

SPA
SOUND BODY™ BY HARD ROCK

rock  spa®



HARDROCKHOTELS.COM

This is more than a spa. It's an escape. A quest to push reset. Through our lineup of signature treatments and amenities, we stir the soul, relax the mind and rock the body.

retune yourself.

The Rock Spa® comprises of five luxurious treatment rooms for massage, body treatments and facials, including a separate salon offering nail treatments. Guests have complimentary access to the relaxation room and locker rooms for both men and women.



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.



set list

SYNCHRONICITY

60 OR 90 MINUTES

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

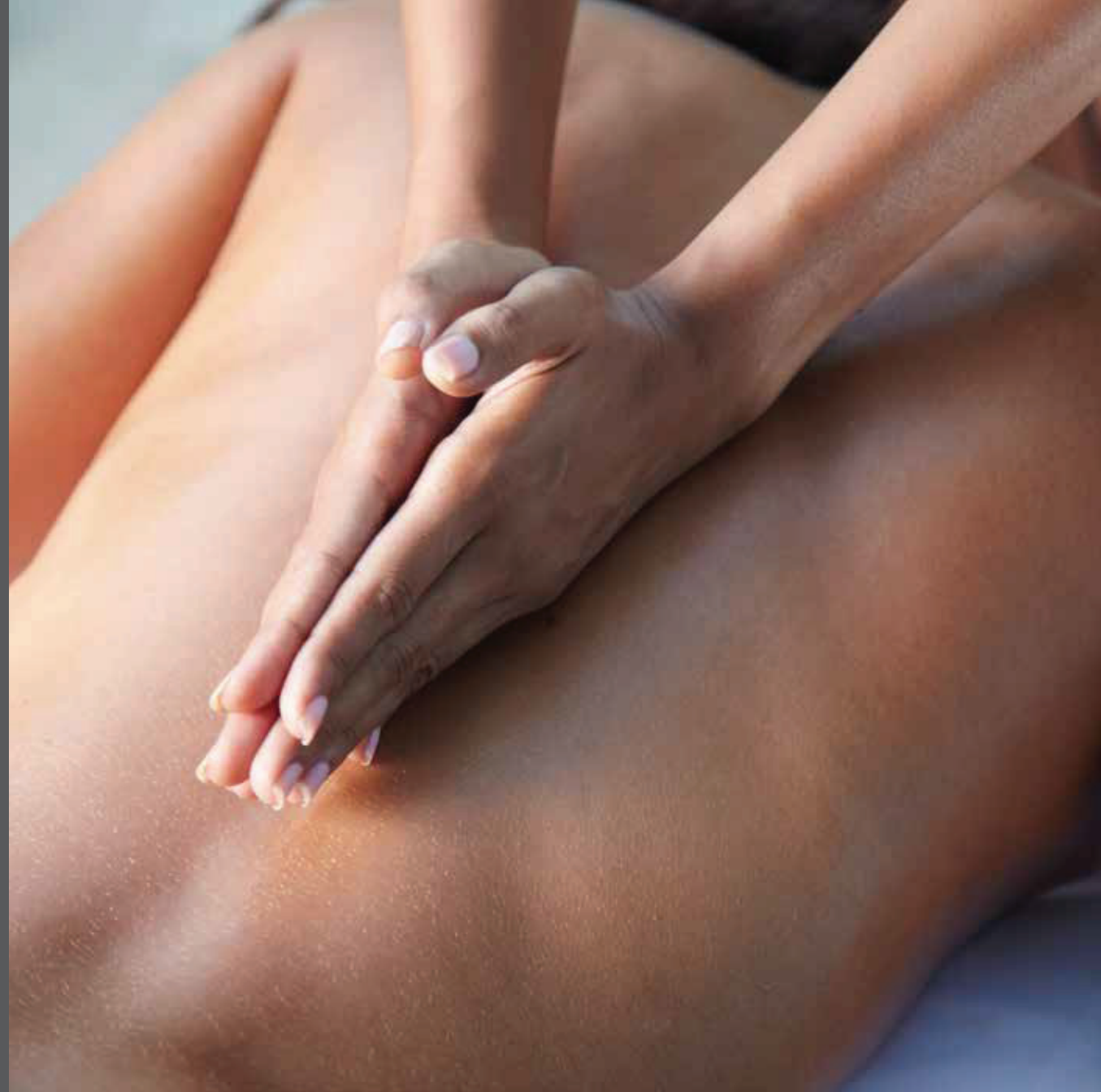
75 MINUTES

Every rock star needs a little 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. Inclusive of additional 15 minutes foot reflexology.

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 50-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 Ahhhhh even longer.





 massage

massage

ASIA BLEND MASSAGE

60 OR 90 MINUTES

A powerful and firm body massage using hands, elbows and forearms. Restores peak performance for stressed muscles and will increase the lymphatic flow and circulation of the body to release muscle tension and alleviate fatigue. Combination of the ancient Ayurvedic healing and Balinese deep tissue techniques to restore your energy.

SERENITY MASSAGE

60 OR 90 MINUTES

Originating from Hawaii, this gently firm massage is deeply revitalizing. Our therapists use full body techniques, applied with rhythmic movements using thumbs, palms and elbows. This treatment creates a state of relaxation and overall well-being.

CLASSIC RENEWAL SWEDISH MASSAGE

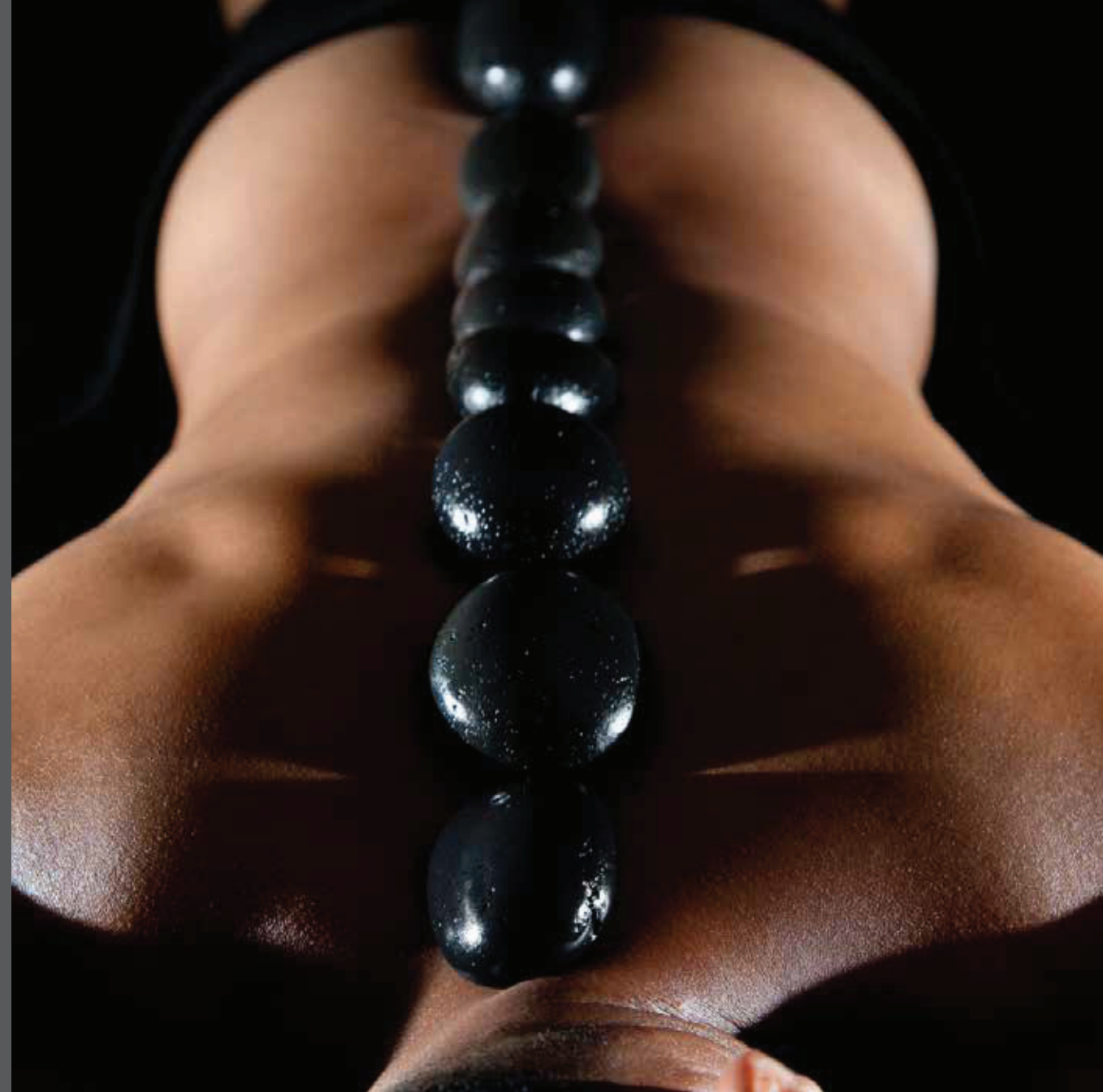
60 OR 90 MINUTES

It's a classic for a reason. Long strokes with light to medium pressure soothe sore muscles and stimulate circulation, helping to revitalize and invigorate your body and spirit.

PENAWAR MASSAGE

90 MINUTES

Indulge in healing art that seamlessly blends the local massage techniques with the use of heated river stones to relieve tension, and soothe tired & painful joints. A totally relaxing experience, this calming process restores the equilibrium and inner peace by balancing the flow of energy.





body

REVIVAL SCRUB

30 MINUTES

Specifically designed to revive and nourish all the senses, this journey begins with an aromatic full-body rice and coconut oil blend scrub exfoliation and application of hydrating moisturizer.

HIMALAYAN ROCK SALT SCRUB

30 MINUTES

The Himalayan Rock Salt, once regarded as "White Gold", contains eons of stored sunlight and high mineral content. This scrub is able to smoothen, soften and moisturize skin while improving blood circulation and helps reduce muscular aches. Uplift your mood immensely with this treatment.

FLY AWAY SCRUB

30 MINUTES

The blend of jasmine rice, green tea and grape seed oil blend as a gentle exfoliate, buffing away dead skin cells and resulting in brighter and smoother skin. Acts as Anti-aging prevention, fade scars and boost collagen production.

CELLULITE SCRUB

30 MINUTES

Caffeine content help improve the collagen production to lighten and tighten the skin and thus to fade away the stretch marks, while goat milk contains many vitamins which is necessary to repair damaged skin tissue, and provides healthy skin that make it powerful radiant.



mini's

RELAX YOUR FEET

30 MINUTES

Balance your body by focusing on your feet to stimulate the body's energy points.

WE'VE GOT YOUR BACK

30 MINUTES

Realign tight, strained muscles with this deep muscle massage - a quick relief for back pain and discomfort.

MINI HEAD MASSAGE

30 MINUTES

Pressure points on the scalp relieve tension throughout the body. An Indian head massage completes the experience.

EXPRESS YOURSELF FACIAL

30 MINUTES

The personalized mini-revival facial includes a cleansing, exfoliation, mask and moisturizer. It's a perfect treat for those on the go.





 beauty

salon

BEAUTIFUL HANDS

60 MINUTES

Skin exfoliation, cuticle work, masque, shaping, buffing and your choice of nail polish.

HAPPY FEET

75 MINUTES

Skin exfoliation, callus work, cuticle work, masque, shaping, buffing and your choice of nail polish.

EXPRESS MANICURE

30 MINUTES

Cuticle work, shaping, buffing and your choice of nail polish.

EXPRESS PEDICURE

45 MINUTES

Cuticle and callus work, shaping, buffing and your choice of nail polish.

SILKY SMOOTH SKIN

30 TO 60 MINUTES

BRAZILLIAN WAXING

FULL LEG WAXING

UPPER/LOWER LIPS WAXING

BIKINI LINE WAXING

UPPER LEG WAXING

EYEBROW WAXING

UNDER ARM WAXING

LOWER LEG WAXING





packages

THE DESARU DOSE

(Scrub, Massage, Mini Facial)

120 MINUTES

Get pampered with a local coconut scrub (25 minutes), followed by our Asia-Blend Massage which is combination of Sports and Balinese techniques (75 minutes), completed with a mini facial (20 minutes).

THE COAST ENERGIZER

(Scrub, Hot Stone Massage, Mini Facial, Express Nail Services)

180 MINUTES

Created from a traditional recipe our energizer treatment will moisturize and Rejuvenate the skin while you enjoy an aromatherapy massage. It starts with anti cellulite scrub (25 minutes), followed by a calming hot stone massage (90 minutes) continue with a beautiful mini facial (20 minutes) and to complete pamper head to toe with express nail services without nail polish (45 minutes).

ROCK AND ROLL COUPLES

(Scrub, Massage, Indian Head Massage, Foot Reflexology, Mini Facial)

150 MINUTES

You're heartily enjoying comfortable silence with your partner while being pampered by a professional therapist. You'll find that after the therapy you'll be able to reconnect and increased amounts of affection. Your quality time will typically start with a jasmine green tea scrub (20 minutes), followed by a Balinese massage combine with Indian head massage and foot reflexology (110 minutes) finish by a beautiful mini facial. (20 minutes)



sweet child 'o' mine

TUTTI FRUTTI

45 MINUTES

Get seriously spoiled with this yummy fruit facial, we'll have you licking your lips. Edible ingredients that leave your skin super soft and glowing.

STRAWBERRY FIELDS FOREVER

30 MINUTES

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

POLISHED PAWS AND TWINKLE TOES

45 MINUTES

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

120 MINUTES

The whole kit and caboodle. For all our little Rock Stars, this morning or afternoon treatment in the Spa will treat you from top to toe with a facial, mani, pedi and a mini foot massage all with a delicious juice and snack to make life super sweet!

SAIL TO THE MOON

30 OR 60 MINUTES

The healing power of touch and manipulation of soft tissue intended to promote health and well-being for children and adolescents. Reaped a number of benefits, such as better sleep, less anxiety and a stronger immune system.



family time

FATHER AND SON CHILL OUT

(Massage, Foot Reflexology, Indian Head Massage)

60 OR 90 MINUTES

It gives you 60-90 precious minutes of valuable time together. Your professional therapists will expertly stroke and gently knead your muscles until every ounce of stress is banished from your body. Go on dad - indulge in some quality time with the junior!

MOTHER AND DAUGHTER NEW BEAUTY RITUAL 60 OR 90 MINUTES

(Massage, Indian Head Massage, Mini Facial)

Mother daughter pampering treat, spoilt in a rhythm of Hawaiian massage. A relaxing, gentle massage using long - flowing dancing strokes and for a 90 minutes session finish by a calming organic aloe vera facial.



A man and a woman are lying in a bed, wrapped in white towels. The man is on the left, looking towards the camera with a slight smile. The woman is on the right, resting her head on an orange pillow and looking down. The bed has orange and striped pillows. The background shows a wooden chair and a patterned rug.

 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 relax. A robe, slippers, disposable undergarments and locker rooms will be provided upon arrival.

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®.

FEES & GRATUITY

All spa treatments include use of the facility, robe, slippers and a locker. In appreciation for outstanding service, additional gratuities may be given to the staff at your discretion. Services may be charged to your guest room. We also honor cash, checks and all major credit cards.





10am to 10pm daily
rockspa@hrhdesaru.com
607.838.8888

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 and young adults, ages 18 and below, may schedule spa appointments with their parents or guardian present during the treatment.

CANCELLATIONS

Because we reserve spa services specifically for you, we ask that you give 24 hours advance notice, should you need to change or cancel your appointment. Late cancellations or no-shows will be charged at full treatment price. A late arrival will reduce your scheduled treatment time so we may accommodate other guests with appointments.