

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 fully immersive music-centric
spa menu utilizes amplified vibration,
pressure and patterns as the foundation
of its treatments.

rhythm & motion.

This radical experience takes you on a
rhythmic massage journey. Bass
vibrations ripple through the massage
table as treble beats come from above,
sending a pulse through the body 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 aromatherapy oil 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 the rhythmical dry body brushing ritual that eliminates dry skin and ends with a soothing detoxifying wrap, designed to release toxins, rehydrate and smooth the skin.

FACE THE MUSIC

60 minutes

Every rock star needs some therapy once in a while. Bringing the therapeutic benefits of sound vibration and clinically proven organic products to rejuvenate and hydrate your facial skin, this journey leaves your skin smoothed and refreshed, shedding years and restoring a star-worthy glow.

WRAP REMIX

120 minutes

This is the ultimate healing experience, warming you up and wrapping you in bliss with a sweet finale. For the full body benefit, this treatment begins with a brisk, rhythmic body polish. Followed by a 60-minute Synchronicity Massage and a cleansing facial mask to complete the treatment. A refreshing shot of Rock Spa Tea is served to keep you in a relaxed state even longer.





 massage



flow massage.

DELUXE

60 minutes | 90 minutes

Feel totally revived and ready to rock out after this fabulous massage. A blend of Hawaiian Lomi Lomi, Balinese and Swedish techniques come together to leave you feeling completely relaxed, rejuvenated and tension free.

DEFUSE

60 minutes | 90 minutes

An aromatherapy-inspired massage, where light to medium rhythmic, soothing strokes induce you into deep relaxation. A perfect choice to promote a healthy energy flow, this treatment harmonizes both mind and body.

DE-STRESS

30 minutes | 60 minutes

Melt away stress with this massage for your back, shoulders, neck and scalp. Designed to release tension, it combines acupressure and stretching techniques to enhance energy flow and clear your mind, leaving you deeply relaxed.

DECODE

30 minutes | 60 minutes

Unlock balance and grounding energy with this revitalizing reflexology treatment. By focusing on the reflex zones of your feet and lower legs, this therapy releases tension and restores energy. It is the perfect remedy for tired, heavy legs after a night of dancing, guaranteed to put the groove back in your step.



pulse massage.

ENHANCE

90 minutes

Dive deep into muscle relief with this intense massage, focusing on releasing deeper tension through the use of elbows, forearms and deep strokes. This treatment incorporates gentle stretches to enhance circulation and improve joint mobility. Our 90-minute session features the addition of Maldivian 'Veli Modum,' a heated sand compress that melts away stress and tension, making it perfect for the adventurous spirit.

ENERGIZE

90 minutes

Say goodbye to stubborn knots with this full-body massage featuring heated bamboo sticks to effortlessly eliminate tension and misbehaving muscles. Combined with energizing Swedish massage techniques, it enhances blood circulation and restores your body's natural balance. Ideal for rejuvenating yourself after a lively night out.

ENLIGHTEN

90 minutes

Revitalize your spirit with this jetlag recovery treatment, designed to relieve exhaustion, boost concentration and induce deep relaxation. This holistic experience combines a full-body massage with Hopi Ear Candles, helping to enlighten both your body and spirit, especially after long journeys.

ENRICH

90 minutes

Experience profound relaxation with this full-body massage, using heated basalt stones to release stress, increase blood flow and relax fatigued muscles. The soothing heat promotes detoxification and eases away tension, leaving you feeling enriched and rejuvenated.



amplify it*

Amplify your Rock Spa® experience with any of these 30-minute enhancements, designed to create a fully customized treatment.

*Available only as an 'add-on' to a full-priced treatment.

REVITAL-EYE

Revive fatigued under-eyes in just minutes! This treatment combines an organic blend of minerals, vitamins and antioxidants to energize, hydrate, brighten and tone your skin. Ideal for all skin types, it is perfect for alleviating under-eye puffiness, pigmentation, dryness, fine lines and wrinkles.

COCONUT NOURISHING HAIR & SCALP

Rejuvenate and nourish your hair and scalp with the natural benefits of coconut oil. Renowned for its deep moisturizing properties, this treatment restores shine and vitality, leaving your hair luxuriously healthy.

INTENSIVE HYDRATING FOOT

Pamper your feet with this indulgent treatment. Begin with a two-step exfoliation to eliminate dead skin cells, followed by the application of a deeply hydrating cream to nourish and soothe tired feet, leaving them soft and refreshed.

AROMA BATH

**Applicable for a maximum of 2 people

- **FRESH CITRUS:** Dive into the rejuvenating scents of peppermint and eucalyptus. This refreshing blend awakens your senses, clears your mind, and soothes your body.
- **SUMMER BEACH:** Luxuriate in an exotic blend of star fruit, white tea and geranium. This unique combination provides a serene, revitalizing experience, leaving you feeling refreshed and balanced.
- **ORIENTAL FLORA:** Experience the blissful blend of orange blossom and lily. This enchanting mix lifts your spirits and offers a tranquil escape from daily stresses.







 face

face.

IRON OUT

90 minutes

Experience the pinnacle of anti-aging with our ultimate facial. Pure-active, cold-pressed botanical extracts merge with advanced natural cosmeceuticals in this revolutionary treatment. Designed to deeply moisturize, enhance skin tone and texture and smooth out fine lines and wrinkles.

THE MAN

60 minutes

Tailored specifically for men's skin, this facial features a two-step exfoliation to rejuvenate skin cells. Vitamins and botanical extracts work to improve tone and texture, address post-shaving irritation and combat the visible signs of aging.

DREAM ON

60 minutes

Alleviate dryness and dehydration with our intensive hydration facial. This treatment includes a two-step exfoliation to remove dead skin cells, instantly refining tone and texture while minimizing fine lines and wrinkles. Infused with plant-based ceramides, hyaluronic acid and botanical extracts, your skin will be left hydrated, toned and firm.

COOL OFF

60 minutes

Relax with our scientific organics facial, which incorporates the latest advancements in organic skincare. Soothing extracts like lavender, rose, chamomile and azulene combine with nourishing vitamin E, aloe vera and tea extracts to reduce redness, calm, soothe, and nourish your skin.

QUICKIE

30 minutes

Achieve an "afterglow" in just 30 minutes! This treatment starts with a deep exfoliation to remove dead skin cells and boost cellular turnover. Powerful antioxidants, along with soothing and hydrating botanical extracts, repair free radical damage and improve skin tone and moisture, leaving your skin brighter, tighter, hydrated and nourished.







 body

body.

SHELL

45 minutes

Indulge in this radiant treatment, beginning with the vibrant scrub of your choice and followed by a warm, nourishing drizzle across your body for superior hydration, nourishment and complete relaxation.

- Ginger-Lime Sugar Scrub
- Almond-Orange Scrub
- Honey & Sesame Scrub
- Lavender Himalayan Salt & Coconut Oil

SUN

60 minutes

Soothe sun-exposed skin with a cooling blend of grape stem cells and white body butter, gently applied for the ultimate post-sun treatment. This treatment includes a calming scalp massage and revitalizing eye treatment, perfect for relaxing and rehydrating your skin.

SEA

90 minutes

This body wrap begins with a Ginger-Lime Sugar exfoliation to enhance skin tone and texture. Shea butter and flower oil leave your skin silky-smooth, while a refreshing peppermint-scented clay mask helps draw out impurities.





 packages



packages.

Be pampered by the soothing sounds of the Indian Ocean and indulge in an unforgettable spa journey alone or share the experience with your loved one.

RELAX

90 minutes

60-minute Flow Massage
30-minute Quickie Facial

REBORN

120 minutes

30-minute Tropical Coco Scrub
60-minute Enhance Massage
30-minute Coconut Nourishing Hair & Scalp

REWARD

120 minutes

60-minute Flow Massage
60-minute Hydrating Booster Facial

REVITALIZE

150 minutes

90-minute Enlighten Massage
30-minute Coconut Nourishing Hair & Scalp
30-minute Intensive Hydrating Foot

RENOVATE

180 minutes

30-minute Ginger & Lime Scrub
30-minute Aloe Soothing Wrap
90-minute Energize Massage
30-minute Quickie Facial



adults not allowed.

Why should adults have all the fun? Rock Spa® is turning up the excitement for our Little Roxtars, recommended for ages 3 to 12 years.

SKIDDLEY'S HAPPY HANDS AND TWINKLE TOES

30 minutes

Treat those busy little feet and hands to a soothing massage with nourishing coconut oil. A delightful way to unwind after a day of play.

BUDDY JR'S CHOCOLATE WRAP

30 minutes

A chocolate body wrap, perfect for soothing sun-kissed skin and adding a touch of sweetness to Little Roxtar's day.

SIR KINGSTON'S SUNSHINE MASSAGE

45 minutes

A classic massage tailored to your preferences, designed to whisk you off to Dreamland with a smile. Just let your therapist know what you'd like.

STYLER'S SMILEY FACIAL

45 minutes

Get seriously spoiled with this delightful fruity facial, as tasty as it is effective. With edible ingredients, this facial is guaranteed to leave the Little Roxtar grinning from ear to ear.





A person is lying on a dark brown massage table. They are covered by a white textured towel, with only their legs and feet visible. Their feet are at the bottom right of the frame, with red-painted toenails. To the left of the person's head is a large orange pillow with three black buttons. The background is a dark, patterned wall.

 how to rock spa®

how to rock spa®

ETIQUETTE

Please arrive at Rock Spa® at least 15 minutes prior to your scheduled session to complete the registration, change and relax. Late arrivals may result in a shortened treatment time.

You will be provided with a robe, slippers and disposable undergarments. For your comfort, you may choose to wear your own undergarments or use the ones provided by Rock Spa®. Our professional therapists practice proper draping procedures to ensure your comfort and privacy at all times.

If a therapist observes an inappropriate behavior from a guest at any given time, the therapist reserves the right to discontinue the treatment immediately.
We kindly ask you to refrain from bringing jewelry or valuables into the Rock Spa®.

HOURS OF OPERATION

10:00 AM - 07:00 PM Daily

To book your spa session, please call +960 6651400 ext. 7014

The last appointment is at 05:30 PM for a 60-minute treatment

RESERVATION

For the best experience, we recommend scheduling your spa sessions in advance. Children under 16 must be accompanied by a parent or guardian during their treatment.

how to rock spa®

HEALTH

Kindly highlight any health conditions that you may have when making spa reservations, such as pregnancy, high or low blood pressure, heart conditions, skin diseases, allergies, injuries or other concerns that might affect your treatment and require the therapist's awareness.

CANCELLATIONS

As spa services are reserved specifically for you, a 6-hour notice is required to change, reschedule or cancel your appointment. A 50% charge of the full treatment price applies for late cancellations and a No-Show will incur a 100% charge of the treatment price.

FEE AND GRATUITY

Additional service charge and government tax will be added to the cost of your treatment. Charges can be billed to your guestroom and major credit/debit cards are also accepted. While additional gratuities are appreciated, they are not required. Our goal is to provide an amplified service for an authentic experience that rocks.

PRICELIST.

SET LIST

SYNCHRONICITY MASSAGE	\$150/60min \$200/90min
FACE THE MUSIC	\$165/60min
SMOOTH OPERATOR	\$165/60min
WRAP REMIX	\$220/120min

FLOW MASSAGE

DELUXE	\$135/60min \$175/90min
DEFUSE	\$135/60min \$175/90min
DECODE	\$70/30min \$135/60min
DE-STRESS	\$70/30min \$135/60min

PULSE MASSAGE

ENHANCE	\$190/90min
ENERGIZE	\$190/90min
ENLIGHTEN	\$190/90min
ENRICH	\$190/90min

AMPLIFY IT*

*AVAILABLE ONLY AS AN 'ADD-ON' TO A FULL-PRICED TREATMENT

REVITAL-EYE	\$65/30min
COCONUT NOURISHING HAIR & SCALP	\$55/30min
INTENSIVE HYDRATING FOOT	\$55/30min
AROMA BATH**	\$55/30min

**APPLICABLE FOR A MAXIMUM OF 2 PEOPLE

FACE

IRON OUT	\$180/90min
THE MAN	\$150/60min
DREAM ON	\$150/60min
COOL OFF	\$150/60min
QUICKIE	\$85/30min

BODY

SHELL	\$120/45min
SUN	\$140/60min
SEA	\$165/90min

PACKAGES

RELAX 90min	\$150/Single \$280/Couple
REBORN 120min	\$190/Single \$350/Couple
REWARD 120min	\$215/Single \$400/Couple
REVITALIZE 150min	\$225/Single \$440/Couple
RENOVATE 180min	\$300/Single \$550/Couple

ADULTS NOT ALLOWED

SKIDDLEY'S HAPPY HANDS AND TWINKLE TOES	\$45/30min
BUDDY JR'S CHOCOLATE WRAP	\$50/30min
SIR KINGSTON'S SUNSHINE MASSAGE	\$60/45min
STYLER'S SMILEY FACIAL	\$70/45min

PRICES ARE QUOTED IN US DOLLARS AND SUBJECT TO ADDITIONAL 10% SERVICE CHARGE AND PREVAILING T-GST

Rock Spa® at Hard Rock Hotel



MALDIVES

hardrockhotelmaldives.com