

SPA  
SOUND BODY™ BY HARDROCK

rock  spa®



Rock Spa® at Hard Rock Hotel

Atlantic City, Bali, Biloxi, Cancun, Davos, Daytona Beach, Desaru Coast,  
Guadalajara, Hollywood - FL, Ibiza, Panama, Pattaya, Penang,  
Punta Cana, Riviera Maya, San Diego, Tenerife, Vallarta

Coming Soon  
Goa, Los Cabos



[HARDROCKHOTELS.COM](http://HARDROCKHOTELS.COM)

 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.



The world's first fully immersive music-centric spa menu utilizing amplified vibrations, pressures and patterns, as the foundation of its treatments.

# rhythm & motion.

This groundbreaking experience takes guests on a rhythmic massage journey.

Bass vibrations ripple through the massage table as treble beats come from above, sending pulses through the body and leaving you feeling energized and invigorated.



# 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 completely new spa experience that you have never experienced before.





 massage

# 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.

All prices are nett inclusive of 6% Service Tax.

## 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 shoulders, 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 ears follow by a relaxing head and scalp massage.

All prices are nett inclusive of 6% Service Tax.

# body

## BUFF BAR

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

Choose your own body treatment at the Buff Bar. For super smooth skin take a base of Earth Clay, Sea Salt or Ground Rice infused with aromatic essential oils and botanicals such as ginger, juniper, rose, coconut and vanilla.

## OVEREXPOSED

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

When your tropical tan has you looking more blistery 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.

All prices are nett inclusive of 6% Service Tax.







### FLOWER / HERBAL / GREEN TEA BATH

20 min | RM85 (Outdoor Villa)

### ULTRA GLOW

45 min | RM135 (Outdoor Villa)

This 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.

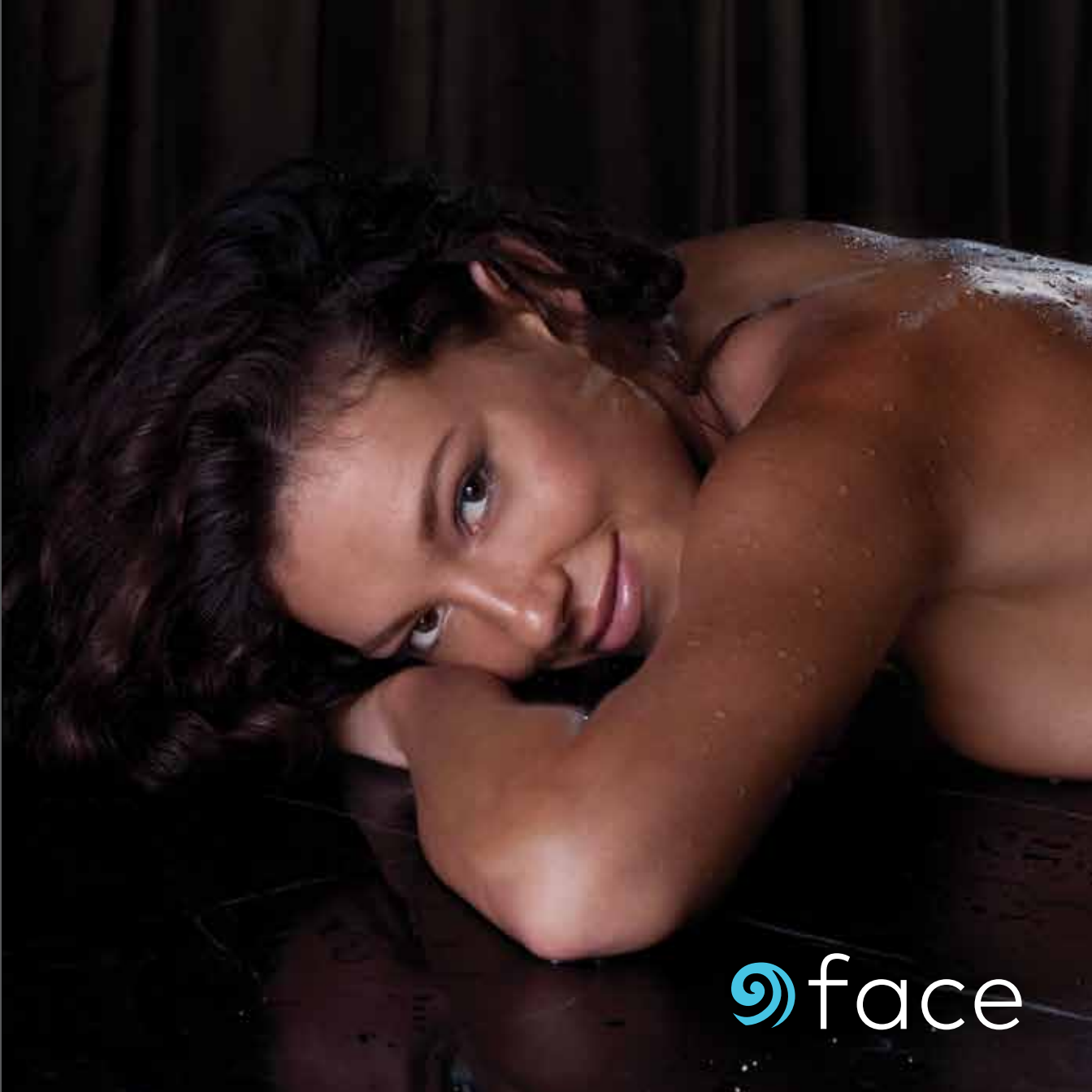
### WRAP IT UP

30 min | RM125

Complete your spa pampering session with our combination of delicious Cocoa, Coconut Milk, and Coffee body wrap. It provides soothing nourishment with anti-oxidant and rich source of vitamins and minerals to the skin whilst delighting the senses.

All prices are nett inclusive of 6% Service Tax.





 face

# 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 skin.

All prices are nett inclusive of 6% Service Tax.

## 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.

Additional treatments :

- Eye treatment may be applied along with face mask during facial therapy.
- Serum treatment may be applied along with face moisturizer during facial therapy.

All prices are nett inclusive of 6% Service Tax.



 foot & nails

# 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.



# 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 6% Service Tax.





 packages



# packages

## BRAND NEW ME

2 hours 30 min | RM405 value, for only RM340 (Outdoor Villa)  
Foot Cleanse | Sole Revival | Traditional Malaysian Massage  
| Green Tea Bath Soak

## BED OF ROSES

2 hours 15 min | RM410 value, for only RM350 (Outdoor Villa)  
Foot Cleanse | Hard Rock Massage | Ultra Glow | Flower Bath

## THE REMEDY

2 hours 30 min | RM500 value, for only RM425 (Indoor Room)  
Foot Cleanse | Foot Massage | Traditional Malaysian Massage  
| Aromatherapy Facial

## SHINE BRIGHT LIKE A DIAMOND

3 hours 30 min | RM590 value, for only RM495 (Outdoor Villa)  
Foot Cleanse | Hard Rock Massage | Ultra Glow | Mini Facial  
| Express Manicure Pedicure

## ROCK YOU LIKE A HURRICANE

3 hours | RM605 value, for only RM515 (Indoor Room)  
Foot Cleanse | Foot Massage | Hot Rock Massage  
| Aromatherapy Facial

## DROPS OF JUPITER

2 hours 30 min | RM510 value, for only RM435 (Outdoor Villa)  
Foot Cleanse | Retune Yourself Massage | Mini Facial

## INTO THE ZONE

2 hours 15 min | RM420 value, for only RM360 (Indoor Room)  
Foot Cleanse | Synchronicity Massage | Mini Facial | Foot Spa

All prices are nett inclusive of 6% Service Tax.



# 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 for the little one. Spend a morning or afternoon at the Spa with our top to toe spa treatments - a Facial, Manicure, Pedicure and a mini Foot Massage.

All prices are nett inclusive of 6% Service Tax.

## 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 6% Service Tax.



# 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

Note :

Female Spa Therapist: only for female guests and couples.

Male Spa Therapist: for male guests.

## NECK & SHOULDER

20 min | RM85

## FOOT MASSAGE

30 min | RM90

60 min | RM155

# 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.

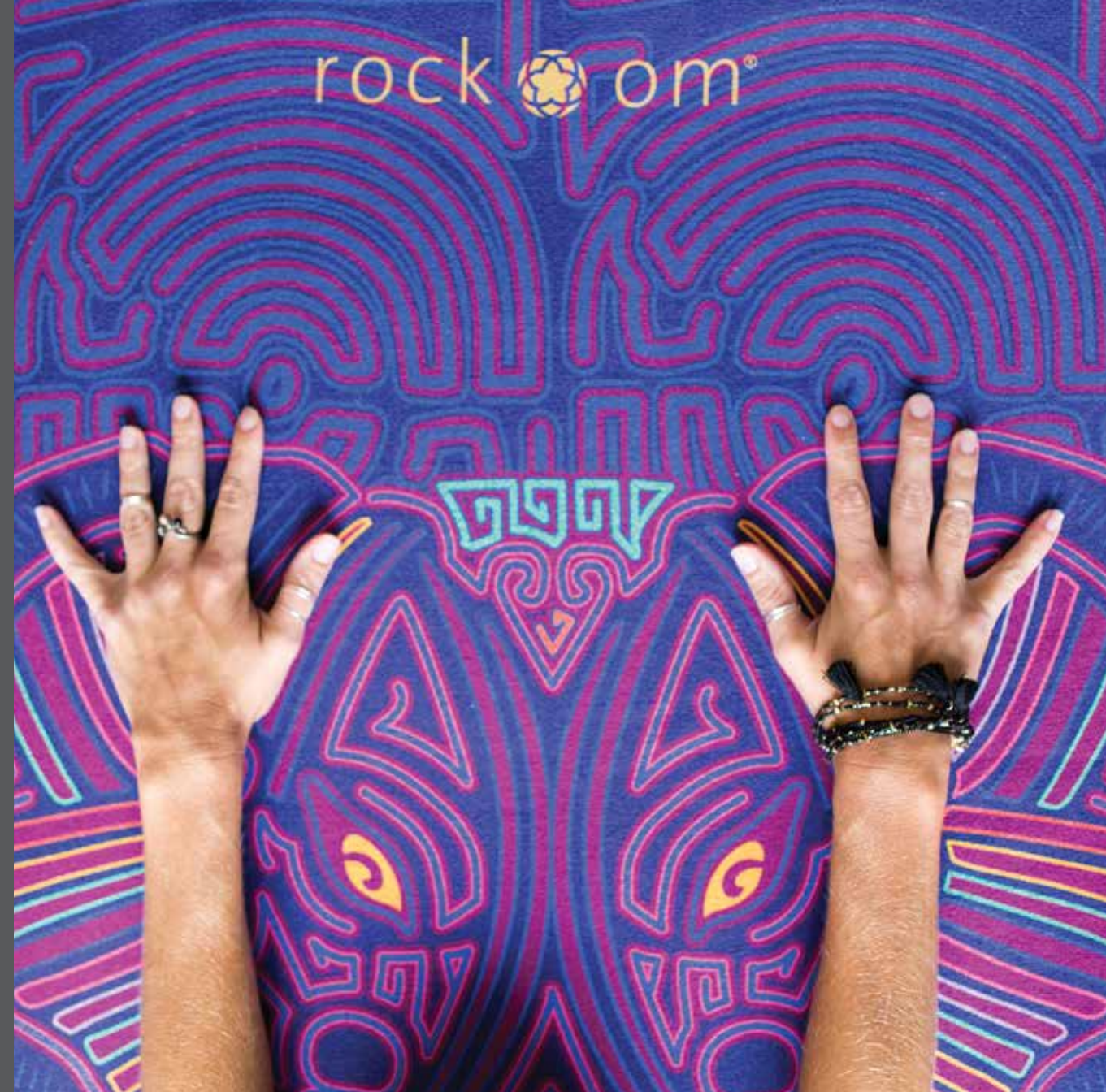
Call Rock Spa for registration or just walk-in.

Yoga mats are provided.

Adjourn over to the gym if it rains.

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

All prices are nett inclusive of 6% Service Tax.



rock om®



# how to rock spa

## ETIQUETTE

We invite you to join us at Rock Spa® at least 10 minutes before your scheduled appointment, providing you with sufficient time to change.

If you choose, undergarments may be worn during treatments. However, 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®.



rock  spa®

Daily : 09.00am to 09.00pm

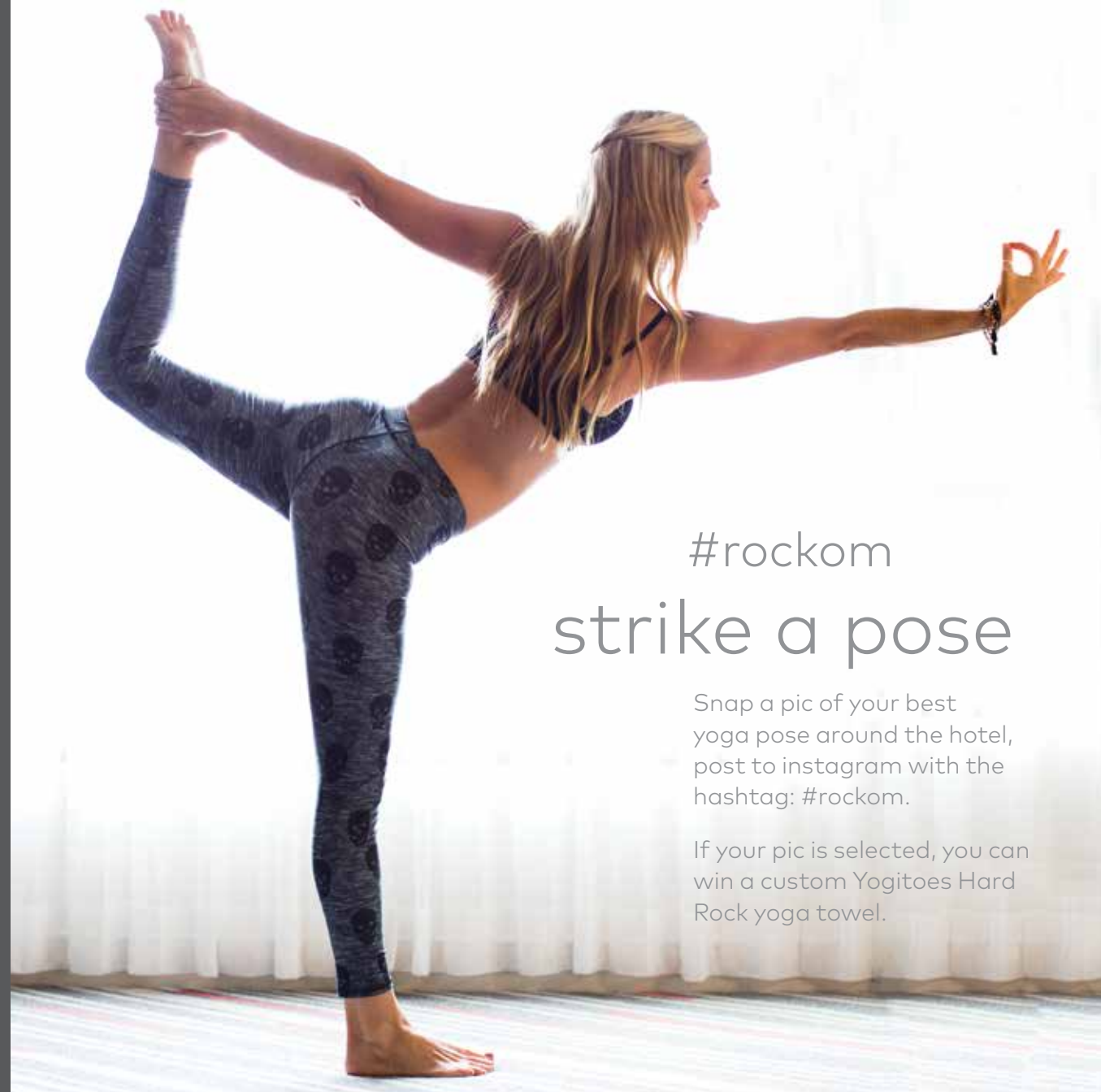
Gift vouchers can be purchased at the Rock Spa reception.

## RESERVATIONS

For maximum convenience and flexibility, we recommend you schedule your spa sessions in advance. Children under the age of 16 must schedule spa appointments with a parent or guardian who 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 or cancel your appointment. Late cancellations or no-shows will be charged at 50% of the treatment price.



## #rockom strike a pose

Snap a pic of your best yoga pose around the hotel, post to instagram with the hashtag: #rockom.

If your pic is selected, you can win a custom Yogitoes Hard Rock yoga towel.