


The background of the image is a serene spa environment. It features white, angular, modern furniture. On the left, a terrarium filled with green and brown moss sits on a white surface, with a small green plant growing from a white, rounded pot. In the foreground, a white teapot and a small white cup filled with yellow tea are placed on a white surface. The overall aesthetic is clean, bright, and minimalist.

bamford

WELLNESS
SPA

TREATMENT GUIDE
COTSWOLDS

At the bottom of the image, there is a row of white, shell-shaped bath products, possibly bath foams or soaps, arranged in a fan-like pattern.

BAMFORD WELLNESS SPA

We offer a selection of carefully curated facial and body treatments, each devoted to restoring and nurturing your well-being through targeted, holistic methods. A fusion of ancient traditions, our treatments work both physically on the body as well as calming the mind to balance your overall well-being. Incorporating techniques such as shiatsu massage, reflexology, acupressure, assisted stretching, LED light therapy and yogic breathing, our treatments are truly unique experiences all designed to respond to an individual's needs.



FACIALS

BAMFORD SKINCARE IS MADE USING THE FINEST NATURAL AND ORGANIC INGREDIENTS FOR BEAUTIFUL SKIN. THE POWERFUL ACTIVE INGREDIENTS WORK ALONGSIDE OUR CAREFULLY DESIGNED HOLISTIC FACIALS TO ACHIEVE TARGETED VISIBLE RESULTS.

CHOOSE YOUR FACIAL:

Your therapist will create a facial tailored to your skin’s needs using a personalised selection of Bamford products.

AWAKENING

A resurfacing radiance boost using a powerful fruit acid elixir and exfoliating mask. Designed to leave skin smoother, and glowing. Particularly recommended for sun damage, uneven texture or between seasons.

REJUVENATING

A deeply hydrating treatment using a rejuvenating mask made with soy stem cells and hyaluronic acid. Designed to lift and firm the skin and help reduce the appearance of fine lines. Particularly recommended for dry or mature skin.

DETOXIFYING

A detoxifying cleansing treatment using steam to extract impurities. Designed to brighten, balance the skin microbiome and reduce the effects of pollution. Recommended for oily, pigmented or menopausal skin.

CHOOSE YOUR TIME:

90 MINUTES £170

An indulgent version of our Signature Facial including a foot bathing ritual and back massage using hot stones to release tension.

60 MINUTES £130

This facial includes facial reflexology to help stimulate cell regeneration, Jade stones which aid circulation and cold Moonlight stones to soothe and tone.

30 MINUTES £75

You will receive a skincare consultation, a deep cleanse followed by the mask and finishing products chosen by your therapist to address your individual concerns.

WELLNESS FACIAL 90 MINUTES £200

A detoxifying cleansing treatment using steam to extract impurities. Designed to brighten, balance the skin microbiome and reduce the effects of pollution. Recommended for oily, pigmented or menopausal skin.

MD TRI-WVE DERMALUX LIGHT THERAPY

The Dermalux Tri-Wave MD is a ground-breaking medical device powered by proprietary LED technology for the most advanced phototherapeutic and photodynamic treatments in the global medical aesthetic market. The futuristic free-standing design enables treatment for the face and the body within one device. The articulated LED panel is easily adjustable for both focused intensity treatments and larger body areas.

The Tri-Wave MD delivers clinically evidenced Blue 415nm, Red 633nm and near Infrared 830nm wavelengths at an amplified optical power for effective photobiomodulation of targeted cells with proven results. The proprietary LED technology enables individual, concurrent and sequential wavelength treatments to promote maximum cell activation.

The Tri-Wave MD is the only device in the market to deliver 3 wavelengths simultaneously at the optimum power for superior and lasting results.

30 MINUTES £90 / course of 6 treatments £450 / course of 12 treatments £900

ULTRAFORMER III TREATMENTS

A non-invasive, face lifting and body tightening device that provides a customised treatment procedure for the entire face, neck, and body. Using High-Intensity Focused Ultrasound to provide rapid, long-term tightening and contouring of the skin. Treatments last between 30-45 minutes, and because the experience is non-invasive there is no downtime required, causing only slight redness.

BODY EXTRA LARGE AREA 60 MINUTES £1000 / course of 5 treatments £4500

BODY LARGE AREA 60 MINUTES £800 / course of 5 treatments £3500

BODY MEDIUM AREA 60 MINUTES £500 / course of 5 treatments £2200

BODY SMALL AREA 60 MINUTES £300 / course of 5 treatments £1200

FULL FACE AND NECK 60 MINUTES £1000 / course of 3 treatments £2500

HALF FACE AND NECK 60 MINUTES £750 / course of 3 treatments £2000

UPPER FACE 45 MINUTES £350 / course of 3 treatments £800

AQUAPURE FACIAL

4 in 1 hydradermabrasion treatment for clearer, brighter, hydrated and younger-looking skin.

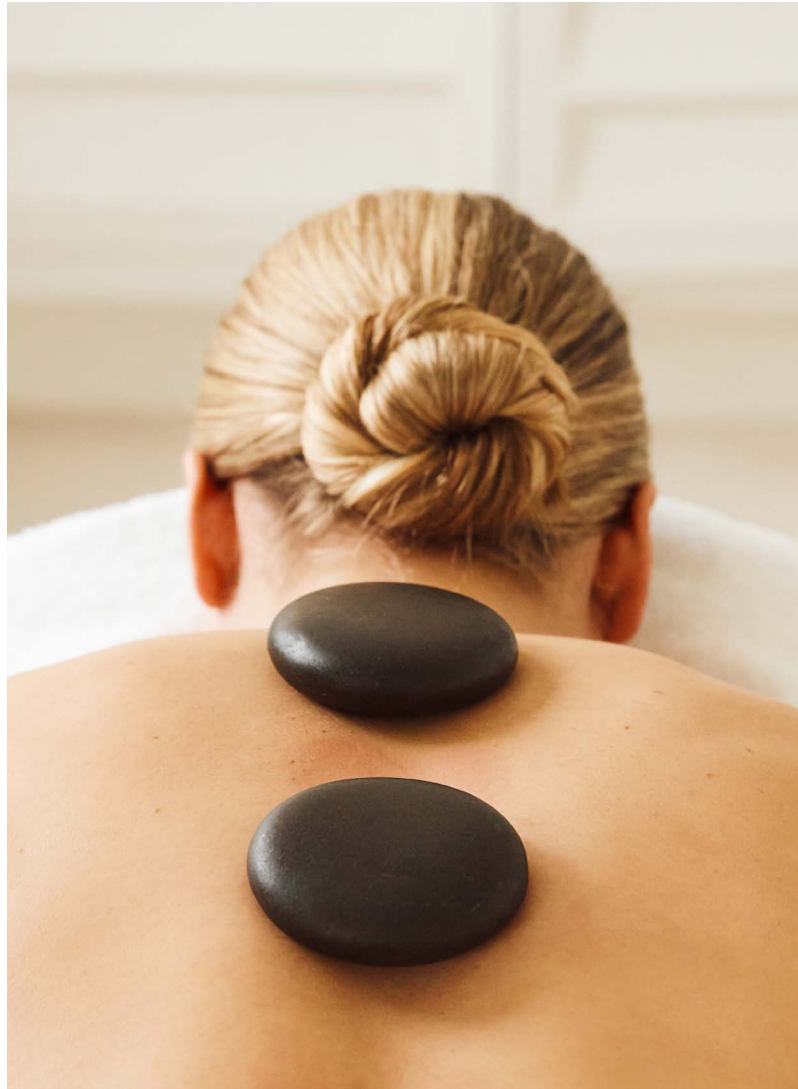
Boost collagen and elastin to promote healthy skin. Peels away impurities and dead skin. The ultimate facial platform that uses optimised user-focused technology to address a multitude of skin concerns using 4 hand-pieces and 3 patented, proven serum formulas.

Provide your patients with clearer, brighter, hydrated and younger looking skin. This medical CE marked Hydradermabrasion device is designed to treat any and all skin types, even individuals with sensitive skin. Treatments are fully customisable with multiple functions that make it possible to treat a diverse range of patient needs. This 4 in 1 hydradermabrasion treatment targets uneven skin tone, congested pores, excess oil, dehydrated skin, fine lines and wrinkles. It exfoliates, controls sebum and boosts collagen production to leave the skin clean, refreshed, brighter and plumper.

60 MINUTES £200 / course of 3 treatments £500

BODY

USING OUR ORGANIC AND NATURAL PRODUCTS, SPECIALLY CREATED FOR USE IN THE WELLNESS SPA, OUR BODY TREATMENTS COMBINE A NUMBER OF HOLISTIC THERAPIES. EACH TREATMENT IS SPECIFICALLY FOCUSED TO RELAX, RESTORE OR REJUVENATE.



BAMFORD SIGNATURE TREATMENT

90 MINUTES £180

Our signature treatment combines carefully targeted ancient techniques that nurture your well-being. This fully immersive treatment starts with an Epsom salt foot bathing ritual to draw toxins from the body and allow it to absorb magnesium to help reduce inflammation. Japanese shiatsu massage is then used to open the body's meridians and start to unblock the energy channels. Swedish massage targets areas of concern and releases specific points of tension, then a heated chakra stone is placed on the abdomen for a gentle abdominal massage to improve gut health. A face and Indian head massage calms the mind and increases circulation to improve scalp and hair condition. The treatment finishes with assisted yogic breathing to oxygenate and invigorate the body.

B VIBRANT RITUAL

90 MINUTES £200

A revitalising experience to energise the body, awaken the senses and increase positivity. A refreshing foot bathing ritual followed by sound therapy, work to rebalance the energy channels. Gentle exfoliation, using a warm botanic sugar polish, rejuvenates the skin and increases circulation. Stimulating marma point, full body and Indian head massage using cool, clarifying Citrine crystals, combines with soothing breathwork, to focus the mind and leave the body relaxed yet invigorated.

B STRONG RITUAL

90 MINUTES £200

Deeply restorative treatment designed to nurture and heal stressed joints in the neck, shoulders, lower back, arms and legs. The treatment starts with a welcoming foot bath, shiatsu followed by cranial pressure points, kneading, wringing and deep frictions to warm up tired muscles and joints. Treatment Aims: A deep tissue massage that works right into muscles to release pain and discomfort after either heavy exercise or too many hours spent sitting down.

B SILENT RITUAL

90 MINUTES £200

Chronic stress is one of the main causes of depleted serotonin and can affect our ability to sleep well. This treatment is devoted to relaxing your body and preparing it for sound, restful sleep. Deep relaxation with a foot bathing rituals. Followed by a Japanese Shiatsu rocking techniques and therapeutic back massage with our B silent body oil. A sequence series of assisted stretches designed to release stress, loosen tight hips, unlock the lower back and gently rotate spine. Reflex foot massage, massage on the neck and chest will aim to release any stress or tension. Finally, the B silent organic temple balm massage is applied to the forehead to complete the treatment with Indian head massage that will encourage a peaceful sleep.

JADE HOT AND COLD STONE MASSAGE

90 MINUTES £180

Jade is a symbol of purity and serenity. This profoundly relaxing full body treatment uses a combination of hot volcanic and cold Jade stones to work deep into your muscles. The treatment includes a firm back massage, working down the body, and ends with a neck and shoulder massage. You will experience a deep release of tension and feel a sense of balance and harmony in body and mind.

FULL BODY MASSAGE

60 MINUTES £130

This therapeutic signature massage uses a combination of shiatsu and deep tissue techniques to increase circulation, soothe tight muscles and strengthen areas of concern, leaving you feeling restored and revived. Specific pressure points are targeted to help rebalance the body, relieve tension and encourage profound relaxation.

SPORTS MASSAGE

30 MINUTES £90 / 60 MINUTES £140

90 MINUTES £180

Our Sports Massage focuses on major muscle groups, working deeply on areas of tension. Specific application of massage techniques with a range of motion and flexibility.

DE-STRESS MASSAGE

60 MINUTES £130

Focusing on the back of the body, this massage eases tense muscles and reduces stress levels, while restoring and realigning energy. The treatment starts with an Epsom salt foot bathing ritual to draw toxins from the body and allow it to absorb magnesium to help reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow, followed by Swedish back and leg massage to help improve circulation. The treatment finishes with a relaxing reflex zone foot therapy.

REFLEXOLOGY

60 MINUTES £130

An ancient Chinese technique that uses pressure point massage to the feet to restore the flow of energy throughout the body. Based on the principle that there are reflexes in the feet that correspond to every organ, pressure is applied to these points to relieve tension, improve circulation and promote the natural functioning of the whole body. This treatment will leave you relieved of any built-up stress and tension. You will leave feeling more relaxed and balanced.

REIKI RITUAL

60 MINUTES £130

Alternative medicine called energy healing. Reiki practitioner uses a technique called palm healing through which a 'universe energy' is said to be transferred through the palms of the practitioner to the guest in order to encourage emotional or physical healing. This treatment aims to provide deep relaxation, relieve emotional stress and tension. Help to cope with difficult situations and improve overall wellbeing.

BACK, NECK AND SHOULDER MASSAGE

30 MINUTES £80

45 MINUTES £110

A focused massage directed at the most common areas of tension in the body. Swedish massage techniques are used to work deep into the muscle groups of the back and shoulders with special attention given to any knots.

FOR MEN

MEN'S SIGNATURE MASSAGE

90 MINUTES £180

This targeted treatment has been created to work on the back of the body. A combination of traditional Japanese massage, Swedish massage, hot stones therapy, acupressure facial and reflex zone foot massage. This treatment relieves over tired muscles, reduces tension and promotes deep relaxation.

MEN'S RECOVERY BACK MASSAGE

60 MINUTES £140

Designed to focus on tension and stress built up in your back, neck and shoulders. This restorative treatment uses hot stones along with traditional massage techniques before moving onto an effective face and head massage.

MEN'S SIGNATURE FACIAL

60 MINUTES £130

Especially designed for male skin using products from our Bamford Grooming Department. The treatment includes a deep cleanse and steam followed by facial reflexology to help stimulate cell regeneration; Jade stones aid circulation and cold Moonlight stones soothe and tone. The treatment finishes with a mask chosen by your therapist to address your individual needs.

NAILS

KURE BAZAAR IS A LINE OF NON-TOXIC NAIL POLISHES THAT CONTAINS 85 PER CENT NATURAL INGREDIENTS. THIS UNIQUE POLISH DELIVERS IMPECCABLE RESISTANCE AND A GLOSSY FINISH THAT CARES FOR AND PRESERVES THE QUALITY OF THE NAIL. LOVED AND RECOMMENDED BY TOP MANICURISTS AND BEAUTY EDITORS WORLDWIDE.

FOOT AND LEG MASSAGE

Working to reduce tension, aching feet and lower legs. Perfect to help increase circulation, relaxation and aid heavy legs. 30 minutes £50

MANICURE

60 minutes £60

PEDICURE

60 minutes £70

EXPRESS MANICURE

30 minutes £35

MANUCURIST (GEL)

Green flash gel polish contains up to 84% bio-sourced ingredients, is easy to remove and dries immediately using a LED lamp.

GEL MANICURE

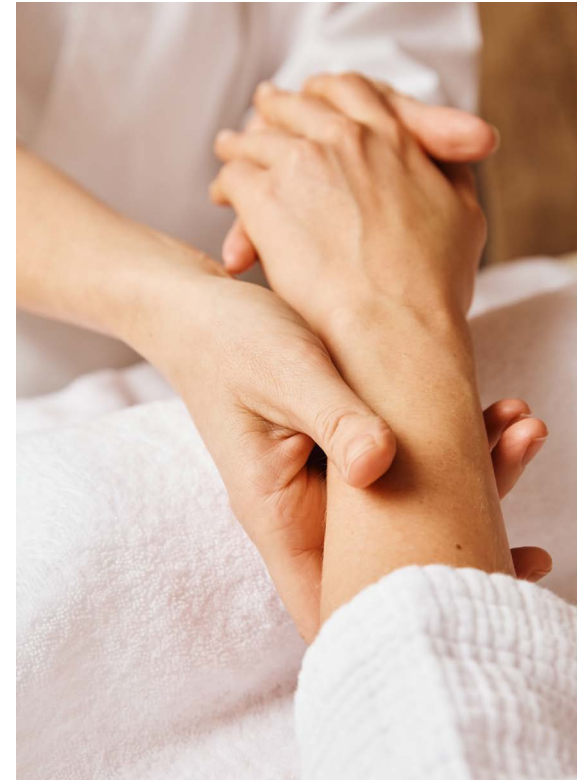
75 minutes £80

GEL PEDICURE

75 minutes £85

GEL REMOVAL ONLY

15 minutes £15



GIFT CARDS

GIFT CARDS ARE AVAILABLE FOR ALL OUR SPA DAYS, TREATMENTS AND PRODUCTS.

SPA PACKAGES



B RESTORED £370

An indulgent full-day package carefully designed to leave you feeling revived and restored. The day includes:

- Private Class 60 minutes
- Facial 60 minutes
- Massage 60 minutes
- A nourishing seasonal organic lunch

B CALM £360

Ease stress with a deeply relaxing day that includes:

- Facial 60 minutes
- Massage 90 minutes
- A nourishing seasonal organic lunch fresh

B CLEAR £200

A restorative day to balance mind and body that includes:

- Private Class 60 minutes
- Massage 60 minutes (de-stress or full body)
- A nourishing seasonal organic lunch

EVENING RESTORE £160

Available after 4pm:

- Bamford Massage 60 minutes
- Use of spa facilities

THE SPRING £75

Use of spa facilities – Herbal Sauna, Crystal Steam Room and Hydro Pool.



PREGNANCY

PREGNANCY MASSAGE

60 MINUTES £130

Developed by an expert in pregnancy yoga, this treatment is designed specifically for the second and third trimesters of pregnancy (after 12 weeks and up to 40 weeks). A full body massage using gentle unscented oils. the treatment targets back ache, tension and heavy legs. This warm oil massage provides a peaceful and gently uplifting experience.

PREGNANCY NAILS

FOOT AND LEG MASSAGE

Working to reduce tension, aching feet and lower legs. Perfect to help increase circulation, relaxation and aid heavy legs. 30 minutes £50

MANICURE

60 minutes £60

PEDICURE

60 minutes £70

EXPRESS MANICURE

30 minutes £35

MANUCURIST (GEL)

Green flash gel polish contains up to 84% bio-sourced ingredients, is easy to remove and dries immediately using a LED lamp.

GEL MANICURE

75 minutes £80

GEL PEDICURE

75 minutes £85

GEL REMOVAL ONLY

15 minutes £15

PREGNANCY FACIALS:

Your therapist will create a facial tailored to your skin's needs using a personalised selection of Bamford products.

AWAKENING

A resurfacing radiance boost using a powerful fruit acid elixir and exfoliating mask. Designed to leave skin smoother, and glowing. Particularly recommended for sun damage, uneven texture or between seasons.

REJUVENATING

A deeply hydrating treatment using a rejuvenating mask made with soy stem cells and hyaluronic acid. Designed to lift and firm the skin and help reduce the appearance of fine lines. Particularly recommended for dry or mature skin.

DETOXIFYING

A detoxifying cleansing treatment using steam to extract impurities. Designed to brighten, balance the skin microbiome and reduce the effects of pollution. Recommended for oily, pigmented or menopausal skin.

CHOOSE YOUR TIME:

60 MINUTES £130

This facial includes facial reflexology to help stimulate cell regeneration, Jade stones which aid circulation and cold Moonlight stones to soothe and tone.

30 MINUTES £75

You will receive a skincare consultation, a deep cleanse followed by the mask and finishing products chosen by your therapist to address your individual concerns.



MOTHER-TO-BE SPA DAY £260

This relaxing day has been created for women in their second or third trimester of pregnancy. Suitable for up to 40 weeks pregnant. The day includes:

- Facial 60 minutes
- Pregnancy massage 60 minutes
- A nourishing seasonal organic lunch fresh

POST-PREGNANCY

All massage, facials, hand and feet treatments are suitable for post-pregnancy. However, whilst breastfeeding, we cannot provide the B-silent treatment.

OUR RECOMMENDATIONS:

- Facials
- Reflexology and ultra-forma to tighten stomach muscles

SPA ETIQUETTE

THE BAMFORD WELLNESS SPA ENVIRONMENT IS ONE OF THE TRANQUILITIES AND RELAXATION. PLEASE RESPECT OTHER GUEST'S RIGHTS AND PRIVACY AND SERENITY AND DO NOT USE MOBILE PHONES WITHIN THE SPA. THEY MAY BE USE IN LOUNGE WHILE ON SILENT. SMOKING IS PROHIBITED THROUGHOUT THE SPA. PHOTOS CANNOT BE TAKEN IN ANY OF THE WET OR CHANGING AREAS TO PROTECT THE PRIVACY OF OTHER GUESTS.



SPA BOOKING

We strongly recommend that you book your treatments / classes times well in advance to avoid disappointment. All treatments are subject to availability.

Credit or debit card details are required at time of booking in order to confirm your reservation. Please note that the Spa treatment times are subject to change and will be confirmed to you on arrival at the Spa.

ARRIVALS

We kindly request that you arrive 30 minutes prior to your first treatment. This will allow time for us to complete a consultation with you and offer refreshment.

For subsequent appointments, please arrive 15 minutes prior to your treatment.

LATE ARRIVAL

Regrettably, late arrival for your appointment will constitute a reduced treatment time. All the times quoted include treatment, preparation, and consultation.

CANCELLATIONS

Please allow at least 48- hours' notice of cancellation to avoid being charged in full. For group cancellation policies, please inquire with your group coordinator.

PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcome at your discretion.

SPA ACCESS

Access to all spa facilities is exclusively reserved for guests with the Day Spa Experience reservation. Additional fee of £50 per person is applicable to guest with shorter spa treatments, nail services.

PREGNANCY

We have a range of treatments that are suitable for expectant and nursing mothers. Please allow the spa team to guide you when selecting which treatments are best for you during this special time. We also advise you to consult with your physician prior to booking any treatments. Pregnant guest must be over 12 weeks pregnant to visit the spa. Pregnant guest must be over 12 weeks pregnant to visit the spa.

AGE REQUIREMENTS

We do not provide treatments for person under the age of 16. Children under 16 years old are not permitted to use herbal steam room, crystal sauna and a wellness pool.

Children aged 16 – 18 years old can ask for parent / guardian to sign permission for all treatments and payment to be made by an adult.

Please kindly be aware that entire Spa area is whisper zone so that guests can have a quiet, relaxing, and peaceful experience at this unique holistic place.

HYGIENE

Please use the hand sanitizer regularly that is placed around the spa.

VALUABLES

Bamford Wellness Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

LOST PROPERTIES

All lost property found on the premises should be handed in the Bamford Wellness Spa reception. Items will be stored for four weeks, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hairbrushes are kept for 24 hours only.

HOME CARE

To continue your spa experience at home, all products used in our treatments re available at the Bamford Wellness Spa reception.

HEALTH CONDITIONS

Please advise us of any medical conditions, such as injuries, allergies, pregnancy or anything else that could affect your treatment choices, at any time of booking. To avoid any disappointment, should you be currently under any medications for any serious health conditions, such as Cancer or heart problems, a doctor's note will need to be provided to the therapist, to confirm that it is safe for you to have a treatment such as massage with use of essentials oils or hot stones.

SHAVING

Please shave at least 12 hours before any facial or body treatments.



BAMFORD WELLNESS SPA COTSWOLDS
DAYLESFORD, NR KINGHAM, GLOS GL56 0YG
+44 (0) 1608 731703;
BAMFORDSPA.BROMPTONCROSS@BAMFORD.CO.UK
BAMFORD.COM

FOLLOW US ON:   @BAMFORD