



*Elevating the Five Senses*



# Welcome To Wellness. The Elements of Nature

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We aspire to create positive change through spa & wellness experiences inspired by nature's elemental forces.





# Signature Couples Treatments

## **LOBI DHOONI - LOVE BIRDS COUPLE MASSAGE**

150 Minutes

Indulge in the most relaxing massage together with your loved one in your private treatment room with a view of the ocean. Decrease stress, release tension and enter a state of complete relaxation while you are generously pampered by personalizing your experience.

## **HITHUN HITHATH (HEART TO HEART) | BAMBOO MASSAGE, EXPRESS FACIAL AND BATH RITUAL**

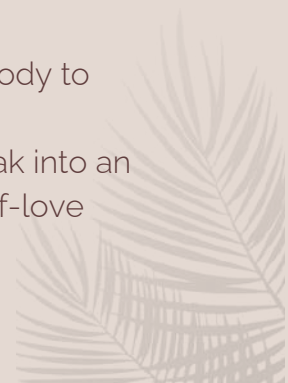
120 Minutes

Begin with the rhythmic and soothing Bamboo Massage, as skilled therapists employ warm bamboo sticks to release tension and promote circulation, leaving your muscles deeply relaxed. Transition seamlessly into an Express Facial that revitalizes your complexion, restoring a natural glow to your skin. Finally, immerse yourself in the serene Bath Ritual, where fragrant essential oils and rose petals await to envelop you in tranquility. It's a symphony of wellness that culminates in a state of blissful harmony, ensuring you emerge from our spa feeling utterly refreshed and renewed.

## **DHEKANBALUN (YOU & ME) | HOT & COLD STONE MASSAGE, CRYSTAL FACE MASSAGE AND BATH RITUAL**

120 Minutes

A combination of relaxing warmth and refreshing coolness encourage your body to detox and heal. Energy healing through a crystal face massage elevates your detoxification therapy by smoothening energy flow throughout your face. Soak into an indulgent bath ritual where you can keep your thoughts and intentions on self-love and compassion.





# Facials for Holistic Skincare

## **NATURAL ANTI-AGEING FACIAL**

75 Minutes

Experience a soothing Maldivian facial that slows the ageing process. A traditional massage of the face, neck, and decollete area. This treatment brightens your skin and reduces wrinkles, leaving you looking so very fresh and young! Recommended for: Renewing and maintaining a healthy complexion.

## **BESPOKE NATURAL FACIAL**

50 Minutes

Embark on a sensory voyage as our skilled therapists curate a facial tailored exclusively to your skin's unique needs. The Skin Candy line, sourced from the lush landscapes of the Maldives, brings forth the healing touch of nature, captivating your senses from the very start.



# Maldivian Body Treatment

## **KAASHI SCRUB - COCONUT BODY SCRUB**

30 Minutes

Kaashi Scrub is a highly therapeutic, traditional Maldivian practice. The therapeutic journey begins with a thorough body scrub using a blend of detoxifying oils and mineral-rich sea salt, followed by an application with Pure Maldivian Coconut Oil. This scrub stimulates the lymphatic system inducing deep relaxation. Recommended for: Relieving stress, reducing fluid retention, and reinforcing positivity

## **KOFFEE SCRUB - COFFEE BODY SCRUB**

30 Minutes

Keep your skin healthy, refreshed, and glowing with a pure, locally made coffee scrub. A gentle, circular application is used to scrub away dead skin cells, reduce the appearance of cellulite, and moisturise your skin with the goodness of Maldivian coconut oil. Recommended for: Cleansing and brightening the skin, combating cellulite naturally.

## **SEASONAL NOURISHING BODY WRAP**

45 Minutes

Embark on a journey of revitalization that harmonizes nature's bounty with sustainable indulgence through our exquisite Seasonal Nourishing Body Wrap. Delight in the sensory symphony as handpicked ingredients, thoughtfully curated for each season, cocoon your body in a tapestry of nourishment and relaxation.





# Massage Therapies

## **HOT STONE MASSAGE**

50 / 75 Minutes

The relaxing warmth encourages the body to detox and heal, stimulating the nervous system, increasing lymph flow, and helping to flush out waste. Recommended for deep relaxation and destressing

## **BAMBOO MASSAGE**

50 / 75 Minutes

A wonderfully relaxing therapy that uses organically-treated bamboo stalks of varying lengths and diameters to massage the body. Recommended for relieving fatigue and enhancing sleep quality.

## **BALINESE MASSAGE**

50 / 75 Minutes

An invigorating therapy based on age-old Balinese healing rituals. It involves the application of varying degrees of pressure across your body. Recommended for stimulating circulation, improving oxygen levels, and reducing tension

## **FOOT & LEG MASSAGE**

50 / 75 Minutes

The relaxing warmth encourages the body to detox and heal, stimulating the nervous system, increasing lymph flow, and helping to flush out waste. Recommended for deep relaxation and destressing





# Massage Therapies

## **THAI MASSAGE**

50 / 75 Minutes

A traditional Thai Massage that is a dry, oil-free, fully-clothed therapy. Primarily focusing on the body's pressure points, the process gently stretches, pulls, and rolls your limbs to improve flexibility and circulation. Recommended for improving flexibility and promoting overall energy flow.

## **MALDIVIAN SAND BUNDLE MASSAGE**

50 / 75 Minutes

A native age-old healing practice of the Maldives to treat body pain. The therapy uses a warm sand-filled pouch to massage your body and ease muscle aches. Recommended for relieving discomfort from arthritis, muscular spasm, and rheumatism.

## **DEEP TISSUE MASSAGE**

50 / 75 Minutes

Restores and heal. After a day of water sports and beach activities, enjoy a personalised full body massage, with medium to strong pressure, to release muscle tension. This healing massage makes it easier to recover from any sports-related muscle soreness and fatigue, thus preventing any injury.

## **JET LAG MASSAGE**

50 / 75 Minutes

This deeply soothing massage stimulates circulation and restores the harmony of the body and mind. It relaxes stiff, aching muscles, reduces inflammation, and brings back the holiday mood with a bang. Recommended for: Relieving fatigue, revitalising energy levels, and reducing muscular tension





# Sun Treatment

## **TAN ACCELERATOR**

50 Minutes

A super-effective treatment for a glowing, sun-kissed complexion. The ELE|NA Tan Accelerator therapy speeds up the natural production of melanin – the skin pigment – when exposed to the sun, giving you a heavenly golden tan. Besides, the local Maldivian products used in the treatment are gentle and safe for use. Recommended for: Safe and quick tanning of the skin. Ideally to be taken within the first two days of arrival

## **SUNBURN TREATMENT WITH ALOE VERA**

50 Minutes

Aloe Vera is a natural, pure hydrating herb. The ELE|NA Sunburn Treatment uses Aloe Vera products to intensively moisturise and calm overheated, dehydrated skin. This restorative therapy soothes and repairs the damages caused by excessive sun exposure. Relax after a fun-filled day in the sun with this special sunburn therapy. Recommended for: Reducing the effects of sunburn, like burnt, reddish skin





# Wellness Seeker

*Our wellness treatments go beyond surface-level benefits, encompassing elements that contribute to your overall vitality. These treatments often combine therapeutic modalities, mindfulness, and natural remedies.*

## **NATURAL FACELIFT**

60 Minutes

Indulge in our exquisite Natural Face Lift Treatment, a harmonious fusion of timeless techniques inspired by the artistry of Japanese and Indian Face Massage. This sought-after treatment presents a holistic approach to restore your youthful radiance.

## **FIVE ELEMENTS REFLEXOLOGY**

60 Minutes

Experience the transformative power of Five Elements Reflexology, a deeply relaxing and therapeutic treatment that harmonizes the entire body through the feet. By combining reflexology with the principles of Traditional Chinese Medicine (TCM) and Five Element theory, this technique utilizes specific pressure techniques on nerve endings, elemental organs, and acupuncture points to enhance and deepen each session.

## **TRIGGER POINT THERAPY**


30 Minutes

Trigger point massages can help with a variety of ailments, they are proven to be particularly effective for tension headaches and plantar fasciitis, an irritation in the sole of the foot around the heel. Trigger point therapy naturally relieve this pain by reducing inflammation and improving blood flow, which makes it less likely for the pain to come back.

## **INDIAN HEAD MASSAGE**

30 Minutes

Everything is better with some pure coconut oil. Your hair and scalp are massaged with natural lukewarm oil. An alternative medicine massage, combined with the upper back, shoulder, neck, head and face massage.





# Spa Treatment Menu

## Signature Couples Treatments

Lobi Dhooni	150 mins	\$360 / couple
Hithun Hithan	120 mins	\$300 / couple
Dhekanbalun	120 mins	\$300 / couple

## Facial for Holistic Skin Care

Natural Anti Aging Facial	75 mins	\$140
Bespoke Natural Facial	50 mins	\$115

## Maldivian Body Treatment

Kaashi Scrub - Coconut Scrub	30 mins	\$60
Koffee Scrub - Coffee Body Scrub	30 mins	\$60
Seasonal Nourishing Body Wrap	45 mins	\$85

## ELE|NA Massage Therapies

Hot Stone Massage	50 / 75 mins	\$120 / \$150
Deep Tissue Massage	50 / 75 mins	\$120 / \$150
Thai Massage	50 / 75 mins	\$120 / \$150
Bamboo Massage	50 / 75 mins	\$110 / \$140
Balinese Massage	50 / 75 mins	\$110 / \$140
Maldivian Sand Bundle Massage	50 / 75 mins	\$110 / \$140
Jet Lag Massage	50 / 75 mins	\$110 / \$140
Foot & Leg Massage	50 / 75 mins	\$105 / \$135

## Sun Treatment

Tan Accelerator	50 mins	\$120
Sunburn Treatment with Aloe Vera	50 mins	\$120

## Wellness Seeker

Natural Face Lift Treatment	60 mins	\$120
Five Elements Reflexology	60 mins	\$120
Trigger Point Therapy	30 mins	\$60
Indian Head Massage	30 mins	\$60

## Add On (Enhancement)

Add on Massage	30 mins	\$50
Add on Massage	15 mins	\$35
Sinus treatment	15 mins	\$35
Crystal Face Massage	15 mins	\$35
Foot Scrub	15 mins	\$35

*All prices are in USD and are subject to applicable service charge and government taxes.*



## *Spa Etiquette*

### **ARRIVAL & LIFESTYLE CONSULTATION FORM**

We recommend you arrive at least 15 minutes prior to your treatment time. On arrival we ask that you take a few moments to complete a lifestyle consultation form to assist us with your treatment preferences.

### **PERSONAL WELLBEING CONSULTATION**

Upon request one of our highly qualified Practitioners will provide you with a complete assessment of your physical, mental and emotional wellness and create a personalised well-being program

### **PREPARATION FOR YOUR SPA JOURNEY**

Spa is a sanctuary of peace and harmony, providing a healthy and relaxing environment. So we kindly request you to not use your mobile phones, and not to smoke while in the spa complex. Treatments are conducted free of jewellery, so it is recommended that you secure these items in your in-villa safety box before coming to the spa.

### **FOR GENTS**

We kindly request all gentlemen to shave at least twenty four hours prior to facial treatments to ensure that maximum benefits are achieved.

### **PAYMENTS & CANCELLATIONS**

All treatments will be charged to your room, and appear on your final folio prior to your departure. Please give five hours cancellation notice on individual treatments and twenty four hours notice on packages. A 50% cancellation fee may apply if such notice is not given. No shows are charged at 100% of treatment price



Please contact SPA Reception to book your  
ELE|NA experience

[www.ele-na.com](http://www.ele-na.com)