



**ELENA**  
THE SPA

## Inspired by Nature

ELE|NA is an acronym for Elements of Nature. At ELE|NA 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, ELE|NA offers spa rituals, therapies, and wellness journeys designed for an immersive, deep nature spa experience.

## Local & International Healing Therapies

ELE|NA 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.



# COMMUNITY SUSTAINABLE SPA

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# Community Sustainable Spa

ELE|NA is an acronym for Elements of Nature, where the elemental forces of nature, Wood, Fire, Earth, Metal, Water will be used to heal you. These energies flow all around and within you.

Our mantra is connecting people whilst educating sustainability through our community spa, where they will be able to enjoy an organic and unique spa experience exclusive to The Spa at Ailafushi.

With a bespoke wellness consultation from your spa therapist, discover your element. Then build your own elemental journey connecting all your five senses. Your journey will conclude with a juice bike Xperience on the beach for a sustainable refreshment and relaxation.

## Step 1

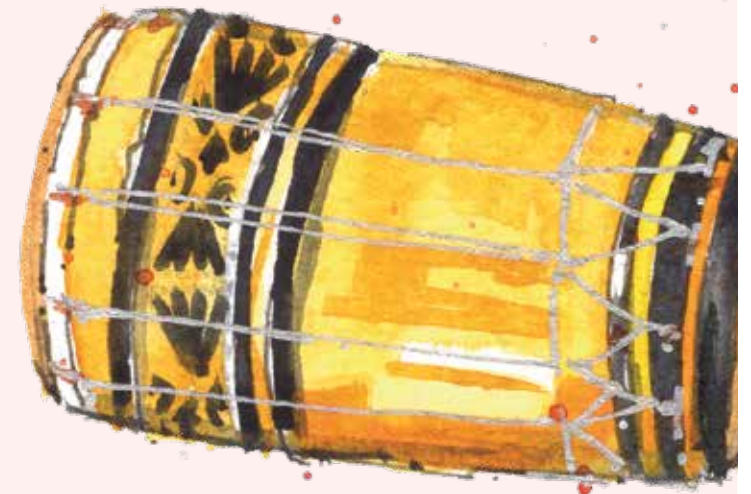
Take the elemental questionnaire.

## Step 2

Choose from 60, 90, 120 and 150 minute treatment time per person.

## Step 3

Connect with your five senses.



## Touch and Smell

Choose from one of our sustainable spa treatments, where you will prepare your product with three fresh and organic components. Followed by a relaxing treatment by your therapist using your homemade products.

### o **Natural Facial**

Learn how to make your own facial products then loosen up and enjoy a natural beautiful hands-on organic facial.

### o **Natural Face and Neck Lifting Treatment**

Learn how to defy ageing with a naturally firming face and neck massage by using hand-picked materials for lifting and plumping your skin.

### o **Back, Neck and Shoulder Massage**

Learn how to make your own massage oil to re-establish your sense of well-being. Enjoy the pleasant and relaxing back, neck, and shoulder massage by your therapist.

### o **Scalp and Hair Booster**

Improve the quality and condition of your hair with these organic products and treat yourself to a relaxing scalp massage to promote hair development, growth and calm a mind.

### o **Floating Feet**

Using stimulating organic materials, remove dead skin and improve circulation in your feet and ankles. Then unwind and enjoy a heavenly foot and lower leg massage to give you a floating sensation.

## Hearing

Choose a sound healing therapy.

- Tibetan singing bowl
- Tibetan singing bowl with water or sand.
- Drum rhythm. (Bodu Beru)
- Meditation.
- Kaki Mudra.

## Taste

Cycle on the first Maldivian juice bike Xperience for a sustainable, healthy refreshment in its own fruit cup.

## Sight

Relax on the spa beach while sipping your own homemade sustainable juice, admiring the breath-taking views of the Indian Ocean from the spa's sustainable bean bags.

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### PRICE

60mins | \$70

90mins | \$100

120mins | \$120

150mins | \$190

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*ALL PRICES ARE IN US DOLLARS AND ARE SUBJECT TO 10% SERVICE CHARGE AND 12% T-GST*

# ELENA THE SPA

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## TREATMENT MENU



# Signature Maldivian Rituals

- **Veli Bon'Dli**

- Maldivian Sand Bundle Massage** - 75 mins | \$100

- 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 | \$100

- 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 | \$100

- 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.*



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# Facials for Holistic Skincare

- **Anti-Ageing Facial** - 75 mins | \$100

Experience a soothing Maldivian facial that slows the ageing process. A traditional massage of the face, neck, and decollate 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 | \$80

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 | \$80

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 | \$80

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*

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# Maldivian Body Treatments

- **Kaashi Scrub** - 45 mins | \$50

*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.*

- **An'bu Scrub** - 45 mins | \$50

*Mango Body Scrub*

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 moisturizing of the skin*

- **Koffee Scrub** - 45 mins | \$50

*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 moisturize your skin with the goodness of Maldivian coconut oil.

*Recommended for: Cleansing and brightening the skin, combating cellulite naturally.*



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# Massage Therapies

- **Hot and Cold Stone Massage** - 75 mins | \$100

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.*

- **Bamboo Massage** - 75 / 50 mins | \$95/\$70

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 rolled the muscles gently yet deeply, providing an intense sense of well-being and easing of tension.

*Recommended for: Relieving fatigue and enhancing sleep quality*

- **Jet Lag Massage** - 75 / 50 mins | \$95/\$70

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** - 75 / 50 mins | \$95/\$70

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 | \$95/\$70

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.*

◦ **Foot Acupressure Massage** - 75 / 50 mins | \$95/\$70

After a long day of snorkeling 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 energizing you for another day of exhilarating activity.

*Recommended for: Reducing fatigue and pain of the feet*

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# Sun Treatments

- **Tan Accelerator Treatment** - 50 mins | \$80

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

A super-effective treatment for a glowing, sun-kissed complexion. The ELE|NA 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 | \$80

Aloe Vera is a natural, pure hydrating herb. The ELE|NA Sun Burn treatment uses Aloe Vera products to intensively moisturize 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*

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# Treatment Enhancements

**Not Stand-Alone Treatments, Can Only Be Booked with Full Treatment**

- **Eye Remedy Treatment** - 15 mins | \$15

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 | \$15

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** - 15 mins | \$15  
**Coconut Stem Treatment**

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.

- **Anti-Ageing Hand Treatment** - 15 mins | \$15

**Recommended add on to your anti-ageing facial**

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.

- **Sinus Treatment** - 15 mins | \$15

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 specialized massage technique to alleviate sinus-related pain and congestion. You are sure to feel revitalized.

- **Calf Massage** - 15 mins | \$15

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.

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## Special Packages

- **Journey of Holistic Wellness** - 210 mins | \$250/person

This wellness journey is a synergetic combination of Ayurvedic massages, yoga, and meditation. It includes the Indian head massage and Abhyanga treatments that calm the mind and body through warm, herbal oil massage on the head and massaged on the body. You also get personalized yoga and meditation sessions.

*Recommended for: Relieving stress, enhancing sleep quality and muscular relaxation.*

- **Couples Restful Delight** - 90 mins | \$285/couple

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

This ELE|NA 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.

- **Maldivian Restorative Treatment** - 180 mins | \$180/person

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.*



# MEDI SPA

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## TREATMENT MENU



## Intense Hydrating Signature Face Treatment

60mins | \$135

Instant hydration treatment specially designed to reverse the signs of premature aging and sun damage.

The beach blue treatment facial includes a double exfoliation, soothing ingredients, and a light touch therapy massage and mask to reveal brighter, environmental protection and defend against dehydration. Hydrating and soothing treatment.

**Recommended for - Treat sunburn or extremely irritated skin**

## Ageless Face Treatment

30/60mins | \$105/\$145

Advanced pre-ageing skin resurfacing – 6 Steps to Calm skin. The gentle touch of E.X.F.O. 1. CLEANSE the skin cleanse, 2. DEGREASE with S.K.I.N. primer 3. SKIN PERMEABILITY complex prepares the skin by opening the channels for better penetration and helps to assess skin sensitivity. 4. RESURFACE M.E.L.A. powerclays TM is applied in a uniform layer rubbing energetically to increase its penetration in the skin, 5. CALM & HYDRATE the skin apply the P.O.S.T. recovery cream and massage gently into the skin.

**Recommended for –Melasma, Superficial melanin, post-inflammatory, hyperpigmentation, Freckles, anti-ageing, sagging skin.**



## Purifying Face Treatment

30/60mins | \$105/\$145

Advanced acne skin resurfacing - 6 steps to Clear skin. The gentle touch of E.X.F.O. 1. CLEANSE the skin cleanse, 2. DEGREASE with S.K.I.N. primer 3. SKIN PERMEABILITY complex prepares the skin by opening the channels for better penetration and helps to assess skin sensitivity. 4. RESURFACE solutions are applied in the uniform layer, rubbing energetically to increase its penetration in the skin, 5. CALM & HYDRATE the skin apply the P.O.S.T. recovery cream and massage gently into the skin.

**Recommended for – Acne-prone skin, breakdowns, oily skin, congestion skin**

## The Perfect Glow Face Treatment

30/60mins | \$105/\$145

Advanced brightening skin resurfacing - 6 steps to Clear skin. The gentle touch of E.X.F.O. 1. CLEANSE to the skin cleanse, 2. DEGREASE with S.K.I.N. primer 3. SKIN PERMEABILITY complex prepares the skin by opening the channels for better penetration and helps to assess skin sensitivity. 4. RESURFACE M.E.L.A. powerclays™ is applied in a uniform layer, rubbing energetically to increase its penetration in the skin, 5. CALM & HYDRATE the skin apply the P.O.S.T. recovery cream and massage gently into the skin.

**Recommended for - Skin that needs complete restoration, chronic redness, rosacea-prone skin, sensitive skin photo-sensitive skin.**

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## Intense Contour Lip Treatment

45mins | \$80

A collection of Collagen Plumping ingredients.

Suitable for all kinds of skin, including sensitive skin. Collagen infused treatment will help to soothe the lips while gently plumping and hydrating.

## Detoxifying Eye Treatment

45mins | \$75

Advanced eye treatment that helps to reduce puffiness, dark circles, and firmness

Suitable for all kinds of skin, including sensitive skin and ideal for hot days.

## Enhance your treatment with one of our Medispa therapies

Per Therapy | \$40

- Skin Consultation with Skin hydration Test
- Hydro Jelly Mask
- Ultrasonic exfoliation
- Nano-needling with Solution
- Touch Therapy massage

# SALON MENU

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## Ladies

Wash, Cut & Blow Dry	\$37
Blow Dry Curling Iron/style	\$32
Blow Dry Straight with Flat Iron	\$32
Braid Up Style	\$28
Bang Trim	\$12
Braid with Hair/ Color Thread	\$3
Only Braid	\$2

## Gents

Full Barber Treatment <i>(Beard trim, haircut, pressure points on face, shampoo, and massage with beard oil, hot compress towel)</i>	\$57
Wash, Cut & Go	\$24
Beard Trimming	\$20

## Hair Treatments

Hair Spa <i>(included mask, scalp &amp; shoulder massage)</i>	\$45
Scalp Treatment with Blow Dry	\$32

## Hair Coloring

Temporary Hair Color	\$32
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## Make-up

Evening Make-up	\$45
Make-up Tutorial	\$32
Au Naturelle (Natural Look Make-up)	\$24

## Hair Removal

Whole Back Waxing	\$45
Full Leg Waxing	\$41
Half Leg Waxing	\$28
Bikini Waxing	\$24
Armpit Waxing	\$20
Threading Upper Lips/Face/Eyebrow	\$20
Eyebrow Wax	\$12

## Love your Nails

Spa Pedicure	\$53
Spa Manicure	\$49
Express Pedicure or Manicure	\$32
Gel Hands or Feet	\$20
French Polish	\$16
Remove Gel Polish	\$16
Polish only Hands or Feet	\$12
Nail Art Add-on	\$8

## Kuda (Kids) Salon

Girls' Hair Cut	\$20
Boys' Haircut And Style	\$16
Girls Up Style	\$24
Kids Manicure or Pedicure (Polish Optional)	\$24
Braid With Hair/ Color Thread	\$3 /Piece
Only Braid	\$2 /Piece

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## Wedding Package

### His and Hers Deluxe Bridal Package

\$317

Wash, scalp massage & style, beard trim/style (for him), conditioning hair mask (for her), express manicure & pedicure, booster facial, make up (for her).

### Women's Bridal Package

\$162

Wash & style, express pedicure, and manicure, make up.

### Men's Grooming Package

\$122

Wash & style, express pedicure, express manicure.

## Express Chair

Head in the Clouds  
(Head Massage)

\$20

Foot and Half Leg Scrub  
& Mask

\$20

Walking on Air  
(Foot and Ankle Massage)

\$20

Face Therapy  
(Lifting Face Massage & Face Mask)

\$20

Knot a Problem  
(Muscle Melt Balm and Pressure Points)

\$20

Acupressure Massage Choice  
(Feet, Hand or Face)

\$20

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# TRANQUILITY SUITE

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# Tranquility Suite

ELE|NA THE SPA is an oasis of tranquility. Every inch of this luxurious space has been carefully designed to calm the senses and cleanse the soul. The facilities overlooking the beautiful Indian ocean offers full facilities to help activate the muscles, stimulate the nervous system and send you on your way to a world of utter relaxation.

Please note that, Spa users must be a minimum of 18 years of age.

## o Outdoor Hot Tub

Enjoy the stunning outdoors surroundings of the Maldives overlooking the crystal-clear Indian Ocean, ideal for pre- or post-treatment relaxation.

## o Sauna

Our sauna increases the health benefits associated with dry heat such as clearing the body of toxins and improving circulation.

## o Steam Room

Not only does a steam room induce a deep sense of relaxation, it also offers unrivalled relief from muscular aches and pains, a calmer spirit and can even improve sleep.

## o Relaxation Area

Our tranquil relaxation area is a haven for those looking to rest their eyes and their body before they head into a treatment or for those looking to extend their moment of pure relaxation post-treatment.

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## PRICE

\$15 | 1 Pax | 1 Hour

\$30 | 1 Pax | Unlimited Hours

\$45 | 4 Pax | 1 Hour

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## **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.

## **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 jewelry, 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.



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