



SANCTUARY SPA  
*Onyx*

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 tranquillity.

## FACILITIES & SERVICES

- **3 TREATMENT ROOMS**

Superbly equipped for dual and single treatments.

- **TURKISH STEAM ROOM**

For rebalancing your body's metabolism.

- **INDOOR/OUTDOOR HEATED POOL**

Relax between and after all spa treatments.

- **RELAXATION ROOM**

After your treatment, relax & enjoy complimentary treats.

## SIGNATURE EXPERIENCES

Each signature journey starts with our welcome touch, creating a deep sense of tranquillity.

### SANCTUARY SENSORIAL ESCAPE

105 mins

R1 490 per person | R2 790 per couple

Experience 105-minutes of luxury and indulgence, making each moment count.

This treatment has been targeted to create the ultimate relaxation, completed with a 15-minute steam session and a 90-minute full body massage. Soothing body mind and soul for the ultimate relaxation.

**\*Per couple option only:** Complete with a glass of bubbly, celebrating the beauty of life.

### TIMELESS MOMENTS AT SANCTUARY SPA

90 mins

R1 090 per person | R2 090 per couple

Spoil yourself with this superior experience combined with heat and water, created to soothe and relax your muscles, relieving tension from body and mind.

Complete with a bespoke massage, comprising of essentials oils, infused with fynbos. Unlocking the path of inner peace and tranquility.

This package includes the following for ultimate relaxation:

- Self-application mud treatment (Steam) 30 mins
- Full body massage 60 mins

## TRADITIONAL TOUCH THERAPIES

### SWEDISH MASSAGE

60 mins | R890

90 mins | R1090

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 | R890

90 mins | R1090

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 | R1190

90 mins | R1490

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 | R1090

90 mins | R1290

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.

### SPORTS MASSAGE

60 mins | R1290

90 mins | R1590

To help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Massage techniques specifically designed to focus on the core of the muscle to address specific needs. Includes pre-event, inter-event, and post-event massage and maintenance.

### BACK, NECK & SHOULDER MASSAGE

45 mins | R750

Surrender yourself in a treatment designed to remove stress from the back, neck and shoulders to once again align your mind and body in harmony.

## SKINCARE TREATMENTS - DERCA COSMETICS

Allowing affordable skincare with active ingredients to treat and improve skin health. A multi-award winning skincare brand, using only the best ingredients at the highest and purest form, treating acne, pigmentations, scarring and anti-aging within a few weeks.

### DEEP CLEANSING INTENSE FACIAL

60 mins | R890

90 mins | R1090

Deep pore cleansing treatment, lightly firms and moisturizes the skin. Leaving the skin firm and supple.

### VISIBLE GLOWING FACIAL

60 mins | R890

90 mins | R1090

Exclusively designed to support and enhance the skin's own stem cells, this innovative treatment noticeably improves the skin's metabolism to leave it smoother, firmer and brighter.

### HYDRATING FACIAL

60 mins | R890

90 mins | R1090

A detoxifying treatment to reveal fresh, smooth and bright skin. Balancing oil and water dry skin by stimulating and repairing within the deeper layer of your skin. This facial features our unique 70% Alpha Hydroxy Acid skin peel with Glycolic acid.

### AGE REVERSAL FACIAL

90 mins | R1290

Designed to address the loss of collagen, the main cause of skin ageing. This facial features our unique 70% Alpha Hydroxy Acid skin peel with Glycolic acid, Aloe Vera and Chamomile to allow natural skin peeling while hydrating the skin and causing no inflammation. Multiple treatments are recommended to get the best results.



## BODY WRAPS

Whether you wish to exfoliate and renew, or detox and nourish, our unique body wraps – all of which include steam room treatments – use wellness products to offer a restorative indulgence.

### **RESTORE WRAP**

**60 mins | R850**

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 | R850**

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.

### **RASUL MUD BATH (SELF APPLICATION)**

**60 mins | R690**

An ancient cleansing ritual combining steam and water. Indulge in a traditional Middle Eastern cleansing ritual in our Turkish steam room. A self-treatment using steam, water and mineral-rich mud and body scrub to offer an experience that will both de-stress and detoxify the body.

## HALF & FULL DAY PACKAGES

### BIRTHDAY PACKAGE

90 mins | R1 190 per person

With 90-minutes of relaxation and harmony. Making it all about you.

Choose any two treatments from the list below:

- Hot Stone Back Massage
- Foot Massage
- Booster Facial
- Scalp Massage

Complete with a birthday platter and glass of bubbly.

### SOULFUL BLISS

90 mins | R1 090 per person

A superior experience combined with relaxing fragrances, created to soothe and relax your muscles and mind. Breathing techniques are used to ease you into the treatment, while flowing massage techniques and aromatic oils target specific problem areas, healing and comforting the body from all tensions.

- Self-application scrub combined with steam 30 mins
- Aromatherapy full body massage 60 mins

### ROMANCE FOR TWO

90 mins | R2 290 per couple

Spoil yourself and a loved one with this superior experience, created to soothe and relax your muscles, relieving tension from body and mind.

This package includes the following for ultimate relaxation:

- Swedish Full Body Massage - 90 mins

Complete with a glass of bubbly.



## 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 | R490

GEL MANICURE 60 mins | R550

SOAK OFF 30 mins | R290

FRENCH PAINT ADD-ON 15 mins | R290

CLASSIC PEDICURE 60 mins | R590

GEL PEDICURE 60 mins | R650

DELUXE PEDICURE 75 mins | R750

## 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 R90

LASH TINT R90

CHIN WAX R90

UNDERARM WAX R110

STANDARD BIKINI WAX R300

BRAZILIAN WAX R390

BROW WAX R90

LIP WAX R90

HALF LEG WAX R350

FULL LEG WAX R450

G-STRING WAX R350

HOLLYWOOD WAX R490



# 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 therapists regarding the benefits of the below offerings.

- PRIVATE STEAM SESSION  
15 mins | R350
- FULL BODY SCRUB WITH STEAM  
30 mins | R450
- BACK, NECK & SHOULDER MASSAGE  
30 mins | R650
- FOOT MASSAGE  
30 mins | R490
- BOOSTER FACIAL  
30 mins | R650

# 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 o 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.

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### TRADING HOURS

Monday - Sunday: 08:00 - 20:00

Public Holidays: 08:00 - 20:00

### CONTACT DETAILS

021 110 0569 / 021 205 6699

061 464 8907 (Whatsapp)

[bookings@sanctuaryonyx.co.za](mailto:bookings@sanctuaryonyx.co.za)

[www.sanctuaryonyx.co.za](http://www.sanctuaryonyx.co.za)

[www.newmarkhotels.com](http://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.

**NEWMARK**

• HOTELS & RESERVES •