

bamford

**HAYBARN**

**TREATMENT LIST**

# MASSAGES

BAMFORD BODY SIGNATURE TREATMENT	90mins	£175
BAMFORD B-SILENT TREATMENT	90mins	£175
BAMFORD DEEP TISSUE MASSAGE	60/90mins	£135/£175
BAMFORD DE-STRESS MASSAGE	60/90mins	£125/£165
BAMFORD PREGNANCY MASSAGE	60mins	£125
BAMFORD BACK, NECK & SHOULDER MASSAGE	30mins	£80
HEAD MASSAGE	30mins	£80
FOOT 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

LAMINARIA BODY WRAP	75mins	£150
GREEN TEA HERBAL BODY WRAP	75mins	£150
GOLD FINE BODY WRAP WITH CHAMPAGNE AND GRAPE	75mins	£150
FINE RICE BODY WRAP	75mins	£150

# THE FACE

BAMFORD ORGANIC AWAKEN RESURFACING FACIAL	60/90mins	£130/£170
BAMFORD ORGANIC RESTORE REJUVENATING FACIAL	60/90mins	£130/£170
BAMFORD ORGANIC PURITY 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 FOR HANDS OR FEET	55mins	£65
SHELLAC REMOVAL	15mins	£10

## PEDICURES

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

## 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

THE ULTIMATE RELAX AND REVITALISE TREATMENT Full Day £525

- Bamford Full Body Exfoliation 25mins
- Bamford Jade Hot and Cold Stone Treatment or Bamford Body Signature Treatment 75mins
- Signature Oskia Glow Facial 85mins
- Supreme or Shellac Manicure 75mins
- Supreme or Shellac Pedicure 55mins
- £50 shop credit
- Two-course lunch with a glass of champagne

THE BERKELEY RETREAT Full Day £365

- Bamford Jade Hot and Cold Stone Treatment or Bamford Body Signature Treatment 75/85mins
- Mini Manicure and Pedicure 55mins
- Signature Oskia Glow Facial 75mins
- Two-course lunch with a glass of wine

THE BERKELEY MOTHER TO BE TREATMENT Full Day £335

- Bamford Pregnancy Massage 55mins
- Oskia or Bamford Facial 55mins
- Signature Manicure and Pedicure 45mins
- Two-course lunch and a fruit smoothie

# PACKAGES

AN AFTERNOON AT THE BERKELEY Half Day £265

- De-Stress Massage 55mins
- Glow on the Go Facial 40mins
- Supreme or Shellac Manicure or Pedicure 55mins
- A one-course lunch with a glass of wine

THE BERKELEY MORNING ENERGISER Half Day £265

- Bamford Deep Tissue Massage 55mins
- Eye Wonder 40mins
- Mini Manicure and Pedicure 55mins
- Berkeley breakfast and a fruit smoothie

THE BERKELEY SPA FOR MEN Full Day £265

- Bamford Deep Tissue Massage 55mins
- Quick Fix Facial 25mins
- Men's Manicure and Pedicure 55mins
- Two-course lunch with a glass of wine

THE BERKELEY EXPRESS TREATMENT £165

- Bamford Back, Neck & Shoulder Massage 25mins
- Quick Fix Facial 25mins
- Mini Manicure or Pedicure 25mins
- Glass of champagne

# THE UPKEEP

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	£37
BIKINI LINE	25mins	£27
BRAZILIAN	55mins	£55
HOLLYWOOD	55mins	£55
UNDERARM	25mins	£27
FULL ARM	55mins	£55
FOREARM	25mins	£37
LIP WAX	20mins	£22
CHIN WAX	20mins	£22
BACK WAX	40mins	£37
CHEST WAX	40mins	£37

## 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 Gym. Fuse elements of CrossFit, HIIT, movement, boxing, balance and posture correction together to create a bespoke workout with our in-house personal trainer Norbert Konja.

## POOL SIDE FITNESS

Hotel Guests only

Aqua Class	10.30am - 11.15am
Monday, Tuesday and Thursdays	

## POOL

### OPENING HOURS

Monday - Friday	6.30am - 10pm
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Weekends and Bank Holidays	7am - 9pm
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### CHILDREN'S HOURS\*

Monday - Sunday Including	8am - 10am
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Weekends and Bank Holidays	4pm - 6pm
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## GYM

### OPENING HOURS

Monday - Friday	6am - 10pm
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Weekends and Bank Holidays	7am - 9pm
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\*For residents' children only

# THE BERKELEY

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HEALTH CLUB AND SPA

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