

TREATMENT LIST

BAMFORD FACIALS

Awakening Bamford Facial	60 mins £160
Detoxifying Signature Facial	60 mins £160
Rejuvenating Signature Facial	60 mins £160
Bespoke Facial	30 mins £100
Bamford Wellness Facial	90 mins £210

SIGNATURE EXPERIENCES

1 Hotel Mayfair Experience	90 mins £250
B Silent Ritual	90 mins £250
B Strong Ritual	90 mins £250
Bamford Body Signature Treatment	90 mins £250
Men's Signature Massage	90 mins £250

MASSAGES

Deep Tissue Massage	60 mins £180
Deep Tissue Massage	90 mins £220
De-stress Massage	60 mins £180
De-stress Massage	90 mins £220
Sports Massage	60 mins £220
Sports Massage	90 mins £290
Bamford Pregnancy and New Mother Massage	60 mins £190
Tailor Made Massage	2 hours £300
Massage	45 mins £150
Back, Neck and Shoulders	30 mins £110
Reflexology	60 mins £180
Reflexology	90 mins £220
Foot Massage	30 mins £110

EXFOLIATE AND HYDRATE

1 Hotel Mayfair Exfoliate and Hydrate	60 mins £200
Bamford Sugar Scrub	45 mins £150

DAY SPA PACKAGES

B restored Spa Half Day	2 hours 45 mins £430
Guided yoga or PT session	45 mins
De-Stress Massage	60 mins
Choice of signature Bamford facial	60 mins
Nutritional lunch at the Neighbours Cafe	

Bamford Mother to Be and New Mothers Ritual *2 hours | £310*

Pregnancy massage 60 mins
Bamford Facial of your choice 60 mins
Choice of Smoothie / Juice

Bamford Wellness Full Spa Day and Lunch *3 hours 30 mins | £560*

A guided yoga session 60 mins
B Silent ritual with back massage 90 mins
Choice of signature Bamford facial 60 mins
2 course lunch served on a private terrace

1 Hotel Mayfair Spa Immersion Experience *3 hours | £450*

Bamford Full Body Exfoliation 30 mins
1 Hotel Mayfair experience 90 mins
Bamford Facial of your choice 60 mins
Nutritious juice of your choice

WAXING

Back Wax	45 mins £60
Bikini line	30 mins £40
Brazilian Wax	45 mins £60
Hollywood Wax	30 mins £65
Chest Wax	30 mins £55
Full Arm	30 mins £45
Full Leg	60 mins £65
Half Leg	45 mins £40
Under Arm	15 mins £25
Upper Lip	15 mins £25

NAILS & FEET

Manicure File and Polish	30 mins £35
Luxury Manicure Kure Bazaar	60 mins £65
Mini Pedicure	30 mins £55
Luxury Pedicure Kure Bazaar	60 mins £85

FITNESS

Fieldhouse is located on the 1st floor of the hotel.
Running maps of Green park are available with Concierge .

Personal Training Session	60 mins £150
Private Yoga Session	60 mins £150

CANCELLATION POLICY

Should you need to cancel or reschedule your Spa appointment, we request a minimum of 24 hours notice to avoid a full charge.

BAMFORD WELLNESS SPA AT 1 HOTEL MAYFAIR

For Reservations: Bamford.Mayfair@1hotels.com | 9am-8pm