



bamford  
**HAYBARN**

SPA  
TREATMENT GUIDE

## **WELCOME TO THE WONDERFUL WORLD OF BELMOND**

We are totally dedicated to your wellness when you embark on a journey with Belmond. Whether enjoying soothing spa treatments, dining on nutritious cuisine or enjoying a moment's peace as you absorb the breathtaking views, do take this special opportunity to refresh both your body and your soul.

## RELAX AND REVIVE AT BAMFORD HAYBARN SPA

We invite you to unwind in our exclusive onboard spa. As the train travels through inspiring Highland landscapes, relax in our two serene treatment rooms and let our expert therapists work their magic. Choose from an exceptional menu of all-natural and organic therapies from British artisanal brand, Bamford. Combining powerful active ingredients with targeted techniques, we achieve instant, visible results. Enjoy a rejuvenating facial or a specialist massage, or come along to have your nails spruced up with an exceptional Kure Bazaar manicure.

We look forward to seeing you soon. If you have any questions, please speak to one of our therapists.

## FACIAL TREATMENTS

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BAMFORD BESPOKE FACIAL (60 MINUTES) £85

After giving you a personalised skincare consultation, we employ Bamford's natural elixirs to restore and repair your skin, leaving your complexion with a youthful glow. As our therapist works, embers of palo santo wood purify the calming treatment room.

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ORGANIC AWAKEN RESURFACING FACIAL (60 MINUTES) £85

Following your skin consultation, enjoy a deep cleanse, an exfoliation and a stimulating massage. Powerful fruit and lactic acids and volcanic minerals combine to leave the complexion smooth and radiant.

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ORGANIC RESTORE REJUVENATING FACIAL (60 MINUTES) £85

Say goodbye to fine lines and wrinkles and hello to firmer, toned skin with this uplifting treatment, which uses pressure-point massage to lift the complexion.

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ORGANIC PURITY DETOXIFYING FACIAL (60 MINUTES) £85

Feel the difference as effective natural ingredients, including lilac extract and mineral-rich clays, soothe and purify your skin.

## BODY TREATMENTS

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### BELMOND ROYAL SCOTSMAN SPA RITUAL (90 MINUTES) £135

Indulge in our signature ritual, a fully immersive body and facial therapy designed to strengthen muscles and awaken energy channels. We begin with Japanese shiatsu rocking techniques to open your body's meridians and ensure you gain optimum benefits from the treatment. Targeting areas of specific concern, and using a warm massage oil, we perform a full Swedish back and leg massage with reflexology. Next, we place a heated chakra stone on your stomach and administer a soothing abdominal massage, an age-old technique whose benefits range from stress relief to easing digestive problems. Afterwards, enjoy the facial of your choice followed by a stimulating Indian head massage. Emerge feeling totally revitalised.

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### BAMFORD JET-LAG MASSAGE (60 MINUTES) £90

Banish tiredness and revive energy with this targeted treatment combining several signature Bamford techniques. We perform shiatsu, meridian and Swedish massage, as well as reflexology to put a spring in your step. As we cleanse your body of toxins and encourage a positive flow of energy, you'll feel your vitality magically restored.

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### BAMFORD DE-STRESS MASSAGE (60 MINUTES) £90

Feel tension melt away with this focused therapy. We use Swedish and sport massage techniques to work into the muscle groups of the back, neck and shoulders, paying special attention to any knots.

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### BAMFORD HOLISTIC FULL-BODY MASSAGE (60 MINUTES) £90

Balance your mind and body with this calming full-body massage, which combines shiatsu and a variety of smoothing techniques. Alleviate tension and everyday stress while restoring harmony to your body.

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### BAMFORD BACK, NECK AND SHOULDER MASSAGE

(30 MINUTES) £50

(45 MINUTES) £70

(60 MINUTES) £90

A focused massage directed at the most common areas of tension. Swedish and sport massage techniques are used to work into the muscle groups of the back, neck and shoulders with special attention given to any knots.

## BAMFORD EXPRESS TREATMENTS

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(30 MINUTES EACH)

£50

Facial  
Foot massage  
Indian head massage

## MANICURE RITUAL

For our manicures, we have collaborated with Kure Bazaar, the award-winning, non-toxic nail polish brand created by Brazilian supermodel Kartika Luyet. Kure Bazaar is famous for its unique colour effects that deliver impeccable resistance and a super-shiny finish in over 80 exceptional shades. Using 85% natural ingredients, the eco-chic brand is loved by top manicurists and beauty editors the world over.

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MANICURE RITUAL (60 MINUTES)

£55

We'll remove any existing polish before filing and reshaping your nails. We then apply the Kure Bazaar manicure glove to nourish the nail bed. The ritual continues with a relaxing hand massage before we apply the vibrant polish of your choice.

## BAMFORD RETAIL COLLECTION

Purchase your favourite treatments to enjoy at home.

Botanic Nurture Balm, 60ml	£24.00
Botanic Lip Balm, 15ml	£14.00
Facial Oil, 30ml	£50.00
Botanic Shampoo, 200ml	£18.00
Botanic Conditioner, 200ml	£25.00
Geranium Hand & Body Wash, 250ml	£24.00
Botanic Body Oil, 125ml	£38.00
Geranium Hand & Body Lotion, 250ml	£26.00
Baby Hand & Body Wash, 100ml	£20.00
Incense Room Fragrance, 100ml	£28.00
Geranium Wash, 250ml	£24.00
Geranium Lotion, 250ml	£26.00
Cleansing Balm, 100ml	£55.00
Serum, 30ml	£90.00
Moisturising Lotion, 50ml	£80.00
Moisturising Cream, 50ml	£80.00
Life Elixir, 50ml	£80.00
Nourishing Mask	£70.00
Restore Elixir, 15ml	£75.00
Exfoliating Mask	£60.00
Awaken Elixir, 15ml	£60.00
Shave Oil, 30ml	£30.00
Exfoliating Face Wash, 90ml	£25.00
Kure Bazaar Nail Polish, 10ml	£15.00

'What goes on the body is as  
important as what we put inside'

*Anne Bamford*



BELMOND

**ROYAL SCOTSMAN**

EDINBURGH

BELMOND.COM