



The Bamford Bath and Body Concept Space

5th October – 31st October 2009

14 Lowndes Street, Belgravia, London, SW1X 9EX.

For appointments and enquiries:

Telephone: 0207 259 4985 or email: treatments@bamford.co.uk

Exclusive Bamford Body Products and Treatments

The perfect treatment menu has been devised for the ultimate product experience, delivered in the signature Bamford style of calm, nurturing and restorative expertise, in a dedicated treatment pod.

Bamford Body Treatment (£90, 90 mins)

This full body massage uses Bamford Body products and a combination of complimentary therapies to nurture a holistic feeling of balance and calm. After a cleansing footbath, shiatsu energy work is used to restore the proper flow of energy throughout the body's meridians. This treatment is combined with a firm rhythmical massage, which relieves stress to encourage mental and physical harmony. Reflexology applied to the pressure points of the hands and feet is then used to further encourage the reduction of accumulated stress. Hot essential oil compresses throughout the treatment draw tension from localised areas of the body. An Indian head massage, based on the Ayurvedic system of healing, releases accumulated stress held in the head, face, neck and shoulders. Bamford's therapeutic aromatherapy oils, selected by the client in consultation with the therapist, will complement the treatment.

Post treatment you will receive a complimentary Botanic Body Wash 50ml and Organic Rosemary Body Oil 50ml to continue the Bamford experience at home.

MASSAGE

Deep Tissue £65 (60 mins)

Combat tension through direct pressure to release stress held in your muscles and connective tissues.

Aroma Energising £75 (75 mins)

A powerful stress reliever, this therapy uses a combination of meridian philosophy and deep tissue release techniques.

Indian Head Massage £50 (30 mins)

A powerful migraine and headache reliever.

Back, Neck and Shoulders £50 (30 mins)

This therapy loosens the muscles in the upper body to alleviate discomfort.

REFLEXOLOGY

Integrative Reflexology £55 (45 mins)

This modern form of reflexology is a complex treatment that focuses on the feet and uses a mixture of disciplines to help balance the entire system.