

Body RITUALS

DEEP TISSUE (50')

An advanced treatment using trigger point and elbow techniques that warms and stretches the muscles to relieve tension. Silicone cups help improve blood circulation and reduce stress.

Pressure: strong

SWEDISH MASSAGE (50')

A Swedish massage is the manipulation of soft tissue against the bone, soothes sore muscles, improves circulation, leaving you feeling balanced and relaxed.

Pressure: light to medium

FUSION TOUCH (30')

A gentle manipulation of muscles providing relief from neck-ache, headache, stiffness and muscle pain to improve blood circulation, better sleep and reduce fatigue.

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

TENSION SOOTHER (30')

A designated treatment for the back, neck, and shoulders to relieve tired muscles. A hot compressed towel and a freestyle combination of Swedish and deep tissue massage leave you comfortable and free of muscle pain.

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

ABHYANGA FOUR-HAND MASSAGE (50') (COUNT AS 2 TREATMENTS)

The natural healing properties of lavender massage oil have been used for centuries to replenish the body and soothe the mind. Based on ancient Ayurvedic practices, this four-hand massage relieves fatigue, induces sleep, and revitalizes the skin.

Pressure: light to medium

CHI NEI TSANG (30')

Using ancient Asian techniques, this healing abdominal massage with a herbal ball promotes positive energy flow through your core chakras, improves digestion, boosts your immune system, and relieves emotional stress.

Pressure: light to medium

Fusion Wellness Journey

SLEEP BALANCE (100') (COUNT AS 2 TREATMENTS)

Begin your journey with an aura-cleansing singing bowl sound healing that flows through your chakras, helping you find inner peace. A long, stroking movement of Aroma Fusion Therapy, combined with head and face reflexology, induces deep sleep and relaxation.

Treatment RITUALS

BLISSFUL BAMBOO TREATMENT (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

HIMALAYAN PINK SALT STONE THERAPY (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

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

TRADITIONAL VIETNAMESE TREATMENT (50')

A combination of Eastern and Western technics by applying pressure directly onto muscles, increasing circulation, removes toxins from your body and opens up any blockages.

Pressure: medium to strong

Facials RITUALS

REFRESH & RECHARGE FACIAL (30')

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

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.

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.

ORGANIC FACIAL (50')

Suitable for all skin types, this natural, edible blend of yogurt, aloe vera, honey, black sesame, and oatmeal refreshes and revitalizes the skin.

CRYOTHERAPY ANTI-AGING FACIAL (50')

The cold therapy uses cooled glass ball on the skin to massage the face muscles, to boost the blood circulation, reduce inflammation and puffiness, to stimulate collagen which results in a lifted, tightening effect. And leave your skin firmer and toned.

GENTLEMAN 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.

Mother to be RITUALS

PRE-NATAL MASSAGE (50')

This inspirational therapy connects mother and baby through gentle manipulation and movement, working with two heartbeats as once. Adapted to suit each stage of pregnancy, the careful positioning of pillows ensures safety, comfort and relaxation. Designed to relieve tension in moms back and alleviate swelling in the feet, this harmonious ritual eases the mind and uplifts the spirit.

Pressure: light to medium

GENTLE FOOT MASSAGE (50')

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.

Pressure: light to medium

HEAD, NECK AND SHOULDER MASSAGE (30')

Nourishing both baby and mom to be, focusing on specific upper body areas to soothe tired muscles & stiffness, removing impurities and harmonizing energy levels.

Pressure: light to medium

Beauty RITUALS

TROPICAL CITRUS BODY SMOOTHER (30')

Glowing your skin's natural beauty with a peeling scrub of citrus and white rice. This treatment tightens and softens your skin, leaving you with an enviable glow.

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.

Hand and Feet RITUALS

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.

SPA RESERVATIONS

- Pre-arrival spa bookings can be emailed to: spabooking.fcr@fusionhotelgroup.com
- For your comfort, requests can be made by dialing the Spa button on your in-room telephone, or by e-mailing spabooking.fcr@fusionhotelgroup.com
- Spa treatments **MUST** be pre-booked for a maximum of 1 treatment at 50 min daily. Additional spa treatments can be requested and are chargeable
- Spa treatments should be selected no less than 3 hours in advance, (in order to guarantee the preferred treatment).
- Changes to pre-booked spa treatments must be done no less than 3 hours in advance, in order to guarantee the changes
- Spa treatments may only be taken after check-in or after 2 pm and must be completed by check-out or before 12 noon on your day of departure

HOURS OF OPERATION

- Maia Spa opens from 9:00 am to 7:00 pm daily, last booking at 5:30 pm
- Our Fitness Centre opens from 7:00 am to 10:00 pm daily

SPA ARRIVAL

- Treatment time is your scheduled appointment time, please arrive 20 min earlier to your first scheduled appointment time to complete our consultation form and draping procedure, 10 min earlier to your following appointment time
- Spa time starts from when you enter the locker room, not from when you enter the treatment room
- Treatment time will be reduced for any late of appointment time. If you arrive more than 15 minutes late without notice, your appointment will be automatically cancelled

SPA ATTIRE

- It is advisable to come to spa already dressed in the bathrobe provided in your villa
- It is a must to wear either our disposable underwear or your own for comfort

HEALTH MATTERS

- If you experience high blood pressure, have a heart condition or any other medical condition, please inform our spa consultant
- For guest who recently had skin allergies or facial surgery and/or face fillers are attending the spa on their own risk
- Please allow an hour between your last meal and your next spa treatment. Please also avoid coffee and alcohol before visiting us
- For male guests wishing to experience the Gentleman's Facial, please leave at least two hours between shaving and your appointment to avoid skin irritation

SPA AMBIANCE

- To maintain a relaxing environment, we ask that mobile phones are not brought to the treatment rooms and other electronic devices be switched off or placed in silent mode
- 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 the age of 16 are not permitted at the spa, Parents must book different time to take care children
- Maia spa is a smoke, alcohol and mobile phones 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:

- **VND 1,050,000** (50') net per person
- **VND 550,000** (30') net per person



maia
spa

English

