

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



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 ground breaking 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.



set list

SYNCHRONICITY

A pulsating massage featuring a masterfully blended soundtrack. Lose track with this musical massage that takes you away with greatest hits from yesterday to today. Treatment taps into memories to create an experiential journey, in sync with a performance of techniques, pressure and rhythm. The massage is infused with natural essential oils to reduce stress, ease muscle tension and detoxify.

50 minutes | 80 minutes

SMOOTH OPERATOR

Retunes the skin and rocks the soul with a two-part treatment that first removes impurities before introducing new nourishing elements of a soothing detoxifying wrap. Hydrate and smooth the skin, Smooth Operator wraps it up on a high note.

50 minutes

FACE THE MUSIC

Combines the therapeutic benefits of sound vibration and clinically proven natural products to rejuvenate and hydrate facial skin. The journey leaves skin feeling smooth and refreshed, shedding years and restoring a star-worthy glow.

50 minutes | 80 minutes

WRAP REMIX

The ultimate healing experience, warming and enveloping guests in bliss before the treatment's sweet finish. Benefiting the entire body, this treatment is deeply nourishing with the combination of a light exfoliation, hydrating wrap, 50-minute rhythm and motion massage and cleansing facial mask, complete the treatment.

120 minutes



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 minutes | 90 minutes

TRADITIONAL BALINESE

Turn back the hands of time and experience the ancient healing techniques of Bali. 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 grove back in your step.

60 minutes | 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 minutes | 90 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 minutes | 90 minutes



massage

ROCK A BABY*

Designed specifically for prenatal pampering in the second trimester, this full-body massage reduces excess water retention, promotes circulation to calm frayed nerves and restore energy.

60 minutes

*For baby's safety, guests are invited to enjoy this massage after the 12th week of pregnancy with special terms and conditions**



journey to rock

JET LAG RECOVERY

The perfect to banish the effects of travel, revitalize and awaken the senses. Aromatherapy massage to techniques with Jet-lag eliminator essential oil will alleviate physical stress followed by personalized refreshing facial treatment.

90 minutes

HERBAL POULTICE MASSAGE

The herbal poultice treatment is inspired in a Thailand's tradition utilizing warmed poultices of herbs and spices that are steamed and applied directly to the body. The steam heating allows the natural essential oils and aromas of the herbs and spices to be released and provides the healing properties to the entire body, relaxing the muscles while stimulates blood circulation and energy flow.

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 minutes







 body

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

WRAP ME-UP

Wonderful combination of a relaxing massage and a body scrub or a body wrap with an ingredient made from earth clay and herbs, to regenerate, oxygenate and deeply balance your skin. Ideal for mature skin, thus counteracting signs of age.

90 minutes

PEVONIA GREEN COFFEE SLIMMING TREATMENT

Slim and tone your body with this cutting-edge cellulite treatment by Pevonia green coffee. 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

SHINE BRIGHT LIKE A DIAMOND

Treatment based on plants and earth clay that refresh, soften and refine the skin, leaving it more rejuvenated when removing dead cells. Your skin will look more radiant, this treatment is ideal to achieve a perfect tan.

60 minutes

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

EARTH CLAY	TOMATO	OATMEAL
SEA SALT	LEMON	COFFEE
CRUSHED RICE	GINGER	SANDALWOOD
COCONUT	WATERMELON	YOGHURT
SUGAR CANE	SEAWEED	GREEN TEA

refresher

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 neck, shoulders, back and scalp, this treatment may be short on time but it packs a powerful dose of healing energy.

45 minutes

SOFTLY DOES IT

Remove dead cells, after this treatment your skin will look smoother and feel softer. It is recommended before sun exposure to achieve an even tan.

30 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.

60 minutes

PLANTOMER FOR SENSITIVE SKIN

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

75 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.

60 minutes



beauty

MANICURE

For perfectly presentable paws our manicure includes cleansing, shaping, hand care and color.

60 minutes

PEDICURE

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

60 minutes

EXPRESS MANICURE

A quick fix to your fingernails that includes cutting and shaping. With nail color.

45 minutes

EXPRESS PEDICURE

A quick fix to your toenails that includes cutting and shaping. With nail color.

45 minutes

PUT ME ON 10!

You can wave goodbye to chipped nails with a gel polish! Express nail gel polish for finger or toe nails.

TAKE IT OFF 10!

Your nails have grown out and you will start to notice. This is time to say good bye to your nail gel.







 packages

packages

Unforgettable spa experience in company with that special one while enjoying your spa treatment in the privacy of a couple treatment room.

LOVE HISTORY COUPLE | SINGLE

Tutti Frutti Body Scrub & Body Wrap
Aromatherapy Floral Bath
Traditional Balinese Massage
For Him & Her Facial
180 minutes

FOREVER LOVE COUPLE | SINGLE

Sandalwood Lulur Body Scrub for her
Coffee/Chocolate Body Scrub for him
Javanese Royal Milk Bath
Traditional Balinese Massage
Mini Glow Facial
150 minutes

WITH YOU COUPLE | SINGLE

Hot Rock Massage
Tropical Fusion Facial
150 minutes

ONLY YOU COUPLE

Hard Rock Massage or Hot Rock
60 minutes

ONLY YOU COUPLE

Traditional Balinese Massage 90min or
Traditional Balinese Massage 60min -
Aromatherapy floral bath 30 min
90 minutes



kids

Why let the adults have all the fun?

Rock Spa turns it on for Little Rock Stars and Divas. For age of 5 years old to 12 years old.

EENIE MEENIE MASSAGE

A gentle massage touch to improve our little kids sleep pattern and increases their ability to concentrate.

45 minutes

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.

25 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

EENIE MEENIE MASSAGE

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



how to rock spa

ETIQUETTE

We invite you to arrive at the Rock Spa® at least 30 minutes before your scheduled spa service to provide you with sufficient time to change, shower and steam if necessary. A robe, disposable panty, towels and a locker will be provided upon your arrival. Appointments begin promptly at the time scheduled. For late arrivals, appointment will be shortened and end on time.

Undergarments must be worn during treatments. Swimsuits are required for all bath services, no nudity is allowed in co-ed areas.

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

We ask that you do not bring cell phones, jewelry, or valuables into the Rock Spa®. Rock Spa® and Hard Rock Hotel is not responsible for any lost or misplaced items or stolen property.

FEES & GRATUITY

All spa treatments include use of the facility, robe, slippers and a locker. For your convenience, a service charge and government tax as per government current law have added to the cost of your treatment. This service charge is dispersed to the spa staff members who served you during your visit. Services may be charged to your guestroom. We also honor cash and credit cards.



RHYTHM AND MOTION	50 min	80 min	120 min
SYNCHRONICITY	665.500	907.500	
SMOOTH OPERATOR	786.500		
FACE THE MUSIC	665.500	907.500	
WRAP REMIX			1.210.000

MASSAGE	60 min	90 min
HARD ROCK MASSAGE	665.500	907.500
TRADITIONAL BALINESE	665.500	907.500
RETUNE YOURSELF	665.500	907.500
RHYTHM STICKS	665.500	907.500
ROCK A BABY	665.500	907.500

FACE		
ESSENTIAL AROMATHERAPY	60min	847.000
PLANTOMER	75min	1.089.000
MYOXY CAVIAR	90min	1.452.000
THE COMEBACK	60min	847.000

BODY		
OVEREXPOSED	80min	907.500
WRAP ME-UP	80min	907.500
PEVONIA GREEN COFFEE	80min	968.000
SHINE BRIGHT LIKE A DIAMOND	60min	675.000
BUFF BAR	120min	1.028.500

REFRESHER		
SOLE REVIVAL	60min	423.500
BRIEF ENCOUNTER	45min	423.500
SOFTLY DOES IT	30min	450.000

JOURNEY TO ROCK	90 min
JET LAG RECOVERY	907.500
HERBAL POULTICE	907.500
HOT ROCKS	907.500

BEAUTY		
MANICURE	60min	423.500
PEDICURE	60min	423.500
EXPRESS MANICURE	45min	320.650
EXPRESS PEDICURE	45min	320.650
PUT ME ON 10!		465.850
TAKE IT OFF 10!		242.000

KIDS

EENIE MEENIE MASSAGE	45min	423.500
TUTTI FRUTTI	45min	423.500
STRAWBERRY FIELD FOREVER	30min	302.500
POLISH PAWS & TWINKLE TOES	45min	423.500
THE SWEET SHOP	120min	968.000

PACKAGES

	Single	Couple
LOVE HISTORY	180min 1.815.000	3.448.500
FOREVER LOVE	150min 1.150.000	2.200.000
WITH YOU	120min 1.100.000	2.100.000
ONLY YOU	60min	1.331.000
ONLY YOU	90min	1.815.000

*All prices are in Indonesian rupiah and inclusive of a service charge and government tax as per government current law.

 retune yourself.

Rock Spa® | Hard Rock Hotel Bali
Jalan Pantai, Banjar Pande Mas | Kuta Beach | Bali | 62.361.761869
[Hardrockhotels.com/Bali](https://www.hardrockhotels.com/Bali)



Rock Spa

Monday - Sunday | 8AM - 9PM daily

62.361.761.869

RESERVATIONS

For maximum convenience and flexibility, we recommend you schedule your spa sessions in advance. All appointments must be guaranteed with a credit card. Please indicate at time of booking if you have a preference therapist and we will do our best to accommodate your request. Children under the age of 16 are not permitted in the spa/fitness facility. Young adults between the ages of 16 and 18 may schedule Spa appointments with their parent or guardian present during the treatment.

CANCELLATIONS

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



BALI

