



SPA MENU



TRIDENT
HOTELS



Trident Spa offers a selection of treatments that restore calm and balance in the body and mind.

Therapists well-versed in the art of massage therapy guide you through elevating experiences that result in reduced stress, skin revitalization and relaxation.

Choose from our internationally influenced and Ayurveda inspired therapies to restore the vital energy of the body or select one of our carefully designed beauty therapies that impart nourishment and radiance. Whatever is your preference, your time at the Spa will leave you refreshed, renewed and re-energized.

TRIDENT EXPERIENCES

Our specially curated wellness and beauty spa rituals combine select treatments to rejuvenate and relax the body and being.

Relax

2 hours

This experience commences with a thorough exfoliation of the body. A Balinese massage follows and is performed using a combination of aromatherapy, deep muscle manipulation and gentle stretching. This massage relieves deep seated aches and promotes rest and recovery.

Body Exfoliation • Balinese Massage

Revive

1 hour 45 minutes

Carefully blended Indian herbs are bundled up in a poultice and soaked in therapeutic oil. Heated poultices are applied on the body using tapping and gliding techniques to relieve muscular tension, soothe tired and aching joints. This is complimented by a foot massage using heated 'kasa' bowls which helps relieve pain and promote energy flow.

Hot Poultice • Foot Massage

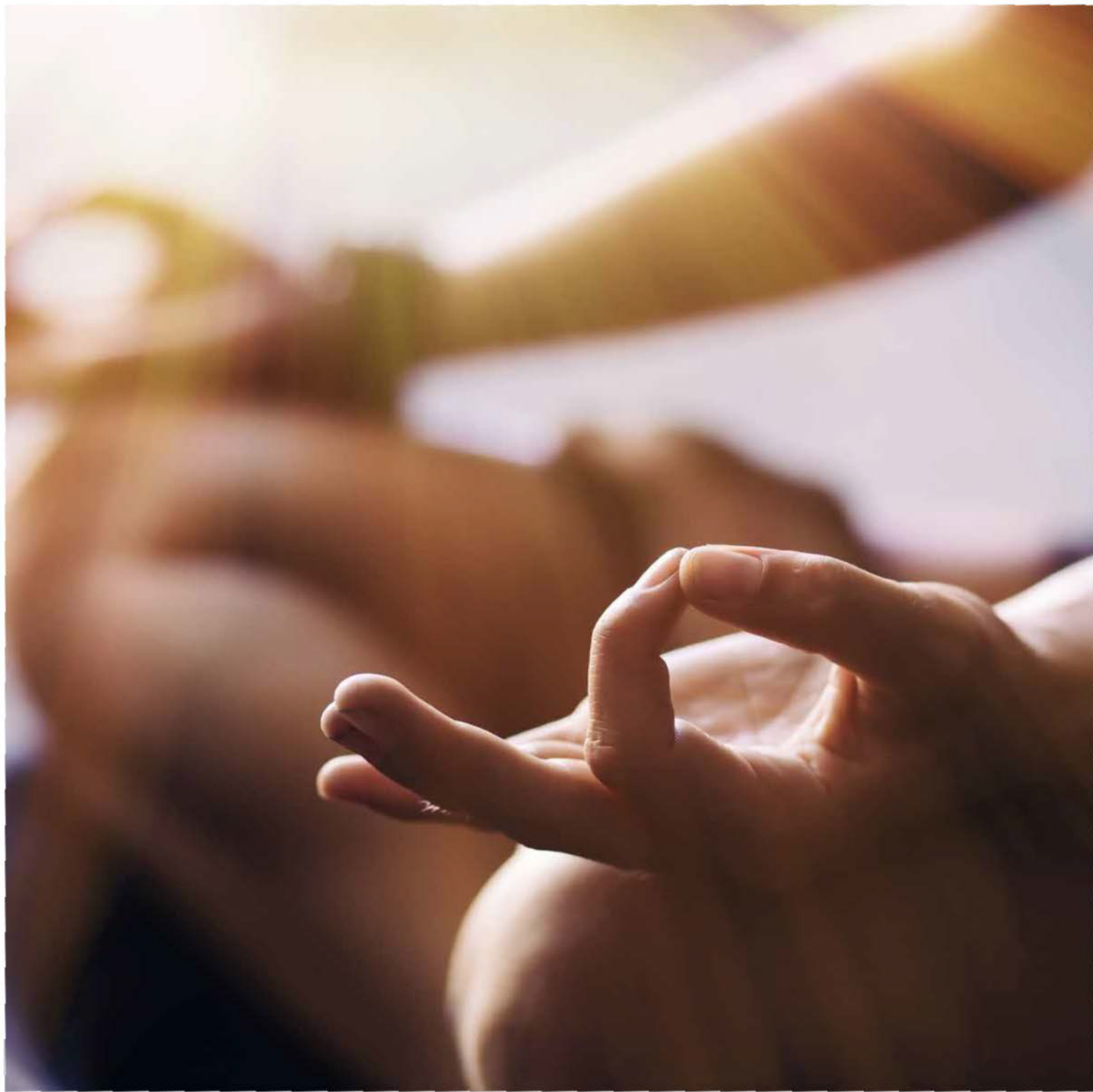
MASSAGE THERAPIES

From pain relief to deep relaxation, a skillfully delivered massage is excellent for your overall health and well-being. The spa offers most effective treatments to soothe your senses, restore vitality and revive the spirit.

Trident Signature

90minutes

Relax your mind, body and senses with our signature massage. Applying rhythmic soothing and deep strokes using heated 'kasa' bowls, this massage is excellent for releasing muscular tension, relieving deep seated stress and promoting restful sleep.





Balinese

60/90 minutes

Developed on the island of Bali, this treatment combines techniques of deep tissue manipulation, aromatherapy and pressure points. Experience deeply relaxed muscles, soothed senses and a calm mind with this massage therapy.

Hot Poultice

90minutes

An Ayurveda inspired treatment involving application of warm poultice using tapping and gliding techniques. Experience combined effect of herbs infused oil and herbal poultice prepared with hand blended herbs that helps in relieving pain and soothe tired and aching joints.

Togetherness

60/90 minutes

Soothing music and blissful aromas are the perfect setting to share a spa experience with a friend or loved one. Experience a Balinese massage and let this wonderful experience promote bonding and togetherness and restore a sense of bliss.

Indian Foot Massage

30/45 minutes

This treatment involves use of combination of heated 'kasa' bowl and other massage techniques applied on the legs and feet. Foot massage with 'kasa' bowl improves circulation, relieves ache and fatigue of the feet.

Indian Head Massage

30/45 minutes

Relax with classic Indian head massage performed using warm oil. While the scalp is massaged with gentle and firm strokes, vital energy points on the shoulders, neck and scalp are stimulated to reduce fatigue and restore calm.

BODY TREATMENTS

Body Exfoliation

30 minutes

Exfoliation is a vital deep-cleansing technique whereby accumulated dead cells are gently scrubbed away to reveal fresh, radiant skin. A selection of natural blends is used to nourish and buff the skin, improving cell regeneration and blood circulation. The therapy is concluded with a hydrating application of body butter.

- **Himalayan Rice Scrub**

An ancient Indian preparation; this blend replenishes moisture and restores the skin's natural sheen. Almond powder and grains of Himalayan rice work together to gently remove dead skin cells, revealing a satin-smooth texture as your body takes on a noticeably brighter tone.

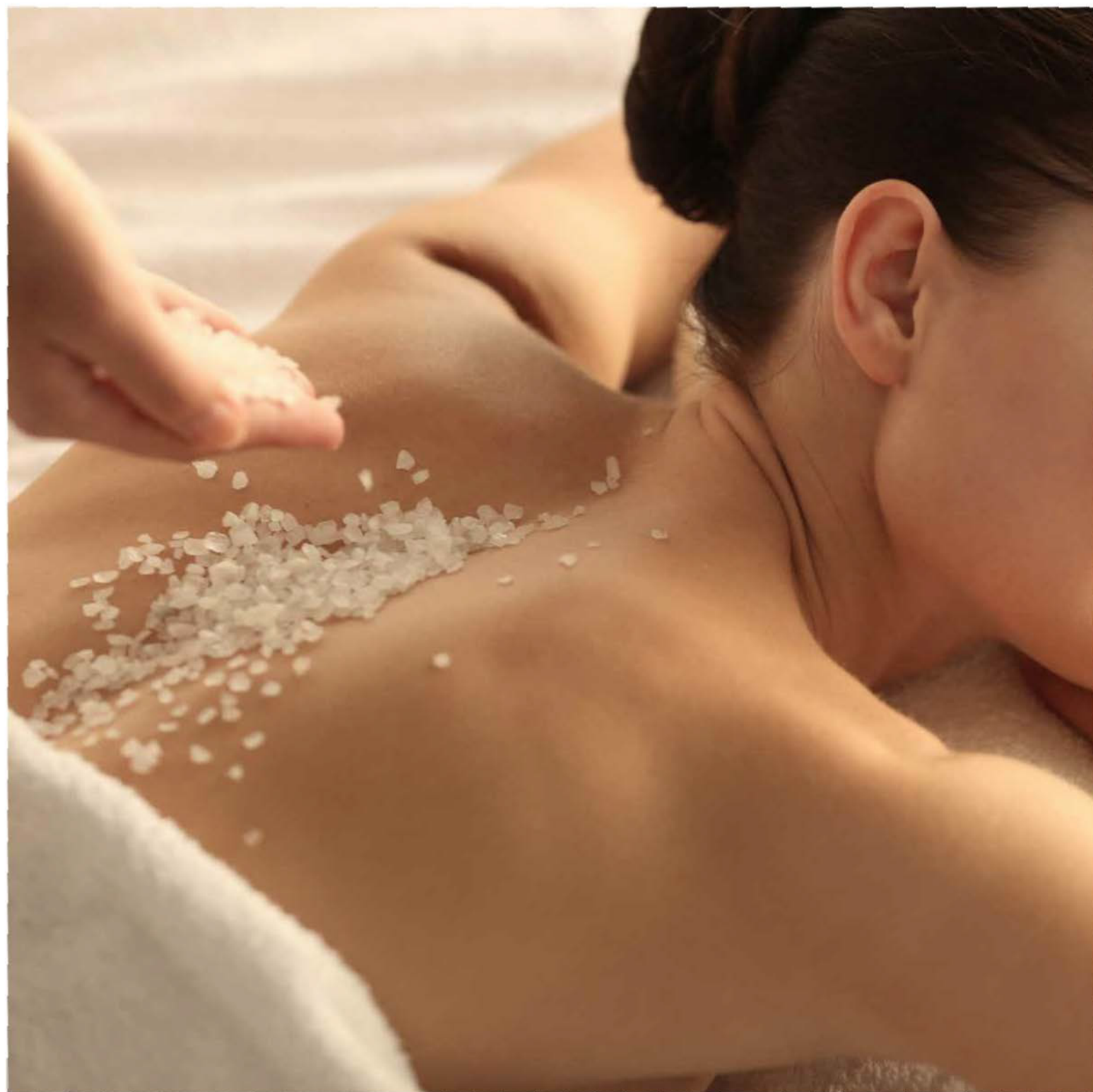
Body Envelopment

30 minutes

The treatment starts with a full body brushing to prepare the body for a wrap. The application of a masque follows, and the body is cocooned in a warmth-inducing wrap to facilitate natural detoxification, firming and nourishment. Relax with a dry head massage while the masque is working its way into the deeper layers of your skin.

- **Indian Sandalwood**

A centuries-old concoction from India, this masque draws out impurities and deeply conditions the skin. Your therapist lathers your body with the smooth-textured salve, forming a snug sheath of nourishment. Your skin is rejuvenated and bathed in the sweet, earthy aromas of sandalwood that cling to you enticingly for the rest of the day.



FACIAL TREATMENTS

Rejuvenating Facial – For dry and mature skin

75 minutes

This exceptional facial helps to reduce the signs of aging by reducing the appearance of fine lines. Using specialised lifting massage technique combined with unique precious ingredients this facial will help lift the skin. Empowered with rejuvenating properties of 24K Gold and the anti-oxidant properties of other precious minerals, this treatment leaves the skin firmer and reenergized.

Purifying Facial – For oily skin

60 minutes

This purifying facial uses the floral essence of Jasmine, Tea Tree and Patchouli oils to soothe the skin, neutralize oil production and give an even skin tone. Skin impurities are gently removed and leaving your skin fresh and glowing.

Hydrating Facial – For dry and sensitive skin

60 minutes

Designed for sensitive skin, this calming and restorative skin treatment includes a combination of antioxidant herbs, roots and pure rose infused to rebalance and restore your skin's vitality. It includes cleansing with traditional Indian hand pounded ubtans and fresh flowers infused mists to hydrate the skin.

Revitalising Men's Facial – All skin types

60 minutes

This purifying facial cleanses skin by unclogging blocked pores, accelerates skin repair. Application of fast-acting and targeted botanical ingredients help to reduce sensitivity and provide long-lasting defense against damaging effects of pollutants, leaving skin visibly clearer.

FOR THE COMPLETE SPA EXPERIENCE

To ensure your spa experience is relaxing we recommend the following:

- To help you fully relax, Trident Spa is a mobile and WiFi free zone.
- Out of respect to all guests, we look to start and end your treatment on time.
- Gentlemen who are having a facial are advised to shave at least 3 hours prior.
- Guests with medical conditions and ladies who are pregnant should consult their doctor before scheduling an appointment.
- The spa is designed for guests aged 16 and above.
- Please leave all jewellery behind when visiting the spa.
- Spa robes and slippers are available at the spa.

RESERVATIONS AND CANCELLATIONS

All spa therapies can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa at least 4 hours in advance to avoid incurring the full charge of your service.



TRIDENT

Nariman Point, Mumbai

TRIDENT EXPERIENCES

Relax	2 hours	12,000
Revive	1 hour 45 minutes	10,500

MASSAGE THERAPIES

Trident Signature	90 minutes	9,500
Balinese	60 minutes	8,000
Balinese	90 minutes	9,500
Hot Poultice	90 minutes	9,500
Togetherness	60 minutes	14,000
Togetherness	90 minutes	17,000
Indian Foot Massage	30 minutes	5,000
Indian Foot Massage	45 minutes	6,000
Indian Head Massage	30 minutes	5,000
Indian Head Massage	45 minutes	6,000

BODY TREATMENTS

Body Exfoliation	30 minutes	5,000
Body Envelopment	30 minutes	5,000

FACIAL TREATMENTS

Rejuvenating Facial – For dry and mature skin	75 minutes	8,500
Purifying Facial – For oily skin	60 minutes	8,000
Hydrating Facial – For dry and sensitive skin	60 minutes	8,000
Revitalising Men's Facial – All skin types	60 minutes	8,000

Prices are in Indian Rupees and exclusive of applicable taxes.
We levy no service charge.



