



TRIA 禪潺







Tria is an urban oasis, the eye of the storm in a space sheltered and serene; a sanctuary from the modern world - nestled within it.

Tria forges three essential concepts into a master key for achieving lifelong health and happiness: wellness, beauty, and vitality.

The Tria experience begins with charting your path toward wellness with our skilled therapists, who will help you discover and clarify your needs so that they may be fully cared for. We will assist in clearing away the obstacles, body and mind, to you achieving your greatest potential.

## TRIA SPA AT MGM

Tria will then help you unlock your inner beauty so that it may radiate unhindered outward. The Tria results-driven beauty program complements our wellness system to enhance and magnify your natural beauty.

Vitality is the embodiment of potential, the capacity to act, and is the pinnacle phase of Tria. We lock in the gains in wellness and beauty and encourage perpetual rejuvenation through advanced fitness and recovery techniques, offering support and guidance as you reach your peak potential. With the Tria system of wellness, beauty, and vitality you will depart feeling better, looking better, and being better.



Tria Ritual

## Tria Retreat

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A pampering total spa retreat that begins with a full body massage, followed by a hand & foot treatment and an express facial. A complete experience that works on all your senses to boost your emotional wellbeing.

150min

## Relaxing Combo

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A complete experience that works on all the senses to boost your emotional wellbeing. Starts with a gentle exfoliation and body wrap followed by a full body massage and concludes with a hydrating facial.

180min

## Invigorating Journey

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Indulge in a total integration of body, mind and spirit. The long, soothing strokes and warmed Himalayan salt stones of this deeply relaxing oil massage combine with vibrational sound therapy from beautiful Himalayan singing bowls. Slip into a dreamlike meditative state and feel your body begin to heal itself.

120min

## Awaken Senses

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A head to toe experience is designed to pamper the body and face leaving them soft and renewed. Perfect choice for total rejuvenation and relaxation.

150min



Wellness



## Digital Detox

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This treatment focuses on your head, eyes, neck, shoulders and hands to ease stress from using too many digital devices in daily lives. Start with relaxation inhalation, continue with the targeted massage techniques on concerned areas, then finish off with a mini facial and nourishing eye mask to release tiredness.

90min

## Energy Boost

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Start with healing Vibrational Sound Therapy with calming aroma inhalation; followed by long, soothing strokes and pressure pointing using warm jade stones along the meridian at the back to unblock the energy. Continue with the invigorating massage to awaken all senses, it is perfect to boost immune system and increase energy level.

90min

## Private Yoga

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Private yoga class helps to develop a greater sense of balance and focus. Meditation can help improve balance in daily life and manage daily stress.

60 min



# Massages





## Tria Wellness Massage

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This nurturing massage ensure your body receives the attention it needs. Personalize your oil massage with warmed Himalayan salt stones or a hot pack to warm up your sore muscles, dry body brush to increase circulation, Himalayan Singing Bowl or a custom scalp massage to suit your needs - the choice is yours.

60 / 90min

## Sleep Deeply Massage

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This full Body Massage involves carefully applied pressure and customized techniques to balance the nervous system and ease the overactive mind. This massage is perfect for deep sense of tranquility and a good night's sleep.

60 / 90min

## Deep Muscle Release

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This deep-tissue massage works into the layers of the muscles, naturally helping to release muscle tension from your body.

60 / 90min

## Maternity Massage

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This gentle massage is designed for mother-to-be, with a focus on reducing stress hormones, swollen joints, and muscle pain. Special pillows ensure a safe and soothing experience.

60 / 90min

## Traditional Thai Massage

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This ancient art stimulates energy flow and lengthens overworked muscles through a series of facilitated stretches and rhythmic dry massage to regenerate the spirit and restore mobility to your body.

90min

## Himalayan Hot Stone Massage

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Therapeutic heat of warmed stones placed on the body and utilized as an extension of the therapist's hands, deeply penetrates for ultimate relaxation and relief of muscle tension.

90min

## Four Handed Massage

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Experience a profoundly relaxing and therapeutic oil massage customized for you by two expert therapists. Four hands work together with warmed aromatherapy oils to mesmerize the senses and encourage you to simply let go. Try this experience of a lifetime.

90min





## Relaxing Foot Massage

Begins with cleansing ritual followed by the soothing foot massage on the feet with stimulation of specific pressure points to encourage healing of entire body and promote overall wellbeing.

60min

## In-room Four Handed Massage

Enjoy your massage in the comfort of your own hotel room. Please enquire with our spa receptionist for more information.

60/ 90 / 120min

## Targeted Massage

Relieves stress on targeted areas. A quick fix to ease stress and pain.

30min





Facial



## Hydramemory Facial

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Profound skin hydration, elasticity and luminosity. Offers a unique and pleasurable experience thanks to the specific application of the mask with the brushes.

60min

## Active Pureness Facial

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Characterized by an innovative mattifying peel-off spirulina algae mask. It purifies and balances the skin, leaving it fresh and toned.

60min

## Sacred Nature Bio Organic Facial

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A deep nourishing and anti-oxidant treatment for dry and deleted skin. With products which have been formulated according to Eccert guidelines, offering a natural and result derived treatment including even the sensitive skin.

60min

## Oxygen Brightening Facial

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Treatment with Oxygen formula improves cell respiration. This activities biological cell function, resulting in a substantial skin performance boots. Perfect for metabolic enhancement and deep strength development.

60min

## Deluxe White Truffle & Collagen Facial Retreat

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Most luxurious treatment ingredients - White Truffle Concentrate and Pure Collagen Mask reinforce the nourishing and whitening effect. It boosts up the synthesis of elastic and collagen fiber, skin becomes visibly firm and glow; its defense mechanisms and strengthened.

90min

## Sublime Skin Deluxe Lift Facial

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A treatment which resurfaces, redensifying and lifting. Combined with the exclusive Active Lift Massage, double peeling and innovative biphasic peel-off mask, it stimulates cellular regeneration, bestows fullness and redefines the volume of the face.

90min

## Urban Longevity Facial

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The perfect antidote to modern fatigue and urban lifestyle, this facial is ideal for a time-pressed, dull and aging skin. Customizable to correct specific stress-related imperfections and signs of aging. It rejuvenates the skin and leaves you feeling recharged and ready to face your busy days.

60min





## Urban Detox Facial

The perfect antidote for everyone to detox the skin from pollution and to specifically fight imperfection and adult acne.

60min

## Express Facial

For those in a rush, this result-oriented facial is an excellent addition to any massage.

30min

## Sublime Skin Eye Treatment

CZ - sublime skin eye treatment.

30min







Body  
Treatment



## Invigorating Body Scrub

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Refresh dull skin with exfoliation. An invigorating way to increase circulation and minimize cellulite.

30min

## Deluxe Hand Treatment

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Your hands and arms will feel smooth, soft and deeply moisturized after this treatment.

30min

## Nourishing Detoxification Body Wrap

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Starts with body exfoliation, followed by a mineral-rich wrap to detoxify and revitalize your body.

60min

## Deluxe Foot Treatment

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A moisturizing treatment that intensively hydrates and softens the skin on dry feet while reliving tired legs.

30min





# Gentlemen Treatment



## His Tria Massage

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Using a special blend of aromatic oils, His Tria Massage ensures your body receives the attention it needs. A personalized combination of massage techniques targets areas of concerns to ease muscle tension, stimulation circulation and restore flexibility.

60 / 90min

## His Facial

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Designed specifically for active men, this facial awakens the face, resulting in nourished skin and a refreshed look. Recommended for all skin types.

60min

## His Combo

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A package for active individual. A personalized body massage to release muscle tension and helps with flexibility; while an express facial revitalized and refines your skin. Feeling refreshed and relaxed.

90min



# Hair Treatment

Let us help enhance your personal style and deliver the most beautiful you with our full-service hair salon. Our stylists will conduct a detailed consultation before your treatment, then pamper you with internationally-acclaimed products and the latest techniques to ensure you leave ready for that special occasion or with a whole new everyday look.

**Shampoo & Finish**

**Hair Treatment**

**Hair Cut & Finish**

**Keratin Treatment**

**Hair Straightening & Finish**

**Hair Up-do / Styling**

**Hair Color / Highlight**

**Add on:**

**Express Hair treatment**

**Express Hair Scrub**

Timing and pricing are based on hair length and technique.



# Nail Treatment

Relax while our skilled technicians focus on the health and vitality of your skin and nails. Choose from our menu of popular nail treatments, each guaranteed to leave you perfectly groomed, polished, and blissfully relaxed.

## **Tria Manicure**

60min

## **Tria Deluxe Manicure**

75min

## **Tria Pedicure**

60min

## **Tria Deluxe Pedicure**

90min

## **Soak Off Gel Manicure**

## **Soak Off Gel Pedicure**

## **Soak Off Gel Removal**

## **Gel Nail Manicure (full set)**

## **Gel Nail Manicure (per nail)**

## **Gel Nail Removal (full set)**

## **Gel Nail Removal (per nail)**

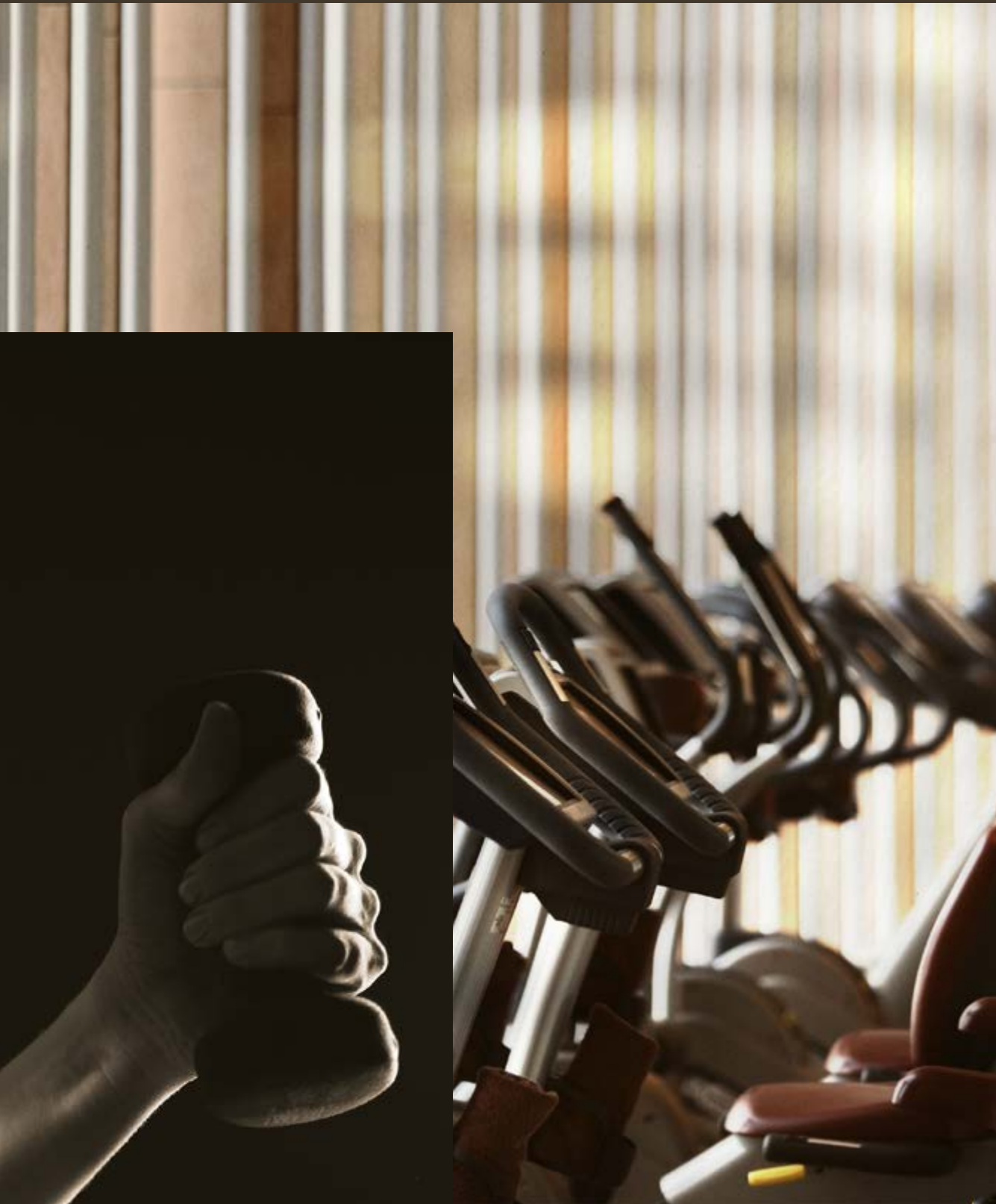
## **Nail Art per nail (ADD ON)**

# Vitality

Increase your health and vitality by improving your fitness regimen and taking your athletic performance to the next level. Our fitness center is set up with the latest **TechnoGym** equipment, and our friendly and helpful team will help to ensure your goals are met for a productive workout every time.







## Fitness Consultation

A personalized consultation determines your specific needs based on your health goals. You'll receive a complete assessment of your balance, mobility, flexibility, posture, muscular strength, and endurance.

25min

## Personal Training\*

Our personal trainer will design a custom program to meet your specific goals based on your activity level, gym availability, and body type. We provide the knowledge, tools, and guidance to help you gain a better understanding of your body and attain sustainable results.

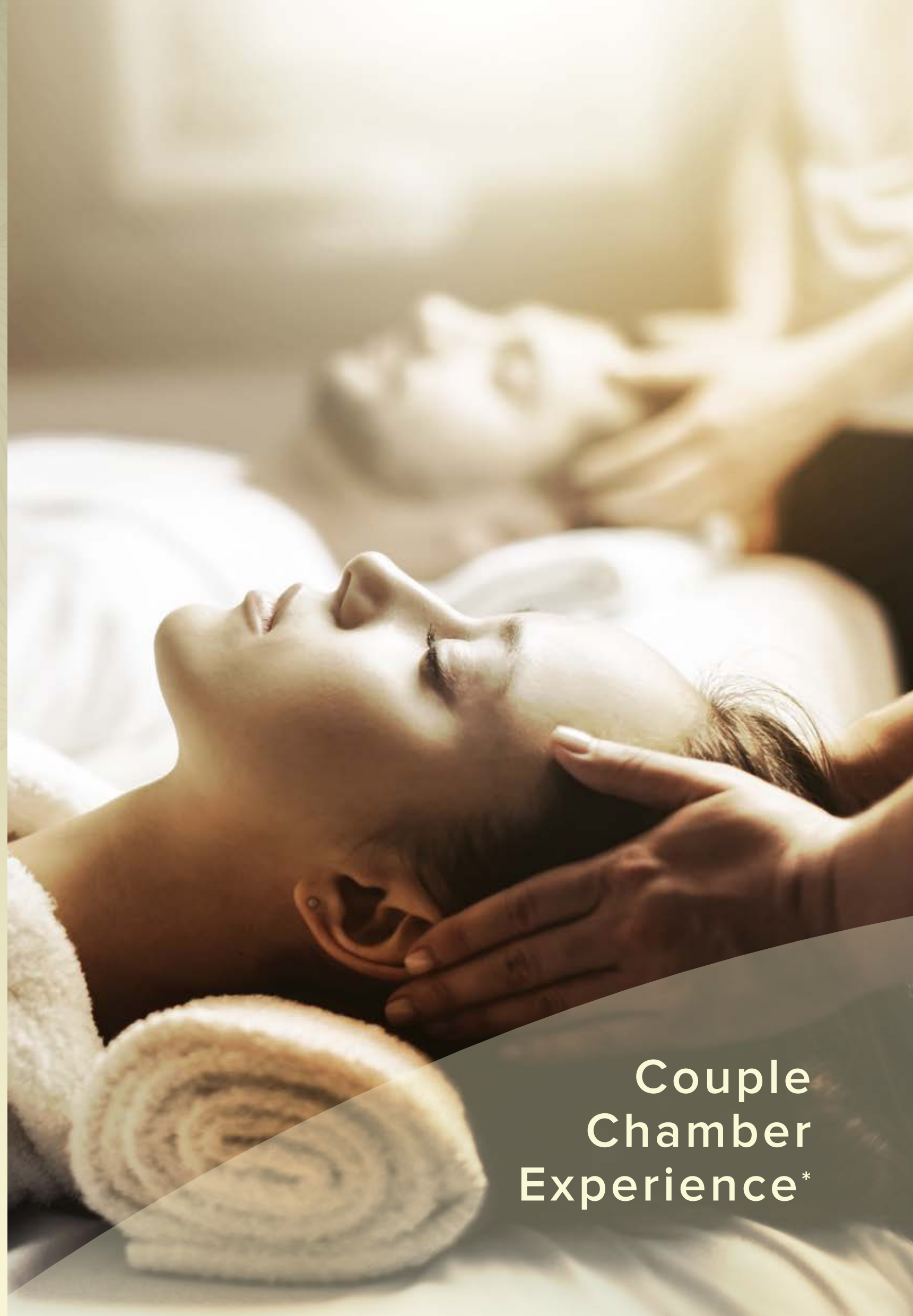
60min

Please enquire with the spa receptionist for our fitness class schedule.

Extend  
your  
exclusive  
experience

\*Only available in MGM Cotai

Couple  
Chamber  
Experience\*







**Spa VIP  
Party Room\***



**Wet Spa  
Entrance Fee**

# Spa Etiquette

## Spa Reservation

For spa enquiries or reservations, please contact the spa reception directly. Advance bookings are recommended to secure your preferred your preferred treatment time.

## Prior to Arrival

We recommended that you leave all jewelry and valuable in your room before coming to the spa. Male guests are advised to shave prior to all facial treatment to ensure that maximum results are achieved.

## Comfort and Attire

Ensuring your comfort throughout your spa experience is important to us. Most treatments can be enjoyed without clothing, and you will be discreetly draped at all times.

Gym	8am to 10pm
Spa Treatment	11am to 11pm
In-Room Spa Treatment	11am to 11pm
Wet Spa Facilities	11am to 10pm
Spa Reception and Gallery	11am to 11pm
Hair and Nail Studio	12nn to 8pm

## Arrival

Please arrive at least 30 minutes prior to your scheduled appointment time to check-in and be ready for your service to start on time. You are welcome to come earlier and take time to relax in our tranquil wet facilities which can help you to release the tension and promote a feeling of wellbeing. Please bring your swim wear if you wish to use the above facilities.

## Consultation & Health

Personal consultation are offered to determine your specific needs and to allow us to design your treatment experience. Please inform us of any health conditions at the time of booking your appointment. These include but not limited to: heart conditions, high/low blood pressure, allergies or pregnancy. Consumption of alcohol before and during treatments is not allowed; while right after treatment is not recommended.

Heat and water facilities are not recommended for pregnant women.



## **Late Arrivals**

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time if you arrive late.

## **Cancellations**

We understand that occasionally unexpected obligations may require rescheduling. If so, please contact us at the email address or the number below at least 4 hours prior to the start of individual treatments and 24 hours prior for packages.

- + Cancellation within 4 hours will incur a 50% cancellation charge.
- + No-show will be charged at 100%.

## **During Your Stay**

In consideration of other guests, smoking and active mobile phones are not permitted in the spa and gymnasium. Tria Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

In addition, using mobile phones and taking pictures are not permitted in the Wet Spa Facilities / Changing Areas to respect guests in the facilities.

## **After Your Treatment**

For optimized treatment results, we recommend you not to shower 4 hours after treatment for better treatment products penetration. Also to extend your spa experience at home, a variety of spa products are available for purchase at our Spa Retail Shop.

## **In-Room Treatment**

Selected treatments are available in the comfort of your own guest room, based on availability. We request at least one hour of notice when booking in-room treatments, including oil body massages and Chinese Foot Massage. For your comfort, two of our therapists **MUST** perform your treatment.

## **Payment**

For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

## **Children**

We love children, however our wet spa facility area are available for those 16 years of age and older only. Spa service may be performed on those under 16 years with signed parent consent and a parent in the room for the service.

## **Gym Policies**

For your personal safety, wearing sport shoes is required. Children under 16 years of age are not allowed to use the gym equipment.

