

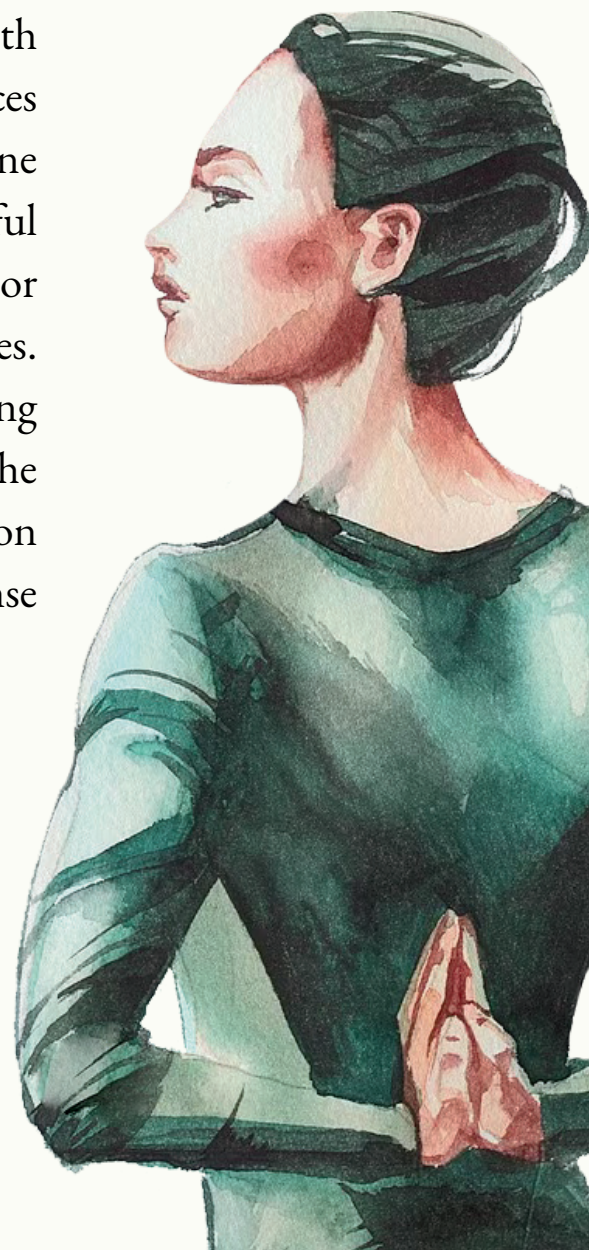
Nature's Energy: A Place Called Balance



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.

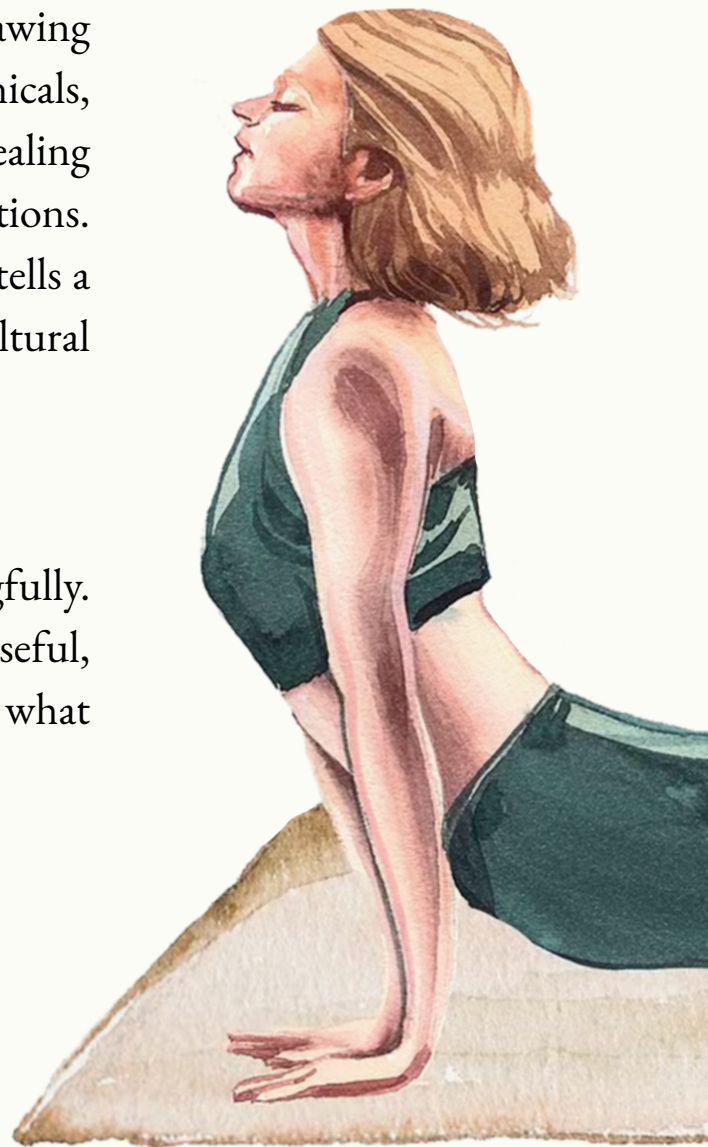
People, with an innate connection to the natural world, found themselves yearning for a deeper resonance with the very essence of life. Modern wellness felt disconnected, neglecting the powerful energy that pulsed through every living thing. They craved a practice that reconnected them to the rhythm 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.

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.



Lobi Dhoni

Grounding, Nourishing, Relaxing

A deeply sensory island-inspired ritual combining a natural coconut body exfoliation, warm sand bundle massage, scalp therapy, and an express facial. This treatment reconnects the body to the essence of the ocean and earth, using natural textures, warmth, and rhythm to restore softness, clarity, and total relaxation.

120 mins \$280/couple

Goddess Glow

Revitalizing, Hydrating, Radiant

A revitalizing treatment focused on the energizing Coffee Exfoliation with tension-releasing massage techniques back and upper body and a deeply hydrating facial. Designed to awaken circulation while restoring skin vitality and hydration balance.

90 mins \$110

Deep Blue Recovery Ritual

Post-Dive Fatigue, Muscular Back Release, Breath Restoration

A restorative back-focused therapy designed to support the body after diving and prolonged water activities. The ritual begins with guided breathwork techniques to encourage deeper breathing, relax the nervous system, and help rebalance the body after pressure changes and physical exertion.

A therapeutic back massage follows, concentrating on the shoulders, spine, lower back, and chest area to release muscular tightness and improve circulation. Slow, grounding massage movements combined with focused pressure help ease tension caused by carrying equipment, swimming, and repetitive movement in the water.

75 mins \$90



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 massages, ELE|NA Ayur offers a spectrum of revitalizing therapies that go deeper into the realms of healing and rejuvenation. These therapies include comprehensive detoxification processes that purify the body and mind, and calming treatments that soothe the nervous system and enhance mental clarity. Guests also have access to specialized yoga and meditation sessions, designed to harmonize the mind and soul.

Ayurvedic Abhyanga Massage

Deep Relaxation, Detoxification, Stress Release

A traditional Ayurvedic full-body massage using warm herbal oils and rhythmic flowing techniques to restore balance to body, mind, and energy. This deeply nurturing treatment stimulates circulation, supports lymphatic detoxification, and helps release accumulated stress and fatigue. Long, synchronized strokes and gentle pressure encourage the body's natural healing process, leaving you feeling grounded, nourished, and energetically renewed.

60 mins \$90 90 mins \$130

Intuitive Massage

Emotional Release, Stress, Personalized Healing

A deeply personalized massage guided by the therapist's intuition and the guest's physical and energetic needs. This treatment adapts in real time, combining various techniques such as gentle flow, deep tissue work, and energy balancing. The result is a highly individualized healing experience that addresses both physical tension and emotional imbalances, restoring harmony across body and mind.

60 mins \$90 90 mins \$130

Five Elements of Reflexology

Energy Balance, Fatigue, Holistic Healing

A therapeutic foot ritual inspired by the five elements—Earth, Water, Fire, Wood and Metal. Specific reflex points on the feet are stimulated to restore energetic harmony throughout the entire body. This deeply grounding treatment helps release tension, improve circulation, and rebalance internal systems, creating a sense of full-body alignment and vitality.

60 mins \$90

Ayurvedic Shirodhara

Mental Calm, Insomnia, Anxiety Relief

A profoundly calming Ayurvedic therapy where warm herbal oil is gently poured in a continuous stream over the forehead (third eye area). This deeply meditative treatment soothes the nervous system, quiets mental activity, and induces a state of profound inner stillness. Shirodhara is known to restore emotional balance, improve sleep quality, and create a deep sense of clarity and peace.

45 mins \$75 60 mins \$100

Sound Healing Therapy

Stress Relief, Emotional Balance, Meditation

A restorative sound therapy experience using vibrational frequencies from singing bowls and healing instruments. The resonant sound waves guide the body into a deep meditative state, helping to release stress and restore energetic harmony. For couples, this shared experience enhances emotional connection, harmony, and mutual relaxation.

45 mins \$75 per person \$112 per couple

Floating Sound Meditation

Deep Relaxation, Emotional Release, Energetic Reset

A multi-sensory healing ritual combining sound frequencies with a floating or weightless sensation (water or supported suspension), creating a deeply immersive experience of release, surrender, and energetic reset.

45 mins \$75 per person

Indian Head Massage

Stress Relief, Headache Tension, Mental Fatigue

A deeply relaxing therapeutic treatment focusing on the scalp, head, neck, and shoulders. Using traditional Indian massage techniques combined with gentle pressure and rhythmic movements, this ritual helps release built-up tension, improve circulation, and calm the nervous system. The treatment works to ease mental fatigue, reduce stress-related tightness, and promote clarity and relaxation. It is especially beneficial for guests experiencing overthinking, screen fatigue, or upper body tension.

30 mins \$60

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 mins \$75 90 mins \$110

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 mins \$50 60 mins \$75

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 mins \$50 60 mins \$75

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 mins \$65

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.



Maldivian Sand Bundle

Grounding, Detoxifying, Warming

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.

30 mins \$60 60 mins \$85 90 mins \$120

Coconut Shell Massage

Deep Tissue, Revitalizing, Tropical

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

30 mins \$60 60 mins \$85 90 mins \$120

Balinese Massage

Harmonizing, Flowing, Calming

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.

30 mins \$50 60 mins \$75 90 mins \$110

Swedish Massage

Relaxing, Gentle, Soothing

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.

30 mins \$50 60 mins \$75 90 mins \$110

Sports Massage

Recovery, Stretching, Restorative

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.

30 mins \$60 60 mins \$85 90 mins \$120

Yogayaam

Energizing, Stretching, Rebalancing

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.

30 mins \$60 60 mins \$85 90 mins \$120

Pregnancy Massage

Nurturing, Comforting, Calming

A nurturing sanctuary for mothers-to-be. This specialized therapy uses gentle, rhythmic techniques and supportive positioning to alleviate the unique physical strains of pregnancy. By focusing on reducing lower back tension, decreasing water retention, and soothing tired limbs, this treatment provides a moment of profound calm for both mother and child.

30 mins \$60 60 mins \$85

Body Treatments

Body Contour Renewal Ritual –Sculpt & Tone

Skin Smoothing, Firming, Contouring

Waves of Coffee and Coconut oil sweep 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.

60 mins \$75

3-Session Package 60 mins \$190 90 mins \$280

Detoxifying Treatment

Cleansing, Balancing, Renewing

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.

60 mins \$75 90 mins \$110

3-Session Package 60 mins \$190

Seasonal Body Scrub

Skin Renewal, Body Exfoliation, Seasonal Skin Refresh

A revitalizing seasonal exfoliation ritual designed to renew the skin and restore natural radiance. Using freshly inspired seasonal ingredients, this treatment gently removes dead skin cells, smooths skin texture, and enhances overall glow. The scrub prepares the body for deeper nourishment while stimulating circulation and leaving the skin soft, polished, and refreshed.

60 mins \$75

Seasonal Body Wrap

Detoxification, Hydration, Skin Nourishment, Body Renewal

A restorative body wrap treatment infused with seasonal ingredients designed to nourish, hydrate, and revitalize the skin. The body is enveloped in a cooling wrap to support skin balance, improve texture, and enhance overall wellbeing. This ritual helps the skin absorb nutrients while promoting relaxation and full-body renewal.

60 mins \$75

Treatment Structure Guide

Scrub or Wrap

Express Renewal

Scrub or Wrap to refresh the skin, improve texture, and restore natural glow in a short, effective session.

30 mins \$50

Scrub or Wrap + Back Massage

Targeted Renewal (Targeted Relaxation + Skin Renewal)

Scrub or Wrap combined with Back Massage to enhance relaxation, release tension, and support skin nourishment.

60 mins \$75

Scrub or Wrap + Full Body Massage

Complete Ritual Experience

Scrub or Wrap combined with Full Body Massage for a full sensory journey of relaxation, recovery, and total body renewal.

90 mins \$110

Upgrade Your Experience

Trigger Points

Releasing, Therapeutic, Restorative

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.

30 mins \$50

Rose Crystal Quarts

Lifting, Radiant, Balancing

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.

15 mins \$35 30 mins \$50

Sound Healing

Harmonizing, Meditative, Calming

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.

15 mins \$35 30 mins \$50



Refresh Lounge

Head, Neck & Shoulder Massage

Stress Relief, Upper Body Tension, Mental Relaxation

A focused therapeutic massage designed to release built-up tension in the head, neck, and shoulders. Using targeted pressure and rhythmic massage techniques, this treatment helps ease muscle tightness, improve circulation, and calm the nervous system. Ideal for relieving stress, desk fatigue, headaches, and tension caused by travel or daily strain.

15 mins \$35 30 mins \$50

Foot and Leg Massage

Detoxifying, Relaxing, Restorative

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.

15 mins \$35 30 mins \$50

Spa Manicure Cleaning

Nail Grooming, Hand Care

A refreshing hand care treatment focused on maintaining healthy, well-groomed nails and hands. The treatment includes nail shaping, cuticle care, gentle exfoliation, and hydration to cleanse and condition the skin, leaving hands neat, soft, and refreshed.

45 mins \$65

Spa Pedicure Cleaning

Foot Care, Nail Grooming

A revitalizing foot care treatment designed to maintain healthy, well-groomed feet. The treatment includes nail shaping, cuticle care, gentle exfoliation, and hydration to smooth dry skin and restore comfort, leaving feet feeling clean, soft, and refreshed.

45 mins \$65

Spa Manicure

Hand Care, Relaxing Massage, Polish Finish

A luxurious hand care ritual that combines nail shaping, cuticle care, exfoliation, a relaxing hand massage, and your choice of nail polish. Designed to nourish the hands while leaving nails beautifully groomed and polished.

60 mins \$85

Spa Pedicure

Foot Care, Relaxing Massage, Polish Finish

A luxurious foot care ritual combining nail shaping, cuticle care, exfoliation, callus care, a relaxing foot massage, and your choice of nail polish. This indulgent treatment restores comfort while leaving feet smooth, refreshed, and beautifully polished.

60 mins \$85

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 Ayur 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.

