

# *International* **Self-Care Day**

24 JULY 2025



Today is a tender invitation to look after the one who matters most: you.  
Honouring the beauty of tuning in and looking after your own needs,  
these curated activities encourage guests of all ages to practice the art of  
self-care - not a luxury, but a way of life.

JOALI BEING

## SOAP MAKING

Shape, scent and swirl your way through a playful journey of creation. In this hands-on session, kids craft their own colourful, all-natural soaps — pure nourishment for young skin.

*11:00 am – 11:30 am*

*B'Kidult*

*Complimentary*

## LIP BALM MAKING

Young guests learn the basics of skincare as they blend natural ingredients into personalised balms — tiny gifts of wellness made with loving hands. Mix it, melt it, make it yours!

*3:00 pm – 3:40 pm*

*B'Kidult*

*Complimentary*

## SKINCARE WORKSHOP

Self-care lives in our daily choices. Join our expert therapist to learn simple skincare rituals for healthy, radiant skin. Give your complexion the love and intention it deserves, every single day.

*10:00 am – 11:00 am, 4:00 pm – 5:00 pm*

*Areka*

*Complimentary – Maximum 8 per session*

## FACE YOGA SESSION

Stretch, soften and smile on this journey of rejuvenation. Gentle facial exercises meet mindful relaxation, helping you release tension and awaken natural beauty — one breath, one expression at a time.

*10:00 am – 11:00 am*

*CORE*

*Complimentary*

## PARASAILING ADVENTURE

This International Self-Care Day, elevate your wellbeing by rising above it all. Feel the breeze, embrace the freedom, and savour the exhilaration of parasailing over the Maldives' stunning turquoise waters. After all, self-care isn't just about slowing down — it's about lifting yourself up.

*Available all day for bookings*

*Marine Centre*

*USD 250*

# JOALI BEING

For information or reservations, please contact your Jadugar.

All prices subject to 10 percent Service Charge and 17 percent Government Tax.