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

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 SPECIALY 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.
BODY TREATMENTS

BAMFORD SIGNATURE TREATMENT 90 MINS | $315
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 detoxify 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.

B SILENT TREATMENT 80 MINS | $265
Prepare the body and mind for deep relaxation using products from the B SILENT range, developed to improve sleep quality. Treatment starts with a stress-reducing footbath, opening the body’s meridians and beginning the process of deep relaxation. Next, experience a full back massage with our silent body oil. A series of assisted stretches plus Japanese shiatsu rocking release stress, loosen hips, unlock the lower back, and gently rotate the spine. Finally, B SILENT temple balm is applied to the forehead and temples to prepare the body and mind for deep relaxation.

BAMFORD DE-STRESS MASSAGE 50 MINS | $165  80 MINS | $230
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 DEEP TISSUE MASSAGE 50 MINS | $185  80 MINS | $250
An excellent full-body massage focusing on major muscle groups and stimulating sources of energy deep within the body. Our expert therapists work deeper on areas of stress to relieve muscular tension and restore vitality.

BAMFORD PREGNANCY MASSAGE 50 MINS | $165  80 MINS | $235
Tailored to the specific needs of the woman, with gentle and unscented oils. Designed by a pregnancy yoga expert, the client is positioned for optimum comfort and support for a safe, deeply relaxing, and restorative treatment.

*available after first trimester
BODY TREATMENTS CONTINUED

BAMFORD SUGAR SCRUB  45 MINS  |  $155
GENTLE EXFOLIATION USING WARM BOTANIC SUGAR POLISH TO REJUVENATE THE SKIN, INCREASE CIRCULATION, AND PREPARE THE BODY FOR FURTHER TREATMENT (IF DESIRED). THE SUGAR POLISH IS REMOVED WITH A WARM SHOWER BEFORE OUR GERANIUM BODY CREAM IS APPLIED.

HIMALAYAN SALT STONE MASSAGE  50 MINS  |  $175  80 MINS  |  $240
THIS HIGHLY RELAXING AND REMINERALIZING BODY MASSAGE USES WARM, HAND-CARVED SALT STONES FROM HIMALAYAN MOUNTAINS AND OUR BAMFORD AROMATHERAPY OIL TO BALANCE THE CENTRAL NERVOUS SYSTEM AND NOURISH DEPLETED CELLS, LEAVING THE BODY IN DEEP RELAXATION. STIMULATION OF SPECIFIC MERIDIANS ON THE BODY ALLOWS FOR IMPROVED SLEEP, REDUCES INFLAMMATION, AND GIVES AN IMMEDIATE SENSE OF IMPROVED WELL-BEING.

HIMALAYAN SALT SCRUB  45 MINS  |  $155
REJUVINATE YOUR SKIN WITH OUR THERAPEUTIC HIMALAYAN SEA SALT TREATMENT. BENEFITS INCLUDE DETOXIFYING THE BODY, PURIFYING THE PORES OF TOXINS, AND PROMOTING SKIN CELL TURNOVER. YOUR SKIN WILL FEEL TIGHTER AND SMOOTHER, AND BREATHE EASIER.

AFTER SUN RECOVERY  80 MINS  |  $245
THIS TREATMENT PROVIDES SUN-STRESSED SKIN WITH EVERYTHING NEEDED TO RECOVER. A RELAXING FOOTBATH IS FOLLOWED BY A SOOTHING FULL BODY WRAP WITH OUR LUXURIOUS ROSE CHAMOMILE AND LEMON BODY CREAM. A DEEP CLEANSE AND A MOISTURIZING FACE MASK CALM IRRITATION. REFLEXOLOGY AND A FINAL APPLICATION OF BODY OIL COMPLETE THE RECOVERY.

BODY REJUVENATION  80 MINS  |  $245
THE BODY IS LIGHTLY MASSAGED WITH A WARM BLEND OF PURE SEA SALT AND BROWN SUGAR SUSPENDED IN RICH OILS AND BODY BUTTERS, LOOSENING DRY AND DEAD SKIN CELLS AND GIVING WAY TO NEW SMOOTH SKIN. THE SUGAR POLISH IS REMOVED WITH A WARM SHOWER FOLLOWED BY A FULL AROMATHERAPY BODY MASSAGE.
FACIAL TREATMENTS

BAMFORD AWAKENING FACIAL  50 MINS  |  $160     80 MINS  |  $235
OUR AWAKEN SKINCARE CONTAINS POWERFUL AHA FRUIT ACIDS, ULTRA-FINE VOLCANIC EXFOLIANTS, AND LACTIC ACID. THESE INGREDIENTS COMBINE TO REMOVE DEAD SKIN CELLS FOR A REFINED TEXTURE AND TONE. THIS RADIANCE BOOST IS DESIGNED TO LEAVE SKIN SMOOTH, REFINED, AND GLOWING. RECOMMENDED FOR SUN DAMAGE, UNEVEN TEXTURE, AND BETWEEN SEASONS.

BAMFORD DETOXIFYING FACIAL  50 MINS  |  $160     80 MINS  |  $235
A PURIFYING TREATMENT TO BRIGHTEN AND CLEAR SKIN. LILAC EXTRACT AND MINERAL-RICH DETOXIFYING CLAYS COMBINE TO EXTRACT IMPURITIES AND REDUCE BLEMISHES AND DARK SPOTS. SKIN IS LEFT SOOTHEED, PURE, AND BEAUTIFULLY CLEAR. IDEAL FOR OILY OR BLEMISHED SKIN, OR ANYONE AFFECTED BY CITY POLLUTION.

BAMFORD REJUVENATING FACIAL  50 MINS  |  $160     80 MINS  |  $235
OUR RESTORE SKINCARE CONTAINS SODIUM HYALURONATE, CACAY NUT OIL, AND SOY STEM CELLS. THESE INGREDIENTS COMBINE TO REDUCE FINE LINES AND WRINKLES, PLUMP THE SKIN, AND REPAIR DAMAGE. SKIN IS LEFT FIRM, LIFTED, AND YOUTHFUL LOOKING. THIS DEEPLY HYDRATING TREATMENT IS IDEAL FOR DRY OR MATURE SKIN IN NEED OF DEEP REHYDRATION.

BAMFORD MEN’S FACIAL  50 MINS  |  $160
THE BAMFORD GROOMING DEPARTMENT EDITION 1 BESPOKE FACIAL TREATMENT IS A DEEP CLEANSING AND BRIGHTENING FACIAL. A THOROUGH CLEANSE WITH HOT STEAM TOWELS IS FOLLOWED BY A CHARCOAL AND BLACK QUARTZ EXFOLIATION WITH SPECIAL ATTENTION GIVEN TO PERSONAL CONCERNS. SKIN IS LEFT SMOOTH AND HEALTHY. PRESSURE POINT FACIAL, HEAD, AND ARM MASSAGES REDUCE STRESS AND PROMOTE DEEP RELAXATION.

DEEP CLEANSING FACIAL  50 MINS  |  $195
THIS FACIAL IS PERSONALIZED TO THE GUEST’S SKIN CONCERNS, ENSURING A TRULY RELAXING AND HOLISTIC EXPERIENCE. WE USE OUR RANGE OF BAMFORD NATURAL SKINCARE AND CONCENTRATED ELIXIRS TO RESTORE, REJUVENATE, AND REPAIR SKIN. WITH OUR DEDICATION TO TRADITIONAL AND THERAPEUTIC TECHNIQUES, THE RESULT IS A TRULY PERSONALIZED TREATMENT. STEAM AND EXTRACTIONS INCLUDED.
FACIAL TREATMENTS CONTINUED

24 KARAT GOLD FACIAL  50 MINS  |  $180
INSTANTLY REPAIR AND FIRM SKIN WITH KNESKO’S NANOGOLD-INFUSED FACE COLLAGEN TREATMENT. THIS INDULGENT AND HYDRATING FACIAL USES THE HEALING AND ANTI-AGING POWERS OF GOLD TO LESSEN THE APPEARANCE OF FINE LINES AND WRINKLES WHILE REDUCING INFLAMMATION, REDNESS, AND PUFFINESS.

DIAMOND RADIANCE FACIAL  50 MINS  |  $180
RESTORE YOUTHFUL RADIANCE AND GLOW TO YOUR SKIN WITH KNESKO’S DIAMOND FACE COLLAGEN TREATMENT. THIS INDULGENT AND HYDRATING FACIAL USES THE HEALING AND ANTI-AGING POWERS OF DIAMOND, RESULTING IN AN INSTANT REDUCTION IN FINE LINES AND WRINKLES WHILE LESSENSING SIGNS OF FATIGUE, DISCOLORATION, AND DARK CIRCLES.

CORRECTIVE ANTI-AGING FACIAL  50 MINS  |  $195
THIS EXCLUSIVE WATERLESS BIPHASIC MASK WITH VITAMIN PP AND HEXAPEPTIDE-8 COSMETICALLY OXYGENATES SKIN TISSUE FOR AN INSTANT FIRMING EFFECT.

NATURA BISSE DIAMOND FACIAL  80 MINS  |  $285
A TRUE EXPERIENCE OF EXCELLENCE COMBINING THE DYNAMIC POWERS OF DIAMOND WITH ANCIENT RITUALS AND HIGH-TECH TRANSFORMATIONAL TREATMENTS. A LUXURIOUS FACIAL RITUAL INSPIRED BY EXPERT ASIAN TECHNIQUES, A RELAXING LAVENDER AYURVEDIC SHIRODHARA DIAMOND MASSAGE, TRIPLE EXFOLIATING CARBOXY THERAPY, METICULOUS MASSAGE WITH POTENT DIAMOND LIFE INFUSION SERUM, AND A LIFTING MYOFACIAL MASSAGE. THE RESULT: EXCEPTIONAL, RADIANT, REVITALIZED SKIN.
PREMIUM SERVICE ENHANCEMENTS

KNESKO SKIN COLLAGEN GEL MASKS
EYE $25 | LIP $25 | FACE $45 | NECK $35 | DÉCOLLETÉ $45 | HANDS $45

CHOOSE FROM:
24K NANOGOLD REPAIR
AGE-DEFYING, FIRMING, ANTI-INFLAMMATORY, REDUCES PUFFINESS.

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

ROSE QUARTZ ANTI-OXIDANT
AGE-DEFYING, CALMING, HYDRATING, HEALING, NOURISHING.

BLACK PEARL DETOX
AGE-DEFYING, DETOXIFYING, EXFOLIATING, BALANCING.

MICROCURRENT LIFT ENHANCEMENT $25
FOCUS ON AREAS IN NEED OF 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 LIGHTS TRIGGER A NATURAL, INTRACELLULAR REACTION
WITHIN THE DERMIS, SIMILAR TO HOW PLANTS USE LIGHT TO CREATE ENERGY. THIS
LEADS TO AN INCREASED PRODUCTION OF NEW PROTEINS, COLLAGEN, AND ELASTIN,
REDUCING THE APPEARANCE OF FINE LINES AND WRINKLES.

YOGA BALM MUSCLE RELIEF $25
THE WARMTH OF YAKIMA PEPPERMINT IS COMBINED WITH AN ARRAY OF
ORGANIC ESSENTIAL OILS TO DETOXIFY AND HEAL THE SYSTEM, WHILE
PROMOTING NEW CELL GROWTH, INCREASING BLOOD FLOW, REDUCING
INFLAMMATION, AND ELEVATING MOOD.

DRY SKIN BRUSHING $25
DRY BRUSHING DETOXIFIES THE BODY, INCREASES BLOOD CIRCULATION, AND
PROMOTES LYMPHATIC DRAINAGE. IDEAL ADDITION TO ANY 80 MINUTE SERVICE.

HAND OR FOOT REVIVER $25
REVEAL SMOOTHER SKIN WITH AN EXFOLIATING AND NOURISHING TREATMENT
THAT WILL LEAVE HANDS OR FEET SMOOTH, SOFT, AND BRIGHT.
TREATMENT PACKAGES

BLISSFUL HAYBARN DAY  4 HOURS  |  $555
BAMFORD BODY SCRUB
BAMFORD B SILENT TREATMENT
BAMFORD ORGANIC FACIAL
24K COLLAGEN FACE MASK

HAYBARN DE-STRESS  2.5 HOURS  |  $385
BAMFORD DE-STRESS MASSAGE
BAMFORD ORGANIC FACIAL
DIAMOND RADIANCE COLLAGEN FACE MASK

HIMALAYAN SALT RITUAL  3 HOURS  |  $440
HIMALAYAN SALT BODY SCRUB
HIMALAYAN SALT FOOT BATH
HIMALAYAN SALT STONE MASSAGE
DETOX FACIAL

AFTER SUN RECOVERY  2.5 HOURS  |  $395
AFTER SUN BODY TREATMENT
24K GOLD REPAIR FACIAL

HAYBARN MOTHER-TO-BE  2.5 HOURS  |  $385
BAMFORD ORGANIC FACIAL
BAMFORD PREGNANCY MASSAGE
ROSE QUARTZ FACE MASK

HAYBARN MEN  2.5 HOURS  |  $395
BAMFORD RECOVERY TREATMENT
BAMFORD MEN’S FACIAL
BLACK PEARL DETOX FACE

COUPLES’ INDULGENCE  2.5 HOURS  |  $790
DE-STRESS OR DEEP TISSUE MASSAGE
BAMFORD ORGANIC FACIAL
24K COLLAGEN FACE MASK
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 FULL TREATMENT PRICE. CANCELLATIONS OF PACKAGES OR PRIVATE PARTIES REQUIRE A 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.