



Wellness Your Way: Private Luxury Retreats in the Maldives

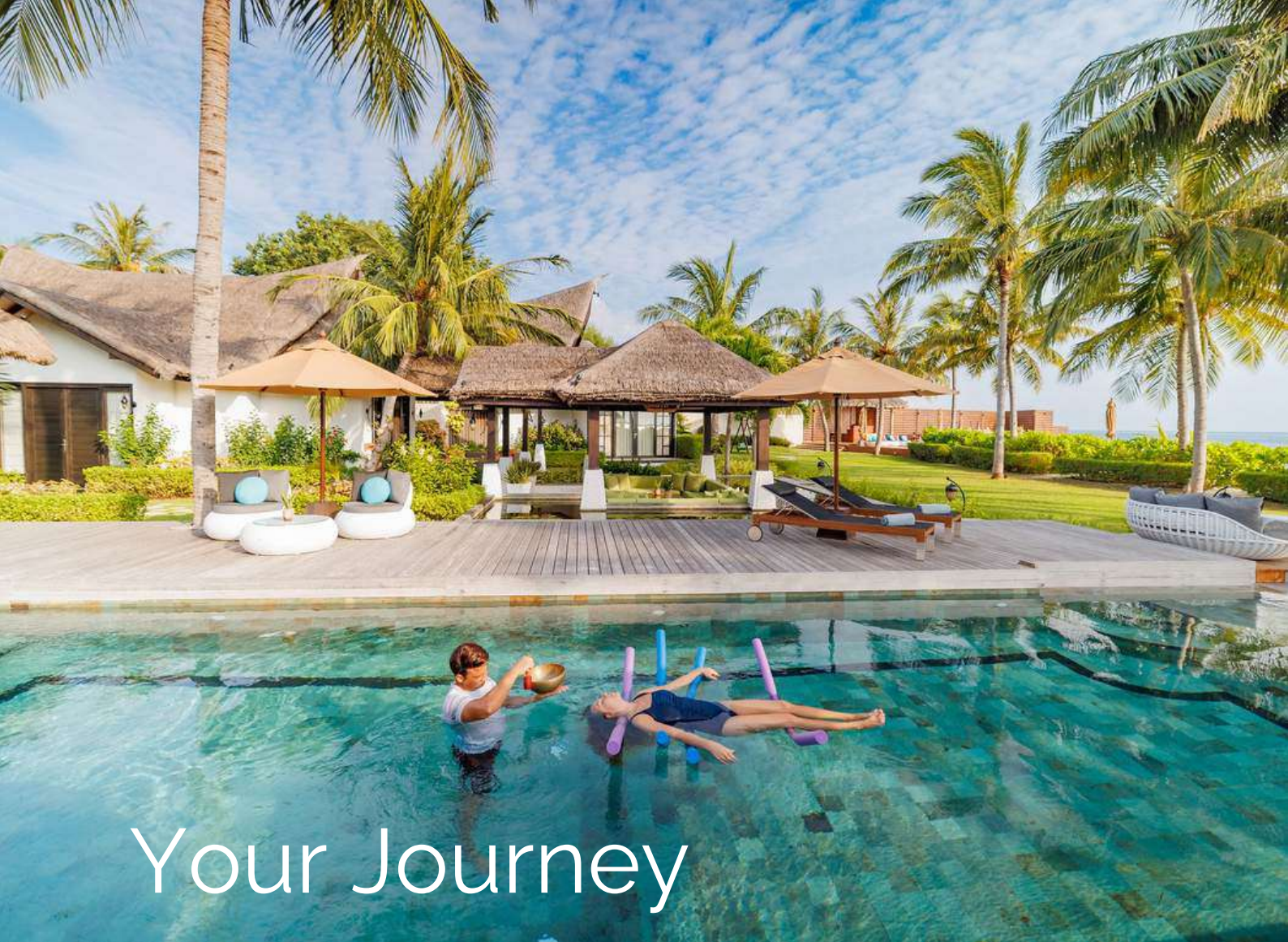


Wellness Your Way

Transform yourself into wellness with by ELE I NA, 'Wellness Your Way' featuring three transformative journeys to empower one on the path of rejuvenation, longevity and wellbeing.

Experience the ultimate in personalized wellbeing. Stay in a luxury beach pool villa or a converted Wellness Villa and be soothed by the serene energy of the Maldives. All journeys include luxury transfers on a catamaran, nourishing meals, high-performance treatments and programs, one-on-one functional training and mindful movement sessions and unlimited access to resort activities and resident masters and practitioners.





Your Journey

Wellness Seeker

A fully flexible stay where guests can add on superior treatments, fitness and activities from the a la carte menu during their stay.

Wellness Rendezvous

Ideal for those who want to infuse a few hours or half and full day high-level retreat while on vacation.

Wellness Rejuvenation

An all-inclusive retreat ranging from 4, 7, 14, 21 nights to one month paired with your very own private Wellness Villa



Inspired

Inspired by Ayurvedic principles and the five elements of nature – earth, water, wood, metal and fire, every 'Wellness Your Way' journeys are an opportunity to reset, recalibrate and replenish. All feature luxury experiences from arrival to departure. They are ideal, for solo travelers, couples, friends, family, and groups and can be booked year-round.

Each journey begins with a private consultation with the resident Ayurvedic doctor who will curate a results-orientated itinerary based on your lifestyle needs and goals. These comprehensive consultations comprise of pulse examination, constitution analysis and lifestyle considerations. From here an empowering program is prescribed personally for you.

Tap into the best in wellness and be guided by the expert team of practitioners who are on-site 24/7 to support and monitor your progress. Feel reassured your journey can be modified and adapted at any time during your stay.




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Rejuvenation

Wellness Rejuvenation is the ultimate wellness journey choice for wellness advocates and fitness enthusiasts. These all-inclusive transformative programs range from 4, 7, 14, 21 nights to 1 month. Each retreat is fully bespoke and supported by a team of wellness professionals who personalize treatments, wellness cuisine, movement and activities tailored to your individual needs, goals and aspirations.

Each journey begins with a comprehensive consultation with the resident Ayurvedic Doctor. This is an in-depth and detailed consultation consisting of the following components: Health Consultation, Pulse examination, Constitution analysis, Diet chart and correction, Supplements, Dietary corrections, Ayurveda therapy recommendation, Ayurveda medicines. From here an empowering program with healing treatments, wellness cuisine, fitness movement, and activities are recommended.



Retreat

Your luxury accommodation is an exclusive Wellness Beach Villa with Pool equipped with organic and sustainable amenities. Everything is tailored to support and nourish you during your deep retreat. Features include hand-held fitness and yoga equipment, a wellness mini bar filled with handcrafted nutritious snacks and tonics, organic skincare, and wellness attire. Come evening, and we deliver nightly turn-down shots and soothing bath rituals to ease one into a deep slumber.



Rendezvous

The Wellness Rendezvous Journey is the perfect choice for holistic wellness seekers looking to infuse their luxury holiday with two-three-hour and half to full day experiences during their stay.

Begin with a health consultation with the resident Ayurvedic Doctor will conduct a comprehensive analysis of your health then ensemble a program to propel you on your path of expansion, empowerment and rejuvenation.

Luxuriate in a beach villa with pool and enjoy several hours a day of high-level treatments, nutrition, intuitive therapies, fitness and movement while still being able to enjoy the indulgences and beauty of an upscale vacation.

Each retreat is facilitated by the expert team of wellness professionals who will ensure you receive the ultimate in service and quality. As with all 'Wellness Your Way' journeys, every aspect is tailored to benefit and enhance your individual needs and lifestyle goals.



Options

As well as the abundant offerings from the wellness specialist a la carte menu, set journey options include:

- Pain Management
- Anti-Anxiety / Stress
- Gut Health
- Sleep Therapy
- Ageing Defying
- Wellness for Cancer
- Weight Loss




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Seeker

'Wellness Seeker' offers complete flexibility and personalization to suit everyone's unique lifestyle and health objectives. Whether you're a beginner or experienced health enthusiast, Wellness Seeker is the perfect option for anyone looking for a resort-retreat type getaway.

All treatments are facilitated by world-class professionals. The impressive a la carte menu features the best of the best in wellness. This is an opportunity to discover and explore new therapies. Just some of these include Ayurvedic treatments, Intuitive Therapy, Cupping Therapy, alongside nutrition, meditation, integrative functional fitness, and plenty of joyful activities and immersions.



Experience Ayurvedic Shirodhara, Warm Poultice Massages to Face Lift Sculpting, Lymphatic Drainage Massages and Cupping Therapy.

There's also an extensive menu of time-tested treatments to address specific conditions such as 'Nasyam' for sinus clearing, 'Janu Vashti' for knee pain, and 'Kati Vashti' for lower back pain relief.

Awaken deeper consciousness and connection with the 'Under the Stars'.

Realign your spiritual self with NLP and Energy Healing.

Unwind with soothing 'Sound Healing Therapy' and sleep-enhancing 'Floating Meditation'.

Experience high-performance facials to elevate skin health and glow.




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Plant-based

#consciousnutrition

As part of the extensive wellness offerings, we offer a series of plant-based menus that feature fresh, locally sourced ingredients and focus on promoting wellness and sustainability.

The menus include a variety of dishes, from light and refreshing salads to hearty and satisfying main courses, all prepared with an emphasis on conscious nutrition and perfectly connecting with the wellness therapies on offer.

The launch of the wellness plant-based menus is part of ELE I NA Spa and Wellness's ongoing commitment to promoting wellness and sustainability.

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Curated for you

Program Inclusions	Wellness Seeker Charged Per Session Pre Booked Via Wellness Leader	Wellness Rendezvous 2 - 3 Hours A Day Minimum 4-Day's Journey Pre Booked Via Wellness Leader	Wellness Rejuvenation All-Inclusive Pre Booked Journey To Be Booked Via Ozen Booking Portal
Pre Arrival Consultation			√
Prescribed Wellness Program By Ayurvedic Doctor		√	√
Wellness Leader			√
Conscious Nutrition Food Plan			√
Wellness Villa			√
Non-Prescribed Wellness And Specialist Therapies	√	Optional	Optional
1-2-1 Fitness Sessions	√	√	√
1-2-1 Wellness Activities	√	√	√
Virtual Wellness Mindset Mentoring	Optional	√	√
Group Workshops	Optional	Optional	Optional
Group Wellness Activities	Optional	Optional	Optional
Group Fitness Sessions	Optional	Optional	Optional
Homecare Program	√	√	√
Follow Up Consultation With Ayurvedic Doctor/Wellness Leader	Optional	X 1	X 2

Wellness Rendezvous & Wellness Rejuvenation

	4 Nights	7 Nights	14 Nights	21 Nights
Consultation with Ayurvedic Dr. and Nutrition Advise	1	2	3	4
Specialist Treatments	3	5	10	15
Wellness Therapies	1	2	4	6
Online NLP Sessions	1	1	2	3
1-2-1 Fitness sessions	2	3	6	9
1-2-1 Wellness Activities	2	3	6	9





Your "Wellness Your Way" journey starts here...

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