

Rock Spa® at Hard Rock Hotel

Bali

Biloxi

Cancun

Davos

Daytona Beach

Hollywood, FL

Ibiza

Las Vegas

Maldives

Panama Megapolis

Pattaya

Penang

Punta Cana

Riviera Maya

San Diego

Tampa

Tenerife

Vallarta



MALDIVES

[hardrockhotelmaldives.com](http://hardrockhotelmaldives.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.

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

## rhythm & motion.

This ground-breaking experience takes you 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.



# set list.

## SYNCHRONICITY

60 minutes | 90 minutes

Escape your world. Let our curated soundtrack and synchronized massage techniques take you on a musical journey. This unique treatment is infused with your choice of organic essential oils selected to reduce stress, ease muscle tension and detoxify the body. You have never felt music like this.

## SMOOTH OPERATOR

60 minutes

Retune your skin. Rock your soul. Our two-part treatment begins with our signature Sweetgrass-inspired dry brushing ritual that eliminates dry skin and ends with a soothing detoxifying wrap, designed to release toxins, re-hydrate and smooth the skin.

## FACE THE MUSIC

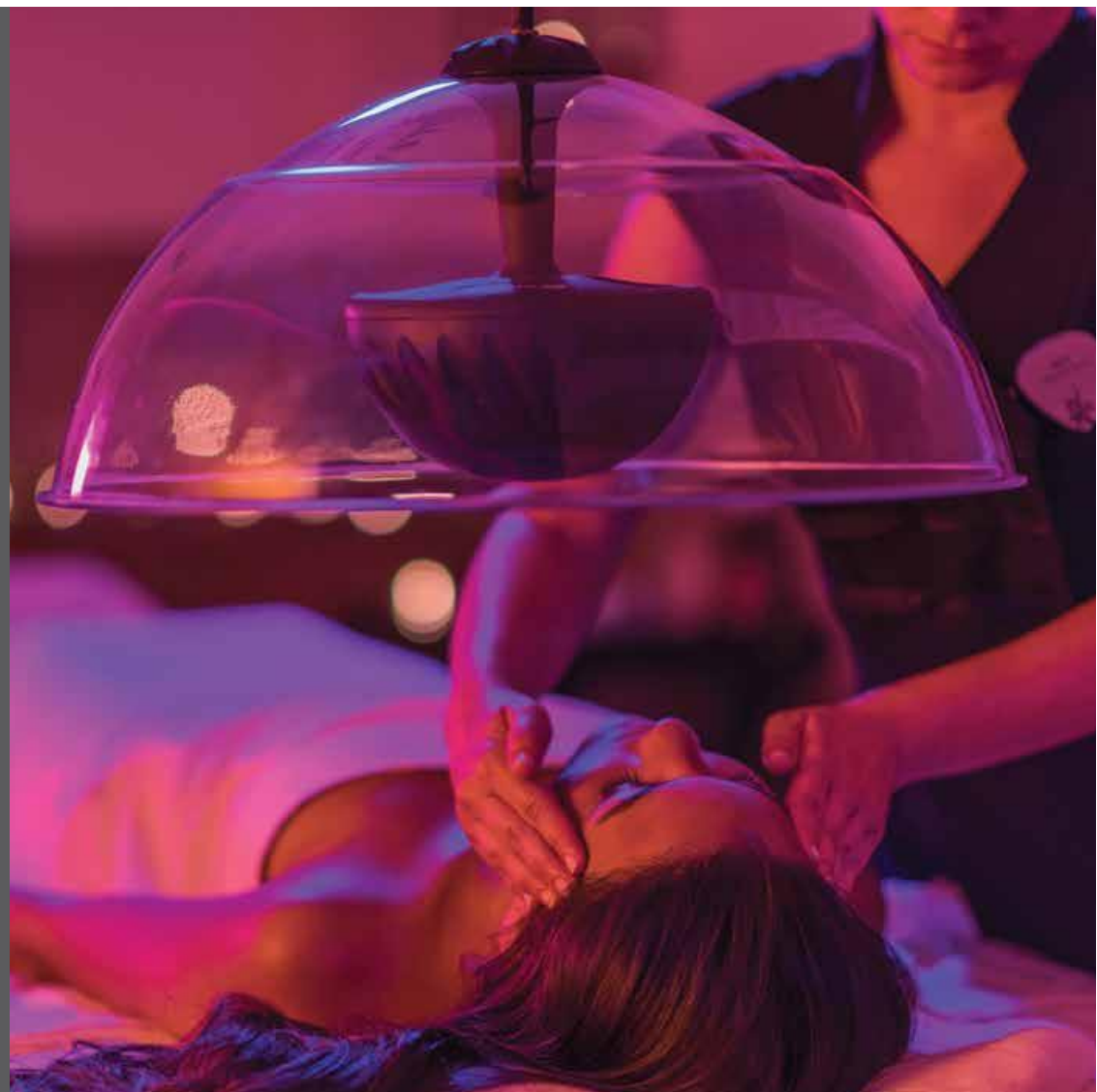
60 minutes | 90 minutes

Every rock star needs some rehab once in a while. This treatment brings the therapeutic benefits of sound vibration and clinically proven organic products to rejuvenate and hydrate facial skin. This journey leaves skin smooth and refreshed, shedding years and restoring a star-worthy glow.

## WRAP REMIX

120 minutes

Wrap Remix is the ultimate healing experience designed to benefit your entire body. The treatment begins with a cleansing shot of detoxing ginger tea, followed by a brisk, rhythmic Sweetgrass-inspired dry brushing. Treat yourself to our 60-minute Synchronicity massage and a cleansing facial mask to complete the treatment. A refreshing shot of Rock Spa Detox Tea is served to keep you in ahhh even longer.



A woman is lying on her stomach on a massage table, receiving a back massage from a therapist. The therapist is wearing a dark blue shirt and is using their hands to massage the woman's back. The woman has her eyes closed and a peaceful expression. She is wearing a patterned sarong. The background is a lush green wall of foliage.

 massage

# flow massage.

## DELUXE

60 minutes | 90 minutes

Feel totally revived and ready to rock after our signature massage. The fusion of Hawaiian Lomi Lomi, Balinese and Swedish techniques used are seamlessly melded to leave you feeling relaxed and free of tension. Combined with a refreshing jade crystal facial massage to increase circulation deliver you with a renewed state of mind.

## DEFUSE

60 minutes | 90 minutes

Inspired by aromatherapy techniques our Defuse massage uses light to medium rhythmical, yet soothing strokes to induce a sense of calm and relaxation. A perfect choice to promote a healthy energy flow and balance you mind and body.

## DECODE

30 minutes | 60 minutes

Reflexology is known for its power to bring balance and grounding energy to the body. Focus is placed on the reflex zones of your feet and lower legs, this restorative treatment releases tension and helps to reduce water retention. The ideal treat to relieve tired heavy legs after a full night of dancing. Guaranteed to put the groove back in your step.

## DE-STRESS

30 minutes | 60 minutes

This stress relieving back, face and scalp massage targets key areas of tension and promotes relaxation. Using accupressure and stretches to open the energy flow and clear the mind. Our 60-minute treatment includes an revitalizing scalp massage to invigorate and refresh.



# pulse massage.

## ENERGIZE

60 minutes | 90 minutes

Misbehaving muscles beware; this full body massage uses heated bamboo sticks to eliminate knots and reduce built-up tension. Combined with energizing Swedish massage techniques to improve blood circulation and restore the body's natural equilibrium. The ideal treat after a big night.

## ENHANCE

60 minutes | 90 minutes

An intense massage focused on deeper tension and muscle relief, using elbows, forearms and deep stroking movements. Combined with gentle stretches to boost circulation and improve joint mobility. Our 90-minute treatment includes an addition of Maldivian 'Veli Modum', a heated sand compress, to ensure tension just melts away. Perfect for those of you with a taste of adventure.

## ENLIGHTEN

60 minutes | 90 minutes

A jet lag recovery treatment, designed to relive fatigue, boost concentration and induce relaxation. Combining a full body massage along with Hopi Ear candles to enlighten your body and spirit before or after long travels.

## ENRICH

60 minutes | 90 minutes

This full body massage uses heated basalt stones to release stress and tension, and increase blood flow. The heat from the stones provides the extra relaxation for fatigued and overworked muscles. This enriched treatment has a healing effect to release tension after a spectacular dive.



# amplify it.

Amplify your Rock Spa<sup>®</sup> experience with any of the following 30 minutes enhancements for a completely customized treatment.

MINI FACIAL

BODY SCRUB

BODY WRAP

AROMATHERAPY OIL

HIMALAYAN SALT DETOX SCALP SCRUB

COCONUT OIL HAIR TREATMENT

MALDIVES ROMANCE BATH RITUAL\*

FLOWER BATH\*

\*APPLICABLE FOR A MAXIMUM OF 2 GUESTS







 face

# face.

## DREAM ON

60 minutes | 90 minutes

Our aromatic signature facial brings your complexion to perfection. The facial begins with an aromatic journey followed by a thorough skin analysis. This special tailored treatment deeply cleanses and nourishes skin along with an invigorating hand, arm and foot ginger-lime scrub. Drift away and dream on.

## IRON OUT

90 minutes

Our ultimate anti-ageing facial. Pure, active, cold pressed botanical extracts and cutting-edge natural cosmeceuticals combine in this revolutionary facial to help moisturise, soothe, nourish, improve skin tone and texture and ironing out the fine lines and wrinkles.

## THE MAN

60 minutes

A specially designed treatment for the gentlemen's skin. Our facial consists of a two-part exfoliation system to revive skin cells, while vitamins and minerals improve tone and texture. Our Hydra-vitalizer Mask both hydrates and cools your skin leaving you looking dashing.

## COOL OFF

60 minutes

Our scientific organics facial incorporates the latest advances in organic skin care. Natural fruit acids help rapidly exfoliate skin cells for immediate improvement in skin clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts nourish, tone, soothe, improve skin tone. Perfect for sensitive or sun-damaged skin.





 body

# body.

## SHELL

60 minutes

This dazzling natural treatment begins with our citrus-kombucha body wash followed by the vibrant aromas of your choice of either ginger-lime sugar scrub or almond-orange scrub. Warm, nourishing coconut-argan oil is slowly drizzled on to the body for superior hydration, nourishment and total body relaxation.

## SEA

90 minutes

This body wrap begins with a gentle ginger-lime sugar exfoliation to improve skin tone and texture. Shea butter and flower oil make skin silky-smooth, while our lively peppermint-scented clay mask helps draw out impurities.

## SUN

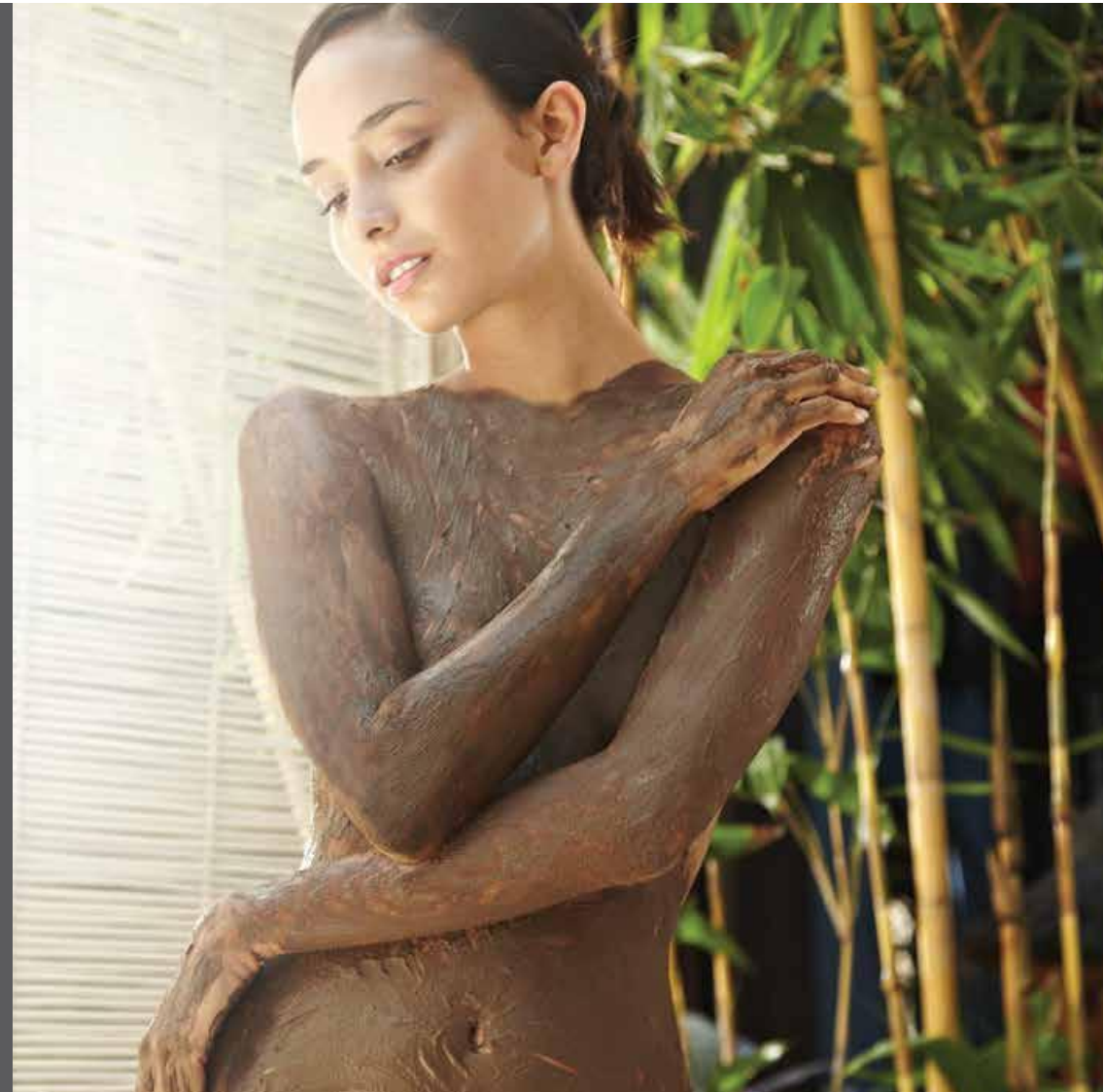
60 minutes

A cooling grape stem cell and white tea body butter is slowly painted for the ultimate after-sun body treatment. Along with a calming scalp massage and revitalising eye treatment for relaxation. An excellent treatment for post-sun and dehydrated skin.

## SOUND

30 minutes | 60 minutes

Our scientific organics toning treatment addresses the appearance of cellulite while firming skin. This treatment begins with an invigorating brush and cleanse, followed by hard detox massage and firming serum to help improve skin tone for a smoother appearance.





 couples

# couples.

Soak up the sound of the Indian Ocean and indulge in unforgettable treatments with a loved one or friend. Why not amplify your package with our Maldives Romance Bath Ritual or Flower Bath, to give you an extended feeling of zen.

## RELAX

Choice of 60 minutes Flow Massage | Dream on Mini Facial | Flower Bath

## REWARD

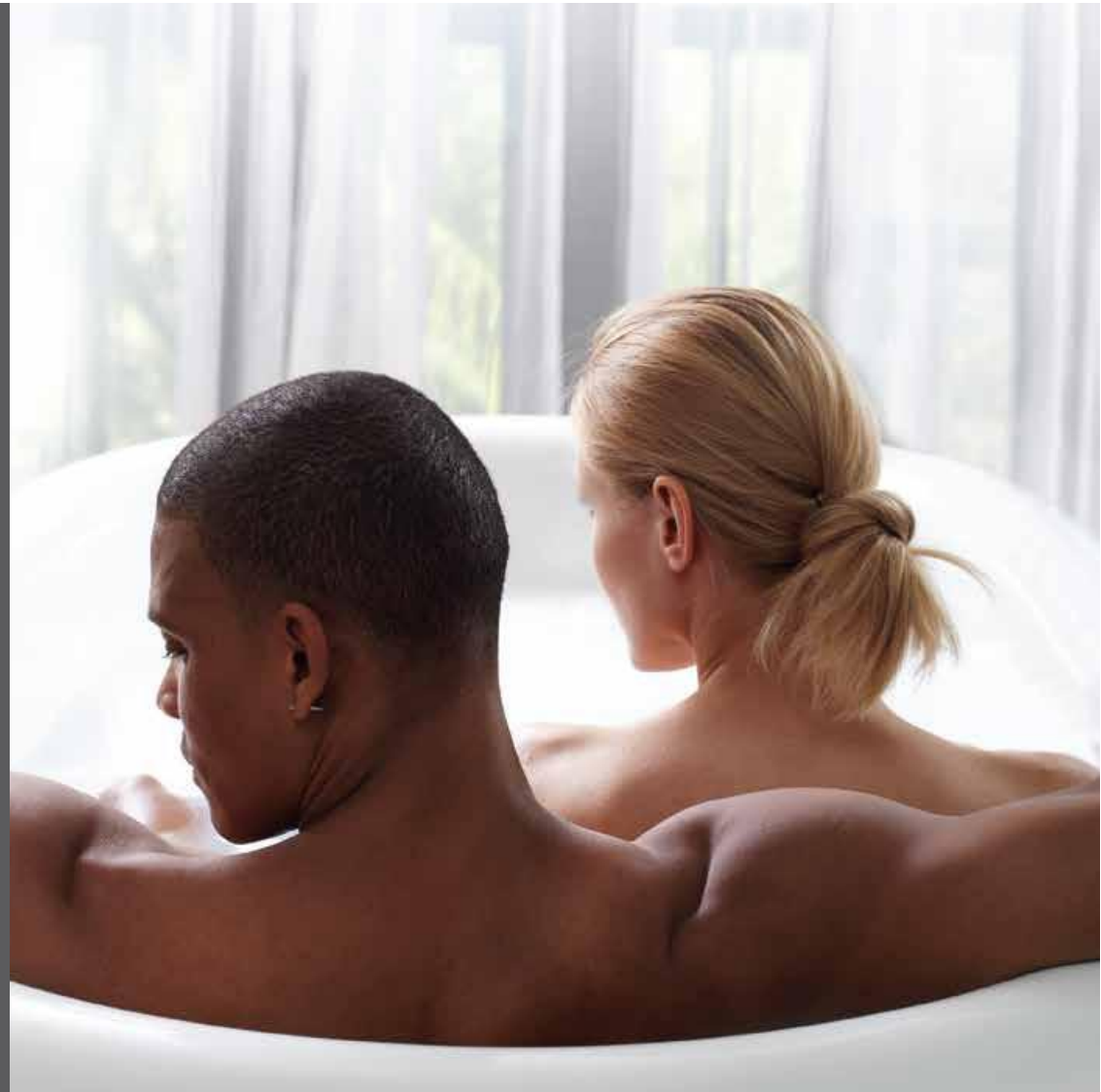
Choice of 60 minutes Flow Massage | Choice of 60 minutes Facial

## REBORN

Choice of 60 minutes Body Treatment | Choice of 90 minutes Pulse Massage

## RENOVATE

Choice of 90 minutes Flow or Pulse Massage | Choice of 90 minutes Facial



# adults not allowed.

Why let the adults have all the fun? Rock Spa turns it on for the Little Rock Stars. Recommend between the ages of 3-12 years.

## SKIDDLEY'S HAPPY HANDS AND TWINKLE TOES

30 minutes

Who doesn't love a foot and hand massage after a hard day of play? With nourishing coconut oil this is not to be missed.

## RAZZI'S BUBBLE BATH

30 minutes

Enjoy a fun bubble bath with Razzi's best friend rubber ducky.

## BUDDY JR'S CHOCOLATE WRAP

30 minutes

Yummy chocolate body wrap, perfect if you have had a bit too much sunshine!

## SIR KINGSTON'S SUNSHINE MASSAGE

45 minutes

A classic massage, let the therapist know what you want. Personalized to make you head off to Dreamland!

## STYLER'S SMILEY FACIAL

45 minutes

Get seriously spoiled with this yummy fruit facial, we'll have you licking your lips. Edible ingredients will leave a big smile on your face.







A woman with long dark hair is sitting on a brown couch. She is wearing a white, short-sleeved bathrobe with a tie belt. She is leaning back against two large orange pillows. Her right hand is raised to her hair, and her left hand is resting on the couch. The background is dark with some white and black patterns.

 how to rock spa



# how to rock spa.

## ETIQUETTE

We invite you to join us at Rock Spa® at least 15 minutes before your scheduled appointment, providing you with sufficient time to change into your robe and utilize the facilities room and relax. A robe, slippers and locker will be provided upon arrival.

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

## HOURS OF OPERATION

10:30 AM – 10:30 PM daily

Book your treatment, give us a call +960 6651400 ext.7014

Last appointment is at 9:30 PM for a 1-hour treatment

## HEALTH

When making appointment for your spa session, kindly advise us of any health conditions, allergies or injuries which may affect your treatment

## PREGNANCY

Please inform us and allow our therapist at the Spa Reception to advise you in selecting a suitable treatment

# how to rock spa.

## RESERVATIONS

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

## CANCELLATIONS

Because we reserve spa services specifically for you, a 4 hours' notice is required should you need to cancel or reschedule your appointment. Payments for cancellations or no-shows will be charged 50% of the treatment's price.

## FEES AND GRATUITY

All spa treatments include the use of facilities, robe, slippers and a locker. Government tax and service charge will be added to the cost of your treatment. Services may be charged to your guest room.