



ELENA  
THE SPA

## Inspired by Nature

ELE|NA is an acronym for Elements of Nature. At ELE|NA you will experience the healing powers of the elemental forces of nature, Wood, Fire, Earth, Metal, and Water. These energies flow within and around you. Our therapies find inspiration in Maldivian traditions and ancient healing methods from the world over. Every spa experience is designed to nourish you using natural products which are the purest sources of energy. Find inner balance and vitality that lasts much beyond your spa experience.

## Nature-Inspired Experiences

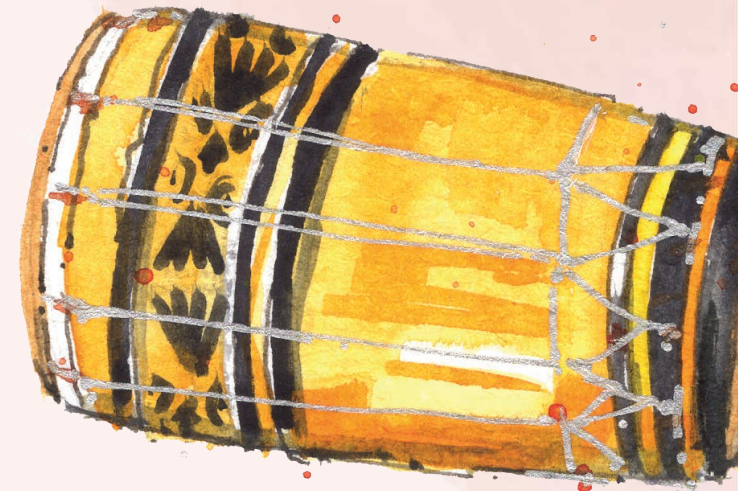
Located in some of the most pristine Indian Ocean resorts, ELE|NA offers spa rituals, therapies, and wellness journeys designed for an immersive, deep nature spa experience.

## Local & International Healing Therapies

ELE|NA spa treatments blend local healing practices with international therapies for a unique spa experience.

## Quality & Professionalism

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



# Lobi Plan™ Inclusions

- **Stress Buster** - 45 mins

*Custom Massage*

Soothe away your stress with a personalised Stress Buster Massage that works magic on your body and mind. Our expert massage therapist works on your problem areas to remove muscular tension and stiff joints, gently working out the knots. This relaxing therapy ends with a calming head massage.

- **Yogayaam Pressure Point Massage** - 45 mins

*With Thai Stretching*

A fully clothed, oil-free therapy that combines Yogayaam massage and Thai stretching techniques. The therapist focuses on pressure points, gently stretching and kneading to reawaken your body and set the energy flowing.

- **Kashi Nashi Express with Face Mask** - 45 mins

*Coconut Shell Massage with Face Mask*

Kaashi Naashi is a powerful Maldivian therapy that uses natural coconut shells and locally made products to massage your back, legs and calf muscles. This unique deep relaxing therapy unwinds your body, mind and soul. Complete your spa experience with a refreshing facial mask where we use local, handmade products to rejuvenate your face.

- **Jet Lag Express Facial** - 45 mins

Jet lag can turn your holiday mood topsy turvy. Treat yourself to our Jet Lag Express Facial and say goodbye to exhaustion. The unique blend of local products and techniques provides ultimate relaxation. It reduces wrinkles, brightens your complexion, and makes you feel upbeat.

PRICE ARE IN US DOLLARS AND ARE SUBJECT TO 10% SERVICE CHARGE & 16%GST

# ELE|NA THE SPA at OBLU SELECT Lobigili

Immersed in the natural beauty of Lobigili island is ELE|NA The Spa – an indulgent and intimate spa experience designed exclusively for couples and adults. ELE|NA, an acronym for Elements of Nature, weaves elemental energies of nature into the spa experience. These energy forces - Wood, Fire, Earth, Metal and Water – flow within and around you.

Allow us to massage, pamper and indulge you into a state of pure bliss. At ELE|NA The Spa, our expert therapists bring you the latest international spa experiences and local healing traditions, elevated through sustainable practices.

Arrive early to soak in some serenity as we pamper you with complimentary amenities such as refreshing herbal teas and light local snacks. Enjoy a soak in one of our outdoor bathtubs as you gaze upon the soothing turquoise horizon. Float into togetherness and wellbeing with one of our special couple's spa treatments.

*Every moment spent at our spa relaxes your body and uplifts your soul.*



## Lobi Wellness Package

- **Lobi Dhooni - Love Bird** - 180 mins | \$285 (per couple)

*A choice of coconut shell massage or Maldivian sand massage, coconut body scrub, nourishing scalp treatment, face mask and bath ritual.*

This uniquely refreshing spa experience offers Maldivian healing and in-room meditation session set in a traditional Maldivian ambience. The therapy includes soothing coconut body scrub, coconut hair and scalp treatment, facial mask, and full-body coconut shell massage or Maldivian Sand massage.

The healing therapy is followed by a soothing bathing ritual that offers many physiological benefits, ranging from dilating blood vessels and lowering stress-induced blood pressure, to relaxing the adrenal glands and nervous system.

- **Hithun Hithath – Heart to Heart** - 150 mins | \$250 (per couple)

*Bamboo Massage, Express Facial & Bath Ritual*

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. This blissfully balancing treatment restores positive energy: relaxing and reviving both body and spirit for a profound feeling of calm. Focus is then shifted to the face. A blend of local products and techniques provides ultimate relaxation for your face, followed by bathing rituals that combine exquisitely nourishing in-bath and on-skin products to support your body's natural healing abilities and infuse a renewed sense of wellbeing.

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## Lobi Wellness Package

**Dhekanbalun - You & Me** - 150 mins | \$240 (per couple)

*Hot & Cold Stone Massage, Crystal Face Massage and Bath Ritual*

The human body constantly accumulates toxic wastes in the skin and muscles. This couple's detox package flushes out toxins through hot and cold stone therapy. A combination of relaxing warmth and refreshing coolness encourages your body to detox and heal. Energy healing through a crystal face massage elevates your detoxification therapy by smoothening energy flow throughout your face. This therapy promotes blood circulation and breaks up stagnant energy.

Soak into an indulgent bath ritual where you can keep your thoughts and intention on self-love and compassion, immersed in the healing vibrations of this transformative ritual.

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# Lobi À la Carte Spa Menu

## Facials for Holistic Skincare

### ◦ **Anti-Ageing Facial** - 75 mins | \$135

Experience a soothing Maldivian facial that slows the ageing process. A traditional massage of the face, neck, and decollate area. This treatment brightens your skin and reduces wrinkles, leaving you looking so very fresh and young!

*Recommended for: Renewing and maintaining a healthy complexion.*

### ◦ **Sun Soother Facial** - 50 mins | \$110

After a day of sun-kissed island exploration, nourish your skin with our signature naturally cooling facial. This treatment mask, made from local products, replenishes and repairs, providing instant relief from overheated and over-tanned skin. Its antioxidant properties fight free radical damage, restoring and calming the skin.

*Recommended for: Reducing sunburn or redness.*

### ◦ **Detox Facial** - 50 mins | \$110

Cleanse, clarify, and brighten your skin from deep within! This detoxifying skin conditioning treatment uses a gentle, natural scrub to exfoliate dead cells and improve the texture of your skin. A deep facial massage leaves your skin with a rejuvenated glow.

*Recommended for: Deep cleansing, treating acne-prone and congested skin.*

### ◦ **Men's Facial** - 50 mins | \$110

This deep cleansing facial is designed for men. It uses pure, locally made products to exfoliate, hydrate, and soothe the skin, combined with a face massage for deep relaxation.

*Recommended for: Deep cleansing of all skin types*

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# Maldivian Body Treatments

- **Kaashi Scrub** - 45 mins | \$80

*Coconut Body Scrub*

Kaashi Scrub is a highly therapeutic, traditional Maldivian practice. The therapeutic journey begins with a thorough body scrub using a blend of detoxifying oils and mineral-rich sea salt, followed by an application with Pure Maldivian Coconut Oil. This scrub stimulates the lymphatic system inducing deep relaxation.

*Recommended for: Relieving stress, reducing fluid retention, and reinforcing positivity.*

- **An'bu Scrub** - 45 mins | \$80

*Mango Body Scrub*

Maldivian culture abounds with traditional therapeutic practices. The An'bu Scrub is one such therapy that heals and rejuvenates effectively. Mango is the primary ingredient in this scrub. This sublime tropical fruit is a mild exfoliator that removes dead skin, surface dirt, and intensely hydrates resulting in a vibrant and radiant look.

*Recommended for: Gentle exfoliation and moisturizing of the skin*

- **Koffee Scrub** - 45 mins | \$80

*Coffee Body Scrub*

Keep your skin healthy, refreshed, and glowing with a pure, locally made coffee scrub. A gentle, circular application is used to scrub away dead skin cells, reduce the appearance of cellulite, and moisturize your skin with the goodness of Maldivian coconut oil.

*Recommended for: Cleansing and brightening the skin, combating cellulite naturally.*



# Massage Therapies

- **Hot and Cold Stone Massage** - 75 mins | \$140

The combination of relaxing warmth and refreshing coolness is to encourage 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.*

- **Bamboo Massage** - 75 / 50 mins | \$140 / \$95

This wonderfully relaxing therapy 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 rolled the muscles gently yet deeply, providing an intense sense of well-being and easing of tension.

*Recommended for: Relieving fatigue and enhancing sleep quality*

- **Jet Lag Massage** - 75 / 50 mins | \$140 / \$95

A long journey can be physically and mentally exhausting. Use our ELENA Jet Lag Massage to drive away your jet lag blues on arrival. This deeply soothing massage stimulates circulation and restores the harmony of the body and mind. It relaxes stiff, aching muscles, reduces inflammation, and brings back the holiday mood with a bang.

*Recommended for: Relieving fatigue, revitalising energy levels, and reducing muscular tension*

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# Massage Therapies



◦ **Traditional Thai Massage** - 75 / 50 mins | \$140 / \$95

A traditional Thai Massage based on the Yogayaam philosophy of 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.*

◦ **Balinese Massage** - 75 / 50 mins | \$140 / \$95

An invigorating therapy based on age-old Balinese healing rituals. It involves the application of varying degrees of pressure across your body. The 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.*

◦ **Foot Acupressure Massage** - 75mins | \$140

After a long day of snorkeling and beach roaming, 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 energizing you for another day of exhilarating activity.

*Recommended for: Reducing fatigue and pain of the feet*

# Sun Treatments

## ◦ **Tan Accelerator Treatment** - 50 mins | \$110

*Ideally to be taken within the first two days of arrival*

A super-effective treatment for a glowing, sun-kissed complexion. The ELE|NA Tan Accelerator therapy speeds up the natural production of melanin – the skin pigment – when exposed to the sun, giving you a heavenly golden tan. Besides, the local Maldivian products used in the treatment are gentle and safe for use.

*Recommended for: Safe and quick tanning of the skin*

## ◦ **Sun Burn Treatment with Aloe Vera** - 50 mins | \$110

Aloe Vera is a natural, pure hydrating herb. The ELE|NA Sun Burn treatment uses Aloe Vera products to intensively moisturize and calm overheated, dehydrated skin. This restorative therapy soothes and repairs the damages caused by excessive sun exposure. Relax after a fun-filled day in the sun with this special sunburn therapy.

*Recommended for: Reducing the effects of sunburn, like burnt, reddish skin*

## ◦ **Treatment Enhancements**

- Eye Remedy Treatment - \$32
- Foot Scrub - \$32
- Coco Trigger Treatment - \$32
- Anti-Ageing Hand Treatment - \$32
- Sinus Treatment - \$32
- Calf Massage - \$32
- Crystal Face Massage - \$32
- 15 Mins Add-on - \$32

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## 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 jewelry, so it is recommended, 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.

## 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.



**OBLU SELECT Lobigili**

North Malé Atoll . The Maldives

Phone: (+960) 400 00 66

Email: [sales.lobigili@coloursofoblu.com](mailto:sales.lobigili@coloursofoblu.com)

[WWW.ELE-NA.COM](http://WWW.ELE-NA.COM)