

Exotic.

HARMONY AND WELL-BEING

SPA 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.

CORE VALUES

Our Core Values are based upon **"Joy of Giving"**, which are deeply instilled into all our therapists and health conscious practitioners. Stepping in the spa, you will embark on a journey of self discovery and wellness.

GUEST JOURNEY

Our focus into wellness and holistic therapies expand towards holistic health and a carefully chosen range of fitness programs. Embark on a sensational spa journey in treatment villas perched above the crystal-clear waters of the Indian ocean or retreat into the lush vegetation of the spa.

PRODUCTS

We use luxury spa products, so as to offer you the full benefits of the most innovative and result driven treatments.

TEAM

Comprising of passionate, highly skilled and multinational therapists; including health conscious practitioners with focus on renewing nature's energy through the use of holistic therapies and treatments.



Signature Treatments

Let your mind and body come to peace with our
Maadhoo Signature Experiences

Signature Treatments

MAADHOO ESCAPE

\$480++

Couples' Ritual - 150 Minutes

Indulge in a blissful couples' side-by-side experience in our elegant overwater spa treatment room. Get hands-on making a body scrub from natural ingredients. Freshly prepared body scrub is then used in the treatment and a pampering foot ritual that leaves your feet squeaky clean and nourished. Next is a uniquely revitalising bamboo massage to ease tension and evoke an intense sense of well-being. Complete your spa journey with a luxurious bath ritual - soothed by the warm, fragrant water and mesmerising ocean views!

KĀSHI NĀSHI THERAPY

\$250++

Coconut Scrub and Shell Massage - 90 Minutes

This relaxing spa ritual begins with cleaning and nourishing the skin with a hydrating coconut scrub. The treatment is completed with Kāshi Nāshi, a powerful Maldivian therapy that uses natural coconut shells and locally made products to massage the body. This unique anti-ageing therapy that rejuvenates your skin and smooths the wrinkles, bringing back your youthful look and feel. Recommended for renewing and maintaining a healthy complexion.

Signature Treatments

VELI BON'DLI

\$200++

Maldivian Sand Bundle Massage - 75 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

Ensure that your skin is getting the right protection and treatments with our facials

ilā

FACIALS

GOLD CELLULAR AGE RESTORE FACE THERAPY

\$200++ / \$250++

Advanced Anti-Ageing Facial - 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.



FACIALS

ANANDA FACE THERAPY

\$190++

Nourishing and Hydrating Facial - 60 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

\$190++

Purifying Facial - 60 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.

elemental herbology

FACIALS

FIVE ELEMENT AROMA FACIAL **\$190++ / \$220++**

Bespoke Facial - 60 / 90 Minutes

Bespoke to each client, we tailor this treatment to balance the Five Elements and address key underlying concerns of the skin. Indulge in a luxurious 20-minute face, neck, and shoulder massage for the ultimate spa facial, which will leave you relaxed, refreshed, and radiant.

LONGEVITY EYE LIFT **\$60++**

Add On Treatment - 10 Minutes

Expert lymphatic drainage and acupressure eye massage using plant Peptides, Blue-Green Algae, and Proteins to smoothen and lift your eye contour area. After the delicate massage, enjoy a refreshing cold stones ritual that reduces fine lines, wrinkles, puffiness, and dark circles. Add this treatment to your facial for remedying eye fatigue and reducing signs of ageing. It is also the ideal fix for radiant looking eyes after a big night!



Body Treatments

Relax your body and indulge in blissful balance
with our body treatments



BODY TREATMENTS

KU NYE MASSAGE

\$240++

Tibetan Cupping, Kneading And Acupressure - 90 Minutes

This Tibetan body treatment balances the Five Elements to restore a harmonious flow of energy and vitality. A blend of five essential oils works together to stabilise the five sensory organs. Tibetan cupping, kneading, and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes to the crown of the head.

POTALI DEEP TISSUE TREATMENT

\$220++

Ayurvedic Healing Massage - 60 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.



BODY TREATMENTS

INNER PEACE BODY TREATMENT

\$190++

Deep Relaxation and Nurturing - 60 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.

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BODY TREATMENTS

FIVE ELEMENT AROMA MASSAGE

\$170++ / \$200++

Aromatherapy 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

\$190++ / \$210++

Thai Herbal Compress - 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.



Body Wraps & Scrubs

Soothe your body with these unique spa experiences
that will leave you calm and collected



BODY WRAPS & SCRUBS

ROSE AND ALOE SUN COOLER WRAP

\$160++

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

\$110++

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.

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BODY WRAPS & SCRUBS

DETOX BOOSTER BODY WRAP

\$180++

90 Minutes

A head-to-toe detoxifying spa experience that begins with a warm, purifying kaolin clay application infused with rosemary, grapefruit, and juniper berry. We then cocoon you in a thermal blanket to reduce fluid retention, invigorate circulation, and shift toxins. While the natural botanicals are activated, we massage your scalp and feet to release any tension. After showering, we perform a detoxifying massage followed by the application of a circulation-boosting serum to your body leaving you feeling warm, purified, and revived.

BESPOKE FIVE ELEMENT BODY SCRUB

\$130++

45 Minutes

Reveal velvet, soft skin with this bespoke aromatherapy exfoliation experience. Natural Himalayan detox salt is mixed with your chosen Five Element essential oil and applied to leave your skin soft and supple. Your journey ends with a shower and the application of your chosen body cream for deep nourishment and hydration.



ELE | NA Massage Therapies

Let your stress fade away as you indulge in our
luxurious & tantalizing massages



ELE | NA MASSAGE THERAPIES

BAMBOO MASSAGE

\$150++ / \$200++

60 / 90 Minutes

A wonderfully relaxing therapy that uses organically-treated bamboo stalks of varying lengths and diameters to massage the body. Our trained therapists use the long and short stalks appropriately to apply gliding and intricate strokes. They kneed and roll the muscles gently yet deeply, providing an intense sense of well-being and easing of tension. Recommended for relieving fatigue and enhancing sleep quality.

BALINESE MASSAGE

\$150++ / \$200++

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. This powerful massage will calm your nervous system allowing you to relax and be totally at peace. Recommended for stimulating circulation, improving oxygen levels, and reducing tension.



ELE | NA MASSAGE THERAPIES

TRADITIONAL THAI MASSAGE \$180++ / \$220++

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. You are sure to experience a deep and soothing reawakening of the body and mind. Recommended for improving flexibility and promoting overall energy flow.

AYURVEDIC ABHAYANGAM \$160++ / \$190++

60 / 90 Minutes

Abhayangam 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.



ELE | NA MASSAGE THERAPIES

SHIRODHARA

\$170++ / \$200++

60 / 90 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. This intensely refreshing therapy relieves stress, regularises sleep patterns, and improves vision. Recommended for relieving stress, removing physical tension, improving vision, and relieving insomnia.

HOT STONE MASSAGE

\$180++ / \$220++

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.



ELE | NA MASSAGE THERAPIES

SPORTS MASSAGE

\$150++ / \$200++

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.

SWEDISH MASSAGE

\$150++ / \$200++

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!



ELE | NA MASSAGE THERAPIES

FOOT ACUPRESSURE MASSAGE \$150++ / \$200++

60 / 90 Minutes

After a long day of snorkelling and beach sports, relax your feet with our traditional foot massage. It seamlessly blends acupressure with skin rolling and muscle kneading to provide instant relief. Warm and soothing, it will relax the deeper tissues and smoothen calluses energising you for another day of exhilarating activity. Recommended for reducing fatigue and pain in the feet.

A pregnant woman with long dark hair, wearing a light blue, long-sleeved, sheer dress, is shown from the waist up. She is smiling and holding her belly with both hands. The background is a soft-focus outdoor setting with greenery and sunlight. The text "Mother-To-Be Treatments" is overlaid in white serif font on the lower half of the image.

Mother-To-Be Treatments

Surround yourself and your baby with peace and
harmony with our Mother-to-Be Treatments



MOTHER-TO-BE TREATMENTS

MOTHER TO BE

\$180++ / \$220++

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.

elemental herbology

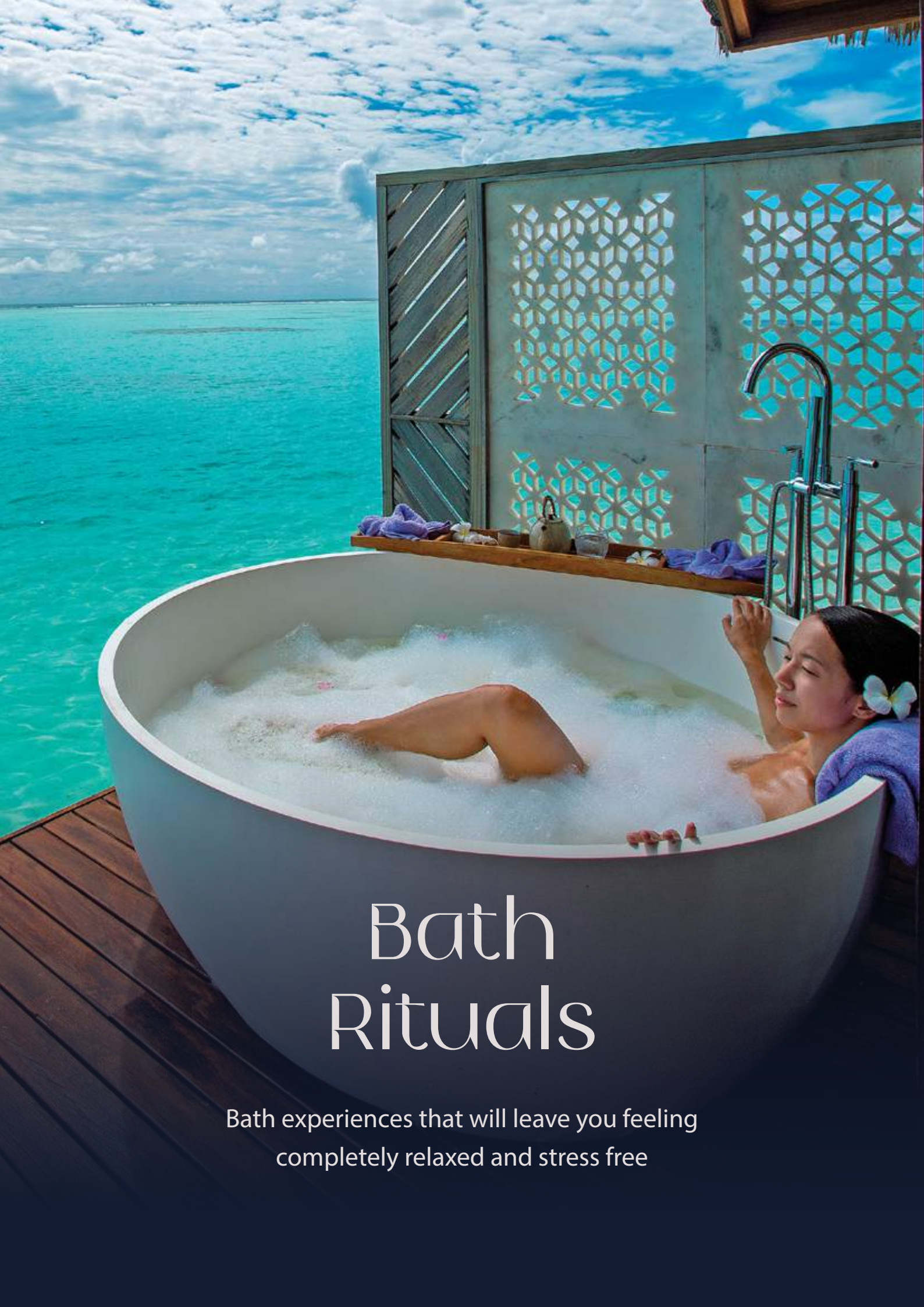
MOTHER-TO-BE TREATMENTS

PRE-NATAL WELL-BEING MASSAGE

\$180++

60 Minutes

Specially designed to address the body's needs during pregnancy, this healing massage eases backaches, shifts fluid retention, alleviates stretch marks, and promotes a state of calm and optimum well-being. A must for the mother-to-be.



Bath Rituals

Bath experiences that will leave you feeling
completely relaxed and stress free



BATH RITUALS

ILA SERENITY BATH

\$110++

30 Minutes

A serene soak in a bath of the highest quality ila Bath Salts. Followed by the light application of Inner Peace Oil to rebalance your body, leaving your skin softened and nourished.

ILA ROSE BLISS BATH

\$110++

30 Minutes

Soak in the divine benefits of rose and tuberose to nurture a sense of the deepest bliss! This luscious bath ritual uses nourishing oils and sugars followed by the application of ila Body Cream for Glowing Radiance.

ILA KUNDALINI BATH

\$110++

30 Minutes

This sensuous bath experience incorporates Kundalini bath salts, spray, and body lotion, all formulated with exquisitely fragranced orange blossom, to help you relax and restore the nervous system. Perfect for recovering from jet lag.



Hair & Beauty

Let our professional stylists take on you a journey to
beautiful and healthy hair, nails & beauty

Hair & Beauty

EXPERIENCE HAIR TREATMENT & STYLING

\$45++ / \$90++ / \$145++

(Children's, Men's, Ladies)

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

HAIR HYDRATION

\$110++

The hair and scalp is massaged with nutrient rich hair oil followed by a nourishing hair mask to rejuvenate and re-hydrate the hair and scalp.

SPA MANICURE

\$95++

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

\$95++

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 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.

HEAT EXPERIENCES

We recommend booking a complimentary hydrotherapy steam session prior to any of your treatments. This helps to enhance the benefits of your treatments and stimulates blood-flow and lymphatic circulation.

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.

Spa Partners

ilā

A British Beyond Organic luxury skincare and spa brand that combines natural purity and ethical integrity to extraordinary effect. This skin and heart nurturing company is actively 'Redefining Beauty' – supporting the age-old adage that beauty is much more than just skin deep, it is a quality within. It is a feeling.

All ila products are created in a meditative environment by hand in the Cotswolds using unsurpassed natural ingredients and minimal processing. These products and treatments are designed to promote palpable biological and emotional change in those that experience them – both through touch and smell.

Elemental Herbology

A natural skincare and body care brand that aims to provide ultimate skin nutrition. The British brand combines the most innovative ingredient technology with natural botanicals to transform your skin and improve your wellbeing. Their products are 100% free from synthetic fragrances, artificial colours, SLS, parabens, and mineral oils.



OZEN

LIFE

MAADHOO

ozenlife-maadhoo.com