ELE|NA
AYUR

SPA & WELLNESS MENU



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"***

आयुर्

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.

Embrace the Rhythm of Life

Your journey to enhanced wellbeing begins here.

The first light touches the turquoise waters of the Maldivian atoll. Coconut palms sway gently in the sea breeze, the rhythm of the ocean moves with the tide, and the island awakens to the warmth of the sun. Here, nature sets the pace, and wellness begins with simply being present.

Welcome to ELE|NA Ayur, where every experience is inspired by the timeless wisdom and the healing power of the land that surrounds you. Guided by our philosophy of Wellness Your Way, we invite you to choose the moments that speak to you, whether it's a restorative therapy, mindful movement, nourishing ritual, or simply time to pause.



Inspired by the island that surrounds us, every ELE|NA experience draws from the natural beauty, traditions, and rhythms of the island. The ocean, tropical botanicals, native ingredients, and treasures of island life find their way into our therapies, rituals, and spa experiences, bringing the essence of the island beyond its shores and into every treatment. Here, the island itself becomes part of your journey, naturally, intuitively, and in its own unhurried rhythm.

Take a breath. Slow down.
Let nature guide the rest.

Wellness that grows where you stand.

#Wellnessyourway

YOUR JOURNEY THROUGH THE MENU

Pillars Of Vitality

Wellness here isn't a single treatment. It's the Pillars Of Vitality working together, chosen with you or layered as you like, each addressing a different part of how you actually recover.

Raaya Signature	Signature rituals inspired by the island, bringing together natural ingredients and the restorative rhythm of the island.
TouchFlow	Hands-on bodywork rooted in the Island's care and rhythms.
ReFine	Facials, scrubs and rituals that treat the skin as part of the recovery.
SoulVibe	Sound, breath and stillness for the tension touch can't reach.
BodyFit	Movement, strength and training across the Island and the gym.
SleepSync	The evening close, built to carry you into deep, restorative sleep.


“Your wellbeing is unique.
Your journey should be too.”

CURATED FOR YOU

Raaya Plan

✧ Releases Tension ✧ Restores Mobility ✧ Deeply Relaxes

Restorative Release

45 mins

Upper Body Stretching, Leg & Foot Pressure Point Therapy

A restorative therapy designed to release tension through guided upper body stretching, followed by precise pressure point work on the legs and feet to stimulate energy flow. The experience is completed with soothing stretches, promoting flexibility, circulation, and deep relaxation.

A gentle release for the body, bringing ease back into every movement.

✧ Gently Exfoliates ✧ Deeply Nourishes ✧ Reveals Radiance

Sun-Kissed Glow Ritual

45 mins

Island Sand & Coconut Oil Exfoliation with Nourishing Body Lotion

A rejuvenating body treatment inspired by the Maldivian shores. Natural sand blended with nourishing coconut oil gently exfoliates the skin, removing dull surface cells and promoting a smooth, even complexion. The ritual is completed with the application of a hydrating body lotion to replenish moisture, leaving the skin soft, radiant, and prepared for a beautiful sun-kissed glow.

The shores leave their glow behind, long after the tide has receded.

✧ Releases Tension ✧ Restores Circulation ✧ Re-Energises the Body.

Serenity Back Treatment

45 mins

Back Massage

unwind into the state of serenity treatment, expertly designed to promote deep relaxation and enhance sleep quality. This tranquil experience focuses on your back where stress and tension tend to accumulate, releasing tightness through gentle, rhythmic strokes that soothes body and mind.

A focused ritual to leave the journey behind and return to your natural rhythm.

Enhancements

Add On To Your Choice Of Treatment

✧ Targets Tension ✧ Eases Discomfort ✧ Restores Relief

Massage Time

15 mins - $35
30 mins – $60

A focused therapeutic massage designed to target one specific area of concern. Using a combination of pressure, stretching, and muscle-release techniques, this treatment helps alleviate tension, improve circulation, and provide immediate relief in a short amount of time.

When time is limited, let your body receive exactly what it needs.

✧ Deeply Calms ✧ Clears the Mind ✧ Restores Inner Balance

Sound Healing & Vibration Therapy

15 mins - $40
30 mins – $75

A meditative journey using harmonic frequencies and resonance. By applying vibration therapy, this treatment realigns your internal energy, reduces stress at a cellular level, and induces profound mental clarity.

Let the vibration soften the noise, until stillness finds its way within.

✧ Releases Muscle Tension ✧ Eases Stiffness ✧ Restores Mobility

Trigger Point Muscle Release Therapy

15 mins - $40
30 mins – $75

A therapeutic session targeting "knots" and areas of chronic tension. Through focused, deep pressure, this therapy releases constricted muscle fibers, alleviates pain, and restores your natural range of motion.

Where tension lingers, focused touch brings the body back to ease.

✧ Depuffs & Defines ✧ Boosts Circulation ✧ Reveals Radiance

Gua Sha or Jade stone

15 mins - $40
30 mins – $75

An ancient ritual for modern radiance. Using contoured jade tones, this facial massage stimulates lymphatic drainage and boosts circulation to naturally carve, lift, and depuff for a luminous complexion.

Ancient touch, traced in stone, awakens the light within your skin.



Signature Rituals

Rooted in the elements of the island, Raaya Signature Rituals bring together ancient techniques, natural materials, and restorative touch. From cooling jade and ocean-inspired recovery to warm sand and coconut shell therapies, each ritual is thoughtfully designed to reconnect the body with the rhythm of nature, leaving you grounded, restored, and renewed.



✧ Releases Deep Tension ✧ Rebalances Energy ✧ Calms the Mind

120 min- $220

Jade Meridian Renewal

Jade Stone & Acupressure Body Ritual with Jade Comb Scalp Massage & Sound Healing

A deeply restorative full-body experience combining the healing properties of jade with targeted therapeutic techniques. This ritual begins with a flowing full-body massage using smooth jade stones to release muscular tension and promote circulation. It is followed by focused foot acupressure using a jade stone stick to stimulate reflex points and rebalance the body's energy pathways. The journey concludes with a soothing head massage using a jade comb to ease scalp tension, calm the mind, and enhance overall relaxation.

Guided by the wisdom of jade, the body softens, the mind quietens, and energy flows.

✧ Rehydrates & Revives ✧ Releases Muscular Tension ✧ Soothes & Restores

90 min - $200

Ocean Recovery Ritual

Breathwork & Body Mist Ritual with Face & Head Massage

A restorative treatment specially designed for guests after diving, helping the body recover from physical exertion, pressure changes, and dehydration. This ritual begins with gentle breathing and grounding techniques, followed by a full-body massage focused on relieving muscle tension, particularly in the back, shoulders, and legs. Cooling and soothing products are applied to calm the skin after sun and salt exposure. The experience is completed with a hydrating scalp or face massage to refresh the senses and promote overall relaxation.

From the depths of the ocean, return to a state of calm, comfort, and renewal.

✧ Reduces Fluid Retention ✧ Stimulates Circulation ✧ Restores Balance

75 min - $170

Gua Sha Lymphatic Flow

Lymphatic Release & Full Body Gua Sha Massage

This ritual focuses on gently clearing lymphatic pathways and reducing fluid retention through specialized drainage techniques. A therapeutic massage using gua sha enhances circulation, releases tension, and promotes detoxification, helping the body recover from fatigue and restore natural balance.

A gentle sweep to clear, lighten, and bring the body back into flow

✧ Soothes Deep Muscles ✧ Grounds the Body ✧ Warms & Restores.

60 mins - $120
90 mins - $180

Veli Bond'li – Maldivian Sand Bundle

Full Body Massage With Warm Poultice

Experience a timeless island ritual using heated sand bundles (Veli) sourced from the Maldivian shores. This treatment combines gentle pressure and rhythmic tapping to detoxify the skin, soothe aching muscles, and ground your energy through the healing warmth of the earth.

Drawn from the shores, warmed by the earth, and carried into every touch.

✧ Deeply Releases Tension ✧ Stimulates Circulation ✧ Revitalises the Body

60 min - $120
90 min - $180

Kashi Nashi – Coconut Shell

Massage With Coconut Shell

A tribute to the "Tree of Life," this massage utilizes polished coconut shells to provide deep, firm pressure. The unique contours of the shells help knead away tension and improve circulation, leaving you feeling revitalized and deeply connected to the spirit of the tropics

From the Tree of Life, a grounding touch shaped by the spirit of the tropics.



TouchFlow

A collection of therapeutic bodywork rituals designed to restore ease, movement, and balance through the power of touch. Each treatment draws from time-honored techniques, from flowing massage and assisted stretching to acupressure, jade therapy, and vibrational sound, creating a considered journey from physical release to deeper relaxation.



✧ Deeply Relaxes ✧ Enhances Circulation ✧ Grounds & Balances

60 min - $140
90 min - $200

Jade Vitality Flow

Full Body Massage With Jade Stone

A deeply restorative full body massage using smooth, naturally cooling/warm jade stones to glide across the body, combining rhythmic massage techniques with the grounding and balancing energy of jade.

Smooth stone, flowing touch, and a quiet return to balance.

✧ Releases Deep Tension ✧ Restores Flexibility ✧ Revitalises Active Muscles

60 min - $140
90 min - $200

Muscle Recovery & Trigger Point Therapy

Full Body Massage With Stretching And Trigger Points

A deeply restorative performance ritual designed for active bodies, combining targeted trigger point therapy, deep tissue work, and assisted stretching to restore natural flow within the muscles and energy pathways of the body.

For bodies in motion, a deeper touch to release, restore, and move freely

✧ Calms the Nervous System ✧ Releases Stress ✧ Restores Inner Harmony.

60 min - $140
90 min - $200

Balinese Reset Massage

Balinese Massage With Relaxing Nervous System

A traditional Balinese-inspired full body massage combining rhythmic palm techniques, gentle stretching, acupressure, and flowing strokes designed to calm the body and restore balance. This ritual focuses on gently guiding the body out of stress response mode, allowing the nervous system to shift into deep relaxation, recovery, and inner harmony.

Rhythmic touch to quiet the body, soften the mind, and return to stillness."

✧ Enhances Flexibility ✧ Harmonises Energy Flow ✧ Deepens Mind-Body Connection

60 min - $140
90 min - $200

Thai Breath Flow

Movement & Energy Alignment

A meditative Thai bodywork ritual combining assisted stretching, acupressure, and conscious breathing to restore flexibility, calm the nervous system, and harmonize body and energy flow.

With every breath and stretch, the body opens and energy finds its natural flow

✧ Releases Physical Tension ✧ Calms the Nervous System ✧ Harmonises Body & Energy

60 min - $140
90 min - $200

Harmonic Swedish Ritual

Singing Bowl & Therapeutic Massage

A calming full-body massage that blends classic Swedish techniques with the therapeutic resonance of singing bowls. Flowing strokes, muscle relaxation techniques, and gentle vibrational sound are combined to guide the body into a deeply restful and harmonized state. The treatment works on both physical tension release and energetic alignment, creating a multi-sensory relaxation experience that soothes the body, mind, and nervous system.

Where therapeutic touch meets resonant sound, the body settles into harmony.

✧ Eases Targeted Tension ✧ Restores Circulation ✧ Rebalances Energy.

45 min - $90

Jade Harmony

Back Or Leg And Foot Massage

A focused restorative treatment with a choice of either back therapy or leg & foot massage, enhanced with smooth jade stone techniques. This treatment blends therapeutic bodywork with the grounding energy of jade to release tension, restore circulation, and bring the body back into natural alignment. The jade stone is used not only for physical relief, but also for energetic balancing, helping to harmonize the body's internal flow.

A grounding touch of jade, bringing tired limbs and tense muscles back to ease.

"From the first touch to the final glow, every ritual is a return to balance."



ReFine

A collection of restorative rituals created to renew the skin, refine the body, and awaken natural radiance. Through targeted exfoliation, sculpting touch, nourishing wraps, and facial techniques inspired by ancient practices, each treatment invites the skin and body into a smoother, brighter, more renewed state.



✧ Reduces Puffiness ✧ Boosts Circulation ✧ Reveals Natural Glow.

Face Gua Sha

90 min - $170

Face Massage With Gua Sha

Experience renewal with our 90-minute treatment, starting with a relaxing foot ritual followed by a tailored skin consultation and skin mapping. The session features the ancient 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.

With every sculpting stroke, the skin awakens to a softer, brighter radiance.

✧ Awakens Facial Radiance ✧ Eases Facial Tension ✧ Restores Inner Flow

Meridian Flow Facial

90 min - $170

Face Meridian Flow Massage With Stretching

Embrace the restorative power of "Yin" with this transformative facial journey. Following a soothing foot ritual and personalized skin mapping, we utilize a flow magnetic pen and sculpting copper spoons to stimulate meridian points. This rhythmic acupressure technique boosts skin metabolism, eases facial tension, and encourages deep regeneration, leaving you with a profound sense of calm and allure.

A rhythmic journey where ancient meridians meet the natural allure of radiant skin.

✧ Lifts & Tones ✧ Smooths Fine Lines ✧ Rejuvenates the Complexion

90 min - $160

Yogi Glow Facial

Sculpt, Lift & Restore

A 90-minute transformative journey inspired by the principles of yoga. Following a soothing foot ritual and skin mapping, this session uses targeted face yoga techniques to lift, firm, and tone underlying muscles. By smoothing fine lines and calming a busy mind, this ritual offers the perfect blend of physical rejuvenation and mental tranquility for a radiant, youthful complexion.

Where mindful movement meets skilled touch, radiance rises naturally



✧ Refines Skin Texture ✧ Smooths & Tones ✧ Reveals Radiance

60 min - $120
90 min - $180

Targeted Body Scrub – Contour Refinement

Body Scrub & Contour Massage

A natural exfoliating scrub applied to specific areas of concern (such as abdomen, thighs, arms, or back). This helps remove dead skin cells, smooth texture, and enhance skin radiance while stimulating microcirculation.This is followed by a targeted contour massage using specialised techniques to refine body contours, ease fluid retention and leave the skin feeling smoother and more toned.

A focused ritual to refine, smooth, and reveal the skin's natural luminosity

✧ Firms & Tones ✧ Supports Skin Elasticity ✧ Refines Body Contours

60 min - $120
90 min - $180

Localized Firming Body Wrap Sculpt & Tone

Target Firming Massage With Warm Bundle, Wrap

A focused body wrap applied only to selected areas needing firming and tightening support. The wrap helps create a warming or tightening effect that supports skin elasticity and improves the appearance of body contour over time.

A warming ritual to smooth, firm, and refine the body's natural contours."

✧ Soothes Sun-Stressed Skin ✧ Replenishes Moisture ✧ Calms Redness.

Sun Treatment

50 min - $110

Nourishing & Soothing Body & Face Ritual

The ELE|NA Sunburn Treatment uses sustainable products to intensively cool, 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.

A cooling embrace for skin touched by the sun.



Body Fit

Body Fit brings together mindful movement and dynamic training to build strength, flexibility, endurance, and body awareness. From yoga and Pilates to high-intensity and functional training, each session is designed to meet the body where it is, encouraging better movement, greater resilience, and a stronger connection between body and mind.



✧ Promotes Relaxation ✧ Restores Mobility ✧ Body Feels Lighter

90 min - $200

Body Ritual

A deeply restorative full-body ritual combining therapeutic massage with guided stretching techniques to improve flexibility, release muscular tension, and restore overall balance. Through flowing massage movements and assisted body stretches, the muscles are gently encouraged to lengthen, loosen, and rebalance while promoting relaxation throughout the entire body. This mindful treatment enhances circulation, improves joint mobility, and relieves physical tightness while calming the nervous system and easing mental stress. The Body Yogi Ritual leaves the body feeling lighter, more open, and deeply renewed with a greater sense of movement and wellbeing.

A flowing ritual to lengthen, loosen, and return the body to ease.

✧ Restores Flexibility ✧ Calms the Mind ✧ Deepens Connection

Yoga

45 min - $90

Flow, stretch, and breathe into mindful movement that restores balance, flexibility, and inner calm.

Move with intention, breathe with awareness, and return to your natural rhythm.

✧ Strengthens the Core ✧ Improves Posture ✧ Builds Body Awareness

Mat Pilates

45 min - $90

A gentle yet deeply effective practice designed to strengthen the body from within. This mindful session focuses on core stability, posture alignment, and controlled breathing, helping to improve flexibility while creating a sense of balance and body awareness. Ideal for all levels, it nurtures both physical strength and inner calm.

Strength begins within, as mindful movement brings the body into balance.

✧ High Impact ✧ Builds Endurance ✧ Maximises Calorie Burn.

HIIT

45 min - $90

An energizing, results-driven workout that alternates bursts of intense activity with short recovery periods. This dynamic session boosts metabolism, enhances cardiovascular endurance, and promotes efficient calorie burn, all within a short time. Perfect for those seeking a powerful and time-efficient fitness experience.

Short bursts of intensity, powerful movement, and energy that carries beyond the workout

✧ Builds Full-Body Strength ✧ Elevates Endurance ✧ Develops Resilience

Crossfit

45 min - $90

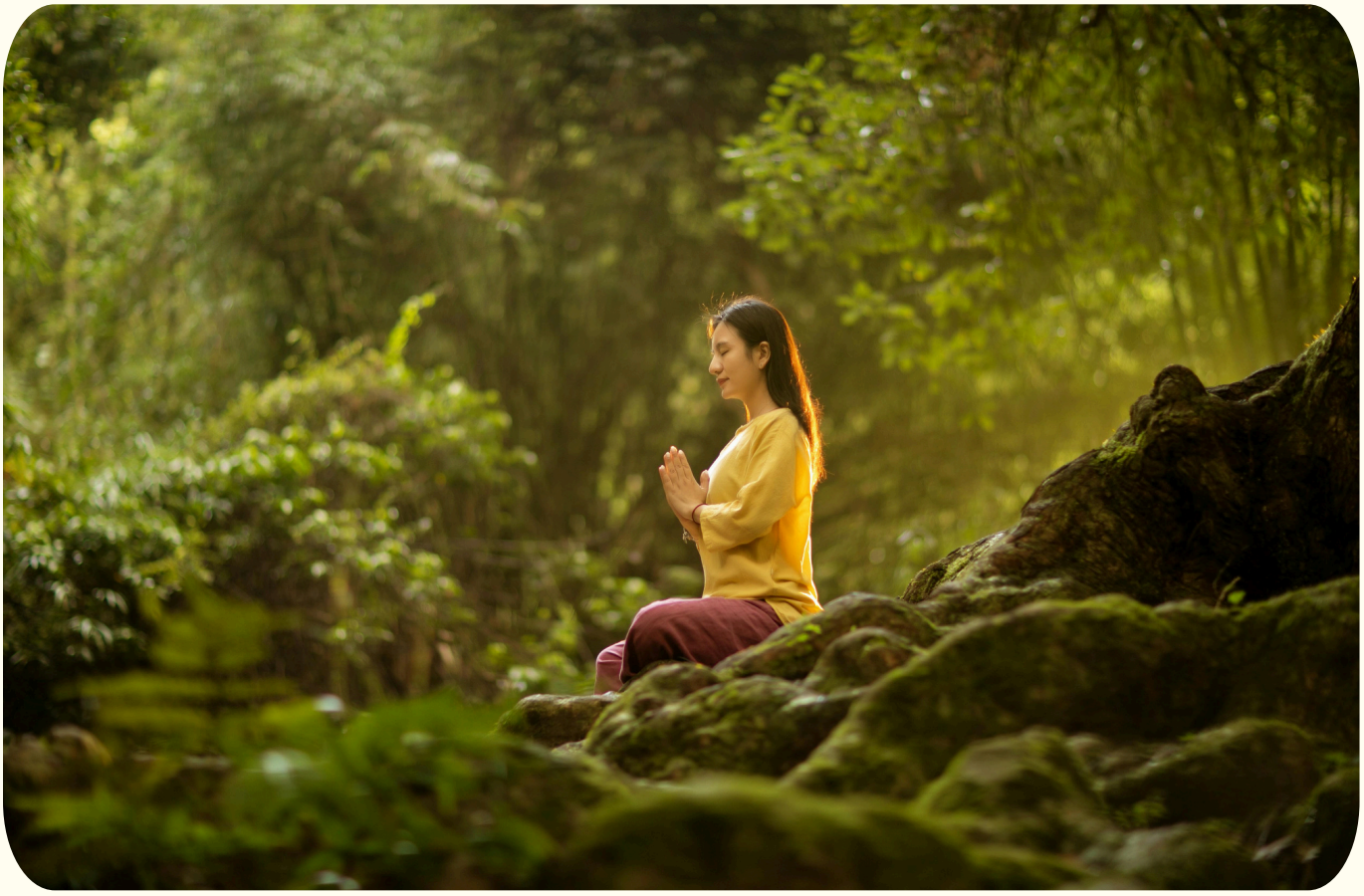
A high-performance training experience combining functional movements, strength, and endurance. This session is designed to challenge the body through varied, full-body exercises that build power, agility, and resilience. Suitable for all levels with scalable intensity, it delivers a motivating and empowering workout.

Challenge your limits, build your strength, and discover what your body can do.


LifeFitness

SoulVibe

SoulVibe invites you inward through sound, breath, meditation, and mindful energy practices. From immersive sound healing and nature-inspired meditation to breathwork and grounding rituals, each experience creates space to quiet the mind, release what feels held, and reconnect with a deeper sense of inner balance.



✧ Releases Deep Stress ✧ Calms the Mind ✧ Renews Inner Energy

45 min - $120

Floating Sound Healing

Floating With Sound Healing And Pressure Points

A multi-sensory healing ritual combining sound frequencies with a floating or weightless sensation (water or supported suspension), creating a deeply immersive experience of release, surrender, and energetic reset.

Weightless in body, softened by sound, and free to simply let go.

✧ Deepens Relaxation ✧ Clears the Mind ✧ Restores Inner Balance

Sound Bath Healing

45 min - $90

Immersive Sound Healing with Singing Bowls Around the Body

A deeply immersive healing experience using resonant sound frequencies from singing bowls, chimes, gongs, or tuning instruments to guide the body into a meditative state of deep rest and inner balance.

Let the sound wash over you, until the mind quietens and stillness settles within.

✧ Grounds the Mind ✧ Deepens Mindfulness ✧ Reconnects with Nature

Nature Inspired Meditation

45 min - $90

Guided Meditative Journey

A guided or silent meditative journey inspired by natural elements—such as ocean waves, wind, forest sounds, and earth grounding—to reconnect the guest with nature's rhythm and their inner stillness.

Return to the rhythm of nature, where stillness comes naturally.

✧ Expands Flexibility ✧ Calms the Nervous System ✧ Restores Balance

Vital Breath & Flow Stretch

45 min - $90

Breathwork With Gentle Stretching

A mindful breath and movement ritual that restores flexibility, calms the nervous system, and rebalances energy through conscious breathing and gentle stretching.

Breathe deeper, move gently, and let the body return to its natural flow

✧ Releases Inner Tension ✧ Restores Clarity ✧ Rebalances Energy

Inner Flow Energy Release

45 min - $90

Grounding, Aromatic Breath Work, Face And Scalp Energy Release

A deeply restorative ritual designed to release physical tension, emotional stagnation, and energetic blockages while restoring balance, grounding, and inner clarity.

Breathe, ground, and gently release what no longer needs to be carried.

✧ Clears Stagnant Energy ✧ Restores Inner Clarity ✧ Rebalances Mind & Body.

45 min - $90

Auric Reset Ritual
Energy Reset & Body–Mind Rebalance

Energy Alignment & Chakra Balancing

A rapid energy healing experience designed to clear stagnation, release stress, and restore natural flow within the body's energy system. Through focused chakra activation, meridian touch, and grounding techniques, this express ritual brings mental clarity, emotional balance, and deep energetic renewal

A moment to clear, ground, and return to your natural flow.



"Every vibration is an invitation to return to balance."



Sleep Sync

Sleep Sync is a considered journey from the pace of the day into deeper rest. Through mindful transitions, calming touch, sensory rituals, and gentle practices, each experience helps quiet the mind, soften the senses, and prepare the body for restorative sleep.



✧ Softens the Senses ✧ Signals Rest ✧ Eases the Mind

90 min - $220++

Prepare & Unwind

Stop Blue Light Exposure, Dim Switch Light, Tidy & Transition

As daylight fades, the senses begin to soften. Light lowers, spaces quieten, and the body is gently guided out of the day's momentum. Order returns, breath slows, and the mind receives its first signal to rest.

As the day dims, create space for stillness, softness, and sleep.

✧ Calms the Nervous System ✧ Releases Tension ✧ Invites Deep Rest

Soothe & Restore

The Vagal Simulus, Essential Scent & Touch, Gentle Movement/ Stretching

Touch becomes slower, scents deepen, and movement turns fluid and unforced. The nervous system unwinds, tension dissolves, and the body is invited into a state of ease where calm settles naturally and sleep feels closer.

Slow the touch, soften the senses, and let the body surrender to rest.

✧ Releases the Mind ✧ Nourishes the Body ✧ Deepens Rest

Settle and Surrender

Journal Release, Hydrate & Optimise, Final Focus

Thoughts are released, the body nourished, and awareness drawn inward. The final moments are unhurried, quiet, and intentional, allowing the mind to drift and the body to surrender fully into deep, restorative sleep.

Let the thoughts settle, the body soften, and sleep arrive without effort.



"Let go of the day, and float into peaceful restoration."

Nurture & Care Rituals

Thoughtfully created for life's gentler moments, Nurture & Care Rituals offer soothing experiences for mothers-to-be and your little one's. With supportive techniques, calming touch, and a considered approach to comfort, each ritual creates a space to relax, unwind, and feel cared for.



✧ Eases Pregnancy Tension ✧ Soothes Tired Limbs ✧ Deepens Relaxation

60 min - $120

Pregnancy Massage

Side-Lying Massage with Face & Head Ritual

A nurturing sanctuary for mothers-to-be. This specialized therapy uses gentle, rhythmic techniques and supportive positioning to alleviate the unique physical strains of pregnancy. By focusing on reducing lower back tension, decreasing water retention, and soothing tired limbs, this treatment provides a moment of profound calm for both mother and child.

Note: Recommended for guests in their second or third trimester to ensure a safe and relaxing experience.

A nurturing pause for the mother-to-be, where comfort, calm, and gentle care come together.

✧ Gently Relaxes ✧ Soothes Growing Muscles ✧ Nurtures Calm

45 min - $90

Botanical Infusion Ritual

Your Choice of Body Scrub or Body Wrap

Body Scrub: A revitalising body exfoliation using natural botanical ingredients to gently remove dead skin cells, stimulate circulation and reveal softer, smoother, more radiant skin. Rich in nourishing plant extracts, it refreshes the body and prepares the skin to better absorb moisture, leaving it silky, hydrated and naturally glowing.

Body Wrap: A deeply nourishing body wrap infused with natural botanical ingredients to replenish, hydrate and restore the skin. Cocooned in a warm, nutrient-rich wrap, the skin benefits from active plant extracts that enhance softness, support skin renewal and promote a healthy, radiant complexion while encouraging deep relaxation.

Where nature nourishes, the skin finds its glow.



✧ Gently Relaxes ✧ Soothes Growing Muscles ✧ Nurtures Calm

30 min - $50
45 min - $75

Kids Treatment

Choices Of Scrub Or Massage

A gentle and nurturing massage specially designed for children using light, calming techniques to promote relaxation and comfort. Soft rhythmic movements help ease tension from growing muscles while encouraging calmness and restful energy. The treatment is performed with mild, child-friendly oils and focuses on creating a safe, comforting, and enjoyable spa experience for younger guests.

A gentle touch to help your little one unwind and little minds slow down.



Spa Treatment Menu

Treatment	Duration	Price
Raaya Signature Rituals		
Jade Meridian Renewal	120 min	$220++
Ocean Recovery Ritual	90 min	$200++
Gua Sha Lymphatic Reset Ritual	75 min	$170++
Veli Bond'li – Maldivian Sand Bundle	60 / 90 min	$120++ / $180++
Kashi Nashi – Coconut Shell Massage	60 / 90 min	$120++ / $180++
Touch Flow		
Jade Vitality Flow	60 / 90 min	$140++ / $200++
Muscle Recovery & Trigger Point Therapy	60 / 90 min	$140++ / $200++
Balinese Reset Massage	60 / 90 min	$140++ / $200++
Thai Breath Flow	60 / 90 min	$140++ / $200++
Harmonic Swedish Ritual – Singing Bowl & Therapeutic Massage	60 / 90 min	$140++ / $200++
Jade Harmony – Back or Leg & Foot Massage	45 min	$90++
Refine		
Face Guasha	90 min	$170++
Meridian Flow Facial	90 min	$170++
Yogi Glow Facial	90 min	$160++
Targeted Body Scrub – Contour Refinement	60 / 90 min	$120++ / $180++
Localized Firming Body Wrap – Sculpt & Tone	60 / 90 min	$120++ / $180++
Sun Treatment	50 min	$110++

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

Spa Treatment Menu

Treatment	Duration	Price
Body Fit		
Body Ritual	90 mins	$200++
HIIT	45 mins	$90++
Crossfit	45 mins	$90++
Yoga	45 mins	$90++
Mat Pilates	45 mins	$90++
SoulVibe		
Floating Sound Healing	45 mins	$120++
Sound Bath / healing	45 mins	$90++
Nature Inspired Meditation	45 mins	$90++
Vital Breath & Flow Stretch	45 mins	$90++
Inner Flow Energy Release	45 mins	$90++
Auric Reset Ritual Energy Reset & Body–Mind Rebalance	45 mins	$90++
Sleep Sync	120 mins	$220++
Prepare & Unwind		
Soothe & Restore		
Settle and Surrender		
Nurture & Care Rituals		
Pregnancy Massage	60 mins	$120++
Botanical Infusion Ritual	45 mins	$90++
Kids Treatment	30 / 45 mins	$50++ / $75++

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

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 Ayur 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.

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 guests aged 18 and above, with specially curated treatments available for younger guests through our Kids' Menu. Guests under 18 require a consent form signed by a parent or legal guardian before their treatment, and must be accompanied by them throughout. We strive to create a peaceful and relaxing environment where every guest can enjoy a safe, comfortable and personalised wellness 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.


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