



HOLLYWOOD, FL

[SEMINOLEHARDROCKHOLLYWOOD.COM](http://SEMINOLEHARDROCKHOLLYWOOD.COM)

rock  spa<sup>®</sup>  
& SALON



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 utilizes amplified vibrations, pressures and patterns, as the foundation of its treatments.

# rhythm & motion

This ground breaking 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.



# set list

## SYNCHRONICITY

A pulsating massage featuring a masterfully blended soundtrack. Lose track with this musical massage that takes you away with greatest hits from yesterday to today. Treatment taps into memories to create an experiential journey, in sync with a performance of techniques, pressure and rhythm. The massage is infused with your choice of natural essential oils to reduce stress, ease muscle tension and detoxify.

## SMOOTH OPERATOR

Retunes the skin and rocks the soul with a two-part treatment that first removes impurities before introducing new nourishing elements of a soothing detoxifying wrap. Hydrate and smooth the skin, Smooth Operator wraps it up on a high note.

## FACE THE MUSIC

Combines the therapeutic benefits of sound vibration and clinically proven natural products to rejuvenate and hydrate facial skin. The journey leaves skin feeling smooth and refreshed, shedding years and restoring a star worthy glow.

## WRAP REMIX

The ultimate healing experience, warming and enveloping guests in bliss before the treatment's sweet finish. Benefiting the entire body, this treatment is deeply nourishing with the combination of a light exfoliation, hydrating wrap, 50-minute rhythm and motion massage and cleansing facial mask complete the treatment.



 massage



# massage

## SIGNATURE MULTI MODALITY MASSAGE

This personalized experience is designed to address your specific needs and preferences— from stress and tension to pain points and mood. Your therapist can combine deep-tissue massage, sports massage, hot stones, massage tools, reflexology, Swedish and other techniques based on your individual body and mind needs.

## 4 HAND MASSAGE

Two therapist will synchronize your massage while you enjoy a blissful experience totally dedicated to you.

## WARM STONE MASSAGE

Melt away tension, ease muscle stiffness, and increase circulation and metabolism with this massage. The warmth from the stones will penetrate deep into the muscle tissue creating blood flow throughout the body and enabling nourishment to be brought to the muscles for gentle healing and deep relaxation.

## CUSTOM AROMA MASSAGE

Rhythmic pressure massage alleviate high stress levels, ease aching muscles and revive the senses with this customized massage. Dynamic blends of essential oils and level of pressure will target your individual needs. Helps relax, recharge and re-energize, whilst tension melts away encouraging optimum circulation.

## MOTHER TO BE MASSAGE

The nine-month journey of nurturing is a special time. Connecting with the mother through the power of touch and working with two heartbeats as one. Safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit. "For baby's safety, guests are invited to enjoy this massage after the 12th week of pregnancy."



## REFLEX POINT MASSAGE

A relaxing take on the traditional art of Reflexology, this service begins with a hot towel cleansing ritual. Following this relaxing interlude, specific pressure points on the feet and hands are stimulated, encouraging the body to find its own energy path and release blockages which may be the source of pain and discomfort. A foot scrub and deep moisturizing hand treatment complete this service.

# massage

## SOUND VIBRATION THERAPIES

### HEAVY METAL SOUND VIBRATION TREATMENT

The aim for sound therapy is to project you into a deep, relaxed theta state, which will alleviate stress and relax the muscles, re-aligning the body to stimulate self-healing. This energy balancing treatment is a perfect antidote for total relaxation of the body, mind and spirit. Tibetan singing bowls incorporating seven metals are placed on and around your body as your energy fields are balanced and enhanced through the resonating sounds and vibrations.

### SOUND MEDITATION MASSAGE

A combination of hands-on massage techniques ending in a symphony of sound vibrations using Tibetan singing bowls to balance the body. The serene vibration and body massage allows for a frequency synchronization, which facilitates energy stability and allows the body to stabilize the immune system, opens blockages and calms the mind.

### SHIRODHARA AYURVEDIC SOUND THERAPY

This treatment introduces hair strengthening oils that run over the third eye to relieve anxiety, depression, insomnia, stress and fatigue. Coupled with our aura cleansing sound meditation using Tibetan singing bowls and a head-and-scalp massage, this treatment will rebalance your body and the dosha life force within your body.

### GROUP SOUND MEDITATION

Done in our Himalayan Salt Room in small groups, a guided sound meditation calms your body and mind reducing stress and anxiety and putting your mind into a theta state of relaxation. This should be done at the end of your day in the spa after your treatments.



# massage

## THERAPEUTIC RECOVERY TREATMENTS

### RAD & STRETCH MASSAGE

Using a variety of assisted stretching techniques for further range of motion and recovery tools to incorporate trigger point release and muscle flushing deep into the layers of muscles, this is a perfect massage for anyone who likes deep pressure and needs a unique approach to muscle healing.

### RAD & PALM MASSAGE

Partnered with a traditional massage and using a variety of recovery tools, this is a great treatment for anyone who likes deep pressure to work out those knots.

### FIRE & ICE MASSAGE

Using both cold and hot treatments within a traditional custom massage, these contrasts in temperature allow the body to begin to restore itself naturally, bringing needed nutrients to the muscles. Great for muscle fatigue.

## THERAPEUTIC RECOVERY ENHANCEMENTS

(Must Book with a Massage, Sound or Therapeutic Treatment)

### FIRE SPOT TREATMENT

Therapist will treat tension areas with warming cream dedicated to loosening tight muscles.

### ICE SPOT TREATMENT

Great for inflammation in the muscle, this cooling treatment will help to ease painful areas.



# massage

## MUSCLE THERAPY SPOT TREATMENT

Essential oil balm will treat areas for muscle recovery and healing.

## FOOT SCRUB

Luxurious salt scrub to make your feet feel smooth.

## MOISTURIZING HAND OR FOOT TREATMENT

Nutrient-rich warm oils treat your hands and feet with deep moisturizing properties.

## HYDRATING EYE TREATMENT

Eye pads loaded with skin tightening and toning ingredients will be used during your treatment time.

## NUTRIENT-RICH FACE MASK

A hydrating mask with lavish ingredients to leave skin glowing.

## ACTIVE MASSAGE TREATMENTS

(Done in our Rock Gym fully clothed)

## BODY ASSESSMENT

Where is your pain coming from? Is it your habits, body mechanics, anatomy, injury or stress? Your back hurts but the source of the pain may be stemming from your hips or feet. Our therapist will do a full body assessment to identify the root of your pain to help you with preventative awareness. Book a custom massage so that they can then target the core areas of your body to give you relief in a way you've never experienced from a massage. Assessments completed in our high tech gym facility. Wear appropriate gym attire for accurate assessment.



# massage

## BODY ASSESSMENT WITH SPECIALIZED MASSAGE

Based on your body assessment, therapist will target the areas of discussion to alleviate stress points.

## PRE-WORK OUT MASSAGE

Using invigorating massage techniques and stretching, the therapist will begin to move blood flow toward the heart to give you a jump start to your workout.

## POST-WORK OUT MASSAGE

Using slow muscle recovery techniques, this massage will help aid in muscle recovery after a great work out.

## ACTIVE MASSAGE TREATMENT ADD-ON ENHANCEMENTS

(Must book with an active treatment)

### FIRE SPOT TREATMENT

Therapist will treat tension areas with warming cream dedicated to loosening tight muscles.

### ICE SPOT TREATMENT

Great for inflammation in the muscle, this cooling treatment will help to ease painful areas.

### MUSCLE THERAPY SPOT TREATMENT

Essential oil balm will treat areas for muscle recovery and healing.

### RAD ROLLER DEEP TISSUE BODY TOOLS

Using a variety of massage tools, the therapist can manipulate muscles in a way they would not be able to with just the use of their hands to engage deeper healing.





# body

## BODY TREATMENTS

### SEASONAL BODY SCRUB

Inspired by the season, this exfoliating scrub, shower and hydration treatment will leave your skin smooth and glowing. Scents change regularly.

### DOSHA BALANCING SCRUB

Starting with Shirodhara hair strengthening treatment oils that run over the third eye to stabilize the nervous system and stimulate production of endorphins, serotonin and positive brain neurotransmitter; a warm shower finishes this meditative body scrub experience.

### NOURISHING BODY WRAP

Deeply hydrate your skin for ultimate nourishing. Powerful ingredients protect the skin and prevent fluid retention and eliminates toxins.

### SLIM AND SMOOTH TREATMENT

This body treatment begins with exfoliation that boosts elasticity followed by a slimming mask that reduces the appearance of cellulite. Advanced micro-current will tone and firm areas of concern.

### DIAMOND GLOW

Treat your skin to a surge of hydration as your skin's appearance is renewed from this light exfoliation and hydro quenching wrap. Enjoy a facial cleansing and mask followed by a custom warm oil massage.

### BODY INFUSION

Begin with a therapeutic essential oil and salt bath infusing the body with nutrients. A stimulating exfoliation and detoxifying body wrap to smooth and tone the body. Customize your massage to create a truly personalized treatment just for you.



# body

## BODY TREATMENT ENHANCEMENTS

### BODY POLISH

Inspired by the season, this exfoliating scrub will leave your skin smooth and polished.

### AURA CLEANSING SOUND THERAPY

Aura energy healing is a very divine process of healing. Healing sounds will wake up the cells of the body and harmonize them. This therapy can be added to the end of any massage or body treatment.

### SHIRODHARA OIL TREATMENT

This treatment introduces hair strengthening oils that run over the third eye to relieve anxiety, depression, insomnia, stress and fatigue. A warm shower finishes this meditative experience.

### DEEP MUSCLE RECOVERY

Using a variety of recovery tools, this is a great treatment for anyone who likes deep pressure to work out those knots.

### SIGNATURE BATH TREATMENTS

Choose between muscle healing arnica, restorative eucalyptus or calming lavender. Therapeutic essential oils and bath salts help infuse the body with nutrients it needs while eliminating the toxins it doesn't.



A close-up photograph of a woman with blonde hair and blue eyes lying down. Her face is partially obscured by several large, vibrant green leaves that are layered over her eyes and nose. She has a slight smile and is looking towards the camera. The lighting is soft and natural, highlighting her skin and the texture of the leaves.

 face

# facials

## HYDRAFACIALS

### DELUXE HYDRAFACIAL MD®

This tailored experience includes the essentials of the Signature Hydrafacial treatment with "Boost" super serums to address specific skin concerns. Choose "Dermabuilder Boost" to minimize signs of aging and recharge your skin with a combination of peptides or "Brittenol Boost" to minimize the appearance of dark spots for an even complexion. The Deluxe is further enhanced with collagen-boosting LED light therapy.

### SIGNATURE HYDRA FACIAL

This award-winning treatment promises to reveal the best skin of your life in just three easy steps using patented technology combined with nourishing ingredients. It uncovers a new layer of skin with gentle exfoliation and relaxing resurfacing, removes debris from pores with painless suction and saturates the skin's surface with antioxidants and peptides, maximizing your natural glow. Delivers long-lasting results you will see and feel immediately.

### DELUXE HYDRAFACIAL MD®

The most desired of them all, this platinum service ensures premium benefits of detoxification through lymphatic drainage so skin can be naturally healthy and radiant from the inside-out. Includes luxurious essentials of the Hydrafacial, extended to the precious areas of neck and décolleté, with "CTGF" super serum "Boost" to restore skin health and vitality and LED light therapy with collagen-boosting element.

### HYDRAFACIAL ENHANCEMENTS

#### PERK ENHANCEMENT FOR HYDRAFACIAL

Exfoliating plumping and wrinkle softener for lip or eye. Take home treatment included.



## ROCKSPA FACIALS

### SIGNATURE ROCK FACIAL

This high-end facial will leave your skin perfectly supple and hydrated. A gentle glycolic peel is used to remove top layers of skin so your face appears youthful, bright and glowing. Visibly improves complexion and texture of the face.

### FIRE AND ICE FACIAL

This signature facial is a complexion-perfecting powerhouse that immediately delivers smoother skin and restores its youthful glow with just one treatment. Fine lines, enlarged pores and discoloration are no match for this coveted popular treatment that includes a peel followed with a cooling mask and warming age erase mask. Also, includes an anti-aging LED light therapy treatment.

### ANTIOXIDANT FACIAL

Liberate the skin from toxins and impurities and breathe new life into your skin with this treatment. Antioxidants are infused to feed the skin's flora and oxygenate the skin, increasing protection against the many causes of premature aging

### BRIGHTENING FACIAL

Supercharge your skin with Vitamin C - nature's most potent and proven skin brightening treatment. This high performance facial is the go to for combating sun damage, reversing signs of aging and restoring luminosity for firmer, brighter skin. This facial includes a collagen -building light therapy and mask

### HYDRATION INFUSION

Replenish hydration, with this ultra-hydrating facial that gives skin an instantly plumped, hydrated and smoother appearance. Includes exfoliating treatment that delivers instant results without downtime followed with a hydrating hyaluronic cooling mask. Good for dehydrated skin types. Partners well with oxygen and galvanic enhancements and/or dermaroller.

### LINE ERASER FACIAL

Retinol for all stages without the irritation. This clinical facial has a Retinol blend peel that is a gentle cocktail that replenishes the skins barrier, increases cell turnover and thickens the epidermis for stronger, healthier and more youthful looking skin. Smooths undesirable texture, fades dark spots and balances oil production. Includes a retinol peel and warming mask. Partner with Microcurrent, Collagen Mask and Ultrasonic enhancements. This facial will have a three day recovery period from derma-shed.

### GENTLEMEN'S FACIAL

Prebiotics and antioxidants are infused to feed the skin. Oxygenation increases protection against the many causes of premature aging, including screen-time light and modern pollution.

### BACK FACIAL

This facial for the back includes ultrasonic technology to deep cleanse and exfoliate the back. Extractions followed by oil-free hydration leaves your back smooth clear.

### DERMAROLLER ENHANCEMENT

(Choose one target treatment: lips, eyes, neck, skin. Includes two month supply take home treatment) Microneedling Roller infused with anti-aging serum helps promote new cell growth and collagen production, reduce the appearance of lines and wrinkles, shrinks pores, reduces rosacea and the appearance of scars, helps with sun damage and brightens complexion. Do not use for three days after Brightening Facial or Anti-Aging Facial. Great to add on to Hydrafacial.

## CUSTOM FACIAL ENHANCEMENTS

### COLLAGEN FACE MASK

Skin firming treatment which promotes collagen production, reduces fine lines and increases skin hydration and repair. Pairs well with all massages, body treatments and facials.

### COLLAGEN EYE MASK

Revive tired eyes with this infused eye treatment. Take home eye masks will help you continue your treatment plan.

### OXYGEN INFUSION

95% Pure Oxygen infused with potent actives to visibly plump skin, increase firmness and hydration.

### MICROCURRENT

Gentle current is used on the face to tone and tighten the delicate muscle tissue to give you an instant lift. This painless procedure gives you immediate red-carpet ready results.

### GALVANIC

Uses currents to improve the absorption of serums deep into the skin tissue. Galvanic makes results of your facial last longer.

### ULTRASONIC THERAPY

Currents causing vibration will deeply cleanse and exfoliate top layers of the skin.

### LIGHT THERAPY

Blue LED light can kill acne-causing bacteria beneath the skin and target oil glands and make them less active. Red LED light stimulates collagen, lowers redness and speeds up healing process. Choose just one or both lights for your customized treatment.

### RESURFACING PEEL

Professional chemical peels deliver extraordinary results with little to no downtime. We have peels for all skin types. Schedule time and consult with your aesthetician day of service.



# salon

## HAIRCUT & STYLE

Wash & Trim

Wash & Blow Dry

Wash, Haircut & Style

Royal Blow Dry with Flat Iron or Curls

Up Do Design

Braids

Extensions

## HAIR COLOR

Single Process

Single Process Retouch

Partial Highlights/Lowlights

Full Highlights/Lowlights

Balayage Highlights

Gloss Toner

Color Correction

## HAIR TREATMENT

Keratin

Conditioning Treatment

## HAIR REGROWTH

High frequency stimulates hair  
follicle regrowth

## LASH EXTENSIONS

(Call salon for pricing)



*Hair services are customized and pricing is determined by length and condition of hair.*

# salon

## MANICURES

### SIGNATURE GOLDEN TOUCH

This beautiful manicure includes light therapy for skin strengthening and a golden mask to leave skin perfectly hydrated.

GEL

CLASSIC

## UPGRADES

Gel Polish

French Polish

Gel Polish Soak-off

Nail Repair

## MAKE-UP

## HAIR REMOVAL

## PEDICURES

### SIGNATURE GOLDEN TOUCH

This beautiful pedicure includes light therapy for skin strengthening and a golden mask to leave skin perfectly hydrated.

ROCK & ROLL

Using tools that are rolled over the muscles to activate relaxation and healing, this pedicure is a treatment not only for the feet but the calves as well.

ROLLING STONE

Warm stones penetrate heat deep into the feet and legs during this pedicure. Hydrating mask and scrub included.

CLASSIC



*Hair services are customized and pricing is determined by length and condition of hair.*

# hard rock package

## HIGH ROLLER

Deluxe HydraFacial

50-min Custom Massage

Heavy Metal Sound Therapy

Nourishing Body Wrap

Shirohdara Oil Treatment

Spa Lunch

Pedicure

Wash and Style

## ROCK SPA'S GREATEST HITS

50-minute Custom Massage

50-minute Brightening Facial

Choice of Classic Pedicure or Wash & Blow-Dry



# couple's journeys

(all couple's journeys are booked in our couples suite)

## CHAMPAGNE & ROSES JOURNEY

Enjoy a couples bath with fizzing rose petal soak, champagne and strawberries followed by a 50-minute customized massage.

## SOUND BATH FOR TWO 80 MINUTES

Couples stress relieving bath including champagne and fruit plate begins this treatment. After the bath, you will enjoy a private sound vibration meditation treatment together performed by one of our sound bath technicians.

## COUPLES MEDITATIVE MASSAGE CONNECTION

Enjoy a charcuterie board with champagne while you soak in a custom prepared bath. Enjoy 50-minute custom massage for both of you followed by a 50-minute Heavy Metal Vibration Sound Treatment.

## COUPLES CUSTOM MASSAGE

Reconnect in our couple's suite while you both get custom massages using warmed oils. Flame candle gift is yours to take home.

## SUITE RETREAT

The luxurious private spa suite is a decadent retreat with lounge, jacuzzi treatment room and shower. All suite experiences come with your custom bath experience, champagne and charcuterie board. Add any body treatment or massage to your suite retreat. Contact Rock Spa for package pricing.



# how to rock spa

## ETIQUETTE

We invite you to arrive at the Rock Spa® & Salon at least 60 minutes prior to your scheduled spa service to provide you with sufficient time to change, shower and steam if necessary. A robe, slippers, towels and a locker will be provided upon your arrival. If you choose, undergarments may be worn during treatments. However, all of our therapists are skilled in proper draping procedures to ensure your complete comfort and privacy at all times. Swimsuits are required for all bath services, no nudity is allowed in co-ed areas. For Salon only services, please arrive 15 minutes prior to your scheduled appointment time. Spa Day Passes are available for purchase to enjoy the spa facilities. We ask that you do not bring cell phones, pagers, jewelry or valuables into the Rock Spa® & Salon. The Rock Spa & Salon is not responsible for any lost or stolen property.

We ask that you do not bring cell phones, pagers, jewelry or valuables to the Spa and Salon. The Rock Spa® & Salon is not responsible for lost or misplaced property.

## FEES & GRATUITY

For your convenience a 21% service charge will be added to the cost of your treatment or service. This service charge is dispersed to the spa or salon staff members who served you during your visit. In appreciation of outstanding service, additional gratuities may be given to the staff at your discretion. You may charge your services to your room, but you must provide a photo ID to do so. We also honor cash, major credit cards, Player's Club points, property credit and casino comps.

## RESERVATIONS

For maximum convenience and flexibility, we recommend that you schedule your spa and salon sessions in advance. All appointments must be guaranteed with a credit card. Please indicate at time of booking if you have a preference for a male or female therapist, and we will do our best to accommodate your request. Children under the age of 18 are not permitted in the fitness center without adult supervision. Children under the age of 18 are not permitted in the spa, but may schedule salon services if they are accompanied by an adult.

## CANCELLATIONS

Because spa and salon services are scheduled specifically for you, we ask that you provide 24 hours advanced notice, should you need to change or cancel your appointment. Late cancellations or no-shows will be charged at full treatment price.

Prices, services and hours of operations are subject to change without notification. Please contact Reservations for the most current offerings.

## RESERVATIONS

954.797.5888

rock  spa®  
& S A L O N