

rock  spa[®]
& S A L O N



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 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

Lose track with this musical experience. A performance of techniques, pressure and rhythm featuring a masterfully blended soundtrack. Infused with essential oils to reduce stress, ease muscle tension and detoxify.

WRAP REMIX

The ultimate healing experience that warms you up and wraps you in bliss with a sweet finish. For a full body benefit, this experience begins with rhythmical sweetgrass-inspired dry brushing. A detoxifying wrap to nourish your skin, followed by a 50-minute Synchronicity massage and cleansing facial mask complete the treatment.

SMOOTH OPERATOR

Retune your skin and rock your soul with our body treatment that removes impurities and invites new nourishing elements in. This treatment has a soothing detoxifying wrap to release toxins, hydrate and smooth the skin.

FACE THE MUSIC

This facial treatment brings the therapeutic benefits of sound vibration and clinically proven organic products to rejuvenate and hydrate facial skin. This journey leaves skin smoother and more refreshed, restoring a star-worthy glow.



 massage



massage

SWEDISH

Classic light to medium pressure massage offering the perfect escape from daily stress to relax the body and ease the mind.

HOT STONE

Melt away as warm basalt rocks are used in combination with a Swedish massage providing a deeply relaxing experience that restores equilibrium.

TABLE TOP THAI

Promote inner peace and quiet your mind. This Thai massage treatment increases flexibility and releases both deep and superficial tension.

COUPLES

Enjoy a signature massage in a beautifully appointed private spa room for you and another. The duet encourages unity, connection and collective calm. Ease stress and unwind as two therapists perform side-by-side Swedish massages that promote relaxation and togetherness.

DEEP TISSUE

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. Restores peak performance for stressed muscles.



massage

PRENATAL

Designed for expectant mothers past the first trimester. This full body massage reduces the stress of lower back pain, swelling in the legs and promotes circulation. Practiced to ensure the utmost care for mother and child.

EXPRESS MASSAGE/FACIAL

This express treatment begins with a 25 minute back, neck and shoulder massage targeting areas of stress, followed by a 25 minute Alpha-Beta Facial that creates instant results by providing micro-exfoliation without the recovery time.

MASSAGE ENHANCEMENTS

Rock & Roll Heaven

Aromatherapy oils combined with pressure points on the scalp.

Aromatherapy

A sensory journey with aromatherapy that influences the mood and creates a state of relaxation.

Cupping Therapy

Using silicone cups, this treatment brings a suctioning of tissue lifted to the surface to pull away toxins from the skin while improving circulation.

Footloose

Foot Exfoliation





body

WEIGHT LOSS & BODY CONTOURING

A unique FDA-Registered comprehensive weight loss system that destroys fat cells, activates lymph flow, helps to eliminate bodily toxins and puffiness.

Results: lifts, tightens and strengthens loose connective tissues, improves collagen production, eliminates cellulite, enhances metabolism, slims and shapes, decreases fat cell volume, stimulates blood microcirculation and increases oxygen levels.

Areas included: Back, Thighs, Stomach, Arms, Neck, Glutes.

Face

Neck and Décolletage

Body Treatment Problematic Area

Full-Body Treatment



body

SIGNATURE TREATMENT

Beautiful Day Body Scrub

Begin with a beautiful body exfoliation using an exotic blend of raw cane sugars and cold pressed virgin coconut oil and drift nut oils. A foot massage based on reflexology techniques revives vital energy flow through the body. Your ritual is ended with a warm aromatic body butter full application. Your body will return to the Rock Spa, but your mind remains in another state.



 face



face

INTRACEUTICALS OXYGEN FACIAL

Cooling and calming oxygen infusion facial treatment that feels like a liquid face lift. The infusions are healing, hydrating, lifting and plumping. The treatment uses pressurized oxygen to increase the absorption of the infusion serum containing low molecular weight hyaluronic acid, antioxidants and peptides to rejuvenate the skin. This treatment offers visible results and is perfect before any big event.

Opulence Brightening | Rejuvenate | Clarity

OXYGEN FACIAL ENHANCEMENT

Atoxelene

Serum designed specifically to refine the forehead, soften the eye contour and immediately plump and smooth the lips. The natural amino peptide significantly targets expression lines and increases skin firmness. Skin instantly looks smoother, firmer and feels tighter without invasive injections.

ACNE FACIAL

A facial for problematic and congested skin which includes extractions and LED light therapy. Your skin will feel resurfaced and have a smoother texture.

SIGNATURE FACIAL

Flawless skin is coming to you. This customized facial is tailored to meet your skin type and condition, whether anti-aging, dry or sensitive.



HYDRAFACIAL

This rejuvenating facial gives you everything you are looking for. Deep exfoliation, light peel and painless extractions will leave skin refreshed all while delivering vital antioxidants and nutrients.

Restorative

This invigorating treatment includes all the luxurious essentials of the HydraFacial for your face and neck. Lymphatic drainage therapy initiates the detoxification process. Your skin is cleansed, exfoliated and treated with extractions. This treatment also includes Dermabuilder to address fine lines and wrinkles, followed by LED light therapy.

Deluxe

A customizable, rejuvenating, skin-resurfacing treatment that immediately reduces the look of lines, wrinkles, acne, hyperpigmentation, congested pores and uneven skin tone on the face and neck, this facial includes LED light therapy for truly exquisite results.

Signature

3 Steps, 30 Minutes. This rejuvenating facial gives you everything you are looking for. Deep exfoliation, light peel and painless extractions will leave skin refreshed all while delivering vital antioxidants and nutrients.

HYDRAFACIAL ENHANCEMENTS

Regen GF | Growth Factor

Dermabuilder | Advanced Age-Refining Peptide Complex

Britenol | Alpha-Arbutin & Vitamin C Treatment

THERMAL CLEAR

The latest in High/Low radio frequency technology. Results in seconds. Treating a wide range of common, minor skin irregularities and all skin types. Including: small spider capillaries, cherry angiomas, milia, acne, skin tags, sebaceous hyperplasia, cholesterol deposits and sun & age spots.

ANTI-AGING FACIAL

Allow your skin to be transformed. This unique treatment will recondition, tone and hydrate by utilizing the most powerful antioxidants and stem cells. Increases collagen production and reverses the signs of aging. Your face is transformed with two masques to achieve a soft, smooth and firmer complexion. It will leave your skin re-energized and glowing.

ALPHA BETA FACIAL

An Alpha Beta Facial that creates instant results in just one treatment by providing microexfoliation without the recovery time. Developed by Dr. Dennis Gross, this skin care facial incorporates simple steps to keep your skin healthy and more youthful.

MEN'S FACIAL

Don't let your all night poker game show on your face. Relax with steamy towels infused with essential oils, an exfoliation that removes traces of the past from your skin and conclude with a customized masque that will hydrate and return life back to your skin. The appearance of your skin will look younger, firmer and more vibrant.

MEN'S EXPRESS FACIAL

It's the perfect quick treatment for those on the GO! A mini-revival facial including a cleansing, exfoliation, toner and hydrating moisturizer.

facial enhancements

LIGHTSTIM

Choose which Light Therapy is right for you. LightStim Anti-Aging emits UV-free, beneficial light energy to the skin by using different wavelengths or colors of light. It reduces fine lines and wrinkles, temporarily increases blood circulation and treats mild to moderate acne. LightStim for pain emits warm and soothing light energy proven to temporarily relieve arthritic pain, muscle and joint pain and stiffness, as well as increasing blood circulation. This helps set in motion the body's inherent pain-relieving process.

PERK

All-in-one cleanse and exfoliation. Perk uses patented roller-flex technology to offer immediate results in 10 minutes. Choose Lip or Eye treatment.

PEEL

EYE TREATMENT

LIP TREATMENT

HAND TREATMENT

HAND & ARM EXFOLIATION



nails

SIGNATURE MANICURE

Experience much more than a manicure, this luxurious hand treatment features an added hydrating mask, extended warm stone massage to the hands and lower arms and concludes with a paraffin wax hydrating treatment to seal in the moisture.

SIGNATURE PEDICURE

Treat your feet right with this ultimate relaxation experience. Begin by soaking your stresses away in an aromatic foot soak, exfoliating away dead skin for extra smooth skin. A mask is applied to revitalize and hydrate. Also, receive a decadent warm stone massage treatment for your feet and lower legs accompanied by a paraffin wax hydrating treatment. Ooh la la!

NAIL CLASSICS

Spa Manicure

Spa Pedicure

Hard Rock Manicure

Hard Rock Pedicure

Dip Manicure

French Dip

Polish Change | Hands or Feet

NAIL ENHANCEMENTS

Dip/Gel Removal

Gel Polish

French Polish

Paraffin Treatment





 beauty

beauty bar

MICROBLADING

Microblading is the art of making realistic hair strokes with pigment to create the illusion of fuller brows. If your brows are thin, over waxed or simply need a better shape, then microblading is for you. Semi-permanent.

EYELASH EXTENSIONS

For women who desire thicker and longer lashes. Eyelash Extensions will be applied to individual lashes, giving you the look you have always dreamed of.

BRIDAL HAIR & MAKEUP

No wedding is too small. Let us take care of the Bride and Bridal Party for the big day. We work with each bride to create a customized style for her special day. Bridal trials recommended.

[Bridal Makeup](#)

[Bridal Makeup Trial](#)

[Mink Lash Strip + Application](#) *Made with 100% mink fur*

[Special Occasion Makeup](#)



salon & barbershop

WOMEN

Cut, Style & Blow Dry
Blow Out
Color
Color Retouch
Color Correction
Hi/Lo Lights
Balayage
Toner
Keratin Treatment
Curling Iron/Flat Iron
Conditioning Treatment
Special Occasion Updo
Bridal Updo

WAXING

Brow
Lip
Chin
Face

MEN

Color
Color Retouch
Color Blending
Hair & Scalp Treatment

BARBERSHOP

Wash, Cut & Style
Beard Trim & Design
Hot Towel Shave
Razor Head Shave
Neck Trim & Cleanup
Kids Cut
Ultimate - Wash, Cut & Style,
Hot Towel Shave, and Hyaluronic
Hydrating Face Mask



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

amenities

body : rock®

Fitness Center Open 24/7

(Hours are subject to change)

Body Rock Fitness Center features all you need to stay fit during your stay, including state-of-the-art Technogym cardio and circuit training equipment.

Body Composition Monitor provides a progressive change to your body composition with our InBody 570.



bridal event & couples suites

HALF DAY OR FULL DAY COUPLES SUITES

For wedding related events, spa parties or couple retreats, these suites give you privacy while getting ready for your main event or enjoying quiet time together.

Services available in the bridal event suites include hair and makeup.

Services available in the couples suites include massage and body treatments.

Half Day 10AM - 2PM | 3PM - 7PM

Full Day 10AM - 7PM

To reserve your bridal event or couples suite, please call 813.627.6635



how to rock spa

ETIQUETTE

We invite you to arrive at the Rock Spa at least 30 minutes prior to your scheduled appointment time to provide time to relax and enjoy the spa facilities. A robe, slippers, towels and a locker will be provided to secure your personal items. Please bring a swimsuit to enjoy the Rock Spa wet areas and Aqua Lounge. The spa wet areas feature men's and women's hot tubs, salt saunas, steam rooms, and a unisex Aqua Lounge. Swimsuits are required to enjoy the unisex areas and Aqua Lounge. All spa services include the use of the fitness center, spa facility, robe, slippers and a locker.

All of our therapists are skilled in proper draping techniques to ensure your comfort and privacy during your service. If you choose, undergarments may be worn during services.



how to rock spa

RESERVATIONS

For maximum convenience and flexibility, we recommend you schedule your spa sessions in advance. All appointments must be guaranteed with a credit card. Please indicate at time of booking if you have a therapist gender preference and we will do our best to accommodate your request. Children under the age of 18 are not permitted in the spa/fitness facility. Young adults between the ages of 16 and 18 may schedule salon appointments with their parent or guardian present during the treatment.

CANCELLATIONS

Because spa and salon services are scheduled specifically for you, we ask that you provide 12 hours advanced notice, should you need to change or cancel your appointment. Late cancellations or no-shows will be charged at full treatment price. If you arrive late for your appointment, your treatment experience time will be shorten accordingly, and you will be responsible for payment in full.

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

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



TAMPA

SEMINOLEHARDROCKTAMPA.COM

HOURS OF OPERATIONS

Spa Services:

Open Daily 8am - 8pm

Nail & Salon Services:

Open Daily 10am - 8pm

Barbershop:

Thursday 10am - 2pm

Friday - Saturday 10am - 6pm

RESERVATIONS

813.627.7650

