

ROCK SPA NOMINATED FOR MALAYSIAN WOMEN'S WEEKLY SPA AWARDS 2015

Georgetown, Penang, 17 February, 2015 – Awarded a five-star rating spa by Malaysia's Ministry of Tourism and Culture, Hard Rock Hotel Penang's Rock Spa has been nominated in the Malaysian Women's Weekly Spa Awards 2015 for the third consecutive year.

In the awards last year, the Rock Spa bagged the winner for Best Aromatherapy Body Treatment – Buff Bar Treatment.

Amongst the three categories that had been selected for nominations this year are the *Bed of Roses* package, *Rock You like a Hurricane* package and *Myoxy Caviar* facial.

Bed of Roses Package

The *Bed of Roses* package includes a foot cleanse, Hard Rock massage, Ultra Glow and flower bath. The duration takes 2 hours and 15 minutes of treatment. The outdoor villa is recommended by Rock Spa's therapists for this treatment.

The *Hard Rock Massage* is Rock Spa's signature massage – a fusion of global massage styles including delicious ear reflexology, to get the blood pumping, purge impurities and deliver you with a renewed state of mind. Lavender essential oil and sunflower base oil is used to relax the entire body and throughout the body massage with a combination of Swedish and Balinese massage techniques. This treatment reduces stress and muscle pains, helps the body to relax and improve sleep at night.

The Ultra Glow is a deep exfoliating body scrub that uses sea salt, spa milk and aromatherapy essential oil. The skin feels soft, smooth and moisturized after the body scrub. The Ultra Glow is not recommended on sunburnt skin.

After the body massage and body scrub, a soothing flower bath is provided to relax, calm and rejuvenate the body, mind and soul. Rose petals are soaked in the bath to create a pleasant fragrant and romantic atmosphere for the couple. The flower bath helps to hydrate the skin.

Rock you like a Hurricane Package

This package includes a foot cleanse, foot massage, *Hot Rock* massage and *Aromatherapy* facial. The duration of this package will take about 3 hours and is mandatory to be treated indoors. The package offers a relaxing foot reflexology that applies to pressure points on both feet. It helps to improve blood circulation, induces relaxation as well as reduces stress. The foot massage will be treated at the spa veranda, on a foot reflexology chair.

The heat of the earth and dedicated touch from the *Hot Rock* massage ensures this much loved massage leaves you floating. A therapist alternates hot volcanic stones and nurturing hands in flowing strokes across the body; stones are then strategically placed on energy points to penetrate deep within.

Unlike other spas, the Rock Spa uses black granite stones known as SABAI™ instead of the ordinary Basalt stones. The SABAI™ stone lays perfectly flat on clients, are ergonomically designed to reduce repetitive motion injuries in the therapists, is non-porous and does not harbor bacteria. Sanitation only takes minutes while heating takes seconds using a microwave.

Three essential oil blends are used in this massage – Lavender, Neroli and Rosemary. Each type of oil is benefits the skin, body and mind. The Lavender oil is used for relaxation and restoration. Neroli oil on the other hand is used for skin healing and soothing whilst Rosemary for stimulating and toning.

The *Aromatherapy* facial is a relaxing facial that treats the skin with a holistic approach, via unique massage techniques for the face, neck and décolletage. This facial is suitable for all skin type, good for relaxation and ideal for those with sinus problem, constant headaches and migraines.

Myoxy Caviar for mature skin

This facial is the ultimate anti-ageing treatment for women. The duration of this facial will take about an hour and 30 minutes of treatment and is conducted indoors. Not only does it deeply repairs skin, the *Myoxy Caviar* reduces lines and wrinkles, strengthens elasticity and enhances immediate radiance. Caviar that is used in this treatment originates from Russia. The fish roe contains wonderful nutritive substances. This facial treatment is ideal for those who would like to minimize signs of ageing.

The Rock Spa is recognized as the only spa in Penang that offers private villas by the beach and child-friendly treatments. Rock Spa Penang is the place to retune and indulge your will. Let our sensual environment set the stage for a textural journey using distinctive treatments and social amenities to seduce you into a gratifying state of restoration.

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