

An aerial photograph of a spa area, showing several circular pools of water with ripples. The water is a deep teal color, and the surrounding land is a lighter, sandy or light brown hue. The overall scene is serene and natural.

# TALISE

SPA

# Talise Spa at Jumeirah Olhahali Island

## Elevated well-being experience

Embark on a transformative wellness journey that leads you to a therapeutic sensory path. Our holistic approach takes you on a wellness tour that envelops you in a cocoon of luxurious elements.

Indulge in a plethora of bespoke treatments using the worlds most luxurious products strung together to produce a deep personal transformation.

Meet our team of experienced therapists, who deliver a range of health and beauty treatments while focusing on your well-being. Treat yourself to an elevated well-being experience that will leave you with a feeling of pure renewal and revitalization.

An over water spa and Fitness Centre - what could be more perfect. Immerse your senses and sail away with our over water treatment rooms and fully equipped salon. Our over water Fitness Centre offers personalised training lessons that gets you on the right track with that suits your every needs. We offer individual consultations and tailored programs to help you jump-start your wellness routine.

# General Information

## Your Appointment

For maximum convenience and flexibility, we kindly recommend that you book your spa treatments at least 24 hours in advance. This will ensure that we can accommodate your preferences and provide you with the best possible service.

## Booking and Cancellation Policy

We encourage you to arrive at least 15 minutes prior to your appointment time. If your plans change and you wish to cancel your appointment kindly let us know 12 hours in advance to avoid 50% cancellation charges. No show will be charged at 100% of the rate.

## Your Health

Please inform us of any health conditions, allergies, pregnancy or injuries. If in doubt please discuss it with our Spa professionals. Some treatments may not be suitable for certain medical or physical conditions. If in doubt please discuss it with our Spa professionals.

## Children

Children under the age of 16 must be accompanied by an adult at all times during their spa treatment. Kuda Kudhinge Massage is applicable up to 11 years of age

## Loss of Valuable Items

The management assumes no responsibility for the loss of valuables.

# General Information

## Fitness Facilities

Our Fitness Centre is open 24 hours, seven days a week. Please contact our Spa for any inquiries regarding private training sessions. To use the facilities, visitors should be at least 16 years old. Proper athletic attire is required. If you desire to develop your own training programme during your stay, a fitness professional will be always on hand to assist.

## Talise Spa Operating Hours

Between 09:00 and 20:00 - Maldives Time

## Spa Ambience

Talise Spa promotes a tranquil environment. As a courtesy to our other guests, please turn off all mobile devices or place them on silent mode. Any sound or music equipment must only be used with headphones.

## In Villa Surcharge

We provide a treatment at the comfort of your villa. For this exclusive service, there is an additional surcharge of \$50++ per person, regardless of the treatment duration.

## After Dark Surcharge

We are pleased to extend our services beyond regular operational hours. For this exclusive offering, there is an additional surcharge of \$50++ per person, regardless of the treatment duration.

# Jumeirah Signature Collection

## **Jumeirah Revitalizing Massage 90 minutes**

Feel your energy awoken with this full body massage, featuring ancient therapeutic techniques, deep flowing movements, acupressure point stimulation and light stretching.

## **Jumeirah De-stress Massage 90 minutes**

Feel your tension melt away with this soothing massage treatment which includes techniques such as kneading, wringing and deep muscle work. This treatment is perfect if you want to relax and enjoy a deep massage as it calms the nervous system and reduce your stress levels.

## **Absolute Indulgence - Single or Couple Ritual 120 minutes**

Taking advantage of the hotel's Edenic location, we incorporate the purest ingredients harvested locally: a blend of native herbs, a flower bath with a vanilla elixir, coffee - coconut - or bead - based body scrubs, a Marma Point facial.

## **Moonlit Sandbank Massage 60 minutes**

Exclusive sandbank couple's massage under the luminous presence of the moon, starting with a sunset. This exquisite experience transports you to a world of intimate connection and tranquility. Amidst the gentle ocean breeze and the radiance of moonlight, surrender to blissful relaxation as you and your loved one immerse yourselves in a moment crafted for unparalleled togetherness and rejuvenation.

# Maldivian Massage Collection

## Heyovaru Si'hathu Massage 75/90 minutes

This massage draws inspiration from Shiatsu. The combination of acupressure, aromatherapy, and hot stones or herbal poultices is conducive to preserving a sense of balance.

Heyovaru Si'hathu = Balanced Health

## Varugadha Deep Tissue Massage 60/75/90 minutes

Deep tissue massage combined with stretching. You will leave feeling energised, with a knot and stress-free body and peace of mind.

Varugadha = Strong Pressure

## Hatharu Ai Massage 75/90 minutes

The "Hatharu Ai" Maldivian technique is a synchronised massage, moving in unison will release any energy blockages, helping you unwind.

Hatharu Ai = Four Hands

## Onu Hamakurun Fusion Massage 75/90 minutes

This powerful fusion of Swedish technique, lymphatic drainage alongside with warm bamboo massage is a treat for the achy muscles. The therapist will use several kneading, rolling, hacking and tapping techniques to create an explosion of endorphins resulting in feelings of happiness, excitement and satisfaction.

Onu Hamakurun = Bamboo Balance

## Firumaalaa Couples Ritual 90 minutes

Experience the ultimate serenity under the moonlight and glimmering Maldivian skies with your partner with the Firumaalaa Couple's Ritual. As the sun sets, your Island Host will escort you to a mesmerizing candle lit set up for an exclusive wellness and culinary journey. Get pampered by the exceptional therapists with a full body massage. After the bliss inducing treatment, complete your evening with curated dinner under the stars. This is an unforgettable experience that opens up a new chapter and the chance to say "Varah loabi vey - I love you".

# Facial Collection

## **Sodashi Pure Radiance Facial 60 minutes**

REFRESH - REVITALISE - RELAX

Aromatic warm facial softens and exfoliates the skin, followed by the application of a nurturing face mask rich in herbal extracts to purify and hydrate the skin. This facial experience can be tailored to individual skin needs to leave skin revitalised and fresh.

## **Sodashi Calm Facial 60 minutes**

CALM - SOOTHE - NOURISH

Cooling mists and soothing aromatic gels nurture the skin, while Sodashi's unique plant essence blends and herbal extracts strengthen capillaries and de-sensitise. Skin is revived, with a calm and even complexion.

## **Mankind Facial 60 minutes**

DEEP CLEANSE - BALANCE - SOOTHE

A relaxing Sodashi Himalayan salt therapy back massage to ease stress and reduce tension in the mind and body, commencing your treatment with a deep cleansing and exfoliating facial, to balance the skin's natural oils, soothing irritation and preventing ingrown hairs.

## **111SKIN The Signature Harley Street Facial 60 minutes**

RESTORE - FORTIFY - HEAL - REPAIR

A repairing Antioxidant facial treatment to restore and soothe damaged, inflamed, and irritated skin, eczema, and psoriasis. Repairs skin to stimulate good collagen production. Neutralizes free radical damage. Ideal for a recovery programme following peels, lasers. Suitable for sunburned skin.

## **111SKIN De-puffing Cryo Facial 60 minutes**

RE-ENERGISE - REVIVE

This treatment is designed to increase microcirculation in the skin to detoxify and reduce puffiness. Brighten by increasing oxygen flow. Energizing treatment to make skin appear firmer and luminescent. Perfect for tired skin to help counteract pollution. The relaxing Cryo Globes massage will sculpt and contour the face.

# Therapeutic Collection

## **Balinese Massage 60/75/90 minutes**

Long flowing strokes combined with pressure point movements. Skin rolling and flicking, firm and gentle stroking techniques are used to loosen any muscle tension and boost circulation.

## **Jet Lag Lymphatic Massage 60/90 minutes**

This massage works on the lymphatic just right under your skin. Fighting the feeling of jet lag, sluggishness and low energy effect due to long haul flights.

## **Tibetan Healing Massage\* 90 minutes**

A deep immersion on healing, harnessing the power of Tibetan Singing Bowl. The treatment focus on vibrational sound that aids the vital energy force to flow freely to achieve a deeper sense of relaxation while the crystals interact with the body's energy eld, creating balance and alignment.

## **Thai Massage 60/90 minutes**

Improve your flexibility and release muscle tension with yoga-style stretches and acupressure techniques.

## **Shirodhara Treatment 90 minutes**

The therapist starts with a full-body Abhyanga Massage before proceeding to pour warm herbal oil in a steady stream onto your forehead - an Ayurvedic tradition. As a result, sleep disorders and stress are washed away.

\*Only Certified Therapists

### **Therapeutic Massage 90 minutes**

This hands-on, advanced therapy makes use of cupping massage techniques to release toxin build up from your muscles. During this treatment, you will notice marks on areas where the toxin build up is severe and gradually subsides after few hours. After the treatment, you will feel light and relaxed.

### **Mint Foot Reviver Massage 30/60 minutes**

Soothe and revitalise tired and sore feet. Applying pressure points connected to your vital organs to stimulate circulation. Sodashi's Mint Foot Cream with the oils of Arnica, lavender and peppermint is massaged into the foot and lower legs to provide total relaxation.

### **Prenatal Massage 60/90 minutes**

Designed for mothers-to-be during their first and second trimesters, our prenatal massage releases tension in your hips and lower back and relieves ache or discomfort.

# Bodycare Collection

## **Sodashi Purifying Body Boost 90 minutes**

DETOX - RELEASE - PURIFY

Invigorating body exfoliation to soften the skin and stimulate circulation, followed by a purifying body mask, to relieve sluggishness and congestion and help to remove unwanted toxins. A Sodashi Signature.

## **Sodashi Body Balance Salt 60 minutes**

REFRESH - BALANCE - SMOOTH

Warm soothing oils gently smooths into the skin, followed by a Himalayan salt or a Vanilla body exfoliant and plant essence therapy exfoliation. Designed to relieve stress and fatigue while gently stimulating the body's circulation, this treatment is particularly recommended following periods of travel or strenuous exercise. A Sodashi Signature.

## **Sodashi Contouring Marine Body Wrap 60 minutes**

FIRM - CONTOUR - TONE

A mineral-rich warm clay mask to flush the body of accumulated toxins.

## **111SKIN Cryo Cellulite Treatment 60 minutes**

TIGHTEN - FIRMING - TONING

Cryo Globes and Pro Cellulite Gel, stimulating microcirculation and the lymphatic system to improve the appearance of cellulite.

# Wellness Journey

Let us curate a wellness journey personalised just for you, with your preferred treatments at your own pace. One person per package. Package is not transferable.

## Wholeness 5 hours

Day 1: Sodashi Purifying Body Boost 90 minutes  
Pure Radiance Facial 60 minutes

Day 2: Tibetan Crystal Healing Massage 90 minutes

Day 3: Sodashi Contouring Marine Body Wrap 60 minutes

## Purity 7 hours

Day 1: Sodashi Body Balance Salt Glow 60 minutes  
Sodashi Contouring Marine Mineral Body Wrap 60 minutes  
Sodashi Calm Facial 60 minutes

Day 2: Private Aqua Fit 60 minutes  
Jet Lag Lymphatic Massage 60 minutes

Day 3: Heyovaru Si'hathu 60 minutes  
Foot Reviver 30 minutes

## Radiance 10 hours

Day 1: Sodashi Vanilla Body Bliss 60 minutes  
Sodashi Contouring Marine Mineral  
Body Wrap 60 minutes

Day 2: Private Total Body Sculpt 60 minutes  
Varugadha Deep Tissue Massage 90 minutes

Day 3: Pure Radiance Facial 60 minutes  
Foot Reviver 30 minutes

Day 4: Yoga Session of your choice 60 minutes  
Thai Massage 90 minutes

Day 5: Sodashi Calm Facial 60 minutes  
Foot Reviver 30 minutes

# Fitness Collection

## **Private Personal Trainer Session 30/60 minutes**

Alternating intense exercise and short recovery period. It elevates the metabolism resulting in a high number of calories burned even after the workout is over.

## **Private Aqua Fitness Class 60 minutes**

Also called water aerobics, it works on cardiovascular conditioning, which builds muscles and increases flexibility. Perfect exercise for joint problems.

## **Private Couple's Fitness Class 60 minutes**

Any fitness activity of your choice with your beloved one.

# Mindful Collection

## **Yoga Class 60 minutes**

Flow Yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching.

## **Yoga Nidra 60 minutes**

Allow you to scan the body and tap into a state of relaxed consciousness as the mind settles in a place between wakefulness and sleep.

## **Prenatal Yoga 60 minutes**

Improves flexibility during the pregnancy period in a safe way. Helps reduce stress and anxiety.

## **Guided Meditation 60 minutes**

A series of breathing exercise, and mental imagery to assist on healing your deepest soul.

## **One-on-One Pranayama Breathing 60 minutes**

Use your breath to heal, purify your body, balance your energy, deepen your spiritual practice, and experience mindfulness in a new way.

## **Couple's Mindfulness Class 60 minutes**

Any wellness activity of your choice. The class is done together by a couple.

## **Sound Healing Session 45 minutes**

Discover the power of sound to soothe your mind, body and spirit in the immersive healing experience with Nada yoga.

# Family Collection

Experience a blissful Mother-Daughter Beauty Session. Treat yourselves to a relaxing massage, an express facial, and an express manicure, all in our award-winning overwater treatment rooms

## Balinese Massage

Long flowing strokes combined with pressure point movements. Skin rolling and flicking, firm and gentle stroking techniques are used to loosen any muscle tension and boost circulation.

## Express Facial Reviver

This rejuvenating treatment typically involves cleansing, exfoliation, and hydration tailored to your skin's needs, leaving you with a radiant glow in minimal time. Perfect for busy schedules or as a pick-me-up before special occasions

## Express Manicure

Cuticles will be gently groomed, ensuring a neat and polished appearance. A relaxing hand massage follows, using nourishing creams or oils to hydrate and soften your skin, leaving your hands feeling silky smooth and rejuvenated.

## Kuda Kudhinge Massage 30/60 minutes

Children deserve to live their best life too. This personalised massage is adapted to kid's taste and age. Parental company is mandatory.

\*Jumeirah One points are not applicable for this package.

# Blissful Half-Hour Collection

Let's tailor your options to meet your preferences. You can choose either a single treatment or bundle with multiple selections;

## For All Treatments

- Foot Reviver Massage 30 minutes  
(Soothe and revitalise tired and sore feet)
- Scalp Massage 30 minutes  
(A massage focused and localized on your scalp area)
- Back, Neck and Shoulder Massage 30 minutes  
(Reduce muscle tension and stress)
- Hot Poultices 30 minutes  
(Home-made Maldivian 100% organic fresh herbal ball)
- Hot Stone 30 minutes  
(Uses smooth, heated stones to relieve tension and help you relax)
- Body Balance Salt Scrub 30 minutes  
(Invigorating body exfoliation to soften the skin and stimulate circulation)
- Aloe Vera Healing Wrap 30 minutes  
(A moisturizing-calming wrap )
- Contouring Marina Body Wrap  
(A mineral-rich warm clay mask to flush the body of accumulated toxins)
- Express Facial Reviver 30 minutes  
(Face cleansing, Toner & Massage with specific creams)
- Add On Aroma Bath  
(Romantic flower Bath, while enjoying a plate fruit and fresh juice)

# Complimentary Activities

Sunrise Yoga

(Every Monday, Wednesday and Friday at 06:00 - 07:15 )

Kid's Yoga Class

(Every Monday 11:00 - 12:00)

Adult Social Tennis

(Every Friday 16:00 - 17:00)

Kid's Tennis

(Every Wednesday 16:00 - 17:00)



An aerial photograph of turquoise water with ripples and a sandy beach strip. The water is a vibrant teal color, and the ripples create a textured, organic pattern. A thin strip of white sand beach is visible at the bottom of the frame.

JUMEIRAH  
OLHAHALI ISLAND