



Trishika®
Saloon & Wellness spa



ELEGANCE BEGINS THE MOMENT YOU ENTER TRISHIKA.
LEAVE WITH CONFIDENCE. WRAPPED IN CALM.

A photograph of various spa products arranged on a dark wooden tray with a woven bamboo mat background. The items include a small dark ceramic jar, a wooden bowl containing white rice grains with a white frangipani flower on top, a large coconut shell jar with a braided rope neck, and another wooden bowl containing yellow rose petals. Green leaves are scattered around the items.

OUR SERVICES

Aroma

Swedish

Deep Tissue

Balinese Massage

Body Scrub

Stone Massage

Candle Massage

Moroccan Bath

Ayurvedic

Massage

Steam Bath



AYURVEDIC MASSAGE



A therapeutic massage rooted in the ancient Indian system of medicine Ayurveda.

• Benefits

Reduces stress, reduce joint stiffness, detoxification, reduce joint pain, reduce muscular pain.

STEAM BATH

A type of sauna where the air is heated by steam.

• Benefits

Improve circulation, lower blood pressure, reduce stress, clear congestion, promote skin health, aid in workout recovery, loosen stiff joints, burn calories, boost your immune system and remove toxins.



STONE MASSAGE

A type of massage therapy that involves using heated stones, typically basalt, to relax muscles and relieve tension. The stones are placed on specific points of the body. The therapy is believed to promote relaxation, improve circulation and ease muscle pain.



- **Benefits**

Relieves stress and anxiety , re-energize toxin - releasing, reduces pain and inflammation of mind - body - spirit

MOROCCAN BATH



A traditional cleansing and relaxation ritual , originating from Morocco

- **Benefits**

Deeply cleanses and exfoliates the skin, removing dead skin cells, impurities and toxins, improve skin texture

DEEP TISSUE

Therapeutic massage technique that focuses on realigning deeper layers of muscles and connective tissue.



- **Benefits**

Reduce chronic pain, improving blood pressure, reduce stress, reduce swelling and inflammations

BALINESE MASSAGE



Combines various massage techniques like acupressure, gentle stretches and aromatherapy to promote relaxation, improve circulation and relieve muscle tension

- **Benefits**

Increase blood flow, strength muscle, promote skin health, boost the immunity level

BODY SCRUB



Exfoliates the skin on your body leaving it feeling fresh, smooth, moisturizer and soft

• Benefits

Promoting smoother and brighter skin, draws out impurities, promotes cell restoration, exfoliates dead skin cells.

CANDLE MASSAGE

Using warm melted wax from a specially formulated massage candle to moisturize and relax the body.

• Benefits

Moisturizing the skin, soothe body, reduce sun tanning, vitamin rich, protect from harsh sun.



AROMA



A type of massage therapy that uses essential oils to promote relaxation and well being

- **Benefits**

Reduce stress and anxiety, promote relaxation , relieve pain and improve mood and sleep quality

SWEDISH

Energizing the body and improving overall health



- **Benefits**

Increase blood circulation, reduce stress, eliminates toxins, rehabilitation for muscle injuries



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