

# EXOTIC

HARMONY WELL-BEING

ELENA  
SPA & WELLNESS



W E L C O M E



T O



W E L L N E S S



All Therapies & Experiences in this Menu are  
NOT included within the **VARU PLAN™**







A close-up photograph of a woman with blonde hair lying on her back on a massage table. Her eyes are closed, and she has a serene expression. A pair of hands is gently massaging her forehead and temples. The background is softly blurred, showing warm, golden light from what appears to be candles or lamps, creating a relaxing and luxurious atmosphere. The overall color palette is warm and soothing, dominated by yellows, oranges, and soft skin tones.

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 health conscious practitioners. Stepping in the spa, our therapists will embark you on a journey of self discovery.

## 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, salt and fresh water 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

## PRODUCTS

As part of our constant endeavor to offer you an exceptional journey to well-being, we use luxury spa product ranges, so as to offer you the full benefits of the most innovative technology and advanced cosmetics, that would satisfy your skin's every need.

## 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.





# SPA FACILITIES



FITNESS CENTRE

SALT POOL

SAUNA





ELENA SIGNATURE  
EXPERIENCES



LET OUR RITUALS DELIGHT AND ENVELOP YOU THROUGHOUT  
THIS RELAXING JOURNEY.



# ELENA SIGNATURE EXPERIENCES



## FIRE THE ENERGY

A combination of Thai Massage with oil offer gentle yoga-style stretching techniques that re-awaken the body's energy flow.

## EARTH THE SENSORY

A divine Signature Spa treatment with two therapists performing a unique facial and body massage at the same time.

You will experience a luxurious foot treatment, a non-traditional Aromatherapy massage using long strokes, a cleansing facial ritual and a stress relieving scalp massage. This will encourage your mind to release the stresses of daily life.

## PLANT ALL NATURAL

Renew and refresh your skin with this unique island treatment. Starting with a natural coconut body scrub your skin is gently exfoliated in preparation for a soothing wrap of honey and papaya. Coconut oil is then gently applied to your entire body leaving your skin glowing and moisturized.

## WATER THE HARMONY

Touch your inner peace; this feeling will connect you to the universal energy and helps create harmony and balance. Relieving stress and deepening relaxation, experience the unique combination of Reiki, healing hands therapy, and complete this journey with a deep relaxing body massage.

## WOOD THE ESSENCE

A truly ultimate treatment combining a full body massage with a rejuvenating foot acupressure therapy.

Select from your choice of a Balinese, Sport Massage and or Swedish massage which will work on all areas of the body and a foot acupressure to enhance your wellbeing.

A close-up photograph of a woman with dark hair and blue eyes lying down. A hand is using a silver brush to apply a thick, white cream to her forehead. She is wearing a gold lace top and a gold bracelet. The background is softly blurred with warm, bokeh lights.

BEAUTY & BODY  
TREATMENTS

EXPERIENCE LUXURIOUS AND ROMANTIC RITUALS WITH RESTORATIVE EFFECTS WHICH PROVIDE  
DRAMATIC RESULTS ON THE SKIN



**BEAUTY &  
BODY  
TREATMENT**

**ROSE  
HYDRATOR**

If you are looking for an indulgent and uplifting treatment to bring back radiance and restore and renew your skin, then this is the treatment for you. This intensely hydrating body ritual includes a gentle exfoliation followed by a layering of hydrating and regenerating creams and oils rich in damask rose, renowned for their renewing and moisturizing properties.

**INTENSE  
NOURISHMENT**

A deep treatment for very dry, out-of-condition skin, which leaves your whole body intensely nourished and smooth. Our Enrich products, known for their exotic fragrances and deeply nourishing plant oils, are used in an intensive body exfoliation, followed by the application of rich vitamin-E oil and a freshwater mud mask to truly soften and condition the skin.

**THE ULTIMATE  
DETOX REVIVER**

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy.

The ultimate trilogy of body brushing, exfoliation and mud mask stimulate lymph, remove dead skins cells while re-mineralizing the skin.



# MASSAGE THERAPIES



A TRADITIONAL TOUCH OF BODY SPA EXPERIENCE FOR ANYONE SEEKING REJUVENATION AND RELAXATION





# MASSAGE THERAPIES



## 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

## THAI MASSAGE

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

## BALINESE MASSAGE

A traditional Balinese massage is a seamless blend of acupressure, skin rolling and firm, smooth strokes that are combined in a full body massage.

## HOT STONE THERAPY

A Tibetan full body and face massage technique that uses Basalt stones to instill a deep level of calm while relaxing tight muscles, removing blockages and dissolving stress

## SPORT MASSAGE

A medium to strong full body massage that focuses on releasing muscle tension by specifically targeting the individual needs of the active man or woman

## DETOX MASSAGE

Using essential oils and light pressure, lymphatic drainage movements eliminate toxic build-up and excess fluid in the tissues.



# MASSAGE THERAPIES



## INTENSIVE MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

## 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.





**AYURVEDA  
EXPERIENCES**

**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.

**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.

**SHIRO DHARA**

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





SUN TREATMENTS





## SUN TREATMENTS



### INTENSE AFTER SUN FACIAL & BODY

A special sunburn program for face and body that immediately calms and intensively repairs overheated skin, after excessive sun exposure. The facial treatment mask will provide not only the desired cooling effect after overexposure but it will also replenish and repair the skin intensively

### AFTER SUN BRONZANT FACIAL & BODY

This treatment helps your skin preserve a luminous long-lasting suntan. The after sun formula used will regenerate and calm the skin instantly to compensate for sun exposure and re-establish the skin's water balance. Emphasis on the eye contour is provided by stimulating and hydration and a lifting film

### EXPERT HYALURONIC FACIAL

This indulgent intense moisture replenishing treatment is dedicated to dry/dehydrated skins that are looking for a long lasting immediate relief. The treatment provide types 3 of highly purified Hyaluronic Acid that act at different skin layers, ensuring immediate and deep down moisturization as well as a smoothing effect. In between is a never to be forgotten facial massage that will leave you in an optimum state of wellbeing

### CELLURA LIFT FACIAL

This hands on facial suitable for all skin types, beings with Esthederm's signature cleansing ritual, which infuses your skin with active ingredients to leave it intensively clean, clear and pure



# WELLBEING EXPERIENCES



## YOGA

Yoga improves the overall wellbeing of both body and mind through the introduction of gentle postures that are adapted to suit each guest's physical structure.



**SALON**







# SALON



## SPA MANICURE

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

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 tired or swollen feet.

## HAIR HYDRATION

The hair and scalp is massaged and rejuvenated with nutrient rich hair oil and then followed by a hair mask with L'Oréal hair treatment to re-hydrate the hair and the scalp.





# 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.

## 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 sauna 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

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



# EXOTIC PRICE LIST

All prices are in US Dollars and are subject to 10% service charge and applicable GST.

## ELENA SIGNATURE EXPERIENCE

|                   |             |       |
|-------------------|-------------|-------|
| Earth The Sensory | 120 Minutes | \$220 |
| Water The Harmony | 120 Minutes | \$220 |
| Fire The Energy   | 120 Minutes | \$220 |
| Wood The Essence  | 120 Minutes | \$220 |
| Plant All Natural | 120 Minutes | \$220 |

## BEAUTY & BODY TREATMENT

|                            |            |       |
|----------------------------|------------|-------|
| The Ultimate Detox Reviver | 90 Minutes | \$180 |
| Intense Nourishment        | 90 Minutes | \$180 |
| Rose Hydrator              | 90 Minutes | \$180 |

## MASSAGE THERAPIES

|                                      |               |             |
|--------------------------------------|---------------|-------------|
| Swedish Massage                      | 60/90 Minutes | \$120/\$180 |
| Thai Massage                         | 60/90 Minutes | \$120/\$180 |
| Balinese Massage                     | 60/90 Minutes | \$120/\$180 |
| Detox Massage                        | 60/90 Minutes | \$120/\$180 |
| Hot Stone Therapy                    | 60/90 Minutes | \$120/\$180 |
| Sport Massage                        | 60/90 Minutes | \$120/\$180 |
| Intensive Muscle Release             | 60/90 Minutes | \$120/\$180 |
| The Ultimate Aromatherapy Experience | 60/90 Minutes | \$120/\$180 |

## AYUVERDA EXPERIENCES

|             |               |             |
|-------------|---------------|-------------|
| Abhayangam  | 60/90 Minutes | \$120/\$180 |
| Shiro Dhara | 60/90 Minutes | \$120/\$180 |
| Nabhi Basti | 60/90 minutes | \$120/\$180 |

## WELL-BEING EXPERIENCES

|      |            |      |
|------|------------|------|
| Yoga | 60 Minutes | \$95 |
|------|------------|------|

## SUN TREATMENTS

|                                     |            |       |
|-------------------------------------|------------|-------|
| Intense After Sun (Facial And Body) | 90 Minutes | \$180 |
| After Sun Bronzant(Facial And Body) | 90 Minutes | \$180 |
| Expert Hyaluronic Facial            | 60 Minutes | \$120 |
| Cellular Lift Facial                | 60 Minutes | \$120 |

## SALON

|                    |            |       |
|--------------------|------------|-------|
| Ladies Cut & Style | 60 Minutes | \$130 |
| Mens Cut & Style   | 60 Minutes | \$80  |
| Shampoo & Blowdry  | 60 Minutes | \$80  |
| Spa Manicure       | 60 Minutes | \$85  |
| Spa Pedicure       | 60 Minutes | \$85  |
| Hair Hydration     | 60 Minutes | \$80  |



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