



## Spa MENU

Ayurveda is holistic healing that traces its roots back 5,000 years to ancient Indian wellness practices, believing that optimal wellbeing comes only when body, mind and soul are balanced and in perfect harmony with one another.

Dedicated to the perfection of wellness and indulgence, our spa menu combines these ancient Indian wisdoms and rituals with contemporary healing therapies. Our attentive therapists carefully craft a holistic programme of treatments that will renew and refresh, leaving you revitalised and pampered. With Fusion's unique all-spa inclusive concept, these spa experiences are yours to enjoy daily at no extra cost.



## 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

### BACK, NECK & SHOULDER RELEASE (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



## 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 coconut 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

### 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

### 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

### BAREFOOT HEALING MASSAGE (30'')

This unique, deep healing barefoot massage is given on the floor of a specialised treatment room, combining the feet and weight of the therapist for an intense, deep tissue, whole-body massage. Pressure: medium to strong

### HIMALAYAN FOOT REFLEXOLOGY (30'')

Using a reflexology wand carved from Himalayan salt, this fascinating treatment focuses on physical and spiritual renewal to provide holistic balance and deep inner relaxation. Pressure: light to medium



## 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.



## 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.

### LEMONGRASS & SEA SALT BODY SCRUB (30'')

Channeling the exfoliation and detoxification properties of natural sea salt and organic lemongrass from Fusion's own herb garden, this natural body scrub leaves your skin moisturised and fresh.

### 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.





*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

**SPA MANICURE (80'') (COUNTS AS 2 TREATMENTS)**

A customised treatment to de-stress the hands by nourishing the nails with a relaxing soak & exfoliating scrub followed by a hand mask & hydrating treatment using essential oils from the CND Citrus Spa manicure collection

**SPA PEDICURE & CALLUS SERVICE (80'') (COUNTS AS 2 TREATMENTS)**

Designed to leave the feet feeling reborn, marine botanicals and sea salt are used to energise while menthol cools and relieves fatigue. Spa Pedicures offer a foot soak, exfoliating scrub, foot mask, and a hydrating oil treatment, leaving the feet and heels feeling soft, nourished and callus free



*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 once. 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.

**LYMPHATIC FOOT DRAINAGE (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.

**ADD-ON FACILITIES**

**PURIFYING STEAM BATH OR SAUNA**

Herbal healing oils cleanse the body and purify the soul with an immunity boosting detox session in our sauna or steam room



SPA ADVISORY

**SPA RESERVATIONS**

- For your comfort requests can be made by dialing the **Spa** button on your in-room telephone, or by e-mailing [spabooking.frcr@fusionhotelgroup.com](mailto:spabooking.frcr@fusionhotelgroup.com)
- Spa treatments may be pre-booked for a maximum of 2 treatments daily. Additional spa treatments can be requested for placement on the waiting list and subject to availability after completion of the first 2 treatments
- 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 09.00 to 22 :00 daily
- Our Fitness Centre opens from 06 :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**

- You are advised to come to spa with the bathrobe provided in your villa

**HEALTH MATTERS**

- If you experience 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
- 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.

The combination of two 50 minute massages cannot be booked in order to avoid any health issue to your body. If you wish to book two strong treatments we advise a minimum of 4 hours inbetween treatments in order for your body to recover

**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 12 years old are not permitted in spa areas. Limited treatments are available for teens between 12 and 16 years old
- 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 booked on the same day
- Unfortunately, we cannot exchange, refund or transfer to another person any unused spa services

