

JOALI BEING  
Cure  
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## JOALI BEING Cure

Welcome to our sanctuary of healing, beauty and rejuvenation.

Our expertly curated menu offers an inspiring introduction to the award-winning wellbeing philosophy of JOALI BEING. Embark on a holistic journey across the Four Pillars: Mind, Skin, Microbiome and Energy.

Developed in collaboration with Subtle Energies, our treatments, therapies and rituals blend ancient wisdom with modern science.

We would be delighted to tailor treatments to your individual needs and concerns.

Experience a taste of the Joy of Weightlessness — a remarkable sense of freedom, lightness and wonder.



## THE FOUR PILLARS OF JOALI BEING

Discover a unique approach to wellbeing with the Four Pillars of JOALI BEING: Mind, Skin, Microbiome and Energy. Inspired by ancient wisdom and grounded in modern science, this transformative framework is designed to rebalance, replenish and revitalise all dimensions of the self.

Working together in harmony, the Four Pillars create a pathway to the Joy of Weightlessness, unfolding new perspectives on mental, emotional and physical wellbeing along the way.

### MIND

The Mind is responsible for thinking, feeling, and making choices, as well as directing our emotional, psychological, and social wellbeing.

Our mind is the gravitational field that determines how we express ourselves, handle stress and relate to others.

### MICROBIOME

Referred to as the second brain, the gut's Microbiome plays a key role in human health by breaking down and absorbing nutrients and strengthening the immune system.

When the gut is healthy, the other pillars thrive.

### SKIN

Skin is the largest body organ with its own microbiome. By focusing on the skin health, we nurture the body, restore natural beauty and reverse aging, impacting many areas of life, including self-confidence.

### ENERGY

Energy is a journey of the body, expanding through conscious movement. This pillar reflects how we sustain and renew physical energy in order to have the capacity to keep thriving. Regular intervals of self-care, restoration, and recovery help to re-energise ourselves, even during high-paced periods.

# THE FOUR PILLARS SIGNATURES



## **The Four Pillars Signature Massage** 60/90 mins | USD 300 - 350

Rebalance and renew with this transformative treatment, performed with our Four Pillars essential oil blends. Energy meridians are stimulated for a free flow of vital life force, invigorating your body's natural energy reserves. As restless thoughts are quieted and muscles are relaxed, a profound sense of calm awakens.



## **Mind Therapy** 60/90 mins | USD 300 - 350

Leave your worries at the door and let a feeling of peace wash over you. The gentle sounds of singing bowls bring you into a meditative state, while your therapist stimulates reflexology points on the feet to create a free flow of Chi (vital energy). The mind feels tranquil and centred, bright with a new clarity.



## **Skin Therapy** 60/90 mins | USD 300 - 350

Awaken your body's natural detoxification system with the soft exfoliation of a dry brush, which stimulates the lymphatic system. Toxins are gently eliminated, leaving you ready for a deeply invigorating contouring massage, focused on toning cellulite-prone areas like the thighs, love handles, arms and buttocks. JOALI BEING Cure's nurturing immortelle essential oil blend leaves your skin nourished, energised and glowing.



## **Microbiome Therapy** 60/90 mins | USD 300 - 350

Drift into serenity with this full-body massage, designed to strengthen gut health. The use of soft, circular hand movements creates a feeling of connection and flow, from head to toe. Focusing on the abdomen area, your therapist uses deep yet gentle strokes, combined with reflexology techniques, to relax and heal the muscles.



## **Energy Therapy** 60/90 mins | USD 300 - 350

Replenish your energy reserves with this restorative treatment, which combines gentle stretching with carefully chosen massage techniques to ease fatigue, detoxify the body, and relieve the tension stored in your muscles and mind. Emerge feeling uplifted and revitalised, ready for a new chapter of discovery.

# MY JOALI BEING CURE JOURNEYS



## PATHWAYS TO WELLBEING

Embark on a wellbeing journey, woven around the Four Pillars of JOALI BEING: Mind, Skin, Microbiome, and Energy. Each journey is meticulously designed to harmonise your physical and emotional wellbeing, rejuvenating your skin while sparking your inner vitality.

We merge ancient practices, modern science and advanced biotechnology to not only enhance radiance and resilience but also promote a balanced microbiome and restore a sense of self. Whether you seek deeper sleep, energisation from fatigue, or a closer connection with your partner, our curated experiences are crafted to leave you feeling hormonally, physically and spiritually balanced and renewed, ready to embrace life's most joyful moments.







### Rejuvenate and Restore

**120 mins | USD 475**

Grow and glow together on this heavenly JOALI journey. Share a renewing bathing experience, followed by a full face and body therapy designed for deep rejuvenation and holiday radiance. Performed with therapeutic oils and actives, our Advanced Holistic Massage soothes away muscle tension, anxiety, and emotional imbalances, nurturing your precious bond together.

This is followed by an age-defying facial that combines much-loved actives like mogra (the queen of jasmines) with a potent dose of 24k gold to stimulate cell renewal and promote collagen and elastin production, unveiling skin that is both firm and luminous. The rare qualities of the Himalayan rose help to soften and restore skin while also balancing the heart chakra.



### Reflections Within

**120 mins | USD 400**

Embark on an unforgettable JOALI journey with our unique combination of wellbeing treatments. Begin with a sound healing ritual to improve focus and clarity, followed by an Advanced Holistic Massage. Experience instant relaxation as we work on your marmas (vital energy centres) to release embedded stress.

Long, flowing strokes are combined with marma therapy and chakra alignment to support overall wellbeing, while enriching blends deliver a generous dose of active benefits. Finish with a signature Subtle Energies facial marma massage with potent aromatic actives, designed to balance emotions and reduce anxiety. Emerge feeling wonderfully rebalanced, renewed, and ready for joy.



### Muscle De-Stress Podi

**120 mins | USD 675**

An aromatic foot soak sets the scene for your deeply relaxing sojourn, followed by Podikhizhi (Podi). This remarkable Ayurvedic therapy is performed with dried herbal powders wrapped in muslin bags, dipped in warm oil, and applied over the entire body.

Feel pain and tension melt away as we target concerns like water retention, sports injuries, muscular and nerve pain, soft tissue inflammation, and joint problems. The journey concludes with an Advanced Holistic Massage, where we work on your marmas (vital energy centres) to release embedded stress.



### Detox and Adrenal Boost

**120 mins | USD 475**

Aimed at revitalising your body's energy flow, this journey begins with an invigorating full-body exfoliation that stimulates circulation and energises the skin. A detoxifying wrap, enriched with tulasi (holy basil), wild turmeric, and Indian lime, purifies the skin's microbiome along with stimulating the lymphatic system. The journey concludes with a signature Subtle Energies massage, including marma work, to release tension, improve blood flow and recharge your adrenal energy.



### Renew and Revive

**120 mins | USD 475**

Scrub: choose between Himalayan Salt to energise body and mind and reduce the appearance of cellulite, or Rasayana Detox to eliminate toxins and renew radiance. A facial marma massage enhances your skin's natural anti-ageing abilities. As the final step, enjoy an Advanced Holistic Massage that focuses on your vital energy centres to improve lymphatic circulation, release muscle tension and revive the body.



### Dream and Rise

**120 mins | USD 475**

Reconnect with inner calm and restore your energy. This tailored treatment focuses on harmonising the profound connection between mind, energy and skin. Based on your individual needs, we use a blend of marma therapy, lymphatic drainage and active ingredients that enhance your hormonal wellbeing to either awaken energy or invite restful slumber. The release of fluid retention gives your immune system a natural boost, while a bronze kasa bowl ritual helps draw out excess heat from the body. This personalised journey offers the perfect way to rebalance after a long flight.

# FACIALS

## COUPLE JOURNEYS



### **Canvas of Wellness:** *An Immersive Couple Ritual* **180 mins | USD 1,275**

Embrace the Canvas of Wellness, a curated journey that celebrates the vibrant intersection of art and wellbeing, designed to awaken both body and spirit in perfect harmony. Inspired by JOALI Maldives' Art Immersive concept, this unique couple's experience seamlessly weaves together relaxation, self-care, surrender, and creative exploration. Your ritual begins with a guided meditation and a purifying cleansing ceremony, featuring steam and sauna to open the senses. A gentle exfoliation prepares the body for a harmonising couple's massage, with focus on Marma points to stimulate energy flow and deepen the connection between mind and body. The journey concludes with a collaborative painting session, inviting you to express your shared energy, emotions, and renewal on canvas - leaving not just with a memory, but a meaningful creation born from your wellness experience.



### **Private Night Spa Indulgence:** *An Evening of Exclusive Oceanfront Rejuvenation* **150 mins | USD 1,575**

Awash with moonbeams and starlight, let the murmur of the ocean caress you into a state of blissful relaxation.

Held after hours, this mesmerising experience begins on arrival with a special mocktail. Then, allow us to escort you to a private VIP suite by the ocean where you can unwind in the steam and sauna rooms. Your personalised 90-minute aromatherapy treatment includes a foot ritual and couple's massage. A bottle of Champagne, a bouquet of flowers, shimmering candles and homemade pastries set the mood to rekindle your story of endless love. Share moments of joy and intimacy on the private deck as you reconnect with the sea, sky, stars – and each other. Take home our wishes for your wellbeing a complimentary gift from JOALI BEING Cure.



# TRANSFORMATIVE FACIALS

Welcome to your skin transformation.

Discover a selection of Subtle Energies facials, meticulously crafted to support the Four Pillars of JOALI BEING: Mind, Skin, Microbiome, and Energy. These treatments not only rejuvenate, balance and hydrate your skin but also assist in mental and emotional wellbeing by reducing stress lines and promoting holistic balance.

Using core active ingredients, Subtle Energies facials promote collagen production, elastin support and skin cell renewal, as well as improving circulation and reducing inflammation with high antioxidant value.

Witness the effects of age and stress fall away, restoring youthfulness and luminosity.

By regulating the skin's microbiome, these treatments foster a thriving community of beneficial bacteria and microorganisms, which in turn supports the immune response. Experience a healthier skin environment as selected essential oils improve the integrity of tight junctions in the skin.

Taking a comprehensive approach, Subtle Energies facials also focus on cellular energy, particularly the mitochondria, to invigorate the skin.

Emerge feeling balanced, renewed and radiant.



## Advanced Holistic Biotech Facial 60/90 mins | USD 600 - 650

Transform your skin with intensive hydration and enhanced cellular renewal. Fusing holistic skin science with vegan collagen and next-generation hyaluronic acid, this advanced facial supports your complexion with cutting-edge biotechnology ingredients, derived from unique fermentation processes that increase their bioavailability while also promoting a healthy skin microbiome. Experience a remarkable rejuvenation that leaves your skin plump, youthful, and lifted. Our advanced biotech techniques not only deliver visible skin improvements but also enhance emotional wellbeing.



## 24K Gold Age-Defying Facial 60/90 mins | USD 350 - 400

Turn back the years with this age-defying facial, which combines collagen with elastin-boosting actives. Potent ingredients like mogra (the queen of jasmines) and 24K gold penetrate the dermal layers to renew and regenerate skin cells, delivering long-lasting youthfulness. Watch your skin light up with a radiant glow as deep oxygenation erases fine lines and wrinkles. This holistic facial also works at an emotional level to ease anxiety and correct hormonal imbalances.



## Advanced Antioxidant Facial 60/90 mins | USD 350 - 400

Recommended for sensitive, inflamed and mature skin types, this enriching facial therapy delivers a nutrient-rich elixir to reinvigorate a tired complexion. Advanced antioxidants and essential fatty acids combine to fight free radical damage, strengthen the skin's natural barrier and protect against visible signs of ageing. This facial also promotes skin health and resilience by nurturing an optimal environment for a diverse skin microbiome. Experience a specialised facial massage with an active serum to boost collagen and hyaluronic acid production, followed by a botanical mask that locks in moisture and nutrients. Emerge with a calm, nourished and hydrated complexion that reflects the inner balance restored within your skin.





### **Wild Kashmir Purifying Facial** **60/90 mins | USD 350 - 425**

Unveil a visibly fresh complexion with this powerfully renewing facial, designed to optimise overall skin wellbeing. Utilising the potent properties of wild turmeric and Kashmir lavender, this treatment deeply decongests and detoxifies, promoting clear, balanced skin. The purifying exfoliation and mud mask boost blood flow and revitalise your skin's energy, supporting a healthy microbiome and leaving your complexion radiant and recharged. Ideal for teenage and oily combination skin.



### **Essential Daily Hydration** **60/90 mins | USD 350 - 400**

Restore your skin's natural vitality with this intensely hydrating and nourishing facial. Ideal for most skin types, it combines nature's most potent actives with henna flowers, neem and carrot seed oil, prized for their firming properties. An excellent option for men, this treatment leaves skin supple, re-energised and newly resistant to the effects of urban living.



### **My Skin at JOALI** **90 mins | USD 400**

Blending ancient wisdom with modern science, this results-driven facial is tailored to your unique skin concerns. A signature aromatic marma massage releases tension, balances emotions, and restores cellular radiance, leaving skin visibly smoother and more luminous.



### **Ultimate HydraFacial** **60 mins | USD 525**

Experience a visible skin renewal with our luxurious blend of HydraFacial™ and Subtle Energies' skincare. A lymphatic drainage massage detoxifies the facial area, followed by deep cleansing, exfoliation and hydration with antioxidants, hyaluronic acid and multi-peptides. LED light therapy targets redness, fine lines and blemishes, while bespoke serums and moisturisers leave your skin nourished and glowing.



### **Rejuvenating HydraFacial** **90 mins | USD 675**

Refresh and invigorate your skin with HydraFacial™ techniques and Subtle Energies' pure formulations. This treatment deeply cleanses, exfoliates and hydrates, infusing antioxidants and hyaluronic acid to smooth away fine lines. LED light therapy and customised serums complete the experience, leaving your complexion balanced and revitalised.



### **Add-On: HydraFacial PERK Lip** **30 mins | USD 195**

HydraFacial™ uses Vortex-Fusion™ technology, which works like a vacuum to penetrate inner pores and increase the effectiveness of the treatment. Revitalising Perk Lip treatment is infused with powerful ingredients and blends to exfoliate and smooth your lips to experience a lightly plumped and hydrated lips.



# H A M M A M



## H A M M A M

Inspired by time-honoured Hammam traditions, these immersive treatments bolster your immune system and alleviate muscle tension, offering total relaxation for the body and mind. Carefully selected products help to exfoliate and remineralise your skin while simultaneously stimulating the body's circulation.



# BODY TREATMENTS



## **Aromatic Detox Hammam** 60 mins | USD 350

Discover our blend of timeless cleansing and restorative rituals, cherished through centuries. A traditional Hammam exfoliation prepares your body to receive the benefits of Ayurvedic aromatherapy, including soothing the skin and replenishing its moisture. Not only does this treatment impart a radiant glow to the body but also brings stillness and peace to the mind.



## **Hammam Journey** 120 mins | USD 500

Enjoy a personalised wellbeing journey that brings together age-old cleansing and massage rituals. A traditional Hammam exfoliation sets the stage for a full-body massage focused on your marmas (vital energy centres).

Long, flowing strokes are combined with marma therapy and chakra alignment to support overall wellbeing, while enriching blends deliver powerful active benefits. Based on your individual needs, we use selected Subtle Energies aromatic oils to either facilitate stress release and relaxation or to energise and invigorate.



## HOLISTIC BODY THERAPIES

Rebalance physically, mentally and emotionally with our range of signature body treatments.

Designed to unlock healing at multiple levels, our therapeutic techniques are supported by a range of wellness boosters from Subtle Energies. Pure, natural active extracts, nutrient-rich butters and aromatic blends come together to stimulate and regenerate skin cells.



### Rasayana Detox Body Buff 60 mins | USD 400

Ideal for jetlagged and tired skin, this treatment begins with a light-to-medium exfoliation with walnut shells, enhanced by the application of hot compresses. Watch the appearance of cellulite fade as dead skin cells are effectively removed. Fresh aromatics like tulasi (holy basil), wild turmeric and Indian lime not only purify the skin but also revive the body, aligning with your natural energy flow. A full-body hydration locks in moisture and protects the skin. Emerge feeling invigorated and ready for your JOALI adventure!



### Himalayan Energising Body Polish 60 mins | USD 300

Rejuvenate your body with mineral-rich Himalayan crystal salts that exfoliate and detoxify, stimulate circulation and boost your skin's energy. Rare Ayurveda aromatherapy oils work to balance your skin's microbiome, reducing stress and leaving you with a radiant, glowing complexion. Hot compresses and full-body hydration further nourish and protect your skin, leaving you revitalised, balanced and energetically aligned.



### Rasayana Detox Body Wrap 75 mins | USD 400

Purify, tone and hydrate with this active body therapy. Start with a zesty exfoliation of essential oils, cinnamon powder and walnut shells that detoxifies your skin while also enhancing circulation and energy flow. A mineral-rich clay wrap, infused with spiked ginger lily, spirulina and green tea, nurtures a clean and smooth skin environment. Conclude with a nourishing full-body hydration, leaving your skin energetically revitalised.



### JOALI BEING CURE Skin Recovery 75 mins | USD 350

Show your skin some after-sun love with a wonderfully cooling and hydrating treatment. Designed to soothe, nourish and repair, this face and body therapy is ideal for sun-exposed, dry or damaged skin. A pure plant hydration mask, infused with aloe vera, reduces redness and boosts antioxidant activity to heal free radical damage, promoting a balanced skin microbiome. A calming head massage, paired with an anti-inflammatory serum and body butter wrap, completes this rejuvenating experience.

# MASSAGES



## REJUVENATING MASSAGES

Enter a state of profound rest, relaxation and repair with our tailored massage therapies.

Experience the active benefits of advanced therapeutic blends from Subtle Energies, combined with rare Ayurvedic aromatherapy active essential oils and base oils.

The healing hands of our therapists apply carefully selected techniques at varying levels of pressure to enhance your overall wellbeing. Feel stress and muscular tension melt away as you drift into pure serenity.







### **Advanced Holistic Massage** 60/90 mins | USD 250 - 350

Experience instant relaxation as we work on your marma (vital energy centres) to release embedded stress. Long, flowing therapeutic strokes at various levels of pressure are combined with marma therapy and chakra alignment to support overall wellbeing. Enriching blends deliver powerful active benefits, leaving you rebalanced, renewed, and relieving all stress-related tension. The 90-minute version includes a signature Subtle Energies facial marma massage with potent aromatic actives, designed to balance emotions and reduce anxiety.



### **Deep Tissue Massage** 60/90 mins | USD 250 - 300

Going beyond the surface to the inner layers of tissues and muscles, this powerful massage releases deep-seated tension and stress. We use specialised techniques to focus on your specific areas of concern and alleviate common discomforts.



### **Hot Stone Massage** 60/90 mins | USD 250 - 300

Feel your stress vanish under the healing touch of elemental energies. The ultimate massage booster, this treatment combines the potency of fire, earth, and water to bring profound relief to tight muscles and revive a weary spirit. The heat from the stones allows the therapist to work deeply in the muscles, bringing you to a complete state of relaxation.



### **Pregnancy Massage** 60/90 mins | USD 250 - 300

Support your motherhood journey with a profoundly nourishing body massage that devotes special care to tension-prone areas during or after pregnancy. Customised to your personal concerns, this restorative treatment alleviates muscular aches, eases anxiety, and revitalises the spirit.



### **Thai Massage** 60/90 mins | USD 300 - 350

Using a blend of acupressure massage, deep stretches and assisted yoga postures, this traditional Thai massage helps to release tension, open up tight muscles and balance energy flow through the body. As your limbs gain flexibility and start moving more freely, a sense of pure relaxation washes over you. This holistic massage is performed without oil, while wearing loose and comfortable clothing provided by the wellness centre.



### **Anti Cellulite Massage** 60/90 mins | USD 300 - 350

Focused on cellulite-prone areas, this specialised massage uses carefully selected oils to target fat accumulation, reduce fluid retention, and boost blood circulation. Enjoy the extended benefits of powerful active ingredients, which continue to eliminate excess cellulite long after the treatment is over.



### **Reflexology** 60 mins | USD 300

This ancient therapeutic treatment focuses on pressure point massage to reflex zones on the feet, alleviating stress throughout the body. Specific pressure points are worked to relieve tension and restore the body's natural energy.



## JOALI BEING

The first and only wellbeing island of its kind in the Maldives, JOALI BEING marks the start of a transformative journey. Wellbeing offerings are woven around the Four Pillars: Mind, Skin, Microbiome and Energy, with each Pillar supported through a curated blend of treatments, therapies, movement sessions, learning workshops and culinary experiences. A dedicated team of naturopaths, therapists and movement experts works closely with guests to create a highly personalised pathway to the Joy of Weightlessness.

Renowned for its biophilic design, the island showcases a harmonious integration of architecture and nature, with an inspiring collection of purpose-built spaces for sound healing, hydrotherapy, herbology, fitness and more.

Nature is at the centre of life at JOALI BEING, which embodies a deep commitment to sustainable travel and responsible luxury.



## JOALI BEING Cure

Experience JOALI BEING's award-winning Joy of Weightlessness philosophy with JOALI BEING Cure, an ultra-elevated wellness centre experience. Designed around the Four Pillars approach, JOALI BEING Cure offers expertly crafted treatments that incorporate the unique essence of JOALI BEING.

Guests also have the opportunity to discover an array of therapies by Visiting Practitioners, part of an extensive network of wellbeing experts nurtured by JOALI BEING since its inception.

## SCHEDULING AN APPOINTMENT

To schedule your perfect treatment, please contact our JOALI BEING Cure reservations team, who will guide you in selecting the ideal experience.

To ensure availability of your preferred time and service, we recommend booking in advance.

### JOALI BEING Cure Reception

Short Number : 77

Extension: 4451

Phone Number: +960 6584451

Email: [spa.jomv@joali.com](mailto:spa.jomv@joali.com)

## WHAT TO WEAR

We provide a robe and slippers for your comfort at JOALI BEING Cure.

Disposable undergarments will be offered prior to the start of your treatment.

Our therapists are highly trained in professional draping techniques to ensure your privacy throughout.

## ARRIVAL TIME

Please arrive early enough to complete your Consultation Form and/or Health Questionnaire. We recommend arriving up to one hour prior to your scheduled treatment time so you can relax, change, and enjoy our facilities.

Late arrivals may result in a shortened treatment duration. Luxurious towels, robes, slippers, and all necessary amenities will be provided during your visit.

## SPA ACCESS AND FACILITIES

The following spa facilities are available for your enjoyment:

- Sauna
- Steam Room
- Power Showers
- Hammam
- Vitality Pool
- Spa Changing Rooms
- Relaxation Lounge
- Private Spa Beach

Our private beach and outdoor vitality pools, complete with air and water massage jets, offer enhanced moments of relaxation during your spa journey.

## CHILDREN’S POLICY

We are delighted to offer treatments for children under 16 years old. However, they must be accompanied by an adult for the whole duration, apart from manicures and pedicures taken in the Finishing Studio. Please contact the JOALI BEING Cure reservations team for details on our teen scene and firefly treatment menu. Access to the rest of the spa, including the changing facilities and heat experiences, are restricted to under 16s.

## CANCELLATION POLICY

A 100% charge will apply for any treatments not cancelled at least 4 hours prior to the scheduled appointment. Late arrivals will result in reduced treatment time.

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests’ right to privacy and serenity. In light of this, the spa is a mobile phone, camera, alcohol and smoke free zone.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## PREGNANCY

We offer specially designed treatments for expectant mothers in their second trimester or beyond, as well as for nursing mothers. Please allow our team to guide you in selecting the most suitable options during this special time.

## HOMECARE

To continue your spa experience at home, most products used in our treatments are available for purchase at the JOALI BEING Cure reception.

## VALUABLES

JOALI BEING Cure accepts no responsibility for the loss of valuables or jewellery at any time on the spa premises.

## LOST PROPERTY

All lost property found on the premises will be handed in to the JOALI BEING Cure reception. Items will be kept for three months before being donated to local charities. Please note: Liquids, undergarments, and hairbrushes are stored for 24 hours only.

## PRICES

All prices are quoted in USD and are subject to 10% Service Charge and 17% Government Tax. Prices are subject to change without prior notice. Gratuities are not included and are welcomed at your discretion.

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