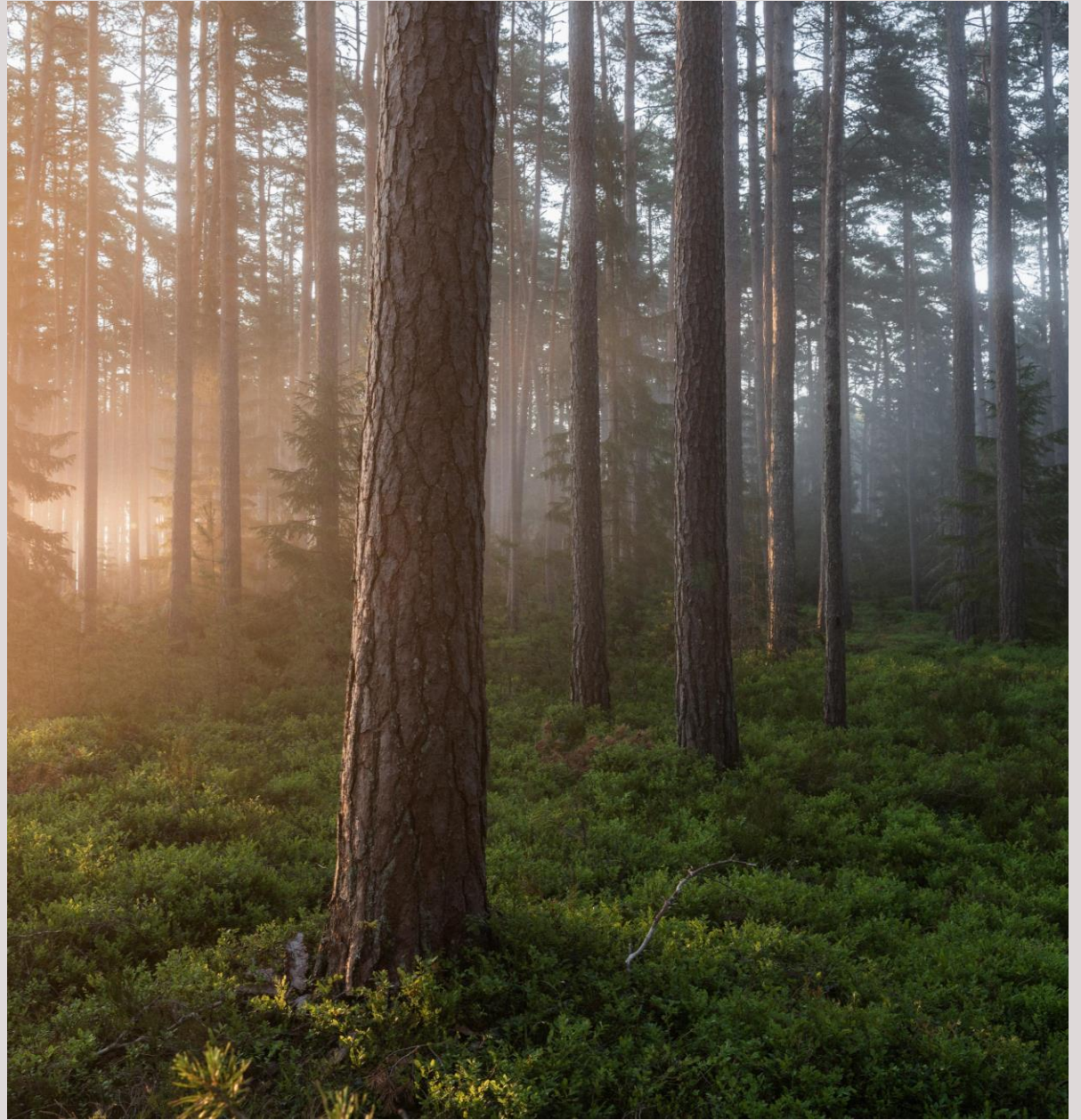




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Naturally in Step with Modern Wellbeing

Back to Basics

Simplicity is the new sophistication. As wellness fatigue sets in, travellers are returning to what truly works: slow movement, nourishing food, open-water swimming, and sauna therapy. These low-tech, high-impact rituals are valued for their purity, accessibility, and lasting effect on both mind and body.

Connection

Travellers are drawn to spaces that nurture human connection through communal bathing, shared meals, guided rituals, and purpose-led circles. These experiences tap into the healing power of belonging, offering emotional depth that extends far beyond the spa.

Brain Fitness

Cognitive wellbeing is the new frontier of longevity. As travellers prioritise clarity and focus, wellness spaces are embracing brain-boosting rituals; nootropic teas, neuroplasticity meditation, digital detox, and sleep optimisation, all designed to sharpen the mind as well as restore it.

Myco-Wellness

Mushrooms are shifting from niche to essential. From adaptogenic elixirs and immunity broths to forest foraging and functional skincare, fungi are now central to holistic wellbeing. Guests are embracing their natural benefits for sleep, stress, and gut health.

Sauna Traditions

Sauna culture is heating up. From cold plunges to contrast therapy, travellers are embracing Nordic thermal traditions for their restorative power. Rooted in Baltic ritual, the cycle of heat and ice offers a natural reset; reviving the body, calming the mind, and aligning perfectly with Estonia's wellness heritage.

Mindful Eating

Mindful eating is becoming central to luxury wellness travel. Guests are seeking sustainable, locally sourced food that nourishes both body and planet. With rising interest in regenerative farming, seasonal menus, and foraging, culinary experiences are now as essential to wellbeing as the spa.







Introducing Eha Retreat

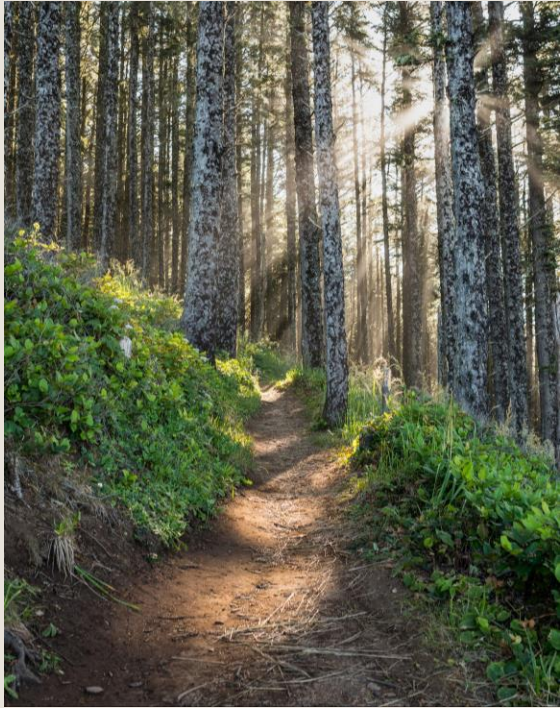
Eha is a holistic, seasonal wellness retreat located on the remote Estonian island of Hiiumaa, a UNESCO Biosphere Reserve in the Baltic Sea.

Rooted in nature, seasonality and longevity.

Eha offers immersive set-date 5 & 7-night retreats designed to support deep rest, nervous system regulation and sustainable wellbeing, aligned with the 5 seasons.

Eha is intentionally quiet and understated. The experience prioritises space, clarity and rhythm above stimulation or spectacle.

All retreats are guided yet non-prescriptive, allowing guests to engage at their own pace.



Forest

Our forest experiences draw on the restorative qualities of nature, where stillness, scent, and sensory awareness support body and mind. Through forest bathing, guided hikes, and seasonal foraging walks, guests reconnect with the land through sound therapy, natural elixirs, botanic-based treatments, and nature-led rituals integrated into the wider retreat environment. This is wellness, grounded.



Sea

Our sea and water rituals harness the power of the Baltic to soothe, energise, and restore. From cold water swimming and salt scrubs to sea mud wraps, the thermal spa and retreat house spaces open to uninterrupted views of Eha's secluded private beach, keeping guests in quiet connection with the sea. Guests can float into stillness and soak in an Arctic hot tub as they reconnect with the rhythms of water.



Sky

Hiiumaa's recognised dark skies create the perfect setting for rest, reflection, and awe. From star bathing and stargazing to dark therapy and sleep courses, guests are invited to embrace the stillness of night. Early risers can join sunrise hikes, while others chase the glow of the northern lights finding wonder in the quiet expanse above.



Tradition

Inspired by Mausk and Nordic traditions, our practices honour the rhythms of nature and ancestral wisdom. Through storytelling, fireside song, seasonal rituals, and guided mindfulness, guests reconnect with something deeper. From sauna ceremonies with birch branches to hot and cold plunges, exfoliation, and traditional Estonian massage, each ritual grounds the body and stirs the spirit.

An Eha Stay

Daily guided movement and mindfulness sessions.

Access to extensive fitness studio, thermal, circadian and vitality suites.

Locally sourced, seasonal meals prepared by celebrated Estonian chefs

Culinary and wellbeing workshops.

Nature walks and immersive outdoor experiences.

Daily personalised treatments and consultations.

Olo high-fidelity sound system with immersive nature-based sound journeys

Included

All meals, snacks and non-alcoholic beverages
Transfers on the island for arrival and departure
Daily treatment
Use of facilities and retreat spaces
Daily housekeeping

Extra

Flights
Transfers from the mainland
Alcoholic beverages
Travel insurance
Gratuities
Additional treatments or consultations



8 Guest Suites & 3 Forest Suites

Forest Suites

Private one bedroom house
located amongst the pine trees

Sea views

Private terraces

Floor-to-ceiling windows

Outdoor hot tubs

Ideal for guests seeking privacy
and immersion in nature

Signature Suites

Located in the main house

Larger footprint with defined living
space

Sea-facing views

Enhanced privacy

Some suites include private sauna

Positioned for maximum light and
quiet

Junior Suites

Located in the main house

Forest or sea views

Open-plan layout

Large bathrooms with soaking tubs

Calm, minimalist interiors

A fully accessible option available





Our Spaces

Thermal suite including indoor and outdoor pool, Finnish sauna, steam sauna, infrared sauna, hot and cold plunge pools and outdoor hot tubs.

Relaxation rooms, flotation tank, sand-therapy and fitness studio.

Yoga studio and fitness space for personal movement practice.

Library for quiet reflection.

Private forest trails and beach walks on your doorstep.

Stand-up paddleboards for calm exploration on the water.

Peaceful snugs and hideaways throughout the house.

Boutique offering curated essentials and local finds.

Access to the kitchen garden.





Getting Here

Hiiumaa can be reached via daily scheduled flights or by road and ferry from Tallinn. Chartered helicopter transfers are also available from Helsinki. Our team is on hand to assist with travel planning, and all transfers on the island are included in your stay.

Helsinki and Tallinn are connected by international airlines including Finnair, British Airways, Lufthansa, Air France, KLM, Turkish, Qatar, SAS, LOT, AirBaltic and Swiss, among others.

Nature-rooted transformation aligned with Estonia's cultural heritage and Eha's regenerative ethos

Amber Gauci-Ward is a recognised leader in transformational wellness, bringing nearly two decades of experience across luxury hospitality, regenerative design and integrated wellbeing. Known for creating immersive, restorative guest experiences, she combines strategic leadership with embodied practice. Her international experience spans Australia, Mexico, Costa Rica, Canada, Malta and Gozo. She has launched and scaled wellness ventures in remote locations, led pre-opening execution for luxury wellness hotels, and advised global founders through her consultancy, Energy Atelier. Most recently, she oversaw launch execution for Verdala Wellness Hotel.



Food at Eha is an experience of place, guided by the seasons and meaning

Our Culinary Lead is **Peeter Pihel**, Estonian, awarded a Michelin Green Star for his work in sustainability, soil health and producer relationships. He oversees the kitchen garden and has built a personal network of local growers, foragers and makers. Every dish is rooted in season, function and care. Guests are invited into the process through nutrition workshops, shared preparation or quiet moments in the garden. This is food led by provenance and prepared with clarity, warmth and intention.



FÄVIKEN



PÄDASTE
simple luxury



Fotografiska



Wellness at Eha is not prescriptive. It's spacious, elemental and seasonal

Estonian-born **Kai Laus** leads Eha's wellness concept with over two decades of global spa and hospitality experience. A CIDESCO-trained aesthetician and strategic consultant, her work spans more than 100 spas worldwide. She has contributed to celebrated destinations including One&Only Mandarin, Le Bristol Paris, Gleneagles Scotland, The Lanesborough London, Hotel Lou Pinet in St Tropez, and properties across Four Seasons and Fairmont. As Global Spa Director for Tata Harper, she continues to shape wellness at the highest level, bringing ritual, precision and natural luxury to every guest experience.

One&Only

Fairmont
HOTELS & RESORTS


FOUR SEASONS



A development led by Estonia's most respected creatives & architects

Hannes Unt as **Creative Director**, one of Estonia's most accomplished and forward-thinking designers, brings an award-winning global portfolio spanning beauty & wellness, fashion, hospitality, and lifestyle industries.

Margit Argus and the team at **studio ARGUS**, with consulting architect **Tiit Trummal**, lead the **interior design and architecture**, having earned acclaim through the EU Prize for Contemporary Architecture and other prestigious awards. Rooted in Nordic aesthetics, the studio seamlessly blends contemporary vision with cultural heritage, working on high-profile projects from embassies in London to historic restorations like Põltsamaa Castle.



When Eha wellness retreat opens next summer on Estonia's unspoilt Hiiumaa island, its five retreats will be inspired by a local pagan belief system called "earth faith." Programming will take its cues from nature and the island's five distinct seasons.

Condé Nast
Traveler

One forthcoming property called Eha on an island in Estonia particularly caught my eye. It espouses a breed of “rooted wellness,” which the hotelier says is inspired by a local pagan belief system she calls “Earth faith.” As such, Eha takes its programming cues from nature, so the focus is on nourishment in the fall or sleep in the winter and awakening in the spring.

I could use a sleep reboot, so I homed in on their winter offerings: They’ll include body wraps that use the island’s mineral-rich mud, sound baths, sled touring, bone broth workshops, lantern walks through the snowy forest and guided sleep meditations broadcast through in-room speakers. Oh, and zero-waste, hyperseasonal meals by a chef who used to be No. 2 at Faviken, one of the world’s best restaurants. Sounds pretty indulgent for a wellness retreat.

Bloomberg



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