



FUSIONRESORT
nha trang



FUSION REJUVENATING

CHAM VEDA RELAXING MASSAGE **50 minutes**

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**

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**

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

MUSCLE TENSION RELEASE MASSAGE **50 minutes**

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**

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



AYURVEDA HOLISTIC TREATMENTS

Ayurveda consultation form will perform beforehand to choose best treatment suited to your body type according to your Dosha imbalance.

KADI VASTI **50 minutes**

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

SHIRODHARA **50 minutes**

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.

ELAKIZHI **30 minutes**

Compress massage with herbal leaves, good for relieving body pain and numbness. It improves muscle strength, skin complexion, strengthens the nerves.

NAVARAKIZHI **30 minutes**

Treatment of bolus bag with medicated rice for body nourishment and rejuvenation. This therapy is effective in curing diseases of the nervous system.

SANDKIZHI **30 minutes**

Alternative of bolus bag massages with medicated powder. This type of massage is mainly done in diseases of Vata and Kapha doshas. Beneficial for arthritis, body pain and numbness.

UDWARTHANA **30 minutes**

A dry massage using natural herbal powder. Beneficial for eliminate cellulite, eases joint pains, imparts mobility to the joints and helps with weight loss.

PATHAANGANJALY **30 minutes**

This massage is done on the whole body using mainly the feet and also the palms by the therapist, putting oil all over the body of the person.

MARMAPOINT **50 minutes**

Marma point is a concentrated point of energy. They are composed of muscle, nerves, blood vessels, joints, ligaments and bones. These points are connected by channels called Nadi. The channel carries the energy to its related organs. These channels lie deep in the body but occasionally they tend to under towards the outside of the body.

ABHYANGA **50 minutes**

This treatment is an external oil application. This is subjecting the body with comfortable stroke along with the application of the oils.

PURIFYING STEAM BATH OR SAUNA **15 minutes**

An immune boosting and detoxing therapy in our sauna or steam room infused with herbal healing oils for pristine purification.



FUSION RESTORING FACIAL

EXPRESS FACIAL **30 minutes**

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

MEN SKIN FACIAL **50 minutes**

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**

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

PURIFYING FACIAL **50 minutes**

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**

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

BRIGHTENING FACIAL **50 minutes**

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

CALMING FACIAL **50 minutes**

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.

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.

Note:

For our in-house guests all treatments are complimentary

All prices are in ,000 Vietnamese Dong (VND) and subject to a 10% VAT and 5% service charge

Spa Menu



RESERVATION ADVISORY

- Spa opens from 10.00 am to 22.00 pm daily
- Advance reservations are recommended for the first two therapies daily, all other reservations may be made upon arrival at the resort
- On arrival day, spa treatments may be booked after check-in time (starting from 14h00) and must be completed by check-out time on day of departure (by 12 noon)
- Additional therapies for the day can be requested after the completion of the first two therapies and are subject to availability
- For late arrival time will be reduced and more than 15 minutes late without notice, will be automatically cancelled
- For no-show on an appointment, 50% from total spa treatment will be charged to your room expenses
- Unfortunately no exchange, refund or transfer to another guest is permitted for unused spa services.

Spa bookings

- can be e-mailed to: spabooking@fusionresortnhatrang.com
- dial the "Spa" button on your in-room phone.



SPA ADVISORY

- 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.
- 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.
- 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.
- Men are recommended to shave about three hours before experiencing a facial therapies.
- To maintain a relaxing and a quiet environment, mobile phones and other electronic devices must be turned off/ silenced whilst in the spa facility.
- Children above 12 years age accompanied by a parent or guardian are most welcome. Parents/guardians should ensure silence in the spa area.
- Maia Spa is a smoke and alcohol free area encouraging a healthy Spa Lifestyle.
- It is recommended you do not bring valuables into the spa, keep them in your room safe.

