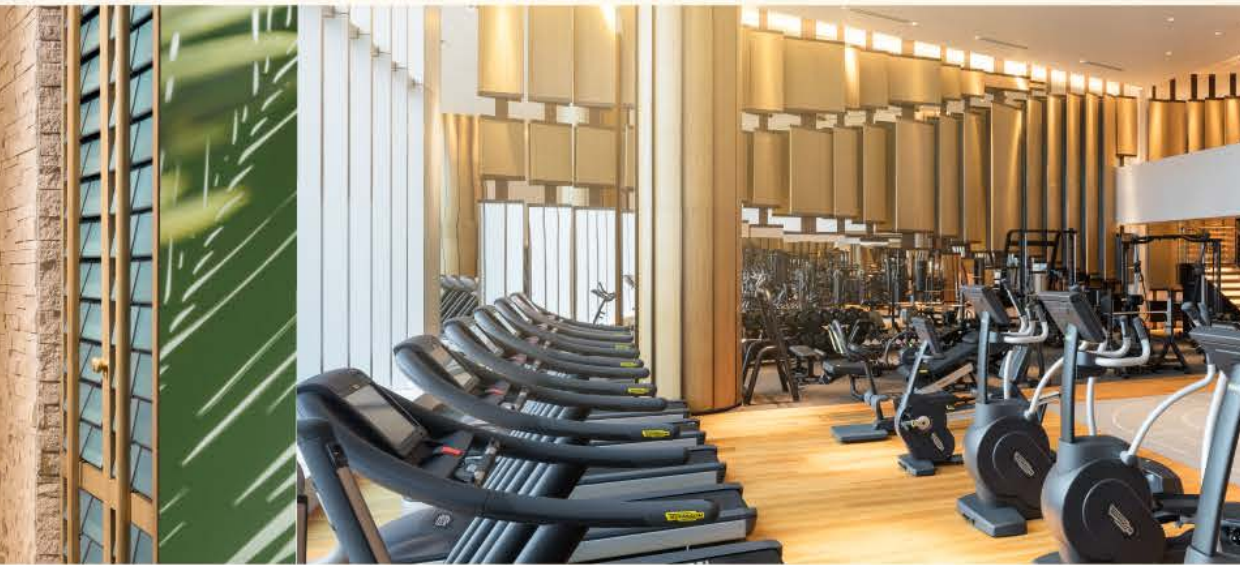




TRIA 禪渡





**Tria** has continuously garnered significant recognition with a five-star rating in the Forbes Travel Guide and SpaChina awards over the years. It complements MGM by creating a relaxing sanctuary for guests. With the interweaving concepts of Wellness, Beauty, and Vitality, guests will be left with a sense of calm, refreshing, and revitalization.

## TRIA AT MGM

Massages and body treatments of **Tria** are the elements of the spa concept. In conjunction with therapeutic essential oils and traditional rituals, the pressing, kneading, and stretching techniques bring complete relaxation and restore a state of **Wellness**.

The facials and salon treatments of Tria reinforce the concept of wellness. Our facials incorporate sustainable, natural, organic, and top-of-the-line skincare products to nourish and enhance your natural **Beauty**.

The state-of-the-art fitness center at Tria is equipped with advanced training facilities and a number of fitness classes to help sculpt a healthy and vital body. Be energetic with **Vitality**.

Tria is the go-to destination for highly personalized treatments and top facilities. With luxury spa products from The Gallery at Tria, guests can maintain their spa experience even after their departure.







Tria Ritual

## Tria Retreat

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

180mins

## Invigorating Journey

Indulge in the soothing strokes of warmed Himalayan salt stones and natural essential oils, while slipping into a dreamlike meditative state with the therapy sounds of the Himalayan singing bowls. Together with the luxurious Hand Treatment and Deep Hydration Facial, an instant tonic for your body and mind.

210mins

## Relaxing Combo

A holistic experience that revitalizes all your senses. Start with a gentle exfoliation and body wrap, continue with a full body massage then finish off with a hydrating facial.

210mins

## Awaken Senses

A head-to-toe experience to pamper the body and face, leaving them soft and renewed, which includes a facial, body scrub, body brushing, relaxing massage and foot treatment. A perfect choice for total rejuvenation and relaxation.

210mins



Wellness



## Digital Detox

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This treatment focuses on your head, eyes, neck, shoulders and hands to ease the stress from the daily use of digital devices. Starting with an inhalation ritual to ease the mind and continuing with targeted massage techniques on to relax the body. Finishing off with a facial and nourishing eye mask to relieve tiredness.

180mins

## Private Yoga<sup>^</sup>

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Private yoga classes can help you develop a greater sense of calm and focus, where you can learn to manage daily stress and maintain balance through meditation.

60mins

<sup>^</sup> Spa Entrance Fee is required for this service (if applicable)

## Energy Boost

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Beginning with vibrational sound therapy from the Himalayan singing bowls and an infusion of aromatherapy to sooth the body and mind. We move on to an acupressure session along the meridian lines using warm jade stones to unblock energy flows in the body, and then continue with an invigorating massage to awaken the senses. The treatment concludes with a detoxifying facial, which provides a remedy for damage caused by urban pollution, a perfect way to rebalance and boost vitality.

150mins

## Harmonic Sleep Journey

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The perfect retreat for easing sleeping concerns and promoting a restful night's sleep. Start with a private yoga and meditation session to enhance mobility and find peace in mind, then enjoy a relaxing bath at the private vitality pool\* or private steam room\*\*. Continue with a soothing body massage using aromatherapy and the Himalayan singing bowl and a deep hydration facial treatment to induce deep relaxation. Shed off your stress with a guaranteed good night's sleep.

225mins

\*Only at Tria, MGM COTAI

\*\*Only at Tria, MGM MACAU

Two-day advance booking required.



# Massage





## Tria Wellness Massage

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This nurturing massage ensures that your body is well taken care of. It features a specially blended massage oil and warmed Himalayan salt stones or jade stones to relieve sore muscles; or a dry body brush treatment to increase circulation; or a customized scalp massage to relax and de-stress. Personalized for your needs.

60 / 90mins

## Sleep Deeply Massage

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A gentle massage to ease your tension, restore balance and tranquility for a good night's sleep.

60 / 90mins

## Deep Muscle Release

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This deep-tissue massage helps relieve tiredness and eases the muscle stiffness.

60 / 90mins

## Himalayan Hot Stone Massage

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Relieve sore muscle and tension by placing the warmed Himalayan salt stones on the body, along with a therapeutic massage that gives you an ultimate relaxation.

90mins

## Four Handed Massage

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Experience a profoundly relaxing and therapeutic essential oil massage performed by two expert therapists. Immerse in the pleasant aroma while four hands work in unison to provide an unparalleled experience of total relaxation.

90mins

## Royal Thai Massage

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This ancient massage technique helps stimulate energy flow. With a stretching sequence and a rhythmic dry massage to regenerate overworked muscles and to improve body flexibility.

90mins

## Relaxing Foot Massage

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Begin with a cleansing ritual followed by a soothing foot massage that stimulates specific pressure points to encourage healing of the entire body and to promote overall wellbeing.

60mins





## Targeted Massage

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

30mins

## In-room Massage

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

60 / 90mins





Facial



## Hydra Original

This treatment is suitable for all skin types. It features hydrating organic marine ingredients along with a relaxing massage, promoting skin hydration and helps restructure the skin's water reservoir to prevent dehydration. Your skin will feel hydrated, soothed, glowing, plumped, and rested.

60mins

## Anti-Blemish Treatment

For oily or impure skin. The deep cleansing treatment effectively targets blemishes, resulting in visibly clearer, healthier skin and a smoother, fresher complexion.

60mins

## Douceur Marine

The perfect choice for fragile and sensitive skin. Prebiotic sugars strengthen the skin's natural barriers and protect the skin's ecosystem, enhancing healthy skin condition. It also soothes the skin with its anti-bacterial and anti-inflammatory actions, and promotes relaxation and silky skin texture.

60mins

## Supreme Youth Pioneer

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The ultimate treatment for anti-aging, firming and radiant skin tone. Products with unique Marine Sugar, together with an effective massage using a special French "Face Massage Roller" and "Face Shaper", provide immediate toning and contouring results, and lymphatic and blood circulation are promoted for radiant skin tone. This treatment pampers your face, eyes, lips and decollete, giving the skin a burst of freshness, youth and radiance.

90mins

## Anti-Blue Ray Calming Treatment

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This treatment is Ecocert certified, suitable for all skin types, including sensitive skin. The exquisite experience includes a soothing massage using highly effective Organic Cyfolia Algae products, which promote skin resistance to blue light and inflammation. This leaves the face and eyes lifted, glowing and moisturized. It is especially suitable for those who constantly use digital devices and lack sleep, and those with inflammation-prone skin or uneven skin tone.

60mins

## CityLife Treatment

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This treatment uses natural anti-pollution Marine Sugars to detoxify and protect the skin from pollution, promoting skin respiration and self-defense. It revitalizes, deeply hydrates and soothes the skin, and evens skin tone. Especially beneficial for those with irregular lifestyles, a lack of sleep, or a smoking habit.

60mins

## MELA BRIGHT Brightening Treatment

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A triple depigmenting exfoliation for new skin and cosmeceuticals ingredients to fight against hyperpigmentation, uneven skin tone and dark spots.

60mins





## PRO-COLLAGEN Lifting Firming Treatment

A session of massage and concentrated products that echoes LASE, LED and MICRO-NEEDLING techniques. It offers an immediate tensing effect and visibly improves the firmness of the skin.

90mins

## Express Facial

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

30mins

## Radiance Eye Treatment

Experience a comprehensive, effective, and relaxing treatment for beautiful eyes with the sparkle of youth. Perfect as an add-on to any facial.

30mins







Body  
Treatment



## **Invigorating Body Scrub**

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Refresh dull skin through exfoliation, an invigorating way to increase circulation and glow.

30mins

## **Nourishing Detoxification Body Wrap**

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Starting with a full-body exfoliation, followed by a detoxing or nourishing wrap to restore a healthy body.

60mins

## **Deluxe Hand Treatment**

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A deeply moisturizing treatment to smooth and soften your hands.

30mins

## **Deluxe Foot Treatment**

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A moisturizing treatment that intensively hydrates and softens dry skin on feet, while giving your tired legs a much needed rest.

30mins



# Gentlemen Treatment



## His Tria Massage

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Using a special blend of aromatic oils to ensure your body gets the attention it needs. A personalized massage that focuses on targeted areas of concern to ease muscle tension, stimulate circulation, and restore flexibility.

60 / 90mins

## His Facial

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Specifically designed for men, this treatment hydrates and awakes the skin for a refreshing result. Recommended for all skin types.

60mins

## His Combo

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A combination of treatments for the active individual. Enjoy a professional body massage that relieves muscle tension and restores flexibility while revitalizing your skin with a hydrating and refining facial. A deeply holistic and refreshing experience.

90mins





# 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 Cut & Finish**

**Hair Color / Highlight**

**Hair Treatment**

**Keratin Treatment**

**Sparkling Diamond Hair  
& Scalp Treatment**

**Add on:**

**Express Hair treatment**

**Express Hair Scrub**



# 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**

60mins

## **Tria Deluxe Manicure**

75mins

## **Tria Pedicure**

60mins

## **Tria Deluxe Pedicure**

90mins

## **Soak Off Gel Manicure**

## **Soak Off Gel Pedicure**

## **Gel Nail Manicure**

## **Nail Art per nail (add on)**

## **Gel Nail Removal**

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

## **Nail Repairing (per nail)**

# 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<sup>^</sup>

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.

25mins

## Personal Training<sup>^</sup>

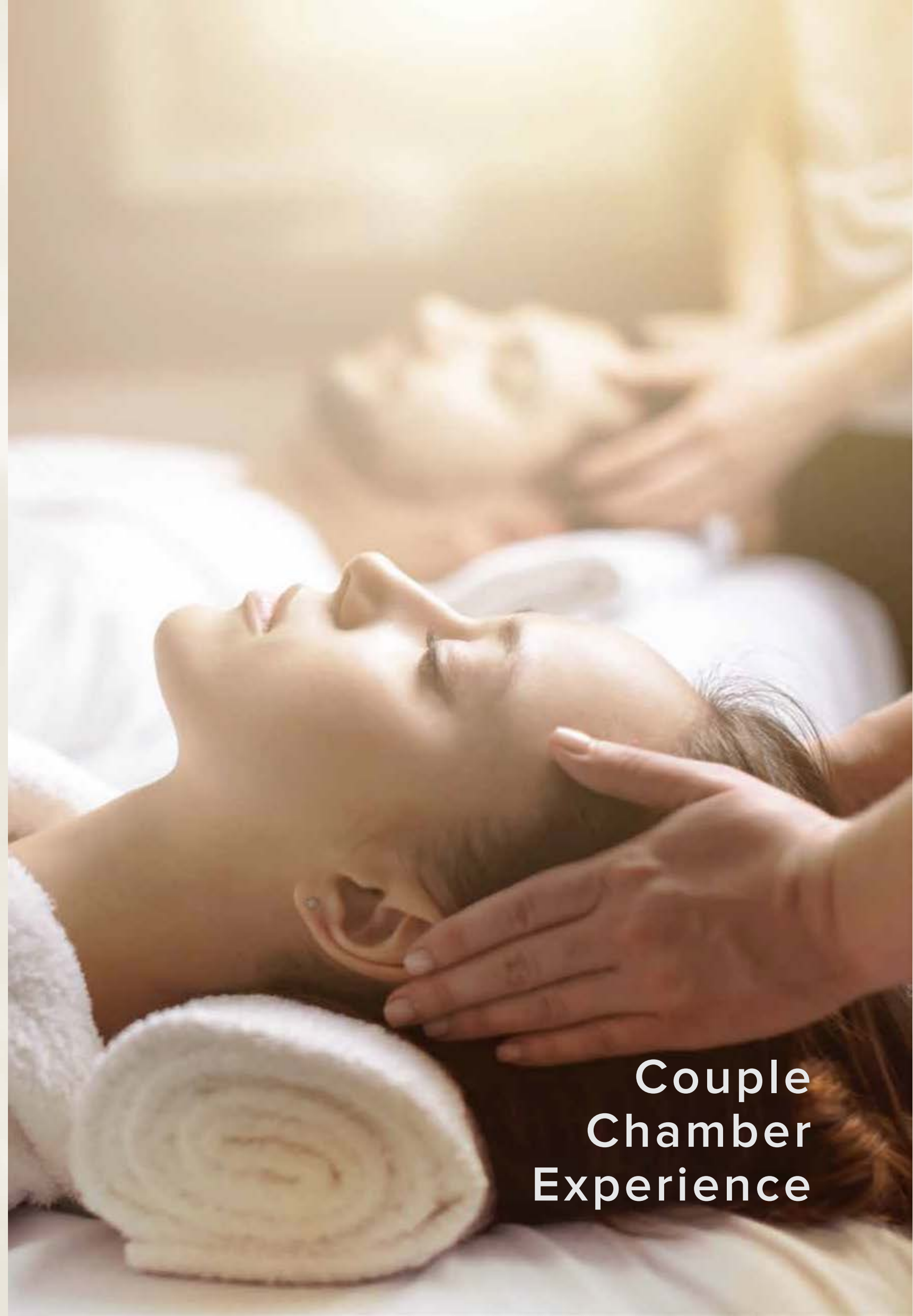
Our personal trainer will design a custom program to meet your specific goals based on your activity level, gym availability, and body type. We provide the knowledge, tools, and guidance to help you gain a better understanding of your body and attain sustainable results.

60mins

<sup>^</sup> Spa Entrance Fee is required for this service (if applicable)

Extend  
your  
exclusive  
experience

\*Only available in MGM Cotai

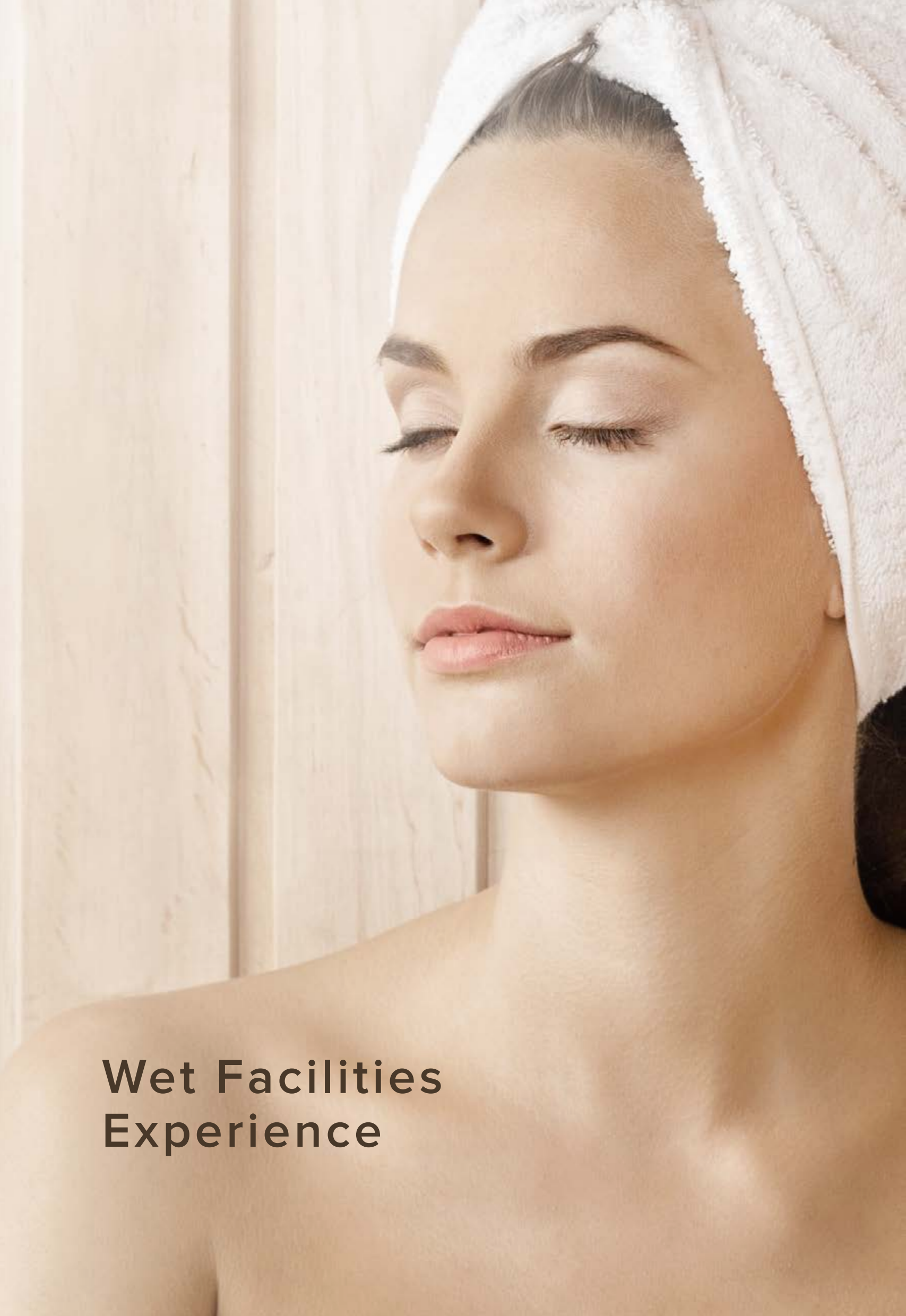


Couple  
Chamber  
Experience





**Spa VIP  
Party Room\***



**Wet Facilities  
Experience**

# Spa Etiquette

## Spa Reservation

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

Gym	8am to 10pm
Spa treatments	11am to 11pm
Spa facilities	11am to 10pm
Hair studio	12pm to 8pm

Opening hours are subject to change.  
Please contact spa reception for latest information.

## 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.



## 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.

## After Your Treatment

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 card, cash or electronic payment 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.

