



TALISE
SPA

Talise Spa at Jumeirah Maldives, 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.

Loss of Valuable Items

The management assumes no responsibility for the loss of valuables.

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.

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.

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".

Beach setting is applicable for Beach Villa categories. Roof top setting is applicable for Overwater Villa categories.

Massage 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 Leg 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 field, creating balance and alignment.

Thai Massage 75/90 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.

Massage Collection

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.

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.

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.

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 - FIRING - TONING

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

Wellness Collection

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: Active Abdominal Detox 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

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

USD

Balinese Massage

Express Facial Reviver

Express Manicure

Total Package Rate

690

*Jumeirah One points are not applicable for this package.

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, mantra 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.

Beauty Collection

Hair	Min	USD
Sun-Proof Hair Treatment	45	80
Post-Sun Hair Treatment	45	100
Intense Hair Treatment	45	125
Blow-Dry, and Straight Style	60	150
Waves (S, M, L)	60 / 75 / 90	185 / 200 / 220
Curls (S, M, L)	60 / 75 / 90	195 / 210 / 225
Hair with extensions (S, M, L)	60 / 75 / 90	200 / 220 / 250
Blow-Dry and Straight Style	75	160
Bridal Hair Styling Trial	150	350
Bridal Hair Styling	150	350
Gentleman's Styling	60	55
Kids Hair Style	75	85

Enhancement Collection

All enhancement experiences are applicable as add-on options to full-price treatments only.
Not taken as a single treatment.

- Foot Reviver Massage 30 minutes
- Scalp Massage 30 minutes
- Back, Neck, Shoulder Massage 30 minutes
- Hot poultices 30 minutes
- Hot stones 30 minutes
- Body Balance Salt Scrub 30 minutes
- Express Facial Reviver 30 minutes
- Oxygen Face Treatment 30 minutes
- Nail Polish Change/French Tip 30 minutes
- Aloe Vera Healing Wrap 30 minutes
- Contouring Marine Body Wrap 30 minutes

Price List

Jumeirah Signiture Collection

	Min	USD
Jumeirah Revitalising Massage	90	250
Jumeirah De-stress Massage	90	250
Absolute Indulgence Couples Ritual	120	720
Absolute Indulgence Single Ritual	120	370
Moonlit Sandbank Massage	60	2000

Maldivian Massage Collection

	Min	USD
Heyovaru Si'hathu Massage	75/90	210/230
Varugadha Deep Tissue Massage	60/75/90	195/210/230
Hatharu Ai Massage	75/90	295/320
Onu Hamakurun Fusion Massage	75/90	210/230
Firumaalaa Couples Ritual	120	2150

Massage Collection

	Min	USD
Balinese Massage	60/75/90	195/210/230
Jet Lag Lymphatic Massage	60/90	195/230
Tibetan Crystal Healing Massage	60/90	195/230
Thai Massage	75/90	210/230
Therapeutic Massage	90	230
Mint Foot Reviver Massage	30/60	110/155
Shirodhara Treatment	90	240
Prenatal Massage	60/90	195/230
Kuda Kudhinge Massage	30/60	100/120

Price List

Facial Collection

	Min	USD
Sodashi Pure Radiance Facial	60	250
Sodashi Calm Facial	60	250
Mankind Facial	60	250
111SKIN The Signature Harley Street Facial	60	250
111SKIN De-puffing Cryo Facial	60	250

Wellness Collection

	Min	USD
One person per package. Package is not transferable.		
Wholeness 5 hours	300	800
Purity 7 hours	420	1200
Radiance 10 hours	600	1550

Bodycare Collection

	Min	USD
Sodashi Purifying Body Boost	90	250
Sodashi Body Balance Salt Glow	60	195
Sodashi Contouring Marine Body Wrap	60	195
111SKIN Cryo Cellulite Treatment	60	195

Fitness Collection

	Min	USD
Private Personal Trainer Session	30/60	80/150
Private AquaFit Class	60	150
Private Couple's Fitness Class	60	180
Private Tennis Class	60	150
Private Couples Tennis Class	60	180
Sunset Yoga	60	60

Mindful Collection

	Min	USD
Sound Healing Session	45	60
Yoga Nidra	60	150
Prenatal Yoga	60	150
Guided Meditation	60	150
One-on-One Pranayama Breathing	60	150
Couple's Mindfulness Class	60	180

Enhancement Collection

Choose the best product for you, between a choice of Additional Treatment, selected for growing the power and the effect of your treatment. All enhancement experiences are applicable as add-on options to full-price treatments only. Not taken as a single treatment.

For All Treatments

USD

USD

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|----------------------------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| • Foot Reviver Massage 30 minutes
(Soothe and revitalise tired and sore feet) | 60 | • Body Balance Salt Scrub 30 minutes
(Invigorating body exfoliation to soften the skin and stimulate circulation) | 120 |
| • Scalp Massage 30 minutes
(A massage focused and localized on your scalp area) | 60 | • Aloe Vera Healing Wrap 30 minutes
(An moisturizing- calming wrap) | 100 |
| • Back, Neck and Shoulder Massage 30 minutes
(Reduce muscle tension and stress) | 60 | • Contouring Marina Body Wrap
(A mineral-rich warm clay mask to flush the body of accumulated toxins) | 100 |
| • Hot Poultrices 30 minutes
(Home-made Maldivian 100% organic fresh herbal ball) | 60 | • Express Facial Reviver 30 minutes
(Face cleansing, Toner & Massage with specific creams) | 100 |
| • Hot Stone 30 minutes
(Uses smooth, heated stones to relieve tension and help you relax) | 60 | • Oxygen Face Treatment 30 minutes
(reduce the appearance of fine lines and wrinkles improve blood circulation promote collagen production for younger looking skin) | 100 |
| • Nail Polish Change/French Tip 30 minutes | 60 | • Add On Aroma Bath
(Romantic flower Bath, while enjoying a plate fruit and fresh juice) | 150 |
| | | • 111 Skin Face Mask
(Regenerating, moisturizing anti-age mask) | 60 |

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)

Morning Fitness

(Everyday, except Saturday 09:00 - 10:00)

Kid's Tennis

(Every Wednesday 16:00 - 17:00)

An aerial photograph of clear turquoise water over a coral reef. The water is crystal clear, revealing the intricate patterns of the coral below. Several small, colorful fish are visible swimming in the water. The overall scene is serene and beautiful, capturing the natural beauty of the Maldives.

Jumeirah

MALDIVES
OLHAHALI ISLAND