



SANCTUARY SPA

Sancton

CAPE TOWN - SOUTH AFRICA



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 SAUNA**

For rebalancing your body's metabolism.

- **JACUZZI**

For muscle repair through increased blood flow

- **ZEN ROOM**

After your treatment, relax & enjoy complimentary treats.

- **OUTDOOR POOL**

Relax between and after all spa treatments.

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 sauna 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 tranquillity.

This package includes the following for ultimate relaxation:

- Self-application mud treatment in sauna 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

Each 75-minute or 90-minute Treatment is enhanced with a luxurious hand, arm, foot and scalp massage combined with a steam facial.

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 microcirculation with a unique thermal-active revitalising mask, resulting in an instant boost to your complexion.

COLLAGEN RENEWAL

75 mins | R1 990

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

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 – all of which include sauna 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 | R650

An ancient cleansing ritual combining heat and water. Indulge in a traditional Middle Eastern cleansing ritual in our Turkish sauna. A self-treatment using heat 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
- Booster Facial
- Foot Massage
- 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 in sauna 30 min
- Aromatherapy full body massage 60 min

ROMANCE FOR TWO

105 mins | R2 290 per couple

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

This package includes the following for ultimate relaxation:

- Sauna - 15 mins
- Full body massage - 90 mins

Complete your romantic journey 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

KIDS MENU (Ages 6 - 12)

Introduce your little ones to the world of relaxation and self-care with our kids' spa menu. Our specially designed treatments are perfect for children and teens, helping them to unwind and destress in a fun and safe environment.

From gentle massages and facials to manicures and pedicures, our treatments are designed to promote relaxation and boost confidence. Products used are 100% organic/ hypoallergenic and suitable for sensitive skin.

KIDS TREATMENTS

MASSAGES

- Back massage 30 mins | R250
- Full-body massage 50 mins | R350

HANDS AND FEET

- Mini-mani 30 mins | R200
- Mini-pedi 30 mins | R200

FACIALS

- Vitamin express facial 30 mins | R450
- Deep cleansing facial 30 mins | R450

KIDS PACKAGES

SPA'rties - 90 mins
R650 per child

Choose any three treatments from the list below and create your own pamper spa day.

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



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 SAUNA SESSION
15 mins | R350 per person
- FULL BODY SCRUB IN SAUNA
30 mins | R450 per person
- BACK, NECK & SHOULDER MASSAGE
30 mins | R650 per person
- FOOT MASSAGE
30 mins | R490 per person
- BOOSTER FACIAL
30 mins | R650 per person
- JACUZZI SESSION
30 mins | R650 per person

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.

OUR PHILOSOPHY

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TRADING HOURS

Monday - Sunday: 08:00 - 18:00

Public Holidays: 08:00 - 18:00

CONTACT DETAILS

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www.sanctuariesandton..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.

NEWMARK

• HOTELS & RESERVES •