



**TRIDENT**  
HOTELS



**SPA MENU**



Trident Spa offers a selection of treatments which revive the body, mind and being. Therapists well-versed in the art of spa treatments guide you through elevating experiences that result in reduced stress, skin revitalization and relaxation.

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

## MASSAGE THERAPIES

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

### **Trident Signature**

**90 minutes**

Relax your mind, body and senses with our signature massage. Applying rhythmic soothing and deep strokes using heated 'kasa' bowls, this massage 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 Poultrice**

**90 minutes**

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 stiffness.

### **Indian Foot**

**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**

**45 minutes**

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







