



Treatment Guide

bamford

WELLNESS

SPA

At 1 Hotel San Francisco



## **Bamford Wellness Spa, 1 Hotel San Francisco**

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**

*80 Minutes / \$385*

Our signature treatment is designed to awaken the muscles and energy channels to melt anxieties and rebalance the body. The treatment starts with a firm-as-you-like massage using Shiatsu, Meridian, and Swedish massage techniques. This works together to relieve muscles, detoxify organs and ease energy flow around the body. As you drift into a deep sense of calm, a pressure point massage to your face, neck, shoulders and head, along with a little yogic breathing will ease tension and reduce stress.

## **B Strong Treatment**

*80 Minutes / \$385*

Deeply restorative treatment designed to nurture and heal stressed joints in the neck, shoulders, lower back, arms and legs. This treatment starts with Bamford signature Shiatsu movements, followed by cranial pressure points, kneading, wringing and deep frictions to warm up tired muscles and joints.

## **Bamford De-Stress Massage**

*50 Minutes / \$210*

*80 Minutes / \$295*

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 | \$230*

*80 Minutes | \$315*

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 Hot Stone Massage**

*80 Minutes | \$345*

This highly relaxing and remineralizing body massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

## **Bamford Pregnancy Massage**

*50 Minutes | \$230*

*80 Minutes | \$315*

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.

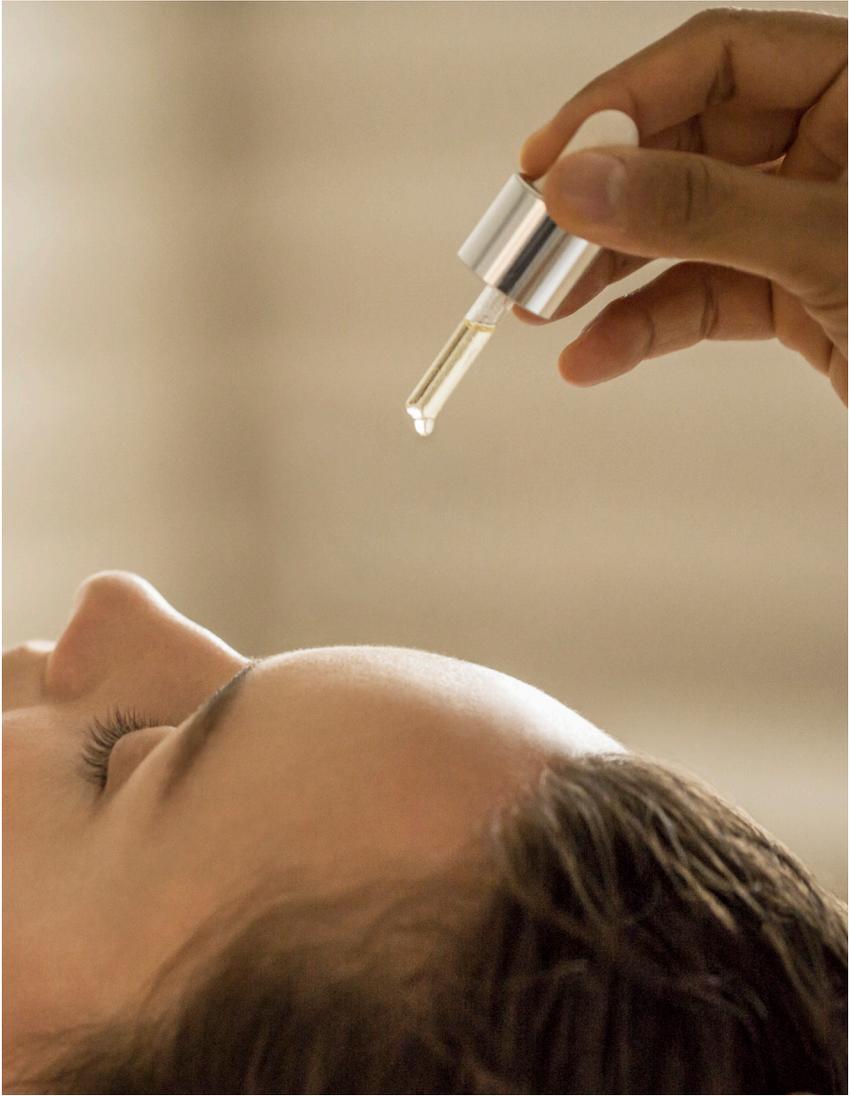
*\*Available after first trimester*

## **Aromatic Bath Salt Soak**

*30 Minutes | \$115*

*50 Minutes | \$200*

Indulge in a local, Pacific Ocean mineral-rich salt bath filled with pure essential benefits in one of the stone spa tubs on our private rooftop terrace.



REPLENISH  
THE FACE

### **Bamford Awakening Facial**

*50 Minutes | \$220*

*80 Minutes | \$305*

Our Awaken skincare contains powerful AHA fruit acids, ultra-fine volcanic exfoliants, and lactic acid. These ingredients combine to remove dead skin cells for refined texture and tone. This radiance boost is designed to leave skin smooth, refined, and glowing. Recommended for sun damage, uneven texture, and in between seasons.

### **Bamford Detoxifying Facial**

*50 Minutes | \$220*

*80 Minutes | \$305*

A purifying treatment designed 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 | \$220*

*80 Minutes | \$305*

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 and mature skin in need of deep rehydration.

## **24 Karat Gold Facial**

*50 Minutes | \$250*

*80 Minutes | \$340*

Instantly repair and firm skin with Knesko's Nanogold Infused 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 Minutes | \$250*

*80 Minutes | \$340*

Restore youthful radiance and glow with Knesko's Diamond Face Collagen Treatment. This indulgent and hydrating facial uses the healing powers of diamond, resulting in an instant reduction in fine lines and wrinkles while lessening fatigue, discoloration, and dark circles.



PREMIUM SERVICE  
ENHANCEMENTS

## **Knesko Skin Collagen Gel Masks**

*Eye \$35 | Face \$55*

*Choose from:*

### **24k Nanogold Repair**

Age-defying, firming, anti-inflammatory, reduces puffiness.

### **Diamond Radiance**

Age-defying, brightening, anti-oxidant, reduces dark circles.

## **Microcurrent Lift Enhancement**

*\$45*

Focus on areas in need of tightening and toning with advanced microcurrent technology. Experience an immediate lift and contouring of the skin, known as the “Nuface 5 Minute Facial Lift.”

## **Red Light Therapy**

*\$45*

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 on new proteins, collagen, and elastin, reducing the appearance of fine lines and wrinkles.

## **Dry Skin Brushing**

*\$45*

Dry brushing detoxifies the body, increases blood circulation, and promotes lymphatic drainage. An ideal addition to any 80 minute service.

### **Hand Or Foot Reviver**

*\$45*

Reveal smoother skin with an exfoliating and nourishing treatment.

### **Hot Stone Therapy**

*\$45*

Helps relieve muscle tension and promotes relaxation.

### **Muscle Release Balm**

*\$45*

Helps alleviate muscular pain.



HOW  
TO SPA

# How To Spa

## Reservations

Guests of Bamford Wellness 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 treatment time. 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

50% deposit will be charged at the time of booking.  
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 San Francisco  
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