



Spa-Inclusive

Wellness Activities

Spa Cuisine

Healing Care



MAIA SPA

Introduction

Fusion Maia redefines the Spa experience by integrating total well-being as part of your daily activity, allowing you the freedom to relax and rejuvenate at your leisure. Our spa is set in tropical gardens with a swimming pool - the ideal place to unwind before or after a therapeutic treatment. Our holistic approach to wellness infuses a sense of peace and vitality throughout the resort and ensures our guests take the Fusion Feeling home with them.

Signature Therapies

Maia Energy experiences showcase our healing hands at work with pure Reiki energy, incorporated in our signature therapies:

The Fusion Feeling

Cell-stirring therapy using light body brush techniques with warm coconut oil and reiki energy work. A sweet mind-body surrender.

Mindful Energy

Releasing energy to clear tension and re-establish emotional well-being. Feel our therapists's warm, gentle touch to heal heart and soul.

Crystal Beauty

Restorative energy therapy with neur-facial circular movements combined with crystals for skin elasticity and subtly relieving a busy mind.

Seven Daily Practices for Natural Living

Our wellness philosophy was thoughtfully developed to incorporate **complimentary guided lifestyle practices** into daily life for optimum well-being. The activities are based on our 7 Natural Living messages corresponding to 7 essential areas for sustainable natural living at home.



Healthy Breathing Basics - Core practices for healthy breathing

Breathing is the only way to supply our bodies with oxygen and vital for our health. We teach different Yogic Breathing Techniques including sat, ujaayi, simhasana, and anulomaviloma breathing which all control prana.

Fusion Flow Yoga - Movement for mind, body and soul

Yoga practise leads to increased flexibility, energy flow, and relaxation. Yoga calms the mind. Fusion Flow is a combination of Hatha and Vinyasa flow styles and customized to the resort's 7 daily Natural Living Practices.

Warrior Workout - Martial arts workout for strength

Integral, take-home workout inspired by the Shaolin Temple Animal Style Kung Fu movements from the Dragon, Crane, Tiger, Leopard and Snake for ultimate strength and fitness.



Fusion Restore Yoga - Restorative therapy for inner stillness

Yoga practice leads to increased flexibility, energy flow, relaxation and it also calms the mind. Fusion Restore is a deep Hatha Ayurvedic yoga therapy practice and customized to correct general body imbalances.

Lifestyle Tai Chi - Peaceful movement practice for relaxation

Based on Shibashi Tai Chi Qigong, this gentle method consists of 18 simple movements, repeated in a fluid, continuous way. This practice is great for posture, deep breathing and relaxation.

Daily Mindfulness - Daily mindful practices for happiness and joy

Simple daily mindfulness practise inspired by Thich Nhat Hanh, renowned Vietnamese Zen Master. Mindfulness helps us recognize happiness already present in our lives and becomes a source joy if practiced daily.



Inclusive Therapies

The spa philosophy was mindfully created with inspired healing therapies from our hearts for your well-being. The holistic therapies fuse Reiki energy healing with traditional therapeutic treatments, aromatherapy and homemade scrubs and wraps. Guests are guaranteed minimum 2 spa treatments per person, per day included in the standard room rate for relaxation.

Maia Energy Experiences
Mindful Body Work
Meridian Therapies
Inner Beauty Rituals
Nail Lounge
Maia SPA Fusions
Maia Mom-To-Be

Healing hands work with subtle energetics to for heartfelt restoration
 Restorative treatments from Natural Living aroma to Himalayan heart stone
 Caring, conscious treatments from tension release to foot reflexology
 Beauty rituals for inner and outer beauty from natural facial to rose bud polish
 Signature foot bath, homemade Maia polish jars with mani, pedi and nail art
 Mindfully combined spa therapies for ultimate nurturing spa packages
 Specially designed caring treatments for pregnancy



Spa Facilities

We've created a peaceful space that allows for thoughtful reflection. Set in a lush tropical garden with a striking waterfall at its heart, our extensive facilities include:

22 treatment rooms
2 beauty salons
2 steam and saunas
Waterfall and heated pool

Indoor wellness studio
Outdoor yoga deck
Maia Spa boutique
Wellness Lounge (Fusion Feeling upgrades access only)

Spa Therapies Included - All Maia Spa therapies are included in the standard room rate. Treatments include a selection of massage techniques, body treatments, beauty care and nail lounge services.

Management & Training - Our Spa Management oversees daily operation and guest experience. Training Management runs our extensive in-house training program and our Wellness Management supports yoga, detoxification, healing and retreats. Outside experts visit throughout the year to share specialist skills.

Spa Products - Made in Viet Nam, 100% natural with active ingredients smf therapeutic-grade essential oils. Polishes and envelope ingredients are picked from our organic garden or market fresh.

Spa Capacity - At 100% occupancy in the resort, each guest is guaranteed minimum 2 treatments per day and accommodates up to 55 guests per hour with capacity for over 350 treatments per day.

Booking Policy - Two treatments per person, per day are guaranteed. Guests are advised to pre-book first two treatments prior to arrival. On arrival, we recommend to book two treatments per day for full stay. Spa reception can assist with additional treatments subject to availability daily, by waitlist on each day.



Wellness Retreats

Fusion Maia Re - TREATS - our unique 80/20 philosophy to support comfortable and sustainable positive lifestyle changes with awareness, guided integration and inclusive wellness therapies.

Re - THINK - Welcoming awareness with plant-based living

This introductory program supports exciting lifestyle changes towards choosing and experiencing plant-based living. Combined with local culture and spa therapies, this is a relaxing spa holiday but it's delicious and healthy too!

Re - VIVE - Celebrating rejuvenation with raw until four

This introductory cleanse program allows you to move toward cleaner health and experiencing a raw food until 4pm cleanse. Combined with energizing activities and spa therapies, this is a moderate detox within reach.

Re - BOOST - Spring cleaning with juice cleansing

This juice cleanse allows you to jumpstart the body's natural healing power and resting digestive systems. Combined with healing and mindful practices and inclusive spa therapies, this juice cleanse re-boosts body and mind.

Retreat Calendar

You are welcome to contact the spa directly for more information regarding our specialty retreats annual calendar. Updates are launched on our website www.fusionmaiaadanang.com.



Payable Master Therapies



Reiki Masters

We invite you to connect with our resident Reiki Masters for an especially restorative energetic healing session. Reiki practitioners use their hands to measure and move energy that may be blocked or stagnant.

Private Yoga

Our professional yoga teachers are available to meet and arrange a private yoga session. With one-on-one attention to provide assistance and adjust yoga asana or poses. These sessions are suitable for all levels as sessions are customized.

Private Meditation

Collaborating with one of Fusion Maia's meditation teachers gives clearer insight regarding the best practices and the best benefits of meditation. Guests are guided to tune into their breath and tune out the attention-seeking mind chatter.