



*Elevating the Five Senses*



Welcome  
To Wellness.  
The Elements of Nature

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We aspire to create positive change through spa & wellness experiences inspired by nature's elemental forces.





## Signature Treatments

### **MALDIVIAN SAND BUNDLE MASSAGE**

75 Minutes | \$ 150

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.

## Maldivian Body Treatment

### **SEASONAL BODY SCRUB - COCONUT OR COFFEE**

30 Minutes | \$ 60

Indulge in an elevated, seasonally-inspired body scrub, masterfully crafted with either invigorating coffee or lush coconut, designed to gently exfoliate, visibly diminish cellulite, and deeply hydrate the skin. This luxurious treatment awakens the lymphatic system, fostering profound relaxation and holistic well-being. Perfectly suited for enhancing the skin's radiance, alleviating stress, and uplifting spirits with the changing seasons

## Facials for Holistic Skincare

### **BESPOKE NATURAL FACIAL**

50 Minutes | \$ 115

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.

*All prices are in USD and are subject to 10% service charge and 16% GST*





## Massage Therapies

### **BALINESE MASSAGE**

50 / 75 Minutes | \$110/ \$140

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

### **DEEP TISSUE MASSAGE**

50 / 75 Minutes | \$120/\$150

Our Deep Tissue Massage focuses on the deep layers of muscle and connective tissue, using slow strokes and firm pressure to ease tension and pain. Tailored to your specific needs, it offers a therapeutic experience that reduces physical discomfort and enhances emotional well-being. Perfect for those looking to relieve muscle soreness, increase flexibility, and find a peaceful retreat for rejuvenation.

### **THAI MASSAGE**

50 / 75 Minutes | \$125/\$155

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.

## Holiday Plan

### **STRESS BUSTER MASSAGE**

45 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 out the knots.

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## *Spa Etiquette*

### **RESERVATION**

Advanced booking is highly recommended to ensure that your preferred times are available, particularly if you decide to visit us a number of times during your stay. The spa provides walk-in bookings based on availability. Our SPA opens from 9 AM to 9 PM.

### **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



Please contact SPA Reception to book your  
ELE|NA experience

*[www.ele-na.com](http://www.ele-na.com)*