

# VARUPLAN

HARMONY WELL-BEING

**ELENA**  
SPA & WELLNESS



**W E L C O M E**



**T O**



**W E L L N E S S**





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.



# MASSAGE THERAPIES



A TRADI ONAL TOUCH OF BODY SPA EXPERIENCE FOR ANYONE SEEKING REJUVENA ON AND RELAXA ON  
45 MINUTES



# 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.

## DETOX MASSAGE

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

## 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

# AYURVEDA EXPERIENCES

A woman with her eyes closed is lying on a massage table, receiving a treatment. Her head is supported by a large, textured, golden-colored cushion. A person's hands are visible, one resting on her forehead and another near her neck. She is wearing a light-colored, draped garment. The background is softly lit with several lit candles on a wooden tray, and some greenery is visible. The overall atmosphere is calm and relaxing.

45 MINUTES





# 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.





# AROMATHERAPY EXPERIENCES



## INTENSIVE MUSCLE RELEASE

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

## 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.





# 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.

## CANCELLATIONS & NO-SHOW

Please give twenty four hours notice for cancellation or reschedule your reservation time. However, reschedule service of no-show will be subject availability.

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



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