



Sanctuary Spa

CAPE TOWN | WESTERN CAPE | 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.

Enter the world of Sanctuary Spa.

Spa Facilities and Services

3 Treatment Rooms – superbly equipped for dual and single treatments.

Outdoor Pool – relax between and after all spa treatments.

Spa Menu – wholesome, delicious meals conducive to a healthy lifestyle.

Tylarium – Steam/Sauna at the optimal temperature for rebalancing your body's metabolism. Use of the Tylarium is available for all spa guests inclusive of your treatment.

Gym – The use of the Gym is available for all spa guests inclusive of treatment.

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.



Signature Experiences

Each Signature Journey starts with our welcome touch. This creates a deep sense of tranquillity. Touch and Sound healing are effective and proven modalities as the use of vibrational sound helps reduce stress, alter consciousness and create a deep sense of peace, wellbeing and better health.

Mama Africa

105 mins R1 490

Mama Africa is grounded in the four elements of earth, designed to attain deep relaxation, connecting the power of body, mind and soul. This journey commences in our Tylarium combining steam, sauna and water, 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 heated stones, target specific problem areas healing and comforting the body. Scalp Massage and Hot Stone Foot Massage will soothe and ground you in a deep relaxing sleep. Finally the sound of the Rainmaker gently will awaken you.

Africa's Healing Touch

90 mins R1 290

This journey 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 Complete Massage journey, using hands, arms and flowing techniques, 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. Our Signature Hot Oil facial and Scalp Massage will sooth and relax you, allowing a journey into a deeper harmonious state of mind.

Complete with our foot massage, bringing the body, mind and inner self, into one.

Traditional Touch Therapies

Back, Neck, Head and Shoulder Massage **30/45 mins** **R420/R540**

This focused, medium-pressure massage helps to relieve areas of tension created by strain, bad posture or general stress. Concentrated pressure is applied to the head, shoulders and back for targeted tension release.

Swedish Massage **60/90 mins** **R795/R995**

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 **60/90mins** **R830/R1 030**

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 **60/90mins** **R990/R1 190**

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 **60/90mins** **R990/R1 190**

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.

Foot Massage **30mins** **R380**

The feet are roadmaps to the body with sensitive points that connect throughout our form. This massage helps relieve areas of tension within the body by focusing on specific pressure points.

Specialised Touch Therapy

Reflexology **30/45 mins** **R400/R550**

The age old tradition of pressure point stimulation, Reflexology is massage of the feet. Feet are divided into zones that represent the whole body. The massage of the nerve endings situated on the sole of the feet triggers a response in the body. Thorough stimulation of all reflex areas. The reduction of stress and tension creates a space in the recipient's body for healing to take place.

Sports Massage **60/90 mins** **R1 090/R1 390**

The prime purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. A group of 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

Sports Back Massage **30 mins** **R490**

Sport Leg Massage **30 mins** **R490**

Lymph Drainage Massage **60 mins** **R990**

A gentle, rhythmic, pumping and stretching massage in which the therapist controls the flow of lymph within the body. The movements direct the lymph fluid to the lymph nodes where it is filtered and waste removed. This boosts the immune system, cleans the tissues, clears blockages, removes toxins, transports nutrients and increases blood flow and metabolism. Lymph drainage can improve one's health and promote general wellbeing.

Indian Head massage **45 mins** **R490**

The Indian head massage will energize your mind and allow tension to slip away. This ancient technique has been practiced in India for over a thousand years.



Skincare Treatments for Men and Women

Our Skincare Therapists are highly qualified and trained to provide the utmost in professionalism. Each 75/90 min superior treatment is enhanced by a luxurious Hand, Arm and Scalp Massage.

Deep Cleansing Intense

30/60 mins R490/R790

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

Visible Brightening Facial

60 mins R850

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.

Neo-Tissuedermie Anti-Ageing Advance

75/90 mins R1 390/R1 790

An intensely stimulating facial using a unique thermal-active revitalizing mask specifically designed to stimulate microcirculation giving an instant boost and leaving the skin visibly smoother. Styled to combat the signs of ageing.

Classic Pro-Collagen Intense Facial

75/90 mins R1 090/R1 390

Designed to address the loss of collagen, the main cause of skin aging, this facial features our unique 70% natural soluble collagens. Through their application skin is revitalized and returned to a youthful, healthy state. Fine lines are reduced and skin's elasticity is restored.

Radiant Glowing Facial

60 mins R850

Innovative activation techniques increase the supply of active ingredients to refuel and energize the skin, leaving it fresh and glowing. Provides instant vitality for dehydrated, jet-lagged and tired skin.

Pigment Protector

75/90 mins R1 500/R1 650

Exclusively developed to target dark spots, this advanced skin-perfecting facial helps repair and protect the skin from hyperpigmentation. Skin tone is improved and cellular activity boosted.



Body Treatments

Tylarium Mud Bath

30/60 mins R200/R390 pp

The Mud Bath is a traditional Arabian cleansing ritual and a luxurious skin smoothing self-treatment which blends mineral rich mud, steam and heat.

This is an ideal treatment for couples or groups in celebration of life.

Snowbush Salt Glow

30 mins R300 pp

This full body salt scrub is an invigorating and cleansing treatment that leaves the whole body soft, smooth and radiant, exposing the smoother and supple layer of skin.

Completed with unique creams to re-energize and restore the body.

Detox Wrap

60 mins R690 pp

The detox wrap will help to eliminate those harmful toxins and provide essential vitamins and minerals to your body,

Nourishing Wrap

60 mins R690 pp

Nourishing and healing. Invigorate your skin with a Full Body Exfoliation eliminating excess surface skin cells. Skin is left soft, nourished and ready to absorb nutrients. The Restore Wrap is Ideal for sensitive sun burned and irritated skin.



Hands and 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.

File and Varnish	20 mins	R210
Express Manicure or Pedicure	30 mins	R290
Gents Manicure	45 mins	R290
Gents Pedicure	45 mins	R320
Classic Manicure	60 mins	R390
Classic Pedicure	60 mins	R420
Gel Add On	30 mins	R210
Soak Off	30 mins	R190
Medi Heel Add On	15 mins	R190

Spa Essentials

Brow Tint	R90	Lash and Brow Tint	R120
Lash Tint	R90	Brow or Lip Wax	R90
Chin Wax	R90	Half Leg Wax	R275
Underarm Wax	R110	Chin and Lip Wax	R120
Standard Bikini Wax	R200	Full Leg Wax	R340
G-String Wax	R350	Back Wax	R430
Brazilian Wax	R350	Hollywood Wax	R490
Arm Wax	R275		



Half and Full Day Spa Packages

Sanctuary Escape

2h30mins R2 300

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.

Complete with a lunch at the hotel.

The Ultimate Travellers Package

80 mins R890

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.

For the Modern Day Man

90 mins R1 250

With 90 minutes of relaxation and grooming, tailored for instant relief and total timeout.

Choose any two treatments from the list below; combined with heat, created to soothe and relax your muscles, relieving tension from both body and mind.

Deep Tissue Massage

Gents Manicure

Hydrating Booster Facial

Gents Pedicure



Couple Spa Packages

Setting the Stage for Magical Moments 120 mins R3 350 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. Continue with our hydrating booster facial, leaving the skin firm and supple. The soft sounds of Tinga bells signals the end of this journey.

End of the afternoon of pleasure with a superb 2-course dinner at The Queen Victoria Hotel

Romantic Interlude for Two 90 mins R2 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 picnic basket comprising of delicious treats, which can be enjoyed at our outdoor pool. Lunch for two is alternate option.

Celebration of Life 90 mins R2 090 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.

Spa Etiquette

Spa Arrival

Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least 15 minutes before the scheduled time to check in and prepare to enjoy your treatment. Should you wish to make use of the spa facilities, please bring a swimsuit to enjoy our outdoor pool area.

Spa Environment

Your spa environment is one of tranquillity and relaxation. Please respect all spa guests right to privacy and serenity. All family members under 16 years of age must be accompanied by an adult and are not permitted to use open facilities. Please turn off cellular phones on arrival at the spa.

Health Matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you have when making your appointment. Please consult your doctor before using the spa heat and water facilities or exercise equipment if under medical supervision or taking medication. For moms-to-be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting which treatments are most suitable for you during this time. We recommend that you drink lots of water after your spa treatments to help accelerate the elimination of toxins.

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 advise us 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.

The Joy of Giving and Receiving

The perfect gift for a loved one or a colleague. Our gift vouchers come beautifully packaged and are available at short notice.



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