



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.





Signature Treatments

COUPLES RESTFUL DELIGHT

75 Minutes

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

KASHI NASHI - COCONUT SHELL MASSAGE

75 Minutes

The experience culminates in Kāshi Nāshi, a potent Maldivian treatment employing coconut shells and indigenous ingredients for a body massage. It is a unique treatment, which will help you to release your tension, reduce muscular pain. Recommended for: muscular pain, reducing stress.

VELI BON'DLI - MALDIVIAN SAND BUNDLE MASSAGE

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.





Facials for Holistic Skincare

BESPOKE NATURAL FACIAL

30 / 60 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.

ANTI-AGEING LIFTING FACIAL

30 / 60 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.



Massage Therapies

STRESS BUSTER MASSAGE

30 / 60 Minutes

Soothe away your stress with a personalized Stress Buster Massage that works magic on your body and mind. Our expert massage therapist works on your problem areas to remove muscular tension and stiff joints, gently working our the knots.

BAMBOO MASSAGE

30 / 60 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

30 / 60 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

PAIN RELIEF MASSAGE

30 / 60 Minutes

Pain Relief Massage relieves pain and tiredness, especially around your neck and shoulder. Trained therapists identify the source of discomfort, known as the trigger point, and massage the area. They use an alternating pressure and release motion to remove stress at the source





Sun Treatment

TAN ACCELERATOR

30 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

60 Minutes

Aloe Vera is a natural, pure hydrating herb. The ELENA Sun Burn 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





Spa Treatment Menu

Signature Treatments

Couples Restful Delight	75 mins	\$180 / couple
Coconut Shell Massage	75 mins	\$95
Maldivian Sand Bundle Massage	75 mins	\$95

Facial for Holistic Skin Care

Bespoke Natural Facial	30 / 60 mins	\$50 / \$75
Anti-ageing Lifting Facial	30 / 60 mins	\$50 / \$75

ELE|NA Massage Therapies

Stress Buster Massage	30 / 60 mins	\$50 / \$75
Bamboo Massage	30 / 60 mins	\$50 / \$75
Balinese Massage	30 / 60 mins	\$50 / \$75
Pain Relief Massage	30 / 60 mins	\$50 / \$75

Sun Treatment

Tan Accelerator	30 mins	\$50
Sunburn Treatment with Aloe Vera	60 mins	\$75

All prices are in USD and are subject to 10% service charge and 17% GST



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