



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.





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.

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

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.

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





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