

SPA  
SOUND BODY™ BY HARD ROCK

rock  spa®



SPA

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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 first fully immersive music-centric spa menu utilizing amplified vibrations, pressures and patterns, as the foundation of it's 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.

# rhythm & motion

## SYNCHRONICITY

Utilizing greatest hits from yesterday to today, the treatment taps into memories to create an experiential journey, in sync with a performance of techniques, pressure and rhythm. The massage is infused with a choice of natural organic essential oils to reduce stress, ease muscle tension, and detoxify. 50 min / 80 min

## FACE THE MUSIC

Bringing the therapeutic benefits of sound vibration and clinically proven organic products to rejuvenate and hydrate facial skin, this journey leaves skin smoothed and refreshed, shedding years and restoring a star-worthy glow. 50 min / 80 min

## SMOOTH OPERATOR

Retunes the skin and rocks the soul with a two-part treatment removing impurities and invites new nourishing elements in. Starting with the rhythmical dry brushing, a ritual that softly sloughs rough skin away and closing with a soothing detoxifying wrap, to release toxins, hydrate, and smooth the skin wrapping it up on a high note. 50 min

## WRAP REMIX

This is the ultimate healing experience warming guests up and wrapping them in bliss with a sweet finish. For the full body benefit, this treatment begins with a brisk, rhythmical body polish. Following the detoxifying wrap to nourish the skin, the 50-minute rhythm and motion massage and cleansing facial mask complete the treatment. A refreshing shot of Rock Spa® Detox Tea is then served, to keep guests in a relax state even longer. 110 min

# massage

## COUPLES

Unforgettable spa experience in company with that special one while enjoying your massage in the privacy of a couple treatment room. 50 min / 80 min

## RELAXING

Restore your vital energy with this full body massage. Let the tension and stress disappear on contact. This massage provides a wonderful sense of well-being, as it improves circulation, relaxes muscles and stimulates the lymphatic system. 50 min / 80 min

## AROMATHERAPY

A wonderful massage using a synergy of essential oils especially designed to induce deep relaxation, strengthen the respiratory system, eliminate muscle tension and reduce anxiety by providing welfare. 50 min / 80 min

## DEEP TISSUE

Therapeutic massage designed to relieve tension and muscle stress. Techniques focus on specific areas of stress and pain. 50 min / 80 min

# therapies

## 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. 80 min

## HOT STONE MASSAGE

Full body therapeutic massage with warm volcanic stones to relieve deep muscle tension. The heat of the stones relaxes the muscles, calms the aches and pains, helps your body feel rejuvenated and your mind healthy. 80 min

## COUPLES HERBAL POULTICE OR HOT STONE MASSAGE

Unforgettable spa experience in company with that special one while enjoying your massage in the privacy of a couple treatment room. 80 min

# facials

## INHIBIT

It is the most serious cosmetic alternative to micro-injections. A combination of active filler volume contributes to give your skin a healthier filling in wrinkles from inside to the outside. It is complemented by an ancient Japanese massage called Anma, acting on the movement and muscular tensions, primarily responsible for the appearance of expression lines and wrinkles. 80 min

## DIAMOND

Pollution-protection prebiotic treatment that breathes new life into skin. Repairs skin and helps reverse effects of modern pollution and stress. Skin emerges clean, healthy and luminous. 80 min

## ESSENTIAL SHOCK INTENSE

Helps restore essential elements needed to maintain a plump, hydrated and wrinkle-free skin. Maintains a healthier skin and provides extraordinary benefits. Its regenerating power acts from the deepest layers of the skin replenishing firmness, elasticity and tone to intensively rejuvenate and redefine the facial contour. 50 min

## REJUVENATING ANTIOXIDANT

Renew your skin with this facial that stimulates cell renewal, while natural and organic moisturizers soften the fine lines of expression and give firmness to the skin. 50 min

## VITAMIN C

Luxurious antioxidant facial. Repairs skin damaged by the sun and other external agents fighting the premature signs of aging. Promotes the formation of collagen so that your face has the appropriate elasticity, at the same time regenerates, maintains firm, luminous and radiant. 80 min

# facials

## SENSITIVE

Facial thought of delicate skin care, using products based on botanical ingredients that will help to soothe and reduce skin inflammation. This facial is the ideal answer to recover sensitive skin. The skin will be more protected, moisturized, rejuvenated and with a more uniform tone. 50 min

## PURIFYING

A deep cleansing based upon detoxification. The heat opens and softens the pores; botany freshness purifies and closes them. Our facial includes extractions. A stimulating mask will smooth your skin and gradually moisturizes, soothes and revitalizes. Finally, a veil of hydration will give a satin feel and fresher look. 80 min

## DETOXIFYING

Incredible facial that combines deep cleaning, detoxification and intensive hydration that will leave your skin smoother and with less signs of aging. It is complemented with a facial massage designed to obtain the maximum level of relaxation. 80 min

## FOR HIM

This refreshing treatment is designed especially for men. The skin will be exfoliated to decongest the pores. A deep cleansing of the skin that results in a cleaner, moisturized, revitalized and visibly skin with less signs of age. 50 min

# facials

## BEAUTY IN-FUSION

Our skin is not the same at 30 as it is at 40 or 50 and its needs are not the same either. Each face needs unique and specific solutions. As a result a new concept of professional treatment that gives an answer that is effective, exclusive and specific for each generation:

In your 30's Vitality and Luminosity.

In your 40's Firmness and Hydration.

In your 50's Density and Nutrition.

The "infusion of beauty" that adapts to each skin depending on its age. 80 min

## CARBOXITHERAPY

Innovative technique using carbon dioxide to combat the signs of aging.

The effervescent carboxitherapy produces an explosion that leaves your skin visibly revitalized. 25 min

# body

## EXFOLIATION

Remove dead cells, after this treatment your skin will look smoother and feel softer. It is recommended before sun exposure to achieve an even and perfect tan. 25 min

## SUN RELIEF WRAP

This treatment relieves discomfort caused by excessive exposure to the skin and prevent immediate peeling. Enjoy relief with our exclusive body wrap for sunburn. 50 min

## LIPO-STOCK EXTREME

Accelerates the elimination of localized fat and improves the appearance of "orange peel". Lipoprotein lowering effect and refines the silhouette and gets a slimmer and redefined figure. 80 min

## DETOXIFYING SALT POLISH

Treatment based on plants and salts 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. 50 min

# body

## DETOXIFYING WRAP

Body detoxifying effect that stimulates blood circulation and lymphatic system. Antioxidant, purifying and firming ingredients will leave your skin radiant. 80 min

## REJUVENATING MASSAGE & SEA PLANT

Wonderful combination of a relaxing massage and a body wrap with a mask made of green clay and seaweed, to regenerate, oxygenate and deeply balance your skin. Ideal for mature skin, thus counteracting signs of age. 110 min

## CHOCOLATE WRAP

Relaxing experience that will help remove dead cells with an exfoliation of fine walnut shell granules, which stimulate skin renewal and circulation. The cocoa mask provides elasticity and releases endorphins of pleasure and happiness. You will look more juvenile and luminous. 80 min

# rituals for couples

## SOULMATE - 130 MIN

Chocolate Body Wrap 50 min

Romantic Massage 50 min

Hydro Spa Pool Experience 30 min

## RECOVERY - 130 MIN

Body Exfoliation 20 min

Romantic Massage 80 min

Hydro Spa Pool Experience 30 min

## AGAVE - 130 MIN

Agave Ritual 100 min

Hydro Spa Pool Experience 30 min

# add on's

## EYE LIFTING TREATMENT

A set of extracts that will help you rejuvenate the eye contour. The tone and elasticity of the skin are restored, dark circles, inflammation and fine lines of expression are minimized during this fantastic treatment. 10 min

## FIRMING TREATMENT

Anti-aging experience that stimulates Marma points (energetic swirls that interconnect the physical, mental, emotional and spiritual bodies) of the face and skull with aromatherapeutic essential oils; It rejuvenates the skin and restores elasticity, while fine lines and wrinkles are minimized in this luxurious treatment. 10 min

## RELAXING LEGS TREATMENT

Treatment that helps relieve your legs with a relaxing effect. 25 min

## RELAXING BACK TREATMENT

Ultra relaxing and purifying back treatment. 25 min

# rituals

## AYUNA

An experience capable of silencing the discourse of the mind and immerse yourself in a sense of relaxation and loss of time. A protocol from head to toe that cultivates both the interior and exterior and whose results are a more relaxed mind and a serene face. 130 min

## AGAVE

Enjoy the deep Mexican tradition of using blue agave as a moisturizing, anti-oxidant and anti-aging treatment. A ritual that provides deep relaxation through a massage and also includes an exfoliation that removes dead skin cells and a rich body wrap that hydrates your skin, while enjoying a facial that illuminates and hydrates your skin. 130 min

## TEMAZCAL

Traditional Prehispanic ritual that purifies the body through a steam bath. The ceremony takes place inside a mud structure, led by a shaman pouring an infusion of aromatic and medicinal herbs on volcanic stones heated red hot, to the rhythm of singing and meditation exercises. It will help to eliminate toxins and get a relaxation of mind, physical and spiritual. 100 min

# how to rock spa

## WHO WILL HELP ME CHOOSE MY TREATMENT?

One of our spa representatives will help you plan the perfect spa experience. We invite you to arrive 30 minutes before your appointment. This gives you enough time to register and taking a shower prior to your service.

## WHAT SHOULD I WEAR TO THE SPA?

Wear comfortable! use bathing suit for hydrotherapy experience and for Spa service you may choose to remain in your undergarments or use the ones provided by the spa during treatment. However, all our spa therapists are skilled in proper draping procedures to ensure your complete comfort and privacy at all times. Please do not bring cell phones, jewelry or other valuables into the spa. The spa is not responsible for lost or forgotten valuables.

## WHAT PRECAUTIONS DO I NEED TO TAKE?

We recommend that you eat in moderation prior to your spa service and avoid alcoholic beverages in combination with heat treatments. Do not shave your legs prior to a body scrub. Bad sunburn may prevent you from having or enjoying a spa treatment.

## WHAT IF I FORGOT TO SHOW UP FOR MY APPOINTMENT?

Don't forget, please! You will lose the treatment without reimbursement. No-show can be rescheduled based on availability, only in case of illness showing a medical waiver.

## FEES AND GRATUITIES

It is our goal to provide exceptional service, and of course, additional gratuities are always welcome but not expected. You may charge your spa services to your room and decide your payment method upon check out.

\*\*Prices subject to change without prior notice. Subject to space availability.

\*All Rock Spa menu treatments and services are available in the Limitless All – Inclusive promotion. A 25% service fee will apply over the final price of all transactions using the Limitless All – Inclusive. The service fee can only be paid in cash, charged to the room and / or charged to a credit card. Restrictions may apply.

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