

Rock Spa® at Hard Rock Hotel

Bali
Biloxi
Cancun
Davos
Daytona Beach
Hollywood, Fl
Ibiza
Las Vegas
Panama Megapolis
Pattaya
Penang
Punta Cana
Riviera Maya
San Diego
Tampa
Tenerife
Vallarta



HARDROCKHOTELS.COM

SPA
SOUND BODY™ BY HARD ROCK

rock  spa®



This is more than a spa. It's an escape.

retune yourself.

A quest to push reset. Through our lineup of signature treatments and amenities we stir the soul, relax the mind and rock the body.



 massage



massage

HARD ROCK MASSAGE

Feel totally revved and ready to rock after our signature massage. A fusion of global massage styles including delicious ear reflexology, to get the blood pumping, purge impurities and deliver you with a renewed state of mind. 60 or 90 or 120 minutes

RHYTHM STICKS

Misbehaving muscles beware; this massage uses bamboo rods of various sizes to destroy knots and eliminate built up tension. Rhythm Sticks combines the traditional benefits of massage and comforting heat through warmed oils. The perfect treat after a big night. 60 or 90 minutes

RETUNE YOURSELF

Feel the beat with this acoustic and vibratory sensation. Artfully combining Lomi Lomi massage techniques with the Suzu Gong. By holding the gong above or directly on top of the body we release energy blocks and achieve mind, body harmony. This session is complimented by the resonating sounds of Tibet. 60 or 90 minutes

HOT ROCKS

The heat of the earth and dedicated touch ensures this much loved massage will leave you floating on cloud nine. Your therapist alternates hot volcanic stones and nurturing hands in flowing strokes across the body; stones are then strategically placed on energy points to penetrate deep within. 90 or 120 minutes



massage

THAI TRADITIONAL MASSAGE

Turn back the hands of time and experience the ancient healing techniques of Thailand. It's survived this long so it must be good. Utilizing acupressure, energy work and gentle yoga stretches this dynamic treatment is energizing and refreshing. 60 or 90 or 120 minutes

IT TAKES TWO

If you just can't get enough of our fabulous massage, why not go the whole nine yards and indulge in It Takes Two. One body, two therapists = cloud nine. A sublime combination of rhythmic movements that takes care of your top and toes simultaneously. 60 minutes

SOLE REVIVAL

Not your standard foot massage, at Rock Spa we deliver bliss to your feet through dedicated zone therapy incorporated with bamboo rod techniques and heated compresses. Get your dancing shoes ready. 60 minutes

BRIEF ENCOUNTER

If you are strapped for time, a little indulgence is better than none at all. Designed to de-stress taut and tired shoulders and backs, this treatment may be short on time but it packs a powerful dose of healing energy. 30 minutes





body

OVEREXPOSED

When your tropical tan has you looking more blistered than blissful we have the solution. After a gentle massage, healing geranium and soothing lavender is applied to the body and wrapped to reduce heat and redness, followed with a nourishing lotion application. This treatment is comforting and refreshing, perfect to cool down on a hot day. 90 minutes



body

BUFF BAR

Enjoy with your favorite body massage. Create your own body treatment at the Buff Bar. For super smooth skin take a base of Earth Clay, Sea Salt or Crushed Rice add your favourite essential oil and botanicals such as grated ginger, dried fruit, flower petals, our Therapists will put it in the mix for you. Hard or Soft you decide.
120 minutes

CLAY

RICE

SALT

GINGER

MOCHA

SEAWEED

COCONUT

FLOWERS

CITUS



body

MARINE ALGAE SLIMMING

Slim and tone your body with this cutting-edge cellulite treatment by Thalgo. A slimming and toning wrap that stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. Smooths and enhances skin texture, visibly reducing spongy and dimply areas. 90 minutes





face

Get your game face on with an exclusive facial by skincare specialist Pevonia Botanica. Not only do they feel amazing they work wonders too.

ESSENTIAL AROMATHERAPY for all skin types

Harnessing the balancing power of plant energies to normalize the skin. Combining fruit enzyme exfoliation with pure essential oil blends and rich multi-vitamin masks to restore freshness and radiance. 90 minutes

PLANTOMER for sensitive skin

Soothing, nourishing and calming it renders the skin undeniably radiant with highly visible results. 90 minutes

MYOXY CAVIAR for mature skin

Counteract the imprint of time and reflect a youthful complex, dramatically reduces facial expression lines and wrinkles. Ideal for those who would like to minimize the signs of ageing. 90 minutes

THE COMEBACK

A purifying and refining skin treatment that leaves skin supple and refines enlarged pores. Results are visible and deliver a healthy, youthful skin with a rejuvenated appearance. Formulated especially for a man's skin. 90 minutes





kids

Why let the adults have all the fun? Rock Spa turns it on for Little Rock Stars and Divas.

TUTTI FRUTTI

Get seriously spoiled with this yummy fruit facial, we'll have you licking your lips, with good enough to eat ingredients that leave your skin super soft and glowing. 45 minutes

STRAWBERRY FIELDS FOREVER

Who doesn't love a foot rub? With yummy strawberry lotion this is not to be missed after a hard day of play. 30 minutes

POLISHED PAWS AND TWINKLE TOES

A must for all junior fashionistas, funky fingers and fabulous toes now that's HOT. For the boys nothing says chic like, clean and buffed fingers and toes. 45 minutes

THE SWEET SHOP

The whole kit and caboodle. For all out Rock Glamour spend a morning or afternoon in the Spa, we will treat you from top to toe with a facial, mani, pedi and a mini foot massage all with a yummy juice and snack to make life super sweet! 120 minutes





 beauty

beauty

ROCK SPA MANICURE

The amped up version of Manicure, adds a super softening scrub and paraffin mask to the line up - go on you deserve it. 90 minutes

ROCK SPA PEDICURE

For a toe-tally indulgent experience, try our Rock Spa pedicure, all the benefits of a pedicure with the addition of a scrub and paraffin treatment. Baby soft feet guaranteed. 90 minutes





 packages

packages

REBORN

Foot cleanse - detox body mask - Sole Revival - green tea bath soak 125 minutes

REVITALIZE

Foot cleanse - body brushing - stimulating body scrub - shower - Rhythm Sticks massage 125 minutes

RELAX

Foot cleanse - Retune Yourself massage - taster facial of choice - petal bath soak 125 minutes

REWARD

Foot cleanse - decadent body polish - It Takes Two massage - Myoxy Caviar Facial 175 minutes

RECOVER

Foot cleanse - 90 min Thai traditional massage - heated Thai bag - muscle ease bath soak 130 minutes

RENOVATE

Foot cleanse - glow body polish and body mask - Essential Aromatherapy facial - manicure - pedicure 240 minutes



A woman with long dark hair is lying on a brown sofa, wearing a white bathrobe. She is propped up on her left arm, looking towards the camera. Behind her are two large orange pillows and a black and white patterned pillow. The text "how to rock spa" is overlaid in the top right corner.

 how to rock spa

how to rock spa

ETIQUETTE

We invite you to join us at Rock Spa® at least 30 minutes before your scheduled appointment, providing you with sufficient time to change into your robe and utilize the steam lounge and relax. A robe, slippers and locker will be provided upon arrival.

The Provided, undergarments must be worn during treatments. All therapists are skilled in proper draping procedures to ensure your complete comfort and privacy.

If at any point a therapist feels a client is behaving inappropriately, he or she is authorized to stop treatment immediately.

We ask that you do not bring cell phones, pagers, jewelry or valuables into Rock Spa®.





Daily 11am to 8pm
038.428.755 ext. 8430

RESERVATIONS

For maximum convenience and flexibility, we recommend you schedule your spa sessions in advance. All appointments must be guaranteed with a credit card. Children under the age of 16 must schedule Spa appointments with their parent or guardian present during the treatment.

HOURS OF SERVICE

Last treatment starts at 7pm. For treatments in your own privacy room, additional charge with terms and conditions apply.

CANCELLATIONS

Because we reserve spa services specifically for you, we ask that you give 12 hours advance notice, should you need to change your appointment. Payments for cancellations or no-shows will be charged at 50% of the treatment price.