Leave the city behind. Come back to yourself.

Warmth, water and thoughtful care. A place where the details are taken care of, and time is yours again.



A sanctuary of warmth, water and stillness.

A limited number of guests. By reservation only.

A visit is more than an appointment.
It is a journey.

I / Arrival

A welcome refreshment awaits. Your robe, slippers and towels are ready. Set your phone aside and leave the city behind.

II / Warmth

Begin in the split-level Finnish sauna. Or choose infrared warmth and the enveloping mist of the steam room.

III / Water

Refresh and unwind in the whirlpool and warm foot bath. With The Journey, continue with a thoughtful hammam ritual.

IV / Rest

Between rounds, settle into The Hearth by the fire or The Loft with a book. Always at your own pace.

V / Closing

Tea, a light bite and, if you wish, one of our Tables. Time to bring your experience to an unhurried close.

Two ways to let go.

The Ritual

Up to four hours at your own pace between sauna, infrared, steam and whirlpool. Pause by the fire or in The Loft.

A welcome refreshment, tea, a light bite, robe, slippers and towels included.

The Journey

Everything in The Ritual, enriched with scalp and hair care, a traditional hammam scrub and a nourishing foot treatment with warm oil.

With Moroccan mint tea, almond biscuits and dates, and one Table of your choice, suited to the time of your visit.

Both experiences include up to four hours of warmth, water and rest.

Choose your moment in the booking environment at sanctumia.nl.

After warmth and water, everything tastes better.

Thoughtfully prepared food with a mocktail, fresh juice, water or tea. An addition to The Ritual; one Table is included in The Journey.

Morning Table

A gentle start, suited to the morning.

Midday Table

Something to savour in the middle of the day.

Evening Table

A thoughtful closing to your evening.

The Rhythm

Four visits each month, including everything in The Ritual. For those who wish to make regular room for themselves.

Sanctuary

The Ritual as part of everyday life. Access under booking conditions, with one treatment and one guest visit each month.

Both memberships have a three-month minimum term. Membership numbers are limited. Receive the options and terms personally.

Thoughtful care.
Time to restore.

Massages

Choose Lymphatic Drainage, Deep Release, Calm or Recovery. A fifty-minute massage, suited to your moment. On request and subject to availability.

Lymphatic Drainage · Gentle, rhythmic attention to the body.

Deep Release · Focused pressure for tense muscles, neck, back and shoulders.

Calm · A mindful massage that invites you to let go.

Recovery · Thoughtful care for tired muscles after an active or demanding period.

Salt room with halotherapy

Twenty minutes of stillness in the salt room with halotherapy. On its own or alongside your visit.

Mineral Reset

Time in the salt room with halotherapy followed by a magnesium massage for the neck, shoulders and back. Ask us about current availability.

Everything is ready for you.

Your moment

Your visit lasts up to four hours. Treatments have their own scheduled times.

Opening hours

Daily from 10:00 to 22:00. All visits are by reservation only.

What to bring

Your robe, slippers and towels are prepared for your arrival.

Arrival

Arrive fifteen minutes before your treatment, allowing you to settle in.

Would you like help choosing? Request our price list or membership details. We would be happy to guide you personally.

Reserve your moment at sanctumia.nl
Request the price list or membership details at info@sanctumia.nl.