

# Rhythm.

HARMONY AND WELL-BEING

INDULGENCE™  
PLAN  
TREATMENT



**ELENA**

ELEMENTS OF NATURE

# 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.



## **Yogayaam Thai Stretching**

### **Wood Element for Rejuvenation**

Uplift body, mind, and spirit with the naturally-healing yogayaam massage techniques, offered fully clothed and without oil. The gentle movements and body stretching in the yoga style focus on pressure points to reawaken your energy flow.



## **Maldivian Sand Compress Massage**

### **Fire Element for Zest**

Inspired by traditional Maldivian medicine, this deeply relaxing back massage uses a warm sea sand compress and virgin coconut oil from the islands to heal your body. This unique treatment will nourish and moisturise your skin, relax tight muscles, remove stress, and leave you with a deep, long-lasting sense of calm.



## **Abhyangam Full Body Massage**

### **Earth Element for Harmony**

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.



## **Jetlag Facial**

### **Metal Element for Detoxifying**

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 Ila Glowing Radiance Collection spa products to revitalise your skin cells. Rebalance with a specialised 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.



## **Kāshi Scrub with Foot Acupressure**

### **Water Element to Soothe**

Inspired by the tropical environment of Maldives, this full-body spa treatment showcases the healing benefits of coconut. Your body is first cleansed and nourished using a coconut scrub followed by relaxing foot acupressure. The therapist blends acupressure with skin rolling and muscle kneading to leave you feeling reawakened, refreshed, and renewed.



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