

A close-up, low-angle shot of a person's legs standing in shallow water, likely at a beach during sunset. The water is calm with gentle ripples, and the person's feet are partially submerged, creating small splashes. The background is a soft, hazy expanse of water and sky, with the sun low on the horizon, casting a warm, golden glow over the entire scene. The text "Elevating the Five Senses" is overlaid in a white, elegant script font, centered horizontally and slightly above the water line.

Elevating the Five Senses



Welcome To Wellness. The Elements of Nature

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

Your Wellness QR



A close-up photograph of a person's hand holding a piece of dark green, serrated seaweed. The hand is positioned in the center, with fingers slightly spread. The seaweed has a glossy, wet appearance. The background is filled with more seaweed, creating a dense, textured environment. The lighting is soft, highlighting the textures of the skin and the seaweed.

VOYA

ORGANIC BEAUTY

VOYA

FROM WILD OCEAN TO WELLBEING

Rooted in heritage and backed by science, VOYA's luxurious products harness the power of sustainably hand-harvested seaweed — nature's richest source of minerals, antioxidants, and healing properties.

With a deep respect for the environment and a commitment to conscious wellness, VOYA delivers results-driven skincare that nurtures both skin and soul. Certified organic, cruelty-free, and inspired by centuries-old bathing traditions, every VOYA ritual is a gentle return to nature — and to yourself.

Let the ocean soothe you.

Why Seaweed?

- Over 80% of seaweed is packed with essential nutrients
- Natural source of rare compounds like Fucoxanthin & Phlorotannins
- Clinically proven to:
 - Increase antioxidant protection by up to 724%*
 - Boost collagen production by over 200%*
 - Enhance skin barrier and hydration by 18%*

WELLNESS TREATMENT PILLARS

REST : Sleep inducing – Calming – Stress reduction

ZEST : Energy boost – Vitality – Uplifting

BALANCE : Grounding – Restoration – Connection to self

**Results based on in-vitro studies conducted at the Shannon Biotechnology Research Centre*



VOYA
ORGANIC BEAUTY

*Maadhoo
Signature*



VOYA

RITUAL OF RENEWAL

120 Minutes

Body scrub, full-body massage, and soothing sound therapy.

Uplifting | Resilience | Recharging

This blissful ritual begins with a gentle full-body lavender sugar polish to exfoliate and soften the skin, preparing you for a flowing massage that soothes both body and mind. A face and scalp massage enhances the sense of deep relaxation, while the treatment concludes with the harmonious vibrations of singing bowls, bringing balance, renewal, and a lingering sense of calm.

VOYAGE TO MAADHOO

90 Minutes

Seaweed bath and full-body massage.

Relaxing | Muscle Tension | Grounding

A complete top to toe relaxation journey. Starting with a seaweed infused bathing session to relax tight muscles, followed with body massage that replicate the movement of the sea, combining both gentle and stimulating movements. Includes a 30-minute seaweed bath followed by a flowing full-body massage, seamlessly extending to the face and scalp.

VOYA

MARINE THERAPIES - MASSAGE

Rejuvenating massages using seaweed infused anti-oxidant body oil to reduce inflammation in the body.

VOYAGER MASSAGE JOURNEY

90 Minutes

Relaxation | Energising | Grounding

A complete top to toe relaxation journey that replicate the movement of the sea, combining both gentle and stimulating movements

DEEP MUSCLE MELTER

60 Minutes

Muscle Tension | Relaxation | Energising

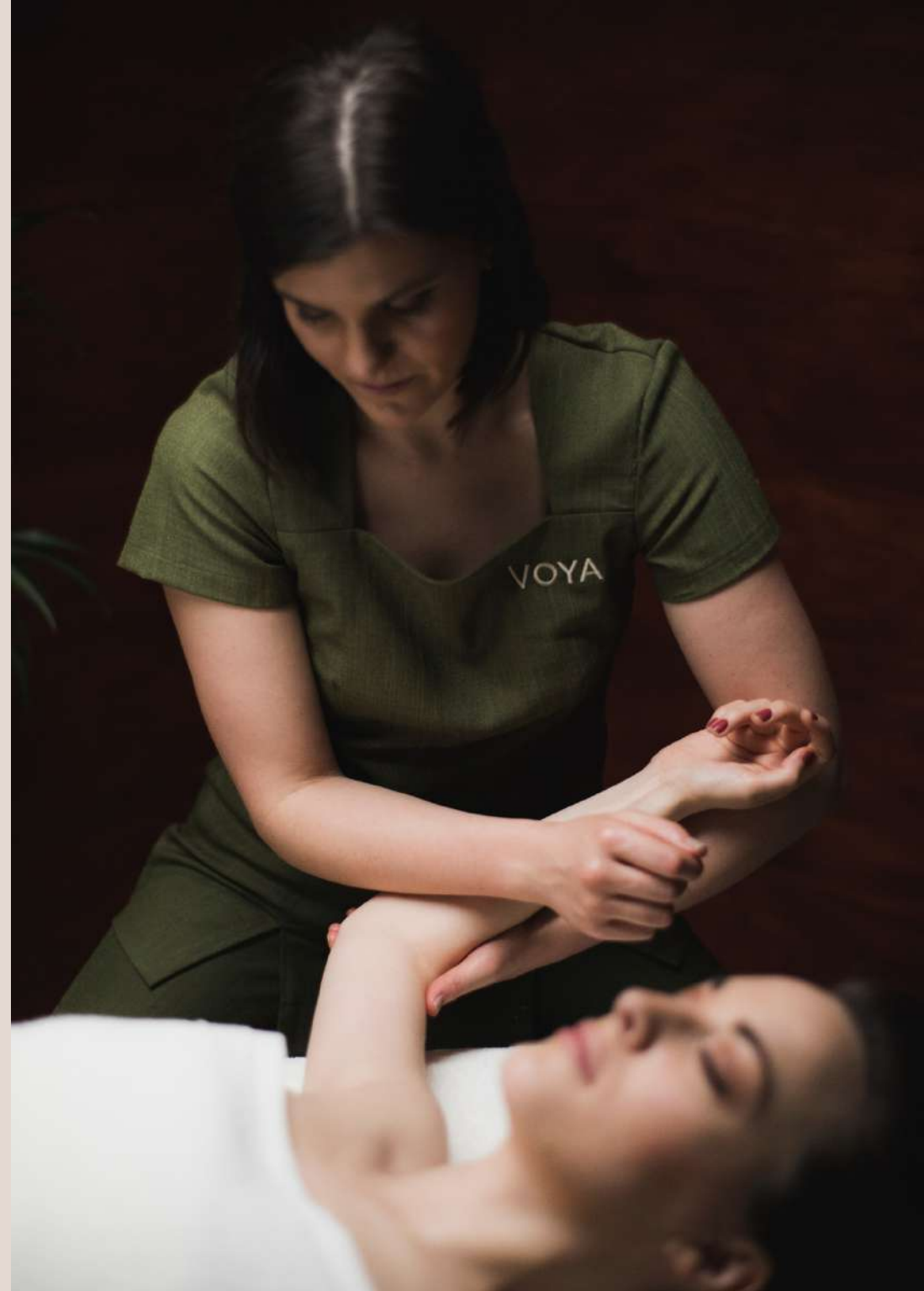
This targeted massage works deep into tight, overworked muscles to release tension and restore ease of movement.

TRANQUIL TOUCH MASSAGE

60 Minutes

Wellbeing | Calming | Relaxation

VOYA's therapeutic aromatherapy massage will balance your skin, body and energy to bring a sense of equilibrium and calm



VOYA

MARINE THERAPIES - BODY

A wonderful choice of exfoliations combining botanicals and organic seaweed. Bespoke to your needs and freshly mixed for each treatment these skin enhancing polishes induce are healing, nourishing and calming

MARINE BODY GLOW

60 Minutes (30 minutes when added onto massage)

Full body exfoliation with lotion

Choose from:

Lavender or Peppermint Sugar Glow

Nourishing Ginger Chai

Detoxifying Seaweed Body Buff

SUN SOOTHER BODY WRAP

60 Minutes

Originally designed to soothe sun-kissed skin, this refreshing wrap delivers deep hydration, balance, and calming, restorative benefits for all skin types



VOYA

MARINE FACIALS

PRO-AGE FACIAL

60 / 90 Minutes

Anti-Ageing | Firming | Hydration

A mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles.

SKIN RENEWAL

60 Minutes

Brightening | Cleansing | Lifting

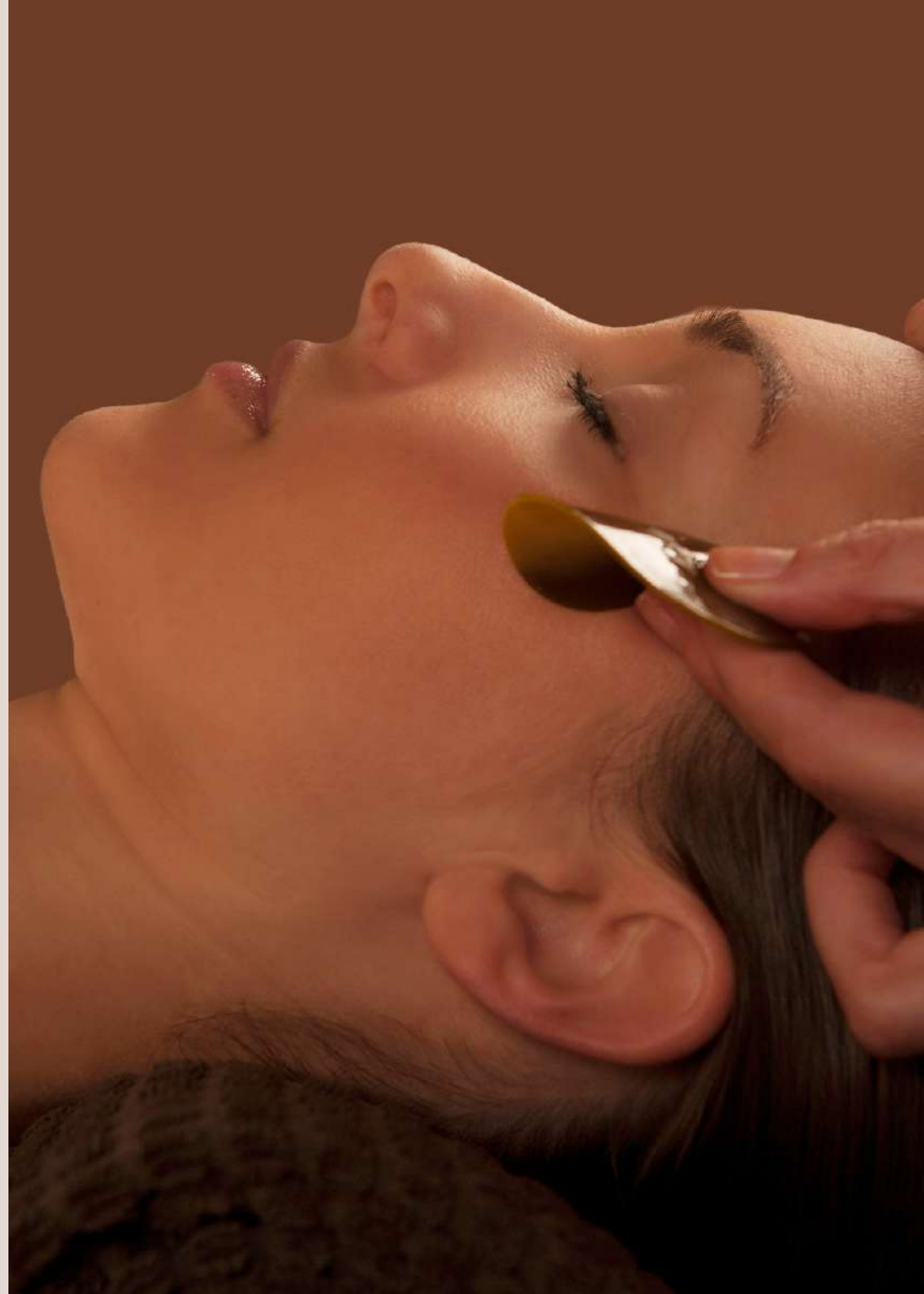
Using a multi-level approach including a purifying cleansing ritual, a powerful age defying facial massage, and Sonic pulse technology.

BESPOKE TOUCH FACIAL

60 Minutes

Personalised | Balancing | Relaxing

A skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity.



VOYA

SLEEPING RITUALS

Perfect at any time, this deeply soothing ritual is especially ideal in the later hours to ease you into restful slumber.

MINDFUL DREAMS

90 Minutes

Body Massage | Breathwork | Meditation

A calming full-body massage experience combining breathwork, meditation, and a rose quartz ritual to soothe the senses and invite restful sleep.

HERBAL COCOON WITH SINGING BOWL

90 Minutes

Scrub and herbal wrap | Scalp Massage | Grounding

A deeply grounding ritual featuring a lavender sugar scrub, herbal wrap, singing bowls, and a soothing scalp massage to hydrate the skin and calm the mind.



VOYA

MUM TO BE TREATMENT

Discover the exceptional and unparalleled experience of our 'Mum to Be Treatment,' a one-of-a-kind oasis designed with the utmost care and attention to the unique needs of expectant mothers.

Pregnancy:

Massage during the first six months of pregnancy is approached with extra care, as this period involves ongoing physical and hormonal changes that can make the body more sensitive. While massage can offer relaxation and relief, it is generally advised to wait until later in pregnancy or ensure it is done under the right conditions. If a massage is still desired during the first six months, we kindly require written consent from a medical doctor to ensure it is safe and suitable for the individual's specific needs. This precaution allows us to prioritise the comfort and well-being of both mother and baby

ORGANIC PRENATAL VOYAGER

60 Minutes

A nurturing ritual designed to soothe the body and calm the mind. This gentle treatment promotes deep relaxation and a sense of tranquillity while deeply hydrating and nourishing the skin from head to toe.



VOYA

VOYA BATHING RITUALS

Gracefully delivered in our peaceful treatment space or, for those seeking seclusion, available as a private in-villa experience.

LAZY DAYS DETOXIFYING SEAWEED BATH

30 Minutes

Detoxifying | Remineralising | Calming

AROMA MINERAL SALT BATH

30 Minutes

Reviving | Uplifting | Muscle soothing

COOLING REVITALISING RICE BATH

30 Minutes

Reviving | Uplifting | Cooling

WARM SPICED MUD BATH

30 Minutes

Relaxing | Soothes Muscles | Detoxifying



VOYA

VOYA WELLNESS SESSIONS

20 Minutes

Explore multi-sensory experiences—such as sound therapy, guided meditations, and mindful rituals—designed to restore balance and awaken inner awareness.

Perfect as a serene prelude or a grounding finale to your spa treatment—or as a stand-alone wellness moment when you simply need to pause and reconnect.

DRIFT AWAY SLEEP SESSION

Cocoon yourself in calm with VOYA's Tranquil Range and a guided meditation designed to quiet the mind and prepare you for deep rest.

VOYA SINGING BOWL SESSION

Soothe your senses with a restorative sound healing journey combining the resonance of singing bowls and the calming touch of VOYA's organic products.

VOYA AROMA-INTENT

A calming guided meditation to set intentions and deepen self-connection, enhanced by the soothing aromas of VOYA's essential oil blends.

GROUNDING MEDITATION SESSION

Renew your spirit and restore balance with a guided intention meditation that aligns you with nature's rhythm and inner calm





Philosophia
BOCANICA



WELCOME TO THE WORLD OF REGENERATIVE BEAUTY

At Philosophia Botanica, every spa ritual is a celebration of nature's intelligence and time-honoured botanical wisdom.

Rooted in the traditions of Chinese medicine and inspired by the wild beauty of the Mediterranean Macchia and African Fynbos, our treatments go beyond skincare — they are soulful journeys that nourish the skin, soothe the mind, and uplift the spirit.

Our eco-conscious ethos is woven into every detail — from adaptogenic-infused oils and sustainably harvested botanicals to mindful rituals designed to restore inner harmony. Each experience reflects our commitment to regenerative wellness, honouring both the body's innate ability to heal and the earth's natural cycles.

Step into a space where slow beauty reigns, where the skin is treated as a living ecosystem, and where every touch reconnects you with your radiant self.





HOLISTIC YOGI RITUAL

120 Minutes

A blend of facial and body therapies designed to rejuvenate both skin and spirit. Our facial rejuvenation uses lymphatic drainage and muscle techniques to enhance your natural beauty, while our body therapies, including stretches, joint rotations, and acupressure, promote relaxation, stimulate circulation, and balance Qi.

YOGI RITUAL

90 Minutes

Experience the Yogi Ritual, a 90-minute treatment designed to rejuvenate your body and mind. Combining acupressure, yoga asanas, and various massage techniques, this session starts with a soothing foot ritual and a personalized consultation. It focuses on enhancing circulation, stretching muscles, and promoting cell growth for deep relaxation and revitalization.

FACE GUA SHA

90 Minutes

Experience rejuvenation with our 90-minute treatment, starting with a relaxing foot ritual followed by a tailored facial consultation and skin mapping. The session features the ancient Face Gua Sha technique to balance your "Qi" and stimulate skin tissues, enhancing circulation and natural beauty. This method reduces fine lines, inflammation, and evens skin tone for a youthful glow. Embrace this practice for healthier, radiant skin.

FLOW FACIAL RITUAL

90 Minutes

Experience rejuvenation with our Flow Facial Ritual. Start with a relaxing foot ritual and personalized face consultation. Our treatment features meridian and acupressure massages using a flow magnetic pen and sculpting copper spoon to boost circulation and ease facial tension. Leave feeling profoundly calm and refreshed.

FACE YOGI RITUAL

90 Minutes

Embark on a rejuvenating journey with "Face Yogi Ritual," starting with a soothing foot ritual and personalized facial consultation. This treatment combines the calming effects of yoga with invigorating face yoga techniques to tone, lift, and revitalize facial muscles, smoothing lines and enhancing your complexion while promoting holistic well-being.



ELE|NA *Massage* *Therapies*





HOT STONE MASSAGE

60 / 90 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

SPORTS MASSAGE

60 / 90 Minutes

Restore 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 improving your general wellbeing as well as preventing any injury.

THAI MASSAGE

60 / 90 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.

BAMBOO MASSAGE

60 / 90 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

60 / 90 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

SWEDISH MASSAGE

60 / 90 Minutes

Feel like you are walking on air! A traditional European full body massage concentrating specifically on areas of tension to relax aching muscles, stimulate circulation and eliminate toxins. This relaxing spa experience leaves you looking great and feeling even better

FOOT & LEG MASSAGE

60 / 90 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



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 BODY LIFT

60 Minutes

The Natural Body Lift is a holistic and invigorating approach to health that incorporates a harmonious fusion of traditional practices and specialized massage techniques. This treatment aims to enhance overall well-being by promoting better blood circulation and lymph movement while effectively reducing the appearance of cellulite. Furthermore, the Natural Body Lift goes beyond mere cellulite reduction; it also includes a focus on toning the body, helping you achieve a firmer and more sculpted physique.

NATURAL FACE LIFT

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 acupressure points to enhance and deepen each session.

INTUITIVE MASSAGE

60 / 90 Minutes

Restores and heals. Enjoy a personalized full body massage with medium to strong pressure. An invigorating therapy based on age old Indian healing rituals to relax muscle tension. This healing massage makes it easier to recover from any sports related muscles to release and fatigue.

ABHYANGAM

60 / 90 Minutes

Abhyangam is a Sanskrit word meaning the application of oil all over the body. The intense, full-body oil massage improves overall longevity by providing resistance against diseases and improving your emotional wellbeing. Recommended for relieving fatigue, improving eyesight, enhancing sleep quality, and soothing the nervous system.

SHIRODHARA

60 Minutes

Shirodhara is an Ayurvedic healing technique of pouring lukewarm oil in a steady flow onto the third eye – the chakra point just above and between the eyebrows. Start with a relaxing scalp and head massage, followed by the oil flow treatment. The soothing warmth of the oil has a pacifying effect on the mind and body. Recommended for relieving stress, removing physical tension, improving vision, and relieving insomnia.



OCEAN FLOW

45 Minutes

Crafted exclusively for ELEINA, our Ocean Flow experience is a captivating and unparalleled inner journey that invites you to immerse yourself in the soothing embrace of water. As you step into this serene aquatic realm, you'll embark on a profound exploration of self, guided by the gentle touch of our skilled therapists and the nurturing flow of water itself.

A Symphony of Healing Modalities

Ocean Flow draws inspiration from a rich tapestry of healing traditions, seamlessly weaving together elements from Watsu, Water Dance, Ayurveda, Shiatsu, Craniosacral Therapy, Manual Therapy, Osteopathy, Physiotherapy, and Trigger Point Therapy.

Healing for Mind, Body, and Soul

Ocean Flow's therapeutic prowess extends to a multitude of conditions and concerns. It is especially effective in alleviating stress symptoms, promoting increased mobility in the body, soothing the discomfort of arthritis and rheumatism, relieving back pains and chronic discomfort, easing the burden of headaches and migraines, aiding in insomnia management, facilitating post-operative rehabilitation, supporting accident recovery, addressing trauma, overcoming the fear of water, and providing a nurturing environment for expectant mothers during pregnancy.

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. It is also used to treat neck and back pain, as these muscles are prone to becoming tight and developing knots as a result of routine activity or even poor posture. 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.

SOUND HEALING THERAPY

45 Minutes

Harnessing the resonance of carefully selected instruments, our sound healing sessions create a harmonious balance within your body and mind, promoting relaxation and inner harmony. Through the gentle vibrations and frequencies, you'll embark on a journey of holistic wellness, reducing stress, enhancing mindfulness, and revitalizing your overall well-being.



Hair & Nails





HAIR TREATMENT & STYLING

60 Minutes

Ladies cut and style, Men's cut and style, Children's cut and style - All with shampoo and blow dry

HAIR HYDRATION

60 Minutes

The hair and scalp is massaged with nutrient rich hair oil followed by a nourishing hair mask to rejuvenate and re-hydrate the hair and scalp

SPA MANICURE

60 Minutes

Your nails will be shaped, cuticles tidied and hydrated, followed by a sea salt exfoliation, a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied upon request

SPA PEDICURE

60 Minutes

Transform your feet with our nail and cuticle care, and then enjoy an invigorating sea salt polish to refresh and relax with a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation relieving red or swollen feet



Spa Treatment Menu

VOYA - Maadhoo Signature

Ritual of Renewal	120 mins	\$345 ++
Voyage to Maadhoo	90 mins	\$250 ++

VOYA - Marine Therapies Massage

Voyager Massage Journey	90 mins	\$250 ++
Deep Muscle Melter	60 mins	\$220 ++
Tranquil Touch Massage	60 mins	\$220 ++

VOYA - Marine Therapies Body

Marine Body Glow	30 / 60 mins	\$100++ / \$200++
Sun Soother Body Wrap	60 mins	\$200

VOYA - Marine Facials

Pro Age Facial	60 / 90 mins	\$220++ / \$250++
Skin Renewal	60 mins	\$220++
Bespoke Touch Facial	60 mins	\$220++

VOYA - Mum to Be Treatment

Organic Prenatal Voyager	60 mins	\$220++
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VOYA Sleeping Ritual

Mindful Dreams	90 mins	\$250++
Herbal Cocoons with Singing Bowl	90 mins	\$250++

VOYA Bathing Ritual

Lazy Days Detoxifying Seaweed	30 mins	\$100++
Aroma Mineral Salt	30 mins	\$100++
Cooling Revitalizing Rice	30 mins	\$100++
Warm Spiced Mud	30 mins	\$100++

VOYA Wellness Sessions

Drift Away Sleep Session	20 mins	\$65++
Voya Singing Bowl Session	20 mins	\$65++
Voya Aroma-Intent	20 mins	\$65++
Grounding Meditation Session	20 mins	\$65++

Philosophia Botanica

Holistic Yogi Ritual	120 mins	\$280++
Yogi Ritual	90 mins	\$250++
Face Gua Sha	90 mins	\$250++
Flow Facial Ritual	90 mins	\$250++
Face Yogi Ritual	90 mins	\$230++

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



Spa Treatment Menu

ELE|NA Massage Therapies

Hot Stone Massage	60 / 90 mins	\$170++ / \$220++
Sports Massage	60 / 90 mins	\$170++ / \$220++
Thai Massage	60 / 90 mins	\$170++ / \$220++
Bamboo Massage	60 / 90 mins	\$150++ / \$200++
Balinese Massage	60 / 90 mins	\$150++ / \$200++
Swedish Massage	60 / 90 mins	\$150++ / \$200++
Foot & Leg Massag	60 / 90 mins	\$140++ / \$190++

Hair and Beauty

Hair Cut & Styling (Children's, men's, Ladies)	60 mins	\$45 ++ / \$90++ / \$145++
Hair Hydration	30 mins	\$110++
Spa Manicure	60 mins	\$95++
Spa Pedicure	60 mins	\$95++

Wellness Seeker

Natural Face Lift Treatment	60 mins	\$200++ / 3 times at \$510++
Natural Body Lift Treatment	60 mins	\$220++ / 3 times at \$560++
Five Element Reflexology	60 mins	\$180++ / 3 times at \$460++
Ocean Flow Therapy	45 mins	\$220++
Intuitive Massage	60 / 90 mins	\$200++ / \$250++
Abhyangam	60 / 90 mins	\$200++ / \$250++
Shirodhara	60 mins	\$200++
Sound Healing Therapy	45 mins	\$150++
Trigger Point Therapy	30 mins	\$90++
Indian Head Massage	30 mins	\$90++

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

ADULTS ONLY

For the safety and comfort for of all guests, treatments at ELE|NA Elements of Nature are available to those aged 18 and over. We strive to create a peaceful an relaxing environment for all, ensuring that each guest can fully enjoy their experience.





Please contact your Butler to book your ELE|NA experience

www.ele-na.com