



Treatment Guide

bamford

WELLNESS

SPA

At 1 Hotel South Beach



## **Bamford Wellness Spa, 1 Hotel South Beach**

Bamford Wellness Spa is 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.



RELAX  
THE BODY

## **Bamford Signature Treatment**

*90 Minutes / \$355-\$365\**

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 Minutes / \$285-\$295\**

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 Minutes / \$175-\$185\**

*80 Minutes / \$240-\$250\**

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 Minutes / \$195-\$205\**

*80 Minutes / \$270-\$280\**

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.

### **Himalayan Salt Stone Massage**

*50 Minutes / \$185-\$195\**

*80 Minutes / \$250-\$260\**

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.

### **Bamford Sugar Scrub**

*45 Minutes / \$165-\$175\**

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 oil is applied.

### **Himalayan Salt Scrub**

*45 Minutes / \$165-\$175\**

Rejuvenate 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 Minutes / \$255-\$265\**

Calm, alleviate and revitalize sun parched skin with organic ingredients of grape stem cells, spirulina, aloe vera, white tea, pine bark extract, vitamins C and E. A dry brush exfoliation begins the treatment to remove dead skin cells while promoting lymphatic flow throughout the body. Next, grape stem cell, white tea and seaweed body butter is slowly painted for ultimate hydration. A calming scalp massage is given while the body is enveloped for deeper relaxation- an excellent treatment for post-sun, dehydrated and aging skin.

## **Body Rejuvenation**

*80 Minutes / \$255-\$265\**

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.

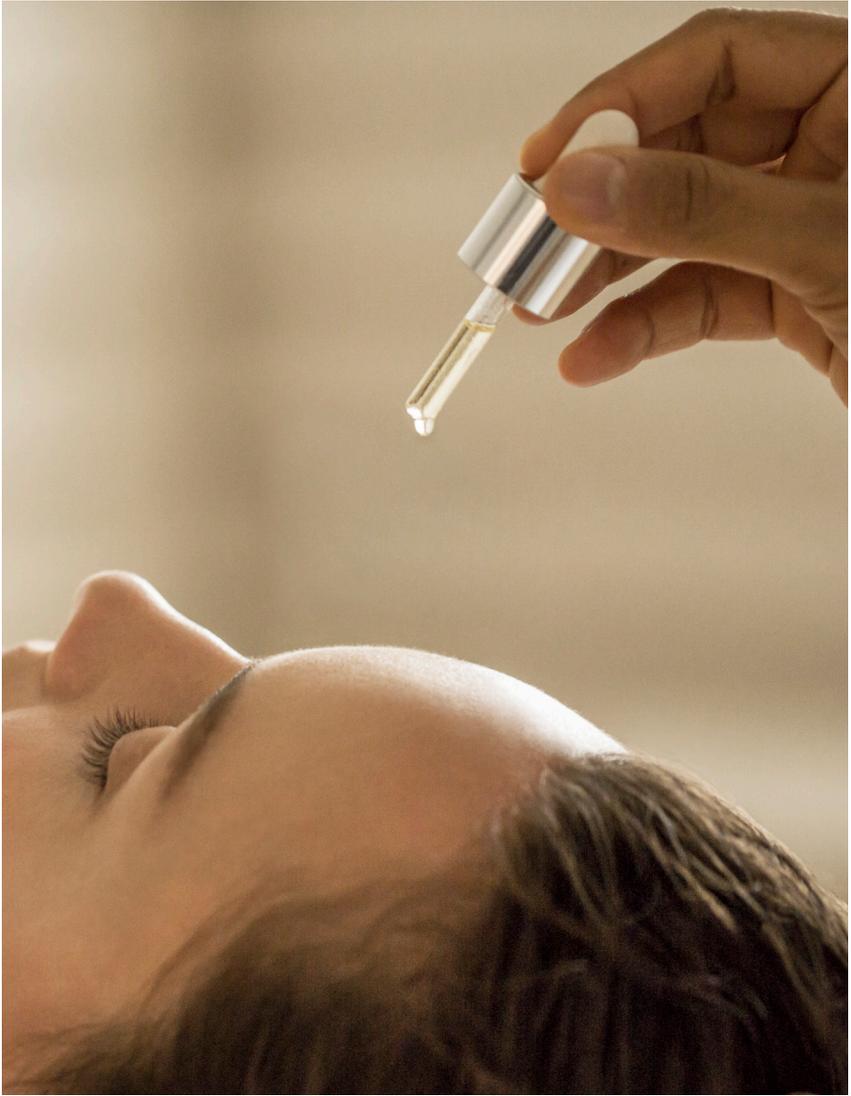
## **Bamford Pregnancy Massage**

*50 Minutes / \$175-\$185\**

*80 Minutes / \$240-\$250\**

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*



REPLENISH  
THE FACE

### **Bamford Awakening Facial**

*50 Minutes | \$170-\$180\**

*80 Minutes | \$235-\$245\**

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 Minutes | \$170-\$180\**

*80 Minutes | \$245-\$255\**

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 soothed, pure, and beautifully clear. Ideal for oily or blemished skin, or anyone affected by city pollution.

### **Bamford Rejuvenating Facial**

*50 Minutes | \$170-\$180\**

*80 Minutes | \$245-\$255\**

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.

## **Deep Cleansing Facial**

*50 Minutes / \$195-\$205\**

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.

## **Corrective Anti-Aging Facial**

*50 Minutes / \$195-\$205\**

An intensely revitalizing anti-aging treatment for the most demanding complexions. A luxurious facial ritual using 3 step diamond instant glow exfoliates, brightens and lifts, while transforming your skin into powerful radiance: lifted and powerfully hydrated complexion. See the appearance of signs of fatigue and fine lines fade away and your skin charged with a youthful glow.

## **Natura Bisse Diamond Facial**

*80 Minutes / \$305-\$315\**

A true experience of excellence combining the dynamic powers of diamond with ancient rituals and high-tech transformative treatments. This facial uses sophisticated ingredients for long-lasting hydration. Diamond reinforces the skin's natural defense system, improving elasticity and luminosity while simultaneously soothing and calming the skin. Designed for those looking for the ultimate in luxury skincare with radiant anti-aging results.

## **Oxygen Facial**

*50 Minutes / \$185-\$195\**

Infuse every pore with a blast of pure Oxygen skincare products. Frequent travelers will benefit from the light-as-air formula, which rapidly absorbs into the skin and releases oxygen molecules into the skin. This helps to re-energize cellular functions and eliminate toxins within the pores. Suitable for all skin types, yet ideal for those showing signs of skin congestion.

## **24 Karat Gold Facial**

*50 Minutes / \$185-\$195\**

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.

## **Rose Quartz Facial**

*50 Minutes / \$185-\$195\**

Treat your skin, mind, body and spirit with Rose Quartz antioxidant facial and activate your heart chakra for self-love and compassion. This indulgent and brightening facial combines the healing and anti aging powers of rose quartz to reduce appearance of fine lines and wrinkles, uneven skin tone and dark circles.



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.



PERFECT  
PACKAGES

### **Bamford Blissful Day**

*4 Hours | \$615-\$635\**

- Bamford Body Scrub - 45 Minutes
- Bamford B Silent Treatment - 80 Minutes
- Bamford Organic Facial - 80 Minutes
- 24k Collagen Face Mask

### **Haybarn De-Stress**

*2.5 Hours | \$395-\$415\**

- Bamford De-Stress Massage - 80 Minutes
- Bamford Organic Facial - 50 Minutes
- Diamond Radiance Collagen Face Mask

### **Himalayan Salt Ritual**

*3 Hours | \$470-\$490\**

- Himalayan Salt Body Scrub - 40 Minutes
- Himalayan Salt Foot Bath
- Himalayan Salt Stone Massage - 50 Minutes
- Detox Facial - 50 Minutes

### **After Sun Recovery**

*2.5 Hours | \$395-\$415\**

- After Sun Body Treatment - 80 Minutes
- 24k Gold Repair Facial - 50 Minutes

## **Bamford Mother-To-Be**

*2.5 Hours / \$395-\$415\**

- Bamford Pregnancy Massage - 80 Minutes
- Bamford Organic Facial - 50 Minutes
- Rose Quartz Face Mask

## **Bamford Men**

*2.5 Hours / \$395-\$415\**

- Bamford Recovery Treatment - 80 Minutes
- Bamford Men's Facial - 50 Minutes
- Black Pearl Detox Face

## **Couples' Indulgence**

*2.5 Hours / \$810-\$830\**

- De-Stress Or Deep Tissue Massage - 80 Minutes
- Bamford Organic Facial - 50 Minutes
- 24k Collagen Face Mask



HOW  
TO SPA

# 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.

## 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.

## 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.

## Price and Service Charge

\*Treatment pricing varies based on peak vs. non-peak days. Discounted rates are shown for off-peak periods, and full price during peak periods.

20% service charge will be included on your spa bill.

Additional gratuities may be added at your discretion.

Prices and services are subject to change.



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Bamford Wellness Spa At 1 Hotel South Beach  
2341 Collins Ave, Miami Beach, FL 33139

For Reservations: 305.604.6792  
bamfordhaybarnspa@1hotels.com

1hotels.com/Bamford @1hotels  
MM39110