

Talise Vittaveli

The word Vittaveli has many beautiful meanings - vastness of space and eternal light. These meanings fit perfectly within the island. Space is a precious element and a luxury that many of us rarely experience and eternal light reflects the constant radiance the island emanates.

Treatments at Vittaveli are inspired by these same elements of light and space connecting with the purity and vibration of our ingredients. These ingredients are hand-harvested by local communities using traditional farming methods to ensure healing life energy held in all living things will be honoured and handed down to you through our unique products and treatments. The results are deeply profound, instilling a sense of infinite space within the soul and connecting to our eternal light within.

The Talise Spa at Jumeirah Vittaveli is a tranquil enclave gently nestled within the lush vegetation of the resort. With treatments rooms both over water and within the gardens, each therapy is designed to leave you rejuvenated from within. Unwind in our garden relaxation area and sip on a mix of healthy juices as you take in the views of the Indian Ocean. Facilities also include our own private yoga pavilion which caters to group and personal sessions.

Maldivian Selection - Signature Treatments

Our Talise Spa Signature selections utilize ingredients, plants and herbs that are organic and indigenous to the region, using local traditions with a wellness focus. Explore a medley of indulgences that have been created for your relaxation and wellbeing. Discover our signature offerings, which are deeply rooted in spa tradition, culturally connected and exclusive to Jumeirah Vittaveli. We are confident that you will be delighted with our collection, carefully chosen for the ultimate Maldivian spa experience.

Lava Shell Massage | 90 minutes

This deep heat penetrating treatment is performed with heated shells using a patented natural biodegradable heat technology. The lava shells emit heat for over an hour, allowing your therapist to provide a continuous and seamless body massage, leaving the body revitalized and rejuvenated with a caring effect for body and mind. This reduces muscle tension, aids in detoxifying the body, loosens up the muscle knots, relieves stress and tension, and improves blood circulation.

Island of Life | 90 minutes

Natural Maldivian ingredients are combined with advanced medium to firm pressure techniques of Swedish, Lomi-Lomi, and Aromatherapy massages to refresh tensed and tired muscles. The application of natural warm Maldivian sand compresses will melt away feelings of anxiety and stress, restore balance, and bring back vitality to mind, body and spirit.

Gift from Nature - Kurubaa Kaashi | 60 minutes

Renew and refresh your skin with this unique island spa experience. Begin with a gentle skin exfoliation using our own home-made natural coconut scrub that aids in renewing your skin's chemical balance, leaving it soft and subtle. Followed by a luxurious papaya and honey wrap, which works to draw out impurities for a pH balanced skin. Finishing with a soothing and deeply rich massage application of our island made coconut oil.

Talise Couple's Retreats

All couples' retreats are performed in the tranquil serenity of our Spa Garden Villas, and last for a blissful three hours; with two hours of treatments and an hour of relaxation time for you to enjoy bathing, steam rooms and freshly prepared exotic juices.

Couple's Chakra Wellbeing Connect | 120 minutes

This beautiful experience begins with a body scrub using bespoke oils with jewels, followed by a marma massage with your specific chakra blend of oils to restore harmony and balance. As sound resonates with each chakra, warm poultices with precious gemstones are placed on the chakra points to invoke peace and serenity. This treatment concludes with warm blended oils being slowly dripped over the third eye to induce deep restfulness to the closing sounds of our singing bowl.

Couple's Soul Healing Retreat | 120 minutes

This heavenly experience awakens the feminine spirit and boosts mens' vitality. This ritual uses lymphatic massage, marma therapy and kidney packs to rejuvenate kidneys and reproductive energies of women, while the mens' ritual will include an argan seed scrub followed by an invigorating Tibetan massage with ancient herbs and a herbal liver pack to intensify blood flow to the body's centre of reproductive control, to revitalise and energise the whole body.

Couple's Vittaveli Escape | 120 minutes

The memory of this unique couple's experience will remain long after your time on our island but just long enough to last until you return! Beginning with a smoothing full body exfoliation by a pure coconut oil blend combined with white sand followed by a luxurious massage with warm poultices to rejuvenate and connect the couple's energies. The experience completes with a facial, leaving you feeling restored and rebalanced from top to toe.

ila Gold Treatments

Gold has long been associated with radiance, believed by the Aztecs and Egyptians to have magical properties of youth and vitality.

Royal Golden Retreat | 210 minutes

With exquisite essential oil blends of the purest Rose Damascena, ethically sourced sandalwood and geranium, these treatments have been carefully selected for their anti-inflammatory and anti-ageing properties. The 24 carat gold leaf hydrates, firms and moisturizes the skin, reducing fine lines and wrinkles and resulting in smooth and radiant skin, at the same time naturally rejuvenating skin and reducing wrinkles. Gold locks in moisture and keeps skin firm by maintaining collagen in the skin and inhibiting the breakdown of elastin. There are 4 stages to this retreat: Gold Shimmer Body Scrub, Gold Cellular Restore Body Treatment, Gold Cellular Restore Facial, Gold Rejuvenating Bath.

Gold Cellular Restore Body Treatment | 120 minutes

This incredibly indulgent treatment starts with ila's 24 carat gold massage oil to re-connect a positive flow of energy, restore balance and mental clarity. A 24 carat gold infused Himalayan salt scrub follows to cleanse, detox and stimulate the lymphatic system, cleansing the energy body, whilst releasing toxins and freeing you from fatigue. An application of the 24 carat gold and homeopathic gold infused serum and cream concludes this treatment, locking in moisture to deeply hydrate and revitalise the skin with a wonderful gold shimmer.

Gold Cellular Restore Facial | 60/90 minutes

This powerful treatment uses a blend of the world's most undiscovered, potent ingredients that have been proven to work instantly to increase collagen levels for a result driven anti-ageing ritual that reduces cell inflammation. The use of ila's unique BosTriWell[®] & hyaluronic extract combined with sonic wave LED therapy enables your skin to be reprogrammed and rejuvenated.

Gold Deep Potali Massage | 60/90 minutes

Ila's warming Potali treatment is inspired by Ayurveda's healing traditions. The unique gold massage oil is applied to and facilitated with rhythmic, fluid massage over the whole body. Herbal Potali bags are worked with rapid deep movements following the pathways of Ida & Pingala (feminine & masculine energy). This treatment soothes away muscular fatigue and joint pain while balancing polarity within the body.

Gold Bliss Massage | 60/90 minutes

lla's 24 carat gold Himalayan salt scrub is skilfully applied to purify, detox and stimulate the lymphatic system and cleanse the energy body. A full body massage follows with ila's unique Gold Body oil combined with the synergy of essential oils of Rose Damascena and sandalwood. As the 24 carat gold activates this internal fire, stimulating the lymphatic and circulatory system, helping the release of toxins, and freeing you from fatigue, your body is re-connected to a positive flow of energy, brilliance and vibrancy.

Gold Shimmer Body Scrub | 60 minutes

lla's 24 carat gold Himalayan salt scrub rich in minerals and trace elements, cleanses the lymphatic system and starts the process of eliminating toxins from the cells, whilst the negative-ions from the Himalayan salt deeply activate the energy body, leaving the lymphatic system vibrant. Skin is left smooth, beautifully glowing and visibly sparkling with tiny specks of gold.

Gold Rejuvenating Bath | 30 minutes

Much of our tension is released when we immerse ourselves in a soothing hot bath. Our body intelligently stores feelings, emotions and memories but sometimes when stressed we cannot let go of things that do not serve us anymore. The ila Bathing Ritual clears and revitalizes the mind allowing feelings of calm and peace. This brings harmony to the whole body.

Talise Massages

At Talise Spa, a massage is a truly individual journey where you discover the power of touch through a personalized experience to harmonise and balance your body. Talise Massage therapies are designed with your specific needs in mind. Whether you prefer light or firm pressure or a stimulating treatment opposed to a soothing one, we will mould the treatment to suit your wishes.

Talise Signature Feminine Spirit | 120 minutes

This heavenly experience uses flowing lymphatic massage, marma therapy and kidney packs to awaken the feminine spirit and rejuvenate the kidneys and reproductive energies. Herbs renowned for supporting women's emotional wellbeing combine with a body renewal, bath, soothing massage, and uplifting oils of Jasmine and Ylang-ylang to nurture the feminine spirit and life-giving energy.

Four Hand Massage | 60/90 minutes

Pure indulgence and doubled relaxation, this is one of the most luxurious spa experiences you could imagine. It is performed by two therapists simultaneously and in synchrony. Four hand massage is a soothing therapy that eases out stress and tension to bring back calmness to mind and body.

Talise Signature Karuna Kaya | 60/90 minutes

This deep tissue, therapeutic and corrective massage treatment is effective for releasing deeply-held patterns of tension, remove toxins, relax and soothe muscles. Using special blends of aromatherapy oils to induce a detoxifying release, we use slow strokes with the fingers, thumbs, and elbows to reach the deeper layers of the muscles.

Hot Stone Massage | 90 minutes

A full body and face massage technique that uses basalt stones to instil a deep level of calm while relaxing tight muscles, clearing blockages and stagnations in the body and melting stress away.

Shiro-Abhyanga | 90 minutes

A combination of Abhyanga and Shirodhara. This massage elicits a deeply relaxing response from the nervous system. It has a balancing effect on the doshas and helps to purge toxins, promote youthfulness and increase energy. A full body Abhyanga massage with light pressure is followed by luke warm oil that is poured in an even stream on the forehead to finish the treatment. Ideal for relaxing the body and mind.

Traditional Thai Massage | 60/90/120 minutes

Focusing on the whole body, this treatment works on the major energy lines, known as 'Sen'. These Sen run throughout the body. By loosening blockages, toxins are released, and imbalances and pain or discomfort from various levels of tissues are relieved.

Firming Anti-Cellulite Massage | 60/90 minutes

Anti-Cellulite massage helps to invigorate and stimulate the targeted areas. A firming and toning oil is used to reduce the appearance of cellulite, strengthen circulation, and improve skin tone. Essential oils and specific massage techniques combined together focusing on areas of concern, such as upper legs, thighs, buttocks, and stomach help to break down and eliminate cellulite deposits.

Lymphatic Drainage | 60/90 minutes

Flowing wave-like movements softly stimulating the lymph and fluid circulation to boost up the immune system and to detoxify the body. Ideal after long flights or as part of a detox programme.

Balinese Massage | 60/90 minutes

The traditional Balinese massage uses long strokes and skin rolling techniques to relieve stress and tension and improve circulation. Combined with a blend of aromatherapy oils, this massage technique promotes harmony of the mind, body and soul.

Talise Signature Prana Massage | 60/90 minutes

Energising. Detoxifying. Balancing. This revitalising full body massage helps release toxins, reduce fatigue and restore strength and harmony. Specialised massage techniques, marma therapy and hot poultices blend with energy-enhancing essential oils to leave mind, body and spirit sparkling with vitality. Good for jetlag.

Foot Reflexology | 60/90 minutes

An ancient Chinese pressure point massage concentrating on specific reflex points on the feet that reflect organs within the body. The pressure points when stimulated assist in restoring the free flow of energy throughout the entire body. Reflexology stimulates energy meridians and maintains the body's natural equilibrium which plays a significant role in self-healing.

Talise Signature De-Stress Massage | 75 minutes

Your tension will melt away with this massage which is a combination of refreshing techniques, such as kneading, muscle wringing, stretching and pressure points, combined with your choice of pure aroma oils to relax the muscles and promote overall well-being.

Talise Signature Revitalising Massage | 60 minutes

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

Indian Head Massage | 60/90 minutes

Traditionally known in India as "Champissage", this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm.

Talise Facials

Glowing Radiance | 60 minutes

Illuminating. Calming. Profound. This divine therapy restores natural luminance by using plant stem cells that help increase blood circulation and stimulate the free-flow of energy to facial cells. Specialised techniques combine with powerful Damascena Rose Otto and sandalwood oils to reduce inflammation, address hormonal imbalance and open the energy centres of the face: skin glows with radiance and a sense of peace pervades the body.

Renewed Recovery | 60 minutes

Detoxifying. Regenerative. Anti-inflammatory for city skins. This restorative facial draws on intensely healing rainforest extracts to rejuvenate facial skin. Warm herbs, lymphatic drainage techniques and an Amazonian mud mask encourage toxin release and reduce water retention, increase blood supply and boost collagen production at a cellular level. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

Ilapothecary Remedy | 60 minutes

This divine vitamin rich facial therapy is designed to restore natural luminance, reduce inflammation, hydrate and nourish the skin. Powerful anti-inflammatory extract of the sea buckthorn rich in omega fatty acids is known for its healing effects on the skin and brings vital energy to the cells, while specialised marma massage techniques restore natural skin radiance and pervade a sense of peace to the mind and soul.

Talise Body Treatments

Marine Flora Wrap | 90 minutes

Enriched with nutrients from the ocean, relax as this pampering spa delight cleanses and re-energises your lymphatic system. This is an excellent way to reduce cellulite and improve your skin's natural glow.

Amethyst Gel Wrap | 30/60 minutes

This amazing pearl and jasmine Himalayan salt crystals scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing Amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells, and cell growth.

Energising and Detoxifying | 30/60 minutes

This energising full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan salt crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirit.

Blissful Body Scrub | 60 minutes

This blissfully relaxing Himalayan salt crystals body scrub nourishes both physical and emotional wellbeing by using essential oils of Damascena Rose Otto, jasmine and sandalwood that work directly with the sensory organs to settle the nervous system and relieve stress.

Sun Treatments

Sun Kissed Self Tan | 75 minutes

A self-tanning treatment that recreates the perfect illusion of a beautiful natural tan without the sun. Color develops two hours after application and reaches a maximum intensity in 24 hours. The tan obtained is perfectly even, the skin is soft, supple and comfortable. For deeper tan, re-apply three times a week. Suitable for all skin types.

Moisturizing After Sun | 60 minutes

A specific care which optimizes the skin's cellular defenses against the sun and protects against photo-sensitizing environmental factors; for revitalized skin, better armed against pigmentary disorders.

After Sun Long Lasting Tan (optional exfoliation) | 75 minutes

This treatment is ideal to enhance the color and condition of your skin after sun exposure. Achieve a healthy luminous tan by gently removing the dead skin cells on the surface of your skin that make the tan tone dull. It is recommended for skin that has already been exposed to the sun and/or will continue to be exposed. Best way to end your holiday by prolonging your tan or simply just to rehydrate and quench the skin after sun and sea water exposure.

SOS After Sun | 60 minutes

This highly moisturizing anti-sunburn treatment for face and body immediately soothes, calms and intensively repairs over-sun-exposed skin and strengthens its resistance to sunlight.

Pre-Sun Exposure Treatment | 60 minutes

This treatment consists of all necessary steps to prepare your skin for sun exposure. A gentle exfoliation will promote healthy skin regeneration and an even skin color by removing dead skin cells, while the moisturizer and cell energizer will nurture your skin, protecting it from aging and dehydration.

Bronze Impulse Treatment | 60 minutes

Enjoy all the benefits of sun exposure, yet remain fully protected from the harmful effects of UV rays by preparing your skin for an even, long lasting and safer tan. The treatment ensures the removal of dead skin cells without aggravating the skin. This treatment helps skin regain water balance, diminishes risks of cutaneous reactions and prevents photo-aging and cell damage. Your skin is smoothed, hydrated, better protected and will tan quicker.

Fast Tan Sublimation | 60 minutes

This deep tanning booster moisture treatment is ideal for stimulating the tanning process. This allows tanning safely, ensuring optimal skin quality. The tanning result of 2 hours sun bathing can be achieved with approximately 20 minutes of sun exposure. Nourishes, beautifies the skin and reduces the risk of flaking.

Bathing Therapies

Indulge in an exclusive and stimulating experience for your senses with our especially created spa bathing therapies. Soak in a state of sheer tranquillity in your own villa or in one of our spa treatment villas. Allow our team to prepare everything for you to just step in, relax and unwind. Make your bath even more indulgent by pairing it with our exclusive champagne selection (non-alcoholic variety available).

Dreamtime Bath

A soothing bathing ritual using ila's soporific Dreamtime products – specially formulated with vetiver, jasmine and spikenard – to encourage the mind and body to let go, sleep deeply and dream beautifully.

Awakening Bath

This specifically blended 'Bath Salts for Cleansing' stimulates and assists in releasing physical and mental toxins and to restore vitality and positivity.

Rose Bliss Bath

This luscious soak in nourishing oils and sugar uses the divine benefits of rose and tuberose to nurture a sense of deepest bliss.

Kundalini Bath

This sensuous bathing experience with Kundalini bath salts is formulated with exquisitely fragrant orange blossom, to help relax and restore the nervous system. Perfect for jet lag.

Pre/Post Natal Treatments

Pregnancy Massage | 60/90 minutes

Massage has great benefits for the pregnant woman. It can reduce peripheral swelling, prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system. Regular massages during pregnancy can help to reduce anxiety during the delivery process and may also make the return to your optimal fitness easier.

Mother To Be | 60/90 minutes

Pregnancy is a sacred time of grace for a woman, a time when her heart and soul are open, receptive and very sensitive. It is also a time of nurturing love, peace and stillness. The treatment begins with a gentle scrub using black currant and rosehip seeds which are rich in anti-oxidants that offer non-abrasive exfoliation and an uplifting effect on the mother-to-be while strengthening her bio-energy field. The treatment is followed by a soothing body massage using light technique and poultices applied to each marma point to bring deep peace and bliss. A special oil blend with herbal extracts such as lavender, rose and geranium has been created for gentle healing energy.

Ananda Facial Therapy | 60 minutes

The techniques used in this facial open up energy centers of the face working with the blissful higher energy in the body. This is a healing and reviving treatment that brings deep feelings of bliss and peace as well as beautiful skin glow.

Talise Gentlemen's Treatments

At Talise Spa, we have something special for the gentlemen with an exclusive selection of high performance therapies purposely customized for male skincare needs.

Men's Vigour | 120 minutes

This ritual uses powerful herbs and targeted techniques to recharge and boost men's vitality. The ritual starts with an Argan seed scrub to cleanse and release fatigue from the body and mind. This is followed by an invigorating Tibetan massage with the ancient herb of virility 'Shilajit', as well as St. John's Wort, cedarwood and vetiver – which revitalise and energise the whole body; while a herbal liver pack intensifies healing blood flow to the body's centre of reproductive control.

Bamboo Massage | 90 minutes

Bamboo has been used for thousands of years as a herbal remedy in Chinese medicine. In Asian culture bamboo represents good luck, long life, friendship, peace, and harmony. Bamboo massage is designed to bring deep pressure to relieve and relax the back, neck, shoulders and legs. A perfect substitute for a deep tissue massage.

Men's Rejuvenating Facial | 60 minutes

Purifying. Anti-bacterial. Enlivening. This men's facial restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises prior to a marma point massage with anti-bacterial Vetiver and healing Damascene Rose Otto. To end, a seaweed and Bio-Plasma mask purifies and nourishes, leaving skin supple and strengthened.

Deep Cleansing Facial Remedy for Men | 60 minutes

This restorative face therapy is drawn on rare and extremely special plant actives and adaptogenic herbs to infuse the skin with vitality and energy, whilst combatting skin stress. Lymphatic drainage techniques and a rich purple Andes mud mask soothe and deep cleanse the pores as Amethyst stimulates collagen and cellular regeneration.

Junior Treats

This special menu offers perfect choices for the budding spa-goer. The Junior Treats include a range of delightful pamper packages for younger clients from 4 to 12 years old, allowing you to relax and enjoy your own spa treatments while they have a little fun of their own.

Mother & Princess OR Father & Prince | 30/60 minutes

Let us know your preferences and we will create an indulgent package to enjoy precious parent-child time, while getting blissfully pampered.

Heavenly Massage | 30/60 minutes

Whether a stress relief or brief pampering treat for only half an hour, your choices range from back, foot and ankle, neck or shoulder, to head massage. Treat yourself to a heavenly indulgence of a full hour massage and emerge blissfully relaxed.

Hot Choco Scrub, Wrap and Massage | 60 minutes

Absolutely delicious anti-oxidant treat! A warm gentle chocolate scrub is used to exfoliate your skin, followed by a delicious chocolate cocoon, while you enjoy a soothing scalp and foot massage. A gentle application of our very own island made coconut oil is used in a free style massage technique, leaving your body and skin relaxed, nourished and moisturized. To complete this chocolicious indulgence, a sweet treat awaits you after your spa experience.

Fabulously Fruity and Natural Facial | 60 minutes

This facial uses an organic mixture of fruits and natural ingredients. Combined with the power of touch, this facial deeply cleanses, moisturizes, and nourishes, leaving your skin fresh and 'tasty'. Requires four hours advance booking.

Junior Face Therapy | 45 minutes

Gentle. Cleansing. Conditioning. This light introduction face therapy comprises rose and gentle marma massage, warmed poultices and a refreshing mask to improve blood circulation and address hormonal imbalance. Its wholly natural ingredients fight bacteria and gently condition young skin, while introducing junior spa goers to the holistic benefits of deep relaxation and a focused skin care regime.

Pretty Hands & Feet | 30/60 minutes

An early start to establishing personal grooming habits. Your nails are shaped, followed by a foot and hand scrub, massage and the final finishing touch of nail polish application.

Talise Express Treats

When you're not sure what to choose, make a selection of two or more treats to determine your personal preferences.

Jet Lag Reviver | 30/45 minutes

A reviving upper body massage focusing on key areas such as face, scalp, neck and shoulder, to relieve muscle tension. Ideal for those requiring focused attention on the back using varying degrees of pressure for your individual needs.

Adreno Exhaustion Wrap | 30 minutes

Targeting the adrenal glands, this specialized wrap combines strengthening vetiver, sandalwood, and shilajit with warm and cool kidney packs to bring relief from adrenal exhaustion, hormone imbalances, menopause and anxiety.

Hormone Wrap | 30 minutes

Targeting the kidneys, this specialised wrap combines rose, sandalwood, pfaffia, rhodiola and shatavari with warm and cool packs to help regulate fertility hormones and support healthy kidney function.

Eye Indulgence | 30 minutes

Focusing on the often-ignored eye region, this gentle yet powerful treatment uses marma point stimulation, eye exercises and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

Express Facial | 30 minutes

This treatment is an ideal quick refresh for the tired-looking skin. Your skin will be gently cleansed, lightly exfoliated and relaxingly massaged to bring back it's natural freshness and healthy glow.

Signature Yoga Specialties

Aerial Yoga | 60 minutes

This practice works with gravity to relax and re-adjust the body, center the mind and uplift the spirit. It will allow you to experience physical release, energy flow and heightened awareness of body and breath.

Hatha Yoga | 60 minutes

The Sanskrit word "Hatha" literally means "force" and thus it focuses particularly on asanas (the physical postures). This type of yoga became popular throughout the world as a form of physical exercise.

Dynamic Yoga | 60 minutes

Involves movements of the body which release dynamic energy in your system. It activates your sympathetic nervous system, and prepares you for an energetic day.

Ashtanga Yoga | 60 minutes

An ancient tantric yoga practice, this combines 12 postures which involve almost all the muscles of the body. It not only works on your muscular system, but also your endocrine system by balancing the energy of the seven chakras. This practice of yoga helps increase flexibility of the joints and improves blood circulation.

Meditation | 60 minutes

With meditation we cleanse, heal, balance & strengthen our energy centers responsible for physical & mental wellbeing. Meditation channels the energy circuit throughout, keeping you physically, emotionally & spiritually healthy.

Fitness Programmes,

Personal Fitness Training Programme | 60 minutes

Our qualified fitness instructor will work with you to motivate and assist you to achieve your personal health and fitness goals, whether it is cardiovascular fitness, advanced strength, flexibility and/or weight loss. The first session will begin with a fitness evaluation.

Aqua Spinning | 60 minutes

A full body work out that harmoniously pairs the challenge of high-intensity cardio and full-body toning while minimizing impact on joints and muscles. Improves flexibility, alongside posture and muscle relaxation. Post-work out muscle soreness is reduced significantly, due to the massage effect of moving in the water and lower overall body temperature in this water based workout session.

Ultimate Circuit Challenge | 60 minutes

Not for the faint hearted! This high-energy circuit training class is designed to get the most out of your reserves. Based on timed sets, it is designed to push you to your limits with emphasis on high workloads and minimal rest times.

Thai Kickboxing | 60 minutes

Float like a butterfly and sting like a bee with our awesome boxing circuit training. Go for break with a mixture of pad work and weight/cardio based training.

Talise Beauty

Spa Manicure | 75 minutes

Your nails will be shaped and your cuticles tidied and hydrated, starting with a gentle brown sugar and orange exfoliation, followed by 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 if requested.

Spa Pedicure | 90 minutes

Transform your feet with our nail and cuticle care. Enjoy a foot exfoliation with bergamot and honey mixed with salt and a lower leg massage to soften and nourish your skin whilst boosting your circulation and relieving tired feet. Nail varnish is applied if requested.

Hair Hydration | 60 minutes

The hair and scalp are rejuvenated whilst you enjoy a relaxing foot massage. An application of nutrient rich hair oil rehydrates the hair and the scalp is massaged. To finish, a hair mask with shea butter is applied to balance oil production and maintain a dry scalp.

Hair Wash and Blow Dry | 60 minutes

Enjoy a light scalp massage and then treat yourself to a relaxing wash and blow dry.

Express Beauty

Our express beauty treatments start with cutting, filing, and nail painting upon your request.

Nail Painting only | 30 minutes

Express Manicure | 30 minutes

Express Pedicure | 30 minutes

Hair Mask

15 minute add-on

^{*}Waxing is available upon request. Please ask our receptionists for more details.

Wedding Services Available

Talise offers a variety of options for brides & grooms, whether it be for your dream island wedding, renewal of vows or just to take those post-card worthy wedding photos.

Bride's Wedding Dress, Hair & Make-up

Wedding Dress Rental

Bride's Make-up

Bride's Hair & Make-up

Bride's Hair Set

Groom's Hairstyle & Touch up

Hair & Make-up Services

Talise offers a variety of hair & make-up services for those who are looking to get a chic new look while relaxing in the Maldives.

Ladies' Hair Cut, Shampoo & Blow Dry

Shampoo & Blow Dry

Party Make-up

Hair Up-Styling

Make-up & Hair Style

Blow Dry

Men's Hair Cut

Children's Hair Cut

Beard Correction

Spa Etiquette

Arrival

To ensure your time with us is pleasurable and as seamless as possible, we kindly request you to arrive at Talise Spa a minimum of 15 minutes ahead of your scheduled treatment time.

Late Arrival

If you arrive late for your appointment, you will receive the best treatment possible within the remaining appointment time. It may be necessary to decrease your pre-allocated time with respect for the next appointment. Full treatment costs apply.

Cancellation Policy

Please inform the Spa if you wish to cancel your treatment at least 4 hours before the scheduled time. Notifications received less than 4 hours prior to the scheduled appointment will incur 50% cancellation charge. No-shows will incur full cost of the treatment.

Reservations

Advance bookings are always recommended to guarantee your preferred treatment and time.

Medical Concern

Please notify the spa reservation team before booking any treatment if you have any physical ailments, allergies or disabilities, or are taking any medication.

Children's Policy

For guests under the age of 16, a parent or legal guardian must be present in the room at the time of the treatment or sign a consent form on behalf of the minor.

Spa Attire

Your modesty will be respected at all times. Disposable underwear is available if desired. Loose clothing is provided for Thai massages, as are robes and slippers, for your comfort. Please wear appropriate work-out clothing if you wish to use our yoga pavilion and fitness centre.

Valuables

We strongly urge guests to keep all valuables in the safe provided in the villas. Talise and Jumeirah Group will not be held responsible for missing items.

Spa Ambiance

Talise Spa at Vittaveli is a tranquil environment for everyone to enjoy. As a courtesy to our other guests, please switch off your mobile or place it in silent mode at all times within the spa.

Spa Boutique

A vital part of any spa experience is the opportunity to re-create a spa regimen at home. Our spa boutique provides all the high-end professional spa products used within our spa experiences. Your spa professional will discuss a customized home care programme after each spa experience. In addition, our spa boutique offers a wide range of spa amenities, candles and spa accessories.

