



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.





*Signature
Treatments*

MAADHOO ESCAPE - COUPLES RITUALS

150 Minutes

Experience pure bliss with our Couples' Ritual in our elegant overwater spa treatment room. Craft a body scrub together using natural ingredients, which will be expertly incorporated into your treatment. Enjoy a pampering foot ritual that leaves your feet cleansed and nourished. Feel tension melt away with a revitalizing bamboo massage, inducing a profound sense of well-being. Conclude your spa journey with a luxurious bath ritual, immersed in warm, fragrant water and mesmerizing ocean views.

KASHI NASHI - COCONUT SHELL MASSAGE & NATURAL FACIAL

90 Minutes

Start this tranquil spa journey with a rejuvenating coconut scrub, cleansing and nourishing the skin. The experience culminates in Kāshi Nāshi, a potent Maldivian treatment employing coconut shells and indigenous ingredients for a body massage. This distinctive anti-aging therapy revitalizes skin, diminishing wrinkles and restoring youthful radiance. Ideal for revitalizing and upkeeping a vibrant complexion

VELI BON'DLI - MALDIVIAN SAND BUNDLE MASSAGE

60 Minutes

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.



Facials

GOLD CELLULAR AGE RESTORE FACE THERAPY

60 / 90 Minutes

A powerful skin-repairing ritual that uses ila's Gold Cellular Age Restore Collection. Naturally occurring gold and the rarest of Frankincense from the Gardens of Ethiopia are used to heal and protect your skin from the signs of ageing. The treatment begins with a cleansing, exfoliation, and toning ritual followed by classic opening massage techniques, lymphatic drainage, and warm herbal poultices. The ila BosTriWell® and hyaluronic extract combined with sonic wave therapy instantly increases collagen levels and reduces cell inflammation, repairing mature, irritated, and rosacea-prone skin.

ANANDA FACE THERAPY

60 / 90 Minutes

This divine therapy uses ila's Glowing Radiance Collection. The treatment begins with an aloe vera and pomegranate cleanse followed by a gentle blackcurrant and honey face exfoliation and toning. Your therapist then uses powerful Damascena rose otto and sandalwood essential oils, combined with specialised marma massage techniques. Finish with a cooling green clay mask that reduces inflammation. Recommended for revitalising stressed and exhausted skin.

MEN'S REVITALISING FACE THERAPY

60 / 90 Minutes

A men's skin therapy using ila's Glowing Radiance Collection. The ritual begins with hydrating Blackcurrant, Honey, and Sandalwood exfoliator to cleanse, tone, and moisturise your skin. After which, you experience marma point massage using the anti-bacterial properties of Vetiver with healing Damascena Rose Otto. Finish with a seaweed and bioplasma mask that purifies and nourishes, leaving your skin supple and strengthened.





*Body
Treatments*

POTALI DEEP TISSUE TREATMENT

60 Minutes

A beautifully reviving body treatment that draws on Ayurvedic healing traditions where heated herbal pouches - known as potli - have long been used to rejuvenate and nourish tired, stiff bodies. Filled with therapeutic, medicinal herbs which are then warmed in exquisite essential oils - pine, amber, and frankincense, the potli are gently pressed in a rhythmic, fluid pattern over the whole body. Wonderfully soothing, cleansing, and invigorating, this is an ideal massage for alleviating pain, cramps, old injuries, and stress-related tension. It will uplift your mood and balance hormones. Amber, in particular, helps to relax brainwaves and enhances our inner heart energy

INNER PEACE BODY TREATMENT

60 Minutes

This blissfully balancing treatment feeds skin and senses, relaxing and reviving both body and spirit. Specialised ila core full body massage and marma therapy with emotionally balancing rose, healing sandalwood, and renewing jasmine combine in this wonderful massage. The skin is nourished, the soul nurtured, and a profound sense of inner peace pervades. Recommended for relieving anxiety, restlessness, and post-pregnancy stress

ROSE AND ALOE SUN COOLER WRAP

60 Minutes

This full-body experience is a bouquet of cooling spa rituals. Begin with a soothing Rose hydrolat mist. The refreshing ila core full body massage is paired with the gliding of rose quartz crystals on the face and body to reduce heat. To further soothe your body, a rose and aloe vera gel wrap is gently applied over sensitive skin, whilst rose quartz crystals, placed upon facial meridians, restore balance and strength. You can choose to complete your journey with a cool shower. Recommended for treating sunburn, skin sensitivity, and skin dehydration

INSTANTLY DETOXIFYING SCRUB

30 Minutes

Energising full body scrub that reduces cellulite, stress, and exhaustion. Drawing on the ionising properties of Himalayan salt crystals, this natural body polish stimulates circulation and toxin elimination, uplifting the mind, body, and spirits



FIVE ELEMENT AROMA MASSAGE

60 / 90 Minutes

A multi-sensory aromatherapy experience that blends customised essential oil infusions with warm steam towels, heated stones, and skilful therapeutic techniques to deliver the ultimate massage experience. It draws from both Eastern and Western massage and thermotherapy techniques to help balance mind and body. We prescribe Wood for Rejuvenation, Fire for Zest, Earth for Harmony, Metal for Detoxification, or Water to Soothe.

THAI QI FLOW

60 / 90 Minutes

Experience a deep sense of peace with this therapeutic, warming, and invigorating massage. Thai herbal compresses are used along with hands-on massage, stretches, and acupressure techniques to help balance the body and mind. Thai Qi Flow massage will harmonise the body's flow of energy, release tight muscles, and promote a feeling of optimum well-being.





*Massage
Therapies*

HOT STONE MASSAGE

60 / 90 Minutes

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

BAMBOO MASSAGE

60 / 90 Minutes

A wonderfully relaxing therapy that uses organically-treated bamboo stalks of varying lengths and diameters to massage the body. Recommended for relieving fatigue and enhancing sleep quality.

BALINESE MASSAGE

60 / 90 Minutes

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

FOOT & LEG MASSAGE

60 / 90 Minutes

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

THAI MASSAGE

60 / 90 Minutes

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.

SWEDISH MASSAGE

60 / 90 Minutes

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

SPORTS MASSAGE

60 / 90 Minutes

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 improving your general wellbeing as well as preventing any injury.



SEASONAL NOURISHING BATH RITUALS

30 Minutes

This indulgent bath ritual is tailored to the changing seasons, allowing you to experience the healing benefits of nature throughout the year. As you soak in the aromatic bath, let the combination of the natural scents and therapeutic properties of the ingredients envelop your senses and transport you to a state of pure bliss.

Treat yourself to this exquisite seasonal nourishing bath ritual and emerge feeling refreshed, revitalized, and deeply nourished from head to toe. It is the perfect way to indulge in self-care and restore your overall well-being.





*Mother-To-Be
Treatment*



Discover the exceptional and unparalleled experience of our 'Mother-to-Be Spa Treatment,' a one-of-a-kind oasis designed with the utmost care and attention to the unique needs of expectant mothers. What sets our spa treatment apart is a combination of thoughtful elements that make it truly special and different:

Pregnancy Expertise:

Our team of skilled therapists is extensively trained in prenatal care, ensuring that every aspect of the treatment is safe and tailored to the specific requirements of expectant mothers. You can trust that you and your baby are in the hands of experts who understand the intricacies of pregnancy.

Customization:

We understand that no two pregnancies are alike. That's why our 'Mother-to-Be Spa Treatment' is fully customizable, allowing you to choose the combination of services that best suits your individual needs, whether it's a soothing massage, hydrating facial, or body treatment. You're in control of your relaxation journey.

Pregnancy-Safe Products:

We use only pregnancy-safe, natural, and hypoallergenic products that are gentle on your skin and free from harmful chemicals. You can enjoy the luxurious scents and textures of our products with peace of mind.

Celebrating Motherhood:

Our spa treatment is not just about relaxation; it's a celebration of motherhood. We recognize the incredible journey you're on and aim to make it a memorable and cherished experience, allowing you to connect with your baby in a tranquil and loving setting.

**MOTHER-TO-BE
TREATMENT**

60 / 90 Minutes

Anxiety is lifted to surround mother and baby with peace and harmony. This exclusive spa ritual for mothers-to-be beings with an optional body scrub made from antioxidant-rich blackcurrant seeds for gentle, detoxifying exfoliation. Feel all tension and soreness melt away with the ila core full body massage that includes your baby bump. Our rosehip seed and argan massage oil is infused with extracts of lavender, geranium, and rose to replenish dry skin and support in the fight against stretch marks. Finally, Himalayan herb poultices are slowly massaged into marma points to relieve aches and pains, excess fluid, and heat.



Wellness Seeker

Our wellness treatments go beyond surface-level benefits, encompassing elements that contribute to your overall vitality. These treatments often combine therapeutic modalities, mindfulness, and natural remedies.

NATURAL BODY LIFT

60 Minutes

The Natural Body Lift is a holistic and invigorating approach to health that incorporates a harmonious fusion of traditional practices and specialized massage techniques. This treatment aims to enhance overall well-being by promoting better blood circulation and lymph movement while effectively reducing the appearance of cellulite.

NATURAL FACE LIFT

60 Minutes

Indulge in our exquisite Natural Face Lift Treatment, a harmonious fusion of timeless techniques inspired by the artistry of Japanese and Indian Face Massage. This sought-after treatment presents a holistic approach to restore your youthful radiance.

FIVE ELEMENTS REFLEXOLOGY

60 Minutes

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.

INTUITIVE MASSAGE

60 / 90 Minutes

Restores and heals. Enjoy a personalized full body massage with medium to strong pressure. An invigorating therapy based on age old Indian healing rituals to relax muscle tension. This healing massage makes it easier to recover from any sports related muscles to release and fatigue. This powerful massage will calm your nervous system, allowing you to relax and be totally at peace.

ABHYANGAM

60 Minutes

Abhyangam is a Sanskrit word meaning the application of oil all over the body. The intense, full-body oil massage improves overall longevity by providing resistance against diseases and improving your emotional wellbeing. Recommended for relieving fatigue, improving eyesight, enhancing sleep quality, and soothing the nervous system.

SHIRODARA

60 Minutes

Shirodhara is an Ayurvedic healing technique of pouring lukewarm oil in a steady flow onto the third eye – the chakra point just above and between the eyebrows. Start with a relaxing scalp and head massage, followed by the oil flow treatment. The soothing warmth of the oil has a pacifying effect on the mind and body.. Recommended for relieving stress, removing physical tension, improving vision, and relieving insomnia.

OCEAN FLOW

45 Minutes

Crafted exclusively for ELEINA, our Ocean Flow experience is a captivating and unparalleled inner journey that invites you to immerse yourself in the soothing embrace of water. As you step into this serene aquatic realm, you'll embark on a profound exploration of self, guided by the gentle touch of our skilled therapists and the nurturing flow of water itself.

A Symphony of Healing Modalities

Ocean Flow draws inspiration from a rich tapestry of healing traditions, seamlessly weaving together elements from Watsu, Water Dance, Ayurveda, Shiatsu, Craniosacral Therapy, Manual Therapy, Osteopathy, Physiotherapy, and Trigger Point Therapy.

Healing for Mind, Body, and Soul

Ocean Flow's therapeutic prowess extends to a multitude of conditions and concerns. It is especially effective in alleviating stress symptoms, promoting increased mobility in the body, soothing the discomfort of arthritis and rheumatism, relieving back pains and chronic discomfort, easing the burden of headaches and migraines, aiding in insomnia management, facilitating post-operative rehabilitation, supporting accident recovery, addressing trauma, overcoming the fear of water, and providing a nurturing environment for expectant mothers during pregnancy.

TRIGGER POINT THERAPY

30 Minutes

Trigger point massage can help with a variety of ailments, they are proven to be particularly effective for tension headaches and plantar fasciitis, an irritation in the sole of the foot around the heel. It is also used to treat neck and back pain, as these muscles are prone to becoming tight and developing knots as a result of routine activity or even poor posture. Trigger point therapy naturally relieve this pain by reducing inflammation and improving blood flow, which makes it less likely for the pain to come back.

INDIAN HEAD MASSAGE

30 Minutes

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.





Wellness for Cancer

A comprehensive nurturing program tailored to individuals touched by cancer at any stage, whether in treatment, out of treatment, living with cancer, in survivorship, or at the end of life.

Our Wellness Practitioners understand that cancer is a complex disease that affects everyone differently - physically, emotionally and mentally. Our team have received specialized training and certifications and can tailor services that support guests holistically to enhance overall wellbeing.

Contact us to learn more about our personalized wellness programs designed specifically for you or your loved one's unique journey with cancer. Together, we can embark on a path to renewed vitality and hope.



Hair & Nails

HAIR CUT & STYLING

60 Minutes

Ladies cut and style, Men's cut and style, Children's cut and style - All with shampoo and blow dry

HAIR HYDRATION

60 Minutes

The ritual entails massaging your hair and scalp with a nutrient-rich hair oil, followed by the application of a nourishing hair mask. This treatment is designed to revitalize and rehydrate your hair.

SPA MANICURE

60 Minutes

Your nails will be shaped, cuticles tidied and hydrated, followed by a sea salt exfoliation, a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied upon request

SPA PEDICURE

60 Minutes

Transform your feet with our nail and cuticle care, and then enjoy an invigorating sea salt polish to refresh and relax with a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation relieving red or swollen feet





Spa Treatment Menu

Signature Treatments

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| Maadhoo Escape Couple Ritual | 150 mins | \$560 / couple |
| Coconut Shell Massage & Natural Facial | 90 mins | \$220 |
| Maldivian Sand Bundle Massage | 60 mins | \$180 |

ila Luxury Facials

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| Gold Cellular Age Restore Face Therapy | 60 / 90 mins | \$200 / \$250 |
| Ananda Face Therapy | 60 / 90 mins | \$190 / \$240 |
| Men's Revitalising Face Therapy | 60 / 90 mins | \$190 / \$240 |

ila Luxury Body Treatments

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| Potali Deep Tissue Treatment | 60 mins | \$200 |
| Inner Peace Body Treatment | 60 mins | \$200 |
| Rose and Aloe Sun Cooler Wrap | 60 mins | \$160 |
| Instantly Detoxifying Scrub | 30 mins | \$110 |

Elemental Herbology Body Treatments

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| Five Element Aroma Massage | 60 / 90 mins | \$170 / \$200 |
| Thai Qi Flow | 60 / 90 mins | \$190 / \$210 |

ELE|NA Massage Therapies

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|--------------------|--------------|---------------|
| Hot Stone Massage | 60 / 90 mins | \$170 / \$220 |
| Sports Massage | 60 / 90 mins | \$170 / \$220 |
| Thai Massage | 60 / 90 mins | \$170 / \$220 |
| Bamboo Massage | 60 / 90 mins | \$150 / \$200 |
| Balinese Massage | 60 / 90 mins | \$150 / \$200 |
| Swedish Massage | 60 / 90 mins | \$150 / \$200 |
| Foot & Leg Massage | 60 / 90 mins | \$140 / \$190 |

Natural Bath Ritual

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| Seasonal Nourishing Bath Ritual | 30 mins | \$50 |
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All prices are in USD and are subject to 10% service charge and 16% GST



Spa Treatment Menu

ila Mother-To-Be Treatment

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| Mother-To-Be | 60 / 90 mins | \$180 / \$220 |
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Wellness Seeker

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| Natural Face Lift Treatment | 60 mins | \$200 / 3 times at \$510 |
| Natural Body Lift Treatment | 60 mins | \$220 / 3 times at \$560 |
| Five Element Reflexology | 60 mins | \$180 / 3 times at \$460 |
| Intuitive Massage | 60 / 90 mins | \$180 / \$230 |
| Abhyangam | 60 mins | \$180 |
| Shirodhara | 60 mins | \$180 |
| Ocean Flow Therapy | 45 mins | \$220 |
| Trigger point therapy | 30 mins | \$90 |
| Indian Head Massage | 30 mins | \$90 |

Hair & Nails

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|--|---------|---------------------|
| Hair Cut & Styling (Children's/Men's/Ladies) | 60 mins | \$45 / \$90 / \$145 |
| Hair Hydration | 60 mins | \$110 |
| Spa Manicure | 60 mins | \$95 |
| Spa Pedicure | 60 mins | \$95 |



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.

PERSONAL WELLBEING CONSULTATION

Upon request one of our highly qualified Practitioners will provide you with a complete assessment of your physical, mental and emotional wellness and create a personalised well-being program

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 your Butler to book your
ELENA experience

www.ele-na.com