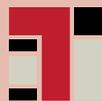




## SPA MENU



**TRIDENT**  
HOTELS



Trident Spa offers a selection of holistic healing practices 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 our 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 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. The spa offers the most effective Eastern and Western spa treatments that soothe the senses, restore vitality and revive the spirit.

### **Trident Signature**

**75 minutes | Rs. 6,500**

Relax your mind, body and senses with our signature massage. Applying rhythmic soothing and deep long strokes, excellent for releasing muscular tension, relieving deep seated stress which helps you sleep soundly.

### **Balinese**

**75/60 minutes | Rs. 6,500 / Rs. 5,800**

Developed on the island of Bali, this treatment combines the use of aromatic oils with deep pressure techniques such as skin rolling, deep tissue manipulation to relieve muscular tightness.

### **Hot poultice**

**75 minutes | Rs. 6,500**

Carefully blended, selected herbs are soaked in a therapeutic oil. Heated and applied in tapping and gliding technique to relieve muscular tension, soothe tired and aching joints.

### **Indian Foot**

**45 minutes | Rs. 4,000**

Using a heated kasa or bronze bowl, our therapists apply oil with long and circular strokes to the lower legs and feet. This stimulates circulation, relieves muscular stiffness and releases tense knots on the legs.

### **Dry massage**

**75 minutes | Rs. 6,500**

Nourish your spirit with this specially designed massage involving dry muscle manipulation along with activation of pressure points along the meridians. Helps to release muscular tension and calms the mind.

