

# SERENITY PLAN TREATMENTS



## 1 JET LAG EXPRESS FACIAL

Jet lag can turn your holiday mood topsy turvy. Treat yourself to our Jet Lag Express Facial and say goodbye to exhaustion. The unique blend of local products and techniques provides ultimate relaxation. It reduces wrinkles, brightens your complexion, and makes you feel upbeat.

## 2 STRESS BUSTER MASSAGE

Beat the stress with the Stress Buster Massage that works magic on your body and mind. The therapist begins with the muscles of your neck and shoulder, gently working out the knots through your entire body. Then comes a soothing head massage to calm your mind and help you relax.

## 3 YOGAYAAM PRESSURE POINT MASSAGE

With Thai Stretching

Experience our excellent outdoor service, with the Yogayaam Pressure Point Massage. A fully clothed, oil-free therapy that combines Yogayaam massage and Thai stretching techniques. The therapist focuses on pressure points, gently stretching and kneading to reawaken your body and set the energy flowing.

## 4 TAN ACCELERATOR TREATMENT

A super-effective treatment for a glowing, sun-kissed complexion. The ELENA Tan Accelerator therapy speeds up the natural production of melanin – the skin pigment – when exposed to the sun, giving you a heavenly golden tan. Besides, the local Maldivian products used in the treatment are gentle and safe for use. Recommended for: Safe and quick tanning of the skin.





**ELENA**

THE SPA





## Inspired by Nature

ELENA is an acronym for Elements of Nature. At ELENA you will experience the healing powers of the elemental forces of nature, Wood, Fire, Earth, Metal, and Water. These energies flow within and around you.

Our therapies find inspiration in Maldivian traditions and ancient healing methods from the world over. Every spa experience is designed to nourish you using natural products which are the purest sources of energy. Find inner balance and vitality that lasts much beyond your spa experience.

## Nature-Inspired Experiences

Located in some of the most pristine Indian Ocean resorts, ELENA offers spa rituals, therapies, and wellness journeys designed for an immersive, deep nature spa experience.

## Local & International Healing Therapies

ELENA spa treatments blend local healing practices with international therapies for a unique spa experience.

## Quality & Professionalism

A team comprising passionate, highly skilled, and multinational therapists; including health-conscious practitioners with a focus on renewing nature's energy through the use of holistic therapies and treatments.





# Signature Maldivian Rituals

- **Veli Bon'Dli**

*Maldivian Sand Bundle Massage - 75 mins*

A native age-old healing practice of the Maldives that reduces inflammation and 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.

- **Bileh Holistic**

*Betel Leaf Massage - 75 mins*

Discover the elixir of Maldivian traditional medicine, revered for its ability to relieve tired muscles and boost post-workout recovery. Betel leaf paste is blended with pure coconut oil and applied on the body along with a refreshing Swedish massage for instant relief from body ache. Recommended for: Relieving muscular tension.

- **Kaashi Naashi Therapy**

*Coconut Shell Massage - 75 mins*

Kaashi Naashi is a powerful Maldivian therapy that uses natural coconut shells and locally made products to massage. It is a unique treatment, which will help you to release your tension, reduce muscular pain. Recommended for: muscular pain, reducing stress.





# Facials for Holistic Skincare

## ◦ **Anti-Ageing Facial**

*75 mins*

Experience a soothing Maldivian facial that slows the ageing process. A traditional massage of the face, neck, and decollete area. This treatment brightens your skin and reduces wrinkles, leaving you looking so very fresh and young! Recommended for: Renewing and maintaining a healthy complexion.

## ◦ **Sun Soother Facial**

*50 mins*

After a day of sun-kissed island exploration, nourish your skin with our signature naturally cooling facial. This treatment mask, made from local products, replenishes and repairs, providing instant relief from overheated and over-tanned skin. Its antioxidant properties fight free radical damage, restoring and calming the skin. Recommended for: Reducing sunburn or redness.

## ◦ **Detox Facial**

*50 mins*

Cleanse, clarify, and brighten your skin from deep within! This detoxifying skin conditioning treatment uses a gentle, natural scrub to exfoliate dead cells and improve the texture of your skin. A deep facial massage leaves your skin with a rejuvenated glow. Recommended for: Deep cleansing, treating acne-prone and congested skin.

## ◦ **Men's Facial**

*50 mins*

This deep cleansing facial is designed for men. It uses pure, locally made products to exfoliate, hydrate, and soothe the skin, combined with a face massage for deep relaxation. Recommended for: Deep cleansing of all skin types.





# Maldivian Hair & Body Treatments

## ◦ **Kaashi Scrub**

*Coconut Body Scrub - 45 mins*

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.

## ◦ **An'bu Scrub**

*Mango Body Scrub - 45 mins*

Maldivian culture abounds with traditional therapeutic practices. The An'bu Scrub is one such therapy that heals and rejuvenates effectively. Mango is the primary ingredient in this scrub. This sublime tropical fruit is a mild exfoliator that removes dead skin, surface dirt, and intensely hydrates resulting in a vibrant and radiant look. Recommended for: Gentle exfoliation and moisturising of the skin.

## ◦ **Koffee Scrub**

*Coffee Body Scrub - 45 mins*

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.

## ◦ **Mirhi Maamui**

*Nourishing Coconut Hair & Scalp Treatment - 30 mins*  
*Add on option - 15 mins Scalp Massage*

A Maldivian hair and scalp spa that uses a hydrating honey and coconut oil mask. After the nourishing hair mask is applied, you will get to relax and enjoy an invigorating foot massage. The therapy makes your scalp squeaky-clean and dandruff-free, with improved blood circulation, increased nutrient absorption, and reduced hair fall. Recommended for: Promoting softer, silkier, and healthier hair.





# Massage Therapies

- **Hot and Cold Stone Massage**

*75 mins*

The combination of relaxing warmth and refreshing coolness is to encourage 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.

- **Ayurvedic Abhyanga**

*Full Body Massage - 75 mins*

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.

- **Bamboo Massage**

*75/50 mins*

This wonderfully relaxing therapy uses organically-treated bamboo stalks of varying lengths and diameters to massage the body. Our trained therapists use the long and short stalks appropriately to apply gliding and intricate strokes. They kneed and roll the muscles gently yet deeply, providing an intense sense of well-being and easing of tension. Recommended for: Relieving fatigue, improving eyesight, and enhancing sleep quality.

- **Jet Lag Massage**

*75/50 mins*

A long journey can be physically and mentally exhausting. Use our ELENA Jet Lag Massage to drive away your jet lag blues on arrival. This deeply soothing massage stimulates circulation and restores the harmony of the body and mind. It relaxes stiff, aching muscles, reduces inflammation, and brings back the holiday mood with a bang. Recommended for: Relieving fatigue, revitalising energy levels, and reducing muscular tension.





# Massage Therapies

## ◦ Traditional Thai Massage

*Dry Massage - 75/50 mins*

A traditional Thai Massage based on the Yogayaam philosophy of 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. You are sure to experience a deep and soothing reawakening of the body and mind. Recommended for: Improving flexibility and promoting overall energy flow.

## ◦ Balinese Massage

*75/50 mins*

An invigorating therapy based on age-old Balinese healing rituals. It involves the application of varying degrees of pressure across your body. The powerful massage will calm your nervous system allowing you to relax and be totally at peace. Recommended for: Stimulating circulation, improving oxygen levels, and reducing tension.

## ◦ Shirodhara with Scalp Massage

*50 mins*

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. This intensely refreshing therapy relieves stress, regularises sleep patterns, and improves vision. Recommended for: Relieving stress, removing physical tension, improving vision, and relieving insomnia.

## ◦ Foot Acupressure Massage

*50 mins*

After a long day of snorkelling and beach roaming, relax your feet with our traditional foot massage. It seamlessly blends acupressure with skin rolling and muscle kneading to provide instant relief. Warm and soothing, it will relax the deeper tissues and smoothen calluses energising you for another day of exhilarating activity. Recommended for: Reducing fatigue and pain of the feet





# Sun Treatments

## ◦ **Tan Accelerator Treatment**

*Ideally to be taken within the first two days of arrival - 50 mins*

A super-effective treatment for a glowing, sun-kissed complexion. The ELENA Tan Accelerator therapy speeds up the natural production of melanin – the skin pigment – when exposed to the sun, giving you a heavenly golden tan. Besides, the local Maldivian products used in the treatment are gentle and safe for use. Recommended for: Safe and quick tanning of the skin.

## ◦ **Sun Burn Treatment with Aloe Vera**

*50 mins*

Aloe Vera is a natural, pure hydrating herb. The ELENA Sun Burn 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.



# Spa Hands & Feet

## ◦ Spa Manicure

*50 mins*

The ELENA Spa Manicure is a complete therapy inclusive of full hands and arms massage, nail treatment, followed by creamy sea-salt exfoliation. Your nails are shaped, filed, with cuticles tidied and hydrated. The nourishing cream massage revitalises and moisturises your skin, improving its texture. Indulge yourself and look chic to your fingertips.\*Nail polish included on request. Recommended for: Cosmetic cum therapeutic treatment of the arms, hands, and nails

## ◦ Spa Pedicure

*50 - mins*

An intense therapeutical treatment that transforms your feet with smooth, supple skin, and perfect nails. The ELENA Spa Pedicure includes nail and cuticle care, foot and lower-leg massage, and an invigorating sea salt polish. It soothes and nourishes your skin, boosts circulation, and fosters a feel-good, happy mood. \*Nail polish included on request. Recommended for: Cosmetic cum therapeutic treatment of the lower legs, feet, and toenails



# Treatment Enhancements

NO STAND ALONE TREATMENTS  
CAN ONLY BE BOOKED WITH FULL TREATMENT

## ◦ Eye Remedy Treatment

*15 mins*

Eyes are delicate organs that ought to be treasured. The Remedy Eye therapy is a must-use, quick, pre-and-post party, pick-me-up regime. It is specially curated for the sensitive area of your eyes. This intensive yet gentle treatment smoothens out the fine lines and wrinkles, diminishes dark circles, and relieves puffy eyes.

## ◦ Foot Scrub

*15 mins*

Maldivian vacations are activity-packed adventures. You are likely to end your days with dull, dirty, and tired feet. This textured, creamy, exfoliating Foot Scrub is the perfect antidote for your exhaustion. It gives the soles of your feet a luxurious, deeply relaxing massage and removes all the dirt and dead skin accumulated on your feet.

## ◦ Coco Trigger Treatment

*Coconut Stem Treatment - 15 mins*

The Coco Trigger massage relieves pain and tiredness, especially around your neck and shoulder. Trained therapists identify the source of discomfort, known as the trigger point, and massage the area. They use an alternating pressure and release motion to remove stress at the source.





# Treatment Enhancements

NO STAND ALONE TREATMENTS  
CAN ONLY BE BOOKED WITH FULL TREATMENT

## o Anti-Ageing Hand Treatment

*Add on anti-ageing hand treatment to your anti-ageing facial - 15 mins*

Hands reveal age quickly and early on. Regular use of anti-ageing hand treatments will help keep your hands looking fresh, youthful, and spotless. The ELENA Spa offers excellent hand massages that nourish dull, dry, and pigmented skin. Your hands will be silky-smooth, moisturised, with a firm, supple look and feel.

## o Sinus Treatment

*15 mins*

A fast-acting, holistic therapy that focuses on pressure points around the sinuses. It unblocks your nose and provides instant relief from allergies, colds, and headaches. We use steam, warm towels, eucalyptus oil, and a specialised massage technique to alleviate sinus-related pain and congestion. You are sure to feel revitalised.

## o Calf Massage

*15 mins*

Calf muscles are prone to cramps and tightness that can be incredibly painful. Release aches, discomforts, and tension in the calf with this gentle treatment. In this massage, a trigger-point skilled therapist locates and gently unravels the knotty muscles in your calf. The massage stimulates blood circulation and improves mobility



# Special Packages

## ◦ Journey of Holistic Wellness

*210 mins*

This wellness journey is a synergetic combination of Ayurvedic massages, yoga, and meditation. It includes the Shirodhara and Abhyanga treatments that calm the mind and body through warm, herbal oils poured on the forehead and massaged on the body. You also get personalised yoga and meditation sessions. Recommended for: Relieving stress, enhancing sleep quality, and muscular relaxation.

## ◦ Maldivian Restorative Treatment

*180 mins*

This uniquely refreshing spa experience offers Maldivian healing and in-room meditation session set in a traditional Maldivian ambience. The therapy includes soothing coconut body scrubs, coconut hair and scalp treatments, facial massages, and full-body coconut shell massage. Recommended for: Rejuvenating the mind, body, and soul.

## ◦ Couples Restful Delight

*You can select a massage of your choice from our extensive list; facial will be custom - 90 mins*

This ELENA couples' special is a romantic journey of relaxed togetherness. Couples can opt for a full facial and express 25-minute massage or a full-body massage with express facial. We also provide a romantic bed set up to help you unwind together in blissful harmony.



# Spa Price List



## Signature Maldivian Rituals

Maldivian Sand Bundle Massage	\$150
Betel Leaf Massage	\$150
Coconut Shell Massage	\$150

## Facials For Holistic Skincare

Anti-Ageing Facial	\$140
Sun Soother Facial	\$115
Detox Facial	\$115
Men's Facial	\$115

## Maldivian Hair & Body Treatments

Coconut Body Scrub	\$80
Mango Body Scrub	\$80
Coffee Body Scrub	\$80
Nourishing Coconut Hair & Scalp Treatment	\$60/\$85

## Massage Therapies

Hot and Cold Stone Massage	\$150
Ayurvedic Abhyanga	\$150
Bamboo Massage	\$140/\$110
Jet Lag Massage	\$140/\$110
Traditional Thai Massage	\$140/\$110
Balinese Massage	\$140/\$110
Shirodhara With Scalp Massage	\$120
Foot Acupressure Massage	\$105

## Sun Treatments

Tan Accelerator Treatment	\$120
Sun Burn Treatment with Aloe Vera	\$120

## Spa Hands & Feet

Spa Manicure	\$80
Spa Pedicure	\$80

## Treatment Enhancements

Eye Remedy Treatment	\$40
Foot Scrub	\$40
Coco Trigger Treatment	\$40
Anti-Ageing Hand Treatment	\$40
Sinus Treatment	\$40
Calf Massage	\$40

## Special Packages

Journey of Holistic Wellness	\$380
Maldivian Restorative Treatment	\$260
Couples Restful Delight	\$405 (PER COUPLE)

All prices are in US Dollars and are subject to 10% service charge and 12% GST



## 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 if possible, 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.