

WELLBEING



AT A GLANCE

- Transformative lifestyle wellness offered through services at: Bamford Wellness Spa and Anatomy Fitness
- Specialized Within Wellness at 1 Hotels, designed for guests staying for wellness journeys, multi-day retreats
- Outdoor land and ocean pursuits, mind & movement classes, unique wellness sessions and athletic performance enhancing assessments
- Nutrition program philosophy rooted in the promotion of longevity and organic plant-based cuisine
- Volunteer and donation opportunities that mālama (take care) the local community and Kaua'i



BAMFORD WELLNESS SPA

- 18,000 sq ft
- 18 treatment rooms
- Hawaiian Plant Medicine line inspired but Hawaii's cultural heritage
- Holistic wellness sessions
- Touchless therapies in specialized treatment rooms
- Salon services
- Men and women facilities
- Quartz table
- Amphibia Table



TOUCHLESS THERAPIES

- 4-person hyperbaric chamber
- 2 infrared saunas
- 2 Dreampod ice baths*
- Somadome meditation pod
- 2-person cryotherapy chamber*
- Ocean float room chamber
- Smartgoggles
- Therabody compression leg boots
- Rainbow chakra mat

* Sprouting Soon

WELLNESS



ANATOMY FITNESS

- 7,900 sq ft
- Cardio and strength training
- Yoga studio
- Mind & Movement group fitness classes
- Meditation sessions
- Body Architects

PRECISION WELLBEING

- Medical lab work consultation/referrals
- Craft IV infusions
- Hormone restoration and balancing
- Gastrointestinal analysis
- Nutritional evaluation
- Comprehensive longevity analysis



WELLNESS



WITHIN WELLNESS

- Within Journeys: Customized personal retreats with inclusions designed fully around the individual's wellness goals. Available in 4 or 7 night durations.
 - Honua | embrace wellness throughout your stay with enhanced offerings and amenities that will help you focus on going Within | \$6,700+
 - Ahi | focuses on self-reflection with mental, emotional and spiritual wellbeing experiences | \$7,800+
 - Wai | culinary nutrition education for weight control, immune health and mental clarity through immersive exploration and discovery of the senses | \$9,050+
 - Makani | combines traditional healing techniques and medical-scientific therapies | \$10,000+
- One-on-one pre-arrival, welcome and post-retreat assessments, consultation and guidance with Wellness Sage

