

SPA  
SOUND BODY™ BY HARDROCK

rock  spa®



Rock Spa® Goa is your 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.

## retune yourself.

The full-service Rock Spa® gives you everything you need to recharge for the night ahead or the one you've just had. Choose from a full menu of treatments in the spa. A full host of amenities are provided, spa robes and slippers, as well as hair and body care products. With a relaxing and indulgent atmosphere, delicate blends of natural ingredients and the healing power of touch, Rock Spa®'s customizable menu will pamper, soothe and revitalize your soul.



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.



 massage



# set list.

## SYNCHRONICITY

Lose track with a musical massage that will make you drift away. A masterfully blended sound track takes you on an exceptional journey, in sync with the choreographed performance of personalized pressure and rhythm together with a soothing foot scrub. You have never experienced music like this before. 60mins or 90mins.

## SMOOTH OPERATOR

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 a hydrating and smoothing effect –wrapping it up in an enjoyable musical experience. 60mins

## FACE THE MUSIC Aromatherapy Facial

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 co-enzymes 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. 60mins

## WRAP REMIX

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've never experienced before. 120mins



# massage

## HARD ROCK MASSAGE

Feel totally revived 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. 60mins or 90mins

## 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 will take care of your top and toes simultaneously. 60mins

## HARMONIZE

Experience the healing benefits of aromatherapy combined with traditional massage techniques, allowing for complete relaxation. 60mins or 90mins

## TRADITIONAL THAI MASSAGE

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



# massage

## DEEP TISSUE

This powerful and firm body massage, using hands, elbows and forearms, restores peak performance for stressed muscles. Lymphatic flow and circulation of the body will also be increased to release muscle tension and alleviate fatigue. 60 min or 90 min

## 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. 30 min or 45 min

## BRIEF ENCOUNTER

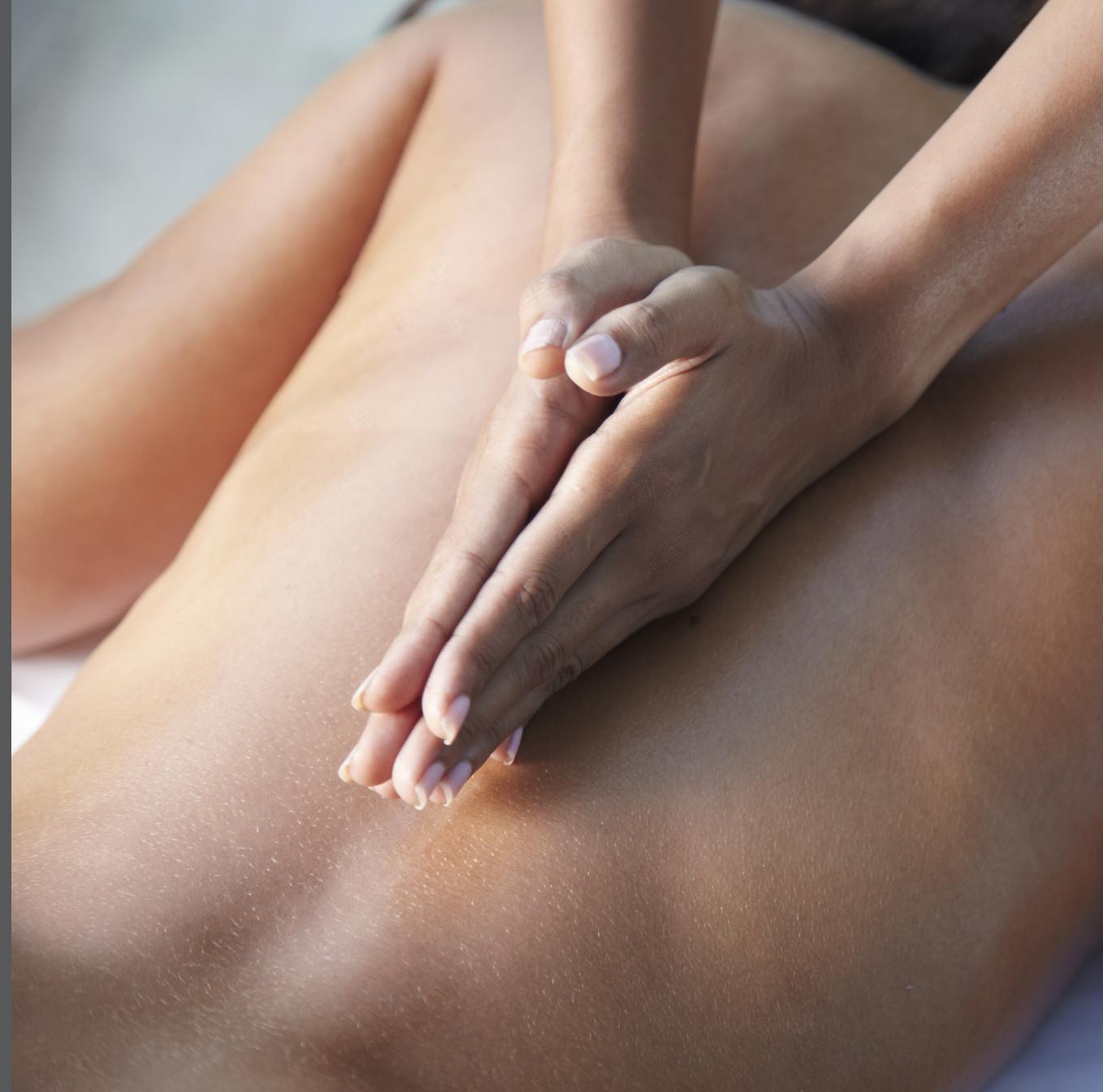
If you are strapped for time, a little indulgence is better than none at all. Designed to de-stress taut and for tired shoulders and backs. This treatment may be short on time but it packs a powerful dose of healing energy. 30 min

## FACE IT

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. 20 min

## HEADS UP

A good head massage is all you need to release the stiffness and muscle ache from your shoulder, neck and scalp. 20 min





 body

# body

## BUFF BAR

A choice of Hard Rock Massage or Traditional Thai 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. 90 min

EARTH CLAY

OATMEAL

SEA SALT

SALT ROCK

SEAWEED

HIMALAYAN SALT

## SUN GOD BODY WRAP

When your tropical tan has you looking more blistery 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. 45 min



Hard Rock Signature treatment.



# body

## ULTRA GLOW

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. 45 min

## SHAPE IT UP

This unique experience begins with a detoxifying massage which targets those pesky areas of concern, not so affectionately known as 'love handles.' Immediately following is a body wrap formulated with black pepper and specially designed to reduce the appearance of adipose in the abdominal and lower back areas. 45 min





 face

# face

## REFRESHING FACIAL

A soothing and relaxing facial massage designed around your personal skincare needs. This facial includes an exfoliating treatment to remove dull skin, followed by a rejuvenating mask. 60 min

## DRENCHED

Specifically designed around your personal skincare needs, this facial includes a gentle exfoliation to remove dull surface skin cells, a deep-cleansing facial massage and rejuvenating mask. An essential oil application to the temples and warm hand treatment complete the customized facial. 45 min

## SKIN REPAIR FOR MENS SKIN

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 male skin. 60 min

## OXYGENATING

This revolutionary treatment is designed to clear skin congestion, control acne and revitalize stressed and dull skin. Your face becomes luminous, moisture balanced and younger looking. Recommended for mature or acne prone skin. 60 min

## EXPRESS FACIAL

This mini facial include cleaning, exfoliation, mask and moisturizer. 30 min





 beauty

# beauty

## MANICURE

For perfectly presentable hands, our manicure includes cleansing, shaping, hand care and colour. 45 min

## PEDICURE

Put your best foot forward, this full service pedi includes cleansing, shaping, foot care and colour. 45 min

## 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. 75 min

## 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. 75 min





 packages

# packages

## ROCK HER

Harmonize Massage, Ultra Glow, Shape It Up. 150 min

## ROCK HIM

Harmonize Massage, Ultra Glow, Sun God Body Wrap. 150 min

## ROCK CHARM

Harmonize Massage, Drenched or Oxygenating Facial, Manicure, Pedicure. 200 min

## ROCK REVIVE

Hard Rock Massage, Sun God Body Wrap, Rock Spa Pedicure. 210 min

## ROCK IMPERIAL

Deep Tissue, Express Facial, Ultra Glow, Rock Spa Manicure, Rock Spa Pedicure. 230 min



A woman with long dark hair is sitting on a brown sofa. She is wearing a white, textured 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 sofa. The background is dark and textured.

 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 prepare yourself for the treatment.

Disposable undergarments will be provided which 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 would like your experience at the spa to be relaxing and rejuvenating, therefore kindly do not bring cell phones, pagers, jewellery or other valuables inside.

## FEES & GRATUITY

All spa treatments include use of the facility, robe, slippers and spa amenities. For your convenience, a 5% service charge will be added to the cost of your treatment. This service charge is dispersed to the spa staff who served you during your visit. In appreciation for outstanding service, additional gratuities may be given to the staff at your discretion. Services may be charged to your guestroom. We also honour cash and all major credit cards.





Open Daily, 8 am to 8 pm.

Last appointment will be taken at 7 pm.

## 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 are not permitted in the spa facility. Connect with our Star Service by dialling '0' from your room to book an appointment or make enquiries.

## CANCELLATIONS

Because we reserve spa services specifically for you, we request you to give 4 hours prior notice, should you need to change your appointment. Payments for cancellations or no-shows will be charged at full treatment price.



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