

An aerial photograph of a vast field of golden-brown grasses, likely a meadow or prairie, with the word "епа" overlaid in the center. The grasses are densely packed and have a warm, autumnal color palette. The word "епа" is written in a white, serif font, centered horizontally and vertically. The background is a textured, repeating pattern of grasses, creating a sense of depth and scale.

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eHa

On the wild island of Hiiumaa, part of a UNESCO Biosphere Reserve, Eha offers a new standard of wellness: intimate, elemental and deeply considered. Guests are invited to slow down, reconnect and live in step with the land. Every retreat is shaped by season, guided by ritual and held in quiet luxury.

This is Eha.





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The Ethos

Wellbeing at Eha is spacious and elemental. Nature leads the rhythm. Every programme supports body, mind and nervous system through time-tested practices and sensory presence.



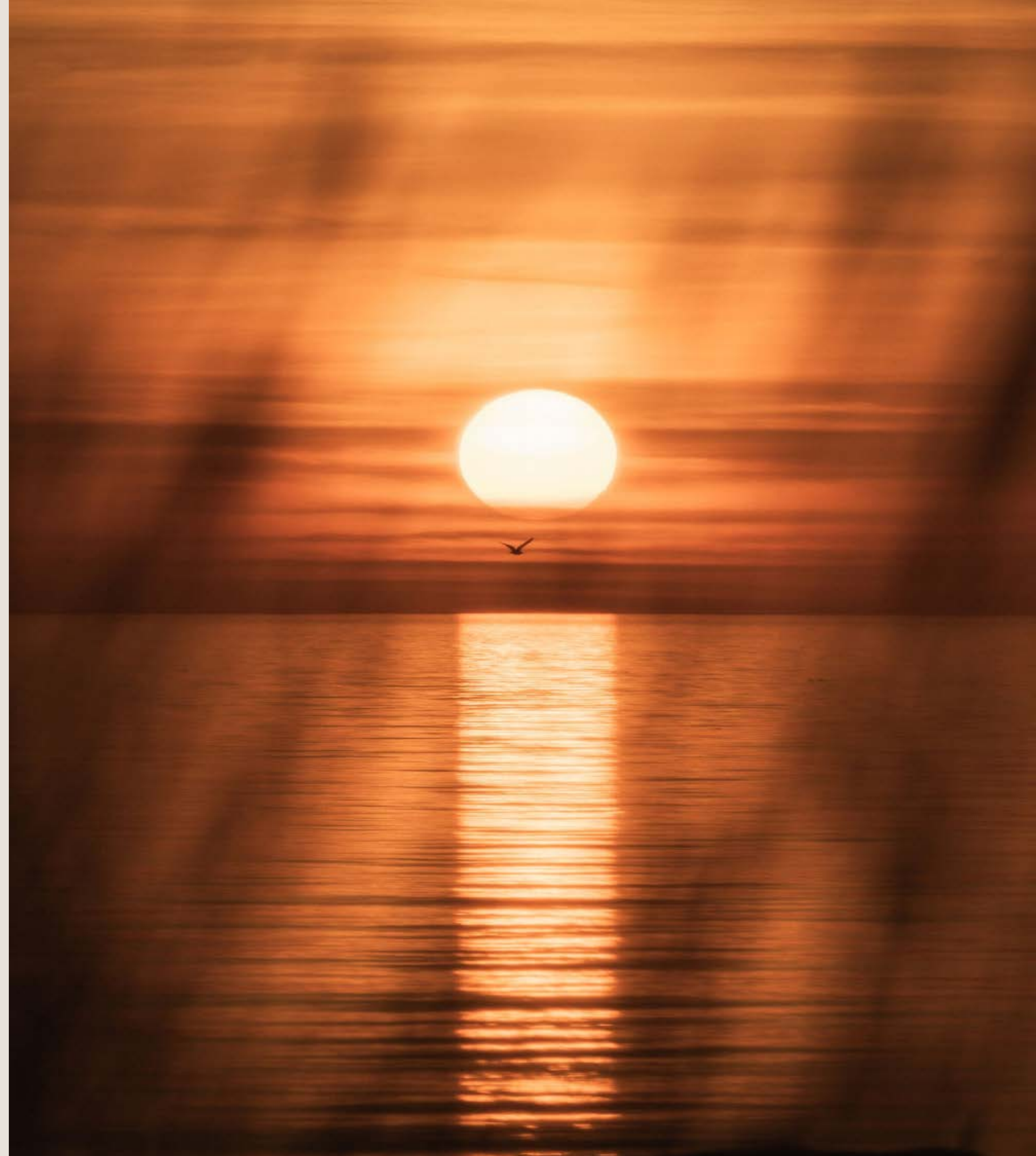
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Guests are welcomed without performance. Met as they are. Given space to rest, to reconnect, to soften. What we offer is shaped around the body's pace and the land's cues.

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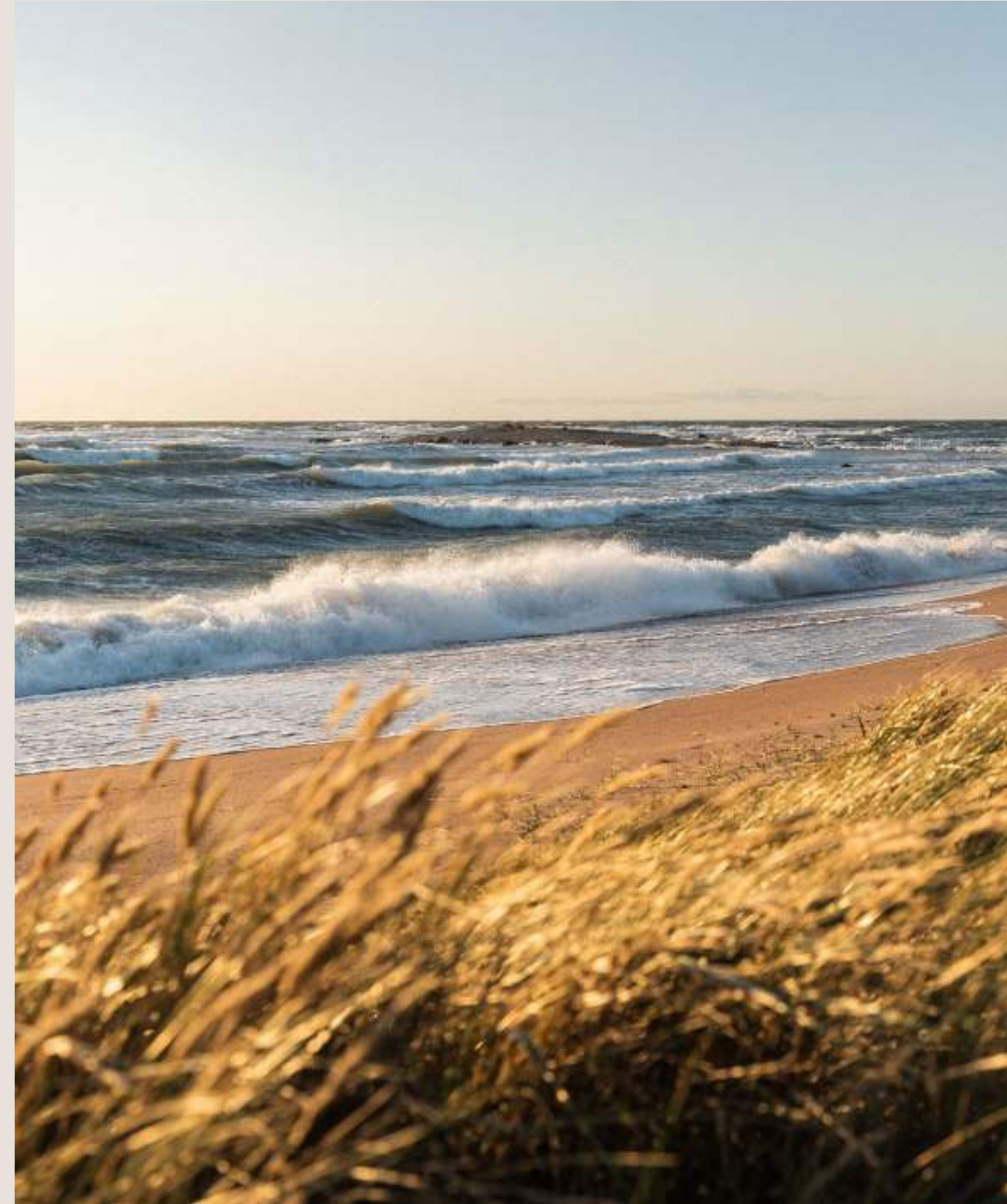


Architecture and interiors are designed with rhythm and restraint. Natural materials. Considered light. Structures that hold stillness and quiet. Rooms that invite presence.





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“At Eha, we find our authentic selves and the power of renewal.”

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The Island



Hiiumaa is one of Estonia's most untouched islands. Light pollution is absent, noise is natural, and stars and silence return. The island is a UNESCO Biosphere Reserve where pine forests, storm-carved beaches and ancient rhythms shape daily life.





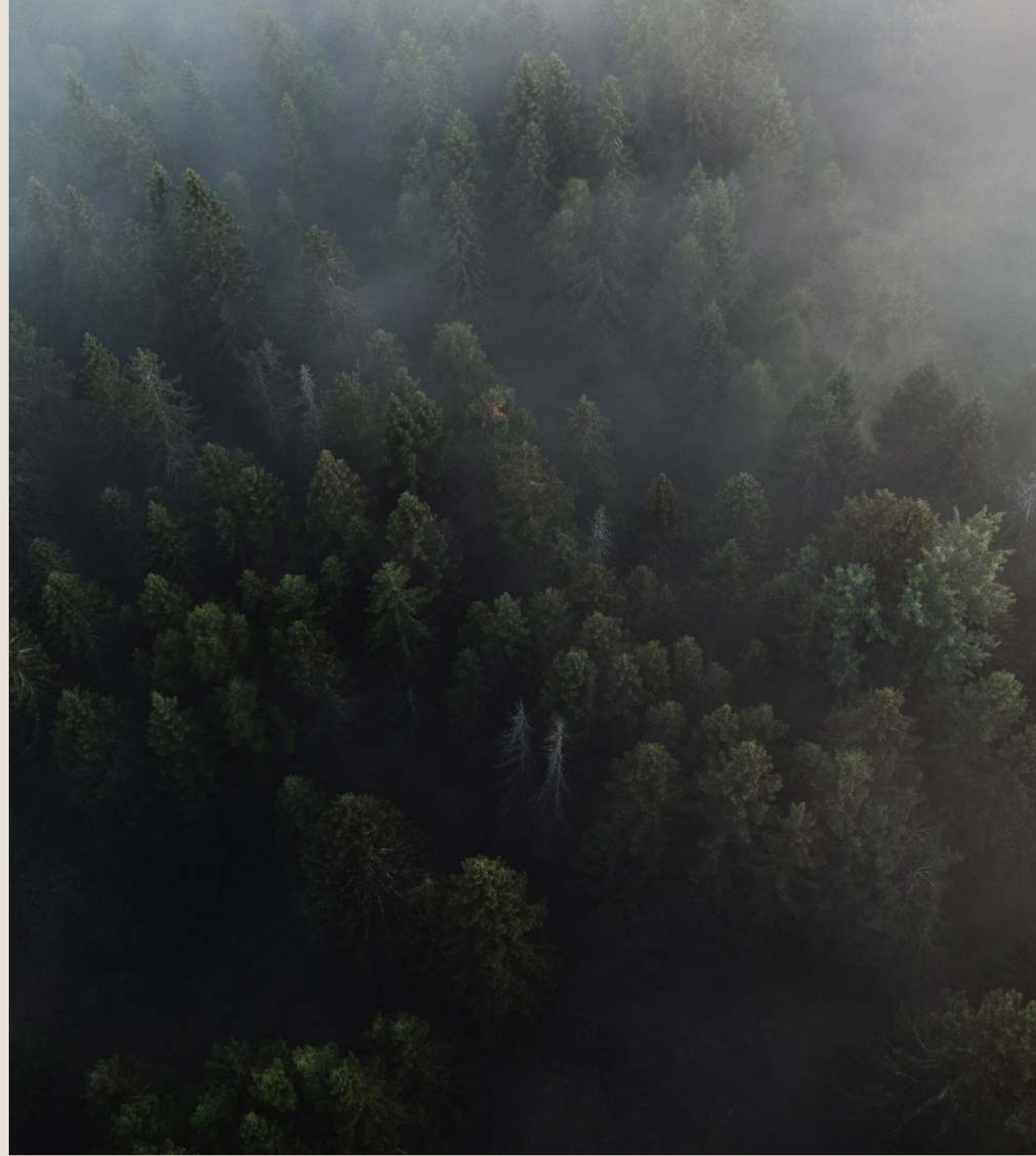
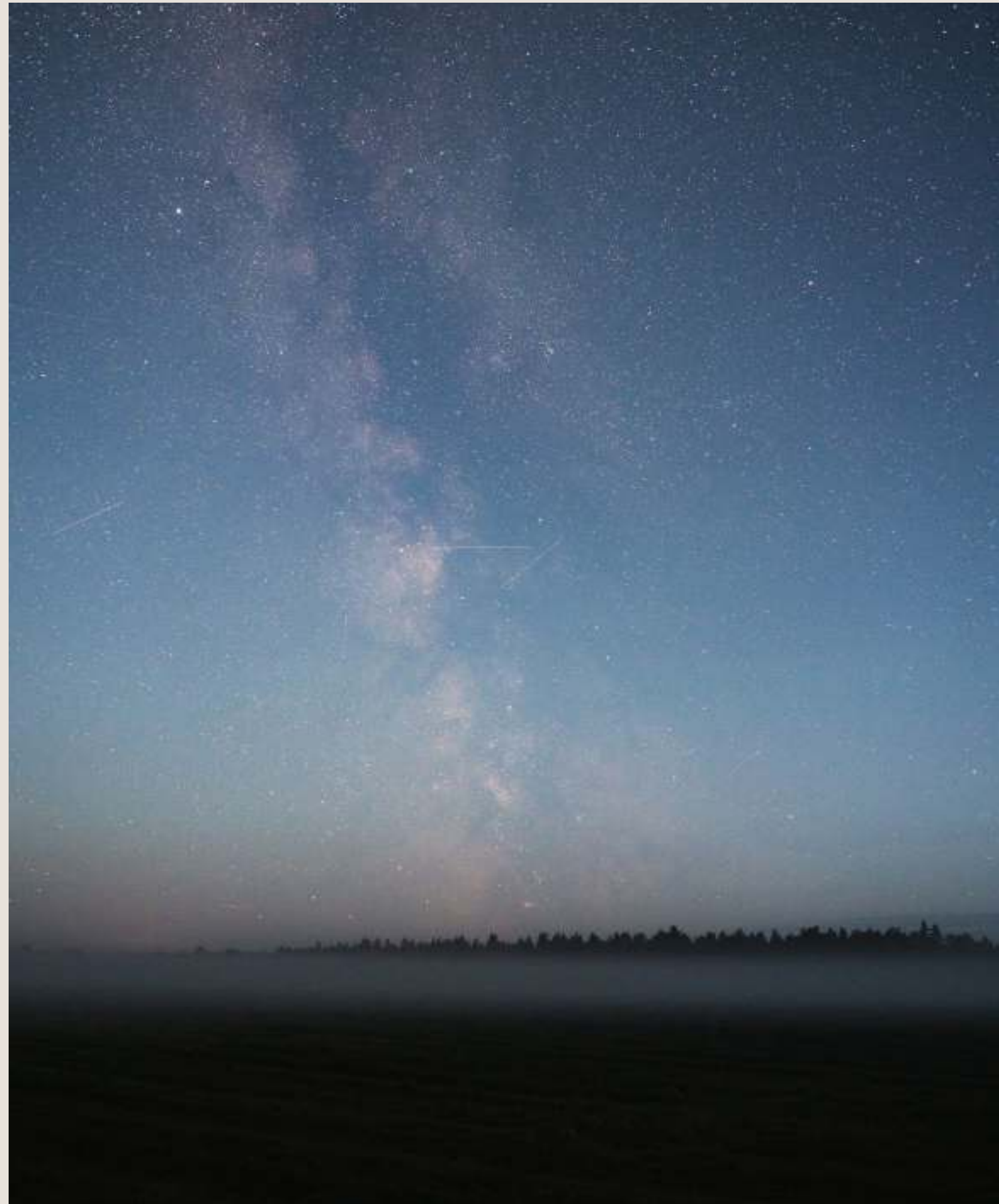
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History, ritual and nature weave together here. This is a place where time softens. Where you feel what it means to return.

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Ancient traditions live quietly in Hiiumaa's rhythms. Forests, wild beaches and untouched land hold stories older than memory. This is not a backdrop but a living presence, one that invites stillness, reflection and a deeper return to self.





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“Embrace the unhurried
pace of island life.”



Sample Programme

Eha's winter retreat is shaped by stillness. In Estonia's stark and silent season, guests are guided into deep rest through circadian-aligned therapies, movement, nature immersion and calming rituals.

Every detail is curated to soothe the nervous system and support sustainable sleep that continues beyond the retreat.



Winter Retreat: Sleep – Suggested Daily Schedule

Eha is not prescriptive, our guests will choose what they want to take part in.

● Meals ● Group Activities ● One-on-One Booking Time

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
MORNING MOVEMENT 7am - 8am		Morning Aqua Yoga	Yin Yoga	Morning Aqua Yoga	Yin Yoga	Morning Aqua Yoga
BREAKFAST 8am - 10am		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
WORKSHOP 10am - 11am			The Power of Silence / Why We Sleep	Snow or Ice Finnish Sled Tour (weather dependent) / Resistance Band Training	Winter Bone Broth Culinary Workshop	
BODY MOVEMENT 11am - 12pm		Resistance Band Training				
PERSONAL TIME 12pm - 1pm						
LUNCH 1pm - 2pm	LUNCH (to go)	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH (to go)
PERSONAL TIME 2pm - 3pm						
PERSONAL WELLNESS 3pm - 4pm	Welcome & Sleep Consultation (personal)	Hot Stone Massage (personal)	Mud Wrap (personal)	Rehydration Reset Facial (personal)	Nervous System Reset Session (personal)	
PERSONAL TIME 4pm - 5pm						
NATURE IMMERSION 5pm - 7pm	Lantern Walk Sauna Ritual for Sleep	Lantern Walk Sauna Ritual for Sleep	Lantern Walk Sauna Ritual for Sleep	Lantern Walk Sauna Ritual for Sleep	Lantern Walk Sauna Ritual for Sleep	
DINNER 7pm - 9pm	DINNER	DINNER	DINNER	DINNER	DINNER	
REFLECTION 9pm - 10pm	Sound Healing Meditation — Guided Meditation for Sleep (in-room speakers)	Yoga Nidra — Guided Meditation for Sleep (in-room speakers)	Sleep Journaling — Guided Meditation for Sleep (in-room speakers)	Yoga Nidra — Guided Meditation for Sleep (in-room speakers)	Sound Healing Meditation + Group Reflection — Guided Meditation for Sleep (in-room speakers)	

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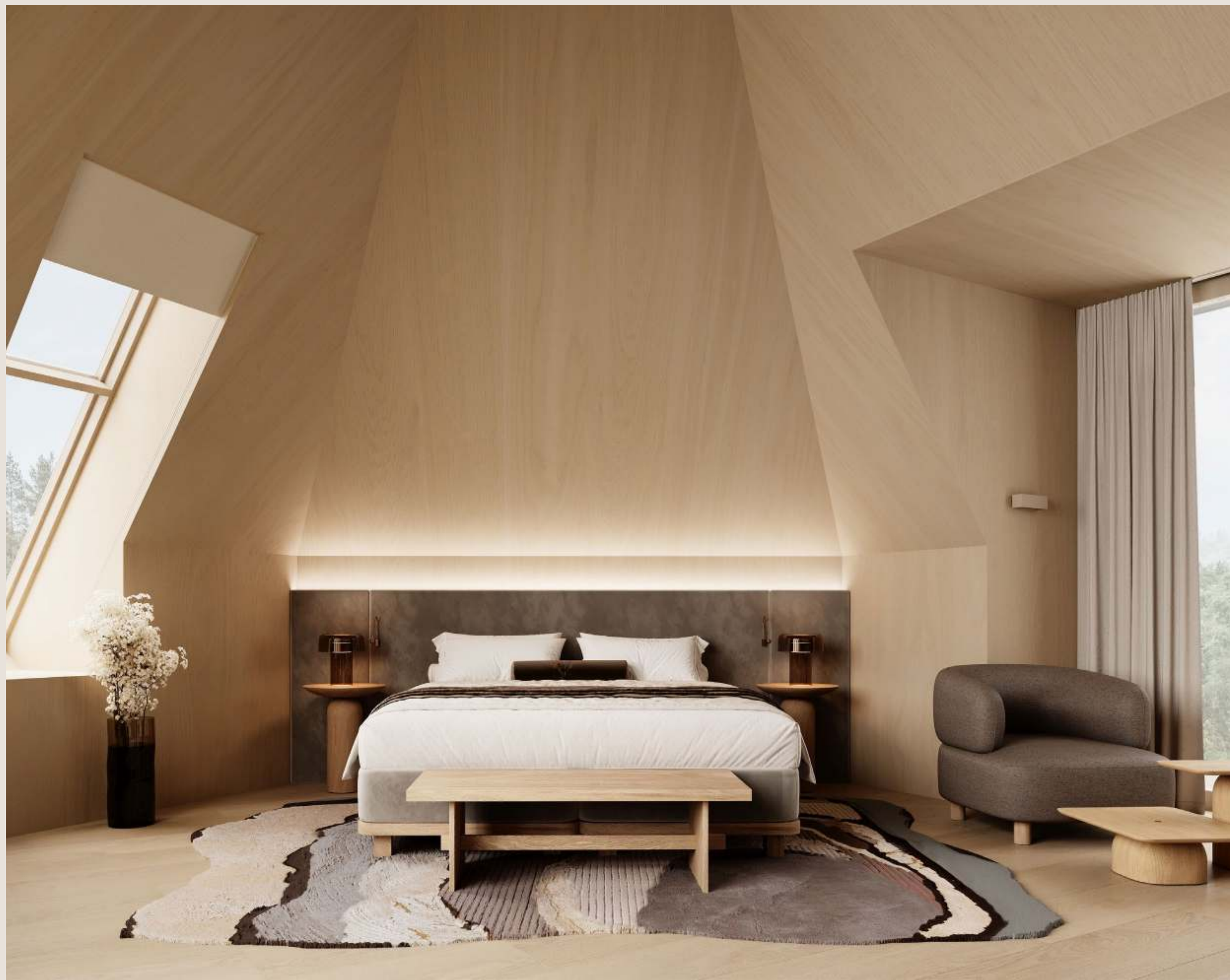
Key Features



Rooms

Eight spacious suites and three private forest cabins blend comfort with restraint.

Designed for sleep, privacy and stillness, every room opens to the land and holds a sense of quiet.









Facilities

A holistic spa inspired by Estonian traditions, using locally sourced treatments

Thermal suites with indoor and outdoor saunas

Indoor and outdoor pools with forest and sky views

Private treatment rooms for tailored therapies



Facilities

A mindfulness studio for group and personal practice

Farm-to-table menus curated by Michelin Green Star Chef Peeter Pihel

Outdoor dining among garden and sea air

Technology-free zones for full reconnection



Opening June 2026

eHa

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