

TALISE
SPA

Spa Menu

DISCOVER YOUR INNER SELF





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.

ila 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 nine treatments rooms both over water and within the gardens, each treatment 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 studio which caters to group and personal sessions.

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

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.

Island of Life—Health and Vitality | 90 minutes

Natural Maldivian ingredients combined with select spa products are used in this treatment to refresh tense and tired muscles. Techniques of Swedish, Lomi - Lomi, and Aromatherapy massage, utilizing medium to firm pressure combine with natural warm Maldivian sand compresses to melt away any accumulated stress. Restore balance and vitality to body, mind and spirit.

Glowing Radiance—Sun Kissed | 60 minutes

A natural resource of sand comes with great benefits to prepare your skin for a sun-kissed glow or nourish a sun-bronzed body. A combination of white sand with pure coconut oil is great for body exfoliation which smooths and softens the skin. Finish with a rainforest shower and sun tan body moisturizer. Healthy, glowing skin ready for the beach.

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 a natural coconut scrub that aids in renewing your skins chemical balance leaving it soft and subtle. Followed by a luxurious papaya and honey wrap, which works to draw out impurities for a balanced pH – finishing with a soothing and deeply rich massage application of natural coconut oil.

Vittaveli Romance—Time Together | 90 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 your favorite side by side full body aromatic luxurious massage to rejuvenate and connect, you then enjoy a deep and rich coconut milk bath and fresh coconut drink.

Talise Couples' Spa Journeys

All Couples Spa Journeys are performed in the tranquil bliss 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.

Couples Chakra Wellbeing Connect

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.

Ku Nye Ritual

A bespoke Tibetan ritual to restore beauty, harmony and inner stillness through the balancing of the five elements. To awaken the meridians, a head and body massage incorporating lymphatic drainage and acupuncture massage with hot stones and Himalaya herb poultices, helps to restore positive energy. This treatment finishes with Tibetan facial.

Dream Time Journey

This soporific treatment has been created to deeply relax the whole nervous system and restore the natural rhythm of sleep. The treatment begins with a slow rhythmic scrub to soothe and restore the lymphatic system and prepare for receiving the back and body treatment. The journey completes with a facial.

Bio - Rhythm Journey

The aim of this treatment is to restore the body's natural biorhythms and deeply relax the nervous system. The energy scrub and mud wrap contain high levels of minerals. A head and face marma massage is given while the client is cocooned. The treatment ends with a Kundalini back massage to balance the nervous system and chakras.

Asian Therapies

Therapeutic Classical Thai | 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, imbalances and pain or discomfort from various levels of tissues, are relieved.

Balinese Massage | 60 / 90 minutes

Traditional Balinese massage uses long strokes and skin rolling techniques to relieve stress and tension and improve circulation. The massage is performed using oil mixed with essential oil, which combined with the massage techniques, promotes harmony of the mind, body and soul.

Shiatsu Massage | 60 / 90 minutes

Literally means "finger pressure" this traditional Japanese massage focus on releasing physical and emotional tension and negative energy by balancing the flow of Chi energy with specific massage techniques on the body's pressure points.

Indian Head Massage | 60 / 90 minutes

Traditionally known in India as "Champiassage", 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.

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, to restore the free flow of energy throughout the entire body. Reflexology stimulates energy meridians and maintains the body's natural equilibrium in order to encourage optimal healing.

Assisted Stretching | 60 minutes

Assisted Stretching works on lengthening, the muscles easing muscle tension and helping to remove lactic acid build up, ideal following physical activity. Your therapist will gently ease your stiffness away.

Thai Herbal Massage | 90 minutes

A traditional form of Thai massage using the classic Thai healing herbal packs. Acupressure works on the meridian lines while the heated herbal compress improves “Prana flow”, easing aches and stimulating circulation.

Cupping Massage | 90 minutes

A unique combination of ancient Chinese healing and Western touch. Beginning with a relaxing aromatic massage to warm and relax muscles, followed by fire cupping along the meridian lines to help draw out toxins and stimulate a free flow of energy within your body.

Bamboo Massage | 90 minutes

Bamboo has been used for thousands of years as an 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 relief to the back, neck, shoulders and legs. A perfect substitute for a deep tissue massage. Nourishes and soothes the skin with virgin organic coconut oil.

Shiro - Abhyanga | 90 minutes

A combination of Abhyanga and Shirodhara, full body Abhyanga massage with light pressure. 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. Luke warm oil is poured in an even stream on the forehead to finish the treatment. Ideal for relaxing the body and mind.

Talise Massage Therapies

At Talise Spa, a massage is a truly individual journey where you will discover the power of touch, a personalised 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.

Aromatherapy Massage | 60 / 90 minutes

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

Swedish Massage | 60 / 90 minutes

European medium to strong pressure massage featuring long strokes and kneading techniques, designed to relieve stiff, tight and fatigued muscles and joints, improving circulation and lowers stress.

Pregnancy Massage | 60 / 90 minutes

Massage has great benefits for the pregnant woman. It can reduce peripheral swelling, help to 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.

Oriental Massage | 60 / 90 minutes

A series of therapeutic techniques to soothe tired muscles. A combination of the very best of Shiatsu, Balinese and Thai stretching.

Energiser Massage | 60 minutes

A reviving upper body massage focusing on key areas to relieve muscle tension. Ideal for those requiring focused attention on the back with strong pressure whilst enjoying a complete face, scalp and shoulder massage.

Deep Tissue Massage | 90 minutes

An experience recommended for those really tense, knotted and painful areas. Using a variety of muscle release techniques with strong pressure, the therapist will work within your pleasure/pain threshold to release and relax tension.

Jet Lag Recovery | 90 minutes

A rebalancing treatment that stimulates the circulation reduces swelling and eases muscle tension. A full body massage with aromatherapy oil to revive your circulation, followed by a heated fresh Thai herbal bag to improve "Prana flow ". A head massage with eye mask and foot mask to reset your internal clock.

Hot Stone Massage | 90 minutes

A full body and face massage technique that uses Basalt stones to instill a deep level of calm while relaxing tight muscles, removing blockages and dissolving stress.



Talise Detox Therapies

Cellulite Massage | 60 minutes

Cellulite Massage helps to invigorate and stimulate with firming and toning oils to reduce the appearance of cellulite, strengthen circulation and improve skin tone. Essential oils and lymphatic drainage movements focusing on specific areas of concern, such as upper legs, thighs, buttock and stomach help to break up and remove cellulite.

Lymphatic Drainage | 60 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 a long flight or while detoxing.

Organic Detoxifier | 75 minutes

Relieve tension from the whole body and revitalise tired and sore muscles with a gentle massage followed by an organic coffee exfoliation. Allow the body to detoxify with the application of natural mud to drawn out impurities. This is an excellent treatment for detoxification.

Blissful Body Scrub | 60 minutes

Body scrubs are ideal treatments for cellulite, stress and exhaustion. On a physical level, the scrubs stimulate the lymphatic system, aid circulation and the elimination of toxins. On a subtle level, these scrubs cleanse and strengthen the bio-energy fields.

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.

Talise Facials

Hydration Strategy – Brilliance | 60 minutes

This delicate treatment is the perfect escape for tired, dull skin. A series of Ridokis massage tools are used within the massage which begins with stretching the nape of the neck, cleansing and exfoliating the skin before you enjoy a relaxing mask and Shiatsu massage movements, the ultimate in deep relaxation. Skin will feel intensely hydrated and completely rested.

Anti-Ageing Ritual – Lift | 90 minutes

Tackle signs of ageing including the appearance of wrinkles with this lifting and firming treatment in which accentuated movements provide visibly younger looking skin. Each phase of the treatment (exfoliation, serum, with bio-protein soya) is performed with sophisticated massages and traditional tools (Ridokis, Nouat-Na) which help firm the skin. Walk away feeling revived, refreshed and vibrant.

Purity – Radiance Ritual | 90 minutes

This is the classic, deep cleansing facial. The Purity Ritual perfectly combines intense purification (exfoliation, blackhead removal, tissue oxygenation) with a deep massage. The movements are precise to deliver specific benefits. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask enriched with the the Complexe 4 Teas Elixir and Lupin flower extract. The face undergoes lymphatic drainage which leaves the skin oxygenated and purified.

Original Beauty | 90 minutes

This intensive anti-ageing treatment is designed to combat wrinkles, loss of elasticity and reduce the appearance of pigmentation. After a deep cleanse of the skin, including a peel to encourage cell renewal, you will enjoy a fatigue-removal face massage. The treatment is completed with the application of a collagen mask and kneading acupuncture movements. The result are radiant skin and a visible reduction in the signs of ageing.

Crystal Healing | 75 minutes

Exquisite oils of damascene rose and orange blossom combined with the precious jewels of jade, amethyst and sapphire restore and rejuvenate the complexion whilst also promoting deep relaxation. The orange blossom and jewel mask brings clarity to the face and helps repair the skin's cellular structure. Rose quartz crystals are then applied to the meridian lines allowing a positive flow of energy that brings a health vibrant glow to the overall complexion.

Rainforest Rejuvenation | 75 minutes

This beautiful facial uses a unique blend of the rich potency of raw ingredients only found in the Amazonian rain forest. This treatment combines lymphatic drainage and warm herbal compresses over marma points. Combined with energy techniques to facilitate the Amazonian serum's penetration, its ability to rejuvenate and regenerate skin cells is profound.

Ananda Facial | 60 minutes

The techniques used in this facial open up the 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 and glow.

Men's Facial | 60 minutes

A healing and purifying 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 Vetiver and rose. The facial completes with a purifying seaweed and bioplasma mask.



Talise Body Polish and Cocoon

Himalayan Salt Scrub | 45 minutes

Enriched with about 48 essential minerals, this ionic salt is the result of the accumulation of substances on rock salt over a million years. Himalayan salt creates 'vacuum effects' via tiny impulses and it plays a major role of detoxification and rejuvenation.

Soy Bean and Coconut Scrub | 45 minutes

This healthy blend of sugar, coconut and soybean oil creates a silky satin smooth touch. Coconut tissue and coconut shell are excellent for dry and sensitive skin, while sugar gradually melts and penetrates into skin as a natural moisturizer to rejuvenate and make skin healthier. Soy bean oil blended with Jasmine, Neroli and Patchouli is best for balancing; lifting spirits when they are down, calming during time of stress and helping to keep an emotional connection with the physical body.

Pearl and Jasmine Scrub | 60 minutes

This heavenly full body Himalayan salt scrub combined with pearl and jasmine invokes peace, stillness and harmony. The negative ions in the warmed salt strengthen the body's bio magnetic energy field, while pearl brings peace and Jasmine the pure joy of wellness

Rose and Rhodalite | 90 minutes

Begins with a Himalayan salt scrub to prepare the body for this nurturing and restorative wrap. The precious essential oil of damascena combined with this rhodalite gel wrap purifies the aura, relaxes the mind and body whilst strengthening heart and soul.

Energising and Detoxifying | 90 minutes

This body scrub and wrap works best if you are feeling run down and drained of energy, suffering from fatigue or sluggish circulation. The pure ingredients boost your energy field and immune system, leaving your mind, body and spirits uplifted. The high mineral contact detoxifies and cleanses the aura of negativity.

Talise Sun Treatments

Before the Sun | 75 minutes

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

Before the Sun Bronzant | 75 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 old dead skin cells without aggressing the skin, 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.

Tan Booster | 75 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.

After Sun | 75 minutes

This treatment has been specifically designed to moisturize and protect sun-exposed skins of those who do not wish or cannot develop a tan. Its hydrating properties help to improve the overall texture of skin. Includes acupressure point techniques to help detoxify and tone the skin.

Intensive After Sun Care | 75 minutes

A special sunburn treatment for face and body that immediately calms and intensely repairs overheated skin after excessive sun exposure.

After Sun Bronzant | 75 minutes

This Treatment helps your skin preserve a luminous long-lasting suntan. The two comfortable after sun formulas used will regenerate and calm the skin instantly to compensate for the sun exposure and re-establish the skin's water balance. Results in a soothed, repaired skin that remains younger looking for longer.

After Sun Bronzant with Exfoliation | 90 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 skins that have already been exposed to the sun and/or will continue to be exposed, as well as for before the end of the holiday to prolong the tan.

Self Tanning | 90 minutes

This treatment will help to re-create the tan's perfect replica; a glowing and natural shade without sun exposure. This will not only tan your skin homogeneously onto several layers of the skin but will also leave your skin soft, supple, energized and comfortable.



Talise Beauty

Spa Manicure | 60 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 | 60 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 Cleanse 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 Masque | 15 minute add on

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

Talise Junior Spa Experiences

Back Neck and Shoulder Massage | 30 minutes

Relax and let that hard day of fun and play be eased away by having a soothing massage to the shoulders and the scalp. Hydrating and nourishing organic Coconut oil is used

Junior Facial | 30 minutes

Delicate young skin needs gentle care and maintenance to enhance and create total balance, using a blend of products which are strictly natural and organic with all the ingredients from our Organic Spa garden.

Pretty Hands and Feet | 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.

Relaxing Foot and Ankle Massage | 30 minutes

Allow your feet to be totally pampered with a pressure point massage using soothing foot lotion to hydrate, calm and ease tired feet.

Honey and Yogurt Facial | 60 minutes

Glowing skin reflect good health with honey and yogurt; the two of nature's best skin enhancers. Honey brightens and smooths the skin, while yogurt has properties that help reduce oiliness and refine pores.

Oatmeal and Honey Body Scrub | 30 minutes

Get all the healing and moisturizing benefits of Oatmeal and Honey while taking that dead skin off through mild exfoliation. Oatmeal is a gentle exfoliant which helps restore natural moisture and remove dirt.

Scalp Massage | 30 minutes

A soft touch to calm and ease your fun day by a scalp massages to make you feel relaxed and a good sleep with our homemade organic coconut oil to helps in healthy growth of hair and providing a shiny complexion.

Mother and Daughter

Cocoa and Honey | 90 minutes

Delicate young skin gentle care with Honey & Yogurt facial mask combine with cucumber eye soother to relax tired eye. Follow by cocoa manicure and pedicure, including cocoa exfoliation with relaxing massage and nail polish options.

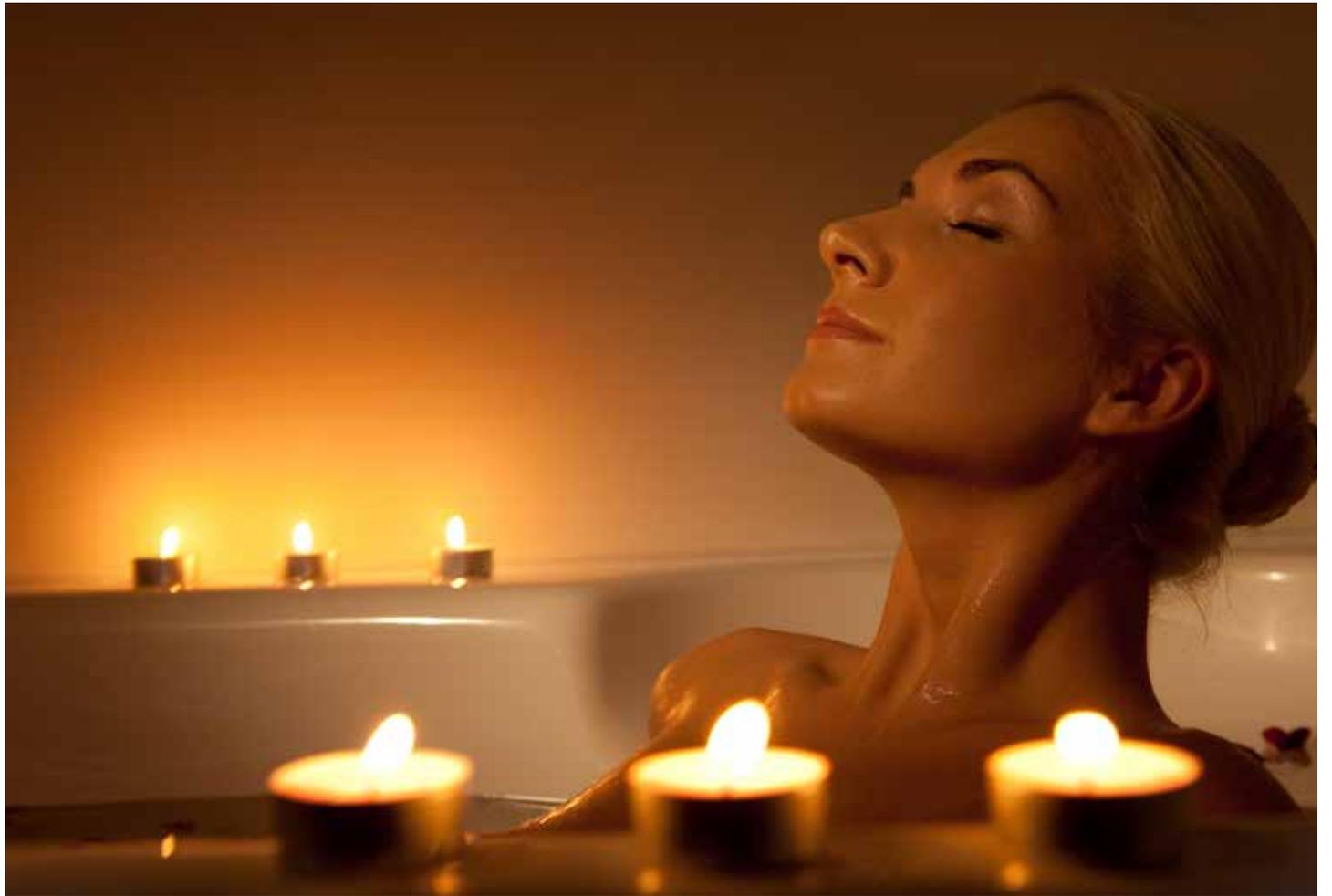
Coconut and Honey | 90 minutes

Enjoy a skin softening with organic Oatmeal and Honey scrub following by the relaxing full body massage with homemade organic coconut oil.

Father and Son | 90 minutes

Enjoy your time and relax your day with a full body relaxing massage follow by a scalp massage with our homemade organic coconut oil.

***Must be booked alongside a treatment with an adult.**



In Villa Bath Therapies

Indulge in an exclusive and stimulating experience for your senses while you soak with our especially created baths. Soak in the state of sheer tranquility in your own villa. Allow our spa team to prepare everything for you just soak in, relax and unwind.

Bath for Glowing Radiance

Excellent for relaxing, helps calm down the nervous system. This is also very good for travelers, as it contains vetiver which is very grounding, and is excellent after a long flight.

Bath for Inner Peace

We could all do with a little pampering and you will find immersion with this Himalayan salt bath, infused with Rose otto, Sandal wood and Jasmine, does much to restore balance to your body and mind. Your well-being and aura will be strengthened and your skin softened and nourished.

Bath for Cleansing

Benefit from the luxurious detoxification involved in this treatment, particularly if your work involves computers and mobile technology. Let go with this bath rich in minerals and trace elements, juniper berry, rose geranium, lemongrass and lavender which detoxifies effectively yet pleasurable. You will find energy restored and negatively eased away.

Bath for Love and Connection

These include cardamom, patchouli, and jasmine, and are excellent for couples as they encourage love and connection. A bath treatment for the Kundalini, the coiled serpent in the base of your spine, and represent dormant sexual energy-this could be a honeymoon, anniversary, or "reconnection" bath.

Bath for Dream Time

Release and let go of tension and reconnect to the grace of sleep and joyful dreaming. This treatment balances the body's magnetic field and then restores, heals and relaxes the nervous system.

5 hours advance booking required



Signature Yoga Therapies

Yoga Asana | 60 / 90 minutes

The combination of different postures to allow your body more comfort and flexibility, the session helps tone muscles and release toxins from within the muscle fiber, leaving you feeling lighter and adapt sitting postures necessary for further posture correction.

Dynamic Yoga | 60 / 90 minutes

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

Gentle Yoga | 60 / 90 minutes

With gentle stretches, relax your body and soothe your central nervous system. This form of yoga relaxes you at the end of a tiring and stressful day.

Suryamaskaram | 60 / 90 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 with the flexibility of your joints and improves blood circulation.

Wellness Activities

Pilates | 60 minutes

A gentle form of exercise that concentrates on building core strength, endurance and flexibility without adding extra muscle bulk. Pilates involves a series of controlled movements that engage both your body and mind. A beginning class generally consists of gentle movements done on a mat. The primary focus is on the awareness of the spine, proper breathing, core strength and flexibility. Regular Pilates training can result in a balanced body that is strong and supple, a flat stomach, balanced legs and strong back.

Tai Chi | 60 minutes

A Chinese exercise aimed to achieve a state of relaxation of both body and mind through a series of slow, smooth and graceful body movements. Regular practice of Tai Chi can help improve strength, flexibility, coordination and balance as well as foster a calm and tranquil mind which in turn helps reduce stress. Tai Chi consists of performing a series of postures or bodily movements in slow and graceful manner, with each movement flowing without pause to the next

Fitball | 60 minutes

An exercise that focuses on improving balance and core stability through the use of a fitball, an inflatable ball used to provide body support. A fitball can be implemented into many exercise movements such as sit-ups. The instability of the fitball brings added benefits as the postural muscles are constantly working and making small adjustments in order to maintain balance of the body, which results in better posture and toned muscles and provides health benefits in term of stress relief and cardiovascular efficiency.

Stretching | 60 minutes

A deliberate act of lengthening of muscles, in order to increase muscle flexibility and/or joint range of motion. Stretching is a natural activity often performed as simply enjoyed.

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.

Ultimate Circuit Challenge | 60 minutes

Not for the faint hearted! This amazing Circuit Training class is designed to get the most out of your ability. Based on timed sets, this is designed to push you to your limits with emphasis on high workloads and minimum rest times.

Knockout Boxing Circuit | 60 minutes

Float like a butterfly and sting like a bee with our awesome Boxing Circuit training. Go for broke with a mixture of pad work and weight/cardio based training.

*** May be limited according to season and therapist availability – please consult the spa reception.**

Wellness Program

Daily inclusions:

Daily holistic activity as per schedule

One health drink at spa juice bar daily /
included spa gift to take home
and Steam

Touch of holistic bliss -

If you prefer to “relax”

Indulge in total relaxation with our program that incorporates natural health, emotional healing, and spirituality.

3 - Day Package

Bath for Glowing Radiance	30 minutes
Aromatherapy Massage	60 minutes
Indian Head or Foot Reflexology	60 minutes
Ananda Facial	60 minutes
Private Wellness Activity(choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

5 - Day Package

Bath for Glowing Radiance	30 minutes
Aromatherapy Massage	60 minutes
Indian Head or Foot Reflexology	60 minutes
Ananda Facial	60 minutes
Reiki	45 minutes
Hot Stone Therapy	90 minutes
Balinese Massage	60 minutes
2 session Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

7- Day Package

Bath for Glowing Radiance	30 minutes
Aromatherapy Massage	60 minutes
Indian Head or Foot Reflexology	60 minutes
Ananda Facial	60 minutes
Reiki	45 minutes
Hot Stone Therapy	90 minutes
Balinese Massage	60 minutes
Foot Reflexology	60 minutes
Assisted Stretching	60 minutes
3 sessions Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

Touch of body harmony - If you prefer to “detox” Allow your body a short rest and recuperation from all the pollutants that surround us in the modern world with our purifying treatments to naturally cleanse your body

3 - Day Package

Blissful Body Scrub	60 minutes
Lymphatic Drainage Massage	60 minutes
Chi Nei Tsang	60 minutes
Cellulite Massage	60 minutes
Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

5 - Day Package

Blissful Body Scrub	60 minutes
Lymphatic Drainage Massage	60 minutes
Chi Nei Tsang	60 minutes
2 times Cellulite Massage	60 minutes
Marine Flora Wrap	90 minutes
Cupping Massage	90 minutes
2 session Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

7- Day Package

Blissful Body Scrub	60 minutes
Lymphatic Drainage Massage	60 minutes
2 times Chi Nei Tsang	60 minutes
2 times Cellulite Massage	60 minutes
Marine Flora Wrap	90 minutes
Cupping Massage	90 minutes
Purifying Facial	90 minutes
3 session Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

Touch of vital power - if you prefer to “energize”... Re-energize your body and boost your energy through a variety of invigorating therapies and fitness activities.

3- Day Package

Therapeutic Classical Thai Massage	90 minutes
Oriental Massage	60 minutes
Himalaya Salt Scrub	45 minutes
Assisted Stretching	60 minutes
Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

5- Day Package

Therapeutic Classical Thai Massage	90 minutes
Oriental Massage	60 minutes
Himalaya Salt Scrub	45 minutes
Assisted Stretching	60 minutes
Hydration Facial	60 minutes
Personal Kick Boxing	60 minutes
2 session Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

7- Day Package

Therapeutic Classical Thai Massage	90 minutes
Oriental Massage	60 minutes
Himalaya Salt Scrub	45 minutes
Assisted Stretching	60 minutes
Hydration Facial	60 minutes
Energizer Massage	60 minutes
Hot Stone Therapy	90 minutes
Personal Kick Boxing	60 minutes
3 session Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

Touch of Oriental Essence - If you prefer to “ease aches & pain”... Experience the essence of Oriental therapies and traditional healing methods to ease away your body aches

3- Day Package

Himalaya Salt Scrub	45 minutes
Energizer Massage	60 minutes
Thai Herbal Massage	90 minutes
Indian Head Massage	60 minutes
Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

5- Day Package

Himalaya Salt Scrub	60 minutes
Energizer Massage	60 minutes
Thai Herbal Massage	90 minutes
Indian Head Massage	60 minutes
Deep Tissue Massage	90 minutes
Mini Facial	30 minutes
Shiro-Abhyanga Massage	90 minutes
2 session Private Wellness Activity (choice of Yoga, Pilates, Tai Chi, Stretching, or Personal Training)	60 minutes

7- Day Package

Himalaya Salt Scrub	60 minutes	Foot Reflexology	60 minutes
Energizer Massage	60 minutes	Balinese Massage	60 minutes
Thai Herbal Massage	90 minutes	3 session Private Wellness Activity (choice of	
Indian Head Massage	60 minutes	Yoga, Pilates, Tai Chi, Stretching, or Personal	
Deep Tissue Massage	90 minutes	Training)	60 minutes
Mini Facial	30 minutes		
Shiro-Abhyanga Massage	90 minutes		

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

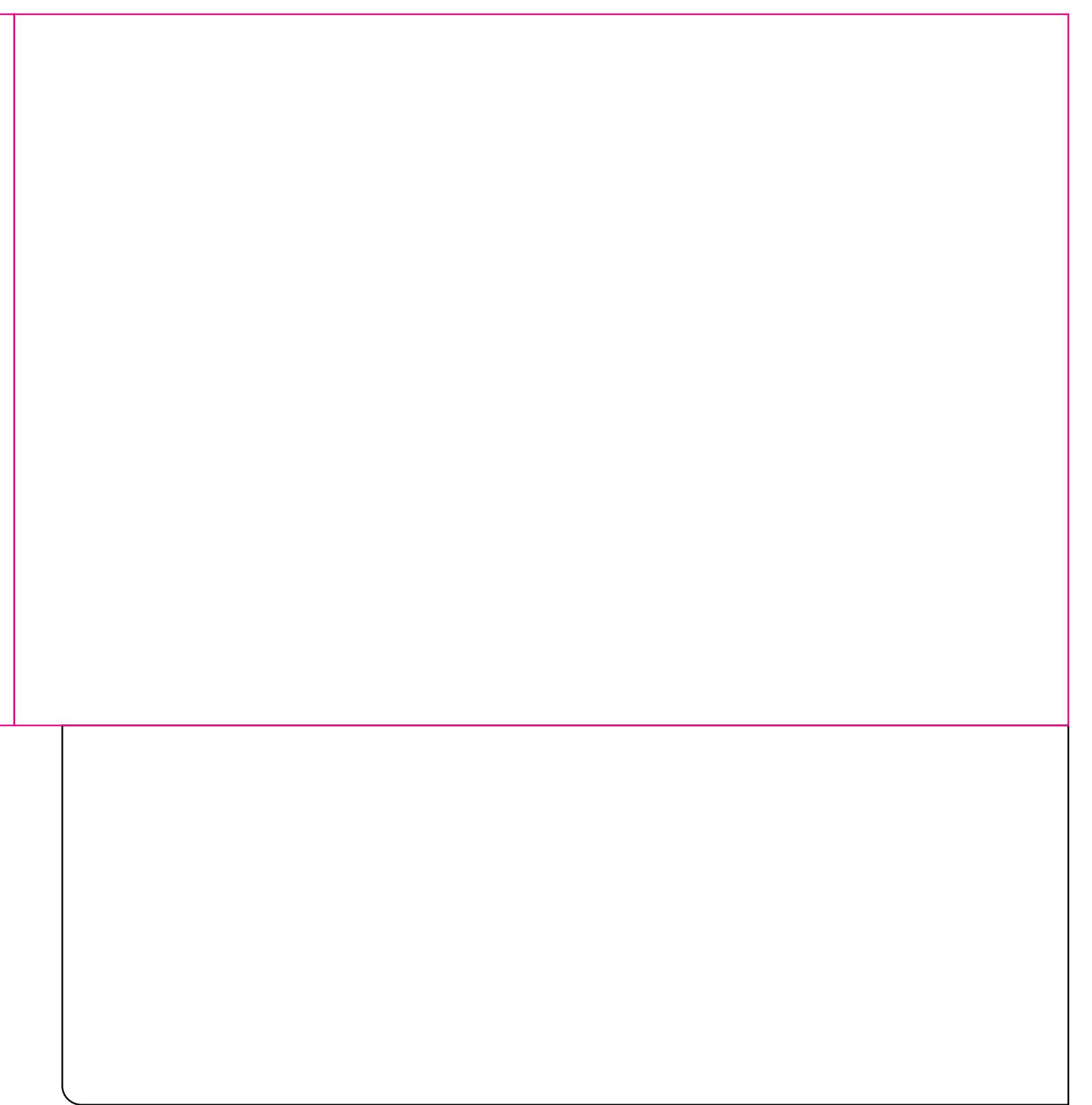
Talise Vittaveli Spa is a tranquil environment for everyone to enjoy. As a courtesy to our other guests, please switch off your mobile or place it in silent mode at all times within the spa.

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.

In addition our Boutique offers a wide range of spa amenities, candles, music gift sets and unique spa apparel and accessories. We welcome you to visit our Spa Boutique today.







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