

ELENA

BY ATMOSPHERE

HELENGELI ISLAND. MALDIVES

SPA MENU



WELCOME TO WELLNESS

OUR PHILOSOPHY

THE ELEMENTS OF NATURE

At **ELENA**, we believe and care in the elements of nature and its positive energies as in **AIR, WATER, FIRE, EARTH** and **PLANT** that fuel all living creatures to be quintessential for blissful living. Taking a holistic approach, traditional methods of massage led into the emergence of conventional and rejuvenating techniques aimed at relaxing the body, mind and moving beyond to touch the soul...

OUR TEAM

Comprises of passionate, highly skilled and multinational therapists and health conscious practitioners who focus on renewing natural energies using holistic therapies



OUR PRODUCTS

Our range of products at ELENA Spa are formulated of natural ingredients and are certified to be of **100% organically grown** origin



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OUR CORE VALUES

THE JOY OF GIVING

Our Core Values the basis of which lay upon the “Joy of Giving” are deeply instilled into all our therapists and Health Practitioners. Stepping in the spa, our therapists will embark you on a journey to rediscover your true self. Touching deeply into nature, to restore you to state of perfect balance. Maintaining essential harmony, leaving the body totally rejuvenated and thus allowing you to depart with a sense of Inner peace for healthy and happy living.



OUR SPA FACILITIES

EMBRACING ELENA

Facilities at the Spa focus upon holistic needs that include health, nutrition values and fitness for mind, body and soul incorporating holistic treatments, sessions of Yoga and fitness programs and use of state of the art lifestyle equipment.

SPA ETIQUETTE

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

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 TREATMENT

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

FOR GENTLEMEN

We kindly request all gentlemen to shave at least twenty four hours prior to facial treatments to ensure that maximum benefits are achieved

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.

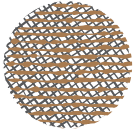


PAYMENTS & CANCELLATIONS

*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***

SIGNATURE ELEMENTS RITUAL

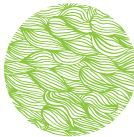
A truly luxurious lifestyle experience! Introducing all five elements to stimulate the senses and bring about an all encompassing feeling of relaxation and bliss



EARTH

AYURVEDA - RESTORE BALANCE

Cleanse the body, fortify the mind and replenish the spirit. Our Ayurvedic journey sets you on a trail of completeness aimed at purifying your body and mind. You will emerge with a strengthened immune system, sharpened mental clarity, improved energy and vitality, and a sense of total well-being.



PLANT

HARMONY - BODY POLISH BAR

The perfect addition to any body treatment. Select either the bamboo scrub to detox & stimulate or the citric exfoliation which nourishes, revitalizes and brightens skin that has been exposed to the sun, sea & sand.



FIRE

DE-STRESS - INTENSE BALANCE

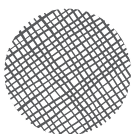
A deep massage that is ideal for relieving and reducing muscle tension, joint pain and stiffness. Unique techniques with golf balls to help release trigger points and roll out tense and sore muscles



WATER

LIFT & TONE - BODY REFINING

A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin. Treatments encompass use of juniper and pink grapefruit essential oils together with a body wrap; flushing out the body of toxins. Ideal for upliftment and toning of the body sculpt.



AIR

DETOXIFY - IMMUNE RECOVERY

Clearing and decongesting. Treatments focus mostly on upper body treatment and help to clear the mind and support the immune system. Ideal for those living in cities and or in polluted environments, who experience a feeling of congestion or looking for an upper body release. Treatments encompass use of essential oils blended from Eucalyptus, Pine and Tea Tree to unlock airways, making this ideal for detoxification.



HEALING WELLNESS

An indigenous way to integrate body and mind to promote good health and well-being, allowing yourself to reach a deeper state of relaxation and connect with your inner-self.

REIKI

60 MINS - USD \$70.00

An ancient, powerful, safe and hands-on healing method of accessing universal energy to release negative patterns of thought and emotion. Gentle pressure is applied to the body over major energy centers to bring you into wholeness.

YOGA

60 MINS - USD \$70.00

Yoga improves the overall well-being of both body and mind through the introduction of gentle postures that are adapted to suit your physical structure. Ideal for beginners and advanced who wish to practice how to counteract the physical and mental stresses of daily life.

MEDITATION

60 MINS - USD \$70.00

The chance to calm your mind and give you time to focus on your own self. Through meditation, we will help guide you through a sitting and walking meditation, allowing your mind and body to relax. You will leave the meditation feeling relaxed and in peace with your mind.

TIBETAN SINGING BOWL

60 MINS - USD \$70.00

Explore the healing power of the vibration of sound. This treatment using the singing bowls of the Tibetan Buddhist tradition. Used within traditional meditative and physical healing rituals. These bowls' characteristic blend of harmonic resonances are used as a vibrational tool to induce stress reduction, chakra balancing, energy synchronization and spontaneous healing



AYURVEDIC JOURNEY

Experience the knowledge and healing benefits of Ayurvedic medicine and integrate the body, mind and soul to promote your general health and well-being.

CONSULTATION

An analysis of your body's constitution with Tri-Dosha of Vata, Pitta and Kapha will determine your current health status. Learn to balance these Doshas and enhance your lifestyle through diet, exercise, mind relaxation and Ayurvedic programmes.

ABHYANGAM

60 MINS - USD \$70.00

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.

NAVARA KIZHI

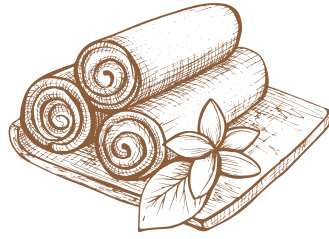
60 MINS - USD \$70.00

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.

SHIRO DHARA

60 MINS - USD \$70.00

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



ELENA MASSAGE THERAPIES

THE ULTIMATE AROMATHERAPY EXPERIENCE

60 MINS - USD \$65.00

90 MINS - USD \$95.00

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

JET LAG CURE

60 MINS - USD \$65.00

90 MINS - USD \$95.00

A rebalancing treatment that stimulates the circulation, reduces swelling and eases muscle tension. Includes a body massage with aromatherapy oil to revive your circulation, a head massage to re-awaken your senses and a Spa herbal tea to reset your internal clock.

BALINESE MASSAGE

60 MINS - USD \$65.00

90 MINS - USD \$95.00

Re-awaken your senses and find yourself in a complete state of calm and serenity. A traditional Balinese massage is a seamless blend of acupressure, skin rolling and firm, smooth strokes which are combined in a full body massage.

MALDIVIAN SAND MASSAGE

60 MINS - USD \$65.00

90 MINS - USD \$95.00

Drawing from Traditional Maldivian rituals combined with traditional massage therapies. Sand compress is nurturing and will leave your skin incredibly soft.

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ELENA MASSAGE THERAPIES

HOT STONE MASSAGE

60 MINS - USD \$65.00

90 MINS - USD \$95.00

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

SWEDISH MASSAGE

60 MINS - USD \$65.00

90 MINS - USD \$95.00

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.

INTENSIVE THAI MASSAGE

60 MINS - USD \$65.00

90 MINS - USD \$95.00

Thai massage techniques focuses on pressure points and gentle body stretching along the body's energy channels. It is offered fully - clothes and without oil to re - awaken the body's energy flow.

REFLEXOLOGY

60 MINS - USD \$65.00

90 MINS - USD \$95.00

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

SPORTS MASSAGE

60 MINS - USD \$65.00

90 MINS - USD \$95.00

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

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FACIAL THERAPIES

DE-STRESS

60 MINS - USD \$90.00

De - Stress oxygenates, hydrates & decongests. A Luxurious oxygen therapy treatment for face and back that detoxifies and hydrates targeted areas while relaxing and providing a complete sense of wellbeing.

RE-COVER

60 MINS - USD \$90.00

Soothe irritated Skin and reduce inflammation on face & back with the exceptional recovery treatment for hypersensitized skin that protects the skin against environmental aggressors.

RE-CHARGE

60 MINS - USD \$90.00

Perfect treatment to firm, revitalize & brighten. Recharge your skin with the antioxidant benefits of pure vitamin C. An infusion of anti-oxidant benefits and a true sensory therapy for face and back.

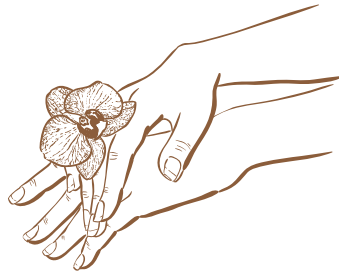
EYE MASK

15 MINS - USD \$25.00

Refreshing mask that will restore vitality and a youthful appearance to the eye contour. An infusion of active ingredients that soothe and calm this delicate area.

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RENEWAL JOURNEY

BESPOKEN SKIN POLISH

60 MINS - USD \$90.00

A relaxing all over exfoliation and layering of richy nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

BODY REHYDRATOR

60 MINS - USD \$90.00

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

OXYGEN HANDS

30 MINS - USD \$25.00

The damage caused by external aggressors will instantly disappear to reveal radiant and beautifully revitalized skin.

OXYGEN FEET

30 MINS - USD \$25.00

Erase years of stress and reveal smooth, supple and comforted skin.

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ESSENCE BEAUTY

LUXURIOUS MANICURE

60 MINS - USD \$50.00

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 skin. Nail varnish is applied on request as part of the service.

LUXURIOUS PEDICURE

60 MINS - USD \$50.00

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.

