

# maia

Ayurveda is the knowledge of life and science of longevity. A holistic system of natural medicine originating in the Vedic texts of ancient India over 5000 years ago. Bringing all aspects of life physical, emotional and spiritual into balance.

Maia Spa treatment menu focus on body's natural intelligence and ability to heal by it-self through the use of herbs, oils and essences from our in-house permaculture herbarium and our local environment. Integrated with the Vietnamese herbal healing tradition passed down generation enriched with Cham heritage.

## FUSION REJUVENATING

### **Cham Veda Relaxing Massage**

50 minutes 1.700

A signature treatments of deep relaxing massage, incorporating the best of Eastern and Western traditions with herbs of Cham heritage. It harmonises, strengthens and revitalises the body.

### **Back Neck Shoulder Massage**

30 minutes 1.450

Concentrating on back, neck and shoulders; this massage is slowly release stress build-up along the shoulders and lower back.

### **Foot Acupressure Massage**

50 minutes 1.700

A massage focusing on the zones and lines of the feet enhancing overall health and wellbeing.

### **Muscle Tension Release Massage**

50 minutes 1.700

Body massage stimulates the meridian lines, will leave you feeling calm, revitalized and tension free. Perfect for recovery after a long day.

### **Herbal Bath Treatment**

30 minutes 900

Immerse yourself in a magical selection of healing herbs while soaking in a warm bath, which relaxes and balances the energy of body and mind

# maia

## FUSION RESTORING FACIAL

### Express Facial

30 minutes 1.450

This deep cleansing treatment provides instant radiance for tired and dull skin. The skin is refreshed and more radiant.

### Men Skin Facial

50 minutes 1.700

An active refreshing facial treatment helps to remove impurities and rebalance excessive sebum leaving skin clear, yet helps to nourish skin.

### Hydrating Facial

50 minutes 1.700

A rehydrating treatment to supply intense moisture. Nourishes and softens skin to revive and restore radiance, softness, suppleness and comfort.

### Purifying Facial

50 minutes 1.700

A purifying treatment for oily and combination skin. Facial with deep penetration into the skin, helping to regulate sebum production.

### Anti-Aging Facial

50 minutes 1.700

An intensive treatment for aging skin, stimulates cellular renewal and skin radiance. The skin regains its vitality and luminosity.

### Brightening Facial

50 minutes 1.700

Facial treatment that restores skin's brightness and luminosity, resulting in a fairer and clearer beauty complexion.

### Calming Facial

50 minutes 1.700

A soothing and calming facial suitable for irritated or inflamed skin, helping to reduce redness, nourish, soothe, and restore the skin's natural balance and radiance.

## FUSION AYURVEDA HOLISTIC

### Kadi Vasti

30 minutes 1.550

Specially prepared warm herbal oil and poured over the lower back. It stimulates the nerves, relieving back pain and numbness.

### Shirodhara

50 minutes 2.250

A pouring herbal oil into forehead, excellent for insomnia and good for the sense organs. It maintains the equilibrium of the body and mind and increases the memory.

# maia

## ENHANCE SPA EXPERIENCE

### Spa Reservations

- For your comfort, spa reservation and booking can be e-mailed to: [spabooking@fusionresortnhatrang.com](mailto:spabooking@fusionresortnhatrang.com)
- To book treatments please dial the **Spa** button on your in-room phone.
- Spa reservations are accepted for 2 treatments daily. Additional treatments are subject to space availability.
- Spa treatments are accepted after check-in time (starting from 14:00) and must be completed by check-out time on day of departure (by 12 noon).

### Hours of Operation

Spa opens from 10.00 am to 10.00 pm daily

Fitness Centre facility opens from 09.00 am to 10.00 pm

### Spa Arrival

Please arrive 10 minutes prior to your scheduled time to complete consultation procedures. Arriving late for your treatment will limit your time as treatment will finish as scheduled to avoid delays to following appointments.

### Spa Attire

Robes, slippers, disposable underwear, towels, toiletries, lockers and showers are provided. You may prefer to remove hearing aids, eyeglasses or contact lenses for greater comfort.

### Health Matters

If you experience high blood pressure, heart condition, allergies or other medical conditions, please inform our spa consultant.

Please allow an hour between your last meal and spa treatment as well as avoiding coffee or alcohol prior to any spa treatment.

For gentlemen having facial, please shave at least 2 hours prior scheduled treatment.

### Spa Ambiance

- To maintain a relaxing environment, mobile phones and other electronic devices must be switched off or on silent mode.
- Children above 12 years age accompanied by a parent or guardian are most welcome. Parents/guardians should ensure silence in the spa area.
- Smoking is not permitted in spa facilities.

### No Show Policy

- 50% from total spa treatment will be charged to your room for a no show.
- There is no exchange, refund or transfer to other persons for unused spa treatments.