

A circular logo with a gold border. The background is a dark green, textured leaf. The text 'Maia Spa' is in a white script font, 'MENU' is in a white sans-serif font, and 'English' is in a white script font.

*Maia Spa*  
MENU

*English*

## ENERGY HEALING THERAPY

### **Mindful Reiki Touch (50")**

A healing Japanese Reiki therapy to clear your mind from stress and re-establish emotional well-being. Your therapist's warm and gentle touch is intended to heal heart and soul

### **Crystal Energy (50")**

A neuro-facial Reiki therapy using circular movements to restore your skin's elasticity and relieve a busy mind by using crystal stones to amplify your inner energy

*Energy Healing Therapies are ideally combined after Full Body Work treatments or as single treatments*

*Healing is a matter of time, but it is sometimes also a matter of opportunity*

*Hippocrates*

## NAIL LOUNGE

### **Maia Manicure (50")**

A gentle manicure including cuticle cleaning, nail shaping and a polish of your choice

### **Maia Pedicure (50")**

A gentle pedicure including a Maia scrub polish, cuticle cleaning, nail shaping and a polish of your choice

### **Gentlemen's Manicure (50")**

Especially for men's hands, this manicure includes cuticle cleaning, nail care and a hand massage

### **Gentlemen's Pedicure (50")**

Especially for men's feet, this pedicure includes a Maia scrub polish, cuticle cleaning, nail care and a foot massage

### **Mask & Callous Care (50")**

A callous and heels treatment, accompanied by a green tea foot mask and nurturing foot massage. Ideally combines with your pedicure

### **Luxury Manicure (80" count as 2 treatments)**

Pamper yourself with this nail service for hands, combining soaking, a Maia scrub polish, cuticle cleaning, nail shaping, mask, hand massage and polish

### **Luxury Pedicure (80" count as 2 treatments)**

Pamper yourself with this nail service for feet combining soaking, a Maia scrub polish, cuticle cleaning, nail shaping, mask, foot massage and polish

## FACIAL BEAUTY RITUAL

### **Nourishing & Calming (50")**

A gentle, replenishing treatment to maintain a fresh, healthy looking skin. Ideal after long travels or when skin cell renewal is needed *(for all skin types)*

### **Brightening (50")**

A nutrient-rich facial to reduce dullness and sun damage. This amazing treatment promotes a healthy skin complexion by increasing the blood circulation and oxygen flow *(not for sensitive and dry skin)*

### **Pore-Refining & Clearing (50")**

Get rid of built up oils, toxins and dirt to refine the appearance of your skin while minimising pores for a softer and smoother result *(not for dry skin)*

### **Gentlemen's Facial (50")**

Male skin tends to be thicker and exposed to more radicals, and shaving routines can damage the skin. This treatment for men replenishes the face with needed nutrients and prevents environmental damage *(for all skin types)*

*Facials do not include extraction of black heads  
or clogged pores*

*Facial Beauty Rituals are recommended to be done after  
Full Body Work or Body Beauty Ritual*

## ESSENTIAL BODY WORK

### **Balancing Foot Massage (30")**

A balancing technique using massage and foot pressure points, offers special relief from jet lag and other travel strains *(light to strong pressure)*

### **Crystal Wand Foot Reflexology (30")**

A stimulating foot reflexology to steady the body's organs, combining acupressure energy with a crystal wand to recover your sense of inner balance *(light to strong pressure)*

### **Back, Neck & Shoulder Release (30")**

A de-stressing back, neck and shoulder therapy to open up stiff nodes and provide lasting relief for mind and body tensions *(light to strong pressure)*

### **Holistic Head Therapy (30")**

A relaxing, head meridian-point therapy to reset natural rhythm while balancing brain chemicals for optimum well-being *(light to strong pressure)*

### **Hands Care (30")**

A hand meridian therapy for hands tired by modern technology. We use a nourishing mask, allowing you to experience the art of giving-in to rest and receiving relief *(light to medium pressure)*

*Essential Body Work can be easily combined  
with Full Body Work treatments*

## FULL BODY WORK

### **Natural Living Aroma Therapy (50")**

An uplifting full body aromatherapy treatment with one of our seven customised Natural Living oils for body, mind and spirit (*light to strong pressure*)

### **Stretch & Release Massage (50")**

A stretching, Thai inspired massage, opening up joints, releasing blocked energy, increasing circulation and leaving you feeling wonderfully revitalised (*medium to strong pressure*)

### **Bamboo Roll-Out Therapy (50")**

A warm therapy using bamboo rolling techniques to focus on detoxing the back and legs' lymphatic system. Strong pressure supports body detox and immunity (*light to strong pressure*)

### **Warm Coconut Massage (50")**

A warming full body massage with coconut oil to ease muscle tension and give a feeling of calm surrender (*light to medium pressure*)

### **Himalayan Heart Stone (50")**

A gentle, full body therapy with warm salt stones and mandarin oil to release tension and completely relax your body. Himalayan salt contains many minerals, providing amazing therapeutic benefits to skin, body, and mind (*light to medium pressure*)

### **Warm Sports Compress (50")**

A deep tissue therapy, using intense trigger point techniques focusing on the back and shoulders to free stored tension (*strong pressure*)

*Full Body Work treatments can not be combined continuously;  
a minimum of 2 hours is required to recover before the next Full Body Work*

*Natural Living Aroma Therapy, Warm Coconut Massage and Bamboo Roll-Out  
can be extend to 80 minute therapies and will be counted as two daily treatments*

## BODY BEAUTY RITUAL

### **Super Body Slimmer (30")**

A stimulating therapy to reduce cellulite and water retention, and restore skin elasticity. Select one area of focus from either legs, arms or stomach (*medium or strong pressure*)

### **Rose Bud Beauty Scrub (50")**

A soothing skin polish with rose buds, chia seeds and Himalayan salt - a super-food homemade recipe that detoxes, tones the skin, and fosters circulation. Perfectly blended for anti-aging

### **Lotus Root Luxury Scrub (50")**

An earthy scrub with lotus root, raw oats and rice bran oil, carefully crafted for heart-health. Exfoliates, cleanses the skin and stimulates regeneration.

### **Gentle Coconut Scrub (50")**

Used to reduce the appearance of wrinkles, sagging skin and age spots, this treatment gently exfoliates & hydrates to leave skin soft, nourished & refreshed

### **Aloe Vera Body Wrap (50")**

A cooling wrap with cucumber and fresh aloe gel - all natural antiseptics for calming sunburn, skin allergies and insect bites

### **Warm Coconut Body Wrap (50")**

A revitalising wrap with coconut and cloves, blended to replenish, moisture and lovingly nourish your skin. Unwind with the relaxing fragrances

### **Vietnamese Orange Smoothie Body Wrap (50")**

Tropical green orange and yogurt blended to deeply nourish your cells. An effective treatment to diminish scars and blemishes, leaving your skin with a healthy glow

*All Body Scrubs include a gentle foot massage, and our Body Wraps a relaxing head therapy*

*A nourishing body lotion will be applied at the end of each treatment if not followed by a Full Body Work treatment with oil*

*Body Scrubs and Body Wraps are ideally combined with Full Body Work treatments*

## RESERVATION ADVISORY

- Maia Spa opens daily from 09:00 to 22:00
  - Guests can book 2 treatments (*as per menu*) per day for their entire stay
  - Spa treatments must be chosen a minimum of 3 hours in advance (*in order to guarantee the selected 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 are accepted after check-in time (*from 2 pm*) and must be completed by 12 noon on the day of departure
- Additional spa treatments can be requested for placement on the waiting list and subject to availability after completion of the first 2 treatments of each day
  - A maximum of 2 treatment sessions can be taken at one time
  - For late arrivals, treatment time will be reduced. For arrivals more than 15 minutes late without notice, treatments will be automatically cancelled
  - For appointment no-shows, there will be no entitlement to additional treatments booked on the same day
  - Unfortunately we can offer no exchange, refund or transfer to another person for unused spa services

## GENERAL SPA ADVISORY

- All treatments count as one of your daily treatments, unless otherwise indicated
  - Please arrive 10 minutes before your treatment into your bathrobe with disposable underwear that are available in your villa
- Maia Spa is a smoke, alcohol and phone free area encouraging a healthy, peaceful Spa Lifestyle environment
  - Children under 12 years old are not permitted in spa areas. Limited treatments are available for teens between 12 and 16 years old

Pre-arrival spa bookings can be emailed to: [spabooking.fmdn@fusionhotelgroup.com](mailto:spabooking.fmdn@fusionhotelgroup.com)



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