
An Honest Restart for your Skin & Body

Rocabella Spa is a space committed to
Nurturing the Mind, Body & Skin. Our
Holistic Approach is based around our Love
and Passion for Nature, Botanicals and
Indigenous Plants. Our Expertly

Crafted Treatments use specially formulated
products from Emma Hardie Skincare &
Dr.Jackson's Organic Skincare that are
mastered to the highest standards. In the
perfectly trained hands of our Therapists, the
effect of each therapy will be felt and seen
immediately after your treatment and for
long after.



ROABELLA SIGNATURES SPA CEREMONIES

ANTI-OXIDANT CLEANSE TOP TO TOE 60mins - 110€

With this Signature treatment, your skin will feel as soft as a feather, revealing its full vitality and health. We thorough double exfoliate with our Himalayan Salt Scrub, rich in minerals and healing properties in a blend of Waterlilly Body Oil, and then we re-visit the body at spots of extra 'roughness' using an awakening Lemon Sugar Crystal Scrub to ensure the softest skin you have ever had. We then apply a rich Monoi Body Cream all over the body and wrap you with a comforting micro-foil whilst we layer a Moringa Cleanser, Mask and Oil on your face powered by a drainage facial massage. This is an ultimate anti-oxidant experience that will leave you feeling lighter, healthier and with skin that has never been more vibrant.

INDIAN HEAD & SCALP MASSAGE WITH ORGANIC COCONUT MELT 60mins - 110€

Your treatment Begins with a Foot Cleansing ritual powered by lemon crystals and an inhalation of Lemongrass Essential oil to promote the feelings of relaxation and empowerment. You are then escorted to your Treatment bed where the treatment commences. Using a combination of Indian and Asian Tui Na Techniques we melt away tension from the crown of your head and let you dream away anything that you love. Just like the base of our body stores a lot of tension, the same happens with our head and scalp where all of the thinking and decision making happens. Using an 100% Organic Coconut Melt, we work through the Scalp and roots of your hair, finishing off with a Neck, Shoulder and Décolleté Massage. The finishing touch is a Quick Quartz Roller Facial Massage to de-puff and de-congest liquid retention.

ROCABELLA SIGNATURE SPA WORKSHOPS

GREEK AROMATHERAPY WORKSHOP WITH MASSAGE 75mins - 120€

This Ritual begins by talking you through the basics of Aromatherapy and exploring 5 different Essential oils that have their roots from the Greek Land. We take you through a presentation of the beginnings of this form of therapy and then you will get to blend your own Body Oil with a choice of three aromatics and enjoy a Relaxing Massage with hints of Hippocrates method of healing at points of your body where you are most concerned. You will walk away with the remaining of your body oil creation to continue your journey into the senses and use as a body oil, massage oil or in an oil burner to create the perfect Spa atmosphere.

'DO IT LIKE A THERAPIST' FACIAL MASSAGE & TECHNIQUES 60mins - 100€

During this 60 minutes workshop we take you through an, 1-2-1 session on how to properly cleanse, exfoliate, mask and treat your skin. We teach you the basics of the Emma Hardie's 'Lines not Circles' technique that works synergistically with your skin tissues and allows healing and regeneration but also deeper penetration of active ingredients for maximum results. This is your perfect holiday treat, to leave educated about your Skin and its needs and what you could possibly be doing wrong at your home routine. After your session we will treat you to a 15-minute facial massage based on the technique you will learn, as well as a speedy Hand & Arm Massage to decongest and relax hands and arms so that you are ready to go perform your learnings and feel amazing.

FACIAL ADD-ONS (these can be added to any of the above Facials)

- Eye De-Puffing Quartz Roller Massage – 10mins - 20€
- Pink Clay Detox & Re-Balancing Mask – 10mins - 20€
- Moringa Anti-Age & Anti-Oxidant Face Mask – 10mins - 20€
- Beard Conditioning Treatment – 10 mins - 15€

ADVANCED FACE THERAPY

By Emma Hardie & Dr.Jackson's

'LIFT & SCULPT' – THE 'EMMA HARDIE' FACIAL **60mins - 100€**

Central to Emma Hardie approach in treatment is the unique 'Lines not Circles' technique. Inspired by Emma's facial therapy technique, this is used to Lift & Sculpt and to encourage fresher, healthier and younger-looking skin. Connective tissue is made up of linear collagen and elastin fibres. Applying skincare in line strokes ensure that we work with the natural grain of the facial tissues rather than against them. We allow the skin to stimulate its self-healing functions, boost elasticity, tone, improve circulation. Lymphatic drainage massage encourages fresh nutrients and moisture from the deeper layers. The Facial is performed using the Vegan Friendly, Award-Winning Emma Hardie Skincare.

*Emma Hardie is a leading pioneer in natural healing and skin rejuvenation and one of the most accomplished holistic facialists in the UK today. Emma Hardie Skincare prides itself on creating natural, cruelty-free products with integrity, avoiding skin sensitising ingredients and using natural botanicals to help skin look younger, naturally.

SKIN ORGANIC NUTRITION – BY DR.JACKSON'S **45mins - 100€**

This facial is pure nutrition for thirsty, troubled or dull skin. Powered by Dr.Jackson's Organic Skincare, this is possibly some of the healthiest ingredients for your skin. We begin by thoroughly cleansing the skin using an organic Face cleanser containing Baobab, Kigelia, Mandarin, Lemon, Roman Chamomile and Pomegranate, a true anti-oxidant and anti-inflammatory experience to protect skin from damage caused by pollution and stress. We then let you indulge in a 30-minute facial massage using 100% Pure Coconut Oil and a unique blend of Baobab & Rose Oil. A deeply moisturising and calming experience that nourishes and softens the skin. You will be then treated to a quick Head Massage while we allow ingredients to penetrate in your skin before we thoroughly cleanse again and apply the Dr.Jackson's Legendary day Cream with SPF30 that will treat your skin with ingredients like Kigelia fruit extract, Marula seed oil and Baobab seed oil.

Dr.Simon Jackson was always fascinated by the power of nature from a young age. This led him to embark on a successful career as a scientist, and he spent over two decades studying indigenous plants and their uses in traditional medicines. Today his boutique Organic range is stocked in some of the world's most luxurious Beauty Stores, as well as a very careful selection of Spas and Salons around the globe.

MASSAGE & BODY THERAPY COLLECTION

TOTAL RELAXING UPLIFTING MASSAGE **30mins - 55€ | 60mins - 80€ | 90mins - 120€**

This is your stress-relief massage that will soothe and relax any tension you hold in your muscles. Using a unique blend of Eucalyptus, Orange & Lemongrass Essential Oils we empower the feelings of calmness whilst uplifting all the senses. After your treatment, you will feel lighter and totally relaxed, ready to take on some amazing experiences during your holiday.

CLASSIC DEEP TISSUE MASSAGE **30mins - 55€ | 60mins - 80€ | 90mins - 120€**

This targets any energy trapped in your muscles and aims to deeply relax you whilst dealing with any minor muscle injuries or pains and aches. Using a unique blend of Ylang Ylang, Rosemary & Thyme Essential Oils boosting your mental activity, reducing muscular pains & aches, and, leaving you feeling re-invented and grounded.

HOT STONE MASSAGE **60mins - 120€**

This Hot Stone Massage will help ease any muscle tension, increase blood flow and reduce spasms whilst increasing flexibility and the range of motion. Using strokes and circular movements and vibrations we encourage a healthy position of the spine and bones by working deeper whilst using lighter pressure. Placing the Stones on specific points of the body to balance your Chakras and promote a complete energy healing spa experience.

CELLULITE & DRAINAGE LEG MASSAGE

45mins - 95€

This Massage will help shift excess water from the legs and reduce inflammation, thereby improving the appearance of cellulite. Our drainage techniques boost stimulation of the lymph circulation, using specific pressure that allows us to make you feel lighter and stronger at the same time. This is an ideal treatment for those that have travelled for long hours or those that practise a profession that requires a lot of seating.

PREGNANCY RELAXING MASSAGE

60mins - 120€

A healthy way to reduce stress and promote an overall wellness during these wonderful months of Pregnancy. Relieving discomforts like backaches, stiff neck, leg cramps, headaches and swelling. The Massage is available after the first semester.

GROUNDING FOOT MASSAGE

30mins - 65€

Our Foot Massage helps in promoting physiological as well as physical health. Using basic Reflexology techniques based on the principle that there are reflex points on the feet that correspond to the body's healthy functions.

A grounding experience that will leave you feeling earthy and strong.



Signature Rocabella Spa Touch

Every Massage we offer at Rocabella Spa finishes with a thorough cleanse of your Face with Moringa Cleansing Balm, a 'Speedy' Quartz Roller Massage and an application of SPF cream to ensure that you leave the spa safe and ready for the Sun.

SPA PACKAGES

POST-YOGA SKIN & BODY INDULGENCE – 2hrs30mins 220€ –

Organic Facial
Relaxing Full Massage
Foot Massage

BE SILENT SLEEP SPA JOURNEY – 2hrs 200€ –

Lift & Sculpt Facial
Hot Stone Massage

ANTI-AGEING HOLIDAY RETREAT – 2hrs30mins 260€ –

Lift & Sculpt Facial
Slimming & Drainage Massage
'Do it like a therapist' Workshop

THE COUPLE'S ROCABELLA SPA LOVE – 2hrs30mins 195€ per person –

Full Body Massage
Organic Booster Facial
Anti-Oxidant Juice

HANDS & FEET

SPA PEDICURE
– 75mins 65€ –

With long lasting Weekly
Vegan Nail polish

SPA PEDICURE
– 75mins 65€ –

With long lasting Weekly
Vegan Nail polish

EXPRESS PEDICURE
– 35mins 40€ –

With long lasting Weekly
Vegan Nail polish

EXPRESS MANICURE
– 30mins 35€ –

With long lasting Weekly
Vegan Nail polish

REMOVAL 15€
of Soak-Off Gel Hands or Feet:

WAXING

ARM 40€	UPPER LIP 20€	UPPER LEG 30€
BIKINI 50€	EYEBROW SHAPING 20€	CHEST (MEN) 50€
BIKINI LINE 30€	FULL LEG 60€	BACK 45€
UNDERARM 25€	LOWER LEG 30€	

FITNESS

**PERSONAL TRAINING
SESSION**
50mins 100€

**YOGA & WELLNESS
COACHING SESSIONS**
upon request

HOW TO SPA

ONCE IN THE SPA

Please respect the privacy of other guests. Refrain from smoking or using mobile phone and cameras. We recommend you leave all valuables in your room. The Spa does not assume liability for any valuables.

HEALTH

Please make sure you let us know of any health concerns, allergies, injuries or recent operations.

THE EXPERIENCE

The Spa will provide towels & slippers. For non-hotel guests there is an additional fee of 50 Euros to book a treatment.

RESERVATIONS

We recommend advanced booking to ensure your preferred times are available. Please arrive at least 15 minute before your treatments to allow enough time for a proper skin & life-style consultation. To make a spa reservation, please call the Spa Reception from your room.

GIFT CERTIFICATES

We offer Gift Certificates that make a fantastic gift for a loved one. Please speak to our Spa Reception for details.

HOW TO SPA



AGE

The minimum age for Spa usage is 16. For any treatments booked for ages under 18, we will need a Parent's approval and Signature.

LATENESS & CANCELLATION POLICY

Your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We ask for a minimum of 6 hours' notice for cancellations. With fewer than 6 hours' notice you will be charged the full price.

IN-ROOM TREATMENTS

Many of our treatments can be performed in the comfort of your room. There is an extra charge of 50.00 for any Spa In-Room appointment. Please enquire at Spa Reception for details.

POOL TREATMENTS

We offer a selection of 'speedy' treatments that can be enjoyed from the comfort of your Pool Bed. Please speak to Spa Reception for details and bookings.

SPA BOUTIQUE

A full selection of EMMA HARDIE & Dr.Jackson's products, as well as Hampton Sun products is available to purchase at the Spa Reception.

Opening hours: 10:00-20:00



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