



TRIDENT

Nariman Point, Mumbai

Trident spa & fitness centre

S P A M E N U



The complete spa experience



The Trident spa offers a selection of holistic healing practices, modern rejuvenation and well-being techniques, which relieve the mind, body and spirit. Therapists well-versed in the art of massage guide you through elevating experiences that result in reduced stress, skin revitalization and relaxation. Choose from an array of Ayurvedic and internationally influenced therapies to restore the vital energy of the body or select one of our carefully designed beauty therapies that impart nourishment and radiance. Whatever your preference, an afternoon at the Trident spa will leave you refreshed, renewed and re-energized.



TRIDENT EXPERIENCES

Our especially assembled beauty and wellness spa rituals combine select treatments to rejuvenate and relax the body and being. Each Trident Experience caters to your specific needs, delivers holistic care and transports you to a state of peace and calm.

Rejuvenating Spa Ritual

3 hours

(Hot herbal Poultice therapy, Padabhyanga, Shiroabhyanga, Signature Trident Dhara)

Therapy begins with long symmetrical massage strokes delivered in sync with the application of a warm poultice, prepared with Ayurvedic herbs and hot therapeutic oil. Your therapist administers the Padabhyanga, an ancient reflexology treatment for the lower legs and feet. Vital marma points of the face are then massaged, followed by a classic Indian head massage for the scalp, neck and shoulders. The experience concludes with the Signature Trident dhara, a warm aromatic blend which stimulates the third eye and promotes a profound sense of oneness and well being.

Revitalizing Spa Ritual

2hours 30minutes

(Back massage, Ayurvedic Soundarya facial, Padabhyanga)

This therapy pulls you into instant relaxation starting with a calming back massage to ease muscular knots, aches and tension. A nourishing Ayurvedic facial treatment follows, clarifying your complexion. An intensive leg and foot therapy with Kasa Bowls and therapeutic oils is then administered to relieve stress and restore balance.



TRIDENT EXPERIENCES

Relaxing Spa Ritual

2 Hours

(Trident Signature Therapy and Body Exfoliation)

This therapy commences with a gentle and thorough exfoliation of the body, removing impurities and promoting firmness. An invigorating body massage follows, with select herbal oils that nourish, relax and refresh the skin and restore the body's natural balance. As you sink into delightful lethargy, a gentle stream of our signature Trident Dhara is released onto the forehead, activating the third eye and easing deep-seated tensions. Restore and find balance, in body and mind.





MASSAGE THERAPIES

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

Trident Signature Therapy

75 minutes

Enjoy sheer renewal with our carefully designed holistic massage. A unique blend of Eastern and Western therapies, the Trident Therapy includes long rhythmic strokes that release the body and mind from deeply held tensions. The experience concludes with our signature dhara, a warm aromatic blend especially concocted to stimulate the third eye, relieve jet lag and insomnia, and deliver a profoundly calming effect.

Balinese Treatment

60 minutes

75 minutes

90 minutes

Developed on the island of Bali, the luxurious massage therapy combines the revitalizing properties of aromatic oils with deep pressure techniques such as skin rolling, deep tissue manipulation and reflexology. A sense of calm and well being envelops you as vital energy points are stimulated and muscle tension is eased. Highly recommended for pains and aches.





MASSAGE THERAPIES

Aromatherapy

60 minutes

75 minutes

90 minutes

This therapy uses revitalizing blends of natural oils, extracted from herbs, flowers and fruit to soothe the senses and relax the mind. Blissful aromas fill up the room as your therapist delivers stimulating strokes, increasing circulation, balancing your body's nervous responses and energizing the spirit. Customized to fit your specific needs.

Swedish Massage

60 minutes

75 minutes

90 minutes

The most widely practiced and best known Western massage system, Swedish therapy is designed to invigorate and renew the body. The healing hands of your therapist provides a combination of classic strokes and pressure techniques such as pounding to improve the micro circulation, release muscular tension and relieve aches and pains. The experience leaves you refreshed and rejuvenated.

Hot stone Massage Therapy

75 minutes

90 minutes

This massage uses a combination of heat and pressure to create long lasting benefits. Smoothened volcanic stones, suffused with earth's energies, and natural oils are heated to intensify the effects of the therapy. As these glide over and knead your body, you feel a sense of deep relaxation and balance descends upon you. Especially powerful in stimulating and improving the quality of your sleep.





MASSAGE THERAPIES

Thai foot Massage

45 minutes

This ancient therapeutic massage finds its origins in Shiatsu, Yoga and Ayurveda. The feet and lower legs are vigorously stimulated, sparking a process of rejuvenation in other parts of the body. Natural oils are used in tandem with pressure therapy to relieve and nourish tired feet.

Couple's Massage

90 minutes

A magnificent massage suite filled with soothing music and blissful aromas is the perfect setting to share a spa experience with a friend or loved one. Beginning with an Indian foot wash ritual followed by a massage of your choice, this wonderful experience promotes bonding and togetherness in a unique setting. Your therapy concludes with an aromatic bathing ritual.





BODY TREATMENTS

Body Exfoliation

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 moisturizers which enhance the effects of the cleanse.

Guests may choose from the following body exfoliation treatments.

Himalayan rice Salve

30 minutes

An ancient Ayurvedic preparation, this blend replenishes moisture and restores skin's natural sheen. Almond and ground nut oils provide nourishment while rice serves as a lightening agent. Almond powder and grains of Himalayan rice work in fusion to gently remove dead skin cells, revealing a satin-smooth texture as your body takes on a noticeably brighter note.

Sugar and spice scrub

30 minutes

This luxurious blend melts into the pores and removes toxins, providing nourishing moisturisation. The ingredients deeply hydrate the skin so that its natural brightness is restored and rough spots are softened. Particularly recommended for sensitive skin. Heal, calm and restore vitality back to your skin.

Indian Rose and Oil Blend

30 minutes

This mineral rich blend creates gentle abrasion and sloughs away pollutants detoxifying the skin. The coarse texture effectively refines the pores and draws out impurities to reveals youthful freshness. You are left with plump, glowing refreshed skin.





BODY ENVELOPMENT

The treatment starts with a full body exfoliation to slough away dead skin cells. Your therapist recommends one of three exfoliation treatments after assessing the specific needs of your skin. The application of a masque follows, and the body is cocooned in a heat inducing wrap to facilitate natural detoxification, firming and nourishment.

Guests may choose from the following body masque treatments.

Hungarian Moor Mud

60 minutes

Harvested from the deep Canadian coast, Moor mud encourages detoxification and energizes the skin, restoring its luster and plumpness. This blend is rich in vitamins and minerals that brighten and sculpt the body. Moor mud removes impurities and reduces sensitivity so that you are left with finer pores, a more defined silhouette and deep sense of deviation.

Red Mud

60 minutes

An indigenous Indian herbal mixture, this cleansing masque envelopes you in a cocoon of heat and nourishment. Select heat inducing herbs and spices such as ginger, rice and nutmeg are used in combination to relieve muscular stiffness, aches and pains. The masque gently exfoliates the skin, fires up your body's systems and relaxes the nerves.

Indian Sandalwood

60 minutes

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



SKIN CARE

The world renowned spa brand Omorovicza is used for our facials. With a rich and romantic heritage, the brand uses latest scientific advances in mineral cosmetology, applying unique healing waters to innovative skin care

Deep Cleansing and Pore Refining Facial

60 minutes

Mineral rich Hungarian moor mud draws out impurities and deeply nourishes the skin. The application of a fragrant moor mud mask follows a thorough cleansing and exfoliation using the iconic moor mud cleansing balm, as well as tropical fruit extracts, which treat sensitive skin and reduce pore size. A classic Hungarian facial massage instantly lifts and firms the skin.

Illuminating facial

60 minutes

Designed to leave complexion refined and radiant, this facial begins with a gentle peeling, enriched with copper for an anti-oxidant collagen stimulating punch. A unique facial massage soothes the senses and accelerates micro circulation whilst rose and peony scented mask plumps the epidermis to reduce the appearance of fine lines and wrinkles.

Gentleman's facial

60 minutes

This deep cleansing therapeutic facial for men is designed to cater to your specific skin care needs such as razor burn and skin sensitivity. A unique Hungarian facial massage soothes the skin whilst stimulating micro circulation and a scalp and shoulder massage relieves tension and stress.







AYURVEDA FOR RELAXATION

At the Trident Spa, our therapists offer nuanced Ayurvedic therapies and recommend appropriate oils and treatments for your body type or “dosha”. Ancient Ayurveda healing techniques, massage rituals and potions are administered to restore the energy balance of the body, fostering a palpable sense of calm and wellness.



AYURVEDA FOR RELAXATION

Hot herbal poultice therapy

75 minutes

90 minutes

Carefully blended, spicy Ayurvedic herbs are soaked in a therapeutic herbal oil to create a warm formulation. This is then applied to our body, the heat and herbs working to ease muscular stiffness. Your therapist delivers long gliding strokes and tapping techniques to relieve muscular tension, increases lymphatic drainage and soothe tired, aching joints.

Abhyanga

45 minutes

This treatment involves traditional Indian massage with warm herbal oil especially chosen to suit your body type. The circulatory and nervous systems are stimulated through symmetrical rhythmic strokes, gradually balancing the doshas. Deeply relaxing Abhyanga soothes and re-energizes in equal measure.

Shiroabhyanga

45 minutes

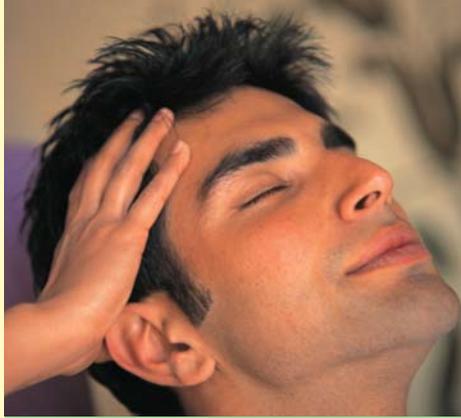
A classic Indian head massage, Shiroabhyanga uses warm oil applied with gentle and vigorous brushing strokes to activate vital energy points and reduce fatigue. Marma points of the shoulders, neck, scalp and face are stimulated to calm and balance your entire body.

Padabhyanga

45 minutes

Using a heated kasa or bronze bowl, potent with natural healing energies, our therapists apply oil with long and circular strokes to the marma points of the lower legs and





AYURVEDA FOR RELAXATION

feet. This stimulates circulation, relieves muscular stiffness and releases tense knots. Pandahyanga is an ancient treatment that helps the entire body recover its balance.

Soundarya facial

60 minutes

This Ayurvedic facial involves a dedicated marma massage that hydrates the skin, visibly diminishes signs of ageing, reduces fine lines and restores firmness. Select herbal ingredients work in combination to promote the production of collagen and improve elasticity, leaving the skin radiant with a satin texture and youthful appearance.

FACILITIES

Trident spa has two single, two double therapy rooms and a luxury suite, all with attached shower and steam facilities. Separate steam rooms for ladies and gentlemen. A well appointed gymnasium with cardio vascular, weight and strength training equipment for a complete body workout. Outdoor swimming pool with a magnificent view of the bay and the Queen's necklace.

For an appointment or further information, please call the spa at extension 8411.

FOR THE COMPLETE SPA EXPERIENCE

To ensure your spa experience is a relaxing journey into a different world, we recommend the following:

Schedule your therapy 24 hours in advance in order to ensure availability.

Consult our therapists who will be pleased to advise you on a therapy that suit your individual needs.

To fully enjoy the peaceful and tranquil environment of the spa, the use of cellular phones and electronic devices is discouraged.

We suggest the relaxing effect of a shower before your therapy.

For your convenience, we suggest you come to the spa reception 10 minutes prior to your therapy in order to change and prepare yourself. You may wish to come to the spa wearing the robe provided in your room.

Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.

Relaxation is essential to the therapy process. It is advisable to schedule your therapy at a time when you will be able to relax for at least one hour after the therapy.

Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa therapies.

Most of the body and skin care products that we use in our therapies are available for purchase.

We encourage you to ask your therapist about using these products to continue your spa experience at home.

Trident spa & fitness centre

Trident Nariman Point, Mumbai-400 021
T 91 22 6632 4343 F 91 22 6632 5000
E reservations@tridenthotels.com
www.tridenthotels.com

