



Elevating the Five Senses



Welcome To Wellness. The Elements of Nature

We aspire to create positive change
through spa & wellness experiences
inspired by nature's elemental forces.





*Signature
Treatments*

BOLIFUSHI ESCAPE - COUPLES RITUAL

150 Minutes

Experience pure bliss with our Couples' Ritual in our elegant overwater spa treatment room. Craft a body scrub together using natural ingredients, which will be expertly incorporated into your treatment. Enjoy a pampering foot ritual that leaves your feet cleansed and nourished. Feel tension melt away with a revitalizing bamboo massage, inducing a profound sense of well-being. Conclude your spa journey with a luxurious bath ritual, immersed in warm, fragrant water and mesmerizing ocean views.

KASHI NASHI - COCONUT SHELL MASSAGE & NATURAL FACIAL

90 Minutes

Start this tranquil spa journey with a rejuvenating coconut scrub, cleansing and nourishing the skin. The experience culminates in Kāshi Nāshi, a potent Maldivian treatment employing coconut shells and indigenous ingredients for a body massage. This distinctive anti-aging therapy revitalizes skin, diminishing wrinkles and restoring youthful radiance.

VELI BON'DLI - MALDIVIAN SAND BUNDLE MASSAGE

60 Minutes

A native age-old healing practice of the Maldives to treat 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.



Facials

GOLD CELLULAR AGE RESTORE FACE THERAPY

60 / 90 Minutes

A powerful skin-repairing ritual that uses ila's Gold Cellular Age Restore Collection. Naturally occurring gold and the rarest of Frankincense from the Gardens of Ethiopia are used to heal and protect your skin from the signs of ageing. The treatment begins with a cleansing, exfoliation, and toning ritual followed by classic opening massage techniques, lymphatic drainage, and warm herbal poultices. The ila BosTriWell® and hyaluronic extract combined with sonic wave therapy instantly increases collagen levels and reduces cell inflammation, repairing mature, irritated, and rosacea-prone skin.

ANANDA FACE THERAPY

60 / 90 Minutes

This divine therapy uses ila's Glowing Radiance Collection. The treatment begins with an aloe vera and pomegranate cleanse followed by a gentle blackcurrant and honey face exfoliation and toning. Your therapist then uses powerful Damascena rose otto and sandalwood essential oils, combined with specialised marma massage techniques. Finish with a cooling green clay mask that reduces inflammation. Recommended for revitalising stressed and exhausted skin.

MEN'S REVITALISING FACE THERAPY

60 / 90 Minutes

A men's skin therapy using ila Glowing Radiance Collection. The ritual begins with hydrating Blackcurrant, Honey, and Sandalwood exfoliator to cleanse, tone, and moisturise your skin. After which, you experience marma point massage using the anti-bacterial properties of Vetiver with healing Damascena Rose Otto. Finish with a seaweed and bioplasma mask that purifies and nourishes, leaving your skin supple and strengthened.





*Body
Treatments*



POTALI DEEP TISSUE TREATMENT

60 / 90 Minutes

A beautifully reviving body treatment that draws on Ayurvedic healing traditions where heated herbal pouches - known as potli - have long been used to rejuvenate and nourish tired, stiff bodies. Filled with therapeutic, medicinal herbs which are then warmed in exquisite essential oils - pine, amber, and frankincense, the potli are gently pressed in a rhythmic, fluid pattern over the whole body. Wonderfully soothing, cleansing, and invigorating, this is an ideal massage for alleviating pain, cramps, old injuries, and stress-related tension. It will uplift your mood and balance hormones. Amber, in particular, helps to relax brainwaves and enhances our inner heart energy

INNER PEACE BODY TREATMENT

60 / 90 Minutes

This blissfully balancing treatment feeds skin and senses, relaxing and reviving both body and spirit. Specialised ila core full body massage and marma therapy with emotionally balancing rose, healing sandalwood, and renewing jasmine combine in this wonderful massage. The skin is nourished, the soul nurtured, and a profound sense of inner peace pervades. Recommended for relieving anxiety, restlessness, and post-pregnancy stress

ROSE AND ALOE SUN COOLER WRAP

60 Minutes

This full-body experience is a bouquet of cooling spa rituals. Begin with a soothing Rose hydrolat mist. The refreshing ila core full body massage is paired with the gliding of rose quartz crystals on the face and body to reduce heat. To further soothe your body, a rose and aloe vera gel wrap is gently applied over sensitive skin, whilst rose quartz crystals, placed upon facial meridians, restore balance and strength. You can choose to complete your journey with a cool shower. Recommended for treating sunburn, skin sensitivity, and skin dehydration

INSTANTLY DETOXIFYING SCRUB

30 Minutes

Energising full body scrub that reduces cellulite, stress, and exhaustion. Drawing on the ionising properties of Himalayan salt crystals, this natural body polish stimulates circulation and toxin elimination, uplifting the mind, body, and spirits



FIVE ELEMENT AROMA MASSAGE

60 / 90 Minutes

A multi-sensory aromatherapy experience that blends customised essential oil infusions with warm steam towels, heated stones, and skilful therapeutic techniques to deliver the ultimate massage experience. It draws from both Eastern and Western massage and thermotherapy techniques to help balance mind and body. We prescribe Wood for Rejuvenation, Fire for Zest, Earth for Harmony, Metal for Detoxification, or Water to Soothe.

THAI QI FLOW

60 / 90 Minutes

Experience a deep sense of peace with this therapeutic, warming, and invigorating massage. Thai herbal compresses are used along with hands-on massage, stretches, and acupressure techniques to help balance the body and mind. Thai Qi Flow massage will harmonise the body's flow of energy, release tight muscles, and promote a feeling of optimum well-being.





*Massage
Therapies*

HOT STONE MASSAGE

60 / 90 Minutes

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

BAMBOO MASSAGE

60 / 90 Minutes

A wonderfully relaxing therapy that uses organically-treated bamboo stalks of varying lengths and diameters to massage the body. Recommended for relieving fatigue and enhancing sleep quality.

BALINESE MASSAGE

60 / 90 Minutes

An invigorating therapy based on age-old Balinese healing rituals. It involves the application of varying degrees of pressure across your body. Recommended for stimulating circulation, improving oxygen levels, and reducing tension

FOOT & LEG MASSAGE

60 / 90 Minutes

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

THAI MASSAGE

60 / 90 Minutes

A traditional Thai Massage that is a 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. Recommended for improving flexibility and promoting overall energy flow.

SWEDISH MASSAGE

60 / 90 Minutes

Feel like you are walking on air! A traditional European full body massage concentrating specifically on areas of tension to relax aching muscles, stimulate circulation and eliminate toxins. This relaxing spa experience leaves you looking great and feeling even better

SPORTS MASSAGE

60 / 90 Minutes

Restores and heal. After a day of water sports and beach activities, enjoy a personalised full body massage, with medium to strong pressure, to release muscle tension. This healing massage makes it easier to recover from any sports-related muscle soreness and fatigue, thus improving your general wellbeing as well as preventing any injury.



SEASONAL NOURISHING BATH RITUALS

30 Minutes

This indulgent bath ritual is tailored to the changing seasons, allowing you to experience the healing benefits of nature throughout the year. As you soak in the aromatic bath, let the combination of the natural scents and therapeutic properties of the ingredients envelop your senses and transport you to a state of pure bliss.

Treat yourself to this exquisite seasonal nourishing bath ritual and emerge feeling refreshed, revitalized, and deeply nourished from head to toe. It is the perfect way to indulge in self-care and restore your overall well-being.



A pregnant woman with long brown hair, wearing a white long-sleeved dress, is shown in profile, smiling and holding her belly. She is standing on a sandy beach with the ocean and waves in the background. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. A semi-transparent beige banner is at the bottom of the image.

Mother-To-Be Treatment



Discover the exceptional and unparalleled experience of our 'Mother-to-Be Spa Treatment,' a one-of-a-kind oasis designed with the utmost care and attention to the unique needs of expectant mothers. What sets our spa treatment apart is a combination of thoughtful elements that make it truly special and different:

Pregnancy Expertise:

Our team of skilled therapists is extensively trained in prenatal care, ensuring that every aspect of the treatment is safe and tailored to the specific requirements of expectant mothers. You can trust that you and your baby are in the hands of experts who understand the intricacies of pregnancy.

Customization:

We understand that no two pregnancies are alike. That's why our 'Mother-to-Be Spa Treatment' is fully customizable, allowing you to choose the combination of services that best suits your individual needs, whether it's a soothing massage, hydrating facial, or body treatment. You're in control of your relaxation journey.

Pregnancy-Safe Products:

We use only pregnancy-safe, natural, and hypoallergenic products that are gentle on your skin and free from harmful chemicals. You can enjoy the luxurious scents and textures of our products with peace of mind.

Celebrating Motherhood:

Our spa treatment is not just about relaxation; it's a celebration of motherhood. We recognize the incredible journey you're on and aim to make it a memorable and cherished experience, allowing you to connect with your baby in a tranquil and loving setting.

**MOTHER-TO-BE
TREATMENT**

60 / 90 Minutes

Anxiety is lifted to surround mother and baby with peace and harmony. This exclusive spa ritual for mothers-to-be beings with an optional body scrub made from antioxidant-rich blackcurrant seeds for gentle, detoxifying exfoliation. Feel all tension and soreness melt away with the ila core full body massage that includes your baby bump. Our rosehip seed and argan massage oil is infused with extracts of lavender, geranium, and rose to replenish dry skin and support in the fight against stretch marks. Finally, Himalayan herb poultices are slowly massaged into marma points to relieve aches and pains, excess fluid, and heat.



Wellness Seeker

Our wellness treatments go beyond surface-level benefits, encompassing elements that contribute to your overall vitality. These treatments often combine therapeutic modalities, mindfulness, and natural remedies.

AYURVEDIC CONSULTATION

60 Minutes

Ayurvedic consultation and treatment are integral components of Ayurveda, a traditional system of medicine that originated in India over 5,000 years ago. Ayurveda focuses on achieving holistic well-being by balancing the mind, body, and spirit. Here's an explanation of the Ayurvedic consultation and treatment process:

- **Constitutional Analysis**

Ayurveda recognizes three fundamental doshas (bio-energies) - Vata, Pitta, and Kapha. The practitioner assesses your unique dosha constitution to understand your inherent balance and any imbalances that may exist.

- **Pulse Diagnosis and Examination:**

Ayurvedic practitioners often use pulse diagnosis (Nadi Pariksha) as a diagnostic tool. They assess the pulse's qualities and rhythm to gain insights into the state of your doshas and overall health.

- **Discussion:**

The consultation includes a dialogue between you and the practitioner, where you discuss your health concerns, goals, and any specific symptoms or discomfort you're experiencing.

- **Holistic Approach:**

Ayurvedic consultations take a holistic approach, considering physical, mental, and emotional aspects of your health. Lifestyle, stress levels, and emotional well-being are all taken into account.



NATURAL BODY LIFT

60 Minutes

The Natural Body Lift is a holistic and invigorating approach to health that incorporates a harmonious fusion of traditional practices and specialized massage techniques. This treatment aims to enhance overall well-being by promoting better blood circulation and lymph movement while effectively reducing the appearance of cellulite.

NATURAL FACE LIFT

60 Minutes

Indulge in our exquisite Natural Face Lift Treatment, a harmonious fusion of timeless techniques inspired by the artistry of Japanese and Indian Face Massage. This sought-after treatment presents a holistic approach to restore your youthful radiance.

FIVE ELEMENTS REFLEXOLOGY

60 Minutes

Experience the transformative power of Five Elements Reflexology, a deeply relaxing and therapeutic treatment that harmonizes the entire body through the feet. By combining reflexology with the principles of Traditional Chinese Medicine (TCM) and Five Element theory, this technique utilizes specific pressure techniques on nerve endings, elemental organs, and acupressure points to enhance and deepen each session.

INTUITIVE MASSAGE

60 / 90 Minutes

Restores and heals. Enjoy a personalized full body massage with medium to strong pressure. An invigorating therapy based on age old Indian healing rituals to relax muscle tension. This healing massage makes it easier to recover from any sports related muscles to release and fatigue. This powerful massage will calm your nervous system, allowing you to relax and be totally at peace.

ABHYANGAM

60 Minutes

Abhyangam is a Sanskrit word meaning the application of oil all over the body. The intense, full-body oil massage improves overall longevity by providing resistance against diseases and improving your emotional wellbeing. Recommended for relieving fatigue, improving eyesight, enhancing sleep quality, and soothing the nervous system.

SHIRODARA

60 Minutes

Shirodhara is an Ayurvedic healing technique of pouring lukewarm oil in a steady flow onto the third eye – the chakra point just above and between the eyebrows. Start with a relaxing scalp and head massage, followed by the oil flow treatment. The soothing warmth of the oil has a pacifying effect on the mind and body.. Recommended for relieving stress, removing physical tension, improving vision, and relieving insomnia.

OCEAN FLOW

45 Minutes

Crafted exclusively for ELEINA, our Ocean Flow experience is a captivating and unparalleled inner journey that invites you to immerse yourself in the soothing embrace of water. As you step into this serene aquatic realm, you'll embark on a profound exploration of self, guided by the gentle touch of our skilled therapists and the nurturing flow of water itself.

A Symphony of Healing Modalities

Ocean Flow draws inspiration from a rich tapestry of healing traditions, seamlessly weaving together elements from Watsu, Water Dance, Ayurveda, Shiatsu, Craniosacral Therapy, Manual Therapy, Osteopathy, Physiotherapy, and Trigger Point Therapy.

Healing for Mind, Body, and Soul

Ocean Flow's therapeutic prowess extends to a multitude of conditions and concerns. It is especially effective in alleviating stress symptoms, promoting increased mobility in the body, soothing the discomfort of arthritis and rheumatism, relieving back pains and chronic discomfort, easing the burden of headaches and migraines, aiding in insomnia management, facilitating post-operative rehabilitation, supporting accident recovery, addressing trauma, overcoming the fear of water, and providing a nurturing environment for expectant mothers during pregnancy.

CUPPING THERAPY

60 Minutes

Indulge in the ancient art of Cupping Therapy, a holistic wellness practice that stimulates blood flow and relaxes muscles through the use of specialized suction cups. This therapeutic technique is designed to alleviate tension, promote detoxification, and enhance overall well-being, leaving you feeling rejuvenated and balanced. Experience the healing benefits of Cupping Therapy at our spa and discover a renewed sense of vitality and tranquility.

PODIKIZHI

45 Minutes

A traditional Ayurvedic therapy that combines the therapeutic benefits of warm herbal pouches and specialized massage techniques. This centuries-old practice aims to detoxify, relax, and invigorate your body, promoting a sense of deep relaxation and balance while enhancing circulation and relieving muscle tension. Discover the soothing embrace of nature's healing herbs with Podikizhi, a true sanctuary for body and soul.

SOUND HEALING THERAPY

45 Minutes

Harnessing the resonance of carefully selected instruments, our sound healing sessions create a harmonious balance within your body and mind, promoting relaxation and inner harmony. Through the gentle vibrations and frequencies, you'll embark on a journey of holistic wellness, reducing stress, enhancing mindfulness, and revitalizing your overall well-being.

ENERGY HEALING THERAPY

30 Minutes

Our skilled practitioners use ancient techniques and intuitive energy work to balance and harmonize your body's subtle energies, promoting deep relaxation, stress relief, and overall well-being

PADABHYANGAM

30 Minutes

A therapeutic foot massage deeply rooted in Ayurvedic traditions. Our skilled therapists use precise techniques to rejuvenate your body and mind through your feet, promoting relaxation, improving circulation, and releasing tension

PRIVATE YOGA / MEDITATION

45 Minutes

Immerse yourself in a tranquil oasis where skilled instructors guide you through personalized sessions, promoting inner peace and physical wellness. Whether you seek relaxation or a deeper connection with your inner self, our private sessions offer the perfect opportunity to find your Zen and embrace the serenity of the moment.

TRIGGER POINT THERAPY

30 Minutes

Trigger point massage can help with a variety of ailments, they are proven to be particularly effective for tension headaches and plantar fasciitis, an irritation in the sole of the foot around the heel. It is also used to treat neck and back pain, as these muscles are prone to becoming tight and developing knots as a result of routine activity or even poor posture. Trigger point therapy naturally relieve this pain by reducing inflammation and improving blood flow, which makes it less likely for the pain to come back.

INDIAN HEAD MASSAGE

30 Minutes

Everything is better with some pure coconut oil. Your hair and scalp are massaged with natural lukewarm oil. An alternative medicine massage, combined with the upper back, shoulder, neck, head and face massage.





Wellness Rendezvous

The Wellness Rendezvous Journey is the perfect choice for holistic wellness seekers looking to infuse their luxury holiday with two-three-hour and half to full day experiences during their stay.

Begin with a health consultation with the resident Ayurvedic Doctor will conduct a comprehensive analysis of your health then ensemble a program to propel you on your path of expansion, empowerment and rejuvenation.

Wellness Day | Daily Schedule

As well as the abundant offerings from the wellness specialist a la carte menu, set journey options include:

- Pain Management
- Anti-Anxiety / Stress
- Gut Health
- Sleep Therapy
- Age Defying
- Wellness for Cancer
- Weight Loss

7 AM	Fitness Activity
8 AM	Wellness breakfast in Villa
11 AM	Wellness Activity – choice of sound healing, yoga, meditation, pranayama
1 PM	Wellness lunch in the restaurant from a la carte
3 PM	Wellness Workshop
5 PM	90 minutes Wellness Treatment recommended by Ayurvedic Doctor

Closing homecare gift and recommendation to continue your wellness journey

The information presented above serves as a preliminary example and is subject to customization in alignment with your unique Ayurvedic consultation findings and personal preferences. We understand that each individual's wellness journey is distinctive, and therefore, this guidance can be finely tuned to best suit your specific needs and requirements. Through a comprehensive Ayurvedic assessment and a deep understanding of your preferences, we will work collaboratively to craft a holistic plan that harmonizes with your body's unique constitution and aspirations."





Wellness for Cancer

A comprehensive nurturing program tailored to individuals touched by cancer at any stage, whether in treatment, out of treatment, living with cancer, in survivorship, or at the end of life.

Our Wellness Practitioners understand that cancer is a complex disease that affects everyone differently - physically, emotionally and mentally. Our team have received specialized training and certifications and can tailor services that support guests holistically to enhance overall wellbeing.

Contact us to learn more about our personalized wellness programs designed specifically for you or your loved one's unique journey with cancer. Together, we can embark on a path to renewed vitality and hope.



Hair & Nails

WASH & BLOW DRY

60 Minutes

Pure opulence with our expert wash and blow dry, delivering silky, lustrous, and voluminous hair. Perfect for special occasions or self-pampering, emerge with unwavering confidence and captivating beauty. Elevate your haircare to luxury and shine in any room.

CUT & STYLE

60 Minutes

Ladies cut and style, Men's cut and style, Children's cut and style - All with shampoo and blow dry

HAIR HYDRATION

60 Minutes

The ritual entails massaging your hair and scalp with a nutrient-rich hair oil, followed by the application of a nourishing hair mask. This treatment is designed to revitalize and rehydrate your hair.

SPA MANICURE

60 Minutes

Your nails will be shaped, cuticles tidied and hydrated, followed by a sea salt exfoliation, 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 upon request

SPA PEDICURE

60 Minutes

Transform your feet with our nail and cuticle care, and then enjoy an invigorating sea salt polish to refresh and relax with a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation relieving red or swollen feet





Spa Treatment Menu

Signature Treatments

Bolifushi Escape Couple Ritual	150 mins	\$560 / couple
Coconut Shell Massage & Natural Facial	90 mins	\$220
Maldivian Sand Bundle Massage	60 mins	\$180

ila Luxury Facials

Gold Cellular Age Restore Face Therapy	60 / 90 mins	\$200 / \$250
Ananda Face Therapy	60 / 90 mins	\$190 / \$240
Men's Revitalising Face Therapy	60 / 90 mins	\$190 / \$240

ila Luxury Body Treatments

Potali Deep Tissue Treatment	60 / 90 mins	\$200 / \$250
Inner Peace Body Treatment	60 / 90 mins	\$200 / \$250
Rose and Aloe Sun Cooler Wrap	60 mins	\$160
Instantly Detoxifying Scrub	30 mins	\$110

Elemental Herbology Body Treatments

Five Element Aroma Massage	60 / 90 mins	\$170 / \$220
Thai Qi Flow	60 / 90 mins	\$190 / \$240

ELE|NA Massage Therapies

Hot Stone Massage	60 / 90 mins	\$170 / \$220
Sports Massage	60 / 90 mins	\$170 / \$220
Thai Massage	60 / 90 mins	\$170 / \$220
Bamboo Massage	60 / 90 mins	\$150 / \$200
Balinese Massage	60 / 90 mins	\$150 / \$200
Swedish Massage	60 / 90 mins	\$150 / \$200
Foot & Leg Massage	60 / 90 mins	\$140 / \$190

Natural Bath Ritual

Seasonal Nourishing Bath Ritual	30 mins	\$50
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All prices are in USD and are subject to 10% service charge and 16% GST



Spa Treatment Menu

ila Mother-To-Be Treatment

Mother-To-Be	60 / 90 mins	\$180 / \$ 230
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Hair & Nails

Cut & Style	Child/Men/Ladies	\$45 / \$90 / \$145
Hair Hydration	60 mins	\$110
Wash & Blow Dry	Short/Medium/Long	\$60 / \$80 / \$100
Spa Manicure	60 mins	\$95
Spa Pedicure	60 mins	\$95

Wellness Seeker

Ayurvedic Consultation	60 mins	\$120
Natural Face Lift Treatment	60 mins	\$200 / 3 times at \$510
Natural Body Lift Treatment	60 mins	\$220 / 3 times at \$560
Five Element Reflexology	60 mins	\$180 / 3 times at \$460
Ocean Flow Therapy	45 mins	\$220
Intuitive Massage	60 / 90 mins	\$200 / \$250
Abhyangam	60 / 90 mins	\$200 / \$250
Shirodhara	60 mins	\$200
Cupping Therapy	60 mins	\$200
Podikizhi	45 mins	\$200
Sound Healing Therapy	45 mins	\$150
Energy Healing Therapy	30 mins	\$150
Padabhyangam	30 mins	\$100
Trigger point therapy	30 mins	\$90
Indian Head Massage	30 mins	\$90
Private Yoga	45 mins	\$100
Private Meditation	45 mins	\$100

Wellness Rendezvous

Signature Wellness Full Day of Wellness	1 Day	\$420
	2 Day Save 10%	\$756
	3 Day Save 15%	\$1,070
	4 Day Save 20%	\$1,340

All prices are in USD and are subject to 10% service charge and 16% GST



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.

PERSONAL WELLBEING CONSULTATION

Upon request one of our highly qualified Practitioners will provide you with a complete assessment of your physical, mental and emotional wellness and create a personalised well-being program

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



Please contact your Hiyani to book your
ELE|NA experience

www.ele-na.com