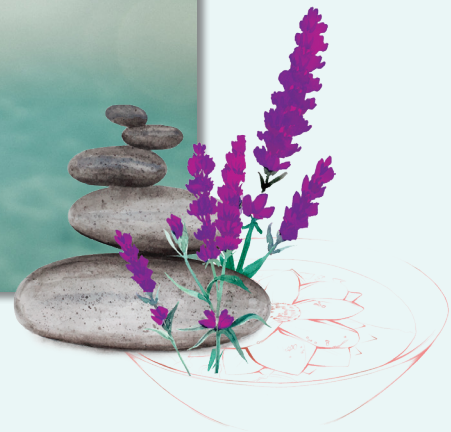


JOALI

— MALDIVES —



*take time each day to
nurture your mental health*



WORLD MENTAL HEALTH DAY

10 OCTOBER 2025

Surrounded by nature's beauty, the mind grows calm and clear.
A gentle joy awakens, setting the stage for mindful experiences
designed to restore balance and peace.

JOALI

— MALDIVES —



REMINISCENCE BY JOALI: A JOURNEY INTO SOUND & STILLNESS

This immersive ritual begins with the clarifying resonance of sound healing, followed by an Advanced Holistic Massage. Rhythmic strokes and marma point therapy release embedded stress, while enriching blends deliver active benefits. Your soulful reset ends with a signature Subtle Energies facial marma massage, leaving you rebalanced and renewed.

120 mins | JOALI BEING Cure | USD 350

MOVE YOUR MOOD: FITNESS CLASS

Lift your spirits while lifting your heartbeat! Offering an active path to mental and physical harmony, this energising workout promises to reduce stress and boost your mood.

8:30 am to 9:30 am | Fitness Centre | Complimentary

SHAPING EMOTIONS: CERAMIC PLATES

Let your hands do the talking. In this hand-building class, you'll turn raw clay into a deeply personal creation – a plate that reflects your thoughts and feelings. Let's connect mind and body through the timeless art of pottery.

1:00 pm to 2:00 pm | Art Studio | Complimentary

COLOUR ME CALM: ART THERAPY

Pick up a brush and let go of the rest. In this reflective session, art becomes a doorway to peace, presence and personal expression. Free your mind and let creativity flow as you express your inner world through every brushstroke.

2:00 pm to 3:00 pm | Painting Studio | Complimentary

For information or reservations, please contact your Jadugar.

Please note that all prices are in US\$ and subject to 10% service charge and applicable taxes.