


Reservation advisory

- Spa opens from **09:00 am** to **22:00 pm** daily
- Advance reservations are accepted for whole course of your stay
- Maximum 2 treatments can be booked at one time per night stay. Reservation can be made at Spa Reception.
- Daily, additional treatments can be booked after first 2 treatments are completed. Additional treatments are subject to 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). Additional treatments after check-out time will be charged at rates available at reception
- Unfortunately no exchange or transfer to other person for unused spa services

Spa bookings

- can be e-mailed to:
spa.booking.frpq@fusion-resorts.com
- dial the "unwind" button on your in-villa phone.



one of
the secrets
of a
happy life
is
continuous
small treats

maia
wellness



Treatments

ISLAND BODY CARE

NATURAL LIVING PEPPER (50 MIN)

Our Signature Treatment incorporates Swedish techniques to re-align energy flow and balance your mind, body and spirit. Experience our custom blended black pepper oil blends from Phu Quoc Island.

THAI FUSION YOGA (50 MIN)

This is a Thai-inspired, no-oil massage which focuses on opening up the body's joints while releasing blocked energy and increasing circulation. The result will leave you feeling totally revitalized.

TRADITION OF VIETNAM (50 MIN)

Tradition of Vietnam takes inspiration from Northern Tuina Chinese practices, and Southern Vietnamese and Thai massage techniques, all of which have been passed down through the generations. This massage is ideal for reviving sore and aching muscles.

FOOTPRINT IN THE SAND (30 MIN)

A stimulating foot reflexology to steady the body's organs. Acupressure is directed with a healing wand for a fresh sense of balance. Recommend for jet lag.

RIVER SKIN RITUALS

NATURAL AROMATHERAPY FACIAL (50 MIN)

Relaxing Facial customized for your skin type. Hydrate your skin and stimulate cellular renewal with natural extracts high in anti-oxidants

TROPICAL COCO WRAP (40 MIN)

Moisturizing the skin - Coconut and clove, blended to replenish, moisturize and tenderly nourish your skin. Unwinding with the enchanted fragrances.

COOLING FRESH GARDEN ALOE VERA WRAP (40 MIN)

Sunburnt Skin - Cucumber slice pervaded with cool aloe vera, quickly alleviate the discomfort of sun burn and speed up the recovery of skin renewal to minimize sun damage.

FRESHLY GROUND BODY SCRUB (40MIN)

Our signature body scrub. Polishing your skin with a secret blend of fresh black pepper, mung bean, turmeric and rice exfoliating and polishing the skin, leaving it clean, refreshed and rejuvenated.

ORANGE AROMA SCRUB (40 MIN)

Exfoliate and nourish your skin with vitamins A, B, C, and E, to create the ultimate healthy glow. Eliminate dead skin cells to reveal smooth, healthy skin, while strengthening the skin's elasticity, and replenishing moisture loss.

COCO SCRUB (40 MIN)

The soothing effect of rice powder paired with coconut makes this body scrub a perfect cleanser. Let the refreshing scent of the natural ingredients relax your body as you look forward to refined and radiant skin.

MAIA MOM-TO-BE

PEACEFUL PREGNANCY MASSAGE (50 MIN)

Suitable at least three months into pregnancy, this tender massage focuses on back and leg strain, a common complaint for expectant mothers. Enjoy a physical and emotional rehydration process with the flow of virgin coconut oil.

PREGNANCY FOOT MASSAGE (30 MIN)

Suitable at least three months into pregnancy, this is a very gently flowing foot and leg pressure treatment intended to reduce swelling and relieve fatigue.

HAPPY NAILS

BASIC MANICURE OR BASIC PEDICURE - NO POLISH (50 MIN)

Begin with nail filing and intensive cuticle work, then transition to a nourishing hand massage and finish with a cuticle oil treatment to protect and nurture your nails, all with CND Service Essentials products.

CND SHELLAC NAIL POLISH (30 MIN)

Strong, flexible, brilliant. These long-lasting colors will stay shiny for weeks, the perfect route to pampered fingernails with zero nail damage guaranteed!

GENERAL GEL POLISH OR SHELLAC REMOVAL (30 MIN)

Your nails don't need to suffer when it comes to removing gel or polish. Skilfully executed in minutes, followed by a new polish with our premium CND tools and products, your nails will look and feel healthy, happy, and amazing.

CUCUMBER HEEL THERAPY (CHT) / THE MAIA ANSWER TO

DRY & CRACKED SKIN WITH CALLUSES (50 MIN)

A "sole-ful", soothing, and hydrating journey (and the perfect end to a rejuvenating Spa Pedicure) this nourishing treatment with leave your heels feeling as soft as rose petals and completely callus free.

Wellness activities

As per daily schedule

TAI-CHI / QIGONG / SHIBASHI (30 MIN)

Tai chi Mandarin, 太極, is a Chinese martial art practiced for its health benefits. Tai chi, Qigong and Shibashi have evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai chi, Qigong and Shibashi promote serenity through gentle, flowing movements.



FUSION YOGA (50 MIN)

Yoga written in Sanskrit, योग is a total mind-body workout combining strengthening and stretching poses with deep breathing and meditation. Come and enjoy a relaxing and rejuvenating Yoga session with our Yoga Master.

MEDITATION (30 MIN)

Meditation is the deliberate focusing of attention to bring about feelings of calm, heightened energy and awareness, clearing the mind in ways that promote a sense of calm and relaxation. Regular meditation offers many health benefits, such as reduced stress and anxiety.

PERSONAL TRAINING (50 MIN)

Whether you're looking to slim down a few pant sizes or just get in better shape, our Fitness Trainers will help you tackle your fitness goals. Our personal trainers won't just give you a temporary fix, they'll help you make lasting changes to your lifestyle, so you can look and feel healthier. It's not just a workout - it's an experience. You set the goal and we create the path-teaching you every step of the way. Book your session.

Spa advisory

- All treatments count as one of your daily treatments unless other wise indicated.
- Please arrive **10 minutes prior** to your scheduled time to complete consultation procedures.
- More than **15 minuets late** without notice the treatment will be canceled automatically. 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 **under 12 years old** are not permit in the Spa area.
- Children **above 12 years age** accompanied by a parent or guardian are most welcome. Parents/guardians should ensure silence in the spa area.
- Limited treatments are available for **teens between 13 - 16 years old**.
- 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.