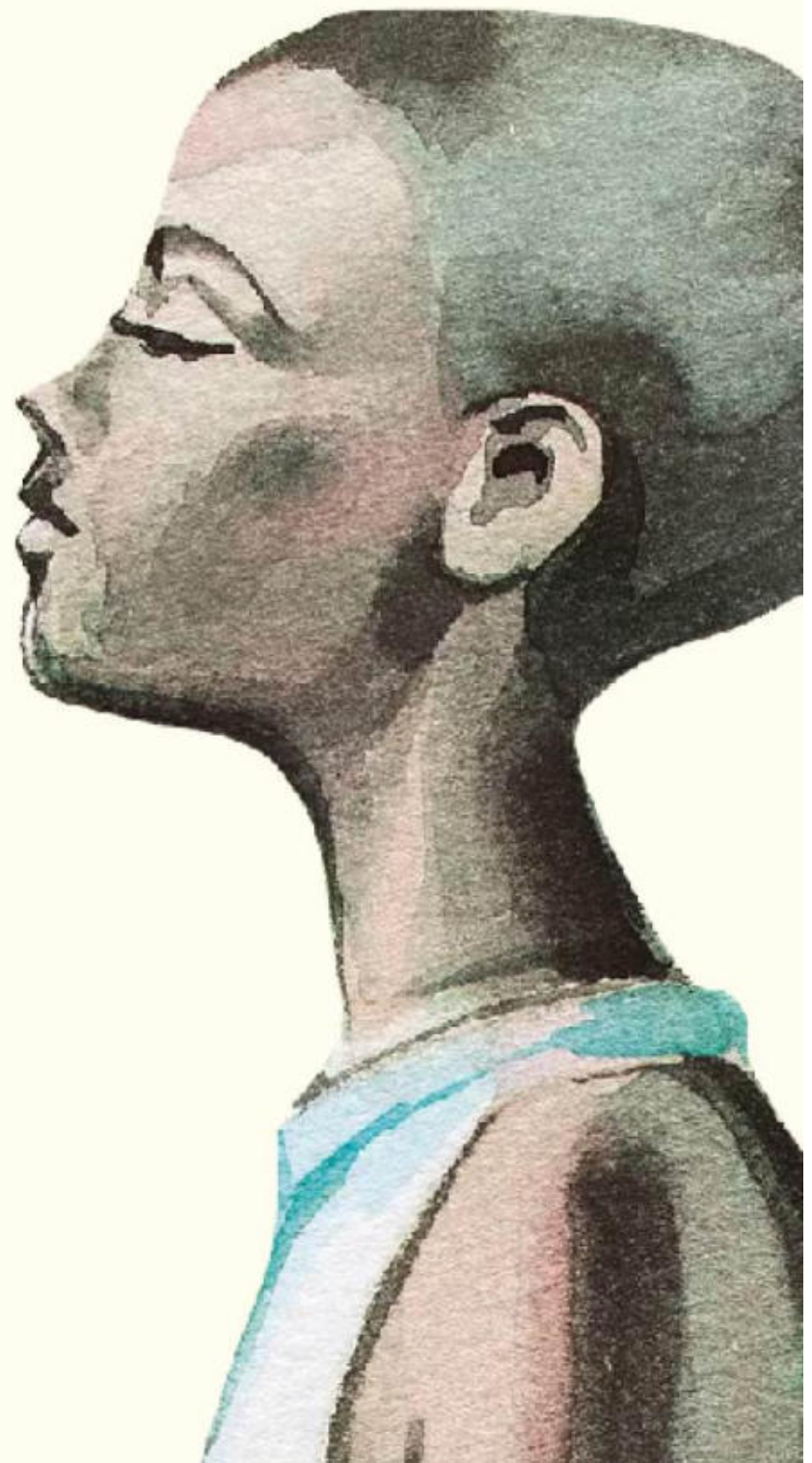


Nature's Energy:
**A Place Called
Balance**



Embrace the Rhythm of Life

Your journey to enhanced life and longevity begins here.

Welcome to ELE|NA Ayur, where wellness is not just a practice, but a way of life. The story of ELE|NA Ayur is an ongoing narrative, one that invites you to become a part of its vibrant community. Whether you seek to alleviate stress, restore balance, or enhance your overall quality of life, ELE|NA Ayur offers a sanctuary where you can discover the true essence of vitality. ELE|NA AYUR is your partner in this beautiful dance with nature. We offer a curated selection of experiences that *reconnect you to the earth's energy*. Imagine healing therapy in crystal-clear oceans, mindful meditation sessions amongst ancient woods, or forest bathing rituals guided by the rustling leaves. Our expert practitioners guide you in creating personalized well-being plans that mirror the natural world's cycles – periods of exertion followed by periods of rest, moments of intense focus balanced with moments of pure joy.



A Life in Harmony with Nature

We believe that true wellness lies in *living in harmony with the natural world*. We empower you to embrace a life that is as interconnected and vibrant as the ecosystems we inhabit. It's about incorporating practices that *connect you to the earth's energy*, not burdening it. We're building a community of vibrant individuals who are passionate about living in sync with nature's rhythm, fostering a sense of well-being that is as timeless and enduring as the earth itself.

The Birth of a Vision

We believe in the power of grounding yourself in the natural world, allowing its energy to flow through you, cleansing and revitalizing.

Sanskrit word “*Ayur*”

आयुर्वेद

Drawn by the Earth’s Song: ELE|NA Ayur wasn’t born in a sterile lab or a boardroom meeting. It bloomed from the vibrant tapestry of nature, a symphony of rustling leaves, crashing waves, and the whisper of the wind.

People, with an innate connection to the natural world, found themselves yearning for a deeper resonance with the very essence of life. Modern wellness felt disconnected, neglecting the powerful energy that pulsed through every living thing. They craved a practice that reconnected them to the rhythm of nature, a practice that mirrored the inherent vitality of the earth. Thus, ELE|NA was born—a brand that honors the ancient wisdom of nature’s energy to awaken the spark of life within. The name itself, ELE|NA Ayur, draws its essence from the Sanskrit word “*Ayur*” meaning “*life*” or “*longevity*.” ELE|NA AYUR goes beyond the fads and quick fixes. It’s a philosophy of living that harnesses the inherent energy of nature to nourish your body, invigorate your spirit, and synchronize your inner rhythm with the earth’s pulse. A life-enhancing wellness practices that *breathe new energy* into every individual’s daily life. It’s a symphony of experiences—from invigorating walks in sun-dappled forests to restorative yoga sessions under a starlit sky.

Jet Lag Express Facial

45 minutes

Jet lag can turn your holiday mood topsy turvy. Treat yourself to our Jet Lag Express Facial and say goodbye to exhaustion. The unique blend of local products and techniques provides ultimate relaxation. It reduces wrinkles, brightens your complexion, and makes you feel upbeat.

Yogayaam

45 minutes

Step into the tranquil world of “*Yogayaam*,” where the timeless practice of Thai massage and the restorative power of yoga stretching intertwine to create an unparalleled experience of deep relaxation and physical rejuvenation. Our signature therapy session is thoughtfully designed to cater to the needs of modern-day warriors seeking relief from the demands of a hectic lifestyle.

Stress Buster Massage

45 minutes

Feel tension melt away as the Stress Buster Massage works its magic. Skilled hands ease knots from your neck and shoulders, followed by a soothing head massage that quiets your mind and leaves you deeply relaxed. A true retreat for body and soul.

Tan Accelerator

45 minutes

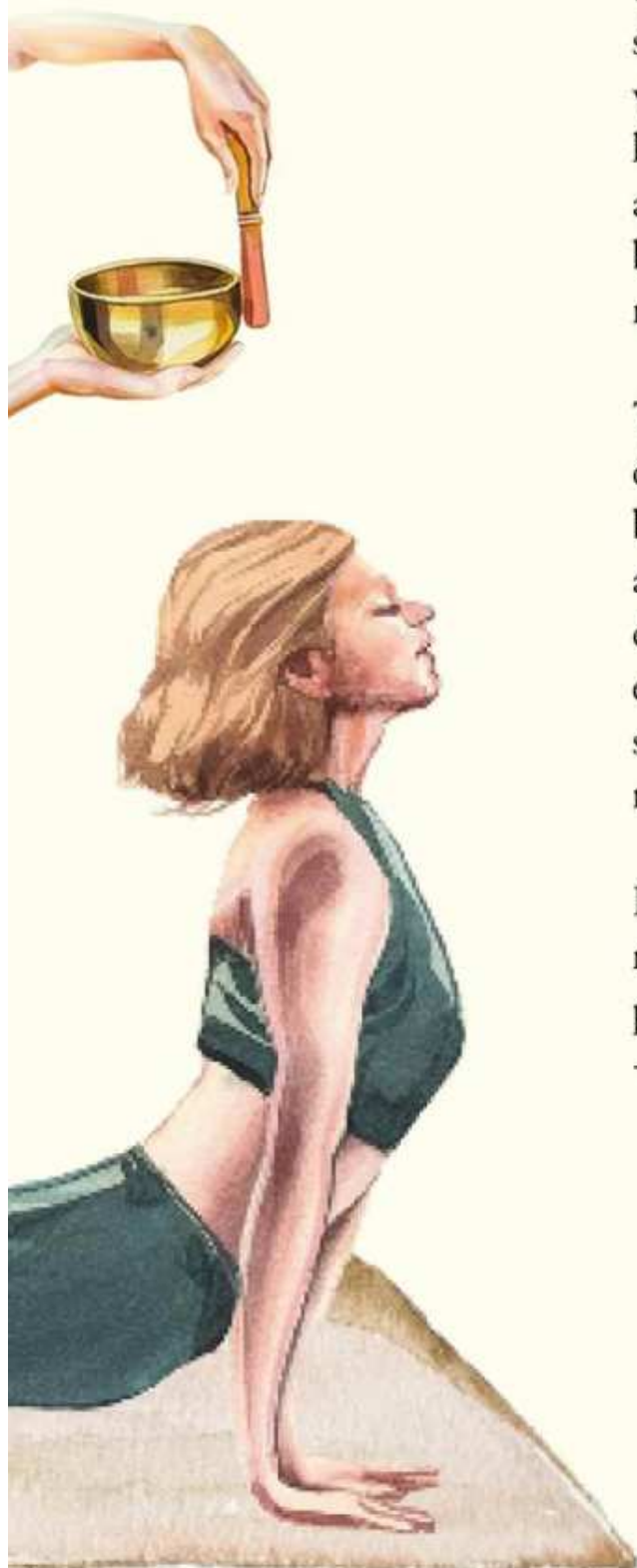
Under the Maldivian sun, your skin effortlessly embraces a golden glow. The ELENA Tan Accelerator therapy uses organic local products to boost your skin’s natural melanin production, ensuring a safe and radiant tan. With every touch, your sun-kissed complexion feels as natural and beautiful as the paradise around you

The Essence of Holistic Wellness

In the heart of the Maldives, where turquoise waters meet sun-drenched shores, ELE|NA Ayur brings ancient wisdom to life through a philosophy of holistic balance. Inspired by the elements and guided by nature, each wellness journey begins with a heartfelt consultation — a moment to listen, understand, and align.

Treatments are thoughtfully tailored, drawing on the richness of island-grown botanicals, freshly pressed coconut oil, and age-old healing practices passed down through generations. Every touch, every scent, every ingredient tells a story — one of sustainability, cultural reverence, and deep connection to place.

Here, wellness flows gently and meaningfully. At ELE|NA Ayur, it is personal, purposeful, and rooted in place — a quiet return to what truly matters.



Kan'duge Richual – Ocean Essence Rebalancing Ritual

Revitalize your entire being with a mineral-rich salt and coconut oil scrub, blended with lavender to awaken circulation and uplift the senses. A flowing full-body massage with rebalancing oil infused with lavender to ease fatigue and calms the mind. The ritual concludes with a tension-melting scalp massage and a light facial using organic ELENA Essentia products, leaving you restored and radiant.

full-body renewal | mental clarity | deep relaxation

90 mins \$200/person

90 mins \$360/couple

Ruvaana Rasha - Sacred Earth Detox Ritual

Begin with a detoxifying body wrap, infused with peppermint, coconut, and aloe vera, as you drift into stillness with a calming head massage. The treatment concludes with a gentle lymphatic massage using lemongrass infused oil to release physically, emotionally, and energetically.

detoxification | water retention | inner reset

90 mins \$200/person

90 mins \$360/couple

Hanivaru Haven - Island Herbal Bliss

A true homage to island healing, this massage incorporates warm Maldivian sand bundles soaked in geranium and peppermint to ease aches and inflammation. A soothing full-body massage with coconut oil is combined with targeted tension release on the back and shoulders. This journey reconnects body and mind with the nurturing essence of nature.

muscle fatigue | circulation | emotional grounding

75 mins \$170/person

75 mins \$300/couple



Private Suite: A Journey for Two

Step into a private sanctuary where time slows and only the two of you exist. In the soft glow of candlelight, your shared journey unfolds through the gentle contrast of heat and cold—a soothing steam room followed by the invigorating clarity of cold water immersion. Each moment flows in harmony, creating a rhythm of release, renewal, and connection. In this serene space, wellness becomes your shared language—rooted in presence, resilience, and love

Tranquil Escape Retreat

Retreat into a private sanctuary where contrast therapy guides you through a deeply restorative journey. Begin with a purifying steam room session to release tension and toxins, followed by a cold water immersion paired with guided breathwork to invigorate body and mind. A soothing foot ritual enhanced by gentle sound healing grounds your energy before you move into a revitalising body treatment.

Designed to calm, energise, and realign, the experience concludes with your choice of a warming ginger body wrap or a 50-minute ELE|NA Massage, each crafted to leave you centred, renewed, and connected.

Complete your journey with a tropical refreshment served by the beach, where stillness lingers, and your sense of self feels softly restored.

120 minutes \$400/couple



Maldivian Therapies, Massage Therapies, and Sun Therapies

The heart of ELE|NA Ayur lies in its diverse range of treatments designed to invigorate and rejuvenate. From therapeutic massages that stimulate the body's energy flow to modern therapies that detoxify and renew, every treatment is crafted to enhance life force and vitality. Imagine stepping into a serene treatment room, where the soothing sounds of nature create an ambiance of tranquility.

Here, skilled therapists use warm herbal oils and *ancient techniques* to melt away stress and tension. Each stroke, each touch, is a step towards revitalization, awakening the body's innate healing abilities.



Veli Bon'dli - Maldivian Sands Bundle

Exclusively designed for ELE|NA, this ancient Maldivian therapy draws on island wisdom passed through generations. Warm pouches filled with sun-kissed sand are gently massaged over the body, melting away muscle aches and tension. Revered for easing arthritis, spasms, and rheumatism, this ritual offers a soothing journey that connects you deeply to the healing traditions and natural rhythms of the Maldives.

50 minutes \$120 75 minutes \$150

Kashi Nashi - Coconut Shell Massage

Begin with a refreshing coconut scrub that cleanses and nourishes the skin, awakening the senses. The journey continues with Kāshi Nāshi, a traditional Maldivian therapy exclusively crafted for ELE|NA. Using smooth coconut shells and native ingredients, this rhythmic massage helps release deep tension, ease muscular pain and calm the mind. A true return to the healing soul of the islands.

50 minutes \$120 75 minutes \$150

Hot Stone Massage

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.

50 minutes \$120 75 minutes \$150

Thai Massage



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.

50 minutes \$120 75 minutes \$150

Sports Massage

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.

50 minutes \$120 75 minutes \$150

Traditional Balinese Massage

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.

50 minutes \$110 75 minutes \$140

Swedish Massage

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.

50 minutes \$110 75 minutes \$140

Bamboo Massage

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.

50 minutes \$110 75 minutes \$140

Jet Lag Massage

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.

50 minutes \$110 75 minutes \$140

Foot and Leg Massage

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.*

50 minutes \$105 75 minutes \$135

Enhancement

Elevate your massage experience with wellness-focused additions like sound healing or targeted trigger point therapy for deeper relaxation and balance.

Sound Healing	<i>30 minutes</i>	<i>\$60</i>
Trigger Point Therapy	<i>30 minutes</i>	<i>\$60</i>
Add on Massage	<i>30 minutes</i>	<i>\$50</i>
Add on Massage	<i>15 minutes</i>	<i>\$35</i>
Crystal Face Massage	<i>15 minutes</i>	<i>\$35</i>



Body Treatments

Renew your skin and senses with our restorative body wraps and invigorating scrubs. Using natural, island-sourced ingredients, each treatment is designed to exfoliate, nourish, and leave your body feeling refreshed and radiant.

Seasonal Body Wrap

Embark on a journey of revitalization that harmonizes nature's bounty with sustainable indulgence through our exquisite *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.

45 minutes \$85

*Add back, neck and shoulder
massage*

75 minutes \$135

Add full body massage

105 minutes \$195

Kaashi Scrub - Coconut Body Scrub

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.*

30 minutes \$60

Sun Treatments

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.

50 minutes \$120



The Essence of Renewal: Facials

In a quiet sanctuary touched by whispers of nature, the journey to your most radiant self begins—not with products, but with you. Each facial unfolds gently, honoring your skin's unique story through the power of natural ingredients and timeless wisdom. It's a moment to reconnect, to nurture, and to awaken the life force that's always been within. Because true beauty is never created—it's simply revealed. It's always you.

Natural Anti-Ageing Facial

Experience the gentle rhythm of a soothing facial that embraces your skin's natural grace. Soft, traditional massage strokes across the face, neck, and décolleté awaken radiance and slow the signs of aging. This nurturing ritual brightens your complexion and smooths wrinkles, leaving you refreshed and luminous. Perfect for renewing and maintaining a healthy, youthful glow.

75 minutes \$145

Bespoke Natural Facial

Embark on a sensory voyage as our skilled therapists curate a facial tailored exclusively to your skin's unique needs. Drawing on the healing touch of nature, this experience captivates your senses from the very start.

50 minutes \$115

Wellness Seeker

These practices, rooted in ancient traditions, are tailored to individual needs, ensuring a *holistic approach to wellness* that promotes both *physical health* and *spiritual well-being*.



Beyond massages, ELE|NA Ayur offers a spectrum of revitalizing therapies that go deeper into the realms of healing and rejuvenation. These therapies include comprehensive detoxification processes that purify the body and mind, and calming treatments that soothe the nervous system and enhance mental clarity. Guests also have access to specialized yoga and meditation sessions, designed to harmonize the mind and soul.

Sculpt & Smooth - Contouring Massage

Waves of lemongrass and coconut salt sweep over the skin, gently exfoliating and sparking circulation as dullness gives way to radiance. With tension softened, a sculpting massage follows—targeting stubborn areas with firm, rhythmic strokes to tone and release. A final touch of cooling peppermint oil revives the body, leaving you feeling light, lifted, and beautifully recharged.

60 minutes \$120

Firming Flow - Body Toning Ritual

Reignite your skin's youthful tone with this revitalizing massage. A warm Maldivian sand poultice is applied to relax muscles and stimulate collagen. Followed by a deep firming massage using massage oil infused with lemongrass to promote elasticity, reduce sagging, and uplift the spirit.

60 minutes \$120

Lymphatic Lightness - Detox Drainage Massage

Soft bristles sweep across the skin in a dry brushing ritual that stirs energy flow and encourages gentle renewal. As the surface awakens, a light-pressure lymphatic massage follows to support drainage, reduce puffiness, and restore inner balance. A soothing, rhythmic journey that nurtures clarity from the inside out.

60 minutes \$120

Floating Meditation & Sound Healing

Float weightlessly in the stillness of the pool as healing sound vibrations wash over you. Guided by breath and gentle frequencies, your body softens, your mind quiets, and your spirit begins to surrender. Immersed in water and sound, you'll experience a profound sense of calm, where silence speaks and stillness heals. A deeply restorative journey of sound, serenity, and self.

60 minutes \$120



Five Elements Reflexology

60 minutes
\$120

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.

Natural Face Lift Treatment

60 minutes
\$120

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.

Indian Head Massage

30 minutes
\$60

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.

Contrast Therapy

30 minutes
\$50

Transform your day into a sanctuary of peace with this 30-minute guided contrast therapy session designed to restore balance and boost vitality. Alternating between soothing heat and invigorating cold, this ritual enhances circulation, reduces muscle soreness, decreases inflammation, and supports immune

Chapter 6 | *Life-Enhancing Wellness Practices*

ELE|NA Ayur's commitment to wellness extends beyond treatments and therapies. The brand promotes a lifestyle centered around balanced and sustainable wellness practices that can be integrated into daily life. Nutritional guidance, mindful living workshops, and personalized wellness plans empower guests to take charge of their health and vitality.

The founders believe that
*true wellness is a journey,
not a destination.*

By fostering an enriching lifestyle that encourages active engagement with life's pleasures and challenges, ELE|NA Ayur helps guests cultivate a deeper connection with themselves and the world around them. This holistic approach not only nurtures physical health but also energizes the spirit and sharpens the mind. ELE|NA is *more than a wellness center*; it is a community of individuals dedicated to living their best lives. Through workshops, retreats, and community events, guests can connect with like-minded individuals and share their journeys towards vitality. This sense of community fosters support, inspiration, and a shared commitment to holistic wellness. In this vibrant community, every individual is celebrated for their *unique path to health and well-being*. Stories of transformation and rejuvenation abound, creating a tapestry of inspiration that motivates others to embark on their own wellness journeys.



A Legacy of Longevity

As ELE|NA Ayur continues to grow, its founders remain committed to their vision of enhancing life through holistic wellness. They strive to create a legacy of longevity, where the principles of modern wellness converge to offer a path to vibrant, energetic living.

ELE|NA Ayur is a testament to the power of integrating ancient wisdom with contemporary practices. It stands as a beacon of vitality, inviting all who seek to rejuvenate their bodies, invigorate their spirits, and sharpen their minds to embark on a transformative journey of wellness.



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.

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

Pricing

All prices are listed in US Dollar (USD) and are exclusive of applicable government taxes and service charges. Please note that taxes and service charges will be added to the final bill at the time of payment.

