

The healing power of touch soothes the senses and awakens the soul

### **Trident therapy**

*60/90 minutes 4000/5000*

This customised massage is a combination of rhythmic soothing Strokes, applying medium pressure. Excellent for releasing muscular knots, increasing circulation and removing stress and tension from the body.

### **Balinese treatment**

*60/90 minutes 4000/5000*

This deep pressure massage uses a variety of techniques including skin rolling, gentle stretching and reflexology. The cleansing effect on the mind and body leaves you refreshed, relaxed and rejuvenated.

### **The Trident Experience**

*75 minutes 4500*

A palette of ancient, western and eastern techniques, our signature massage is a holistic therapy that releases physical and emotional tensions. Starting with a full body massage excluding the face and concluding with our signature dhara, this relaxing massage encourages relaxation and promotes sound sleep.

### **Aromatherapy Massage**

*60/90 minutes 4000/5000*

A harmonious fusion of ancient healing techniques, our aromatherapy massage uses specially blended, aromatic natural oils and massage therapy to relax, refresh and rejuvenate the body and mind.

### **Swedish Massage**

*60/90 minutes 4000/5000*

Swedish massage is the most widely practiced and best known Western massage therapy. Classical Swedish massage uses various hands-on techniques to release muscle knots and ease tension, while improving blood circulation.

### **Thai Foot Massage**

*45 minutes 3500*

The lower body is vigorously stimulated, so that healing may occur in other parts of the body. Thai massage relieves tired feet and enhances energy throughout the body.

Prices are subject to 14.00% service tax, 10% luxury tax and .5% Swachh Cess

Please touch "Reception" on your phone to make your appointment

Should you wish to cancel or amend your Spa reservation, please let us know at least 4 hours prior to your appointment. Any cancellation or amendment thereafter will be charged at 100% of the cost of the treatment.

## Ayurveda Inspired Rituals

### **Mukh Lepam and Shiro Abhyangam (Ayurveda Facial)** *60 minutes 4000*

A cleansing and nourishing facial to draw out impurities and toxins while nourishing and rehydrating your complexion, leaving your skin radiant. This facial includes an Ayurveda massage of the head, neck and shoulders.

### **Shiroabhyanga (Head, neck, shoulder and back)** *30 minutes 2500*

Focused on the most troubled areas, your therapist concentrates on the knots releasing tension leaving you in a state of relaxation.

### **Padabhyanga** *30 minutes 2500*

This Ayurveda reflexology is an ancient massage which focuses on the marma points of the feet and lower legs, promoting quality sleep, increases circulation and energy flow to boost your immune system. This therapy incorporates the use of a heated seven metal kasa bowls creating an intense therapy as the metal interacts with the energy force of your body.

### **Kaya Lepam (Full body exfoliation)** *30 minutes 2500*

The combination of rice alkali, honey and salt exfoliates the body, cleanses and tones, leaving you with healthy and glowing skin.

Prices are subject to 14.00% service tax, 10% luxury tax and .5% Swachh Cess

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