ELENA
BY ATMOSPHERE
AT MAADHOO, MALDIVES
Indulgence & Exotic Menus

Indulgence

HARMONY & WELL-BEING

ELENA
BY ATMOSPHERE

Welcome to wellness

All Therapies & Experiences in this Menu are included within the Atmosphere Indulgence™

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 in stilled in to all our therapists and healthconscious 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, 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

PRODUCTS

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

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

60 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

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 clothed 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

Aromatherapy 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.

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

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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 extras outside The Atmosphere Indulgence™ 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

Ayurveda Experiences

Ayurveda Experiences

An indigenous way to integrate body and mind to promote good health and well being, allowing yourself to reach a deeper state of relaxation and connect with your inner-self.

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.

ELENA

BY ATMOSPHERE

AT MAADHOO, MALDIVES

OZEN BY ATMOSPHERE

MAADHOO ISLAND • SOUTH MALE ATOLL • THE MALDIVES

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Exotic

HARMONY & WELL-BEING

ELENA
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Welcome to wellness

All Therapies & Experiences in this Menu are NOT included within the Atmosphere Indulgence™

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An Exceptional Journey to Well-being

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Raw Concepts

" Living food given by nature"

In a world where we provide ourselves ingredients from all over the world we often forget the origins of living foods. Extracting 100% of energy out of food in the most simplistic way is what " Raw Cuisine " does. Our philosophy is to not burn all energy out of greens but to keep all living streams in your greens to be consumed into your system.

AROMATHERAPY
ASSOCIATES

Spa Facilities

Fitness Centre • Salt Pool • Jacuzzi • Steam & Sauna

Elena Signature Experiences

Let our rituals delight and envelop you throughout this relaxing journey.

120 MINUTES

EARTH
THE SENSORY

Release muscle tension promotes mental stimulation:

A divine Signature Spa treatment with two therapists performing a unique facial and body massage at the same time!
You will experience a luxurious footbath, 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

WATER
THE HARMONY

Awakens your inner sanctuary, nurtures your skin complexion:

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.

FIRE
THE ENERGY

Connecting your inner senses, relax and calmness

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

AIR
ALL NATURAL

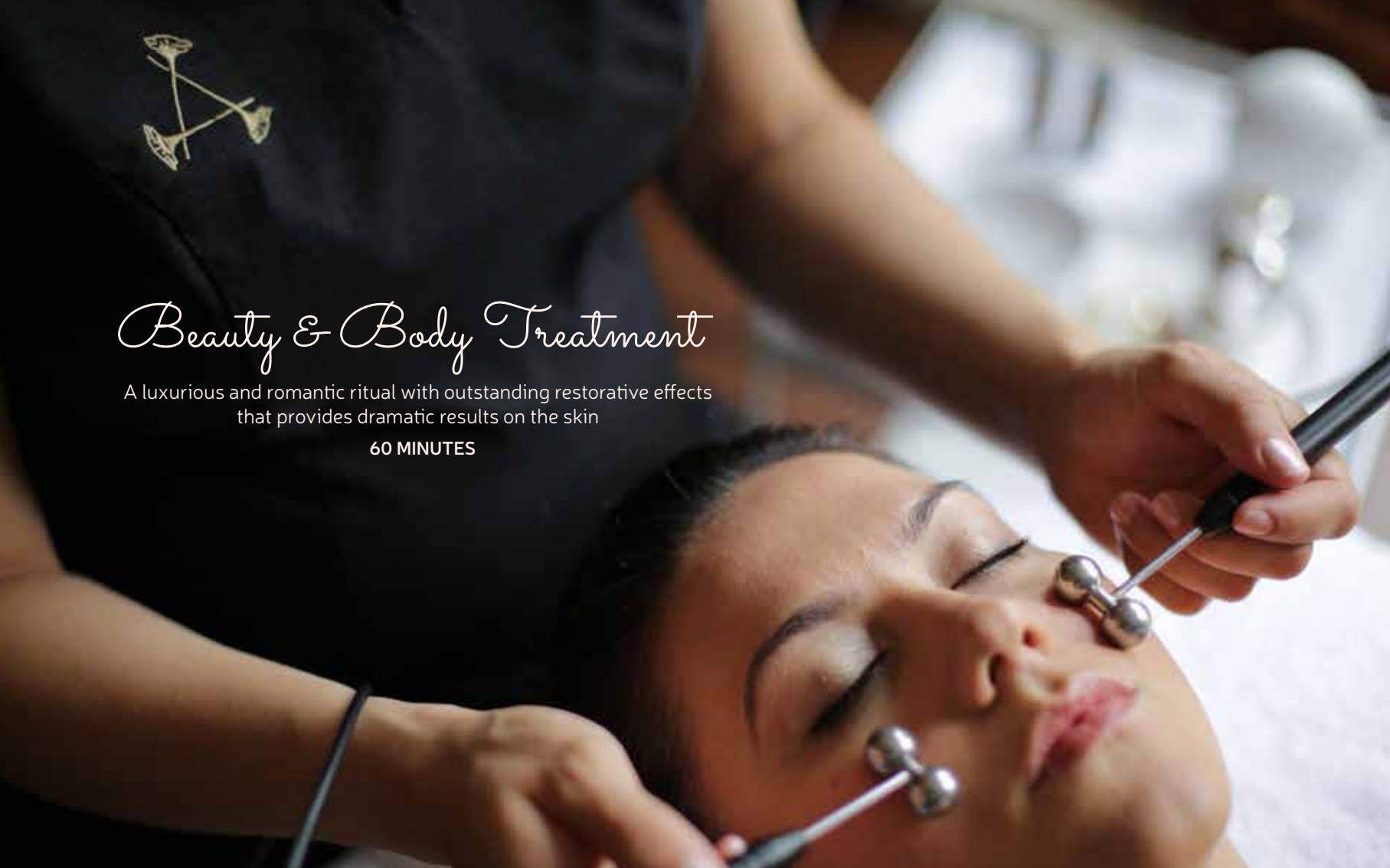
Uplifting energy and enriching an internal space

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.

WOOD
THE ESSENCE

Indigenous white flowers, promoting self-love

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. This treatment will enhance your wellbeing and leave you feeling totally pampered.



Beauty & Body Treatment

A luxurious and romantic ritual with outstanding restorative effects that provides dramatic results on the skin

60 MINUTES

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.

THE ULTIMATE DETOX REVIVER

Perfect for times of over-indulgence or when you're feeling a little sluggish or lethargic. Let us freshen you up with an invigorating exfoliation, followed by a layering of gels and oils, which will be left to absorb deep into the skin, while a stimulating foot massage encourages the release and elimination of toxins.

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.

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.

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DETOX MASSAGE

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

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

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

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

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

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

FOOT ACCUPRESSURE

Reflex points on the feet correspond to every organ and gland in the body. Through the feet, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body

Ayurveda Experiences

60 MINUTES

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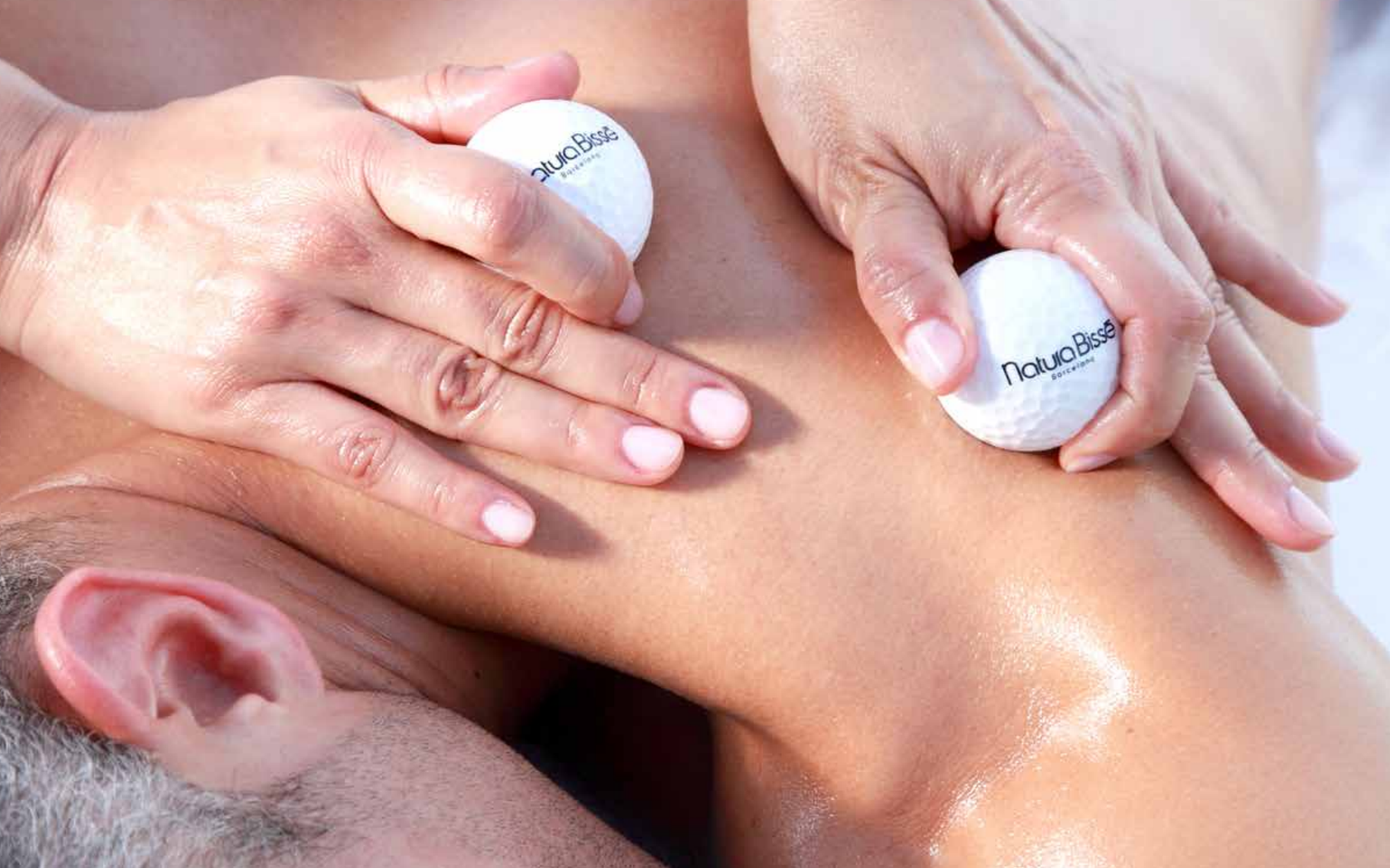
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Experiences

DIAMOND EXPERIENCE ENERGY FACIAL

Energize your skin with this treatment designed to reboot dull skin from environmental stress and DNA damage. Improves definition of facial contour, dramatically restores elasticity, skin texture and tone.

DIAMOND EXPERIENCE ROSE MASSAGE

Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing exfoliation followed by a regenerating massage with the exquisite absolute Damask rose oil that will transport you to a complete state of relaxation and well-being.

THE O_2 RELAX

Awaken your skin with the revitalizing energy of pure oxygen to decongest, brighten and clarify a dull complexion. Perfect for the frequent flier and urbanites whose skin suffers from every day aggressors.

THE CURE

A true antidote against the ravaging effects on our skin resulting from our modern lifestyle. This deep cleansing facial includes an innovative enzymatic detox and steam to open and purify the pores as well as a meticulous extraction process, revealing extraordinarily soft and radiant skin.

Sun Treatments

90 MINUTES

Sun Treatments

INTENSE AFTER SUN
(FACIAL & BODY)

A special sunburn program for face and body that immediately calms and intensely 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 stimulatin 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 provides 3 types of highly purified Hyaluronic Acid that act at 3 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, begins 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.

TAICHI

Taichi is the Chinese healing art emphasizing slow movements, allowing the mind to focus on physical posture, as well as promoting and harmonizing the chi flow in the body

REIKI

Ancient, powerful, safe and hands-on method of accessing universal energy to release negative patterns of thoughts and emotions. Gentle pressure is applied to the body over major energy centers to bring you into wholeness.

Elena Bath Rituals

APHRODITE BATH

Slip into the scented waters as the goddess of love and the essence of ylang ylang unite. Champagne on ice and a dish of dark chocolate delights are served in order to enhance the mood.

THE GUILTY PLEASURE

The ultimate in decadent delights! A hot chocolate bath soaks decadent dark chocolate to melt in your mouth and iced chocolate to drink. Satisfy your appetite to the excess.

CLEOPATRA MILK BATH

A traditional Sumatran Royal Court recipe using goat's milk and essential oils. The experience is sweetened by a delicious vanilla shake.

CALMING BATH

For sweet dreams, pamper yourself with a blend of pure dreamtime essential oils. Aid sleep with chilled red wine to quench your night time rest.

Salon

EXPERIENCES HAIR TREATMENT AND STYLING WITH L'ORÉAL

Ladies cut and style
Mens cut and style
Childrens cut
SHAMPOO AND BLOW DRY

WAXING

EYEBROW AND EYELASH TINTING

EYEBROW SHAPING

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

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.

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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

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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	90/120 Minutes	$180/$220
Water The Harmony	90/120 Minutes	$180/$220
Fire The Energy	90/120 Minutes	$180/$220
Wood The Essence	90/120 Minutes	$180/$220
Plant All Natural	90/120 Minutes	$180/$220

BEAUTY & BODY TREATMENT

The Ultimate Aromatherapy Experience	60/90 Minutes	$120/$180
Intensive Muscle Release	60/90 Minutes	$120/$180
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
Cupping Massage	60/90 Minutes	$120/$180
Hot Stone Therapy	90 Minutes	$180
Sport Massage	60/90 Minutes	$120/$180
Foot Acupressure	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

NATURA BISSÉ EXPERIENCES

The Cure Facial	90 Minutes	$180
The O2 Relax Facial	90 Minutes	$180
Diamond Experience Energy Facial	90 Minutes	$180
Diamond Experience Rose Massage	90 Minutes	$180

WELL-BEING EXPERIENCES

Yoga	60 Minutes	$95
Tai Chi	60 Minutes	$95
Reiki	60 Minutes	$120

SUN TREATMENTS

Intense After Sun (Facial And Body)	90 Minutes	$180
After Sun Bronzant(Facial And Body)	90 Minutes	$180
Expert Hyaluronic Facial	90 Minutes	$180
Cellular Lift Facial	90 Minutes	$180

ELENA BATH RITUALS

Aphrodite Bath	60 Minutes	$100
The Guilty Pleasure	60 Minutes	$100
Cleopatra Bath	60 Minutes	$100
Calming Bath	60 Minutes	$100

SALON

Ladies Cut & Style	60 Minutes	$130
Mens Cut & Style	45 Minutes	$80
Shampoo & Blowdry	45 Minutes	$80
Chidrens Cut	30 Minutes	$40
Waxing	30/60 Minutes	$50/$100
Eyebrow & Eyelash Tinting	15 Minutes	$30
Eyebrow Shaping	15 Minutes	$30
Spa Manicure	60 Minutes	$85
Spa Pedicure	60 Minutes	$85
Hair Hydration	60 Minutes	$80

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