



Swedish and Hawaiian techniques. Unlike a regular massage, this treatment was deeper, more intense and more detailed, thanks to those three massage styles and an attentive therapist. It started off with tiny warm stones tucked between our toes, as well as a massage along the legs with bigger warm stones. Taking the stones off, it was then continued with deep acupressure on the back that would help release that muscle tension. Facing up, the massage was performed gently on the other parts of our body. The technique was applied on legs, hands, stomach and shoulders, and on our head and scalp. After 60 minutes, the therapist allowed us to lie down on the massage table for few more minutes.

INGREDIENTS

For the massage, Rock Spa offers three essential oils which also represent the three qualities in Ayurveda philosophy. The oils are Balance (orange, rosemary and basil), Energize (ginger, eucalyptus and grapefruit) and Chill (lavender, geranium and sandalwood). The oil used will normally be chosen or suggested by the therapist based on clients' body condition. However, clients can still make their own choice too.

MAGIC

We loved the welcoming experience upon our arrival, as the appointed therapist let us have a seat and served us with cold towel and a glass of cool ginger tea. While we enjoyed the tea, the therapist approached with a consultation sheet. As we finished the main treatment, we were presented with another lovely experience that featured a cup of warm ginger tea, as well as Rock Spa's signature warm wheat bag laid on our shoulders.

ROCK SPA

From arrival to departure, this spa knows well how to treat clients like divas.

LOOK

Amidst the lively ambience of Hard Rock Hotel, lies an oasis of serenity called Rock Spa. Dominated by shady earth-tone colors and warm lighting, this spa serves as a pleasant cocoon for those who wish to get pampered like a diva. The contemporary idea of rattan furniture and blue cushions gives a homey vibe to its lounge area, while the huge glass windows provide an expansive view of the lush garden.

FEEL

We fittingly tried their signature "Hard Rock Massage" (550k) that combines Balinese,

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