

SANCTUARY SPAS





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.



SPA FACILITIES & SERVICES

- Dual & Single Rooms
- Turkish Steam Room
- Indoor/Outdoor Heated Pool
- Tranquility Room
- Pool Bar
- Restaurant
- Sushi Bar

Operating Times: 08:00 - 20:00

Phone : 021 110 0569 / 061 464 8907

Website: www.sanctuaryonyx.co.za

Email: bookings@sanctuaryonyx.co.za

With every treatment from our menu, you will enjoy complimentary access to our steam room, heated indoor and outdoor pools, and tranquility room.

MINDFULNESS JOURNEY'S

Allow time to stand still and the mind to quiet as we take you on profound harmonious journeys, creating a deep sense of peace and harmony. Each journey commences in our Turkish steam room, whilst cocooned in steam and warmth, leaving the whole body soft, and the muscles relaxed.

An invitation to discover a journey that will fulfil and complete you.

ESSENCE OF ONYX

2 hours

From the Garden

R2 190 per person | R3 990 per couple

This journey was designed to experience a deeper connection within, to attain peace, wisdom and wholesomeness. Each touch allows guest to deepened their experience and feeling transformed.

This journey commences in our Turkish steam room, combining heat and water, allowing to soothe and relax your muscles, relieving built up tension. A guided massage that incorporates special poultices made of herbs and spices that you can only discover in Africa. Steam heated & wrapped in cotton, allowing the natural essential oils and aromas of the herbs and spices to be released, encouraging good circulation and relaxation in order to embark on a deeper harmonious state of mind.

Complete with our booster facial providing instant vitality for jet-lagged and tired skin.

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|---------------------------------|--------|
| • Steam infused with Eucalyptus | 15 min |
| • Herbal Poultice Massage | 75 min |
| • Booster Facial | 30 min |



SANCTUARY SENSORIAL ESCAPE

From the Ocean

R1 790 per person | 105 min | R3 850 per couple

This treatment has been targeted to create the ultimate relaxation, with a 15-minute steam session Infused with eucalyptus and a 90-minute Aromatherapy Massage infused with aromatic and therapeutic essences of Jasmine, Cape Chamomile, and Ylang Ylang. Embracing each moment, a reminder that life is not assessed by the quantity of breaths we take, but the moments that take our breath away.

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

- Steam 15 min
- Aromatherapy Massage 90 min

SANCTUARY'S RHYTHM OF NATURE

From the Land

R2 500 per person | 2h30 min

Reconnecting requires intentionality and a willingness to invest time into yourself and any relationship. This journey was designed to emphasize the importance of being present in the moment, embracing each encounter. As the forgiving morning light call us to the day and the comforting scent of rain reminds us where there is water there is Life.

Complete with a cup of Cape Chamomile Herbal Tea in our Tranquility Lounge.

- Benzoin & Lavender body application combined with heat compressors and steam 60 min
- Hot Lava Shell massage infused with Geranium, Neroli & Patchouli 90 min

CELEBRATION JOURNEY'S



Without celebration, there would be no markers or milestones by which to gauge or judge history. Celebration enables us all to mark important events and people, and reflect on what has been in the past in order to envision what might be in the future. Every choice we make can be a celebration of the world we want.

Allow us to celebrate with you and your loved ones

BIRTHDAY/CONGRATULATIONS

R1 590 per person | 90 min

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

Choose any three treatments from the list below:

- Hot stone back massage
 - Booster facial
 - Foot massage
 - Scalp massage
- Coffee toning body scrub

Complete with a celebration platter and glass of bubbly.

MOM-TO-BE/PRENATAL

R1 690 per person | 90 min

Our expert therapists use a combination of massage techniques to ease back aches and muscle tension, while the gentle flowing movements promote relaxation and stress relief.

Choose any 3 treatments from the list below:

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



ROMANCE FOR TWO

R2 590 per couple | 80 min

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:

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|-----------------------------|--------|
| • Steam | 20 min |
| • Swedish full body massage | 60 min |

Complete with a glass of bubbly.

BODY WRAPS

Experience renewal, detoxification and nourishment, with our distinctive body wraps and wellness products designed for restorative indulgence. Each body wrap includes a soothing steam session, along with a relaxing scalp and foot massage, allowing you to fully unwind and rejuvenate.

ROSEWOOD RESTORE WRAP

75 min | R990

A nourishing body therapy includes a gentle, yet effective body scrub followed by a wrap application filled with Rosewood, Cape May and Grapefruit for optimal collagen and elastin production. Ideal for stressed and ageing skin

DETOX WRAP

75 min | R990

This wrap includes a gentle, yet effective body scrub followed by a cool detoxifying body wrap infused with Buchu, Grapefruit and Ylang ylang essential oils, designed to rid the body of harmful toxins.



TOUCH THERAPIES

TRADITIONAL AND SPECIALISED

SWEDISH MASSAGE

60 mins | R1 090

A well-known technique that aims to promote relaxation by gently releasing muscle tension. This quintessential restorative technique leaves the body and the mind invigorated.

AROMATHERAPY MASSAGE

60 mins | R1 390

90 mins | R1 590

A holistic treatment, in which the aromatic essences of Geranium, Jasmine, Patchouli, Cape Chamomile and Ylang Ylang are absorbed by the skin and inhaled, creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell.

HOT LAVA MASSAGE

60 mins | R1 590

90 mins | R1 790

A deep relaxing sleep improvement massage, harnessing the known wellness properties of heat through soothing warm mineral shells combined with essential oils infused with Geranium, Patchouli and Neroli, as well as the ancient healing powers of touch therapy for an incredible body experience. Great for sleep conditions, jetlag or restlessness.

CBD SPORTS MASSAGE

60 mins | R1 690

90 mins | R1 890

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

PRESSURE POINT FOOT MASSAGE

30 min | R650

By targeting pressure points on the feet, this ancient practice helps to stimulate and balance the body.

DEEP TISSUE MASSAGE

60 min | R1 590

90 min | R1 790

Feel the stiffness melt away with a therapy that concentrates on specific points of tension to re-align deeper layers of muscles. The healing properties of Cape Camomile, Geranuim, Ginger and Rosemary, imparts a deep sense of relaxation.

HERBAL DETOX IMMUNE SUPPORT MASSAGE

60 min | R1 490

90 min | R1 690

A detoxing massage using buchu, grapefruit and ylang ylang combined with heated botanical poultices made of indigenous botanicals and spices. The combination of heat, deep & micro pressure, lymphatic drainage movements and essential oils, increases blood flow and drains lymph to the lymph nodes, helping eliminate toxins

BACK, NECK & SHOULDER MASSAGE

30 min | R795

45 min | R895

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.

REBOOT & RESET

BODY ADD-ON'S

• DRY PEDICURE 15 min - R190

• SCALP MASSAGE 15 min - R190

• HOT STONES R190

• CBD OIL R190

Kindly consult with our therapists regarding the benefits of the above offerings.



SKINCARE TREATMENTS FOR MEN & WOMEN

Team Doctor Joseph is a unique skincare range in that it balances the inspiration of folk medicine with the latest scientific findings. This skincare range makes use of both pure, natural materials and the world's finest technology. Catering for all skin types.

All facials are customised to your skin's needs.

SUPREME ULTRASONIC FACELIFT 100 min | R1 590

The royal class of ultrasound lifting. This premium intensive treatment uses a completely new procedure to make the face appear plumper, fresher and youthfully firm. Thanks to the ultrasound frequencies, the natural active ingredients are safely brought to deeper layers of the skin. This allows the potential of the active ingredients to unfold better and strengthen the skin in depth.

RADIANT AND NOURISHING FACIAL

80 min | R1 350

Natural active ingredients care with an immediate effect for a radiant complexion and healthy, intensively nourished skin. This deep- acting facial treatment with a modulated facial massage is tailored to the individual needs of your skin and offers visible results. Highly effective, natural active ingredients care for healthy and intensively cared for skin.

PURIFYING SKIN SPECIFIC FACIAL

50 min | R990

Natural high-tech power for an improved and clear complexion. This facial is the ultimate pampering program for those who are active and on the move. Experience deep cleansing, refined pores and an improved complexion in the shortest amount of time – without compromising on well-being and results.

BOOSTER FACIAL

30 min | R790

This is great for a quick skin boost. It includes a full skin analysis, cleanse, exfoliation, mask, and moisturize.

SKINCARE ADD ON'S

DEEP PORE CLEANSING ACTION

15 min | R350

The "Perfect Device": Tailored to your skin's needs (from deep wrinkles, to added extraction power, to lifting/tightening)

GUA SHA FACIAL DRAINAGE

15 min | R250

To improve microcirculation and lymphatic drainage to reduce puffiness and enhance skin appearance

BAMBINO FACIAL CUPPING

15 min | R250

Used for targeted areas such as under the eyes or lip line. a well-known wellness method to increase blood circulation to speed up regeneration.

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 min		R590
CLASSIC PEDICURE	60 min		R790
GEL MANICURE	60 min		R650
GEL PEDICURE	60 min		R850
SOAK OFF	30 min		R390
DELUXE PEDICURE	75 min		R950
FRENCH PAINT ADD-ON	15 min		R390

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	BROW WAX	R90
LASH TINT	R90	LIP WAX	R90
CHIN WAX	R90	HALF LEG WAX	R350
UNDERARM WAX	R110	FULL LEG WAX	R450
STANDARD BIKINI WAX	R300	G-STRING WAX	R350
BRAZILIAN WAX	R390	HOLLYWOOD WAX	R490

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.



TRADING HOURS

Monday - Sunday: 08:00 - 20:00

Public Holidays: 08:00 - 20:00

CONTACT DETAILS

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061 464 8907 (Whatsapp)

bookings@sanctuaryonyx.co.za

www.sanctuaryonyx.co.za

www.newmarkhotels.com



NEWMARK

• HOTELS & RESERVES •

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.