

Rock 'n' Relax: Hard Rock Hotel Vallarta's Newest Spa Treatment

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Experience a more hardcore version of Zen with Hard Rock Hotel Vallarta's newest spa treatment that utilizes some of rock's greatest hits to complement a soothing experience.



Below the assorted music memorabilia of the all-inclusive Hard Rock Hotel Vallarta—from Guns N' Roses and The Beatles to Christina Aguilera and Shakira—is Rock Spa, the resort's posh spa that recently debuted a fresh, new look. Decked out in royal purple and contemporary decor, the spa's new facilities are located underground and include a separate men's and women's hydrotherapy area with a sauna, a steam room, a Jacuzzi and cold-water plunge pool along with 13 treatment rooms, including four couples suites and two outdoor treatment areas.

Guests can indulge in an array of treatments from facials and body wraps to mud massages and more, but for those looking for something different, the spa recently introduced the Synchronicity Massage, a new treatment that infuses true Hard Rock flair. While a relaxing massage doesn't usually bring to mind rock 'n' roll music pumping out of a speaker inches from your face, the new Synchronicity Massage does just that. The treatment is highlighted by a large glass bowl containing a speaker dangling above the head of the bed that pumps out soft rock tunes and electric guitar riffs throughout the surprisingly soothing 50-minute experience. The soft rock hits offer a unique change, yet just as calming. At times, the movements and pressures of the massage even mimicked the rhythm of the music, and the bass subtly pulsed through the treatment bed, creating a total-body experience. In addition to the rock tunes, the treatment included all the relaxing elements you would expect, from essential oils to a full-body rub down.

To keep the music going after the massage ends, browse the impressive lineup of rock memorabilia that's sprinkled throughout the resort along with inspiring lyrics from top hits colorfully painted on various walls. In addition to a designated music-video-only channel on the in-room TV's, music videos can be found constantly playing throughout the resort and the Sun Bar features live music every night. For hands-on fun, the resort also features the Sound of Your Stay amenity program which includes its signature Fender guitar "room service" program that allows guests to choose a guitar from a menu of 20 to be delivered to their room where they can kick back and rock out. The delivery also includes a Fender Mustang Floor Guitar Multi-Effects Pedal and Amplifier, a pair of SOUL by Ludacris headphones and in-room video lessons, for a total rock star experience—and yes, it's all included in the nightly rate.

In addition to the extensive musical amenities, the Puerto Vallarta hotel boasts 348 guest rooms, six restaurants, five bars and lounges, two swimming pools, a fitness center and a variety of activities from pool parties to beach volleyball and more.

For a day trip, escape to nearby Sayulita, a small, laidback surfing town 45 minutes away with colorful boutiques, delicious food and more. Visit Don Pedro's for a seriously fresh oceanfront lunch.

Rock On: Hard Rock Hotel Vallarta, hrhvallarta.com.