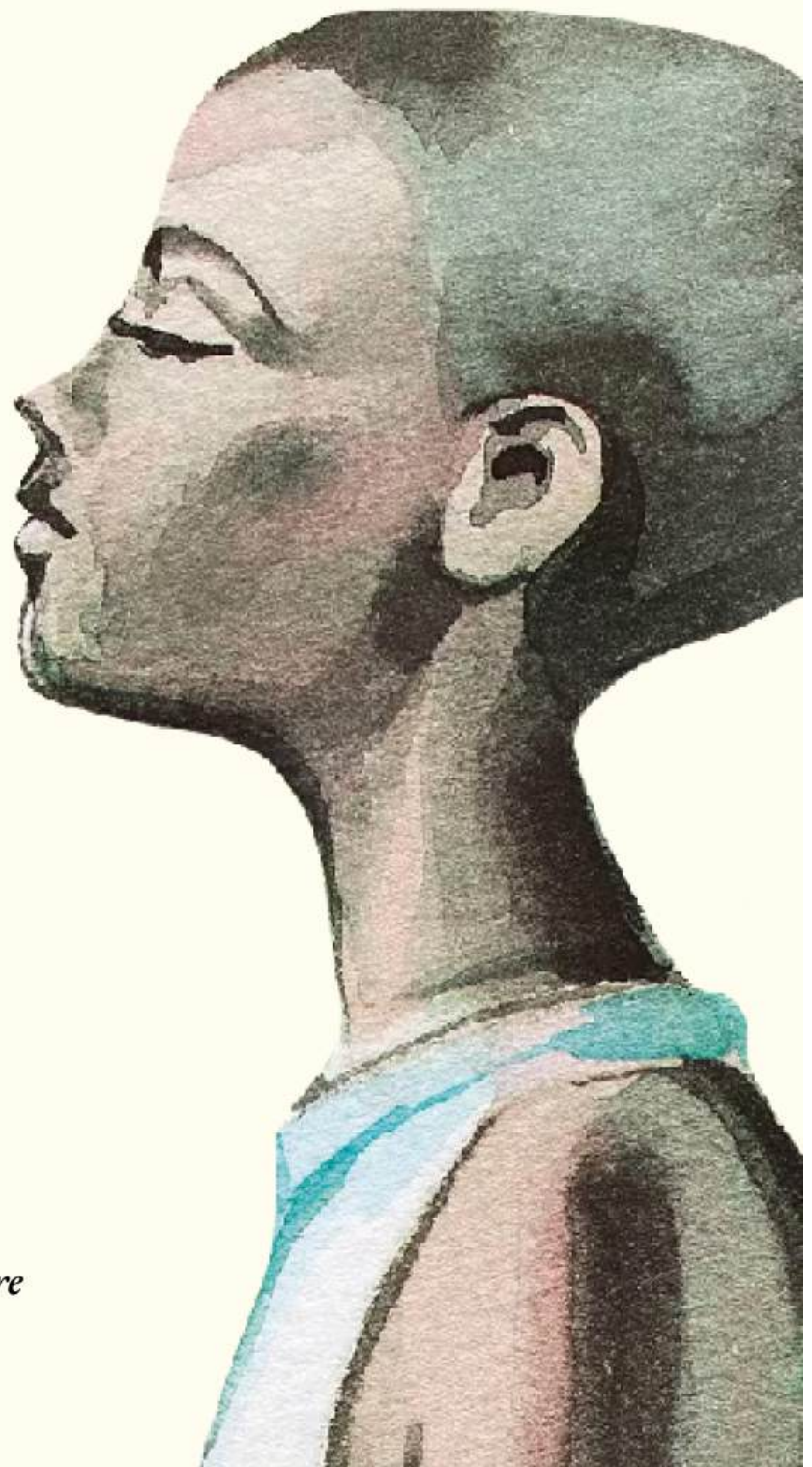


Nature's Energy: Fueling Your Well-being



A Life in Harmony with Nature

Authoring Your Own Chapter

Your journey to enhanced life and longevity begins here.

Welcome to ELE|NA Ayur, where wellness is not just a practice, but a way of life. The story of ELE|NA Ayur is an ongoing narrative, one that invites you to to author your own chapter within our community. Whether you seek to alleviate stress, restore balance, or enhance your overall quality of life, ELE|NA Ayur offers a sanctuary where you can discover the true essence of vitality. ELE|NA AYUR is your partner in this beautiful dance with nature. We offer a curated selection of experiences that *reconnect you to the earth's energy*. Imagine healing therapy in crystal-clear oceans, mindful meditation sessions amongst ancient woods, or forest bathing rituals guided by the rustling leaves. Our expert practitioners guide you in creating personalized well-being plans that mirror the natural world's cycles – periods of exertion followed by periods of rest, moments of intense focus balanced with moments of pure joy.



A Life in Harmony with Nature

We believe that true wellness lies in *living in harmony with the natural world*. We empower you to embrace a life that is as interconnected and vibrant as the ecosystems we inhabit. It's about incorporating practices that *connect you to the earth's energy*, not burdening it. We're building a community of vibrant individuals who are passionate about living in sync with nature's rhythm, fostering a sense of well-being that is as timeless and enduring as the earth itself.

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*”

आयुर्वेद

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.

Serene Slumber Massage

45 minutes

Unwind into a state of serene slumber with our signature *Renewal Massage*, 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 soothe both body and mind.

Yogayaam

45 minutes

Discover the serene world of “Yogayaam,” where ancient Thai massage and the healing art of yoga stretching merge to provide an unmatched experience of relaxation and rejuvenation. Our signature therapy is designed for today’s busy warriors, offering a retreat from the relentless pace of modern life and restoring both body and mind.

Luminous Sands Body Scrub

45 minutes

Step into a coastal escape with our *Luminous Sands Body Scrub*, specially formulated with fine, natural sand, this scrub delicately removes dead skin cells, unveiling a brighter, smoother complexion reminiscent of a beachside glow. Infused with rich coconut oil, this scrub deeply hydrates, leaving your skin soft and luminous, like a treasured memory of the beach.

Elevate Your Experience

Enhance the Experience with Jade stone massage or hot sand bundle compress
USD 30++

Add the duration, 15minutes USD 30++

Add the duration 30minutes USD 50++

The Essence of Holistic Wellness

Holistic wellness emphasizes the balance between *mind*, *body*, and *spirit* to achieve optimal health and longevity. The founders of ELE|NA Ayur were captivated by this comprehensive approach and sought to integrate its principles into every aspect of their brand.

ELE|NA Ayur, the journey to wellness begins with understanding the unique needs of each individual. Through personalized consultations, practitioners assess the overall well-being of each client to tailor treatments that restore harmony and vitality. This personalized approach ensures that each client receives care that is as unique as they are, addressing their specific needs and imbalances.



Lobi Dboni - Maldivian Sand Bundle Massage

A warm sand-filled pouch, crafted from the island's shores, soothes aches and melts away tension. Start with a 30-minute body scrub to refresh your skin, followed by a 90-minute massage for deep relaxation and renewal. Before you leave, a special sustainable gift awaits—a token of the island's timeless care.

120 mins (\$360.00 per couple)

Jet Lag Revival & Self Love Ritual

Jet-lagged and tired, you start with a refreshing scrub, followed by a soothing massage that melts tension away. A face-lifting massage restores your glow before you sink into a calming bath, embracing pure self-love. The perfect reset.

120 mins (\$180.00)

Coconut Shell Massage with Relaxing Bath Ritual

Warm coconut shells, filled with rich oils, glide over your skin, releasing tension and soothing tired muscles. The rhythmic motion of the shells brings deep relief, leaving you refreshed and renewed. As your journey ends, you slip into a calming bath, surrounded by the essence of the tropics. A lasting connection to the island's healing touch lingers long after you've left.

90 mins (\$160.00)



Massage Therapies, Maldivian Therapies, and Sun Therapies

The heart of ELE|NA Ayur lies in its diverse range of treatments designed to invigorate and rejuvenate. From therapeutic massages that stimulate the body's energy flow to modern therapies that detoxify and renew, every treatment is crafted to enhance life force and vitality. Imagine stepping into a serene treatment room, where the soft glow of candlelight and the soothing sounds of nature create an ambiance of tranquility.

Here, skilled therapists use warm herbal oils and *ancient techniques* to melt away stress and tension. Each stroke, each touch, is a step towards revitalization, awakening the body's innate healing abilities.



Traditional Balinese Massage

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.

Time: 50 minutes **Optional:**
Price: \$110.00 75 minutes (\$140.00)

Swedish Massage

Feel like you are walking on air! A traditional European full body massage concentrating specifically on *areas of tension* to relax aching muscles, stimulate circulation and eliminate toxins. This relaxing spa experience leaves you looking great and feeling even better.

Time: 50 minutes **Optional:**
Price: \$110.00 75 minutes (\$140.00)

Jade Stone Massage

Jade stones are believed to promote overall well-being by soothing the body & mind, reducing stress, enhancing circulation, alleviating inflammation, supporting detoxification, improving skin elasticity for a youthful appearance.

Time: 50 minutes **Optional:**
Price: \$120.00 75 minutes (\$150.00)

Sports Massage

Restores and heal. After a day of water sports and beach activities, enjoy a personalised full body massage, with medium to strong pressure, to release muscle tension. This healing massage makes it easier to recover from any sports-related muscle soreness and fatigue, thus preventing any injury.

Time: 50 minutes **Time:** 75 minutes
Price: \$120.00 **Price:** \$150.00



Thai Massage

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.

Time: 50 minutes

Optional:

Price: \$120.00

75 minutes (\$150.00)

Maldivian Sands Bundle Massage

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.

Time: 50 minutes

Additional:

Price: \$120.00

75 minutes (\$150.00)

Foot and Leg Massage

The relaxing warmth encourages the body to detox and heal, stimulating the nervous system, increasing lymph flow, and helping to flush out waste. *Recommended for deep relaxation and destressing.*

Time: 50 minutes

Additional:

Price: \$110.00

75 minutes (\$140.00)

Trigger Point Therapy

Trigger point massages ease various ailments, especially tension headaches and plantar fasciitis. This therapy reduces inflammation, improves blood flow and helps prevent pain from returning.

Time: 30 minutes

Price: \$60.00

Chapter 4 | *Maldivian Body Treatment*

Kaashi Scrub - Coconut Body Scrub

Kaashi Scrub is a highly therapeutic, traditional Maldivian practice. The therapeutic journey begins with a thorough body scrub using a blend of detoxifying oils and mineral-rich sea salt, followed by an application with Pure Maldivian Coconut Oil. This scrub stimulates the lymphatic system inducing deep relaxation. Recommended for: *Relieving stress, reducing fluid retention, and reinforcing positivity.*

Time: 25 minutes

Price: \$40.00

Koffee Scrub - Coffee Body Scrub

Keep your skin healthy, refreshed, and glowing with a pure, locally made coffee scrub. A gentle, circular application is used to scrub away dead skin cells, reduce the appearance of cellulite, and moisturise your skin with the goodness of Maldivian coconut oil. Recommended for: *Cleansing and brightening the skin, combating cellulite naturally.*

Time: 25 minutes

Upgrade: Back Massage or Bath Tub

Price: \$40.00

Seasonal Body Wrap

Embark on a journey of revitalization that harmonizes nature's bounty with sustainable indulgence through our exquisite *Nourishing Body Wrap*. Delight in the sensory symphony as handpicked ingredients, thoughtfully curated for each season, cocoon your body in a tapestry of nourishment and relaxation.

Time: 30 minutes

Optional: 25mins \$40.00

Price: \$60.00

Upgrade: Back Massage or Bath Tub

Sun Treatments

Sunburn treatment with Aloe Vera is a natural, pure hydrating herb. The ELE|NA Sunburn 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.



Shower with Aloevera Shower Gel, Application water toner & cucumber mask (wrap) with foot massage. Shower aloevera gel & head massage.

Time: 50 minutes

Price: \$110.00

Wellness Seeker

These practices, rooted in ancient traditions, are tailored to individual needs, ensuring a *holistic approach to wellness* that promotes both *physical health* and *spiritual well-being*.



Beyond massages, ELE|NA Ayur offers a spectrum of revitalizing therapies that go deeper into the realms of healing and rejuvenation. These therapies include comprehensive detoxification processes that purify the body and mind, and calming treatments that soothe the nervous system and enhance mental clarity. Guests also have access to specialized yoga and meditation sessions, designed to harmonize the mind and soul.

Philosophia Botanica

Philosophia Botanica, Cape Town, fuses African botanicals, adaptogens, and Eastern techniques. Sustainably sourced, 100% natural, vegan, and cruelty-free, their products support local economies and eco-preservation while promoting healthy aging.

Flow Radiance Ritual

Time: 90 minutes

Price: \$170.00

Experience rejuvenation with our Flow Radiance Ritual. Start with a relaxing foot ritual and personalized face consultation. Our treatment features meridian and acupressure massages using a flow magnetic pen and sculpting copper spoon to boost circulation and ease facial tension. Leave feeling profoundly calm and refreshed.

Radiance Yogi Ritual

Time: 90 minutes

Price: \$160.00

Embark on a revitalizing journey with “Radiance Yogi Ritual,” starting with a soothing foot ritual and personalized facial consultation. This treatment combines the calming effects of yoga with invigorating face yoga techniques to tone, lift, and revitalize facial muscles, smoothing lines and enhancing your complexion while promoting holistic well-being.

Radiance Gua Sha

Time: 90 minutes

Price: \$170.00

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.

Harmonic Healing: Ancient Rituals for Mind & Body

Five Elements Reflexology

Time: 60 minutes

Price: \$120.00

Experience the transformative power of Five Elements Reflexology, a deeply relaxing and therapeutic treatment that harmonizes the entire body through the feet. By combining reflexology with the principles of *Traditional Chinese Medicine* (TCM) and Five Element theory, this technique utilizes specific pressure techniques on nerve endings, elemental organs, and acupressure points to enhance and deepen each session.

Indian Head Massage

Time: 30 minutes

Price: \$60.00

Everything is better with some pure coconut oil. Your hair and scalp are massaged with natural lukewarm oil. An alternative medicine massage, combined with the upper back, shoulder, neck, head and face massage.



Sound Healing Therapy

Time: 45 minutes **Price:** \$120.00

Harnessing the resonance of carefully selected instruments, our sound healing sessions create a harmonious balance within your body and mind, promoting relaxation and inner harmony. Through the gentle vibrations and frequencies, you'll embark on a journey of holistic wellness, reducing stress, *enhancing mindfulness*, revitalizing your well-being.

Chapter 5 | *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 clients 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 clients 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 is *more than a wellness center*; it is a community of individuals dedicated to living their best lives. Through workshops, retreats, and community events, clients 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 those aged 18 and over. We strive to create a peaceful and relaxing environment for all, ensuring that each guest can fully enjoy their 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.



ELENA