



# Meet *Rachit*

Wellness Therapist | Reiki Practitioner

Rachit brings over 14 years of expertise in Ayurvedic therapies, holistic wellness, and integrative healing modalities. His passion lies in blending traditional practices with modern approaches to deliver exceptional guest experiences and training programs.



## SIGNATURE *Treatments*

### AURA FACE REFLEXOLOGY

60 Minutes | \$ 200 ++

Unveil the power of Facial Reflexology, a distinctive technique that uses gentle pressure on key points of the face to activate and restore balance to corresponding areas of the body.

*Reduced stress and tension | Improved circulation | Glowing complexion | Sinus relief | Improved sleep*

### REIKI

60 Minutes | \$ 210 ++

Experience the profound relaxation and gentle healing of Reiki. This ancient Japanese technique involves the gentle placement of hands on or near the body to channel universal life force energy.

*Deep relaxation | Reduced anxiety | Improved sleep | Enhanced well-being*

### CRYSTAL HEALING

60 Minutes | \$ 220 ++

Discover the transformative power of Crystal Healing, an ancient practice that harnesses the unique vibrational energies of crystals to enhance physical, mental, and emotional well-being.

*Release stress and tension | Balance your chakras | Boost your immune system | Improve sleep quality*

LIMITED  
OFFER



# THE RESONANCE WITHIN

Experience the Restorative Power of Healing Vibrations



## PURE SOUND HEALING

Vibrations that realign your energy and awaken inner calm  
45 mins | \$150++

A deeply meditative therapy using the healing tones of Tibetan singing bowls placed around and on the body. The sound waves penetrate deeply into the tissues, calming the mind, balancing energy flow, and promoting emotional clarity and serenity.

**Benefits:** Energy balance • Emotional release • Deep relaxation

## SERENITY SOUND HEALING

An immersive blend of relaxation and energy balance  
60 mins | \$200++

Experience deep tranquility as the soothing head, neck, and shoulder massage harmonizes with the resonant sound of Tibetan singing bowls. This therapeutic fusion eases muscle tension, relieves mental stress, and restores inner balance.

**Benefits:** Stress relief • Improved sleep • Mental clarity

## AROMATIC SOUND HEALING

The ultimate sensory escape for body and mind  
90 mins | \$250++

Indulge in a full-body aromatic massage enhanced by the resonant tones of singing bowls. The rhythmic flow of massage melts away tension, while the healing vibrations guide you into a meditative state of calm, balance, and renewal.

**Benefits:** Deep relaxation • Emotional harmony • Holistic rejuvenation

Please contact your butler or ELE|NA to reserve your space  
Price is subject to applicable service charge and GST



LIMITED  
OFFER



# SACRED RHYTHMS OF AYURVEDA

Reconnect Body, Mind, and Spirit through Time-Honoured Therapies



## AYURVEDIC JOURNEY

90 / 120 mins | \$250++ / \$300++

A deeply balancing ritual combining Abhyangam, a warm herbal oil massage that detoxifies and energizes the body, with Shirodhara, a calming stream of warm oil poured over the forehead to soothe the mind and nervous system. Ideal for relieving stress, fatigue, and mental tension.

## KATIVASTI

60 mins | \$180++

An ancient Ayurvedic therapy for lower back pain, where warm medicated oil is gently pooled over the lumbar region using a dough ring. This treatment nourishes the spine, strengthens muscles, and alleviates discomfort from muscular or spinal conditions.

## NABHI BASTI CHAKRA REVIVAL

60 mins | \$180++

A traditional treatment focusing on the navel area (Nabhi Marma), where warm herbal oil is retained over the abdomen. This therapy supports digestive health, balances the body's energies, and promotes deep rejuvenation of abdominal organs.

Awaken Balance Within

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