

BERKELEY

HEALTH CLUB AND SPA



BAMFORD HAYBARN AT THE BERKELEY HEALTH CLUB AND SPA

The Berkeley, part of Maybourne Hotel Group, launched the Bamford Haybarn Spa at the Berkeley Health Club on the 7th floor of the hotel in Knightsbridge, London in 2013 bringing London's first rooftop pool to overlook Hyde Park.

Bringing the essence of the English countryside to the heart of the city, the Bamford Haybarn is a welcoming, warm and unexpected sanctuary committed to caring for the mind, body and spirit. Offering a relaxing day retreat and a holistic approach to well-being, the Bamford Haybarn provides an environment of calm and tranquillity. With its unique rooftop open-air pool, secret scented garden, state of the art gym and panoramic city skyline views, the Berkeley Health Club and Spa has long been one of London's most exclusive and seductive havens.

Lady Bamford founder of British luxury lifestyle brands, Bamford and Daylesford says, *“I love that the location on the rooftop of the Berkeley enhances Bamford’s connection with nature; with views of the park and sky rising above the city linking back to the countryside and the birth place of our philosophy, the Cotswolds.”*

Emphasising its connection with nature, Bamford Haybarn Spa is a nourishing space for self-reflection and rejuvenation with therapeutic treatments and massages to balance the mind and body. Treatments use the Bamford Body Collection, created with naturally sourced and organic ingredients certified by the soil association. At the heart of its offer will be the 85-minute Bamford Body Signature Treatment combining shiatsu, meridian and Swedish massage, reflexology and yogic breathing to revitalise the whole body. A new massage created exclusively for the Berkeley, uses hot and cold jade stones for a profoundly relaxing experience.



The Bamford Haybarn has also partnered with natural British skincare experts, OSKIA, to create facials that nourish the skin with naturally-derived ingredients, leaving it healthy and radiant. OSKIA’s 75-minute Signature Facial uses specialised facial massage techniques and acupressure to illuminate the complexion.

General Manager of the Berkeley, Justin Pinchbeck says *“Bamford’s dedication to preserving traditional techniques and seeking out the rare and exceptional is in keeping with our own philosophy. The Bamford Haybarn provides the finest luxury experience for guests and members, while at the same time retaining a commitment to sustainability and all things British.”*

The Spa's treatments rooms are themed with names such as Willow, Beehive and Log Cabin, incorporating touches that echo their titles. Heart and honeycomb motifs lend a playful, homely feel while outside by the rooftop pool, the Secret Garden is planted with jasmine, lavender and rosemary as a reference to the ingredients used in the Bamford Body Collection and fragrant candles.

London's only rooftop pool on the 8th floor of the hotel, with its roof which slides open in fine weather has also been carefully restored with white gold mosaic. Sun loungers designed by Spencer Fung are placed pool side where guests can sit and enjoy the twice daily delivery of healthy treats. A new spa menu has been designed using the finest British ingredients, and for the first time visitors can indulge in a glass of wine from British vineyard Chapel Down.

Through the use of rustic materials, expert craftsmanship and artisanal touches, renowned architect Spencer Fung has set out to evoke the spirit of a walk in the country to the elegant city setting. Calm greys and whites are subtly used throughout the Berkeley Health Club & Spa to create a feeling of light and warmth. Slices of distinctively soft green-tinged holly logs have been carefully set into a resin wooden framework against the walls highlighting the richness of natural textures and creating a peaceful environment intrinsically linked to nature. Simple and sculptural furniture designed by Spencer Fung can be found throughout the Spa. Always attentive to detail - In the men's changing room there is a simple-lined upholstered seating, in a dark blue grey, with leather details and white stitching set in a rustic wooden base.

Commenting on his design, Spencer Fung says *"It will be a sensorial experience to set the right tone for an urban retreat. The space is unique, because you can really see the "hand" of the huge array of craftspeople involved."*

For further information on memberships and a full list of treatments please visit our website

www.the-berkeley.co.uk/health-club-and-spa

ABOUT THE BERKELEY

In leafy Knightsbridge, the Berkeley, part of Maybourne Hotel Group is the essence of contemporary chic. With stunning rooms and suites, two Michelin-starred cuisine from Marcus Wareing, Pierre Koffmann's French Brasserie, classic British dishes in the Caramel Room, fashionista fancies for afternoon tea at Prêt-à-Portea, cocktails in the Blue Bar and the Spa complete with rooftop pool, the Berkeley is rich in pleasure and discoveries that will surprise and enchant.

ABOUT MAYBOURNE HOTEL GROUP

Maybourne Hotel Group owns and manages Claridge's, the Connaught and the Berkeley, three of the world's most legendary five-star hotels, located in the heart of London. Maybourne Hotel Group is committed to delivering authentic and unique guest experiences that reflect the individual nature of its hotels, its guests and its staff whilst maintaining a timeless elegance and intuitive service style that are the hallmarks of its properties.

ABOUT BAMFORD

Bamford is a philosophy. Sourced from passionate convictions about natural products and artisan manufacture, Bamford means the simple pleasure of contact with absolute quality. Innately natural, the philosophy creates timeless clothing from the finest fibres and purest bodycare from botanical ingredients for people with effortless grace, who look after their wellbeing and that of their loved ones'.

With a strong commitment to caring for the mind, body and spirit, the 'Bamford Hay Barn' and 'Bamford Barn' in Gloucestershire, offer a calming day retreat. Emphasizing the human connection with nature, the Hay Barn offers a range of activities that nurture inner peace, including yoga, pilates, meditation, facial and massage treatments.

The treatments use Bamford sensual, botanic products, which are made in England and have unparalleled purity and integrity. The Barn houses our clothing and accessories, offering an inspiring space to explore the unique pieces from Bamford's timeless collections.

www.bamford.co.uk

ABOUT OSKIA

OSKIA draws together the best that nature can offer together with advanced science to create a high performance skincare range. The luxurious products use essential nutrients to improve skin cell health while exceptional natural actives target specific ageing, lifestyle and environmental concerns. OSKIA's treatment menu offers indulgent and effective facial treatments that complement their multi-award-winning nutritional skincare range. Proud of its British heritage, OSKIA now works with some of the most exclusive partners across the world.

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