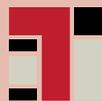




SPA MENU



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.

TRIDENT EXPERIENCES

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

Revitalise

2 hours 30 minutes | Rs. 10,500

Starting with an deep back massage to ease muscular knots, aches and tension. Follow with a customised facial to clarify your complexion and giving it a burst of radiance. An intensive hand and foot massage is administered to relieve stress and restore balance.

Back massage • Hands • Feet

Relax

2 hours | Rs. 9,000

Commences with a thorough exfoliation of the body and follows with a full body massage with aroma oils to nourish the skin. A gentle stream of our signature dhara is released on to the forehead, calming the third eye and promotes sleep.

Body exfoliation • Massage • Signature Dhara

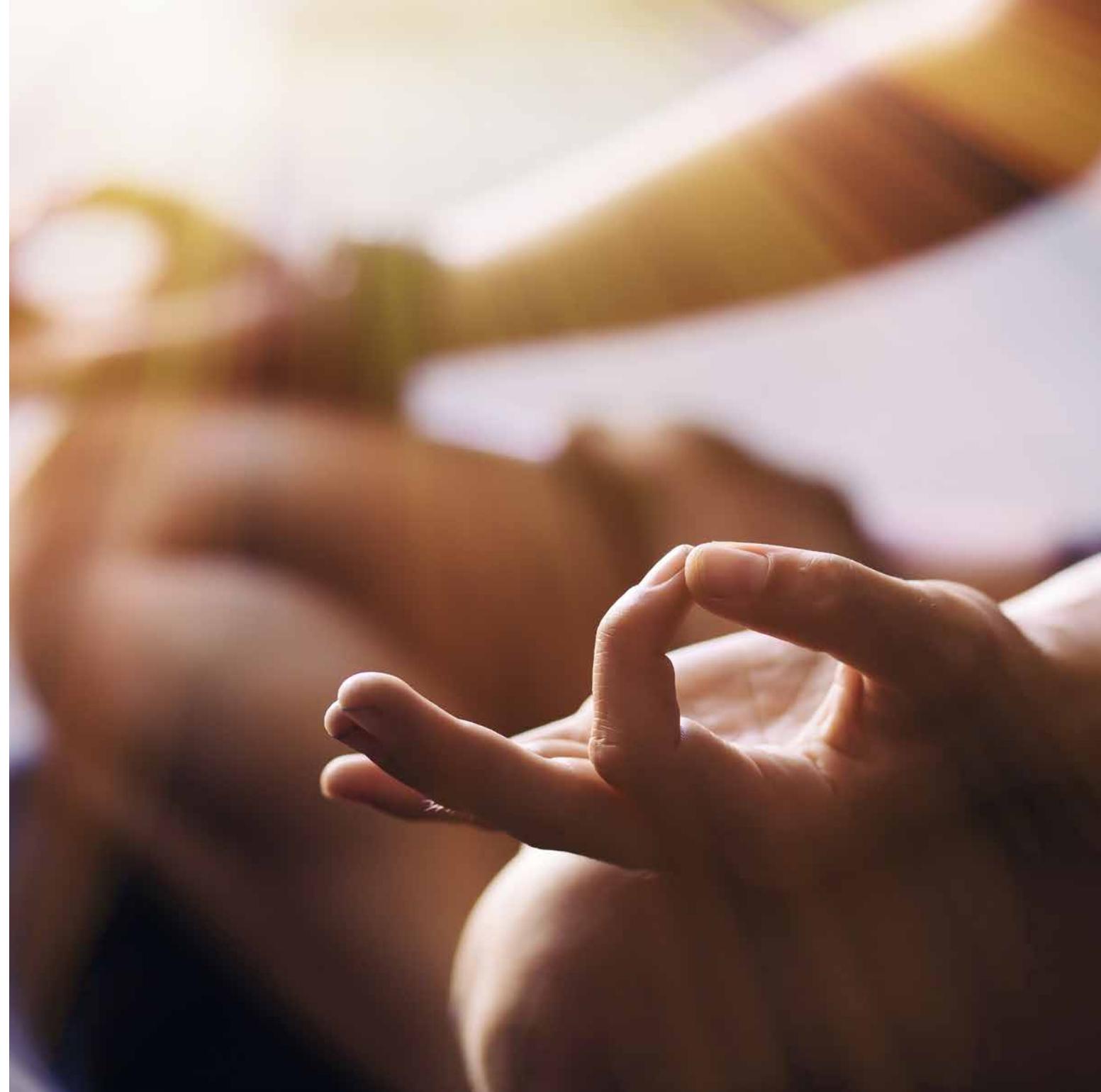
Revive

1 hour 45 minutes | Rs. 8,500

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

Hot Poultice • Indian Foot Massage

All applicable taxes are extra.





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

90 minutes | Rs. 7,200

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.

BODY TREATMENTS

Body Envelopment (Body Scrub & Wrap)

60 minutes | Rs. 5,800

Starting with a full body exfoliation to slough away dead skin, the application of mask follow and the body is cocooned in a heat inducing wrap to facilitate detoxification and firming.

- **Himalayan Rice Scrub**

This blend of Almond power and Himalayan rice grain work together to remove dead skin cells, revealing a satin-smooth texture and noticeable glow.

- **Indian Sandalwood**

This centuries old mask draws impurities and deeply condition the skin. Sandalwood power cools the body and the earthy aroma clings on enticingly for the rest of the day.

All applicable taxes are extra.





FACIAL TREATMENTS

Rejuvenating Facial – For dry and mature skin

75 minutes | Rs. 6,500

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 comes with two massages and two masks leaving the skin firmer and re-energised.

Purifying Facial – For oily skin

60 minutes | Rs. 5,800

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 | Rs. 5,800

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 | Rs. 5,800

This purifying facial cleanse skin by unclogging blocked pores, accelerate skin repair. Applying fast-acting and targeted botanical ingredients which helps reduce sensitivity and provide long-lasting defence against damaging effects of pollutants, leaving skin visibly clearer.

