

rock  spa<sup>®</sup>

seminole hard rock hotel & casino tampa





## retune yourself.

Incorporating a place of rest, relaxation and rejuvenation with a fun loving spirit is the core of Rock Spa. Offering a delight of the senses and a calming of the mind, Rock Spa is sure to soar to your Favorites List.



# massage

## **Soul Survivor**

The simple pleasure of Swedish massage has been balancing spa-goers for centuries. Designed to release toxins and increase oxygen flow, these rhythmic maneuvers stimulate circulation which in turn opens the mind.

## **Heaven “Scent”**

Using essential oils with nature’s own aromatherapy elements, this massage is designed to feed the senses and transcend the mind and body to a heightened experience. Proven to reduce stress and relax the mind.

## **Solid As A Rock**

You come in solid as a rock but leave weightless as a feather. Deep tissue massage techniques are used to assist you with increased range of motion, muscle stiffness and overall well-being. Targeting specific areas for maximum results are the focus of this massage; each massage is designed to your needs.

## **Rock A Bye Baby**

Mommy isn’t the only one that needs a little relaxation. Practiced to ensure the utmost care for mother and child, this massage allows Mom to be relieved of the known stresses of pregnancy such as lower back pain, swelling in the legs and anxiety. Baby benefits along with Mom as they enjoy maternal love of the massage.



# massage

## Just The Two Of Us

Share a massage with that special someone in our lavishly appointed Deluxe Suite. You choose the massages you care to enjoy.

## We Will Rock You

Warm Stone Therapy

Travel back in time with this ancient technique where warm stones are carefully placed to assist muscle relaxation and release through heat transfer. Your therapist will use stones to artistically maneuver your body to another level of relaxation, pampering and wellness.

## New York Minute

Back, Neck and Shoulder Massage

Don't let your hectic schedule keep you from enjoying a massage at Rock Spa. This 25 minute massage is sure to hit the spot, concentrating on the three areas where stress is mainly felt. Treat yourself; you will be glad you did.

# add-ons

**Rock N' Roll Heaven (Scalp Massage)**

**Fijian Warm Oil Scalp Treatment**

**Couple's Shower Time**







# body

## Two Tickets To Paradise

110 min

Join in this exotic journey to one of Florida's most treasured fruits, the Orange. Starting with an exfoliation to address sun damage, age spots and skin tone, a masque rich in AHA's is applied and allowed to work in a warm wrap. A Fijian scalp treatment using Exotic Orange Blossom Oil is then performed along with a hand and foot treatment. Finishing with a nourishing Botanical Refining Balm to assist the body's own healing mechanisms to calm, soothe and restore the natural moisture balance found in younger skin.

## Beautiful Day

50 min/80min

Begin with a beautiful body exfoliation using an exotic blend of raw cane sugars and cold-pressed virgin coconut and drift nut oils, leaving the skin soft and invigorated. Your ritual is concluded with a warm aromatic body butter moisture application. Your body will return to Rock Spa but your mind remains in another state; that of calm and blissful relaxation. Upgrade to the 80min treatment and enjoy the Beautiful Day ritual enhanced with a relaxing massage.



# body

## Sweet Emotion

50 min

This customized and unique ritual with delicate aromas offers total relaxation and a sensorial experience. The ritual will begin with a sweet and salty exfoliation for velvety soft skin. Your choice of essential oils is added to this ritual to make it a truly one-of-a-kind experience.

## Sexy Back

25 min

Give your back a break by giving it the treatment we so often neglect. Start off with a light dry brush to remove the top layer of dead skin. Next, an application of Pure Fiji's Perfecting Masque is applied with warm beach stones to help remove environmentally damaged skin. An exfoliation using Pure Cane Sugar, rich in vitamins and antioxidants, our backs are so often denied, is then gently worked into the skin, to rid the body of dull, dry skin and to hydrate. A rich Orange Blossom Body Butter is then applied to complete this service leaving you relaxed and skin toned, smooth and glowing.





# face

## Abracadabra

80 min

Allow your skin to be transformed. This unique treatment will recondition, tone and hydrate by utilizing the most powerful antioxidants, helping increase collagen and reverse the signs of aging. Your skin is transformed with two masques to establish a smooth, soft yet firmer complexion. Combined with hydrating serums to magically re-energize your face, you will see results as fast as waving a wand.

## Forever Young

80 min

This treatment will provide immediate results by restoring your skin to a youthful and radiant appearance. A micro polish exfoliator is used to remove dry, dull and flaky skin cells, revealing a bright and retextured appearance. Your skin is then quenched with vitamins and anti-aging serums that will help soothe and detoxify your skin while firming and hydrating. This treatment is as relaxing as it is beneficial.

## My Angel Face

50 min

Flawless skin is coming to you. This facial begins with a heavenly sugary sweet shea butter scrub that will cleanse, moisturize and invigorate your skin. A cactus-infused toning gel increases circulation and improves elasticity, giving you the perfect glow. Next, a clinical peptide facial serum works to banish discolorations and a powerhouse eye serum sets crow's feet and lines on the run. A quick steamed towel compress infused with glistening products and plumping Agave Nectar Oil, and your complexion looks like perfection.





# face

## Poker Face – Gentleman

50 min

This treatment promises layers and layers of skin nourishment. Steaming wraps infused with a lush whole milk soak envelop your face, hands and feet for full-body moisture and relaxation. Next, enjoy a micro-buffing exfoliation that uses Red Arizona Montmorillonite Clay and Desert Willow Bark to clear away bacteria, dead skin, and blemishes. Cover your skin in a wrap of our Cactus Toning Gel, which promotes circulation and firmness. Next, a spot fighting, facial brightening serum and Three Milk Ageless firming peptide moisturizer gives you a smooth, hydrated and vibrant complexion that's ready for an all-night card game.

## A-B-See Facial

25 min

This Alpha Beta Facial will let you see results in just one treatment by providing microexfoliation without the recovery time. By addressing every skin care concern, this treatment is appropriate for all ages and skin types. Developed by renown Dr. Dennis Gross this MD skin care facial incorporates simple steps to keep your skin healthy and more youthful.

## You Got The Look

50 min

Using the same concept as our A-B-See Facial, this procedure takes it one step further by applying a powerful targeted booster to amplify results and sealed in with an intensely hydrating mask.

## I Feel Good

50 min

The brilliant, beaming skin you've been waiting for. Enjoy a hydrating milk wash and an energizing caramel coffee sugar exfoliation to jump start circulation, scrub away scaly skin and leave you with a seriously smooth complexion. Next, a rich dark chocolate and CoQ10 Enzyme mask leaves you with a smooth, hydrated complexion. Enjoy a super antioxidant recovery serum loaded with resveratrol from Texas winery grapes and a smorgasbord of un-ripened fruits and vegetables that plump and feed your skin. Finally, your eyes are treated to a powerhouse deep wrinkle fighting serum that clinically earned its name - the Crow Catcher.

# add-ons

## Eye Candy – Eye Treatment

This treatment starts with Retinol to improve surface levels such as crepiness, uneven texture and skin laxity while ferulic acid goes further to reduce the appearance of fine lines and wrinkles. Make up applies smoother to the area and lasts longer.

## Lip Service – Lip Treatment

This antioxidant lip repair prevents premature aging while restoring moisture and smoothing the surface of the lips. It uses two powerful antioxidants, silymarin and vitamin E, to shield the delicate lip area from the ravages of sun, smoke and air damage. Special botanical emollients hydrate and heal while an AHA-free exfoliating complex softens and smoothes the texture of your lips.

## If I Could Turn Back Time – Alpha Beta Peel

If you're looking for a gentle effective way to fight the 3 signs of aging (fine lines and wrinkles, enlarged pores and uneven skin texture), these alpha beta hydroxy acids reveal a radiant and luminous complexion without recovery or downtime.

## I Wanna Hold Your Hand

Erase stress and the tell-tale signs of aging with our exclusive hand treatment. An Alpha Beta treatment helps restore the youthful, radiant glow back into your hands while it reduces the visible signs of sun damage and discoloration. You will feel the stress in your hands melt away while we infuse vitamins, antioxidants and botanicals back into your skin that will allow your hands to look as good as they feel.

# *Rock Spa has a New Set List*

At Rock Spa, we understand that a life in balance is often lived on the outer edges of healthy and hectic. We get it.... LIVE HARD, PURIFY HARDER

## Rhythm & Motion Services

### Synchronicity

50/80 min

Lose track with the musical massage that takes you away from the world for a while. Our masterfully blended soundtrack takes you on an experiential journey, in sync with a performance of techniques, pressure and rhythm. The treatment is infused with your choice of natural organic essential oils to reduce stress, ease muscle tension, and detoxify. You have never felt the music quite like this.

### Face The Music

50/80 min

Every rock star needs a little rehab once in a while. This treatment brings 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.

### Smooth Operator

50 min

Retune your skin and rock your soul with our two-part treatment that removes impurities and invites new nourishing elements in. Starting with the rhythmical Sweetgrass inspired dry brushing, a ritual that softly sloughs rough skin away. Closing with a soothing detoxifying wrap, to release toxins, hydrate, and smooth the skin. Wrapping it up on a high note.

### Wrap Remix

110 min

The ultimate healing experience that warms you up and wraps you in bliss with a sweet finish. For the full body benefit, this treatment begins with a cleansing shot of ginger tea to jumpstart your detox process, followed by a brisk, rhythmical Sweetgrass inspired dry brushing. Following our detoxifying wrap to nourish your skin, the 50-minute Synchronicity massage and cleansing facial mask complete the treatment. A refreshing shot of Rock Spa® Detox Tea is then served, to keep you in a state of ahhh even longer.







# beauty

## Jane Iredale Makeup Application

Just the basics applied beautifully by a pro - let us do the work.

15 min

## Special Occasion Makeup

Get Gorgeous! Smokey eye? Retro? You name it and we will leave you red carpet ready.

45 min

## Here Comes The Bride – Trial

Bring photos and ideas with you or let our artist guide you. Preview your best look.

1 hour

## Bridal Make-up/Photography Make-up

Perfect makeup for your perfect day.

1 hour

## Get Your “Glow On” Spray Tanning

Rock Spa provides the highest quality sunless tanning.

25 min

## Eyelash Extensions – Full Set

For women who desire thicker and longer lashes, BlushRock eye lashes will give you the instant model look you’ve always imagined!

3 hours

## Eyelash Extensions – Fill In

Recommended every three weeks.

90 min

## Mink Lash Strip + Application

Made with 100% genuine mink fur. The softness, flexibility and tapered ends will give you the most natural look for everyday use. With proper care, these mink lashes are designed to be used up to 20-25 times.

30 min





# hair

## HAIR FOR THE GALS

- Cut, Style & Blow Dry
- Blow Out
- Color
- Color Retouch
- Color Correction
- Hi/Lo Lights
- Conditioning Treatment
- Keratin Treatment
- Extensions
- Updo/Special Occasion
- Updo/Bridal Hair Trial
- Updo/Bridal Hair

## HAIR FOR THE GUYS

- Cut & Style
- Color
- Hi/Lo Lights

## WAXING SERVICES

- Bikini
- Brazilian
- Brow
- Lip
- Chin
- Face
- Leg Half/Full
- Arm Half/Full
- Underarm
- Back



# nails

## Be Good To Yourself

50 min

### ROCK SPA SIGNATURE MANICURE

More than a manicure, this distinctive salon treatment for the hands combats all the signs of aging and abuse our hands endure each day. Your signature manicure begins with a warm, hydrating soak to prepare the skin for exfoliation with a decadently scented fine grain scrub that loosens and lifts dead skin cells away to reveal the skin's natural glow. A mask is then applied to revitalize the skin. Next, forearms are massaged with a luxurious cream that will melt stress away while deeply nourishing your skin and senses.

## Walk This Way

75 min

### ROCK SPA SIGNATURE PEDICURE

Never has a pedicure done more for the feet and lower legs than this unique treatment. In the beginning, the feet are gently lowered into a warmed aromatic foot soak to soften and hydrate the layers of dry skin while preparing the skin for exfoliation. Next, a decadent, fine grained scrub will envelop your senses as the dry dead skin is gently polished from your feet and legs. A nutrient rich mask is then applied to drench your skin with hydration and antioxidants. A lower leg massage is performed with a luxurious cream to relax and soothe leg muscles while it tones and hydrates the skin.

## Other Nail Services

- Basic Manicure
- Basic Pedicure
- Express Manicure/Pedicure
- Spa Manicure
- Spa Pedicure
- Polish Change – Hands
- Polish Change – Feet

## Nail Add-Ons

- French
- Shellac
- Shellac Removal
- Paraffin





# how to rock spa

## ETIQUETTE

We invite you to arrive at the Rock Spa at least 30 minutes before your scheduled spa or salon service to provide you with sufficient time to change, shower and steam if necessary.

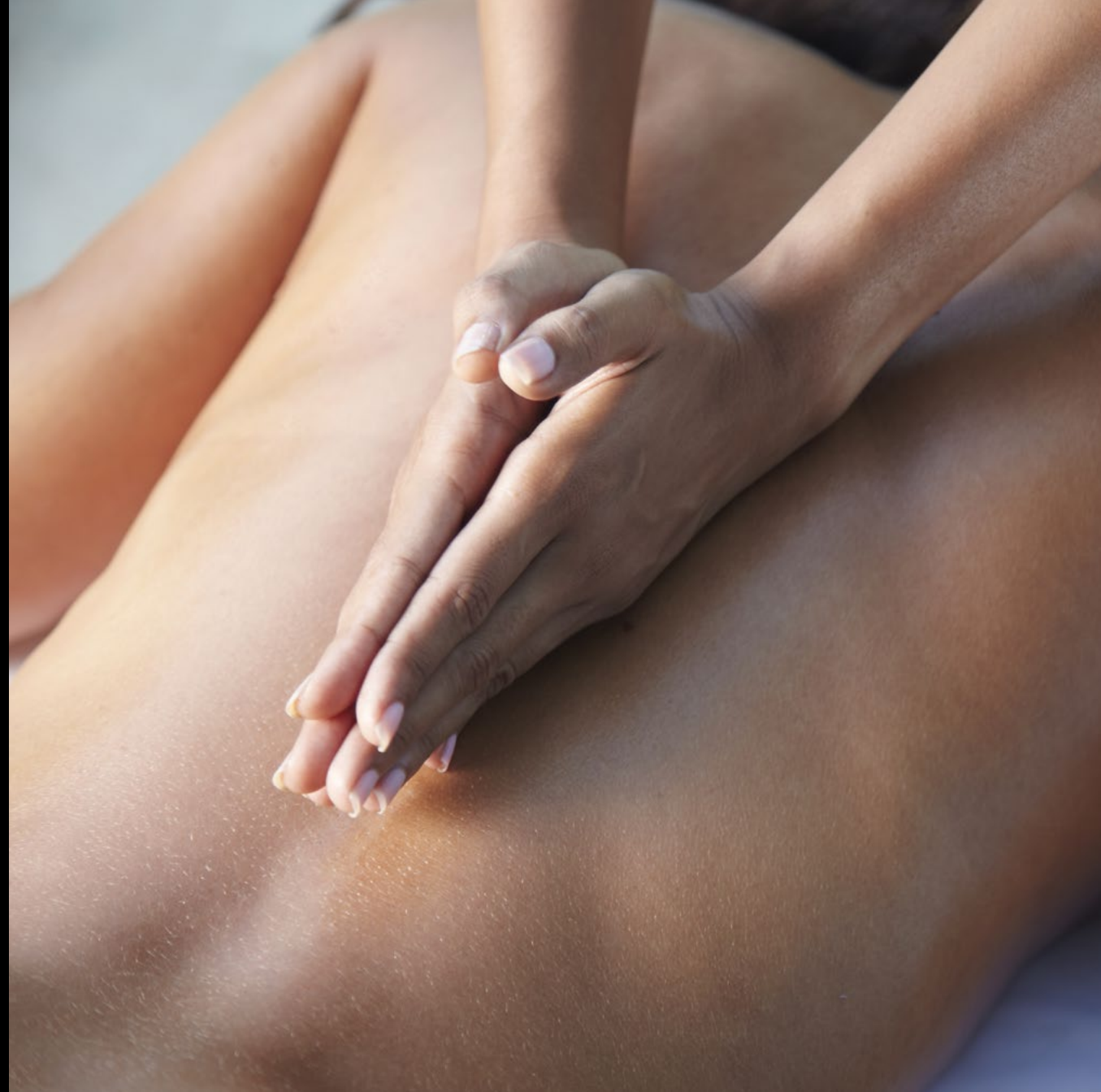
A robe, slippers, towels and a locker will be provided upon your arrival.

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.

We ask that you do not bring cell phones, pagers, jewelry, or valuables into the Rock Spa and Salon. The Rock Spa and Salon is not responsible for any lost or stolen property.

## FEES & GRATUITY

All Rock Spa and Salon treatments include use of the facility, robe, slippers, towels and a locker. You may leave a tip in appreciation of outstanding service and 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, Players Club comps, property credit and casino comps.



# rock ohmmm

813.627.7650  
TAHR.SpaReceptionist@seminolehardrock.com

## 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 may not schedule spa services, but may schedule salon services if they are accompanied by an adult.

## CANCELLATIONS

Because we reserve spa and salon services specifically for you, should you need to change or cancel your appointment we ask that you give a 12 hour advance notice. Late cancellations or no-shows will be charged at the full treatment price.

rock spa® at hard rock hotel

- bali
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