



# sanctuaryspa

at the twelve apostles hotel

## OPENING HOURS

**SUMMER MONTHS** (1 OCTOBER 2009 - 31 MAY 2010)

MONDAY to SUNDAY

08:00 - 20:00

**WINTER MONTHS** (1 JUNE 2010 - 30 SEPTEMBER 2010)

MONDAY to SUNDAY

09:00 - 20:00

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The Twelve Apostles Hotel and Spa, Victoria Rd, Camps Bay

[www.12apostleshotel.com](http://www.12apostleshotel.com)

**SANCTUARY POLICY** Please arrive 15 minutes prior to your appointment • Reservations: Booking prior to arrival is recommended to secure treatments • Credit Card number is required at time of booking • 5 hours advance notice is required for cancellations or rescheduling, after which 50% of the treatment(s) will be charged for • Late arrivals will have their treatment times reduced accordingly • Prices are subject to change without notice • Cell phones to be turned off upon arrival • Management and staff are not liable for loss or damage to personal property - Please leave valuables at home • Treatments and Packages are non-refundable, non-transferable and may not be exchanged for other treatments or products • Gift vouchers are valid for treatments only and will not be exchanged for products or cash • Treatments are only available to persons 16 years and older.



*Wellness for  
Nature*

PLEASE CONSIDER THE  
ENVIRONMENT BEFORE  
PRINTING THIS

## 2010 Electronic Pricelist



## ADVANCED FACIALS

### ELEMIS ADVANCED ANTI-AGEING FACIALS

EACH SUPERIOR TREATMENT IS ENHANCED BY A LUXURIOUS HAND AND ARM MASSAGE AND DESTRESS SCALP TREATMENT. TREATMENT INCLUDES A COMPLIMENTARY EYEBROW SHAPE AND LIP WAX.

#### **ELEMIS VISIBLE BRILLIANCE FACIAL** - 75 Minutes R725

This Anti-Ageing facial instantly firms, rejuvenates and plumps up the skin, whilst reducing any dark circles around eye contours.

#### **ELEMIS OXYGEN SKIN CALM FACIAL** - 75 Minutes R725

Gentle massage techniques combined with a calming, restructuring **Japanese Silk Mask** help to rebalance delicate, fragile and sensitive skins.

#### **PRO COLLAGEN QUARTZ LIFT FACIAL** - 75 Minutes R725

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted more youthful looking appearance.

## ADVANCED PRESCRIPTIVE FACIALS

#### **ELEMIS ABSOLUTE SPA RITUAL** - 115 Minutes R1145

One of the unique **Elemis Advanced Anti-Ageing Facials** combined with the powerful effects of the **Elemis Deep Tissue Muscle Massage**. For dramatic results instantly.

#### **COOLING HOT STONE BODY TREATMENT AND FACIAL** - 90 Minutes R920

Pure body indulgence with exceptional anti-ageing facial results.

In just 90 minutes your Elemis therapist will customise a unique **Elemis Ice-Cool Thermal Muscle Massage** to your specific problem areas alleviating stress and easing aching muscles. You will then receive an **Intensive Anti-ageing Booster Facial** that will smooth out any wrinkles and restore your youthful radiance.

#### **ELEMIS TRI-ENZYME RESURFACING FACIAL** - 75 Minutes R780

Peel away the years safely and effectively and improve the skin's smoothness by up to 91%. It stimulates cell renewal and decreases the appearance of fine lines, wrinkles, acne, facial scarring and uneven pigmentation. This facial boosts the skins natural exfoliation process.

## ELEMIS SKIN SPECIFIC FACIALS FOR MEN AND WOMEN

### ELEMIS UNISEX FACIALS

#### **ELEMIS FRUIT ACTIVE GLOW** - 60 Minutes R660

This facial will bring back the glow to tired, dull and lifeless complexions. The skin is deeply cleansed and stimulated by specialised Eastern massage techniques, whilst powerful skin conditioning actives nourish and renewal vital radiance.

#### **ELEMIS EXOTIC MOISTURE DEW** - 60 Minutes R660

For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.

#### **ELEMIS TASTER FACIAL** - 30 Minutes R430

Experience a taste of the world-renowned **Elemis Facials**, as well as an excellent pre-make-up facial for that very special occasion. This introductory facial gives dull and lifeless skin a quick and instant pick-me-up.

#### **SPA TASTER** - 60 Minutes R690

Start this mini treat with quick and instant pick-me-up Taster Facial for dull, lifeless skin. The perfect way to experience a taste of the world renowned **Elemis Facials**, and continue with a 30 minute back, neck and shoulder Massage.

## SKIN INTELLIGENCE FOR MEN

#### **ELEMIS SKIN IQ FACIAL** - 75 Minutes R690

Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for male skin.

#### **ELEMIS URBAN CLEANSE FACIAL** - 75 Minutes R690

This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.

#### **ELEMIS TOTAL TIME OUT** - 115 Minutes R1145

Achieve the ultimate goal for complete skin, body and lifestyle management.

Select either the **Elemis Skin IQ** or the **Elemis Urban Cleanse** power-packed facials and combine it with the dynamic and immediate relief of the **Elemis Deep Tissue Muscle Massage**.

# FACIALS



ALL FACIALS CAN BE **UPGRADED** TO BE ENJOYED IN OUR BREATHTAKING GAZEBOS **DEPENDING ON AVAILABILITY** - ADD R150.

## DERMALOGICA FACIALS FOR MEN AND WOMEN

### ESSENTIAL FACIALS

#### **AROMATIC FACIAL** - 60 Minutes R540

A basic cleansing facial with the added benefits of Aromatherapy Essential Oils, makes this facial unforgettable, leaving the skin hydrated and deep cleansed.

#### **PROBLEMATIC SKIN - MEDIBAC CLEARING TREATMENT** - 60 Minutes R590

Sensitive (Acneic) skin types require extra care and specialised ingredients to address seriously evident concerns such as: acneic break outs, black heads and irritated skin leaving the skin visibly disinfected, wonderfully alleviated and decongested.

#### **MEN'S EXCLUSIVE SKINCARE TREATMENT** - 60 Minutes R590

This deep cleansing treatment takes factors such as shaving habits into account to prevent ingrown hairs and other skin problems unique to men, leaving the skin revitalised.

### ADVANCED PRESCRIPTIVE FACIALS

#### **AGE SMART** - 75 Minutes R650

Counteract the ageing process with a proven-effective, replenishes the skin while combating the signs of ageing. This luxurious treatment improves elasticity and texture, improving the skin's oxygenation and suppleness while reducing signs of ageing.

#### **CHROMAWHITE** - 75 Minutes R650

Accelerate brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment. This highly effective treatment minimises the appearance of sun and age spots, smoothing fine lines and shielding skin against further environmental damage.

#### **SENSITISED** - 75 Minutes R650

Sensitive skin treatment using environmental control system for repairing and soothing sensitised or stressed skin. This healing and immensely calming treatment is completed with a special masque that will instantly calm and heal the skin.

## SPECIALISED EYE TREATMENTS



THESE TWO TREATMENTS CAN BE ADDED ON TO ANY TREATMENT INCLUDING FACIALS AND WRAPS.

### FOR PUFFINESS AND DARK CIRCLES

#### **MULTIVITAMIN POWER FIRM** - R165

This eye mask treatment soothes, cools and decongests the fragile eye area visibly reducing puffiness and dark circles, rendering your eyes visibly rejuvenated.

### FOR LINES AND WRINKLES

#### **POWER RICH** - R165

Treat your eye area to visible rejuvenation. Instantly smooth the appearance of fine lines and rejuvenate the eye contour, for long term results.



EACH MASSAGE ENDS OFF WITH THE SOUND OF THE TINGSHA BELLS. THE STRIKING SOUND HAS THE ABILITY TO CALL ONE FORTH AS WELL AS CLEARING ANY DISTURBING ENERGIES IN THE MOMENT - BRINGING CLARITY AND SPACIOUSNESS INTO ANY SPACE.

## **SWEDISH** - 60 or 90 Minutes R620/R790

The world famous, medium-pressured muscle relaxing massage.

## **HAIR AND SCALP THERAPY** - 30 Minutes R350

A hair and scalp treatment that combines the power of touch and smell to relax and restore the body and encourage a healthy scalp. This stress reducing treatment will soothe and relax the scalp whilst combating the effects of stress and tension. This treatment incorporates 2 techniques - Hair Pulling which releases endorphins thus combating migraines and headaches, as well as an Indian head massage technique to stimulate the circulation and to encourage healthy shiny hair.

## **JET-LAG MASSAGE** - 60 Minutes R620

Flying takes its toll on the skin and the muscles. It is common for derma to become dehydrated and to experience stiffness in the muscles. At the Sanctuary Spa we have designed a specific massage to relieve these post-flight maladies. During this massage session we use specialised techniques to relieve any bloating, fatigue and muscle ache. The massage also encourages the movement of fluid from areas where it may collect to flow evenly through the body.

## **AROMATHERAPY** - 60 or 90 Minutes R620/R790

A holistic treatment, that works towards physical and emotional effects. Aromatherapy essences are absorbed by your skin and inhaled through your nose creating a deeper and longer lasting effect on your whole self. Combining the relaxing effects of touch and smell to ease body and mind.

## **THERAPEUTIC MASSAGE** - 45 or 60 Minutes R610/R670

A specialised deep pressure massages combining different techniques to focus on areas of concern.

## **DEEP TISSUE MASSAGE** - 60 Minutes R690

Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders. Also known as acupressure, a finger pressure massage, giving you an instant deep muscle and tissue relaxation.

## **BACK, NECK, HEAD AND SHOULDER MASSAGE** - 30 or 45 Minutes R420/R495

This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back. Stones are then bathed in warm water, anointed with spicy, sensual aromas and then placed on key energy points of the body stimulating circulation.

## **ELEMIS AROMA LASTONE MASSAGE** - 60 or 90 Minutes R760/R860

This hot stone massage is a unique connection with nature offering a sense of profound peace and sacredness that we don't experience enough. It offers healing and a unique moment that enhances our awareness and brings us closer to our true essence.

Creating sensations of comfort and warmth, the direct heat of the stones relaxes the muscles allowing for manipulation of a greater intensity than with regular massage. This experience harnesses ancient healing powers for a completely new body experience.

## **THAI YOGA MASSAGE** - 2 Hours R1190

To guide the body, mind, and spirit into balance and harmony, providing an opportunity for self-healing. The technique includes rocking, rhythmic muscle compression, assisted yoga positions and stretching. A total body therapy that is both relaxing and deeply releasing on many levels.

## **BELLABACI MASSAGE** - 75 Minutes R810

Amazing health and beauty benefits without surgery.

A modern treatment based on ancient cupping therapy that achieves amazing medical and therapeutic results including reducing cellulite, improving blood circulation and safely releasing toxins and inflammation from the body. Cupping therapy is thousands of years old and has been used in China, Greece, Egypt and Russia to great effect. This massage always leaves the body warm and tingling.

## **BAMBOO MASSAGE** - 60 Minutes R790

A body, face and limb massage that incorporates bamboo stalks of varying lengths and diameters to simultaneously provide drainage, relaxation and reshaping. Bamboo is a symbol for suppleness, resilience, straightforwardness and simplicity which satisfies two major needs - relaxation and well-being.

## **LYMPH DRAINAGE** - 60 Minutes R690

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 is removed. This boosts the immune system, cleans the tissues, clears blockages, removes toxins, transports nutrients and increases blood flow and metabolism. Lymph draining can improve one's health and promote general well-being.

## **REFLEXOLOGY** - 45 Minutes R610

The age old tradition of massaging the feet with pressure point stimulation, known as reflexology. The feet are divided into zones that represent the whole body. Massaging nerve endings located in the soles of the feet triggers off a response in the body. Thorough stimulation of all reflex areas of the feet reduces stress and tension and stimulates a healing process in the recipient's body.

# PREMIUM TREATMENTS

## SANCTUARY PREMIUM TREATMENT

### MOONLIGHT TREATMENT - 3 Hours R2500

LOSE YOURSELF IN THE BREATHTAKING VIEWS OF THE TWELVE APOSTLES MOUNTAIN RANGE AND THE ATLANTIC OCEAN AS YOU AND YOUR PARTNER EXPERIENCE DECADENT REVITALISATION IN OUR OUTDOOR GAZEBOS.

Start off this premium experience with a glass of tantalising sparkling wine, succulent fruit and a delicious picnic basket whilst enjoying the breathtaking views. Continue with our **Welcome Touch** starting with the feet, hands and scalp. The experience is finished off with our **Aroma LaStone Massage**, harnessing ancient healing powers for a complete new-body experience.

#### \* WEATHER PERMITTING

THE EXPERIENCE LASTS 3 HOURS STARTING AT 19:00 FROM COLLECTION AT THE SANCTUARY SPA. DEPARTURE FOR THE SPA WILL BE AT 22:30.

## SANCTUARY SIGNATURE TREATMENTS

### AFRICAN SIGNATURE JOURNEY - 90 Minutes R1090

This journey combines the techniques of an **African Face and Scalp Massage**, **Hot Stone Massage** as well as **Aromatherapy**. This unique treatment promotes circulation, eases tension and relaxes tired muscles so you can drift away effortlessly in a deep, carefree sleep, in a truly African environment using uniquely African products.

The **African Face Massage** is a natural 'face lift' which works with the facial muscles to increase their natural elasticity and reduce lines and wrinkles caused by stress. At the same time the **African Head Massage** relieves areas of mental stress and emotional fatigue. During the **Hot Stone Massage**, heat from the stones is released increasing blood flow while specific problem areas can be worked on with more detail or deeper pressure. By improving circulation, nervous tension is soothed, which in turn improves memory and thought. African instruments are used to begin and end your treatment to add an aurally-African dimension to your whole experience.

### THE JOURNEY OF NATURE (UHAMBO LWENDALO) BY SANCTUARY - 90 Minutes R1090

Based the four natural elements of earth, fire, water and air. The four elements have been used to describe our relationship with internal and external energies. Understanding these cycles and how they play out in our life and in our body can bring us into a closer relationship with ourselves and the world around us, giving understanding as to how nature plays a role in our life and well-being. **The Journey of Nature by Sanctuary** was designed to attain deep relaxation and harness the power of the body, mind and soul.

This soul journey starts with a **Traditional Foot and Scalp Ritual** (Water) along with a **Crystal Massage** (Fire and Earth). It's a unique whole-body experience where indigenous oils are used to pamper the body whilst negative energy is released by aligning the body's chakras with strategic crystal placement.

As your treatment commences, breathing techniques are used to ease you into the treatment, while **Flowing Massage Techniques** (Air) target specific problem areas, healing and comforting the body by releasing tension. The **Scalp Massage** will soothe all senses as you float away in a deep, relaxing sleep. A **Foot Ritual** (Fire) using heated stones ends off **The Touch** with the sound of the Tingsha bells bringing back harmony, clarity and peace to your mind. Ease out of this journey in our Tranquillity Room where you can enjoy a herbal tea (Water).

### MOYA CRYSTAL - 75 Minutes R790

A whole body treatment that is proudly South African from the healing indigenous oils used, to the energy of the crystals mined locally.

The treatment begins with an invigorating full body **Ayurvedic Salt Rub** with specifically formulated essential oil blends, followed by a **Full Body Massage** with warm crystals and **Facial Drainage** with cool crystals that balance and re-energise. Breath-work is practised to calm and soothe before the massage, then there is the placement of crystals on the 7 major chakras, incorporating both crystal healing and colour therapy to balance energies and restore well-being. The body is then massaged with warm tigers-eye crystals using a blend of **Moya** oils specifically formulated for the client. This is followed by a **Stress-Relieving Massage** on the décolleté, **Crystal Face Drainage** and a **Hair and Scalp Treatment**. A gentle yet effective **Back Massage** includes placing the crystals on the 7 chakras again. Feet are treated with **Crystal Foot Drainage**. One leaves feeling cleansed and energised following the **Moya Crystal Massage** - a rare treat indeed.

### THE SANCTUARY ESCAPE BY ELEMIS - 90 Minutes R1090

**The Sanctuary Signature Escape by Elemis** was designed to achieve deep relaxation, harnessing the power of facial and body massage by employing stones along with Hawaiian Lomi. Lomi moves to bring you a world first. Gentle body brushing and the traditional **Elemis Welcome Touch** precede the **Full Body Massage and Facial**. Stones are bathed in warm water, anointed with spicy, sensual aromas of the Orient and then placed on the key energy points of the body to bring about harmony.

# BODY TREATMENTS

## **RASUL** - 45 Minutes R390

THE RASUL RITUAL, INSPIRED BY THE CLEANSING RITUALS OF THE ANCIENT HAREMS, PURIFIES AND DECONGESTS WHILST GIVING ONE TIME TO REFLECT IN AN ATMOSPHERE OF CALM AND RELAXATION.

The treatment starts with the application of a **Moya Lanyana Salt Scrub**, followed by the application of clay based mud. The **Moya Rasul Mud** is enriched with Cape Fynbos essential oils which are nourishing, hydrating and detoxifying. Sit back, relax and inhale the **Moya Essential Oils** and clear the mind. After the 15 minutes of steam a 'soft rain' will rinse away the mud and cleanse your soul. In order to optimise this experience, we would recommend enjoying it with a partner.

## **SALT GLOW** - 30 Minutes R370

This **Moya Full Body Salt Scrub** is an invigorating and cleansing treatment that leaves the whole body soft, smooth and radiant. Ending off with unique creams to re-energise and restore the body.

## **AROMATHERM** - 90 Minutes R720

A next-generation spa utility that incorporates a full body exfoliation followed by a **Moya Body Wrap** of your choice. The experience is finished off with a nourishing **Milk Bath**.

## **HYDROTHERAPY POOL FACILITIES** - R300

Includes a brine flotation pool, heated-jet pool, cold plunge-pool and a sauna. All enhanced by a variety of refreshments from the health buffet.

# MOYA BATHING RITUALS

SINCE ANCIENT TIMES WATER AND BATHING HAVE HELD A SPECIAL PLACE IN THE RITUALS OF THE HUMAN RACE. DESIGNED TO CLEANSE THE SKIN AND CLEAR THE MIND - THE BEST WAY TO SOAK AWAY TENSION AND FATIGUE.

LIE BACK IN THE WARM WATERS OF THE BATH WHILST HIGH-POWERED WATER JETS SOAK AWAY ALL TENSION AND WORRIES, CONTINUING WITH A BACK MASSAGE RELIEVING AREAS OF TENSION, CONCENTRATING ON THE HEAD, SHOULDERS, UPPER AND LOWER BACK - LEAVING YOU FEELING FRESH, LIGHTER AND REJUVENATED.

## **EUPHORIC MILK BATH** - 60 Minutes R510

The most decadent and delicious **Moya Bath Experience**. Bathe in milk and let the magic of Cape May Oils dissolve jet lag and fatigue. This bath will leave you relaxed yet energised.

## **BLISSFUL BATH** - 60 Minutes R510

With the potent properties of Cape Chamomile this bath is sure to release tension and melt away any stress that has accumulated. Not only will the aromatic fragrance of oils in your hot bath soothe you, they will absorb into your skin and release your worries, leaving you calm and peaceful.

# BODY WRAPS

BODY WRAPS BOAST A NUMBER OF BENEFITS FROM INCREASED CIRCULATION AND SMOOTHER SKIN, TO DETOXIFICATION AND RELAXATION. AROMATHERAPY OILS, WITH INDIVIDUAL HEALING PROPERTIES ARE ADDED TO THE ORGANICALLY-BASED GEL WRAP TO MATCH THE CLIENT'S INDIVIDUAL CONCERNS.

THE TREATMENT COMMENCES WITH A FULL BODY SNOWBUSH SALT SCRUB - AN INVIGORATING AND CLEANSING TREATMENT THAT LEAVES THE WHOLE BODY SOFT, SMOOTH AND RADIANT. IT IS FOLLOWED BY THE APPLICATION OF THE WRAP THAT IS MOST SUITABLE FOR YOU. RELAX WITH A SCALP AND FACE MASSAGE WHILE THE WRAP PERMEATES YOUR SKIN. CONTINUE WITH A 30 MINUTE BELLABACI MASSAGE - A MODERN TREATMENT BASED ON ANCIENT CUPPING THERAPY THAT ACHIEVES AMAZING MEDICAL AND THERAPEUTIC RESULTS INCLUDING REDUCING CELLULITE, IMPROVING BLOOD CIRCULATION AND SAFELY RELEASING TOXINS AND INFLAMMATION FROM THE BODY.

## **CAPE TREATMENT** - 60 Minutes R610

A unique slimming and anti-cellulite treatment utilising Cape Snowbush and Cape May extracts. The treatment focuses on areas of the body that are difficult to reshape, even after weight loss. It has been designed to reduce stubborn fatty deposits, improve the circulation in areas of cellulite, detoxify the skin and improve its texture and tone.

## **BUCHU WRAP** - 60 Minutes R610

Active Buchu extracts detoxify and restore the body. This wrap has been designed to accelerate the removal of foreign chemicals and to decrease the damaging effect of free radicals. This treatment is suitable for all types of skin, especially dry skin.

## **RESTORE WRAP** - 60 Minutes R610

With Cape Chamomile this wrap soothes and relieves troubled skin. This treatment has been designed to free-up the mind and ease the stresses and strains of an emotionally demanding lifestyle. This is an excellent treatment for prematurely aged skin that is dehydrated and has poor regeneration ability.

## **ZINZIBA WRAP** - 60 Minutes R610

An organically-based, anti-ageing wrap that treats dry skin. This luxurious treatment aims to moisturise, firm, tone and improve oxygenation of the skin. It is followed by an exclusive Bellabaci massage which promotes relaxation. It is an excellent treatment for tired, dull and dry skin.

## **DEFENSE WRAP** - 60 Minutes R610

Uniquely formulated from Cape Lavender and Lanyana to help boost the body's immune system. This intensive body treatment has been developed to bring both physical and emotional benefits to the client. Excellent for hormone function, as an immune booster and for improved circulation.

# ELEMIS AROMA SPA OCEAN WRAPS

SEAWEED WRAP TREATMENTS DETOXIFY AND DEEP-CLEANSE THE BODY INSIDE AND OUT. LET YOUR THOUGHTS DRIFT AWAY WHILST YOU ARE COCOONED IN A COMFORTING FOIL WRAP AND TREATED TO A PRESSURE POINT FACIAL MASSAGE AND DE-STRESS SCALP TREATMENT. CHOOSE FROM EITHER MUSCLE EASE OR CELLUTOX WRAPS. FOR THE ULTIMATE RESULT WE ADVISE YOU TO DO THESE TREATMENTS IN COMBINATION WITH A BELLABACI MASSAGE.

## **MUSCLE EASE AROMA SPA OCEAN WRAP** - 75 Minutes R690

A warming blend of pine and rosemary helps ease the pains of rheumatism, arthritis and fatigue.

## **CELLUTOX AROMA SPA OCEAN WRAP** - 75 Minutes R690

A detoxifying blend of juniper and lemon which decongests and stimulates the body's lymphatic system. It improves the dimpled appearance of cellulite and reduces fluid retention.

## **EXOTIC LIME AND GINGER SALT GLOW** - 30 Minutes R430

A deep cleansing treatment to polish and soften the skin to perfection. Exotic Island Flower Body Lotion leaves the skin glowing, vibrant, replenished and flawless.

# SANCTUARY PACKAGE TREATMENTS



ALL PACKAGE TREATMENTS CAN BE **UPGRADED** TO BE ENJOYED IN OUR BREATHTAKING GAZEBOS **DEPENDING ON AVAILABILITY** - ADD R150.

(ONLY AVAILABLE MONDAY TO THURSDAY)

## SERENITY - 2 Hours 30 Minutes R1720

Switch off from the outside world and allow yourself a well-deserved break. Start the journey in a **Moya Blissful Bath** filled with exhilarating fragrances to relax your mind and body. Then experience the healing power of a **Hot Stone Massage** offering a sense of profound sacredness. After a spa lunch, touch paradise with a **Head Massage** incorporating the curative properties of warm botanical elements. Emerge with renewed vitality.

## ELEMIS SECRET INDULGENCE - 2 Hours 30 Minutes R1690

An exotic lime and ginger salt scrub will leave your skin soft and vibrant. Continue your day of indulgence with the **Elemis Absolute Spa Ritual** combining the unique **Advanced Anti-ageing Facials** with a **Deep Tissue Massage** to ease away all the tension.

\*Treatment includes lunch and a cocktail at The Twelve Apostles Hotel.

## MEN'S EXECUTIVE PACKAGE - 3 Hours R1650

For total relaxation and grooming, this package is tailored for the modern day man with the **Elemis Skin IQ** or **Urban Cleanse** power-packed facial combined with the dynamic and immediate relief of the **Deep Tissue Muscle Massage**. Total Time Out! Add the final touches with a mini manicure and mini pedicure.

\*Treatment includes lunch and a cocktail at The Twelve Apostles Hotel.

## UNWIND IN YOUR OWN TIME - 4 Hours R2150

Start off your experience by unwinding in the underground hydrotherapy area, which includes the heated jet pool, cold plunge pool and the brine flotation pool. And continue with an **Aromatherapy Massage** wrapped up with a **Pro-active Facial** treatment and **Moya** manicure and pedicure.

\*Treatment includes lunch and a cocktail at The Twelve Apostles Hotel.

## JOURNEY THROUGH PARADISE - 2 Hours 30 Minutes R1520

Start your day with a **Salt Glow Scrub** that will leave your skin revitalised and glowing, followed by a **Dermalogica Aromatic Facial** that gives your skin a vibrant glow and end off the day with a nourishing paraffin pedicure that will leave your feet flawless for those summer days.

\*Treatment includes lunch and a cocktail at The Twelve Apostles Hotel.

# SANCTUARY COUPLE'S PACKAGES

## DINNER FOR TWO - 2 Hours 15 Minutes R2570 (PER COUPLE)

Treat yourself and that someone special to a day of luxury and pampering in our double room. **A Back, Neck and Shoulder Massage**, followed by an **Elemis Skin Specific Facial** will leave you both feeling and looking completely renewed. End off an afternoon of pleasure with a superb 3-course dinner at The Twelve Apostles Hotel's Azure Restaurant.

## OUTDOOR BLISS PACKAGE - 2 Hours R2270 (PER COUPLE)

Spoil yourself and that special person with this unique experience that includes a **Rasul Mud Bath**, a multi-sensory experience that will leave you feeling calm and rejuvenated then lose yourself in the breathtaking views of the Twelve Apostles Mountain range and the Atlantic Ocean in our outdoor gazebos as you and a partner enjoy an hour long **Swedish Massage** and a bottle of bubbly.

\*Weather Permitting - Optional to have the treatment in our double treatment rooms in the spa.

## SHARE THE EXPERIENCE - 60 Minutes R1970 (PER COUPLE)

This is an ideal treatment that all couples can experience together. Indulge your loved one with an afternoon or evening of unsurpassed luxury and pampering. A side-by-side massage in one of our breathtaking gazebos, ending with a 2 course spa lunch/dinner exclusively prepared for you.

## BUBBLES AND MUD - 60 Minutes R750 (PER COUPLE)

Enjoy this fun treatment combining steam, mud and water to relax and stimulate the muscles, a self treatment where you apply different types of mud to the body, then lay back and enjoy. Continue this journey with a bottle of bubbly in our exquisite rock pools.

# PREGNANCY PACKAGE

## MOYA PREGNANCY PACKAGE - 90 Minutes R990

A CHOICE OF ANY THREE OUT OF OUR FIVE PREGNANCY EXPERIENCE TREATMENTS, EACH LASTING THIRTY MINUTES TO MAKE UP ONE HOUR AND THIRTY MINUTES OF PURE INDULGENCE. MAKE A CHOICE ON THE DAY TO SUIT THE PHYSICAL DEMANDS OF YOUR BODY.

### 1 MOYA MINI- PEDICURE EXPERIENCE (INCL. NAIL VARNISH)

A mini-pedicure to nourish and maintain well-groomed feet throughout pregnancy.

### 2 MOYA MINI-MANICURE EXPERIENCE (EXCL. NAIL VARNISH)

A relaxing, calming and soothing treatment for the hands to maintain their well groomed appearance throughout pregnancy.

### 3 MOYA RELAXING BACK EXPERIENCE

A combination of massage techniques to ease back aches and muscle tension with gentle flowing movements. Beginning with **Moya Massage Butter**, which calms and soothes the senses.

### 4 MOYA TENSION ALLEVIATING HEAD EXPERIENCE

A deeply relaxing head massage to de-stress the scalp, including specialised lymph drainage to improve the radiance of the face. Whilst the **Moya Pregnancy Head Treatment Oil** nourishes the hair and scalp

### 5 MOYA FOOT EXPERIENCE

A relaxing and soothing foot massage to alleviate swollen and painful feet, leaving you ready to face another day. The **Moya Refreshing Foot Gel** is a must, leaving your feet feeling brand new.

## SPA ESSENTIALS

### SANCTUARY NAIL LOUNGE

WE PRIDE OURSELVES ON OUR MANICURE AND PEDICURE TECHNIQUES. THESE CLASSIC TREATMENTS START WITH A TENDER EXFOLIATION AND SOAKING AS WE THOROUGHLY CLEANSE, GROOM AND RESTORE THE CONDITION OF THE HANDS AND FEET. NAIL SHAPING, CUTICLE CARE AND MOISTURISING ARE FOLLOWED BY A TRANQUIL HOT STONE MASSAGE AND PARAFFIN WAX THAT LEAVES THE SKIN SOFT, NOURISHED AND POLISHED TO PERFECTION.

CLASSIC MANICURE - 60 Minutes	R310
CLASSIC PEDICURE - 60 Minutes	R410
VARNISH (EXCL. PARAFFIN) - 30 Minutes	R210

THESE TREATMENTS CAN BE **UPGRADED** TO BE ENJOYED IN OUR BREATHTAKING GAZEBOS **DEPENDING ON AVAILABILITY** - ADD R150.

### WAXING (15 - 90 minutes)

FULL LEG (INCL BIKINI)	R250
THREE-QUARTER LEG	R180
HALF LEG	R130
UNDERARM	R100
STANDARD BIKINI	R150
G-STRING	R250
BRAZILIAN	R350
HOLLYWOOD	R390
FULL BACK	R150
HALF BACK	R110
FULL ARM	R110
HALF ARM	R95
FACIAL	R90
LIP/CHIN	R80

### EXTRAS

LASH TINT AND BROW TINT	R110
BROW SHAPING	R80

# TEEN TREATMENTS

TREATMENTS ONLY AVAILABLE TO PERSONS 12 TO 17 YEARS OLD

## WHY TEEN TREATMENTS?

HEALTH AND BEAUTY PLAY AN ESSENTIAL ROLE IN OUR INCREASINGLY FAST PACED WORLD. REGARDLESS OF AGE OR GENDER, THE BENEFITS OF RESPECTING OUR BODIES EXTEND BEYOND PURE AESTHETICS. RELAXING, DETOXIFYING AND PURIFYING TREATMENTS ASSIST THE MIND AND BODY TO ACHIEVE A BALANCED STATE, THEREBY ENABLING OPTIMUM PERFORMANCE IN DAILY LIFE, AS WELL AS IMPROVING SELF-CONFIDENCE.

IT IS FOR THIS REASON THAT THE SANCTUARY SPA HAS DESIGNED A TREATMENT LIST SPECIFICALLY FOR YOUTHS. YOUNGER SKIN REQUIRES SPECIALISED ATTENTION, SINCE IT IS AT SUCH AN ACTIVE STAGE OF DEVELOPMENT AND REACTS ADVERSELY TO OVER-STIMULATION. USING THE APPROPRIATE PRODUCTS, TECHNIQUES AND COMBINATIONS, SANCTUARY SPA IS ABLE TO OFFER THE LATEST IN BEAUTY TREATMENTS THAT HONOURS YOUTH.

## TEEN MESSAGES

### **GONE TO HEAVEN MASSAGE** - 45 minutes R350

Let go of your school stresses with our Swedish massage... 45 minutes of real relaxation will transport you to cloud nine.

### **AROMATHERAPY MASSAGE** - 45 minutes R370

This tailor-made aromatherapy oil for teens ensures any niggling worries are a thing of the past.

### **BACK AND FOOT FETISH MASSAGE** - 45 minutes R350

Pure pampering is a necessity, so lavish attention on your feet and back to feel real pleasure.

### **OFF THE PITCH SPORTS MASSAGE** - 45 minutes R370

Go from zero to hero after a tough day on the sports field with this relaxing and rejuvenating deep pressure massage.

### **REFLEXOLOGY MASSAGE** - 30 minutes R390

Pinpoint the problem with reflexology, which allows you to heal specific areas of discomfort through points in your hands and feet.

### **HEAD FIRST** - 30 minutes R320

Soothe and relax the scalp with this treatment that makes hair grow faster and more healthily, and leaves you feeling bright and energised.

### **BACK TO BEAUTY MASSAGE** - 30 minutes R320

Problem skin, common to the chest and back, is treated with a cleansing exfoliation that brings a healthy, smooth appearance to your back.

## TEEN FACIALS

### **FOUR STEPS CLOSER TO FAME FACIAL** - 60 minutes R390

Let the star within you shine by giving your skin what it needs to look at its best. A four step facial cleanses, tones and exfoliates your skin to eliminate impurities and balance your pH levels; finishing with a nourishing or purifying mask to leave your face feeling as fresh as fame.

### **SKIN COACH FACIAL (FOR THE BOYS)** - 45 minutes R330

An all-male treatment, this facial cuts straight to the point - sorting out any skin complaints by focusing on ridding the skin of impurities to leave it cleaner and clearer.

# TEEN BODY THERAPY

THIS 60 MINUTE BODY TREATMENT INCLUDES A FULL BODY EXFOLIATION, BODY WRAP, SCALP MASSAGE AND BODY MOISTURISATION. CHOOSE THE WRAP BEST SUITED TO YOUR BODY:

**CELLULITE SABOTAGE** - 60 minutes R300

Smooth out unwanted bumps by ridding your body of the toxins that cause cellulite. Moya's Buchu wrap will detoxify and restore your contours to firmness.

**SKIN DEEP** - 60 minutes R300

Restore and revive with this soothing wrap; perfect for eczema, sunburn and sensitive skin.

**QUENCHING QUEEN** - 60 minutes R300

Moisturise dry skin with our Moya Zinziba body wrap. Through ultimate hydration, your skin will feel soft, supple and beautifully smooth.

**FLU FIGHTER** - 60 minutes R300

Boost your immune system with our Moya Defense wrap. This Cape Lavender and Lanyana fusion will help your body to fight any signs of a cold.

**MISS MOODY** - 60 minutes R300

The hormone balancing properties of the Cape Geranium extract wrap will allow you to keep PMS at bay.

# TEEN PACKAGES

**SISTA BLISS** - 2 hours R1220 (TWO TEENAGERS)

Get groomed while you gossip. Share a full facial, suited to your skin types plus a pampering pedicure, with your favourite friend.

**ME & MOM/DAD** - 3 hours R1750

Enjoy a Four Steps Closer To Fame Facial, while mom (or dad) receives a pampering Swedish massage. Connect afterwards for a side-by-side pedicure and spa lunch.

**MINI MAKEOVER** - 75 minutes R510

This top to toe session will leave you effortlessly groomed. With a three-step facial to clean up your skin, a mini manicure and mini pedicure to buff up those nails and a half leg wax to ensure that silky smooth finish, you'll leave feeling fashionably fresh in just over an hour.

**HOLIDAY SPARKLE** - 75 minutes R390

School's out and it's time to get noticed with a mini manicure and mini pedicure in your choice of colour, along with a brow pluck and eyelash tint. You'll be left looking glam and feeling ready to paint the town red.

# TEEN SPA ESSENTIALS

**DANCING FEET PEDI** - 60 minutes R210

This pampering session will soothe, spruce up and polish your feet by exfoliating dead skin cells, softening cuticles and shining up the nails, to make sure your feet have all the right moves.

**MILLIONAIRE'S MANICURE** - 60 minutes R210

Give your hands the dazzle they deserve with a nourishing manicure to soften your cuticles, moisturise your skin, and buff up those nails to leave you looking like a million dollars!

## WAXING

BROW SHAPING	R40
LIP/ CHIN	R35
HALF LEG	R85
UNDER ARM	R45

## TINTS

LASH TINT	R25
BROW TINT	R25