



**TRIDENT**

Gurgaon

Trident spa & fitness centre

S P A M E N U



The complete spa experience



Trident spa invokes a sense of harmony and tranquility, with a wide range of therapies to renew, refresh and replenish your spirit. Our skilled therapists blend ancient Indian traditions with contemporary international influences to create a profound sense of well being.



# SIGNATURE INDIGENOUS RITUALS

## NEEM HEALING FACE AND BODY RITUAL

*3 hour spa experience*

*(Abhyanga, exfoliation, envelopment, Ayurface treatment)*

Restore and find balance, in body and mind. Created around the benefits of neem, India's "pharmacy tree", the ritual blends therapeutic and aromatic herbs to balance and comfort the spirit. Your therapy begins with a full-body Abhyanga massage followed by a neem and dateseed exfoliation. You are then enveloped in a warm cocoon to release toxins and reduce water retention. While your body is healing, your face is cleansed with neem and burdock cleanser followed by a neem and green tea mask. Your experience concludes with our signature facial marmassage.

## OASIS OF PEACE

*2½ hour spa experience*

*(Body exfoliation, Balinese massage, facial, herbal steam bath)*

This complete pampering session begins with a delicious Gotu kola body scrub to cleanse and refresh the skin. You are lulled into a state of total relaxation under the soothing hands of your therapist as she eases away the tension with our 'Balinese' massage known for its pressure points and stretching. A healing facial follows to restore elasticity to your skin. Finally, a herbal steam bath adds the finishing touch, so you emerge renewed and rejuvenated.



## SPIRIT OF AYURVEDA

*2½ hour spa experience*

*(Indian head massage, body exfoliation, herbal pouch therapy, marma point face massage, herbal steam bath)*

This therapy begins with an Indian head massage combined with an inhalation therapy using essential oils to assist in opening your breathing passages and bring you into a state of meditation. A vigorous, full body exfoliation, utilising a blend of exotic Indian spices with Gotu kola and cardamom. This therapy continues with a herbal pouch therapy, followed by a marma point face massage to promote relaxation and transport you to a state of bliss. Your journey concludes with a herbal steam bath.

## TRIDENT EXECUTIVE CLASSIC

*2 hour spa experience*

*(After workout massage, gentleman's facial)*

Ease away the knots and tension with an after workout massage followed by a gentleman's facial. A perfect antidote to stress for total relaxation of the body, mind and spirit.

## SYNERGY

Customise two or more consecutive therapies to suit your individual needs. Please contact the spa reception for a consultation.





## TOUCH THERAPIES

### Trident massage

*60 minutes*

*90 minutes*

Relax your mind, body and senses with our signature holistic massage. Your therapist provides you with a combination of wonderful soothing strokes with medium pressure, excellent for releasing knots, increasing circulation and removing tension from the body. Customised to fit your specific needs.

### Balinese massage

*60 minutes*

*90 minutes*

This rigorous yet fluid and luxurious spa therapy evolved on the island of Bali. It is a deep pressure massage using a variety of techniques including skin rolling, deep tissue manipulation, gentle stretching and reflexology. This massage has a cleansing effect on mind and body, leaving you refreshed, relaxed and rejuvenated.

### Thai massage

*60 minutes*

*90 minutes*

We have formulated our own version of an ancient and sacred system of healing with roots in Yoga, Ayurveda and Buddhist spiritual practice. This therapy is a combination of rhythmic massage, acupressure and gentle twisting. Our Thai massage stimulates and balances the flow of healing energy, providing you with a powerful release of stress, tension and increased vitality. You are given loose comfortable clothing for this oil free therapy.



## TOUCH THERAPIES

### Hot lava shell massage

*60 minutes*

*90 minutes*

This massage offers unparalleled benefits with continuous heat and pressure creating the most powerful and long lasting results. Smooth lava shells are heated from the inside by combining natural ingredients of minerals, sea kelp, algae and salt water. As they seamlessly glide over your body, they create a synergy of warmth and deep therapeutic work, promoting the highest level of myofascial release, relaxation and a feeling of unsurpassed bliss.

### Couples 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 treatment concludes with a fresh fruit body polish.





## REVITALISING BODY THERAPIES

### Gotu kola body polish

*60 minutes*

Polish skin to a lustrous, silken glow. This nourishing, exfoliating therapy hydrates with rosehip seed oil, firms and smoothens with Gotu kola and cardamom oil, leaving your skin silky, refreshed and toned.

### Gotu kola firming body envelopment

*90 minutes*

A complete detoxifying experience for mind and body, this Ayurveda inspired therapy layers healing and cleansing ingredients to purify skin in stages. First, our signature back massage followed by a full-body exfoliation with Gotu kola and walnut body exfoliator; then an aromatic oil massage and a nourishing therapeutic mask leaves the body nourished and purified. You are left rejuvenated, refreshed and toned all over.

### Contouring body therapy

*60 minutes*

Targeted therapy for skin-tone trouble spots or cellulite. Gentle exfoliation removes impurities in the skin, preparing it for a contouring massage and mask of Gotu kola, lotus and peptides, to stimulate circulation and clear out stagnant energy.





## REVITALISING BODY THERAPIES

### Neem body polish

*60 minutes*

Gently exfoliate with a soothing therapy ideal for sensitive skin. Finely ground dateseeds, jojoba spheres and pumpkin enzymes together polish away dead cells and renew skin. A layer of antioxidant-rich neem and blood orange body lotion moisturises your body, leaving it nourished and protected.

### Neem healing body envelopment

*90 minutes*

Heal, calm and restore vitality back to your skin. This therapy relaxes the mind and heals the body. Neem and dateseed body scrub exfoliates and prepares the skin for a soothing massage with vitamin-enriched essential oil. Nourished skin is then masked with healing neem and wrapped in a warm cocoon. While your body luxuriates, your therapist provides a face, scalp and neck massage. The therapy concludes with an application of our signature moisturising aromatic blend, leaving your skin soft and glowing.



## SKIN CARE

### Trident signature facial

*60 minutes*

Reawaken and rejuvenate your skin with a holistic facial customised for your specific needs. Natural active ingredients are custom blended for intensive exfoliation and renewal. Our signature marma massage with pressure point stimulation completes the experience for newly radiant skin.

### Purifying facial

*60 minutes*

Find balance for overactive or oil-prone skin. Our purifying therapy uses specialised massage techniques to obtain specific results - normalising oil production, draining impurities by stimulating lymphatic flow, refining pores and clarifying skin.

### Neem healing facial

*60 minutes*

Soothe and purify even the most delicate skin by sharing the benefits of neem, known in India as the "pharmacy tree". Extracts of the plant combine with soothing oils and our signature marma massage to heal, hydrate and firm, restoring sensitive skin to its youthful glow.

### Brightening facial

*75 minutes*

This firming and brightening facial defies time creating a bright and radiant complexion. This therapy includes an intense eye firming mask to enjoy the renewed benefit of youthful glow.





## LUXURIOUS HAND AND FOOT THERAPIES

### Pomegranate and fig spa manicure

*45 minutes*

Using one of nature's most potent antioxidants to keep your hands in good health, this deluxe pomegranate and fig "facial for the hands" is the ultimate renewal therapy. An intense exfoliation rejuvenates, deeply hydrates and helps restore skin to a more youthful appearance, followed by an essential oil massage consisting of pomegranate, fig and vitamins. The manicure ends with a final polishing of nails, leaving your hands radiant and glowing.

### Foot nirvana spa pedicure

*60 minutes*

Soothe your feet by soaking them in a combination of pomegranate and fig, providing a wonderful blend of aromas, followed by a scrub which will remove any rough spots, leaving your skin soft and silky. A luxurious foot massage with our pomegranate blend and an application of enamel completes your experience.





## FOR GENTLEMEN

# AYURVEDA INSPIRED RITUALS

### Akarshan men's facial

*60 minutes*

A deep cleansing, therapeutic facial for men, using the healing power of neem, designed specifically to cater to your special skin care needs. Paying particular attention to razor burn and skin sensitivity, the therapy includes a destressing facial massage to refine the pores and a scalp and shoulder massage to relieve tension and rejuvenate your senses. This facial removes impurities and balances excessive sebum production, leaving your skin with a clarifying matte finish.

### After workout massage

*60 minutes*

*90 minutes*

This powerful full body massage is designed to relieve aching muscles and joints after periods of physical stress and strain. Using a double layer of aromatherapy oils that will soothe away any muscular discomfort, your therapist will apply advanced deep tissue techniques to ensure effective absorption.

### Deep cleansing back therapy

*60 minutes*

Created especially for men, this therapy begins with a deep cleansing exfoliation and hot compress followed by a warm thermal clay mask to draw out impurities. It concludes with a soothing back massage leaving you feeling refreshed and renewed.

Ayurveda is a holistic system of healing which evolved among the sages of ancient India over 5000 years ago. This ancient science focuses on establishing and maintaining the balance of energies within us, promoting harmony between you and nature. At Trident spa, our therapists determine your body type or dosha and recommend the appropriate massage and oils. Ayurvedic therapies detoxify the body and restore the natural balance of the energies within.







# AYURVEDA INSPIRED RITUALS

## Abhyanga massage

*75 minutes*

Profound relaxation for the overstressed, using Abhyanga, or literally, “oil massage”. This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy and restoring the flow of prana, the life force that stimulates your body’s vital energy. As your senses are soothed, you drift into a deep state of bliss.

## Hot herbal poultice therapy

*60 minutes*

This therapeutic massage begins with an application of warm oil specific to your dosha. A warm herbal fomentation is applied to relax the muscles while stimulating blood circulation and energy flow. Heat and herbs are absorbed by the body to reduce aches and pains, increase lymphatic drainage and condition the skin, leaving you refreshed and relaxed.

## Shiroabhyanga

*60 minutes*

Using Ayurvedic oils, vital points of the shoulder, neck, head and face are massaged to loosen tight muscles and encourage blood circulation. With a special focus on marma points around the head, you will feel an immense calming and balancing effect on the nervous system and throughout the body. This therapy concludes with a mild fomentation, leaving you totally relaxed.

## Padabhyanga

*60 minutes*

This Ayurvedic reflexology therapy is an ancient massage for the sole which focuses on the marma points of the feet and lower legs. Padabhyanga promotes quality sleep, increases circulation and energy flow to boost immunity, rejuvenating your entire body. This therapy incorporates the use of a kasa bowl which is warmed and oiled, creating a more intense therapy as the metal interacts with the energy force of the body.



## Facilities

Two therapy rooms and two double spa suites, all with attached shower and steam facilities.

A twenty four hours fully equipped gymnasium

Winter heated swimming pool

For an appointment or further information, please call the spa at extension 43.

## For the complete spa experience

*To ensure that 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 15 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.

All spa appointments can be scheduled or cancelled at the spa. If you find that you are unable to keep your appointment, we request four hours notice to avoid being charged for the therapy.

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.

Please note that the spa is a non-smoking area.

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.