

SPA

**SOUND BODY™ BY HARD ROCK**

rock  spa®



# rhythm & motion

## SYNCHRONICITY

*Choice of Hard Rock Massage or Traditional Malaysian Massage*

60 min | RM240

90 min | RM360

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

## SMOOTH OPERATOR

60 min | RM240

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 an hydrating and smoothing effect - wrapping it up in an enjoyable musical experience.

## FACE THE MUSIC

*Aromatherapy Facial*

60 min | RM240

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 coenzymes 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.

## WRAP REMIX

2 hour | RM390

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 completely new spa experience that you have never experienced before.

All prices are nett inclusive of prevailing taxes.

# massage

## HARD ROCK MASSAGE

60 min | RM190 (Outdoor Villa), RM255 (Indoor Room)

Feel totally revved up 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.

## RHYTHM STICKS

1 hour 30 min | RM340 (Outdoor Villa), RM385 (Indoor Room)

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.

## RETUNE YOURSELF

1 hour 30 min | RM340 (Indoor Room)

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, achieving mind and body harmony.

## HOT ROCKS

1 hour 30 min | RM340 (Indoor Room)

The heat of the earth and delicate touch ensures this much loved massage leaves you floating. 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.

## TRADITIONAL MALAYSIAN MASSAGE

60 min | RM210 (Outdoor Villa), RM255 (Indoor Room)

Turn back the hands of time and experience the ancient healing techniques of Malaysia. 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 groove back in your step.

All prices are nett inclusive of prevailing taxes.

# massage

## SOLE REVIVAL

30 min | RM80

60 min | RM140

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.

## BRIEF ENCOUNTER

30 min | RM115 (Outdoor Villa), RM160 (Indoor Room)

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

## FACE IT

20 min | RM65

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.

## HEADS UP

20 min | RM65

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

# body

## BUFF BAR

105 min | RM330 (Outdoor Villa), RM375 (Indoor Room)

Choose your own body treatment at the Buff Bar. For super smooth skin take a base of Earth Clay, Sea Salt or Ground Rice infused with aromatic essential oils and botanicals such as ginger, juniper, rose, coconut and vanilla.

## OVEREXPOSED

45 min | RM165 (Outdoor Villa), RM210 (Indoor Room)

When your tropical tan has you looking more blistery than blissful, we have the solution. Soothing lavender is applied to the body and wrapped to reduce heat and redness, followed by a nourishing lotion application. This treatment is comforting and refreshing, perfect to cool down on a hot day.

## PEVONIA GREEN COFFEE

90 min | RM355 (Indoor Room)

Slim and tone your body with this cutting-edge cellulite treatment by Pevonia. A slimming and toning wrap that stimulates your body's ability to break down fat, increase metabolism, eliminate water retention, smoothes and enhances skin texture and visibly reducing spongy and dimply areas.

## FLOWER / HERBAL / GREEN TEA BATH

20 min | RM85 (Outdoor Villa)

## ULTRA GLOW

30 min | RM145 (Outdoor Villa)

This 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.

## WRAP IT UP

30 min | RM145

Complete your spa pampering session with our combination of delicious Cocoa, Coconut Milk, and Coffee body wrap. It provides soothing nourishment with anti-oxidants and rich sources of vitamins and minerals to the skin whilst delighting the senses.

All prices are nett inclusive of prevailing taxes.

# face

## ESSENTIAL AROMATHERAPY for all skin types

60 min | RM210 (Indoor Room)

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.

## PLANTOMER for sensitive skin

75 min | RM250 (Indoor Room)

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

## LACTO FLORA for whitening

60 min | RM290 (Indoor Room)

This facial treatment combats hyperpigmentation problems from within the skin. It directly tackles the cellular condition that causes skin discoloration. Skin is visibly fairer after treatment.

## THE COMEBACK for men

60 min | RM250 (Indoor Room)

A purifying and refining skin treatment that leaves skin supple and refines enlarged pores. Results are visible and deliver a healthy and a youthful skin with a rejuvenated appearance. Formulated especially for male skin.

## OXYGENATING & VITAMIN C for brightening

90 min | RM320 (Indoor Room)

A radical facial treatment for dull and dehydrated skin. This facial combines the high potency of Vitamin "C" with stimulating Freeze-Dried Seaweed, rendering skin firmer, brighter, more rejuvenated and velvety-soft. An excellent treatment for smokers, sunbathers and sun-damaged skin.

# face

## MYOXY CAVIAR for mature skin

90 min | RM350 (Indoor Room)

Counteract the imprints of time and reflect a youthful complexion, dramatically reducing facial expression lines and wrinkles. Ideal for those who would like to minimize signs of ageing.

## EYE SUPREME

RM55 (Indoor Room)

Eye treatment that lightens the appearance of wrinkles, puffiness and dark eye circles.

## SERUM TREATMENT

RM45 (Indoor Room)

Helps to provide hydration, increased nourishment, strengthens and brightens the skin cell.

Additional treatments:

- Eye treatment may be applied along with face mask during facial therapy.
- Serum treatment may be applied along with face moisturizer during facial therapy.

# foot & nails

## EXPRESS MANICURE (without nail colouring)

45 min | RM75

A quick fix to your fingernails that includes cleansing, shaping and hand care.

## EXPRESS PEDICURE (without nail colouring)

45 min | RM85

For a polished shine that gives a healthy and clean look to your toenails.

## BASIC MANICURE

Natural Color | 60 min | RM120

Gel Color | 60 min | RM170

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

## BASIC PEDICURE

Natural Color | 60 min | RM130

Gel Color | 60 min | RM180

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

## ROCK SPA MANICURE

Natural Color | RM150

Gel Color | RM225

The amped up version of Manicure, adds a super softening scrub and mask to the line up – go on you deserve it.

# foot & nails

## ROCK SPA PEDICURE

Natural Color | RM170

Gel Color | RM245

For a toe-tally indulgent experience, try our Rock Spa Pedicure, all the benefits of a pedicure with the addition of a scrub and mask treatment. Baby soft feet guaranteed.

## GEL REMOVAL

RM40

## FOOT SPA

RM60

Pamper your feet to a luxurious foot scrub and foot mask.

## HAND SPA

RM60

Treat your fancy hands to a luxurious hand scrub and hand mask.

# better together package

## BRAND NEW ME

2 hours 30 min | RM435 value, for only RM370  
(Outdoor Villa)

Foot Cleanse | Sole Revival | Traditional Malaysian  
Massage | Green Tea Bath Soak

## BED OF ROSES

2 hours 15 min | RM440 value, for only RM375  
(Outdoor Villa)

Foot Cleanse | Hard Rock Massage | Ultra Glow |  
Flower Bath

## THE REMEDY

2 hours 30 min | RM545 value, for only RM460  
(Indoor Room)

Foot Cleanse | Foot Massage | Traditional Malaysian  
Massage | Aromatherapy Facial

## SHINE BRIGHT LIKE A DIAMOND

3 hours 30 min | RM660 value, for only RM550  
(Outdoor Villa)

Foot Cleanse | Hard Rock Massage | Ultra Glow |  
Mini Facial | Express Manicure Pedicure

# better together package

## ROCK YOU LIKE A HURRICANE

3 hours | RM630 value, for only RM535 (Indoor Room)

Foot Cleanse | Foot Massage | Hot Rock Massage  
| Aromatherapy Facial

## DROPS OF JUPITER

2 hours 30 min | RM570 value, for only RM485  
(Outdoor Villa)

Foot Cleanse | Retune Yourself Massage | Mini Facial

## INTO THE ZONE

2 hours 15 min | RM445 value, for only RM380  
(Indoor Room)

Foot Cleanse | Synchronicity Massage | Mini Facial |  
Foot Spa

# kids

Only applicable for kids below 12 years old

## TUTTI FRUITI FACIAL

30 min | RM95 (Outdoor Villa), RM135 (Indoor Room)

Get seriously spoiled with this yummy fruit facial. We'll have you licking your lips, with good enough to eat ingredients that will leave your skin super soft and glowing.

## STRAWBERRY FOOT MASSAGE

30 min | RM65

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

## POLISHED HANDS AND TWINKLE TOES

45 min | RM85

A must for all junior fashionistas, funky fingers and fabulous toes - now that's HOT. For the boys, nothing says chic like clean, buffed fingers and toes.

## THE SWEET SHOP

2 hours | RM210 (Outdoor Villa), RM250 (Indoor Room)

The whole kit and caboodle for the little one. Spend a morning or afternoon at the Spa with our top to toe spa treatments - a Facial, Manicure, Pedicure and a mini Foot Massage.

## MANGO TANGO BODY SCRUB

30 min | RM85 (Outdoor Villa), RM125 (Indoor Room)

## EENIE MEENIE MASSAGE

30 min | RM75 (Outdoor Villa), RM115 (Indoor Room)

## CHOCOLATE SUNDAE BODY MASK

30 min | RM95 (Outdoor Villa), RM135 (Indoor Room)

## BUBBLE BATH

20 min | RM55 (Outdoor Villa)

All prices are nett inclusive of prevailing taxes.

## OPERATING HOURS

Daily: 09.00am to 09.00pm

## ETIQUETTE

We invite you to join us at Rock Spa® at least 30 minutes before your scheduled appointment, providing you with sufficient time to change and shower before your treatment starts.

## RESERVATIONS

For maximum convenience and flexibility, we recommend you schedule your spa sessions at least 24 hours in advance.

## CANCELLATIONS

Because we reserve spa services specifically for you, we ask that you give 4 hours advance notice, should you need to cancel your appointment. Late cancellations or no-shows will be charged at 50% of the treatment price.



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