ROCK
SPA

MANIFESTO

Carved into the mineral energy of the Cyclades, Rock Spa by Idolo,
has been imagined as a Longevity & Regeneration House shaped
by stone, water, oxygen, heat and light.
Here, wellness is not approached as a medical promise,
but as a deeply sensorial art of recovery.
A place to slow down, breathe more fully, restore the body's
natural rhythm and reconnect with a clearer sense of energy.

Rooted in the raw beauty of Mykonos, the experience brings together
thermal rituals, advanced regenerative wellness technologies
and contemporary skincare philosophies in an immersive environment
where every element has a purpose.

Dr. Barbara Sturm's science-led approach to molecular skincare
and cellular longevity meets the Mediterranean sensoriality
of Germaine de Capuccini, creating a refined dialogue between
visible skin results, emotional wellbeing and the timeless power of touch.

At Rock Spa, regeneration is mineral, luminous
and profoundly Mediterranean.

*Rock Spa is managed by Idolo Group, a leading wellness company, designing,
developing and operating unique and award-winning wellness centers
in luxury hotel complexes and residences.*

SUMMARY

A Sanctuary of Recovery & Beauty

Rock Spa is a destination dedicated to recovery, beauty and wellbeing, set within the iconic surroundings of Fouquet's Mykonos.

Our wellness philosophy is built around four core pillars:

Facial Expertise p.6
Advanced treatments by Dr. Barbara Sturm and Germaine de Capuccini.

Body Rituals & Massage p.9
Mediterranean-inspired therapies designed to relax, restore and rebalance.

Thermal Experiences p.11
A journey through heat, steam, water and cold contrast therapies.

Longevity Technologies p.13
Innovative solutions for relaxation, recovery, oxygenation and mind-body renewal.

From the mineral silence of the rock to the warmth of the Mediterranean sun, every experience is designed to restore balance, enhance vitality and promote lasting wellbeing.

Discover Our Skincare Houses

Germaine de Capuccini

Germaine de Capuccini is a landmark in professional skincare,
a Mediterranean skincare house with more than 60 years of expertise.

Family-run since its creation, the house has remained faithful to
its founding vision: combining cosmetic performance, sensorial pleasure
and a holistic understanding of beauty.

At Rock Spa, Germaine de Capuccini brings warmth, touch
and Mediterranean generosity to each ritual.
Treatments are designed as complete moments of care, where textures,
expert gestures and active ingredients work together to restore comfort,
radiance and visible balance.





Dr. Barbara Sturm

Originally trained in orthopaedic medicine, Dr. Barbara Sturm has brought her scientific understanding of the body into a highly contemporary vision of skincare.

Her molecular cosmetics line is internationally recognised for its clean, precise and results-driven approach, with a particular focus on hydration, radiance, barrier resilience and the visible signs of ageing.

At Rock Spa, Dr. Barbara Sturm facials introduce a high-performance dimension to skin longevity, designed for guests seeking immediate glow, deep hydration and a visibly revived complexion.



FACIAL EXPERTISE

Holistic Facials By Germaine de Capuccini

Mediterranean sensoriality, expert hands and advanced cosmetic formulas come together in a collection of facials designed to hydrate, illuminate, smooth and restore the skin's natural beauty.

Global Anti-Age On
75 min 290€

An exquisite anti-aging facial designed to smooth the appearance of wrinkles, rejuvenate the complexion, moisturise the skin and support its natural defence and regeneration mechanisms.
The ritual includes a sculpting massage with a chilled facial spoon, followed by a unique cooling metallic mask for an immediate sensation of freshness, firmness and radiance.
Winner of the prestigious Highest Award at the 20th IFSCC, the International Federation of Cosmetic Chemists, considered a benchmark distinction in cosmetic science.

Timexpert Hydraluronic
60 min 220€

A specialised facial treatment for deep hydration, designed for skin in need of comfort, suppleness and lasting moisture. During the treatment, a cooling massage tool immersed in ice is used to refresh and smooth the skin. Enriched with hyaluronic acid and HLG nanopolymer, the ritual helps restore a plumper, fresher and more luminous complexion.

Radiance C
75 min 280€

A radiance-boosting facial enriched with Vitamin C, designed to revive dull complexions, restore brightness and support a more even-looking skin tone. Using a unique orange-shaped ball tool, the ritual stimulates circulation and promotes a natural, healthy glow. Ideal after travel, sun exposure or fatigue, this treatment helps reveal a fresher, more luminous and energised complexion.

High-Tech Age-Defying Facials by Dr. Barbara Sturm

Designed for glow, hydration, firmness and visible skin recovery,
Dr. Barbara Sturm facials combine molecular skincare expertise
with precise, results-driven protocols.

Signature Sturm Glow 225€
60 min

This revitalising facial cleanses, nourishes and awakens the skin
while helping to restore the complexion's natural glow.
The treatment includes gentle pore refinement where needed,
followed by the application of Dr. Barbara Sturm's signature formulas,
including GLOW DROPS, to reveal a fresh, even and naturally luminous
complexion. The skin appears fresher, healthier and naturally luminous.

Super Anti-Aging 300€
75 min

The Super Anti-Aging Facial replenishes the skin's moisture reservoirs,
helping to reveal a smoother, firmer and more youthful-looking complexion.
Designed to support the skin's natural barrier function and reduce
the appearance of fine lines and wrinkles, the treatment includes
an uplifting massage protocol to help contour the facial muscles and
visibly lift the skin. The complexion appears regenerated, hydrated and
refined, with a renewed sense of firmness and vitality.

BODY RITUALS & MASSAGE

Mediterranean Body Rituals by Germaine de Capuccini

Inspired by Mediterranean ingredients and sensorial bodycare traditions, these rituals restore softness, comfort and radiance to the skin.

Everlasting Olive Scrub
25 min 80€

A rejuvenating body exfoliation from the Mediterranean Escape collection, enriched with olive seeds, everlasting flower and pomegranate. Through invigorating massage movements, the skin is gently freed from dead cells, deeply nourished with antioxidant and restorative actives, and left exceptionally soft, smooth and renewed. A shower may be included after the body scrub, according to your preference.

Mediterranean Wrap
25 min 100€

A refreshing and hydrating body treatment based on Aloe Vera and Mint, designed to nourish, comfort and relax the skin. Offering an immediate feeling of freshness and relief, this body wrap renews sensitive or sun-stressed skin and is ideal when combined with one of our body exfoliations.

Mediterranean Massage Rituals
by Germaine de Capuccini

Slow gestures, deeper pressure, Mediterranean warmth and expert hands combine to restore balance, release tension and calm the mind.

Sleep Enhancer
60 min 170€ / 90 min 230€

A deeply relaxing massage inspired by an ancient Greek technique, designed to encourage harmony between body and mind.
Based on slow, enveloping movements, this ritual helps reduce stress levels, promote relaxation and support a more peaceful quality of sleep.

Deep Rejuvenating Massage
60 min 190€ / 90 min 270€

A deep-pressure massage using specific techniques focused on trigger points, designed to release muscle tension and stress while targeting the deeper layers of connective tissue.
Firm pressure from elbows and forearms helps loosen stiff muscles and joints, encouraging improved circulation and a renewed feeling of physical ease.

LONGEVITY EXPERIENCES

Our Longevity Experiences bring together non-medical wellness technologies designed to support relaxation, recovery, vitality and deep regeneration. Each experience is guided by the Rock Spa team according to your preferences, your objectives and your personal comfort.

Zerobody Dry Float
30 min 75€

A dry flotation experience that allows the body to float over warm water without the need to undress or get wet.
Designed to create a sensation of reduced gravity, it helps the body and mind release tension, recover from travel or physical activity, and enter a profound state of relaxation.

Zerobody Cryo
20 min 70€

A dry cold therapy experience that wraps the body in a patented water membrane at 4–6°C with no need to undress, shower or prepare.
Designed to make cold therapy safe and accessible, it supports deep muscle relaxation, accelerates recovery and stimulates a general sense of physical and mental wellbeing.

Molecular Hydrogen
20 min 60€

A gentle molecular hydrogen inhalation experience designed to support the body's natural antioxidant defences, reduce fatigue and restore a sense of lightness and renewed vitality.
This experience is offered within a non-medical wellness framework and is guided by the Rock Spa team for comfort and suitability.

Photobiomodulation
20 min 80€

A light-based wellness experience using specific wavelengths to support skin vitality, recovery and a feeling of renewed energy. At Rock Spa, Photobiomodulation is integrated as part of a regenerative approach to beauty and wellbeing, aligned with relaxation, radiance and recovery.

Oxygen (AirPod mHBOT)
45 min 180€

A mild hyperbaric oxygen experience that gently increases oxygen supply to cells and tissues by up to 50%, supporting the body's natural ability to recover, slow the visible signs of ageing and restore energy from within. Within a non-medical wellness framework, this experience supports the Rock Spa philosophy of breath, recovery, energy and deep regeneration.



THERMAL EXPERIENCES

Thermal Spa includes :

Finnish Sauna
Steam Bath
Mediterranean Bath
Reaction Shower
Water Paradise
Thermal Pool

The Rock Spa Day Journey

A full-day or a half-day experience including:

access to Zerobody Dry Float, Oxygen (AirPod mHBOT), Molecular Hydrogen
access to the Thermal Spa
access to Photobiomodulation
1 Radiance C facial treatment
Experience Price from 675€ to 570€

A complete day of contrast, light, oxygen, water and touch, designed to restore the body, illuminate the skin and immerse guests in the mineral energy of Mykonos.

This journey experience includes access to the Thermal Spa, four Longevity Experiences and one facial treatment, creating a deeply regenerative journey between heat, cold, breath, light and expert hands.



Fouquet's Mykonos

Set on the crystal-clear shores of Paraga Beach,
between Paraga and Paradise Beach,
Fouquet's Mykonos brings the spirit of Barrière Collection
to one of the most magnetic islands in the Mediterranean.

Designed as a confidential refuge facing the Aegean Sea,
the hotel reveals 61 suites and 3 private villas where natural materials,
clean Cycladic lines and panoramic terraces create a constant dialogue
with light, water and stone.

From private pools and direct sea access to preserved coves
and spectacular sunset views, every space has been imagined
as an intimate escape, rooted in the mineral beauty of Mykonos.

Here, the energy of the island meets the discretion of a private horizon.


DR. BARBARA
STURM



ROKA Beach Club

The experience continues by the sea with ROKA,
the celebrated contemporary Japanese concept,
imagined at Fouquet's Mykonos as an exclusive beach club
with a vibrant yet sophisticated spirit.

Facing the turquoise waters of Paraga, ROKA brings together
relaxed island elegance, precise culinary gestures
and the magnetic rhythm of Mykonos.

After a morning at Rock Spa, a swim in the sea or a sunset
on the terrace, ROKA becomes the natural continuation
of the day : a place to gather, share, taste and celebrate
the Mediterranean art of living with Japanese refinement.

Rock Spa Etiquette

Idolo Group

Rock Spa is managed by Idolo Group, a leading wellness company, designing, developing and operating unique and award-winning wellness centers in luxury hotel complexes and residences.

Reservations

Please contact the Rock Spa reception to book an appointment.
We recommend making your reservation in advance to guarantee your preferred treatment and time.

Cancellation Policy

We understand that plans may change, and our team will always do its best to accommodate your needs. As all Rock Spa time is reserved exclusively for each guest, any cancellation or modification should be communicated at least 24 hours before the scheduled appointment.
Cancellations made between 12 and 4 hours before the treatment time will be charged at 50% of the treatment price.
Cancellations made less than 4 hours before the treatment time, as well as no-shows, will be charged at 100% of the treatment price.

Before Your Arrival

As several Rock Spa treatments include body pressure techniques or circulation-enhancing movements, we recommend avoiding heavy meals before your treatment. A light snack is appropriate.
Alcohol is not permitted before any Rock Spa treatment.
We recommend that you do not bring valuables into the treatment room.
Rock Spa cannot be held responsible for the loss of personal belongings.
Please wear a bathing suit for treatments or experiences involving water.

Upon Your Arrival

Kindly arrive at least 15 minutes before your appointment.
A delayed arrival may reduce the available time for your treatment and therefore limit its effectiveness and your enjoyment.
This is your moment, and we want you to experience it fully.
Please inform our team of any preferences regarding room temperature, massage pressure or music.
Your care is our highest priority.

During Your Stay

Rock Spa is dedicated to preserving an atmosphere of privacy, peace and tranquillity.
We kindly ask you to place your mobile phone on flight mode during your stay.
Smoking, alcohol and eating are not permitted within the spa.

Pregnancy

Our team will be pleased to guide expectant or nursing mothers towards the most suitable treatments. Please inform us at the time of booking so that we may recommend the safest and most appropriate experience during this special time.

Gift Cards

Gift vouchers are available for treatments, combinations of treatments and home care products. They are an ideal gift for someone you love and wish to care for.
Gift vouchers are non-refundable and must be presented at the time of treatment or purchase.

Health Questions

Please inform us at the time of booking of any medical condition, pregnancy, allergy or special need. This will allow the Rock Spa team to guide you towards the most suitable treatments and experiences.
Before any treatment, our team will ask you to complete a consultation form.
Rock Spa fully complies with the European Union General Data Protection Regulation.

Payment

Payment is completed before your treatment at the Rock Spa reception.
All major credit cards are accepted, with the exception of American Express.

Age Requirements

Rock Spa is suitable for guests over 16 years of age.
Children under the age of 16 must be accompanied by a parent or responsible adult.

Check Availability And Make Your Online Reservation

ROCK SPA

Lying on Paraga Beach
Southern Mykonos

Fouquet's
MYKONOS

IDOLO
BEAUTY · SPA · WELLNESS