

TREATMENT MENU

THE WINCHESTER

BOUTIQUE HOTEL

SANCTUARY SPAS SA

WHERE TIME STANDS STILL



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 treatment rooms
- Outdoor Banya sauna
- Botanical Garden
- Restaurant
- Pool access (T&Cs apply)

Spend over R2500 per person and enjoy complimentary access to our pool area, signature outdoor Banya, and peaceful Botanical Garden.

Trading Hours:	08:00 - 20:00
Phone:	021 110 5008
WhatsApp:	063 174 4910
Email:	spa@winchester.co.za
Address:	221 Beach Road, Sea Point, Cape Town

MINDFULNESS JOURNEYS

Allow time to stand still and the mind to quiet as you surrender to moments of profound relaxation, thoughtfully created to restore balance, awaken inner calm and reconnect you with yourself.

Each journey begins in our outdoor botanical Banya, where gentle warmth envelops the body, softens the skin, and eases the muscles into a state of complete relaxation. Unwind beside our pool, accompanied by a thoughtful gift to complete your experience.



ESSENCE OF AFRICA ~ *From the Garden*

105 Min | **R2990** per person

This journey is designed to encourage a deeper connection within, cultivating peace, wisdom and a sense of wholeness. Each touch allows the guest to deepen their experience and feel transformed.

• Sauna infused with Eucalyptus	15 min
• Herbal poultice massage	60 min
• Booster facial	30 min

Complete with a cup of herbal tea in our Botanical Garden.

SENSORIAL ESCAPE ~ *From the Ocean*

2 Hrs | **R3090** per person

This treatment has been targeted to create the ultimate relaxation. 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.

• Sauna	15 min
• Lavender salt body scrub	15 min
• Hot lava massage	90 min

Complete with a herbal tea and fruit platter in our Botanical Garden.

RHYTHM OF NATURE ~ *From the Land*

2h45 Min | **R3290** per person

Reconnecting requires intentionality and a willingness to invest time in yourself and any relationship. This journey was designed to emphasize the importance of being present in the moment, embracing each encounter.

• Sauna	15 min
• Benzoin & lavender body application & heat compressors	60 min
• Aromatherapy massage	90 min

Complete with lunch at our restaurant.

CELEBRATION JOURNEYS

Life's most meaningful moments deserve to be celebrated in extraordinary ways. Whether you're marking a birthday, anniversary, engagement, or simply creating memories with loved ones, our Celebration Journeys offer the perfect blend of relaxation, connection, and indulgence in a truly unforgettable setting.



BIRTHDAY/CONGRATULATIONS

90 Min | **R1990** per person

Celebrate life's beautiful moments with an unforgettable spa escape designed to relax, restore, and indulge. Transform your special day into a luxurious experience you'll treasure long after the celebration ends.

Choose any three treatments from the list below:

- Back massage
- Booster facial
- Banya sauna
- Foot massage
- Scalp massage

Complete with a celebration platter and glass of bubbly.

CELEBRATION OF LIFE

60 Min | **R3490** per couple

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

- Full body deluxe massage 60Min

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

ROMANCE FOR TWO

110 Min | **R4890** 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:

- Sauna 20 Min
- Blissful full body massage 90 Min

Complete with a glass of bubbly in our Botanical Garden.



TOUCH THERAPIES

BACK, NECK & SHOULDER MASSAGE
Designed to remove stress from the back, neck and shoulders.

45 Min | R1090

SWEDISH MASSAGE
A technique that promotes relaxation by gently releasing muscle tension.

60 Min | R1290

AROMATHERAPY MASSAGE
A holistic treatment, in which the aromatic essences of geranium, patchouli, lavender and ylang ylang are absorbed by the skin and inhaled.

60 Min | R1790
90 Min | R1990

DEEP TISSUE MASSAGE
A therapy that concentrates on specific points of tension to realign deeper layers of muscles.

60 Min | R1790
90 Min | R1990

HOT LAVA MASSAGE
A deeply relaxing massage designed to promote restful sleep, with heated lava shells with essential oils infused with geranium, patchouli and neroli.

60 Min | R1990
90 Min | R2190

CBD SPORTS MASSAGE
Designed to relieve muscle ache, reduce inflammation, support injury recovery, and help heal muscle strains.

60 Min | R1990
90 Min | R2190

HERBAL DETOX IMMUNE SUPPORT MASSAGE
A detoxifying massage using buchu, grapefruit and ylang ylang combined with heated botanical poultices. Designed to stimulate circulation and support lymphatic drainage, promoting a renewed sense of wellbeing.

60 Min | R1990
90 Min | R2190



SKINCARE TREATMENTS

For Men & Women

Our elite medical skin care range is based on research-led, collagen-enhancing technology to create a bespoke regenerative skincare system. Enjoy a complimentary brow groom and tint with every facial treatment.

INSTANT OXYGEN

45 Min | **R1750** per person

Instantly bring your skin back to life through this advanced treatment, specifically designed to promote skin cell regeneration at a deep level. A focused stream of 95% pure oxygen is channelled onto the skin surface, through the customized Energy Applicator. The skin is intensively hydrated and appears more youthful.

COLLAGEN REPAIR FACIAL

90 Min | **R3850** per person

Breathes new life into dehydrated and stressed skin to accelerate the natural detoxification process and promote epidermal repair. The result promises rejuvenated, radiant, and healthier skin. Includes oxygen therapy.

Skin conditions: Dehydrated skin, lack of radiance, and follow up care.

COLLAGEN CONTOUR FACIAL

75 Min | **R3090** per person

Regenerates and revitalises your skin, while increasing your moisture levels with the use of collagen and our pampering masks. Includes oxygen therapy to help channel active ingredients into the skin. This results in visibly firmer skin with more volume, fewer wrinkles and an overall improved texture.

Skin conditions: Collagen loss, saggy skin, fine lines, wrinkles and loss of elastin.

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 sauna session, along with a relaxing scalp and foot massage, allowing you to fully unwind and rejuvenate.

ROSEWOOD RESTORE WRAP

75 Min | **R1190** per person

This 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 | **R1190** per person

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.



ENHANCEMENTS

Elevate your journey with an exclusive selection of targeted add-ons, designed to seamlessly complement any facial or body ritual. Your therapist will be happy to recommend the enhancements best suited to your treatment..

SAUNA	15 Min	R350 per person
SCALP MASSAGE	15 Min	R190 per person
OXYGEN SKIN BOOST	15 Min	R590 per person
OXYGEN ENERGY BOOST	15 Min	R350 per person
PRESSURE POINT FOOT MASSAGE	30 Min	R350 per person
CBD BALM		R350 per person
HOT STONES		R290 per person



PERSONAL CARE & APPEARANCE

Discover the beauty of life's little luxuries, from expert waxing to perfectly defined tinting. These essential treatments are designed to leave you feeling polished, refreshed, and effortlessly confident, every single day.

BROW TINT	R110	BROW WAX	R110
LASH TINT	R110	LIP WAX	R110
CHIN WAX	R110	HALF LEG WAX	R450
UNDERARM WAX	R150	FULL LEG WAX	R550
STANDARD BIKINI WAX	R390	G-STRING WAX	R450
BRAZILIAN WAX	R490	HOLLYWOOD WAX	R590

HANDS & FEET

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

CLASSIC MANICURE	60 Min	R690	CLASSIC PEDICURE	60 Min	R890
GEL MANICURE	60 Min	R750	GEL PEDICURE	60 Min	R950
SOAK OFF	30 Min	R490	DELUXE PEDICURE	75 Min	R1090
FRENCH PAINT ADD-ON	15 Min	R450			

SPA ETIQUETTE

APPOINTMENT ARRIVAL

Please arrive at least 20 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 mobile 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 5008
063 174 4910 (WhatsApp)
spa@winchester.co.za
www.newmarkhotels.com

221 Beach Rd, Sea Point, Cape Town, 8005

MCMXXVIII

THE WINCHESTER
BOUTIQUE HOTEL
BY
NEWMARK

Prices are subject to change without prior notice. Prices are quoted in South African Rand (ZAR).
All prices are quoted per person, per treatment, unless otherwise specified.