

Body KAYIKA CHIKITSA

Kayika Chikista, Indian Sanskrit for body massage, uses ancient Ayurvedic rituals to unblock the body's invisible marma points, increase energy flow, ease tension and soothe the strains of daily life.

MUSCLE TENSION RELEASE (50'')

A gliding treatment that warms and stretches the muscle fibers to relieve tension and stimulate your meridian lines. Perfect for unwinding, this soothing remedy will leave you feeling calm, revitalised, and tension free.

Pressure: medium to strong

THAI FUSION MASSAGE (50'')

This Thai-inspired, no-oil massage opens up the body's joints while releasing blocked energy and increasing circulation, leaving you feeling refreshed, reinvigorated and revitalised.

Pressure: medium to strong

FUSION TOUCH (30'')

A gentle manipulation that will reset your entire system in 30 minutes, providing relief from neck-ache, headache, stiffness and muscle pain to improve blood circulation, better sleep and reduce fatigue.

Pressure: light to medium

BLISSFUL BAMBOO MASSAGE (50'')

This unique approach to massage therapy employs heated bamboo stalks of various lengths to achieve a level of relaxation unmatched by other techniques. The warm bamboo quickly relieves muscle tension, increases circulation, and prepares the body for deep tissue work. A truly blissful experience!

Pressure: medium to strong

Beauty SOUNDARYA

Indian Sanskrit for beauty, these treatments are dedicated to indulgence and our therapists will accompany you on a journey of generous pampering. You're on holiday!!

BODY SCRUB

VIETNAMESE COFFEE SCRUB (30'')

Awaken your skin's natural beauty with this deeply moisturising fresh coffee and brown sugar scrub that removes dead skin, combats cellulite and gently nourishes your skin, leaving you with an enviable glow.

BODY WRAP

DETOX MUD WRAP (30'')

This natural Nha Trang mud detoxification treatment is good for people who have problem with water retention, tighten the skin elasticity.

ALOE SUN SOOTHER (30'')

If you spent a little too long in the sun's golden rays, this cooling aloe vera gel wrap will decrease the skin's redness, soothe discomfort and soreness, and aid the natural healing process.

Mind MANASIKA CHIKITSA

Manasika Chikista, Indian Sanskrit for mind therapies, uses natural ingredients and holistic Ayurvedic techniques, these revitalising rituals enhance the mind's impact on the physical being, leaving you refreshed and rejuvenated.

ABHYANGA OIL MASSAGE (50'')

The natural healing properties of mineral oil have been used for centuries to replenish the body and soothe the mind. Based on ancient Ayurvedic practices, this body massage relieves fatigue, induces sleep, banishes signs of aging, strengthens your immune system and revitalises the skin.

Pressure: light to medium

NATURAL LIVING AROMATHERAPY (50'')

Combining the best of Eastern and Western relaxing techniques with our organic Natural Living herbal blends, this deeply relaxing aromatherapy ritual soothes the physique, mind and spirit, transporting you to a place of inner peace and calm.

Pressure: light to medium

INDIAN HEAD MASSAGE (30'')

Applying ancient Indian techniques, this healing massage creates positive energy flows through all your chakras, relieves tension, and stimulates blood circulation to remove harmful toxins.

Pressure: light to medium

ORIENTAL FOOT MASSAGE (30'')

This simple but effective massage takes influence from both Ayurvedic and traditional Chinese medicine and is based on the principles of reflexology. Therapists apply measured pressure on specific points, to stimulate nerve endings in the feet which releases energetic blockages and restores balance in body and mind.

Pressure: medium to strong

PINK SALT STONE MASSAGE (50'')

Harnessing the therapeutic benefits of hand-carved Himalayan pink salt stones, this innovative and invigorating treatment balances your electromagnetic field, meridians & central nervous system.

Pressure: light to medium

Nail care NAKHA RAKSHA

Indian Sanskrit for nail care, Nakha Raksha has been practiced for thousands of years, applying soothing moisturisers to rehydrate, replenish, and leave the hands and feet refreshed and renewed.

CLASSIC MANICURE (50'')

Perfect for well-maintained hands, this treatment combines cuticle work, hand cream, and a light hand pampering before shaping and polishing the nail and applying CND colours.

CLASSIC PEDICURE (50'')

Ideal for well-maintained feet, this treatment starts with a soothing soak in sea water, cuticle work, moisturising cream, a light foot massage before shaping & polishing the nail & applying CND colours.

Facials VADAN SOUNDARYA

Indian Sanskrit for facial, Vadan Soundarya counteracts the stresses of a modern urban life, removing dust, dirt, pollution and toxins that build up in our skin to provide much needed care and attention.

JADE ROLLER FACE LIFT (30'')

Channeling the healing effects and chi-balancing properties of jade, this nourishing facial improves circulation to assist with lymphatic drainage and reduce the appearance of fine facial lines.

REFRESH & RECHARGE (30'')

This deep-cleansing treatment combines shea butter, calendula and horse chestnut to increase blood circulation, moisturise and refresh tired and dull skin.

SOOTHING & REJUVENATING (50'')

Harnessing the therapeutic properties of aloe vera, rich in antioxidants & antibacterial agents, this soothing treatment is ideal for combatting dryness, redness & swelling leaving the skin refreshed and re-energised.

BRIGHTENING (50'')

Suitable for all skin types, this multi-action mask tightens, brightens & nourishes the skin giving it a revitalised radiant glow. Recommended for those with uneven skin tones or hyper-pigmentation.

GENTLEMAN'S FACIAL (50'')

This relaxing and therapeutic treatment targets ingrown hairs and clogged pores through a gentle process of deep cleansing, exfoliation, and intense re-hydration.

Mom to be GARBHINI

At this special time of life our Garbhini treatments for expectant Mums will ease the pressures of pregnancy, relieve muscle tensions & strain, improve relaxation and help with sleep to give a deep sense of wellbeing to Mum and her precious cargo. Please be sure to tell your Fusionistas that you are expecting, you deserve twice the amount of Fusion love!

MOM TO BE (50'')

With soothing ingredients and a light touch, this inspirational therapy connects mother and baby through gentle manipulation and movement, working with two heartbeats as one. Adapted to suit each stage of pregnancy, the careful positioning of pillows and supports ensures safety, comfort and relaxation. Designed to relieve tension in the back and alleviate swelling in the hands and feet, this harmonious ritual eases the mind and uplifts the spirit.

GENTLE FOOT MASSAGE (30'')

Designed to induce deep relaxation through a combination of thumb, finger and hand movements, this refreshing foot treatment eases tension, reduces swelling, and is specially designed for expectant mothers.

SPA RESERVATIONS

- For your comfort requests can be made by dialing the Spa button on your in-room telephone, or by e-mailing spabooking.frccr@fusionhotelgroup.com
- Spa treatments **MUST** be pre-booked for a maximum of 1 treatment at 50min daily. Additional spa treatments can be requested and is chargeable
- Spa treatments should be selected a minimum of 3 hours in advance (in order to guarantee the preferred treatment)
- Changes to pre-booked spa treatments must be done a minimum of 3 hours in advance in order to guarantee the change
- Spa treatments may only be taken after check-in (starting from 14:00) and must be completed by check-out (before 12:00) on your day of departure

HOURS OF OPERATION

- Maia Spa opens from 11:00 to 19:00 daily with last treatment starting at 17:30
- Our Fitness Centre opens from 07:00 to 22:00 daily

SPA ARRIVAL

- Please arrive 10 minutes prior to your scheduled appointment to complete check-in procedures
- Treatment times will be reduced for late arrivals. For arrivals more than 15 minutes late without notice, treatments will be automatically cancelled

SPA ATTIRE

- We require that guests wear their face mask at all times
- You are advised to come to spa with the bathrobe provided in your villa

HEALTH MATTERS

- All guest temperatures will be taken in the spa reception and any above 37.5 will not be allowed to have a treatment
- If you experience COVID like symptoms, high blood pressure, have a heart condition, allergies, or any other medical condition, please inform our spa consultants
- Please allow an hour between your last meal and your next spa treatment. Please also avoid coffee and alcohol before visiting us

SPA AMBIANCE

- The Spa does not take responsibility for loss or damage of any personal items and we recommend to lock valuables in the safety box in your villa
- Children under 16 years old are not permitted in spa areas
- Maia Spa is a smoke, alcohol and phone free area that encourages a healthy, peaceful Spa Lifestyle environment

NO-SHOW POLICY

- For appointment no-shows, there will be no entitlement to additional treatments
- Unfortunately, we cannot exchange, refund or transfer to another person any unused spa services

EXTRA TREATMENTS: **600.000 VND** net per person

