

TREATMENT GUIDE

bamford  
HAYBARN  
SPA

AT 1 HOTEL SOUTH BEACH





## BAMFORD HAYBARN SPA, 1 HOTEL SOUTH BEACH

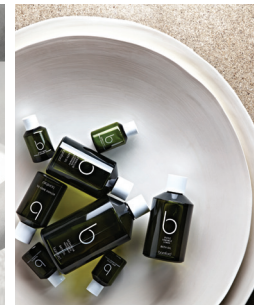
BAMFORD HAYBARN IS A SPA DEVOTED TO NURTURING THE MIND, BODY AND SPIRIT. OUR HOLISTIC APPROACH IS BASED AROUND OUR HEARTFELT CONNECTION WITH NATURE.

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

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### BODY TREATMENTS

#### **BAMFORD SIGNATURE TREATMENT 90 MINS | \$315**

OPENING WITH A CLEANSING FOOTBATH THAT'S 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 DETOXIFY 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.

#### **B SILENT TREATMENT 80 MINS | \$265**

PREPARE THE BODY AND MIND FOR DEEP RELAXATION USING THE PRODUCTS FROM B SILENT RANGE, DEVELOPED TO AID AND IMPROVE SLEEP QUALITY. TREATMENT STARTS WITH A STRESS-REDUCING FOOTBATH, OPENING THE BODY'S MERIDIANS AND BEGINNING THE PROCESS OF DEEP RELAXATION. NEXT, A FULL BACK MASSAGE WITH OUR SILENT BODY OIL. A SERIES OF ASSISTED STRETCHES AND JAPANESE SHIATSU ROCKING RELEASE STRESS, LOOSEN TIGHT 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 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 | \$185 80 MINS | \$250**

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 STRESS TO RELIEVE MUSCULAR TENSION AND RESTORE VITALITY.

#### **BAMFORD PREGNANCY MASSAGE 60 MINS | \$165 80 MINS | \$235**

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 TREATMENTS CONTINUED

### **BAMFORD SUGAR SCRUB 45 MINS | \$155**

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.

### **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. IT PROVIDES A BROAD RANGE OF BENEFITS, INCLUDING: DETOXIFYING THE BODY, PURIFYING THE PORES OF TOXINS, AND PROMOTING SKIN CELL TURNOVER. POST TREATMENT YOUR SKIN WILL BREATHE EASIER, AND FEEL TIGHTER AND SMOOTHER.

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

THIS TREATMENT PROVIDES SUN STRESSED SKIN WITH EVERYTHING IT NEEDS 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 ANY 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. THIS LOOSENS DRY AND DEAD SKIN CELLS, GIVING WAY TO NEW SMOOTH SKIN. THE SUGAR POLISH IS REMOVED WITH A WARM SHOWER FOLLOWED BY FULL AROMATHERAPY BODY MASSAGE.





## REPLENISH THE FACE

02

### 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. THEY COMBINE TO REMOVE DEAD SKIN CELLS FOR A REFINED TEXTURE AND TONE. THIS IS A RADIANCE BOOST DESIGNED TO LEAVE SKIN SMOOTH, REFINED AND GLOWING. PARTICULARLY 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 SOOTHED, 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. THEY COMBINE TO REDUCE FINE LINES AND WRINKLES, PLUMP THE SKIN AND REPAIR DAMAGE. SKIN IS LEFT FIRMER, LIFTED AND MORE YOUTHFUL LOOKING. THIS DEEPLY HYDRATING TREATMENT IS IDEAL FOR DRY OR MATURE SKIN THAT NEEDS DEEP REHYDRATION.

#### **BAMFORD MEN'S FACIAL 50 MINS | \$160**

THE BAMFORD GROOMING DEPARTMENT EDITION 1 BESPOKE FACIAL TREATMENT IS A DEEPLY 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 ANY CONCERNS. LEAVES SKIN SMOOTH AND HEALTHY. PRESSURE POINT FACIAL HEAD AND ARMS MASSAGE ARE GREAT FOR REDUCING STRESS AND PROMOTING DEEP RELAXATION.

#### **DEEP CLEANSING FACIAL 50 MINS | \$195**

THIS FACIAL IS PERSONALIZED TO THE GUEST'S SKIN CONCERNS WHILE 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.



REPLENISH  
THE FACE

02

## 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 COMBINES THE HEALING AND ANTI-AGING POWERS OF GOLD, 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, RESULTING IN AN INSTANT REDUCTION OF FINE LINES AND WRINKLES WHILE REDUCING 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 TO GIVE 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 TRANSFORMATIVE 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 AN INCREDIBLY LIFTING MYOFACIAL MASSAGE. THE RESULT: EXCEPTIONAL, RADIANT, REVITALIZED SKIN.





REPLENISH  
THE FACE

02

## PREMIUM SERVICE ENHANCEMENTS

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

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

### **YOGA BALM MUSCLE RELIEF \$25**

THE WARMTH OF YAKIMA PEPPERMINT IS COMBINED WITH AN ARRAY OF ESSENTIAL, ORGANIC OILS TO PROMOTE CORE LEVELS OF HEALING THROUGHOUT THE SYSTEM AND DETOXIFY 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

03

## 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

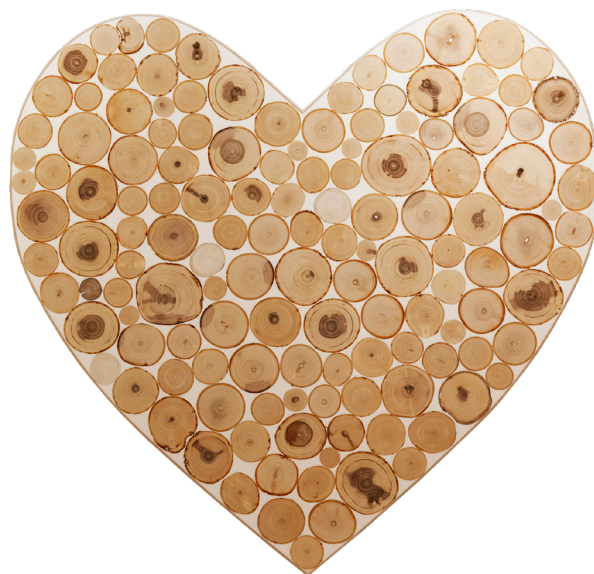
IF YOU MUST RESCHEDULE OR CANCEL YOUR APPOINTMENT, PLEASE NOTIFY THE SPA AT LEAST 24 HOURS IN ADVANCE TO AVOID BEING CHARGED A FULL TREATMENT PRICE. CANCELLATIONS OF PACKAGES OR PRIVATE PARTIES REQUIRE A SEVEN-DAY NOTICE.

### 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.



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