



SANCTUARY SPA

Winchester

CAPE TOWN - SOUTH AFRICA



OUR PHILOSOPHY

At Sanctuary Spa we pride ourselves on distinction. We have compiled a portfolio of exquisitely unique treatments that are the perfect combination of ancient and modern techniques; taking inspiration from the world's finest therapies, rituals and healing applications. Involving the arts of advanced massage techniques, we incorporate elements that enhance your entire being, promoting restoration on every level and captivating the senses.

From the moment you cross the threshold, you will be transported to a world of indulgence and luxury, where no detail is spared in creating an unparalleled journey of relaxation and tranquility.

FACILITIES & SERVICES

- **3 TREATMENT ROOMS**

Superbly equipped for dual and single treatments.

- **OUTDOOR RELAXATION AREA**

Unwind while enjoying a cup of herbal tea.

SIGNATURE EXPERIENCES

Each Signature touch starts with our welcome caress on the feet, our elephant walk on the back and magical sound healing, creating a deep sense of tranquility.

ABSOLUTE SPA ESCAPE - 2h30 mins

R2 500 per person

Our Absolute Spa Escape is grounded on the four elements of earth and designed to attain deep relaxation, connecting the power of body, mind and soul. Combining steam heated compressors with a warm body clay, allowing the heat to soothe and relax your muscles, relieving built up tension.

As your journey continues, breathing techniques are used to ease you into the treatment, while flowing massage techniques combine with pure fynbos oils and our hot lava shells, target specific problem areas healing and comforting the body. Promoting harmony and tranquillity.

TOUCH OF AFRICA - 105 mins

R1 990 per person

This sumptuous treatment will sweep you to a place of inner peace, combining smell, and touch. Designed to attain deep relaxation, connecting the power of body, mind and soul.

A bespoke massage, incorporating special poultices made of herbs and spices that you can only discover in Africa, wrapped in cotton and steam heated, allowing the natural essential oils and aromas of the herbs and spices to be released, encouraging good circulation and complete relaxation. Allowing you to embark in to a deeper harmonious state of mind.

TRADITIONAL TOUCH THERAPIES

Our highly qualified therapists blend each oil for specialised treatments according to your needs, using highly concentrated essential oils infused with fynbos.

SWEDISH MASSAGE

60 mins | R1 090

90 mins | R1 290

The original form of massage that is used all over the world to provide a very relaxing and therapeutic form of bodywork. This quintessential restorative technique leaves the body loose and supple and the mind invigorated.

AROMATHERAPY MASSAGE

60 mins | R1 290

90 mins | R1 590

A holistic treatment, in which Aromatherapy essences are absorbed by the skin and inhaled, creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell.

DEEP TISSUE MASSAGE

60 mins | R1 390

90 mins | R1 690

Feel the stiffness melt away with a therapy that concentrates on specific points of tension to re-align deeper layers of muscles, giving you an instant sense of release.

HOT STONE MASSAGE

60 mins | R1 290

90 mins | R1 590

This treatment harnesses the known wellness properties of heat through soothing warm stones to release specific points of stress, as well as the ancient healing powers of touch therapy for an incredible body experience.

JET-LAGGED MASSAGE

60 mins | R1 290

90 mins | R1 590

Designed to stimulate and relax, this tailor-made treatment is perfect when you are jet-lagged or preparing for a long flight. This massage works on the deeper muscle layers and is combined with aromatherapy to influence your lymph system and lower the effects and cause of jet lag.

SPECIALISED TOUCH THERAPIES

Our highly qualified therapists blend each oil for specialised treatments according to your needs, using highly concentrated essential oils infused with fynbos.

HOT LAVA SHELL MASSAGE

60 mins | R1 790

90 mins | R1 990

Designed to encourage circulation and relaxation, this massage includes the use of self-heating hot lava shells to allow deeper pressure to the core of the muscle for excellent tension relief.

CUPPING CEREMONY

60 mins | R1 590

90 mins | R1 790

A modern treatment based on ancient face- and body-cupping therapy practices that achieves medical and therapeutic results, enhancing circulation and expelling toxins and waste from the body.

CBD SPORTS MASSAGE

60 mins | R1 590

90 mins | R1 790

This massage is designed to relieve muscle ache, reduce inflammation and assist with the healing process. The specialised CBD oil is designed to support injury recovery, and to help heal muscle strains and relieve joint pain (arthritis and rheumatoid arthritis).

REFLEXOLOGY

60 mins | R1 190

By targeting reflex points on your feet and legs with pressure, this ancient healing practice helps to stimulate and balance the body's energy flow. Reflexology provides deep relaxation, promotes improved circulation, relieves pain and tension, and enhances overall wellbeing.

LYMPH DRAINAGE THERAPY

60 mins | R1 290

A gentle, rhythmic and stretching massage in which the therapist controls the flow of lymph within the body. This boosts the immune system, clears blockages, removes toxins, transports nutrients and increases blood flow and metabolism.

A Zen garden scene featuring a smooth, white, rounded stone in the center, a single vibrant green leaf to its upper left, and concentric circular ripples in the light-colored sand surrounding them. The background is a dark green rectangular overlay containing text.

SKINCARE COLLECTION

Our skincare therapists are highly qualified and trained to provide the highest level of professionalism. Each 75-minute or 90-minute Superior Treatment is enhanced with a luxurious hand, arm, foot and scalp massage combined with a steam facial.

The Sanctuary Spa Winchester utilises the QMS Medicosmetics range of anti-ageing skin care products, promising immediate result.

DEEP CLEANSING URBAN REPAIR **60 mins | R1 590**

This treatment targets the damaging effects of daily pollutants on the skin and helps to repair the skin's cellular structure. It supports the detox process, accelerates epidermal regeneration and boosts the metabolism.

OUR VISIBLE GLOW **60 mins | R1 590**

Our innovative activation techniques increase the supply of active ingredients to refuel and energise the skin, leaving it fresh and glowing. This treatment provides instant vitality for jet-lagged and tired skin.

DETOX SK-ALPHA TREATMENT **60 mins | R1 590**

A detoxifying treatment that stimulates micro-circulation with a unique thermal-active revitalising mask, resulting in an instant boost to your complexion.

COLLAGEN RENEWAL **75 mins | R1 990** **90 mins | R2 190**

This treatment boosts the skin's moisture levels and revitalises the complexion with the use of pioneering masks and 70% natural soluble collagens. Skin is left firmer with more volume, fine lines are reduced and texture is improved.

NEO-TISSUEDERMIE **75 mins | R2 500** **90 mins | R2 990**

A strengthening and regenerating treatment that focuses on the areas that are prone to losing elasticity as the skin ages. It includes a lifting and tightening massage in combination with a collagen-boosting treatment to help improve the tonicity of your jaw line, cheeks and eyebrows.





BODY WRAPS

Whether you wish to exfoliate and renew, or detox and nourish, our unique body wraps use wellness products to offer a restorative indulgence.

RESTORE WRAP





60 mins | R990

A nourishing body therapy includes a gentle, yet effective body scrub followed by a wrap application filled with natural vitamins and antioxidants for optimal collagen and elastin production.

DETOX WRAP

60 mins | R990

This wrap includes a gentle, yet effective body scrub followed by a cool detoxifying body wrap infused with Buchu essential oils. The treatment includes a scalp and foot massage while you unwind.



A decorative background featuring several clusters of small white flowers and large green leaves scattered across a white surface. The flowers are delicate and appear to be baby's breath. The leaves are large, rounded, and have a prominent central vein.

BODY & SKINCARE ADD-ONS

Add on any of the below specialised treatments to ensure you receive the full benefit of your treatment.

Kindly consult with our specialist regarding the benefits of the below offerings.

- CUPPING		R150
- FULL BODY SCRUB	30 mins	R450
- DRY MINI PEDICURE	15 mins	R490
- BOOSTER FACIAL	30 mins	R795
- BACK, NECK & SHOULDER MASSAGE	30 mins	R650

HALF & FULL DAY PACKAGES

All packages are designed to promote relaxation, rejuvenation and overall well-being. Our team of experienced massage therapists are highly trained and available to provide a personalized experience tailored to your individual needs. Let us help you relax and find your inner balance.

OUR SECRET INDULGENCE - 2h30 mins

R2 890 per person

An exotic full body salt scrub will leave your skin soft and vibrant. Continue your day with our absolute spa ritual combining the unique advanced anti-ageing facials with a relaxing hot stone massage to ease away all the tension.

- Full body salt scrub 30 mins
- Anti-ageing facial 60 mins
- Hot stone massage 60 mins

THE ULTIMATE TRAVELLERS PACKAGE - 90 mins

R1 790 per person

A complete package, tailor made for the jet lagged or when preparing for a long flight.

Designed to stimulate and relax you. The essential oils will work on the deeper layers of the muscles creating dynamic and immediate relief of the soft pressure points. Massage combined with aromatherapy will influence the lymph system and lower the effects and cause of jet lag.

A must treatment for any traveller.

COUPLES PACKAGES

SETTING THE STAGE FOR MAGICAL MOMENTS - 2 hours

R4 990 per couple

This package is ideal for sharing that magical moment, allowing us to pamper and spoil you and your loved one. From the moment you enter, your journey begins with a luxurious 90-minute aromatherapy massage, allowing you to switch off from the outside world. Complete with a 30-minute booster facial, to cleanse and hydrate the skin, leaving it looking and feeling refreshed.

End off the afternoon of pleasure with a fruit platter for 2 and a glass of bubbly.

ROMANTIC INTERLUDE FOR TWO - 90 mins

R3 990 per couple

This superior experience is a dual treatment in one of our exquisite couple treatment rooms with candle light and soft music. We continue with a welcome touch to the feet, hands and scalp. This awakens your sense of smell and touch. The treatment is concluded with a 90-minute hot stone massage for an incredible body experience.

Complete with an enjoyable lunch.

CELEBRATION OF LIFE - 90 mins

R2 990 per couple

This sumptuous treatment has been targeted to create the ultimate relaxation in one of our candle lit duo rooms. Completed with a 90-minute side by side, full body deluxe, combined with a hot oil foot and scalp massage. Your body, mind and soul will experience ultimate relaxation.

Complete with a glass of bubbly, celebrating the beauty of life.

PREGNANCY PACKAGES

Our nurturing pregnancy packages are designed to provide expectant mothers with a relaxing and rejuvenating experience during this special time. Our highly trained therapists use gentle, yet effective techniques to help ease the discomforts of pregnancy such as back pain, swelling and fatigue. Our specially formulated massage oil is safe for both mother and baby and helps to nourish and hydrate the skin.

MOM-TO-BE MASSAGE - 60 mins

R1 190 per person

This massage is performed with the mother-to-be lying on her side, supported by pillows for maximum comfort.

PRENATAL PACKAGE - 90 mins

R1 690 per person

This treatment involves a combination of massage techniques to ease back ache and muscle tension, while gentle, flowing movements promote relaxation and stress relief.

Choose any three treatments from the list below:

- Back, neck and shoulder massage
- Foot massage
- Scalp massage
- Mini pedicure

HANDS & FEET

We will thoroughly pamper you as we cleanse, groom and restore the condition of your hands and feet, including a tender exfoliation, nourishing mask treatment and massage. A nail lacquer of your choice will be applied.

CLASSIC MANICURE	60 mins R650	CLASSIC PEDICURE	60 mins R820
GEL MANICURE	60 mins R850	GEL PEDICURE	60 mins R890
SOAK OFF	30 mins R390	DELUXE PEDICURE	80 mins R990
FRENCH PAINT ADD-ON	15 mins R290		

ESSENTIALS

Our expert therapists use a gentle and precise technique to ensure that you experience only the best results. Our goal is to help you look and feel your best every day.

BROW TINT	R180	BROW WAX	R180
LASH TINT	R180	LIP WAX	R180
CHIN WAX	R180	HALF LEG WAX	R390
UNDERARM WAX	R210	FULL LEG WAX	R490
STANDARD BIKINI WAX	R490	G-STRING WAX	R590
BRAZILIAN WAX	R690	HOLLYWOOD WAX	R790

SPA ETIQUETTE

SPA ARRIVAL

Please arrive at least 15-minutes before your scheduled appointment time to check in and prepare to enjoy your treatment. Arriving late may result in reduced treatment time.

SPA ENVIRONMENT

Your spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity. Please turn off your cellular phone on arrival at the spa.

SPA ATTIRE

We will provide you with spa attire including a choice of spa underwear. You may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

VALUABLES

We provide a secure place to store your personal items inside the spa locker rooms, however we do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

CANCELLATION POLICY

The treatments you select are reserved especially for you and credit card details are required to secure your booking. If you are not able to make your scheduled appointment, please let us know 12-hours in advance in order not to incur any cancellation charges. You may incur a cancellation fee equal to 100% of the total value of your treatment for same-day cancellations.

REFUNDS AND RETURNS

Treatments and packages are non-refundable, non-transferable and may not be exchanged for money. For hygiene reasons, products purchased may not be returned or exchanged.



MCMXXVIII

THE WINCHESTER

BOUTIQUE HOTEL

BY

NEWMARK

At Sanctuary Spa we pride ourselves on distinction. We have compiled a portfolio of exquisitely unique treatments that are the perfect combination of ancient and modern techniques; taking inspiration from the world's finest therapies, rituals and healing applications. Involving the arts of advanced massage techniques, we incorporate elements that enhance your entire being, promoting restoration on every level and captivating the senses. From the moment you cross the threshold, you will be transported to a world of indulgence and luxury, where no detail is spared in creating an unparalleled journey of relaxation and tranquillity.

TRADING HOURS

Monday - Sunday: 08:00 - 20:00

Public Holidays: 08:00 - 20:00

CONTACT DETAILS

021 110 5008

spa@winchester.co.za

www.newmarkhotels.com

All prices can change at any time. Prices are quoted in South African Rand (ZAR).

Prices are quoted per person, per treatment unless specified otherwise.