



Indulgence

H A R M O N Y & W E L L - B E I N G

ELENA
BY ATMOSPHERE



Welcome to wellness

All Therapies/Experiences in this menu are part of the Atmosphere Indulgence Plan only



An Exceptional Journey to Well-being

We awaken your senses through exquisite rituals from head to toe, providing a sense of internal balance and well-being.

The Elements Of Nature

At ELENA, we believe and care in the elements of nature and its positive energies of Air, Water, Fire, Earth and Plants 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 in to all our therapists and healthconscious practitioners. Stepping in the spa, our therapists will embark you on a journey of self discovery.

PRODUCTS

All products used at the spa are of the purest quality and are certified to be of 100% organically grown origins.

HOLISTIC APPROACH

Our focus into holistic therapies expand towards a carefully chosen range of fitness programs, the value of raw food nutrition and a journey into our facilities such as steam & sauna, hot & cold pools that culminate into a totally blissful and wholesome experience.

FACILITIES

At the Spa, our focus is upon holistic needs that include health, nutritional values and fitness for mind, body and soul, incorporating holistic therapies into our spa treatments, sessions of Yoga and Fitness programs and state of the art lifestyle equipment

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.

A woman with blonde hair tied in a bun is lying face down on a massage table covered with white towels. Her back is exposed, and a therapist's hands are visible, performing a massage on her upper back. The setting is outdoors with green foliage in the background.

Massage Therapies

*A traditional touch of body spa experience for anyone seeking
rejuvenation and relaxation*

60 MINUTES

SWEDISH MASSAGE

Traditional European full body massage techniques are applied to relax aching muscles, stimulate circulation and eliminate toxins so that you look great and feel even better

DETOX MASSAGE

Using essential oils and light pressure, lymphatic drainage movements eliminate toxic build-up and excess fluid in the tissues. This calming and refreshing treatment is completed system

BALINESE MASSAGE

Re-awaken with a detoxifying fruit juice to enhance the cleansing of your inner your senses and find yourself in a complete state of calm. A traditional Balinese massage is a seamless blend of acupressure, skin rolling and firm, smooth strokes that are combined in a full body massage

THAI MASSAGE

Thai Massage techniques focused on pressure points and gentle body stretching along the body's energy channels, it is offered fully - clothes and without oil to re - awaken the body's energy flow

CUPPING MASSAGE

This traditional Vietnamese oil massage incorporates acupressure point's techniques with invigorating movements to warm and relax muscle tissue, improve circulation and rejuvenate the body. An everlasting Vietnamese's experience

A woman with her eyes closed is lying on a massage table, receiving a head massage. Her head is supported by a large, textured, golden-colored pillow. Her hands are resting on her lap, and she is wearing a large, ornate ring. The background is softly lit with candles and a vase of yellow flowers.

Ayurveda Experiences

60 MINUTES

Aromatherapy Experiences

THE ULTIMATE AROMATHERAPY EXPERIENCE

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation.

INTENSIVE MUSCLE RELEASE

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

Ayurveda Experiences

SHIRO DHARA

A profound, spiritual treatment that relaxes the nerves and benefits the immune system. Warm medicated oil is streamed over the third eye stimulating the pineal gland, which produces serotonin and melatonin, these hormones enhance a person's emotional balance, helps to delay aging and enhance well. This treatment is recommended taken as a course of treatments.

NABHI BASTI - DIGESTION IMPROVEMENT & EMOTIONAL RELEASE

This therapy, also known as Chakra/Nabhi Basti, helps to balance the Nabhi Marma - the vital center where all 72,000 nadis (subtle energy pathways) converge.

ABHAYANGAM

This is a popular body massage in Ayurveda. It assists anti-ageing, relieves fatigue, improves sight, induces sleep, provides longevity, strengthens the skin, provides resistance against diseases and disharmony, and subsides ailments caused by vata and kapha.



Spa Etiquette

OPENING HOURS: 9:00 AM TO 9:00 PM DAILY

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.

PREPERATION 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 recommend if possible 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

HEAT EXPERIENCES

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

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

ELENA
BY ATMOSPHERE
AT MAADHOO, MALDIVES

OZEN BY ATMOSPHERE AT MAADHOO

MAADHOO ISLAND - SOUTH MALE' ATOLL - THE MALDIVES

TEL: +960 400 22 22 FAX: +960 400 22 33

WWW.OZEN-MAADHOO.COM