

# Spa Menu

H A R M O N Y & W E L L - B E I N G

ELENA  
BY ATMOSPHERE





*Welcome to wellness*

# The Elements Of Nature

At ELENA, we believe and care in the elements of nature and its positive energies of Wood, Fire, Earth, Metal and Water that fuel all living creatures and are quintessential for blissful living.

## CORE VALUES

Our Core Values are based upon "Joy of Giving", which are deeply instilled into all our therapists. Stepping in the spa, our therapists will embark you on a journey of self discovery.

## HOLISTIC APPROACH

Our focus into holistic therapies expand towards a carefully chosen range of fitness programs, the value of raw food nutrition and a journey into our facilities such as steam & sauna, salt & fresh water pools that culminate into a totally blissful and wholesome experience.

## FACILITIES

At the Spa, our focus is upon holistic needs that include health, nutritional values and fitness for mind, body and soul, incorporating holistic therapies into our spa treatments, sessions of Yoga and Fitness programs and state of the art lifestyle equipment

## TEAM

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

## PRODUCTS

All products used at the spa are of the purest quality and are certified to be of **100% organically grown origins.**



*Elena Signature Experiences*

UNIQUE RITUALS

## **WATER**

### THE HARMONY

Touch your inner peace; this feeling will connect you to the universal energy and helps create harmony and balance. Relieving stress and deepening relaxation, experience the unique combination of Reiki, healing hands therapy, and complete this journey with a deep relaxing body massage.

## **EARTH**

### THE SENSORY

A divine Signature Spa treatment with two therapists performing a unique facial and body massage at the same time. You will experience a luxurious foot treatment, a non-traditional Aromatherapy massage using long strokes, a cleansing facial ritual and a stress relieving scalp massage. This will encourage your mind to release the stresses of daily life.

## **WOOD**

### ALL NATURAL

A completely natural treatment that is perfect for starting the holiday on the beach, this treatment includes a full body coconut scrub followed by a soothing honey and papaya wrap and ending with a light application of coconut oil, leaving you with soft and glowing skin.

## **METAL**

### THE ESSENCE

A truly ultimate treatment combining a full body massage with a rejuvenating foot acupressure therapy. Select from your choice of a Balinese, Sport Massage and or Swedish massage which will work on all areas of the body and a foot acupressure to enhance your wellbeing.

## **FIRE**

### THE ENERGY

A combination of Thai Massage with oil offer gentle yoga-style stretching techniques that re-awakens the body's energy flow.





*Massage Therapies*

EXPERIENCE TRADITION

## **SWEDISH MASSAGE**

Traditional European full body massage techniques are applied to relax aching muscles, stimulate circulation and eliminate toxins so that you look great and feel even better.

## **THAI MASSAGE**

Thai Massage techniques focus on pressure points and gentle body stretching along the body's energy channels, it is offered fully-clothed and without oil to reawaken the body's energy flow.

## **BALINESE MASSAGE**

A traditional Balinese massage is a seamless blend of acupressure, skin rolling and firm, smooth strokes that are combined in a full body massage.

## **DETOX MASSAGE**

Using essential oils and light pressure, lymphatic drainage movements eliminate toxic build-up and excess fluid in the tissues.

## **SPORT MASSAGE**

A firm to strong full body massage that focuses on releasing tension by specially targeting the individual needs of the active men and woman.

## **REFLEXOLOGY**

By working on specific reflex points of the feet, this massage revives energy throughout the entire body. Naturally achieves a feeling of renewal and blissful peace of mind.





*Massage Therapies*

CUSTOM CARE

## **THE ULTIMATE AROMATHERAPY EXPERIENCE**

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation.

## **INTENSIVE MUSCLE RELEASE**

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

## **JET LAG CURE**

Rebalancing treatment that stimulates the circulation, reduces swelling and eases muscle tension. Includes a body massage with aromatherapy

## **HOT STONE MASSAGE**

A Tibetan full body massage technique that uses Basalt stones to instil a deep level of calm while relaxing tight muscles, removing blockages and dissolving stress







# Ayurvedic Treatment

## **ABHAYANGAM**

This is a popular body massage used in Ayurveda. It assists anti-ageing, relieves fatigue, improves eye-sight, induces healthy sleep patterns, provides overall longevity, strengthens the skin, provides resistance against diseases and disharmony, and subsides ailments caused by Vata and Kapha.

## **SHIRO DHARA**

A profoundly spiritual treatment which relaxes the nerves and benefits the immune system. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland, which produces serotonin and melatonin, these hormones enhance a person's emotional balance, helps to delay aging and enhance well. This treatment is recommended to taken as a course of treatments.

## **NAVARA KIZHI**

Experience a massage with medicated oil and a small linen bag filled with a special mixture of rice, traditional medicine and milk. Ideal for people who deal with atrophy of muscles, arthritis, and those who are generally weak. Enjoy benefits including enhanced complexion, softer skin and preventing diseases.





*Skin Care*

FOR THE FACE

## **THE CURE**

A true antidote against the ravaging effects on our skin resulting from our modern lifestyle. This deep cleansing facial includes an innovative enzymatic detox and steam to open and purify the pores as well as a meticulous extraction process, revealing extraordinarily soft and radiant skin.

## **THE CITRUS ESSENCE**

Drench your skin with the antioxidant power of vitamin C. This nutrient rich treatment revitalizes the senses, stimulates the production of collagen, reduces inflammation and intensely hydrates.

## **THE O2 RELAX**

Awaken your skin with the revitalizing energy of pure oxygen to decongest, brighten and clarify a dull complexion. Perfect for the frequent flier and urbanites whose skin suffers from every day aggressors.

## **THE EXPRESS FACIAL**

Renew and maintain a healthy complexion for the client on the go. Deeply hydrating treatment to rejuvenate the skin in a flash.



AROMATHERA ASSOCIATES  
VIVE ENNE  
ESSENCE

AROMATHERA ASSOCIATES  
DE-STRESS MIND  
ESSENCE



*Sun & Body Treatment*

FOR THE BODY

### **ESTHEDERM RADIANT BODY SCRUB**

Enjoy a deep cleansing and nourishing body treatment that has been especially designed to look after your body by drawing out impurities and scrub away old cell without agreeing the skin. It starts with a pleasure full body exfolition where white tea melting soft micro particles in a gel texture guarantee a deeply calmed and detoxified results. Then, a rich balm is applied to leave your skin feeling as a soft as silk. The nurturing action of this treatment is ideal for even the most sensitive skins.

### **SOS AFTER SUN FACE & BODY TREATMENT BY ESTHEDERM**

A special sunburn program for face and body that immediately calms and intensely repairs overheated skin, after excessive sun exposure. The facial treatment mask will provide not only the desired cooling effect after overexposure but it will also replenish and repair the skin intensively.

### **ESTHEDERM BODY SVELT**

A body re-sculpting treatment that targets the causes of cellulite & provides action as it works deep within fat cells. The treatment included local manual anti cellulite manouvers that help to redefine the contours of the figure. Products applied prevent fat re-storage, sooth orange peel and promote elimination of fat and water. They also reinforce the skin's vital functions and its cellular activity helping to unveil a slender figure with firm and more elastic skin.

### **AFTER SUN LONG LASTING TAN FACE & BODY TREATMENT BY ESTHEDERM**

This treatment helps your skin preserve a luminous long-lasting suntan. The after sun formula used will regenerate and calm the skin instantly to compensate for sun exposure and re-establish the skin's water balance.





  
AROMATHERAPY  
ASSOCIATES

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### **PRE SUN EXPOSURE TREATMENT**

This is a popular body massage used in Ayurveda. It assists anti-ageing, relieves fatigue, improves eye-sight, induces healthy sleep patterns, provides overall longevity, strengthens the skin, provides resistance against diseases and disharmony, and subsides ailments caused by Vata and Kapha.

### **BRONZ IMPULSE PRE SUN EXPOSURE TREATMENT**

Experience a massage with medicated oil and a small linen bag filled with a special mixture of rice, traditional medicine and milk. Ideal for people who deal with atrophy of muscles, arthritis, and those who are generally weak. Enjoy benefits including enhanced complexion, softer skin and preventing diseases.

### **FAST TAN SUBLIMATION**

A profoundly spiritual treatment which relaxes the nerves and benefits the immune system. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland, which produces serotonin and melatonin, these hormones enhance a person's emotional balance, helps to delay aging and enhance well. This treatment is recommended to taken as a course of treatments.



*Beauty Treatment*

### **LUXURIOUS MANICURE**

Your nails will be shaped and your cuticles tidied and hydrated, followed by a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your.

### **LUXURIOUS PEDICURE**

Transform your feet with our nail and cuticle care, then relax and enjoy a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation and relieving tired or swollen feet. Nail varnish is applied on request.

# 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. Please be advised that late arrivals will result in a reduction of treatment time.

## **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.

## **PREPERATION 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 recommend if possible you secure these items in your in-villa safety box before coming to the spa

## **HEAT EXPERIENCES**

We recommend booking a complimentary hydrotherapy steam session prior to any of your treatments. This helps to enhance the benefits of your treatment and stimulates blood-flow and lymphatic circulation.

## **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

**OPENING HOURS:** 9:00 AM TO 9:00 PM DAILY

*Prices are in USD and exclusive of 10 % service charge and 12 % GST*



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BY ATMOSPHERE  

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AT SANGELI, MALDIVES

OBLU SELECT AT SANGELI

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# SPA PRICE LIST

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

## ELENA SIGNATURE EXPERIENCES

Earth The Sensory	90 Minutes	\$145
Water The Harmony	90 Minutes	\$145
Fire The Energy	90 Minutes	\$145
Wood All Natural	90 Minutes	\$145
Metal The Essence	90 Minutes	\$145

## MASSAGE THERAPIES

Detox Massage	60/90 Minutes	\$100/\$135
Swedish Massage	60/90 Minutes	\$100/\$135
Thai Massage	60/90 Minutes	\$100/\$135
Balinese Massage	60/90 Minutes	\$100/\$135
Sport Massage	60/90 Minutes	\$100/\$135
Reflexology	60/90 Minutes	\$100/\$135
Hot Stone Massage	60/90 Minutes	\$100/\$135
The Ultimate Aroma Therapy Associates	60/90 Minutes	\$100/\$135
Jet Lag Cure	60/90 Minutes	\$100/\$135
Intensive Muscle Release	60/90 Minutes	\$100/\$135

## AYURVEDIC TREATMENT

Shirodhara	60 Minutes	\$100
Abhyangam	60 Minutes	\$100
Navara Kizhi	60 Minutes	\$100

## FACIAL TREATMENT

The Citrus Essence	60 Minutes	\$110
The Cure	60 Minutes	\$110
The O2 Relax	60 Minutes	\$110
The Express Facial	30 Minutes	\$70

## SUN & BODY TREATMENT

### BEFORE SUN

Pre Sun Exposure Treatment	90 Minutes	\$140
Bronz Impulse Pre Sun Exposure Treatment	90 Minutes	\$140
Fast Tan Sublimation	90 Minutes	\$140
After Sun long Lasting Tan	90 Minutes	\$140
SOS After Sun	90 Minutes	\$140
Esthederm Radian Scrub	90 Minutes	\$140
Esthederm Body Svelt	90 Minutes	\$140

### ESSENCE BEAUTY

Luxury Manicure	30/60 Minutes	\$55/ \$90
Luxury Pedicure	30/60 Minutes	\$55/ \$90

### SALON

Lady Cut & Style	60 Minutes	\$100
Men Cut & Style	45 Minutes	\$80
Wash & Dry	60 Minutes	\$80
Flat Iron/ Curl	45 Minutes	\$80
Cocktail Makeup	60 Minutes	\$80