

rock  spa[®]



This is not just a spa. This is your stage.

retune yourself

At Hard Rock, we believe wellness has a rhythm, a melody and a beat. Rock Spa is where transformation meets touch. Where high-performance skin science sits alongside ancient ritual, and every treatment is designed to help you feel lighter, recover smart, look sharp and feel limitless.







face & body

HYDRA GLOW REGENERATIVE

A high-hydration facial powered by Comfort Zone's advanced hyaluronic complex. Expertly curated for dehydrated, dull or environmentally stressed skin, this treatment floods the skin with moisture while restoring its natural glow. Perfect as a standalone radiance boost or the start of a multi-step skin journey.

60 minutes

PRO LIFT SIGNATURE

A targeted facial lifting and firming treatment using Comfort Zone's professional PRO actives alongside expert manual lift techniques. Contours are redefined, muscles relieved and skin visibly tightened - all within a single session. The go-to for a pre-event or pre-camera glow.

60 minutes

LONGEVITY PRO-COLLAGEN

Our most comprehensive skin and body longevity experience. This two-hour ritual opens with a pro-collagen facial using Comfort Zone's leading age intelligence actives before moving to a sculpting body treatment focusing on tone, lymphatic drainage and skin elasticity.

120 minute



massage

FISIOSPORT

A clinical-grade sports massage targeting specific muscular groups with deep tissue, myofascial release and neuromuscular techniques. Whether recovering from physical training or managing chronic tension, this treatment restores structural integrity and accelerates physical recovery.

60 minutes | 90 minutes

RHYTHM & STRETCH

A therapist-assisted deep stretching and fascial release session combining elements of Thai massage and yoga-based mobility techniques. Designed to expand range of motion, correct muscular imbalance and leave you feeling longer, lighter and genuinely free-moving.

60 minutes | 90 minutes

RHYTHM & SOLE FOOT TREATMENT

A music-led foot ritual that synchronises acupressure work with curated beats. Each point of the feet maps to an internal system, from digestive and hormonal to respiratory, allowing this deceptively simple treatment to create wide-reaching, whole-body benefits.

45 minutes

PRO-SLEEP AROMATIC

Engineered for those whose rest is compromised by stress, travel or overstimulation. A deeply slow full-body massage using sleep-promoting essential oils and nervous system-calming techniques to guide the body toward its most restorative state. Best experienced in the evening.

60 minutes | 90 minutes

HIMALAYAN SALT

Warm, hand-carved Himalayan salt stones are used to perform a mineral-rich full-body massage; exfoliating, grounding and deeply warming in equal measure. The natural trace minerals infuse into the skin as the heat penetrates muscle tissue, creating a treatment that is simultaneously detoxifying and profoundly relaxing.

60 minutes | 90 minutes

MEDITERRANEAN DETOX SYMPHONY

A full-body reset inspired by the Mediterranean. This detox ritual blends warmth, movement, and aromatic essences to leave you feeling lighter, refreshed and re-energised - a true symphony of relaxation and renewal.

90 minutes

SWEDISH MASSAGE

A timeless massage designed to quiet the mind, ease tension and restore balance. Flowing techniques and light to medium pressure work in harmony to improve circulation, release stress, and leave you feeling deeply relaxed and renewed.

60 minutes | 90 minutes

HOT STONE MASSAGE

Smooth, heated stones are used to deliver warmth deep into the muscles, melting away tension and encouraging profound relaxation. Combined with therapeutic massage techniques, this restorative treatment helps improve circulation, ease stiffness, and leave the body feeling lighter and more at ease.

90 minutes

DEEP TISSUE MASSAGE

Designed for active lifestyles and persistent muscle tension, this targeted massage uses firm pressure and focused techniques to release tightness, improve mobility, and support recovery. Ideal for those seeking deeper relief, enhanced performance, or simply a greater sense of physical freedom.

60 minutes | 90 minutes



enhancements

HEAD & SCALP RITUAL

A therapeutic scalp massage using warm botanical oils, performed with intention and rhythm. Melts away head tension, nourishes the scalp and promotes circulation. Add to any facial, massage or book as a solo express treatment.

30 minutes

EXPRESS PERFORMANCE EYE & FACE

A targeted express treatment for the eye area and face, using performance actives to address puffiness, fatigue lines and dullness. The ideal pre-event upgrade or as a stand-alone reset when time is short and results cannot wait.

30 minutes

THERABODY EXPERIENCE

Experience the benefits of Therabody Wellness Technology, as either a stand-alone treatment or a luxurious enhancement to any spa experience.

Using advanced recovery techniques to relieve tension, improve circulation, and support overall wellbeing, these treatments help restore balance, boost recovery, and leave you feeling refreshed and revitalized.

KNESKO MASK

Elevate your treatment with a luxurious KNESKO gemstone-infused collagen mask. Deeply hydrating, brightening and revitalising, this enhancement leaves skin visibly smoother, more radiant and beautifully refreshed, while offering a moment of pure relaxation and self-care.

Amplify your experience. Speak with the Rock Spa team for full details and pricing of all our enhancements and add-ons.



how to rock spa

ARRIVAL

We recommend arriving at least 15 minutes before your treatment to allow time to check in, change and begin transitioning into a state of relaxation. Late arrivals may result in a reduced treatment time. Your experience will end at the scheduled time to respect the next guest.

RESERVATIONS

All treatments are subject to availability and are best reserved in advance. To book your Rock Spa experience, please contact the spa reception, speak with a member of the hotel team or visit us directly. A credit card may be required to secure your experience.

CANCELLATIONS

We kindly ask for a minimum of 24 hours' notice should you need to cancel or reschedule your appointment. Late cancellations or no-shows will be subject to a cancellation charge of 50%. We appreciate your understanding.

HEALTH & WELLBEING

For your safety and comfort, please inform your therapist of any medical conditions, allergies, injuries, recent surgeries or skin sensitivities prior to treatment. Certain treatments may not be suitable during pregnancy. Please discuss with our team when booking. We are here to curate the perfect experience for you and your wellbeing is our priority.





Rock Spa
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SCAN ME



AGE POLICY

Rock Spa is an adults-only environment. Guests must be 16 years of age or older to access the spa and receive treatments. Some treatments require guests to be 18 or over. Please enquire with our team.

ATMOSPHERE & TRANQUILITY

Rock Spa is a sanctuary. In the spirit of respect for all guests, we ask that mobile phones are switched to silent and conversations are kept to a low volume in treatment and relaxation areas. Photography is permitted in designated areas only.

VALUABLES

Please use the secure lockers provided for your personal belongings during your visit. We regret that Rock Spa cannot accept responsibility for loss or damage to valuables brought into the spa.

ROBE, SLIPPERS & FACILITIES

Robes and slippers are provided for all spa guests. Please wear swimwear in all wet areas. Towels and refreshments are available throughout your visit.



MALTA

