

# rock spa®

Monday to Sunday 9am - 7pm  
Reservations: (33) 3333.3000 Ext. 67  
rockspa@hrhguadalajara.com

## RESERVATIONS

For maximum convenience and flexibility, we recommend you to schedule your spa sessions in advance. All appointments must be guaranteed with a credit card. Please indicate at the 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 16 are not permitted in the spa/fitness facility.

Young adults between the ages of 16 and 18 may schedule Spa appointments with their parent or guardian present during the treatment.

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## HOW TO ENJOY ROCK SPA?

We invite you to arrive at least 30 minutes before your Appointment. This gives you long enough to sign up, use the steam area and relax.

## WHO HELPS ME CHOOSE MY TREATMENT?

One of our spa representatives will help you plan and make this the best experience.

## WHAT DO I WEAR TO GO TO THE SPA?

Make yourself comfortable. Use swimwear for the steam experience and for your treatment you may choose to stay in or out your undergarments. All of our therapists are experts in procedures, assuring your total comfort and privacy at all times.

## CANCELLATIONS

Because we reserve spa services specifically for you, we ask that you give 24 hours advance notice, should you need to change or cancel your appointment.

Late cancellations or no-shows will be charged at full treatment price.

## WHAT PRECAUTIONS SHOULD I TAKE?

We recommend you to eat in moderation before your spa service and avoid alcohol. In addition, if you are receiving one of our body scrub treatments we recommend that you do not shave your legs prior as it can cause irritation. Sunburn can prevent you from having or enjoying your spa Treatment.

## WHAT IF I FORGOT AND DIDNT COME TO MY SPA APPOINTMENT?

Please don't forget it, you're going to lose your treatment without any refund. It can only be rescheduled according to availability.

## FEES AND GRATUITIES:

All spa treatments include use of the facility, robe, slippers and a locker. For your convenience, a 20% service charge will be added to the cost of your treatment. This service charge is dispersed to the spa staff members who served you during your visit. In appreciation for outstanding service, additional gratuities may be given to the staff at your discretion. Services may be charged to your guestroom. We also honor cash, checks and all major credit cards.

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

## RHYTHM & MOTION

FACE THE MUSIC	50 MIN	\$1,100 M.N.	80 MIN	\$1,300 M.N.
SYNCRONICITY	50 MIN	\$1,100 M.N.	80 MIN	\$1,350 M.N.
SMOOTH OPERATOR	50 MIN	\$1,700 M.N.		
WRAP REMIX	110 MIN	\$3,900 M.N.		

## RELAXING EXPERIENCES

HOLISTIC RELAX	50 MIN	\$990 M.N.	80 MIN	\$1,100 M.N.
DEEP TISSUE	50 MIN	\$1,100 M.N.	80 MIN	\$1,350 M.N.
MOM TO BE	50 MIN	\$1,050 M.N.		
FOOT REFLEXOLOGY	50 MIN	\$800 M.N.		
COUPLES TREATMENT	50 MIN	\$2,800 M.N.	80 MIN	\$3,100 M.N.

## THERAPIES

HOT STONES MASSAGE	80 MIN	\$1,650 M.N.		
AROMATHERAPY	80 MIN	\$1,800 M.N.		
DETOX	80 MIN	\$1,650 M.N.		
COUPLES TREATMENT	80 MIN	\$3,100 M.N.		

HOT STONES & HOT THERAPY

## RITUALS

SHIRODARA	80 MIN	\$1,800 M.N.		
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FUSION MASSAGE	80 MIN	\$1,800 M.N.		
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DIFFERENT THERAPIES, ALL-IN-ONE SESSION:

AROMATHERAPY  
DEEP TISSUE  
RELAXING MASSAGE  
LYMPHATIC DRAINAGE MASSAGE  
SHIATSU  
REFLEXOLOGY

## UNIQUE EXPERIENCES

TAKE IT SLOW	110 MIN	\$1,900 M.N.		
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- RELAXATION MASSAGE
- FACIAL TREATMENT

ROCK DJ	130 MIN	\$2,700 M.N.		
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- SPECIAL MASSAGE THECNQUES
- ADVANCED FACIAL TREATMENT

## FACIALS

ROCK FACIAL	50 MIN	\$900 M.N.		
DETOXIFYING	80 MIN	\$1,500 M.N.		
PURIFYING	80 MIN	\$1,500 M.N.		
VITAMIN C	80 MIN	\$1,500 M.N.		
ANTI-AGING ANTIOXIDANT	80 MIN	\$1,500 M.N.		

## UPGRADE

NECK & SHOULDER	30 MIN	\$650 M.N.		
FOOT TREATMENT	80 MIN	\$1,050 M.N.		
EYE TREATMENT	15 MIN	\$250 M.N.		

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Rock Spa® | Hard Rock Hotel Guadalajara

Av. Vallarta #5145 | Zapopan, Jal 54040 | +52 1 (33) 3333.3000

hrhguadalajara.com