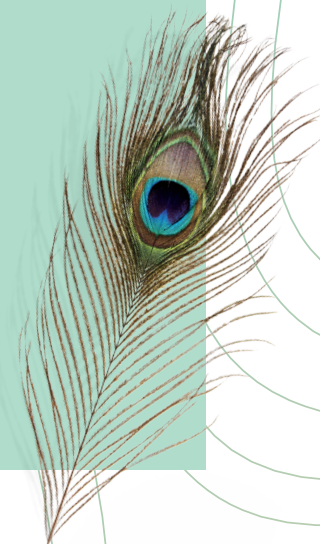


WELLBEING
ACTIVITIES
&
WORKSHOPS

JOALI BEING





MINDFULNESS TRANSFORMATIVE JOURNEY

Welcome to AREKA, your portal to transformative rituals that calm, revitalise and inspire. Our sensory experiences take you beyond the ordinary into a realm filled with wonder and possibility, guided by the rhythms of nature and cosmos.

Support the Mind and Energy Pillars with a carefully curated selection of wellbeing activities.

*“What joyful discoveries
await me?”*

Sound Bath Meditation

Recline, relax and open yourself up to the healing embrace of sounds and frequencies. Let the diverse, overlapping vibrations cascade over you, unfolding a profound inner journey.

As the mind realigns with the eternal song of the universe, a sense of tranquillity washes over you. Emerge feeling deeply refreshed and renewed.

Lotus | 60 mins



Qi Gong Discovery

Allow us to introduce you to Qi Gong, an ancient Chinese practice that combines meditation, slow-flowing movements and deep breathing.

Flow through the rhythmic sequence of movement and breath to optimise the flow of Qi (vital energy) within you and enter a calm, meditative state of mind. The mind and body feel lighter, ready for new possibilities.

Lotus | 60 mins



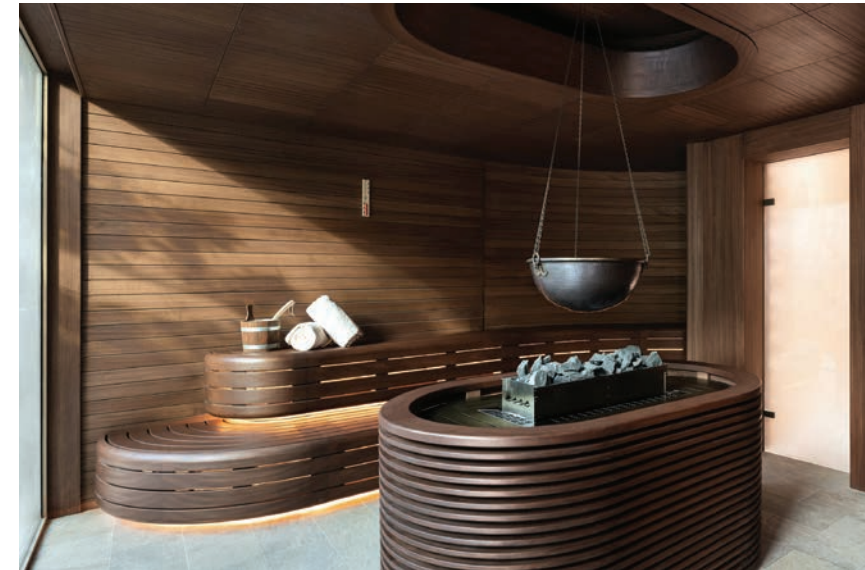
Prices are available upon request. For more information or reservations, please contact your Jadugar.

Guided Sound Exploration

Become a sound explorer and follow your curiosity along the lush trails of our outdoor sound-therapy oasis.

You will have the opportunity to interact with nine innovative instruments, each one a unique source of sound and musical expression to enhance your JOALI BEING journey. Let your inner child emerge, and rediscover the joy of play.

Discovery Sound Path | 60 mins



Aufguss Sauna Ritual

Embark on a hypnotising, multisensory sojourn, surrounded by the beneficial vapour and heat of the sauna.

The art of Aufguss (the German word for “infusion”) is a symphony of precisely controlled heat, fragrant essential oils, graceful fanning and entrancing music — all brought together by the flair of our Aufguss Master, the conductor of this ceremony.

KAASHI | 60 mins



Prices are available upon request. For more information or reservations, please contact your Jadugar.



AKTAR EXPERIENCES

Welcome to AKTAR, our herbology centre inspired by the joy of herb and spice markets. Meet our herbalists for a series of interactive workshops. Unravel the age-old secrets of nature as you learn to make products by combining flowers, leaves, roots and essential oils. Each creation supports your wellbeing journey by supporting specific pillars.

The knowledge you acquire here will travel home with you — a truly meaningful souvenir of your time at JOALI BEING.

*“I embrace the fragrant
gifts of nature.”*

Oil-Based Natural Perfume

Explore the powerful effects of essential oils for body, mind and soul. Weave together floral scents and herbal aromas to design and make your signature natural perfume, a reflection of your unique aura and style. Perfumes can be made in liquid or solid form.

AKTAR | 60 mins | 90 mins



Healing Balm

Create an all-natural version of tiger balm, a centuries-old ointment known to relieve pain, ease tension and soothe inflammation. Sadly, commercial tiger balms often contain petroleum-based ingredients, which are toxic to our skin. At JOALIBEING, we use pure ingredients like coconut oil and beeswax to make this precious healing balm.

AKTAR | 60 mins



Prices are available upon request. For more information or reservations, please contact your Jadugar.

Hydrating Face Gel

Incorporate nature's most powerful gifts into your skincare routine. Learn to make a hydrating face gel with aloe vera as the key ingredient. This handmade gel has a cooling and refreshing effect on the skin, while delivering a generous dose of hydration.

AKTAR | 60 mins



Aloe Vera Face Mask

Wrap your skin in the wide-ranging benefits of aloe vera. This holistic face mask performs a variety of functions: cleansing, nourishing, hydrating, reducing inflammation and fighting bacteria. Not to mention the wonderfully cooling and revitalising sensation it creates on your skin.

AKTAR | 60 mins



Prices are available upon request. For more information or reservations, please contact your Jadugar.



Exfoliant Scrub

A visit to nature's pantry yields all the ingredients you need for our exfoliating scrub, which can be used on the body, feet or face. Easy to recreate back home, this handcrafted scrub offers an excellent way to stimulate circulation, support detoxification and enhance skin cell regeneration.

AKTAR | 60 mins



Natural Sun Care Bundle

Sun-kissed adventures can leave your skin in need of additional love and care. Focused on preventing post-sun damage, this workshop guides you through the soothing benefits of natural ingredients as you make an after-sun oil, lotion and lip balm. A glowing journey of self-care awaits.

AKTAR | 60 mins



Prices are available upon request. For more information or reservations, please contact your Jadugar.



Natural Hair Care Bundle

Discover how essential oils and plant-based extracts can naturally strengthen your hair, slow down hair loss, boost shine and heal scalp disorders. Learn to make a hair tonic, hair serum and eyebrow oil — all customised to your specific hair type and needs. Let the bounty of Mother Earth enhance your crowning glory.

AKTAR | 60 mins



Rose Care Bundle

Beauty blooms with the kiss of the rose, the queen of flowers. Use organic roses, pure rose water and rose essential oil to create your self-care bouquet, including a facial elixir, tonic mist and roll-on perfume. Prized for their nurturing energy, roses don't just benefit the skin but also support emotional comfort, connection and self-love.

AKTAR | 60 mins



Prices are available upon request. For more information or reservations, please contact your Jadugar.



Soy Candles

Join the calming, comforting ritual of candle-making. Create wellbeing candles using soy wax and mica powder (a natural pigment). Add essential oils for a delicate ambient effect of your choice: self-love, relaxation, romance or energy restoration. These candles are perfect for creating a beneficial perfumed ambience in your villa or back home.

AKTAR | 60 mins



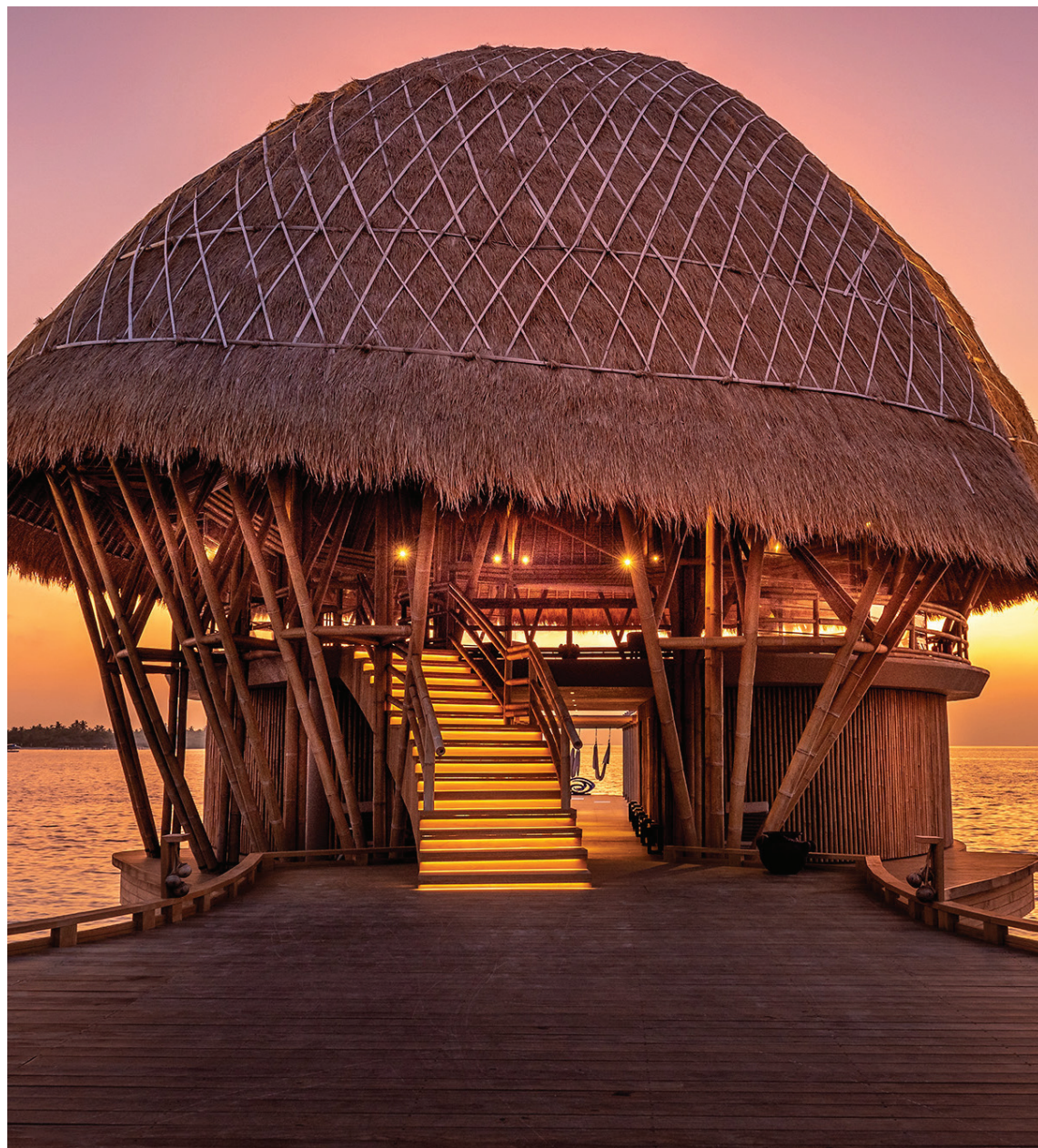
Prices are available upon request. For more information or reservations, please contact your Jadugar.

Soap or Solid Shampoo

Elevate your bathing ritual with all-natural products made with pure essential oils and naturally derived pigments. Our herbalist will guide you through the process of making your own soap or shampoo bar. These sustainable products aren't just gentle on your skin but also on the planet.

AKTAR | 60 mins





STARLIGHT RITUALS

Join us for sacred wellbeing rituals at the close of the day.

Resonating with the energies of Mother Earth and the universe, these signature experiences offer an opportunity to reflect and heal in the company of other wellbeing sojourners on the island.

*“We come together in
gratitude and love.”*

Journey of Transformation

Meet us for a calming meditation under the Gate of Zero, a powerful symbol of letting go of the past and releasing that which no longer serves you. Let the tranquil ocean sounds guide you into the present moment, so you can create and hold space for something new and infinitely better.

Gate of Zero
Maximum 8 guests



Bonfire Meditation

Join us for a gathering attended by all the elements of nature: fire, earth, water, air and ether. The power of fire, especially, helps us elevate our mind and heart.

Together, we will write down negative thoughts and cast them into the bonfire — an act that offers profound spiritual and mental benefits as we transmute negative energy into positive energy. By actively participating in the process of letting go, we gain clarity around what no longer serves us and make way for the new.

MOJO Beach
Maximum 8 guests

Prices are available upon request. For more information or reservations, please contact your Jadugar.

**Activities subject to capacity, advance reservations are required. All events and activities are subject to change and dependent on weather conditions where applicable.*



Cacao Ceremony

At this transcendent ceremony, we use the ancient healing properties of cacao to guide you through a heart-opening meditation to heal, release and find clarity in all areas of your life.

Cacao ceremonies are one of the oldest holistic healing practices, used by indigenous cultures around the world for millennia. The medicinal use of ceremonial cacao helps to open the heart and discover the essence of oneself. By releasing “feel good” hormones, cacao also allows us to enter a meditative state.

MOJO Beach
Maximum 8 guests


Prices are available upon request. For more information or reservations, please contact your Jadugar.

Chakra Dance

Chakra dance is a wellbeing movement practice that invites you to embody your soul more fully and authentically. Experience an ethereal blend of spontaneous dance and chakra-resonant music, carefully crafted to heal and re-tune your entire energy system.

Ocean Sala
Maximum 15 guests



A woman with long blonde hair is lying down in a room filled with large, glowing salt blocks. She is holding her right hand up to her face, with her index finger pointing upwards and her thumb and middle finger pinching her nose. She has her eyes closed and a peaceful expression. The room is dimly lit, with the primary light source being the warm, golden glow of the salt blocks in the background.

Mindful Halotherapy

Inhale the powerful healing properties of Himalayan salt with guided breathwork and meditation in our halotherapy room.

Dating back to the 12th century, salt therapy is used to treat respiratory concerns, improve skin and uplift emotional health. The salt-enriched air helps clean the lungs, soothe inflammation and promote easier breathing. It also naturally boosts serotonin levels and supports skin with beneficial trace minerals.

Himalayan Salt Room | KAASHI
Maximum 4 guests

Prices are available upon request. For more information or reservations, please contact your Jadugar.

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