

ROCK SPA® AT HARD ROCK HOTEL

BALI

BILOXI

CANCUN

HOLLYWOOD, FL

GOA

IBIZA

PALM SPRINGS

PANAMA MEGAPOLIS

PATTAYA

PUNTA CANA

RIVIERA MAYA

SAN DIEGO

TAMPA

TENERIFE

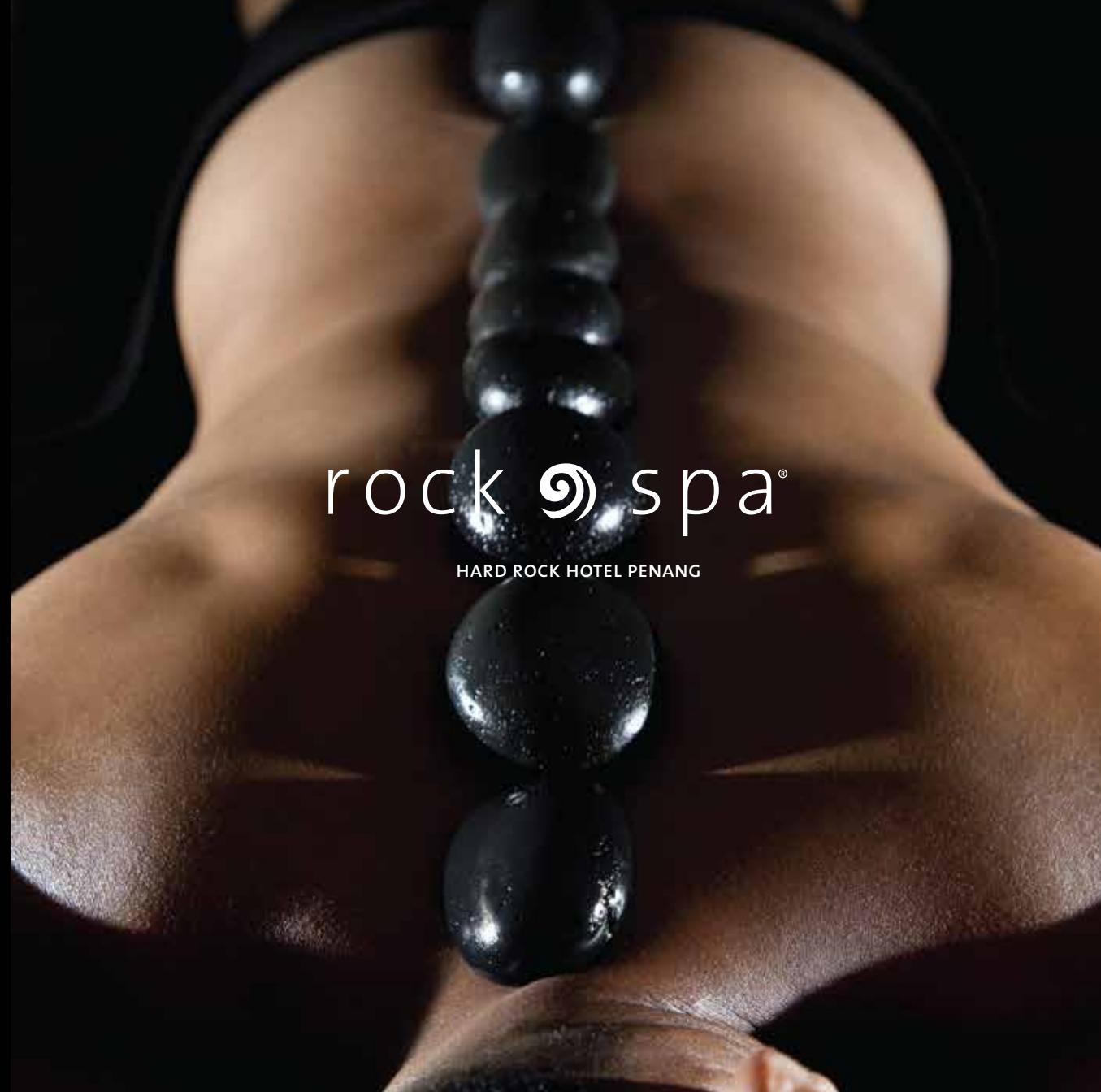
VALLARTA



[hardrockhotels.com](http://hardrockhotels.com)

rock spa®

HARD ROCK HOTEL PENANG



 retune yourself.

This is more than just a spa. This is a different state of being. An escape. A quest to push reset. It's a recovery zone. It's a transformative realm of unapologetic indulgence. Where time takes you back to where you once belonged.

Being pampered is the highest virtue, through our lineup of signature treatments and amenities we stir the soul, relax the mind and rock the body.

Rock Spa Penang is the place to retune and indulge your will. Let our sensual environment set the stage for a textural journey using distinctive treatments and social amenities to seduce you into a gratifying state of restoration.

Gift vouchers can be purchased at the Rock Spa reception.

## how to rock spa

9am to 9pm daily

+604 8868 729

For in-house guests, dial 'Rock Spa' from your room  
spa.penang@hardrockhotels.net

### RESERVATIONS

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

### CANCELLATIONS

Because we reserve spa services specifically for you, we ask that you give 4 hours advance notice, should you need to change your appointment. Payments for cancellations or no-shows will be chargeable at 50% of the treatment price.

### ETIQUETTE

We invite you to join us at Rock Spa® at least 10 minutes before your scheduled appointment in order to start your treatment(s) on time.

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 the treatment immediately.

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



## rhythm & motion

### SYNCHRONICITY

Choice of Hard Rock Massage or Traditional Malaysian Massage

60 min | RM240

1 hour 30 min | RM325

Lose track with a musical massage that will make you drift away. A masterfully blended sound track takes you on an experiential journey, in sync with a choreographed performance of personalized pressure and rhythm together with a soothing foot scrub. You have never experienced music like this before.

### SMOOTH OPERATOR

60 min | RM240

We retune your skin and rock your soul with a two-part treatment removing impurities and encouraging it to absorb new nourishing elements. We start with rhythmical dry brushing, a ritual that softly removes rough skin away and finish off with a soothing detoxifying wrap, to release toxins, whilst stimulating an hydrating and smoothing effect - wrapping it up in an enjoyable musical experience.

### FACE THE MUSIC

Aromatherapy Facial

60 min | RM240

This sensorial journey of music will take you away to somewhere new. Our signature facial is a customised treatment that combines active ingredients, vitamin C, natural fruit acids, and a wide variety of potent extracts and coenzymes to brighten skin, noticeably improve tone and texture, combat oil and breakouts, and minimize the appearance of fine lines and wrinkles, leaving skin noticeably radiant, hydrated and glowing. Various massage techniques include Ayurveda marma facial points stimulation and hand massage blended with the rhythm of music.

### WRAP REMIX

2 hour | RM390

The Wrap Remix is a combination of the 'Smooth Operator' and 'Synchronicity'. Starts with dry brushing to stimulate the lymphatic system and increases circulation, body scrub to slough away dry skin and end with facial detox mask. A complete new spa experience that you never experience before.

*All prices are nett inclusive of prevailing taxes.*

# massage

## HARD ROCK MASSAGE

60 min | RM190 (Outdoor Villa), RM235 (Indoor Room)  
1 hour 30 min | RM275 (Outdoor Villa), RM315 (Indoor Room)

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.

## RHYTHM STICKS

1 hour 30 min | RM300 (Outdoor Villa), RM340 (Indoor Room)

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.

## RETUNE YOURSELF

1 hour 30 min | RM300 (Outdoor Villa), RM340 (Indoor Room)

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, achieve mind and body harmony.

## HOT ROCKS

1 hour 30 min | RM340 (Indoor Room)

The heat of the earth and dedicated touch ensures this much loved massage leaves you floating. 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.

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## TRADITIONAL MALAYSIAN MASSAGE

60 min | RM190 (Outdoor Villa), RM235 (Indoor Room)  
1 hour 30 min | RM275 (Outdoor Villa), RM315 (Indoor Room)

Turn back the hands of time and experience the ancient healing techniques of Malaysia. It's survived this long so it must be good. Utilizing flowing strokes, palm and thumb pressure to lull you into a wonderful state of tranquility. Guaranteed to put the groove back in your step.

## SOLE REVIVAL

30 min | RM75  
60 min | RM125

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.

## BRIEF ENCOUNTER

30 min | RM115 (Outdoor Villa), RM160 (Indoor Room)

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

## FACE IT

20 min | RM65

A little pampering session for your face with Digito pressure massage, helps to revive and relax your facial muscles while giving the benefit of lifting your skin and rejuvenate your skin cells.

## HEADS UP

20 min | RM65

A good head massage is all you need to release the stiffness and muscle ache from your shoulder, neck and scalp.

## EAR CANDLING

20 min | RM55 (Outdoor Villa)

Relax yourself away from stress naturally using our light and hollow shaped candle, made from fabric which draws out excessive earwax and any minor impurities from your ear follow by a relaxing head and scalp massage.

*Additional charge for indoor room applies.*



# body

## **BUFF BAR**

1 hour 45 min | RM320 (Outdoor Villa), RM365 (Indoor Room)

A choice of Hard Rock Massage or Traditional Malaysian 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 and add your favourite essential oil and botanicals such as grated ginger, dried fruits, and flower petals. Our therapists will put it in the mix for you. Hard or soft you decide.

## **OVEREXPOSED**

45 min | RM165 (Outdoor Villa), RM210 (Indoor Room)

When your tropical tan has you looking more blisterly than blissful, we have the solution.

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.

## **PEVONIA GREEN COFFEE**

90 min | RM355 (Indoor Room)

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

## **FLOWER / HERBAL / GREEN TEA BATH**

20 min | RM85 (Outdoor Villa)

## **ULTRA GLOW**

45 min | RM135 (Outdoor Villa)

Body scrub is a great way to exfoliate dead skin cells. This helps to pave the way for fresh new cells to regenerate and leaves you looking and feeling fabulous.

## **WRAP IT UP**

30 min | RM125

Complete your spa pampering session with our combination of Kaolin Clay infused with our special Vanilla and Rose essential oils that helps to stimulate your senses, soften and moisturizes your skin as well as to prevent your skin from dryness.

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# face

## ESSENTIAL AROMATHERAPY for all skin types

60 min | RM190 (Indoor Room)

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.

## PLANTOMER for sensitive skin

1 hour 15 min | RM245 (Indoor Room)

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

## LACTO FLORA for whitening

60 min | RM285 (Indoor Room)

This facial treatment combats hyperpigmentation problems from within the skin. It directly tackles the cellular condition that causes skin discoloration. Skin is visibly fairer after treatment.

## THE COMEBACK for men

1 hour 15 min | RM245 (Indoor Room)

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

## OXYGENATING & VITAMIN C for brightening

1 hour 30 min | RM305 (Indoor Room)

A radical facial treatment for dull and dehydrated skin. This facial combines the high potency of Vitamin "C" with a stimulating Freeze-Dried Seaweed, rendering skin firmer, brighter, more rejuvenated, and velvety-soft. An excellent treatment for smokers, sunbathers and sun-damaged skin.

## MYOXY CAVIAR for mature skin

1 hour 30 min | RM340 (Indoor Room)

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

## EYE SUPREME

RM55 (Indoor Room)

Eye treatment that lightens the appearance of wrinkles, puffiness and dark eye circles.

## SERUM TREATMENT

RM45 (Indoor Room)

Helps to provide hydration, increased nourishment, strengthen and brightens the skin cells.

# foot & nails

## EXPRESS MANICURE (without nail colouring)

RM65

A quick fix to your fingernails that includes cleansing, shaping and hand care.

## EXPRESS PEDICURE (without nail colouring)

RM75

For a polished shine that gives a healthy and clean look to your toenails.

## BASIC MANICURE

Natural Color | RM85

Gel Color | RM160

For perfectly presentable hands our manicure includes cleansing, shaping, hand care and colour.

## BASIC PEDICURE

Natural Color | RM95

Gel Color | RM170

Put your best foot forward, this full service pedi includes cleansing, shaping, foot care and colour.

## ROCK SPA MANICURE

Natural Color | RM140

Gel Color | RM215

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

## ROCK SPA PEDICURE

Natural Color | RM160

Gel Color | RM235

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

## GEL REMOVAL

RM30

## FOOT SPA

RM55

Pamper your feet to a luxurious foot scrub and foot mask.

*All prices are nett inclusive of prevailing taxes.*



 nails

# hair removal & waxing

Enjoy clean, less pain, flawless and smooth hair free skin from top to toe with our warm wax treatment.

LIP / CHIN / CHEEK / NOSE / EARS

RM55

EYE BROW / SIDE FACE

RM55

FOREHEAD

RM65

FULL FACE (EXCLUDING NOSE & EARS)

RM160

UNDERARMS / HALF ARMS

RM65

LOWER ARMS

RM65

FULL ARMS

RM140

CHEST

RM65

STOMACH STRIP

RM55

FULL STOMACH

RM65

FULL BACK

RM160

LOWER / HALF LEG

RM95

FULL LEGS

RM160

BIKINI

RM160

BRAZILIAN

RM190

All waxing treatments are done in indoor treatment room.

*All prices are nett inclusive of prevailing taxes.*



 wax

# packages

## BRAND NEW ME

2 hours 30 min | usual RM405, now RM340 (Outdoor Villa)

Foot Cleanse | Sole Revival | Traditional Malaysian Massage | Green Tea Bath Soak

## BED OF ROSES

2 hours 15 min | usual RM410, now RM350 (Outdoor Villa)

Foot Cleanse | Hard Rock Massage | Ultra Glow | Flower Bath

## THE REMEDY

2 hours 30 min | usual RM500, now RM425 (Indoor Room)

Foot Cleanse | Foot Massage | Traditional Malaysian Massage | Aromatherapy Facial

## SHINE BRIGHT LIKE A DIAMOND

3 hours 30 min | usual RM590, now RM495 (Outdoor Villa)

Foot Cleanse | Hard Rock Massage | Ultra Glow | Mini Facial | Express Manicure Pedicure

## ROCK YOU LIKE A HURRICANE

3 hours | usual RM605, now RM515 (Indoor Room)

Foot Cleanse | Foot Massage | Hot Rock Massage | Aromatherapy Facial

## DROPS OF JUPITER

2 hours 30 min | usual RM510, now RM435 (Outdoor Villa)

Foot Cleanse | Retune Yourself Massage | Mini Facial

## INTO THE ZONE

2 hours 15 min | usual RM420, now RM360 (Indoor Room)

Foot Cleanse | Synchronicity Massage | Mini Facial | Foot Spa

*All prices are nett inclusive of prevailing taxes.*



 indoor room

# kids

Only applicable for kids below 12 years old

## TUTTI FRUTTI FACIAL

30 min | RM95 (Outdoor Villa), RM135 (Indoor Room)

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

## STRAWBERRY FOOT MASSAGE

30 min | RM65

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

## POLISHED HANDS AND TWINKLE TOES

45 min | RM85

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.

## THE SWEET SHOP

2 hours | RM210 (Outdoor Villa), RM250 (Indoor Room)

The whole kit and caboodle. Spend a morning or afternoon at the Spa and 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!

## MANGO TANGO BODY SCRUB

30 min | RM85 (Outdoor Villa), RM125 (Indoor Room)

## EENIE MEENIE MASSAGE

30 min | RM75 (Outdoor Villa), RM115 (Indoor Room)

## CHOCOLATE SUNDAE BODY MASK

30 min | RM95 (Outdoor Villa), RM135 (Indoor Room)

## BUBBLE BATH

20 min | RM50 (Outdoor Villa)

*All prices are nett inclusive of prevailing taxes.*

 spa for kids



## ROOM SERVICE

Treat yourself with our signature massage from the comfort of your room.

### HARD ROCK MASSAGE / TRADITIONAL MALAYSIAN MASSAGE

60 min | RM280

90 min | RM380

### BACK MASSAGE

30 min | RM140

### NECK & SHOULDER

20 min | RM85

### FOOT MASSAGE

30 min | RM90

60 min | RM155

Note:

Female Spa Therapist: only for female guests and couples.

Male Spa Therapist: for male guests.

## YOGA

Complimentary for in-house guests.

Yoga is an ancient form of exercise that focuses on strength, flexibility, body alignment and breathing to boost physical and mental well-being.

Call Rock Spa for registration or just walk-in.

Yoga mats are provided.

Adjourn over to the gym if it rains.

Every Saturday | 09:00am - 10:00am