



bamford

AT THE ISLAND HOUSE



## THE BAMFORD SPA

A tranquil, soothing wellness retreat that offers a wide variety of individually crafted treatments, all based on Bamford's trademark holistic approach to harnessing the rejuvenating power of nature.

The Bamford Spa, renowned for its commitment to nature, purity and authentic luxury, offers crafted treatments and botanical products of the highest quality.

The Bamford Body Collection is the product line used through The Island House and is the basis of our range of beauty, massage and therapeutic treatments.



# BAMFORD TREATMENTS

## **Bamford Signature Treatment**

Opening with a cleansing footbath followed by Shiatsu, Meridian and Swedish massage, this treatment awakens and penetrates the muscles and energy channels of the body.

**90 mins**

## **Bamford B-Vibrant Body Treatment**

A revitalising experience to energise the body, awaken the senses and increase positivity.

Refreshing foot ritual followed by sound therapy, works to rebalance the energy channels and 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 crystals or stones, combine with soothing breathwork, to focus the mind and leave the body relaxed.

**90 mins**

## **Bamford B-Silent Treatment**

Our B-Silent treatment is devoted to relaxing your body and preparing it for sound, restful sleep using the products from our B-Silent range, developed to aid and improve sleep quality.

**90 mins**

## **Bamford Jade Hot & Cold Stone**

A massage with organic oils is combined with warmed and cooled stones, providing a unique and profoundly relaxing experience.

**80 mins**

## **Bamford Back, Neck & Shoulder Massage**

A focused deep massage directed at the most common areas of tension in the body. Swedish massage techniques are used to work into the muscle groups of the back, neck and shoulders.

**30 mins**

# BAMFORD FACIALS

## **Purity Detoxifying Facial**

This stimulating facial contains liliac extract and detoxifying clays which combine to soothe and purify the skin. Stimulating massage techniques are used to apply a powerful protecting elixir. An intensive fruit acid mask is followed by one with 3 mineral-rich clays to draw out toxins and impurities. After a relaxing neck and shoulder massage, the skin is conditioned and finished with eye cream, moisturizers and serum.

**55/85 mins**

## **Awaken Resurfacing Facial**

Skin is deeply cleansed, exfoliated and treated with a powerful fruit acid elixir. A second mask is applied to nourish and protect the newly resurfaced skin followed by a deeply relaxing neck and shoulder massage; eye cream, moisturizer and serum are applied to finish for a smooth, glowing complexion.

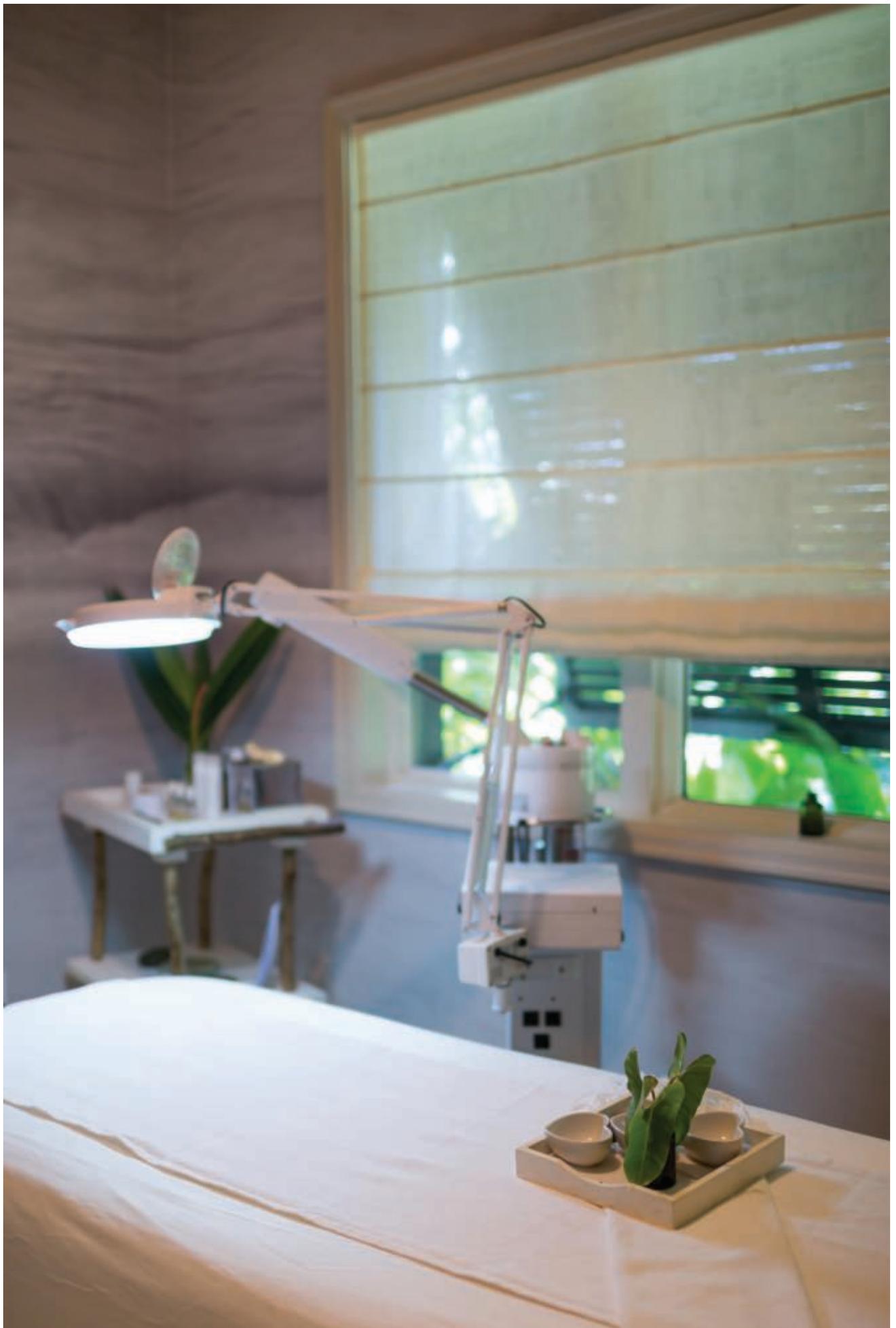
**55/85 mins**

## **Restore Rejuvenating Facial**

Focusing on the reduction of fine lines and wrinkles, this restorative therapy begins with a deep cleanse to remove toxins and impurities. Lifting massage techniques are used to apply a powerful retinol elixir. A stem cell mask is applied to firm and nourish. This skin is then conditioned and finished with eye cream, rich moisturizer and serum, leaving the skin firmer, rejuvenated and more youthful looking.

**55/85 mins**





# CUSTOMIZED TREATMENTS

## Master Massage Therapy

Addressing each client's individual needs, a unique and specialized blend of therapeutic modalities are incorporated, including: neuromuscular/sports/orthopaedic massage, active Isolated stretching and strengthening, myofascial release, Swedish/deep tissue or reflexology. Experience a rejuvenating and sustainable approach to stress or pain relief, and leave with a renewed sense of health and insight for self care.

**30/60/90/120 mins**

## Osteopathic Manual Therapy

Working primarily through the neuromuscular skeletal system, this personalized holistic approach includes myofascial release to relieve pain and motion restrictions, hot stones to bring blood flow, and cupping to release toxins and encourage lymphatic drainage. Stimulating massage and reflexology are used to promote self healing and overall good health. At the end reiki, marma points and a guided healing sound bath will leave you restored and perfectly balanced.

**60/90/120 mins**

## Cupping

This treatment induces relaxing and soothing sensations in the area of the cup. The purpose is to enhance circulation, help relieve pain, remove 'heat', and pull out toxins that linger in body tissue.

**60 mins**

## Reflexology

A natural healing art based on the principle that there are reflexes in the feet, hands and ears which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes, the feet being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body.

**60 mins**

## Customized Massage

A goal oriented treatment designed to address the specific conditions presented by the client at the time of treatment. Each therapist employs a combination of modalities to achieve improved range of motion, a reduction of pain and stress and enhanced well being.

**60 mins**

# PRICE LIST

Bamford Signature Treatment | **\$240**  
Bamford B-Vibrant Body Treatment | **\$240**  
Bamford B-Silent Treatment | **\$240**  
Bamford Jade Hot & Cold Stone | **\$240**  
Bamford Back/Neck/Shoulders | **\$100**  
Bamford Full Body Exfoliation | **\$140**

## Body Treatments

Master Massage Therapy | **\$120 | \$210 | \$300 | \$390**  
Reflexology | **\$160**  
Customized Massage | **\$160**  
Cupping Therapy | **\$195**  
Osteopathic Manual Therapy | **\$195 | \$285 | \$380**

## Organic Facials

Purity Detoxifying Facial | **\$175 | \$215**  
Awaken Resurfacing Facial | **\$175 | \$215**  
Restore Rejuvenating Facial | **\$175 | \$215**

## Mani/Pedi

Manicure Express | **\$35**  
soak, oil cuticle, shape and buff nail, polish (no cuticle removal)  
Pedicure Express | **\$50**  
soak, shape and buff nail, light massage, polish (no cuticle/callus removal)  
Manicure Deluxe | **\$40**  
soak, nail & cuticle treatment, light massage, polish  
Pedicure Deluxe | **\$60**  
soak, nail & cuticle treatment, callus removal, exfoliation, massage, polish  
Polish Change - Hands **\$18 | Feet \$28**  
Gel Polish Change - Hands **\$30 | Feet \$40**  
Soak-off Gel - Hands **\$10 | Feet \$15**  
Nail Repair | **\$5-per-nail**  
Kids Manicure **\$25 | Kids Pedicure \$35** (10 and under)  
Gel Acrylic Removal **\$30**

## Add Ons (add to any treatment)

Gel Polish **\$15**  
Eye Lash Tinting | **\$30**  
Eye Brow Tinting | **\$25**  
Paraffin Wax - Hands/Feet | **\$20**  
Warm Towel - Hands/Feet | **\$15**  
Hot Stone - Feet | **\$15**  
French Mani - Hands **\$10 | Feet \$15**





## **Waxing**

Lip/Chin | \$22

Brow | \$25

Nose | \$15

Ears | \$25

Full Leg \$80

Upper Half Leg \$65 | Lower Half Leg \$60

Full Arm \$50 | Under Arm \$32

Basic Bikini | \$50

Bikini Plus | \$70

Brazilian Bikini | \$80

Back | \$70

Men's Chest | \$50

## **Hours of Operation**

9am - 5pm; Monday - Saturday

## **Prices**

VAT at 10% is applied to all bills.

Gratuuity is not included.

## **Minimum Age Requirement**

Spa guests are required to be 18 years or older to receive treatments.

## **Cancellation**

We require valid credit card details to confirm all appointments and at least 12 hours notice for cancellation or rescheduling to avoid being charged the full price for your treatment.

## **Treatment Time**

Please arrive at least 10 minutes prior to your scheduled appointment.

## **Valuables**

For the safety of your valuable items, please use the lockers provided in the mens and womens changing rooms.

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