



TRIDENT SPA





The Spa at Trident Chennai offers a selection of treatments, rituals and journey's designed to renew, refresh and replenish the soul. Inspired by ancient Indian traditions of health and healing that has evolved for over 5000 years and incorporating international influences make us the most defining spa in Chennai.

One of the highlights of Trident Spa is the luxury of an aromatic steam bath in each treatment suite. Search for the mystical fountain of youth and incorporate a series of signature rituals for total relaxation and rejuvenation, unique to Trident Spa. We provide limitless ways to heal the body, mind and spirit.

**All Trident Spa treatments are inclusive of a luxurious aromatherapy steam bath.**



# BODY MESSAGES

## Trident massage

*60 minutes*

*90 minutes*

Relax your mind, body and senses with our signature holistic massage that helps to increase circulation and assists in removing daily stress from the body. Our signature Trident massage focuses on relieving muscular tension while combining wonderful soothing strokes for the ultimate experience. This signature massage uses customized essential oil blends to suit your individual needs.

## Balinese massage

*60 minutes*

*90 minutes*

This rigorous and luxurious massage uses a combination of gentle stretches, acupressure and aromatherapy oils to stimulate the flow of blood, oxygen and energy, soothing your senses to deep relaxation and wellness. An ideal massage to choose from if you want to experience a variety of massage techniques.

## Thai massage

*60 minutes*

*90 minutes*

The perfect blend of stretching and massage therapies. This unique treatment combines advanced deep tissue therapies along with passive yoga-style movements, leaving the body relaxed, increasing energy, blood flow and range of motion. You are provided a natural fiber kurta pyjama to wear during this massage.

## Aromatherapy jet lag massage

*60 minutes*

*90 minutes*

Warm essential oils are used to activate your senses and increase your overall well-being. Using a combination of carefully applied soothing pressure points and light strokes that target the nervous system to release tension. Aromatic oils are massaged and absorbed into your skin to create balance of the body, mind and spirit. A perfect jet lag reliever.



# REVITALIZING BODY TREATMENTS

## Customized sugar scrub

*30 minutes*

This treatment uses unrefined sugar cane crystals containing alpha hydroxyl acids which exfoliate, refine and polish the skin to a natural luster. An application of rich, exotic moisturizing lotion follows the scrub to soften, condition and smooth even the driest skin. Choose from: pomegranate-orange or cucumber mint.

## Coconut sugar scrub

*30 minutes*

Buff your skin to perfection with raw sugar cane granules and infused virgin coconut oil to give deep hydration and nutrition. Known for its ancient healing properties, coconut contains high levels of antioxidants and hydrators to restore your skin, leaving it soft and supple.

## Papaya enzyme body envelopment

*60 minutes*

This anti-oxidant, detoxifying and anti-ageing body wrap repairs your skin and leaves you radiant and relaxed, toning and tightening the skin. Your body is wrapped in a fragrant papaya masque to infuse vitamins and hydration while gentle fruit acids from pineapple help lighten pigmentation and effective exfoliation. While your body luxuriates in papaya, your therapist provides a face, scalp and neck massage. This treatment concludes with an application of our signature moisturizing aromatic blend.





# SKIN CARE

## Trident seasonal facial

*60 minutes*

Using a combination of fresh seasonal ingredients that are hand-mixed. These products contain only 100% pure fruits, flowers, vegetable and herbal extracts and exotic spices. This signature facial is tailored to your individual skin care needs to deep cleanse, exfoliate and hydrate the skin.

## Classic customised facial

*60 minutes*

Our classic customised facial will ease tension, detoxify and hydrate your skin, leaving you in a state of total relaxation. More than a facial, it is a complete skin renewal including a luxurious massage of the face, neck and décolleté. A gentle exfoliation and shielding moisture mask with botanical extracts rejuvenates and nourishes your skin. Perfect before or after a long flight. A nourishing hand treatment completes the experience. Your skin will feel the benefits that natural preparations provide - a healthy, natural, youthful glow.





## GENTLEMEN'S SPA FAVORITES

### Power break

*30 minutes*

Designed to relieve stress and tension, this massage focuses on specific tension areas such as the neck, back, and shoulders or can be tailored to your specific needs.

### Gentlemen's facial

*60 minutes*

A deep cleansing therapeutic facial designed specifically for the special skin care needs of men that relaxes the skin as it refines the pores. This facial includes a de-stressing facial massage and deep-cleansing masque leaving you renewed, relaxed and refreshed.

### Destress muscle release

*60 minutes*

*90 minutes*

Powerful, full body massage designed to relieve aching muscles and joints after sports or a day of physical stress and strain. Using a double layer of aromatherapy oils that will soothe away any muscular discomfort along with advanced deep tissue techniques to ensure effective penetration and treatment of sore muscles.





# AYURVEDIC TREATMENTS

## Ayurveda massage

*60 minutes*

Special herb infused ayurvedic oils specifically chosen according to your “dosha” are warmed and gently massaged into your skin. This traditional Indian massage is deeply relaxing and harmonises, detoxifies, strengthens and revitalizes the entire body. Following this treatment, we recommend a therapeutic steam bath.

## Chakra head, neck and shoulder therapy

*30 minutes*

Focusing on the marma points of the upper body. These vital points are stimulated in this traditional Ayurvedic treatment releasing toxins leaving you in a state of total relaxation.

## Padabhyanga

*30 minutes*

Known as Indian foot massage, this ancient massage for the sole focuses on the marma points of the feet which have an important effect on body, mind and spirit. This treatment increases circulation and energetic flow as the marma points of the feet are stimulated to detoxify, tonify and rejuvenate your entire body.





# SPA PROGRAMMES

## TRANQUIL TOUCH

*90 minutes*

The journey begins with an aromatic steam bath which will open your pores to allow your skin to reap the benefits of herbal essences. Followed by your steam bath, your body is gently exfoliated with raw sugar cane and pomegranate granules leaving your skin soft and silky smooth, concluding with full body massage, using our signature pomegranate massage blend leaving you in a state of tranquility.

Pomegranate sugar scrub *30 minutes*

Trident massage *60 minutes*

## TRIDENT EXECUTIVE

*2 hours*

Ease away the knots and tension with a destress muscle release massage followed by a gentlemen's facial. A perfect antidote for total relaxation of the entire body, mind and spirit.

Destress muscle release massage *60 minutes*

Gentlemen's facial *60 minutes*



## CUSTOMIZED SPA JOURNEY

2 <sup>1</sup>/<sub>2</sub> hours

A complete pampering session beginning with a customized sugar scrub to cleanse and refresh, leaving your skin delicately scented. Choose between our cucumber mint blend, coconut or pomegranate. You will then be massaged into a state of relaxation under the soothing hands of your therapist, easing away tension. Your journey concludes with a classic customized facial. A totally decadent experience!

Customized sugar scrub *30 minutes*

Body massage of your choice *60 minutes*

Classic customized facial *60 minutes*

## SALON TREATMENTS

Trident spa offers a range of salon treatments including manicure, pedicure, hair care and waxing.

## RESERVATIONS AND CANCELATIONS

All spa treatments can be scheduled or canceled at the spa. We understand that unavoidable circumstances may arise and canceling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa within a 4 hour time frame to avoid the full charge of your service.



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