

# Revitalize.

HARMONY AND WELL-BEING

RESERVE™  
PLAN  
TREATMENT  
MENU



# Welcome To Wellness.

## The Elements of Nature.

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



## **WOOD**

ELEMENT FOR REJUVENATION

### **Kayakalpa Massage**

*60 Minutes*

Kayakalpa is Sanskrit word which means making your body fit and active by applying all over the body. In Ayurveda oil massage is a form of self-love.

Our experienced therapists introduce you to the basics of Ayurvedic massage. Identify the ideal types of oil for your body. Continue this ancient daily ritual at home to enhance circulation soothe the nervous system and promote well-being.



## **FIRE**

ELEMENT FOR ZEST

### **ELENA Touch**

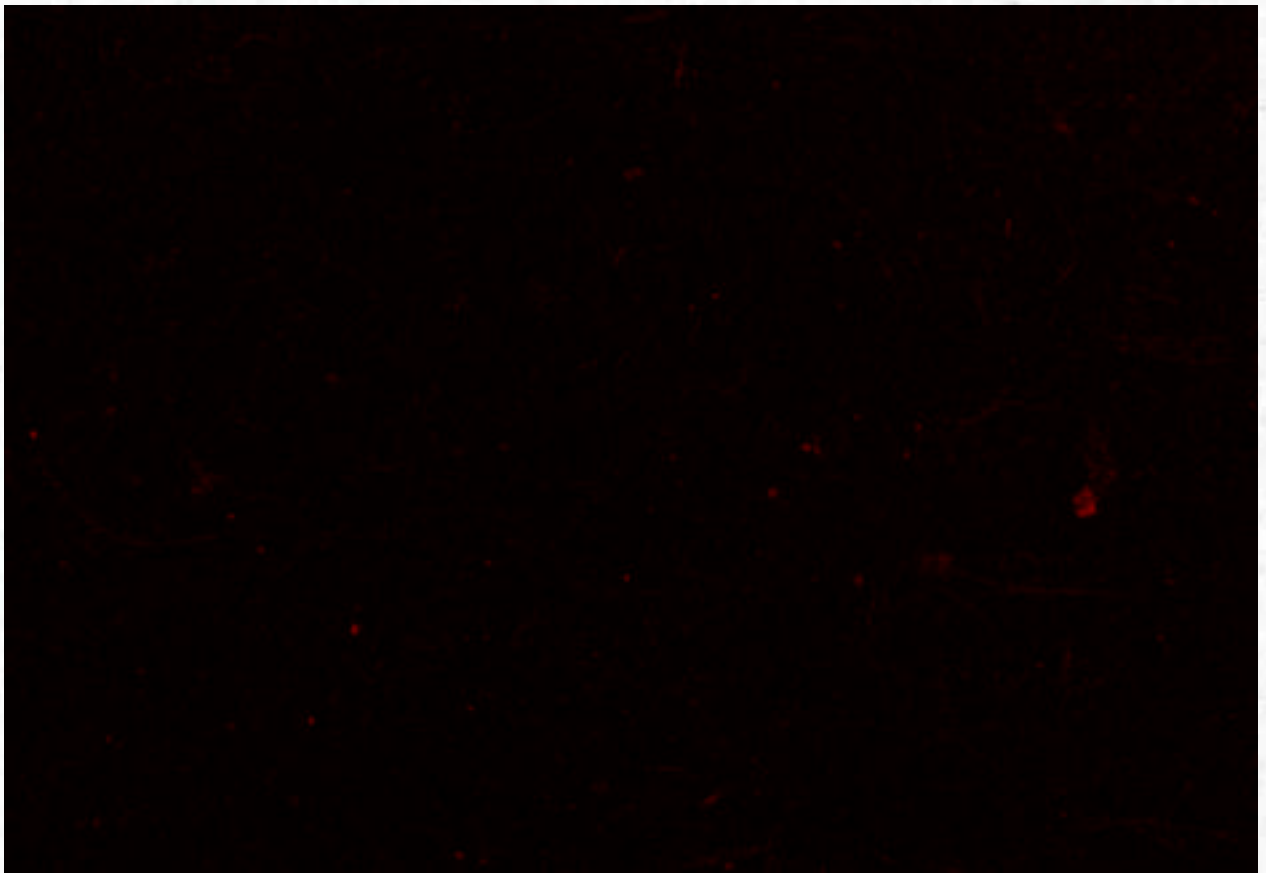
*60 Minutes*

A soothing combination of Thai massage, reflexology, sand bundle massage, and Indian head massage. This blissfully balancing treatment restores positive energy, relaxing and reviving both body and spirit for a profound feeling of calm.



**EARTH**

ELEMENT FOR REJUVENATION





## **METAL**

ELEMENT FOR DETOXIFYING

### **Jetlag Facial**

*60 Minutes*

Brings back the holiday mood with a bang! A long journey can be physically and mentally exhausting. Use our Jetlag Facial to drive away your jet lag blues on arrival. Begin with a cleansing, exfoliation, and toning ritual with natural ingredients products to revitalize your skin cells. Rebalance with a specialized marma massage and light therapy followed by a marine-rich green clay mask, to brighten your skin, reduce inflammation, and restore the harmony of the body and mind.



## **WATER**

ELEMENT TO SOOTHE

### **Homemade Body Scrub Followed By Foot Or Scalp Massage**

A natural detox. The therapy includes soothing bespoke body scrubs with naturally cleansing ingredients. Your body is first cleansed and nourished using a natural scrub followed by relaxing foot acupressure or scalp massage. The therapist blends acupressure with skin rolling and muscle kneading to leave you feeling reawakened, refreshed, and renewed.



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