

Nature's Energy: A Place Called Balance



Embrace the Rhythm of Life

Your journey to enhanced life and longevity begins here.

Welcome to ELE|NA Ayur, where wellness is not just a practice, but a way of life. The story of ELE|NA Ayur is an ongoing narrative, one that invites you to become a part of its vibrant community. Whether you seek to alleviate stress, restore balance, or enhance your overall quality of life, ELE|NA Ayur offers a sanctuary where you can discover the true essence of vitality. ELE|NA AYUR is your partner in this beautiful dance with nature. We offer a curated selection of experiences that *reconnect you to the earth's energy*. Imagine healing therapy in crystal-clear oceans, mindful meditation sessions amongst ancient woods, or forest bathing rituals guided by the rustling leaves. Our expert practitioners guide you in creating personalized well-being plans that mirror the natural world's cycles – periods of exertion followed by periods of rest, moments of intense focus balanced with moments of pure joy.



The Birth of a Vision

We believe in the power of grounding yourself in the natural world, allowing its energy to flow through you, cleansing and revitalizing.

Sanskrit word “*Ayur*”

आयुर्वेद

Drawn by the Earth’s Song: ELE|NA Ayur wasn’t born in a sterile lab or a boardroom meeting. It bloomed from the vibrant tapestry of nature, a symphony of rustling leaves, crashing waves, and the whisper of the wind.

People, with an innate connection to the natural world, found themselves yearning for a deeper resonance with the very essence of life. Modern wellness felt disconnected, neglecting the powerful energy that pulsed through every living thing. They craved a practice that reconnected them to the rhythm of nature, a practice that mirrored the inherent vitality of the earth. Thus, ELE|NA was born—a brand that honors the ancient wisdom of nature’s energy to awaken the spark of life within. The name itself, ELE|NA Ayur, draws its essence from the Sanskrit word “*Ayur*” meaning “*life*” or “*longevity*.” ELE|NA AYUR goes beyond the fads and quick fixes. It’s a philosophy of living that harnesses the inherent energy of nature to nourish your body, invigorate your spirit, and synchronize your inner rhythm with the earth’s pulse. A life-enhancing wellness practices that *breathe new energy* into every individual’s daily life. It’s a symphony of experiences—from invigorating walks in sun-dappled forests to restorative yoga sessions under a starlit sky.

Calm Arrival Facial

45 minutes

Face Cleanser, Face Massage with Pressure Points, Face Mask

Indulge in a restorative facial ritual beginning with a delicate cleanse to purify the skin, followed by a soothing facial massage to activate vital pressure points and enhance energy flow. The treatment concludes with a nourishing mask, revealing a luminous, revitalized complexion.

Jet Lag Express Massage

45 minutes

Neck and Shoulder massage

A focused therapeutic treatment combining a neck and shoulder massage with Gua Sha to release tension and improve circulation, leaving the body refreshed and rebalanced.

Tan Accelerator

45 minutes

Coffee Scrub , Coconut Oil

Under the Maldivian sun, your skin effortlessly embraces a golden glow. The ELE|NA Tan Accelerator therapy uses organic local products to boost your skin's natural melanin production, ensuring a safe and radiant tan. With every touch, your sun-kissed complexion feels as natural and beautiful as the paradise around you.

Serenity Stretch

45 minutes

Upper Body Stretching, Pressure Points Legs and Foot.

A restorative therapy designed to release tension through guided upper body stretching, followed by precise pressure point work on the legs and feet to stimulate energy flow. The experience is completed with soothing stretches, promoting flexibility, circulation, and deep relaxation.

Enhancement to your Serenity Plan

Linger Longer (Massage Time)

15 minutes \$35 30 minutes \$60

A focused therapeutic massage designed to target one specific area of concern. Using a combination of pressure, stretching, and muscle-release techniques, this treatment helps alleviate tension, improve circulation, and provide immediate relief in a short amount of time.

Sound Healing and Vibration Therapy

15 minutes \$35 30 minutes \$60

A meditative journey using harmonic frequencies and resonance. By applying vibration therapy, this treatment realigns your internal energy, reduces stress at a cellular level, and induces profound mental clarity.

Trigger Point Muscle Release Therapy

15 minutes \$35 30 minutes \$60

A therapeutic session targeting “knots” and areas of chronic tension. Through focused, deep pressure, this therapy releases constricted muscle fibers, alleviates pain, and restores your natural range of motion.

Gua Sha or Crystal Stone Face Massage

15 minutes \$35 30 minutes \$60

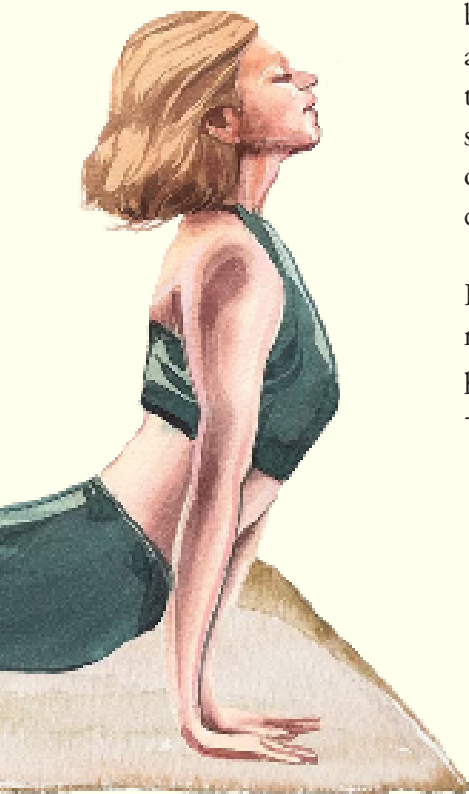
An ancient ritual for modern radiance. Using contoured crystal stones, this facial massage stimulates lymphatic drainage and boosts circulation to naturally carve, lift, and depuff for a luminous complexion.

The Essence of Holistic Wellness

In the heart of the Maldives, where turquoise waters meet sun-drenched shores, ELE|NA Ayur brings ancient wisdom to life through a philosophy of holistic balance. Inspired by the elements and guided by nature, each wellness journey begins with a heartfelt consultation — a moment to listen, understand, and align.

Treatments are thoughtfully tailored, drawing on the richness of island-grown botanicals, freshly pressed coconut oil, and age-old healing practices passed down through generations. Every touch, every scent, every ingredient tells a story — one of sustainability, cultural reverence, and deep connection to place.

Here, wellness flows gently and meaningfully. At ELE|NA Ayur, it is personal, purposeful, and rooted in place — a quiet return to what truly matters.



Tranquil Escape Retreat

Ice Bath & Steam, Foot ritual, Sound healing, Body wrap or Massage

A restorative journey for two, designed to reconnect body, mind, and spirit through the healing contrast of steam and cold-water immersion. This experience combines guided breathwork, a soothing foot ritual, sound healing, and your choice of a rejuvenating body wrap or relaxing massage. Concluding with a tropical refreshment by the beach, this retreat leaves you feeling renewed, balanced, and deeply connected.

120 minutes \$400 /couple

Kan'duge Richual – Ocean Essence Rebalancing Ritual

Full body scrub, Full body massage, and Face massage

Revitalize your entire being with a mineral-rich salt and coconut oil scrub, blend to awaken circulation and uplift the senses. A flowing full-body massage to ease fatigue and calms the mind. The ritual concludes with a tension-melting scalp massage and a light facial using organic ELE|NA Essentia products, leaving you restored and radiant.

90 mins \$200/person 90 mins \$360/couple

Hanivaru Haven - Island Herbal Bliss

Soaked Bundle massage

A true homage to island healing, this massage incorporates warm bundles to ease aches and inflammation. A soothing full-body massage with coconut oil is combined with targeted tension release on the back and shoulders. This journey reconnects body and mind with the nurturing essence of nature.

75 mins \$175/person 75 mins \$300/couple



Maldivian Therapies, Massage Therapies, and Sun Therapies

The heart of ELE|NA Ayur lies in its diverse range of treatments designed to invigorate and rejuvenate. From therapeutic massages that stimulate the body's energy flow to modern therapies that detoxify and renew, every treatment is crafted to enhance life force and vitality. Imagine stepping into a serene treatment room, where the soothing sounds of nature create an ambiance of tranquility.

Here, skilled therapists use warm herbal oils and *ancient techniques* to melt away stress and tension. Each stroke, each touch, is a step towards revitalization, awakening the body's innate healing abilities.



Veli Bon'dli - Maldivian Sands Bundle

Full Body Massage with Warm Poultice

Experience a timeless island ritual using heated sand bundles (Veli) sourced from the Maldivian shores. This treatment combines gentle pressure and rhythmic tapping to detoxify the skin, soothe aching muscles, and ground your energy through the healing warmth of the earth.

50 minutes \$120 75 minutes \$150

Kashi Nashi - Coconut Shell Massage

Full body massage with coconut shell

A tribute to the “Tree of Life,” this massage utilizes polished coconut shells to provide deep, firm pressure. The unique contours of the shells help knead away tension and improve circulation, leaving you feeling revitalized and deeply connected to the spirit of the tropics.

50 minutes \$120 75 minutes \$150

Hot Stone Massage

Full body massage with warm stones

Harness the power of thermotherapy with smooth, heated volcanic stones. Placed on key energy points and used as extensions of the therapist's hands, the radiant heat penetrates deep into muscle layers to melt away stress and induce a state of profound relaxation.

50 minutes \$120 75 minutes \$150

Yogayaam

Full body dry stretching

Experience our excellent body movement therapy, with the Yogayaam Pressure Point Massage. A fully clothed, oil-free therapy that gently stretching to reawaken your body and set the energy flowing.

50 minutes \$120

75 minutes \$150

Sports Massage

Full body oil massage with stretching

Designed for the active body, this high-intensity therapy focuses on deep tissue manipulation and muscle recovery. It targets specific areas of strain to break down knots, increase range of motion, and reduce recovery time after physical exertion.

50 minutes \$120

75 minutes \$150

Swedish Massage

Full body massage with long strokes movement

The gold standard for relaxation. Using long, fluid strokes and gentle kneading, this classic massage eases surface tension, boosts lymphatic drainage, and calms the nervous system for a peaceful, feather-light sensation.

50 minutes \$110

75 minutes \$140

Traditional Balinese Massage

Full body massage with gentle stretching, acupressure

A holistic approach to wellness that blends skin folding, kneading, and aromatherapy. This centuries-old Indonesian technique focuses on the flow of “Qi” to harmonize the body and mind, making it the perfect remedy for total stress relief.

50 minutes \$110

75 minutes \$140

Bamboo Massage

Full body massage with bamboo stick

This unique therapy utilizes organic bamboo to provide a versatile, full-body massage. It is highly recommended for those looking to combat chronic fatigue and find a natural path to more restful nights.

50 minutes \$110 75 minutes \$140

Jet Lag Massage

Dry brush with full body long strokes movement

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.

50 minutes \$110 75 minutes \$140

Foot And Leg Massage

Full leg and foot massage

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.

50 minutes \$105 75 minutes \$135

Pregnancy Massage

Side-Lying Massage, Front and Face Massage, Head Massage

A nurturing sanctuary for mothers-to-be, using gentle techniques and supportive positioning to ease lower back tension, reduce water retention, and soothe tired limbs — creating a calming moment for both mother and baby. Recommended for guests in their second or third trimester to ensure a safe and relaxing experience.

50 minutes \$120

Body Treatments

Renew your skin and senses with our restorative body wraps and invigorating scrubs. Using natural, island-sourced ingredients, each treatment is designed to exfoliate, nourish, and leave your body feeling refreshed and radiant.

Seasonal Body Wrap

Body Wrap, Nourishing Lotion

Embark on a journey of revitalization that harmonizes nature's bounty with sustainable indulgence through our exquisite *Nourishing Body Wrap*. Delight in the sensory symphony as handpicked ingredients, thoughtfully curated for each season, cocoon your body in a tapestry of nourishment and relaxation.

45 minutes \$85

Seasonal Body Scrub

Coconut or Coffee Scrub, Oil or Lotion Application

Inspired by traditional island beauty rituals, this rejuvenating treatment features your choice of a nourishing coconut scrub or an invigorating coffee scrub, blended with botanical oils to gently exfoliate and revitalize the skin. The natural exfoliants help remove dull surface cells, stimulate circulation, and reveal a smoother, brighter complexion. The experience concludes with an application of pure Maldivian coconut oil, deeply hydrating and replenishing the skin, leaving it silky soft, radiant, and glowing with tropical vitality.

45 minutes \$60

Enhancements

<i>Add back, neck and shoulder massage</i>	<i>75 minutes</i>	<i>\$135</i>
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<i>Add full body massage</i>	<i>105 minutes</i>	<i>\$195</i>
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Sun Treatments

Body and Face Mask, Application of Nourishing Gel

The ELE|NA Sunburn 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.

50 minutes \$120



ELE|NA Essentia: *Facials*

In a quiet sanctuary touched by whispers of nature, the journey to your most radiant self begins, not with products, but with you. Each facial unfolds gently, honoring your skin's unique story through the power of natural ingredients and timeless wisdom. It's a moment to reconnect, to nurture, and to awaken the life force that's always been within. Because true beauty is never created—it's simply revealed. It's always you.

Radiance & Anti-Aging Lift Facial

Cleanse, Uplifting Pressure-Point Facial Massage, Mask

A rejuvenating anti-aging facial that firms, smooths, and restores radiance. Designed to combat fine lines and loss of elasticity using ELE|NA Essentia's natural actives with advanced lifting massage techniques.

60 minutes \$145 90 minutes \$180

Rosy Calm Hydration Facial

Cleanse, Soothing Facial Massage, Hydrating Mask

A gentle facial designed for sensitive and dry skin, enriched with soothing rose extracts to calm irritation, restore hydration, and strengthen the skin's moisture barrier. Redness fades as your complexion is left comforted, radiant, and glowing.

30 minutes \$75 60 minutes \$145

Golden Aura Glow Facial

Cleanse, Detoxifying face massage with Marma points, Mask

A radiance-boosting facial that gently cleanses, brightens, and deeply hydrates the skin. Using cooling rollers to stimulate circulation and enhance absorption, this treatment smooths fine lines and leaves your complexion nourished, luminous, and glowing with vitality.

30 minutes \$75 60 minutes \$145

Luminous Acne Clearing Ritual

Cleanse, Purifying Mask, Serum and Moisturiser

A clarifying facial designed for oily or acne-prone skin. This purifying treatment helps to detoxify, regulate excess oil, and calm irritation, leaving the complexion clear, smooth, and beautifully balanced.

45 minutes \$110

Wellness Seeker

These practices, rooted in ancient traditions, are tailored to individual needs, ensuring a *holistic approach to wellness* that promotes both *physical health* and *spiritual well-being*.



Beyond massage, ELE|NA Ayur offers a curated collection of restorative therapies designed to rebalance the body, calm the mind, and renew the spirit. From contouring and detoxifying body rituals that support lymphatic flow and enhance vitality, to Five Element reflexology inspired by Traditional Chinese Medicine, each experience is thoughtfully crafted to promote holistic wellbeing. Guests can surrender to the profound stillness of floating sound healing, where gentle vibrations and breath guide them into deep relaxation, or embrace the revitalising effects of guided contrast therapy, alternating heat and cold to boost circulation, ease tension, and strengthen resilience. Together, these immersive experiences invite a deeper connection to self, encouraging restoration, clarity, and a renewed sense of balance.

The ReFine Body Sculpting Collection

A trio of contouring, firming, and detoxifying rituals designed to tone, lift, and rebalance the body. Each treatment builds on the last, sculpting stubborn areas, restoring elasticity, and awakening lymphatic flow. Best experienced as a single indulgence or a three-session journey, where results deepen with every visit.

60 minutes \$120 per session 3 sessions for \$310

Sculpt & Smooth - Contouring Massage

Steam, Exfoliating Scrub, Sculpting Massage

Waves of coconut oil and coffee over the skin, gently exfoliating and sparking circulation as dullness gives way to radiance. With tension softened, a sculpting massage follows—targeting stubborn areas with firm, rhythmic strokes to tone and release.

Firming Flow - Body Toning Ritual

Warm Poultice, Targeted Firming Massage

Reignite your skin's youthful tone with this revitalizing massage. A warm Maldivian sand poultice is applied to relax muscles and stimulate collagen. Followed by a deep firming massage to promote elasticity, reduce sagging, and uplift the spirit.

Lymphatic Lightness - Detox Drainage Massage

Dry Brushing, Lymphatic Drainage Techniques

Soft bristles sweep across the skin in a dry brushing ritual that stirs energy flow and encourages gentle renewal. As the surface awakens, a light-pressure lymphatic massage follows to support drainage, reduce puffiness, and restore inner balance. A soothing, rhythmic journey that nurtures clarity from the inside out.

Five Elements Reflexology

Full Leg and Foot Massage with Meridian and Pressure Points

A restorative reflexology ritual using Traditional Chinese Medicine and Five Element techniques to rebalance the body through the feet.

60 minutes \$120

Floating Sound Bath

Floating Immersion, Singing Bowls, Pressure Points

Float weightlessly in the stillness of the pool as healing sound vibrations wash over you. Guided by breath and gentle frequencies, your body softens, your mind quiets, and your spirit begins to surrender. Immersed in water and sound, you'll experience a profound sense of calm, where silence speaks and stillness heals. A deeply restorative journey of sound, serenity, and self.

45 minutes \$90

Indian Head Massage

Upper Back,
Shoulders, Neck,
Scalp and Face
Massage

**45 minutes
\$60**

A century-old Ayurvedic ritual focused on the “marma” (energy) points of the upper back, shoulders, neck, scalp and face massage. This blissful therapy uses firm, rhythmic movements to dissolve tension held in the areas most affected by daily stress. By stimulating blood flow and oxygen to the head, it clears the mind, nourishes the hair, and provides a deep sense of tranquil awareness.

Ice Bath & Steam

Guided Breathwork,
Ice Bath, Steam

**30 minutes
\$50 per person
\$ 80 couple**

Transform your day into a sanctuary of peace with this 30-minute guided contrast therapy session designed to restore balance and boost vitality. Alternating between soothing heat and invigorating cold, this ritual enhances circulation, reduces muscle soreness, decreases inflammation, and supports immune function. You'll leave feeling energised, mentally resilient, and deeply relaxed.



Chapter 6 | *Life-Enhancing Wellness Practices*

ELE|NA Ayur's commitment to wellness extends beyond treatments and therapies. The brand promotes a lifestyle centered around balanced and sustainable wellness practices that can be integrated into daily life. Nutritional guidance, mindful living workshops, and personalized wellness plans empower guests to take charge of their health and vitality.

The founders believe that
*true wellness is a journey,
not a destination.*

By fostering an enriching lifestyle that encourages active engagement with life's pleasures and challenges, ELE|NA Ayur helps guests cultivate a deeper connection with themselves and the world around them. This holistic approach not only nurtures physical health but also energizes the spirit and sharpens the mind. ELE|NA is *more than a wellness center*; it is a community of individuals dedicated to living their best lives. Through workshops, retreats, and community events, guests can connect with like-minded individuals and share their journeys towards vitality. This sense of community fosters support, inspiration, and a shared commitment to holistic wellness. In this vibrant community, every individual is celebrated for their *unique path to health and well-being*. Stories of transformation and rejuvenation abound, creating a tapestry of inspiration that motivates others to embark on their own wellness journeys.



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.

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.

Adults Only

For the safety and comfort of all guests, treatments at ELE|NA Ayur are available to those aged 18 and over. We strive to create a peaceful and relaxing environment for all, ensuring that each guest can fully enjoy their experience.

Pricing

All prices are listed in US Dollar (USD) and are exclusive of applicable government taxes and service charges. Please note that taxes and service charges will be added to the final bill at the time of payment.

