

bamford

Treatment Menu

THE BOUTIQUE CHALET COMPANY

“What goes on the body is as important
as what we put inside.”





Bamford Spa at
The Boutique Chalet Company

We are proud to continue our collaboration with Bamford, whose philosophy of 'the simple pleasure of quality' sits so well with our own values.

Our facials and body massage treatments are a fusion of traditions; shiatsu, meridian, Swedish, abdominal, Indian head massage, reflexology and yogic breathing. These are holistic treatments that work on both the physical body alongside more subtle energetic layers.

Each individually crafted treatment uses specially-formulated products from the Bamford body and skin-care collections, made from natural and organic ingredients certified by the highest standard of The Soil Association.

Our spa treatments are very popular, especially during peak hours; as such we recommend booking early to secure your preferred time. To book your treatments please head to our online shop via the following link:

We are pleased to offer reduced rates for treatments booked outside of our peak hours of 16:00 to 20:00. Reduced prices are shown in brackets against each treatment. To benefit from the reduced rate all of the booked treatments must be completed outside of the peak hours.

Treatment Packages

The perfect way to unwind during your stay – indulge in a series of luxurious Bamford treatments. Perfect gifts for yourself and those you love from sixty minutes of relaxation to a whole blissful day.

THE SIGNATURE COLLECTION (2.5HRS) **249 EUR**

Comprising of both the bamford body signature and bamford bespoke facial – an immersive, indulgent truly personalised treatment to revive and restore body and mind.

BGD SIGNATURE EXPERIENCE FOR GENTLEMEN (2.5HRS) **259 EUR**

The Bamford Grooming Department signature experience has been specially created for the modern active man. A combination of the signature body treatment and mens facial. Restores your equilibrium ready for the challenges ahead.

FRIENDS & FAMILY JADE STONE EXPERIENCE (3 X 55MINS) **309 (289) EUR**

Share the enjoyment of three successive jade hot and cold stone treatments one afternoon with family or friends. The jade stone is a symbol of purity and serenity. Its chemical composition lends itself to retaining heat and conducting energy. A massage with organic oils is combined with warmed and cooled stones, a unique and profoundly relaxing experience.

Bamford Body Treatments

BAMFORD BODY SIGNATURE (85MINS) **179 (169) EUR**

Opening with shiatsu, meridian and Swedish massage, this treatment awakens and penetrates the muscles and energy channels of the body. Reflexology inspired foot massage helps to encourage the positive flow of energy throughout the body and to detoxify the organs. Pressure point massage to the face, neck, shoulders and head is deeply relaxing and uplifting. The treatment culminates with assisted yogic breathing to refresh the lungs and revitalise the whole of the body.

BAMFORD JADE HOT AND COLD STONE (85MINS) **179 (169) EUR**

(55MINS) **139 (129) EUR**

Jade is a symbol of purity and serenity. Its chemical composition lends itself to retaining heat and conducting energy. A massage with organic oils is combined with warmed and cooled stones, a unique and profoundly relaxing experience.

BAMFORD DEEP TISSUE MASSAGE (55MINS) **119 (109) EUR**

An excellent full-body massage focusing on major muscle groups as well as stimulating sources of energy deep within the body.

BAMFORD BACK, NECK & SHOULDER MASSAGE (30MINS) **79 EUR**

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 and 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.

Bamford Body Treatments

BAMFORD DE-STRESS MASSAGE (55MINS) **119 (109) EUR**

A concise treatment including many of Bamford's signature techniques to aid in the reduction of stress. Beginning with shiatsu, meridian and Swedish massage, awakening energy and relieving tension. Reflexology and leg massage follows, encouraging the positive flow of energy throughout the body, cleansing it of toxins and restoring vitality.

BAMFORD PREGNANCY MASSAGE (55MINS) **119 (109) EUR**

A treatment tailored to the specific needs of the pregnant woman 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.

Bamford Facial Treatments

AWAKEN: RESURFACING ORGANIC FACIAL (55 MINS) **129 (119) EUR**

A radiance boost designed to leave skin smoother, refined and glowing. Particularly recommended for sun damage, uneven texture or between seasons. After the opening cleanse, skin is gently resurfaced with ultra-fine volcanic exfoliants and fruit enzymes. Facial reflexology stimulates and drains the lymphatic system to resurface, then a facial massage using hot and cold jade stones stimulates circulation. A relaxing neck and shoulder massage is performed while a resurfacing mask is absorbed. Rich moisturiser and a refining serum complete the treatment leaving you with radiant, glowing skin.

RESTORE: REJUVENATING ORGANIC FACIAL (55 MINS) **129 (119) EUR**

A deeply hydrating treatment designed to lift and plump the skin and reduce the appearance of fine lines and wrinkles. Particularly recommended for dry or mature skin. After the opening cleanse, facial reflexology stimulates and drains the lymphatic system to plump and tone the skin, then a facial massage using hot and cold jade stones stimulates circulation. A deeply relaxing neck and shoulder massage is performed while a hydrating, plumping mask is left to absorb. Made with soy stem cells and hyaluronic acid, a naturally-occurring substance in the skin that retains water and maintains elasticity, the mask helps to reverse and prevent the signs of ageing. Eye cream is then applied using soothing cold moonlight stones. Skin is left firmer, rejuvenated and more youthful-looking.

Bamford Facial Treatments

PURITY: DETOXIFYING ORGANIC FACIAL (55 MINS) **129 (119) EUR**

A purifying treatment to brighten and clear the skin, target blemishes and pigmentation. Recommended for oily, blemished or menopausal skin or anyone affected by city pollution. Our signature double cleanse and steam works deeply to extract impurities, while the lilac flower extract in the purifying cleansing mousse reduces sebum production, pigmentation and inflammation. Facial reflexology stimulates and drains the lymphatic system to detoxify the skin, while a facial massage using hot and cold jade stones stimulates circulation. A deeply relaxing neck and shoulder massage is performed while a mineral-rich detoxifying clay mask is applied then left to dry, drawing out toxins, heavy metals and pollutants. Moisturiser and serum are applied to finish, leaving skin soothed, pure and beautifully clear.



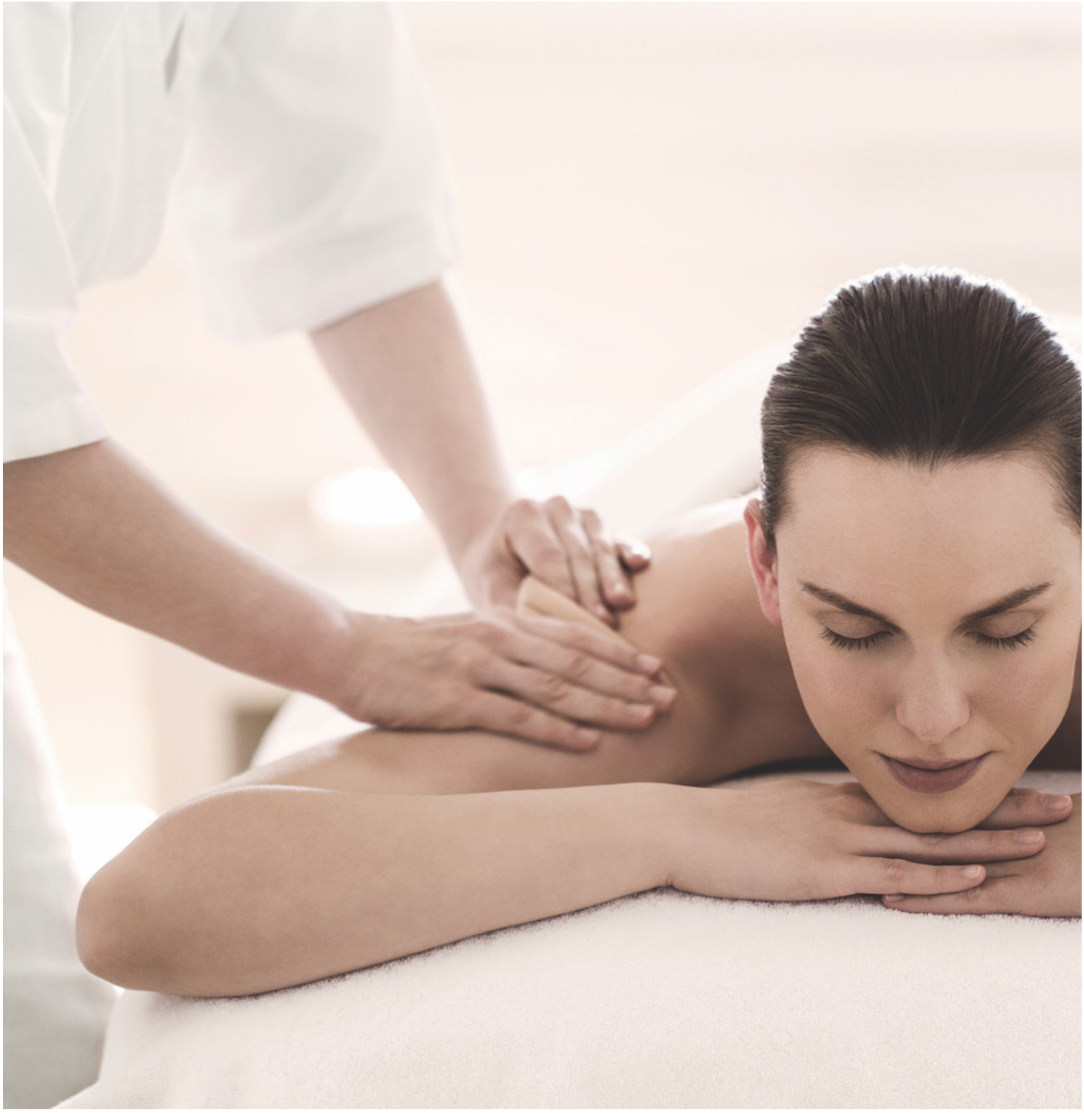


Bamford Spa Treatments
Terms & Conditions

- All spa treatment bookings must be made direct via our online shop at https://shop.theboutiquechalet.com/product-category/spa-treatments/

- Treatments must be paid in full via the online shop or via bank transfer in order to secure the treatment slot.

- It is essential that you arrive for your treatment at the agreed time. Our comprehensive treatment programme is offered across our property portfolio, which can involve significant travel within resort for our therapists. Is it therefore not possible for treatments to exceed their allotted time slot to accommodate late arrivals. For the avoidance of doubt: late arrivals forfeit any lost treatment time without refund or credit.



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Bamford Spa at The Boutique Chalet Company

Book your treatment via our online shop by scanning the QR code below:

THE BOUTIQUE CHALET COMPANY