

# Spa Menu

Attendees can exclusively select from the following Spa Month selective preview menu and special pricing. Please email [BamfordHaybarnSpa@1hotels.com](mailto:BamfordHaybarnSpa@1hotels.com) to reserve these services.

## **SWEDISH MASSAGE – 50 MINS - \$119**

Light pressure deeply relaxing massage. During this treatment Swedish massage techniques are used to work into a muscle groups of back, shoulders with special attention given to any knots. Specific pressure points are targeted in the upper back and neck to encourage full relaxation and tension release.

## **HIMALAYAN SALT STONE MASSAGE – 50 MINS - \$139**

This highly relaxing and remineralizing body massage, using warm, hand-carved salt stones from Himalayan mountains balances the central; nervous system and nourishes depleted cells, leaving the body in a deep sense of relaxation. Stimulation of specific meridians on the body allow for improved sleep and reduces inflammation and give an immediate sense of improved well-being. Salt stones are use during the back massage.

## **BAMFORD PREGNANCY MASSAGE 50 MIN \$119**

A treatment 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.

## **24K GOLD FACIAL – 50 MIN - \$139**

Instantly repair and firm your skin with our natural Bamford skin products and Knesko nanogold infused face collagen treatment. This indulgent and hydrating facial combines the healing and anti-aging powers of gold, precious mineral to reduce the appearance of fine lines and wrinkles while reducing inflammation, redness, and puffiness.

## **AROMATHERAPY MASSAGE WITH DIAMOND COLLAGEN FACE MASK – 80 MINS \$199**

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. During this massage we will apply Knesko Diamond radiance collagen face mask using the highest quality and most beneficial natural ingredients which will quickly restore, nourish and renew your skin, see instant results after your first treatment.

## **BAMFORD REJUVENATING FACIAL– 80 MINS \$199**

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 or mature skin in need of deep rehydration. Extractions included.