

bamford

WELLNESS

SPA

TREATMENT LIST

# SIGNATURE EXPERIENCES

|                                  |        |      |
|----------------------------------|--------|------|
| B-SILENT MASSAGE TREATMENT       | 90mins | £175 |
| BAMFORD BODY SIGNATURE TREATMENT | 90mins | £175 |

## MASSAGES

|   |           |           |
|---|-----------|-----------|
| COUPLE'S MASSAGE                          | 60/90mins | £225/£305 |
| REFLEXOLOGY MASSAGE                       | 60mins    | £135      |
| HOT STONE MASSAGE                         | 60/90mins | £145/£185 |
| BAMFORD DEEP TISSUE MASSAGE               | 60/90mins | £135/£175 |
| BAMFORD DE-STRESS MASSAGE                 | 60/90mins | £125/£165 |
| PREGNANCY MASSAGE                         | 60mins    | £125      |
| BAMFORD BACK, NECK & SHOULDER MASSAGE     | 30mins    | £80       |
| BAMFORD JADE HOT AND COLD STONE TREATMENT | 75mins    | £175      |
| SIGNATURE TREATMENT FOR MEN               | 90mins    | £165      |
| RECOVER TREATMENT FOR MEN                 | 60mins    | £125      |

## EXFOLIATIONS

|  |        |      |
|--|--------|------|
| BAMFORD FULL BODY EXFOLIATION                | 45mins | £85  |
| BAMFORD ROSE UPPER BODY AND FACIAL TREATMENT | 60mins | £130 |

## BODY WRAPS

|                                     |        |      |
|-------------------------------------|--------|------|
| SEAWEED BODY WRAP                   | 75mins | £150 |
| GREEN TEA HERBAL BODY WRAP          | 75mins | £150 |
| NOURISHING COCOON COCONUT BODY WRAP | 75mins | £150 |

# THE FACE

|  |           |           |
|--|-----------|-----------|
| BAMFORD ORGANIC AWAKEN<br>RESURFACING FACIAL   | 60/90mins | £130/£170 |
| BAMFORD ORGANIC RESTORE<br>REJUVENATING FACIAL | 60/90mins | £130/£170 |
| BAMFORD ORGANIC PURITY<br>DETOXIFYING FACIAL   | 60/90mins | £130/£170 |
| SIGNATURE OSKIA GLOW FACIAL                    | 75mins    | £150      |
| OSKIA REJUVENATING FACIAL                      | 60/90mins | £130/£170 |
| OSKIA GLOW ON THE GO                           | 45mins    | £105      |
| OSKIA QUICK FIX                                | 30mins    | £70       |
| OSKIA EYE WONDER                               | 45mins    | £105      |

# HANDS AND FEET

## MANICURES

|                                 |        |     |
|---------------------------------|--------|-----|
| THE BERKELEY SIGNATURE MANICURE | 45mins | £55 |
| THE BERKELEY SUPREME MANICURE   | 55mins | £65 |
| MINI MANICURE                   | 25mins | £35 |
| SHELLAC NAILS MANICURE          | 55mins | £65 |
| SHELLAC REMOVAL                 | 15mins | £10 |

## PEDICURES

|                                 |        |     |
|---------------------------------|--------|-----|
| THE BERKELEY SIGNATURE PEDICURE | 45mins | £55 |
| THE BERKELEY SUPREME PEDICURE   | 55mins | £65 |
| MINI PEDICURE                   | 25mins | £35 |
| SHELLAC PEDICURE                | 55mins | £65 |

## FOR MEN

|                             |           |         |
|-----------------------------|-----------|---------|
| THE BERKELEY MEN'S MANICURE | 25/40mins | £35/£45 |
| THE BERKELEY MEN'S PEDICURE | 25/40mins | £35/£45 |

# A LITTLE EXTRA LUXURY

INDULGE IN A LITTLE LUXURY DURING YOUR  
TREATMENT WITH OUR ENHANCEMENTS

|                                     |     |
|-------------------------------------|-----|
| HAND OR FOOT MASK                   | £10 |
| SCALP MASSAGE WITH BAMFORD ROSE OIL | £10 |
| HOT STONES                          | £10 |

# PACKAGES

## BAMFORD RENEWAL

£300

- Full body Bamford Scrub 45mins
- Bamford Massage of your choice 60mins
- Bamford facial of your choice 60mins
- Spa Smoothie of your choice

## GET UP AND GLOW

£250

- Signature Oskia Glow Facial 75mins
- Hot Stone massage 60mins
- Spa Smoothie of your choice

## BAMFORD MOTHER TO BE DAY

£210

- Pregnancy Massage 60mins
- Facial 60mins

## AFTERNOON INDULGENCE

£160

- Spa Treatment of Your Choice 60mins
- Prêt-à-Portea at The Collins Room
- Additional glass of Laurent-Perrier £10

## PERFECTLY POLISHED

£110

- Your choice of a Supreme or Shellac manicure pedicure with a glass of champagne 100mins

# FINISHING TOUCHES

|                          |        |     |
|--------------------------|--------|-----|
| EYEBROW SHAPE            | 25mins | £22 |
| EYEBROW TINT             | 25mins | £22 |
| EYELASH TINT             | 25mins | £22 |
| EYELASH AND EYEBROW TINT | 45mins | £32 |

A patch test is required before any tinting treatment.

# WAXING

|             |        |     |
|-------------|--------|-----|
| FULL LEG    | 55mins | £55 |
| HALF LEG    | 25mins | £35 |
| BIKINI LINE | 25mins | £30 |
| BRAZILIAN   | 55mins | £55 |
| HOLLYWOOD   | 55mins | £60 |
| UNDERARM    | 25mins | £30 |
| FULL ARM    | 55mins | £40 |
| FOREARM     | 25mins | £30 |
| LIP WAX     | 20mins | £22 |
| CHIN WAX    | 20mins | £22 |
| BACK WAX    | 40mins | £35 |
| CHEST WAX   | 40mins | £35 |

## CANCELLATION POLICY

Please be advised that we have a 24 hour cancellation policy. Should you need to cancel or change your spa reservation full charge of the treatment will be taken should you fail to cancel your reservation. Packages and exclusive offers have a 48 hour cancellation policy.

# ACTIVE

The Berkeley Gym is located on the ground floor. Running maps of nearby Hyde Park are available at the concierge desk.

# PERSONAL TRAINING

Bespoke workouts and one to one training sessions are available to book at The Berkeley Spa. Fuse elements of Crossfit, HIIT, movement, boxing, balance and Posture correction together to create a bespoke workout with our in-house personal trainer.

## SPA TREATMENT OPENING HOURS

Monday to Sunday

8am-9pm

## THE POOL & THE GYM

### OPENING HOURS

Monday - Friday

6:30am - 10pm

Weekends and Bank Holidays

7am - 9pm

### CHILDRENS POOL SWIMMING HOURS \*

Monday - Sunday

8am - 10am & 4pm - 6pm

\*For hotel residents only

# THE BERKELEY

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HEALTH CLUB AND SPA

WILTON PLACE KNIGHTSBRIDGE LONDON SW1X 7RL  
TEL +44 (0) 20 7201 1699 HAYBARN@THE-BERKELEY.CO.UK  
THE-BERKELEY.CO.UK