

TALISE  
SPA

# Spa Menu

DISCOVER YOUR INNER SELF





# Talise Dhevanafushi

Amid the tranquil waterways and tropical landscapes of Jumeirah Dhevanafushi lies a world of calm. Imagine for a moment an oasis to match your dreams. Luxury, relaxation, pampering and indulgence. Talise, a haven of wellness which is redefining spa as we know it.

Your experience becomes a journey of self discovery rather than just a feel-good experience. Each treatment is personalised to your individual requirements and gives you more than just a feeling of relaxation. Talise unfolds a sense of deep tranquility and balance for complete holistic rejuvenation.

Relax Mind, Body and Soul.  
A journey of inner and outer wellbeing,  
in the heart of the Indian Ocean.



# Talise Signature Experiences

## A Maldivian Selection

Enjoy our selection of Signature Spa Experiences; all of which utilize organic ingredients, as well as plants and herbs that are indigenous to the region. Specially created by our experienced team at the Talise Spa, local wellness techniques and traditions have been incorporated to ensure a relaxing experience that reflects the idyllic surroundings.

Take your pick from our menu of indulgent treatments, created for your relaxation and wellbeing.

We are confident that you will be delighted with our collection of experiences, carefully chosen for the ultimate Maldivian Spa experience.

### **Nature's Secret | 90 minutes**

#### **Health and Vitality**

Nature in all of its bounty provides some astounding natural remedies. Embrace these best-kept secrets of Maldivian tradition to refresh body, mind and spirit. As a compress massage of warm Maldivian sands melts away accumulated stress, Swedish and aromatherapy massages will restore a holistic balance, leaving you refreshed and revitalised.

### **Glowing Radiance | 90 minutes**

#### **Dhevanafushi Sunset Bliss**

Feel your body glowing with the radiance that comes from the Dhevanafushi sunsets. Island sands are expertly combined with extracts of coconut oil to tenderly massage and nourish your skin to leave it beautifully smooth and exfoliated. Rejoice in the comfort of your renewed skin.

### **Dhevanafushi Romance – for couple's | 90 Minutes**

#### **Time Together**

This Chakra Well Being experience for couples provides a romantic interlude like no other. Using essential oils including Rose, Orange Blossom, and Jasmine, a harmonious massage will stimulate the flow of love and togetherness. Bring your bodies, hearts and spirits together as one as the exquisite oils are combined to spectacular effect.



# Talise Massage Treatments

## Swedish | 60/90 minutes

This classic massage style uses a variety of techniques to promote a deep sense of well-being. Swedish massage is particularly good for stimulating circulation, increasing lymphatic drainage and easing muscle pain.

## Shiatsu | 60/90 minutes

Meaning 'finger pressure' in Japanese, Shiatsu is a pressure point massage that clears blockages throughout the energy channels within the body. If congested, these energy paths or 'meridians' may cause tension, pain and disease. Shiatsu restores the balance for a healthier being by using a pulsating and rhythmic technique without oil.

## Thai | 60/90 minutes

Performed on Thai floor mats, fully clothed in soft pajamas, our traditional Thai massage uses techniques practiced for 2,500 years. Often described as passive yoga, the therapist uses continuous choreographed movements to stretch and relieve tension from the body and mind.

## Sports Massage | 60/90 minutes

Our own version of the classic, this is perfect for soothing sore muscles tired from sports or stress. In this medium-to-strong oil-based massage, the therapist will work on the muscles to stimulate blood circulation and release tension.

## Hot Stone Massage | 60/90 minutes

Enjoy the deeply relaxing benefits of this unique treatment, which uses smooth, heated stones, placed on specific acupressure points on the body to melt away knots, tension and stress. The hot stone experience relieves pain, and promotes harmony, balance and peace.

## Reflexology | 60/90 minutes

Reflex points on the feet correspond to every organ and gland in the body. Through the feet, the autonomic, nervous, lymphatic, and circulation systems are stimulated to heal and balance the body. We recommend combining this therapy with an Indian Head Massage for true relaxation.







# Talise Body Treatments

## **Pearl & Jasmine Scrub | 60 minutes**

This heavenly body treatment combines Himalayan salt scrub with Pearl and Jasmine to invoke peace, stillness and harmony. The negative ions contained in warmed salt strengthen the body's bio magnetic energy field, while the Pearl brings peace and Jasmine pure joy.

## **Rose and Rhodolite Wrap | 90 minutes**

Begin with a Pearl and Jasmine body scrub to prepare the body for this nurturing and restoring wrap. The precious essential oils of Rose Damascene, combined with a Rhodolite gel wrap, will purify the aura, relax the mind and body and strengthen both heart and soul.

## **Dreamtime Tranquility | 90 minutes**

The Dreamtime journey is an experience to help you re-connect to the inner space of tranquility. Relax into a soporific programme designed to help you release all tension and reconnect you to the grace of sleep and joyful dreaming.

## **Bio – Rhythm Jet Lag Treatment | 120 minutes**

Particularly effective for jet lag and stressful schedules, this treatment revives the body's natural bio-rhythms and deeply relaxes the nervous system.

## **Chakra Wellbeing Ritual | 120 minutes**

This beautiful experience begins with a body scrub using bespoke oils and jewels. This is followed by a body Marma massage using a personalised Chakra blend of oils to replenish harmony and balance. As sound resonates with each Chakra, warm poultices with precious gems stone are placed on them to invoke peace and serenity.

## **Gems Stone Sun Soother | 120 minutes**

A perfect treat for delicate skin suffering from the sun. Start with a fine mist of Rose water to envelope the body, followed by cooling aloe Vera gel applied over the skin, before the body is wrapped in island banana leaves to allow sufficient time for the skin to be restored. Cooled Rose Quartz and Rhodonite crystals are then placed along the face meridians to help calm and cool sunburned or delicate skin.



# Talise Facial Treatments

## Crystal Healing | 60 minutes

Exquisite oils of Damascene Rose and Orange Blossom are combined with the precious jewels of Jade, Amethyst and Sapphire to restore the skin and aid deep relaxation. This Orange Blossom and jewel mask brings clarity to the skin and helps repair its cellular structure. Rose Quartz crystals will then be applied to the meridian lines to allow a positive flow of energy and bring a healthy, vibrant glow to the skin.

## Rainforest Rejuvenation | 60 minutes

Our rainforest products capture the rich potency of key raw ingredients from the Amazonian rainforest and blend them into a uniquely restorative treatment for sensitive and problem skin.

## Dreamtime | 60 minutes

As the body rests during deep sleep, essential repair and growth takes place in the cells. Cellular renewal is faster during sleep than at any time when we are awake. The Dreamtime facial promotes deep relaxation and supports this natural process with ingredients such as fresh Royal Jelly and Neroli (known for their powerful qualities of cellular renewal).

## Bliss | 60 minutes

The techniques used in this facial originate from the Shaman women in Mexico who believed that the energy of light could be deeply rejuvenating. Working with Marma points to open up the energy centres of the face allows a beautiful flow of energy into the body. This is a healing and reviving treatment, bringing a deep feeling of bliss and peace, as well as beautiful radiant skin.

## Purifying for Men | 60 minutes

A healing facial created for men to purify the skin and restore radiance. The facial begins with a blackcurrant and honey scrub, followed by a deeply relaxing Marma massage with Vetivert and Rose, completed by a purifying seaweed and bio – plasma mask.



# Talise Bathing Rituals

## Inner Peace | 30 minutes

Bath salts for inner peace. Inner peace music.

Bath Salts for Inner Peace are particularly suited for people who are seeking greater serenity at times of stress. We could all do with a little pampering and you will find the immersion in hot water with these salts does much to restore balance to your body and mind. Your wellbeing and aura will be strengthened, your skin softened and nourished. The main ingredients are Himalayan salts, Jasmine, Damascena Rose and Sandalwood.

## Rose Bliss | 30 minutes

Rose Scrub. Radiance body cream.

Rose Bliss Bath Milk is a natural bath milk that nourishes and softens the skin as you soak in the bath. The divine Rose and Tuberose blend to nurture the deepest sense of bliss and joy. Our body cream with a base of argan oil and organic shea butter then combines with the Rose damascene oil and Tuberose to envelope both mind and body in softness.

## Dreamtime | 30 minutes

Dreamtime bubble bath. Dreamtime balm.

Dreamtime products are formulated with Vetiver, Jasmine and Spikenard and wild Poppy, encouraging mind and body to let go, sleep deeply and dream beautiful.

## Detox | 30 minutes

Bath salts for detoxifying. Energy spray.

The combination of these products helps the body to let go and release all toxic feelings and thoughts, whilst also restoring vitality. The ingredients include Lemongrass, Rose Geranium, Patchouli Oil, Argan Oil, Juniper Berry and Lavender.



# Talise Signature Fitness

## **Fitness Studio Induction | 15 minutes**

Introduction to our cardio, resistance equipment and the range of free weights.

## **Fit In | 60 minutes**

Weight loss program for reducing body fat and increasing self esteem. The program teaches you how to stay fit and lean for a lifetime.

## **Shape In | 60 minutes**

Muscle gain program for fitness lovers who are looking for a challenging and adrenaline-pumping workout. A program specifically designed to show you what intensity, hard work and commitment really mean.

## **TRX® | 60 minutes**

Total Resistance exercise; suspension training for the strongest core ever.

## **Beach Boot Camp | 60 minutes**

Guided high intensity body weight class, targeting all body areas.





# Talise Signature Wellness

## **Yoga Studio Induction | 15 minutes**

Introduction to our breathing techniques for improved flexibility of body movement.

## **Rise and Shine | 60 minutes**

Stretch your body. Wake up your mind. Energize yourself with a special morning yoga sequence that improves your energy levels and concentration.

## **Relax and Rejuvenate | 60 minutes**

Relax and unwind. Special evening yoga sequences that relax your mind, reduce stress levels and prepare you for a perfect sleep.

## **Devote and Support | 60 minutes**

Connection. Support. Intimacy. Yoga for you and your soul mate. Specially designed yoga postures encouraging couples to reconnect on a physical and spiritual level.

## **Find and Flow | 60 minutes**

Find your rhythm with Vinyasa yoga, as you concentrate on the detoxifying powers of breath. Dynamic class with some fun arm balances and advanced yoga asanas.

## **Shape and Tone | 60 minutes**

Build your strength. Boost your metabolism. Transform your body. Fitness yoga starts on the outside but it transforms your mind and shows you the real power within.

## **Calm and Balanced | 60 minutes**

Hormonal balancing yoga. Take care of the most delicate of the body's system – the hormonal system. Attention to the postures that work on the inner body & slowbreathing. Because hormones are closely related to ageing processes, this yoga class can act as an anti-ageing assist.



# Talise for Her - 5.30 hours

## Swedish | 60 minutes

This classic massage style uses a variety of techniques to promote a deep sense of well-being. Swedish massage is particularly great for stimulating circulation, increasing lymphatic drainage and easing muscle pain.

## Rose and RhodaFe Wrap | 90 minutes

Begin with a Pearl and Jasmine body scrub to prepare the body for this nurturing and restoring wrap. The precious essential oils of Rose Damascene, combined with a Rhodolite gel wrap, purify the aura, relax the mind and body, and strengthen both heart and soul.

## Crystal Healing | 60 minutes

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## Classic Manicure and Pedicure | 90 minutes

Your nails will be shaped, and cuticles tidied and hydrated. Then enjoy a sea salt 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 upon request.

## Detox | 30 minutes

Bath salts for detoxifying. Energy spray

The combination of these products helps the body to let go and release all toxic feelings and thoughts as well as restoring vitality. Ingredients include Lemongrass, Ross Geranium, Patchouli Oil, Argan Oil, Juniper Berry and Lavender.



# Talise for Him - 3 hours

## Sports Massage | 90 minutes

Our own version of the classic massage, this is perfect for soothing sore muscles from sports or stress. In this medium-to-strong oil-based massage, the therapist will work on the muscles to stimulate blood circulation and release tension.

## Pearl and Jasmine Scrub | 30 minutes

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# Spa Etiquette

**Arrival** | To ensure your time with us is a pleasurable and as seamless as possible, we request you to arrive at Talise Spa a minimum of 15 minutes ahead of your scheduled 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 time with respect for the next appointment. Full treatment costs apply.

**Cancellation Policy** | We require 4 working hours' notice for a cancellation charge or re-scheduling of any appointment. Less than six hours' notice or a 'no show' will incur full payment.

**Reservation** | 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.

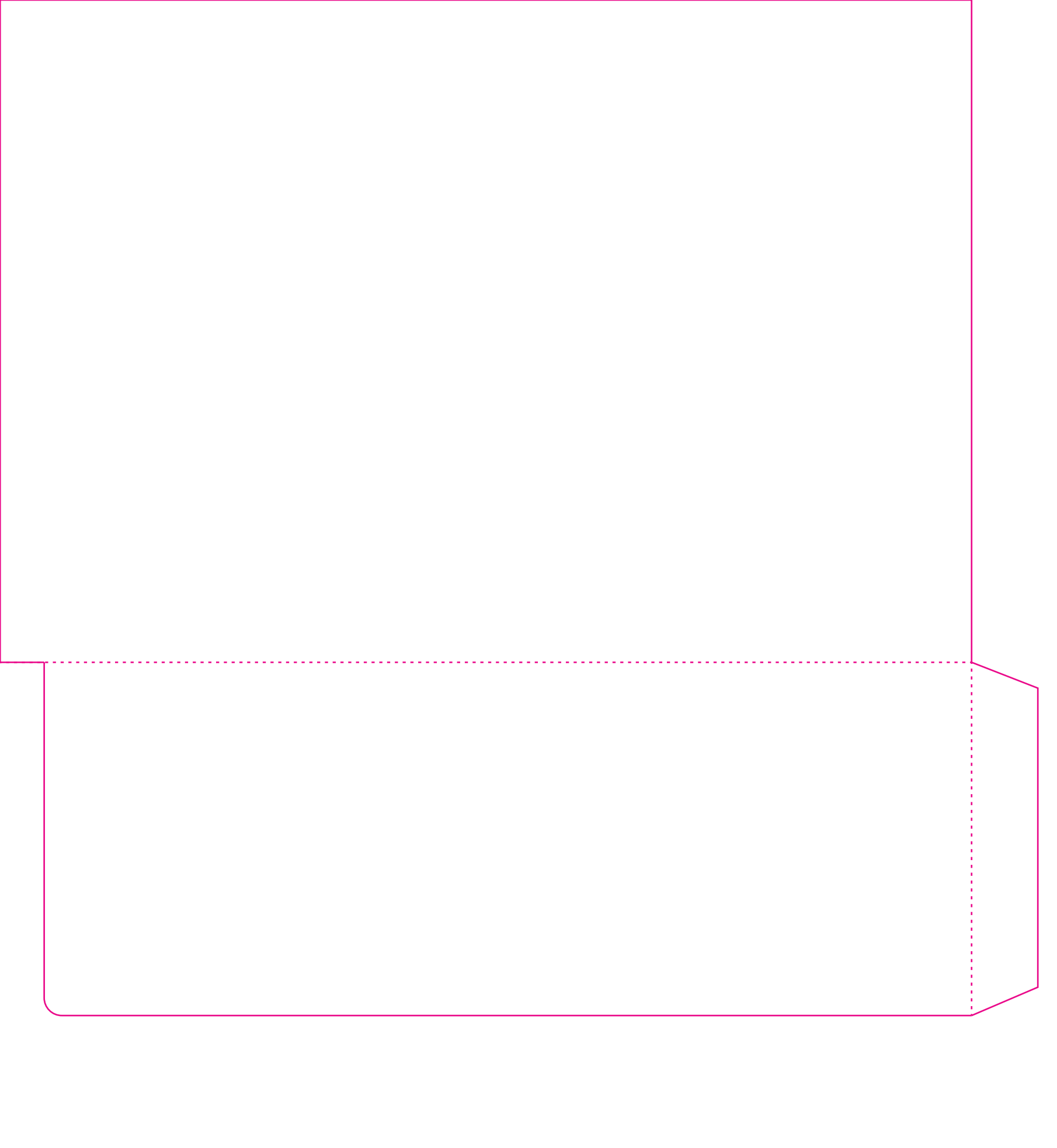
**Spa Attire** | Your modesty will be respected at all times. Disposable underwear is available if desired. Loose clothing is provided for Thai massages, as are robes, slippers for your comfort. Please bring your own gym clothing if you wish to use the yoga pavilion.

**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 Vittaveli 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.

**Spa Boutique** | A vital part of 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 program after each Spa Experience.







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