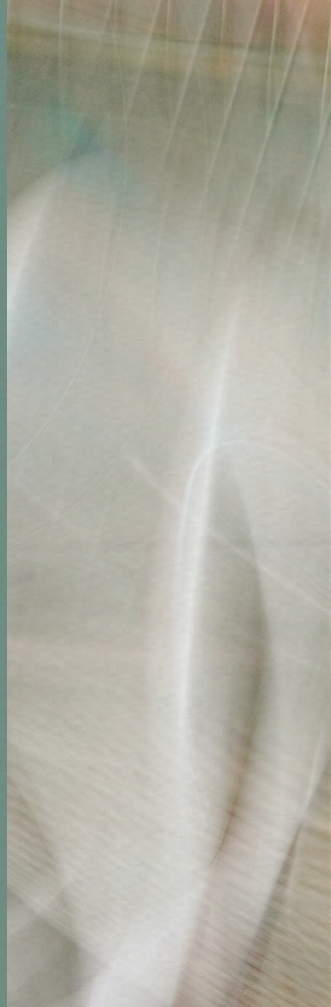



TALISE
SPA





**Treat yourself to an elevated well-being experience
that will leave you with a feeling of pure renewal and revitalization.**

Welcome to Talise Spa
and begin a journey to a healthier, happier you.

Embark on a wellness journey

Our holistic approach means your vacation can be as full with Yoga, fitness classes and meditation as it is with Spa treatments.

We offer individual consultations and tailored programs to help you jump-start your wellness routine. It's a journey. A consultation gets you on the right track with meditation sessions marking the beginning and end of this journey.

WHOLENESS

5 Hours

PURITY

7 Hours

RADIANCE

10 Hours

Let us take you on a travel from Bliss and back as you immerse yourself on a cocktail of spa treatments. A journey that is just right for you.



SIGNATURE RITUALS

Firumaalaa Couples Ritual | 120 minutes

Includes a 90 minute Couples Massage

The moonlight. A star-studded sky. A beach. Champagne. At sunset (weather permitting) your Island Host will escort you to a candle lit magical setup for an exclusive wellness and culinary experience. After your treatment you will dine under the stars. A head, neck, and shoulder massage completes this unforgettable evening. An experience that opens a new chapter and the chance to say *Vara loabi vey* - I love you. Firumaalaa = Slow Touch.

***Beach setting applicable for Beach Villa category. Roof top setting for Overwater Villas.

Absolute Indulgence | 120 minutes

Includes a 60 minute Couples Massage

Absolute Indulgence | 120 minutes

Includes a 60 minute Single Massage

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 massage, and tropical fruit and healthy drinks await. A feast for your senses.

Kandu Ehvaru Shirodhara Treatment | 90 minutes

Unwind further after a beach walk, a dip in the sea, or a snorkelling session. The therapist starts by pouring warm herbal oil in a steady stream onto your forehead - an Ayurvedic tradition - before proceeding with a full Body Abhyanga Massage.

Sleep disorders and stress are washed away.

*Kandu Ehvaru = Ocean equilibrium.



FACIAL COLLECTION

Sodashi

Pure Radiance Facial | 60 minutes

REFRESH – REVITALISE - RELAX

Aromatic warm facial compresses softens and exfoliate the skin, followed by the application of anurturing 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.

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

DEEPCLEANSE – BALANCE - SOOTHE

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

Intracuticals

Oxygen Facial | 60 minutes

REJUVENATE–HYDRATE –BALANCE

Also known as the Celebrity Facial, the Intracuticals Oxygen Infusion Therapy is a non - invasive treatment that targets fine lines and wrinkles and dramatically enhances skin hydration. High - pressure pure oxygen infuses your skin with a serum of low molecular weight hyaluronic acid, essential vitamins, botanicals, antioxidants and peptides



MASSAGE COLLECTION

Heyovaru Si' Hatu Massage | 75 / 90minutes

Your therapist will guide you through some breathing exercises before assessing your posture. This massage draws inspiration from Shiatsu. The combination of acupressure, stretching, aromatherapy, and hot stones or herbal poultices is conducive to preserving a sense of balance.

Heyovaru Si' Hatu = Balanced health

Varugadha Deep Tissue Massage | 60 / 90 minutes

The first part involves an oil-free, deep tissue massage and stretching followed by a traditional oil massage. You will leave feeling energised, with a knot and stress-free body and peace of mind.

Varugadha = Strong pressure

Hathareh Four Hand Massage | 60 / 90 minutes

The "four hand" Maldivian massage technique is a synchronised massage, meaning that two massage therapists work on you at the same time. The four hands moving in unison will release any energy blockages, helping you unwind.

Hathareh = Four

Balinese Massage | 60 / 90 minutes

This full body massage combines dry and deep pressure movements followed by an oil massage. Skin rolling and flicking, firm, gentle stroking, and percussion techniques are used to loosen any muscle tension and boost circulation.

Holistic Aromatic Massage | 60 / 75 / 90 minutes

Our therapists use a wide range of skill sets to customise this holistic, aromatherapy-based oil massage according to your needs. This personalised, collaborative approach turns the focus on your physical and emotional wellbeing for a moment of deep 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 low back and relieves any ache or discomfort. Goodbye stretch marks, tired legs, and cravings. It is also a chance to sit back, relax, and appreciate the miracle that is about to happen.

Thai Massage | 75 / 90 minutes

Improve your flexibility and release any muscle tension with yoga - style stretches and acupressure techniques. This body work therapy is performed over loose comfortable clothing to allow greater range of movement. Our Thai massage is unique in that it is relaxing yet energising, and is a highly effective therapeutic treatment massage.





BODY COLLECTION

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.

Body Balance Salt Glow | 60 minutes

REFRESH – BALANCE – SMOOTH

Warm soothing oils massaged into the skin, followed by a Himalayan salt 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.

Vanilla Body Bliss | 60 minutes

CALM – SOOTHE – SMOOTH

This highly fragrant, gentle all-over body exfoliation soothes and buffs away dry skin while key ingredient sandalwood eases tired and aching muscles. An application of a body butter to infuse your skin with hydration and provide an overall relaxing and aromatic experience. A Sodashi Signature.

Therapeutic | 90 minutes

RELEASE – DETOX – REVIVE

This hands-on, advanced therapy makes use of multiple massage techniques to customise your treatment, medical grade soft cups, and/or herbal poultices may be used to relieve any aches and pain. Stretching may also be incorporated into this therapeutic moment.

HOW TO SPA

We would like you to enjoy each moment you spend at our spa. We will be grateful for your feedback that will allow us to serve you better. Please see below few guidelines to make your time with us the most pleasant, comfortable and enjoyable.

Admission

At Talise Spa guests aged 16 and older are eligible to use the gym, spa treatments and facilities. For guests under 16 we offer special set of treatments and 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.

Reservations

Advance bookings are always recommended to guarantee your preferred treatment and time. You can book the treatments with your Island Host or directly with Talise Spa.

Opening hours: Treatments: 09:00-20:00

Gym: 24 Hours

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

We understand that your plans may change. Please inform the Spa if you wish to cancel your treatment at least 24 hours before the scheduled time. Notifications received less than 24 hours prior to the scheduled appointment will incur 50% cancellation charge. No-shows will incur full cost of the treatment.

Medical Concerns

Please notify the Talise Spa reservation team before booking any treatment if you have any physical ailments, allergies or disabilities, or are taking any medication by filling the consultation form.

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 gym and yoga facilities. Valuables. We strongly urge guests to keep all valuables in the safe provided in the villas. Talise Spa and Jumeirah Maldives Olhahali will not be held responsible for missing items.

Spa Ambience

Talise Spa 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.



Jumeirah
MALDIVES
OLHAHALI ISLAND



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TALISE
SPA