



# ELENA SPA VARU PLAN™

A Selection of **45-minute** Localized **Ele|na Spa** Treatments Blend Local Healing Practices with International Therapies For a Unique Spa Experience. Every Treatment is Designed to Nourish and Rejuvenate Using Natural Products, The Purest Sources Of Energy.

## ◦ JET LAG EXPRESS FACIAL

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.

## ◦ STRESS BUSTER MASSAGE

Beat the stress with the Stress Buster Massage that works magic on your body and mind. The therapist begins with the muscles of your neck and shoulder, gently working out the knots. Then comes a soothing head massage to calm your mind and help you relax.

- *Head, Neck & Shoulders*

## ◦ YOGAYAAM PRESSURE POINT MASSAGE

Experience our excellent body movement therapy, with the Yogayaam Pressure Point Massage. A fully-clothed, oil-free therapy that combines Yogayaam massage and Thai stretching techniques. The therapist focuses on pressure points, gently stretching and kneading to reawaken your body and set the energy flowing.

- *With Thai Stretching*

## ◦ TAN ACCELERATOR TREATMENT

A super-effective treatment for a glowing, sun-kissed complexion. The ELENA 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*

### Terms & Conditions;

•Eligible for adults (18 years and above) subject to the duration of the stay; one 45 minutes Spa treatment for every 4 nights per person per stay.

•The spa booking confirmation is subjected to availability of the requested time.

•Please give notice of rescheduling or cancellation minimum of 5 hours before your reservation time. If such information is not provided or not show up will cause to cancellation of service

•For further information or reservation, please contact ELENA Spa, extension 941