN GEL MASKS**

**EYE \$25 | LIP \$25 | FACE \$45 | NECK \$35 | DECOLLETE \$45 |**

KNESKO USES THE HIGHEST QUALITY AND MOST BENEFICIAL NATURAL INGREDIENTS WHICH WILL QUICKLY RESTORE, NOURISH AND RENEW YOUR SKIN, SEE INSTANT RESULTS AFTER YOUR FIRST TREATMENT. CAN BE ADDED TO ANY OF OUR BODY OR FACIAL TREATMENTS.

CHOOSE FROM

#### **24 NANOGOLD REPAIR**

AGE-DEFYING, FIRING, ANTI-INFLAMMATORY, REDUCES PUFFINESS.

#### **DIAMOND RADIANCE**

AGE-DEFYING, BRIGHTENING, ANTI-OXIDANT, REDUCES DARK CIRCLES.

#### **MICROCURRENT LIFT ENHANCEMENT \$25**

FOCUS ON THE AREAS OF CONCERN THAT NEED TIGHTENING AND TONING WITH ADVANCED MICROCURRENT TECHNOLOGY. EXPERIENCE AN IMMEDIATE LIFT AND CONTOURING OF THE SKIN – KNOWN AS NUFACE 5 MINUTE FACIAL LIFT.

#### **RED LIGHT THERAPY \$25**

RED, AMBER AND INFRARED LIGHT TRIGGERS A NATURAL, INTRACELLULAR REACTION WITHIN THE DERMIS, SIMILAR TO HOW PLANTS USE LIGHT TO CREATE ENERGY, AND LEADS TO AN INCREASED PRODUCTION OF NEW PROTEINS, COLLAGEN AND ELASTIN, REDUCING THE APPEARANCE OF FINE LINES AND WRINKLES.

#### **NUFACE EYE AND LIP TREATMENT \$25**

TARGET EYE AND LIP AREAS WITH INNOVATIVE MICROCURRENT TREATMENT WANDS THAT GENTLY STIMULATE TO IMPROVE OVERALL APPEARANCE. EXPERIENCE AN INSTANT LIFT AND CONTOUR OF THE EYE AND LIP AREAS.





PERFECT  
PACKAGES

03

## TREATMENT PACKAGES

**BLISSFUL HAYBARN DAY 4.5 HOURS | \$585**

BAMFORD BODY SCRUB  
BAMFORD SIGNATURE FACIAL  
BAMFORD SIGNATURE BODY TREATMENT  
PLNT HOUSE VEGAN LUNCH (\$40 VOUCHER)

**HAYBARN DE-STRESS 2 HOURS | \$335**

BAMFORD DE STRESS MASSAGE  
BAMFORD BESPOKE FACIAL  
DETOX JUICE

**HAYBARN WELLNESS 2.5 HOURS | \$330**

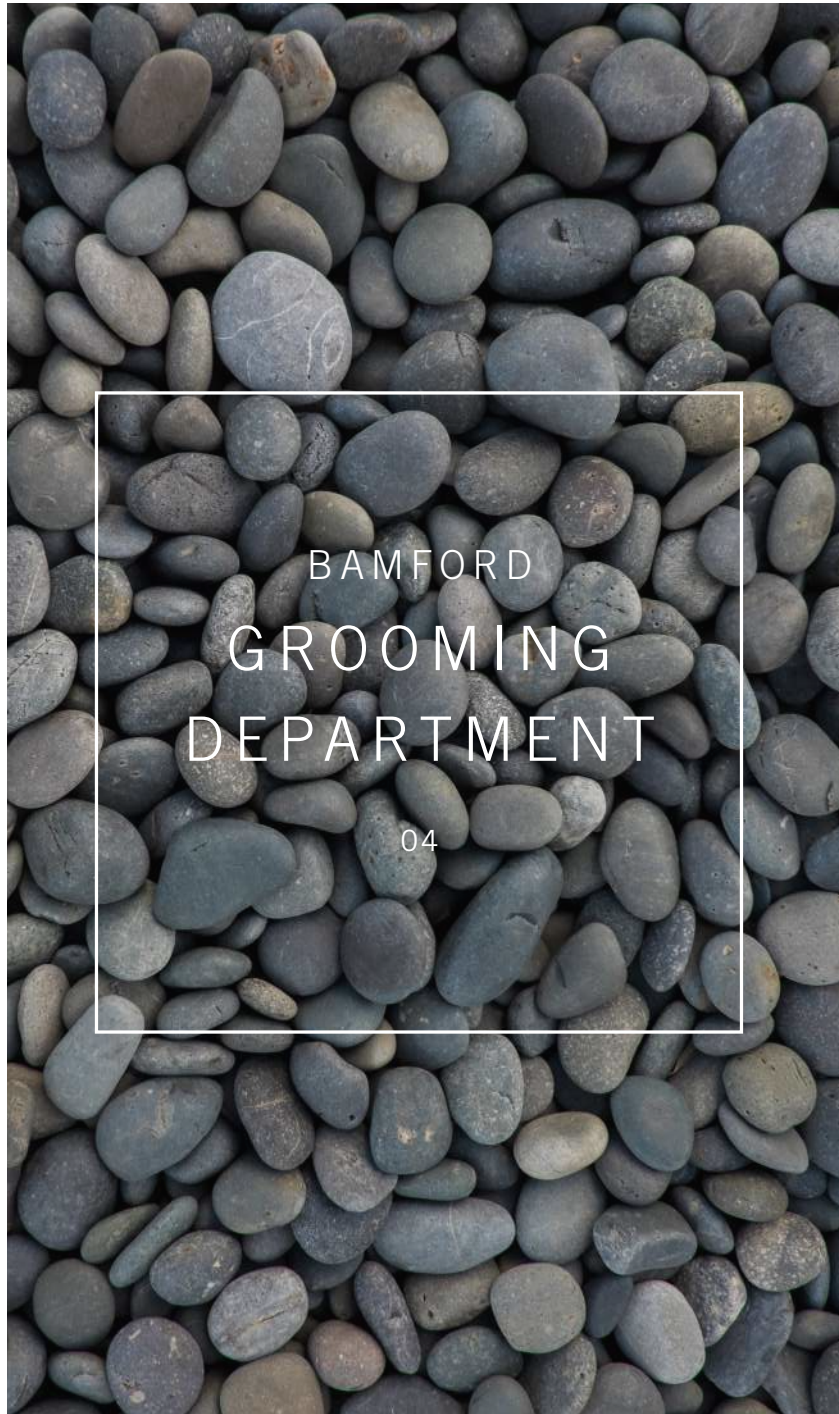
PRIVATE YOGA OR PERSONAL TRAINING SESSION  
BAMFORD JADE HOT AND COLD BODY TREATMENT  
DETOX JUICE

**HAYBARN MOTHER TO BE 2.5 HOURS | \$375**

BAMFORD SIGNATURE FACIAL  
BAMFORD PREGNANCY MASSAGE  
ENERGAZING JUICE

**HAYBARN GROOMING 2 HOURS | \$335**

BAMFORD RECOVERY TREATMENT  
BAMFORD MENS FACIAL  
DETOX JUICE



BAMFORD  
GROOMING  
DEPARTMENT

04

## BAMFORD GROOMING DEPARTMENT EDITION 1

**BAMFORD RECOVERY TREATMENT 50 MINS | \$175 80 MINS | \$240**

THIS TREATMENT HAS BEEN CREATED TO COMBAT THE STRESSES OF MODERN LIFE. BEGINNING WITH A BACK MASSAGE, USING OUR SPECIALLY BLENDED MASSAGE OIL AND HOT STONES, THE TREATMENT MOVES ON TO A SIMPLE AND EFFECTIVE FACE AND SCALP MASSAGE. GREAT FOR REDUCING STRESS AND PROMOTING DEEP RELAXATION.

**BAMFORD DEEP TISSUE MASSAGE 50 MINS | \$175 80 MINS | \$240**

AN EXCELLENT FULL-BODY MASSAGE FOCUSING ON MAJOR MUSCLE GROUPS AS WELL AS STIMULATING SOURCES OF ENERGY DEEP WITHIN THE BODY. OUR EXPERT THERAPISTS WORK MORE DEEPLY ON AREAS OF TENSION TO RELIEVE MUSCULAR TENSION AND RESTORE VITALITY OF THE BODY.

**BAMFORD MENS FACIAL 50 MINS | \$160**

BAMFORD GROOMING DEPARTMENT EDITION 1 BESPOKE FACIAL TREATMENT IS A DEEPLY CLEANSING AND BRIGHTENING FACIAL. A THROUGH CLEANSE WITH HOT STEAM TOWELS IS FOLLOWED BY A CHARCOAL AND BLACK QUARTZ EXFOLIATION WITH SPECIAL ATTENTION GIVEN TO ANY CONCERNS. LEAVES SKIN SMOOTH AND HEALTHY. PRESSURE POINT FACIAL HEAD AND ARMS MASSAGE ARE GREAT FOR REDUCING STRESS AND PROMOTING DEEP RELAXATION.





# HOW TO SPA

05

## HOW TO SPA

### **RESERVATIONS**

GUESTS OF BAMFORD HAYBARN SPA MUST BE 18 YEARS OF AGE OR OLDER. 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. IF YOU PREFER A MALE OR FEMALE THERAPIST, PLEASE MAKE YOUR GENDER REQUEST WHEN SCHEDULING YOUR TREATMENT WHILE WE WILL MAKE EVERY EFFORT TO ACCOMMODATE SAME DAY APPOINTMENTS, WE ENCOURAGE GUESTS TO SCHEDULE APPOINTMENTS IN ADVANCE TO ENSURE THAT THEIR TREATMENT AND TECHNICIAN PREFERENCES ARE 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 CANCELLATION FEE. CANCELLATIONS OF PACKAGES OR PRIVATE PARTIES REQUIRE SEVEN-DAY NOTICE.

### **ARRIVAL AND LATENESS**

WE RECOMMEND THAT YOU ARRIVE 15 MINUTES PRIOR TO YOUR TREATMENTS TO ENJOY THE FACILITY. ARRIVING LATE WILL LIMIT THE TIME FOR YOUR TREATMENT, THUS DECREASING ITS EFFECTIVENESS AND YOUR ENJOYMENT. YOUR TREATMENT WILL END ON TIME, SO THE NEXT GUEST IS NOT DELAYED. THE FULL VALUE OF YOUR TREATMENT WILL BE CHARGED.

### **SERVICE CHARGE**

FOR YOUR CONVENIENCE A 20% SERVICE CHARGE WILL BE INCLUDED ON YOUR SERVICE BILL. ADDITIONAL GRATUITIES MAY BE ADDED AT YOUR DISCRETION. PRICES AND SERVICES ARE SUBJECT TO CHANGE.



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BAMFORD HAYBARN SPA AT 1 HOTEL SOUTH BEACH  
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