



bamford

WELLNESS
SPA

TREATMENT GUIDE

COTSWOLDS

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.

AWAKEN

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.

RESTORE

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.

PURITY

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.

DERMALUX® LIGHT THERAPY

A REVOLUTIONARY SKINCARE TREATMENT THAT HARNESSSES THE POWER OF NATURAL LIGHT TO REPAIR AND REJUVENATE SKIN. CLINICALLY PROVEN TO AID SKIN REGENERATION, CLEAR BLEMISHES AND ACCELERATE CELL RENEWAL.

The visible effects are immediate: after just one treatment skin is hydrated and redness or irritation is calmed. Suitable for all skin types.

- 30-minute treatment £70
- Course of 6 treatments £350
- Course of 12 treatments £700

The above timing and prices are for Dermalux light therapy only. For maximum results we recommend combining a 20-minute Dermalux® LED light treatment with the facial of your choice.

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 £160

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 TREATMENT

90 MINUTES £160

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 SILENT TREATMENT

90 MINUTES £160

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. Begin the process of deep relaxation with a foot bathing ritual. This is followed by a therapeutic full body, scalp and reflex zone foot massage with our b silent body oil, a blend of Roman camomile, cannabis sativa and lavender flower oils. Finally, the b silent organic temple balm is applied to the forehead and temples to complete the treatment and encourage peaceful sleep.

JADE HOT AND COLD STONE MASSAGE

90 MINUTES £160

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.

BAMFORD FULL-BODY MASSAGE

60 MINUTES £110

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.

BAMFORD COUPLES MASSAGE

£210

Bamford's full-body massage enjoyed side by side in our couples treatment suite.

DE-STRESS MASSAGE

60 MINUTES £110

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.

PREGNANCY MASSAGE

60 MINUTES £110

Developed by an expert in pregnancy yoga, this treatment is designed specifically for the second and third trimesters of pregnancy. 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.

BACK, NECK AND SHOULDER MASSAGE

30 MINUTES £70

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 £160

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

MEN'S RECOVERY BACK MASSAGE

60 MINUTES £130

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.

LYMPHATIC DRAINAGE

60 MINUTES £120

90 MINUTES £170

Lymphatic Drainage Massage is a gentle massage, involving light, rhythmic hand movements to promote lymph flow, removing blockages and draining excess fluid. The massage encourages deep relaxation as the body is detoxified.

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 £30

MANICURE

60 minutes £60

PEDICURE

60 minutes £60

EXPRESS MANICURE

30 minutes £30

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 £65

GEL PEDICURE 75 minutes £70
(includes gel removal)

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:

- Massage 60 minutes
- Facial 60 minutes
- A nourishing seasonal organic lunch fresh
- A manicure or pedicure 60 minutes
- Use of spa facilities

B CALM £360

Ease stress with a deeply relaxing day that includes:

- Bamford Signature Treatment 90 minutes
- Facial 60 minutes
- A nourishing seasonal organic lunch
- Use of spa facilities

MOTHER-TO-BE 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
- Use of spa facilities

B CLEAR £200

A restorative day to balance mind and body that includes:

- De-stress massage 60 minutes
- 60 minute class of your choice
- A nourishing seasonal organic lunch
- Use of spa facilities

EVENING RESTORE £160

Available after 4pm:

- Bamford Full-Body Massage 60 minutes
- Use of spa facilities

THE SPRING £50

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



SPA ETIQUETTE

OUR SPA ENVIRONMENT IS ONE OF RELAXATION AND TRANQUILLITY. PLEASE RESPECT ALL SPA GUESTS RIGHT TO PRIVACY AND SERENITY. IN LIGHT OF THIS, THE SPA IS A MOBILE PHONE, ELECTRONIC TABLET, PAGER, CAMERA AND SMOKE FREE ZONE.



SCHEDULING AN APPOINTMENT

To schedule an appointment, please contact our reservations team or speak to one of our spa team members who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend booking in advance. All spa treatments and packages will need to be guaranteed with a credit card.

CHILDREN'S POLICY

We are delighted to offer selected treatments for children between the ages of 12 - 16 years, however they must be accompanied by an adult and have a signed parental permission form. Anyone aged between 16 -18 years also needs a signed parental permission form but does not need to be accompanied in the treatment room. Under the age of 12 years old, we can offer mini manicures and pedicures, please ask the spa team for more information.

Children's yoga is available for ages 5-12 years, however all children must be accompanied by an adult.

Please contact reservations or speak to one of our spa team members for details on treatments available for our young guests.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form; we recommend you arrive up to 15 minutes in advance of your treatment. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers required for use during your spa visit.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment or class not cancelled at least 24 hours prior to your scheduled time.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment or class when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time. Treatments and classes are not recommended in the first trimester with the exception of manicure and pedicure, and no treatments are advised after 40 weeks. In the second and third trimesters, guests may enjoy our Pregnancy Massage and Bamford Facials.

VALUABLES

Bamford Wellness Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. All valuables should be kept securely in the cupboards provided in the treatment rooms.

LOST PROPERTY

All lost property found on the premises should be handed in at reception. Items will be stored for four months, 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.

GIFT CARDS

An ideal gift for someone special. Please contact reservations or our spa team for details.

HOME CARE

To continue your spa experience at home, most products used in our treatments are available at reception.

PRICES

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

SPA OPENING HOURS

Monday to Sunday 7.30am – 8pm





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

Follow us on:   @BAMFORD