

JOALI BEING  
Cure



SPA MENU



# MASSAGES



### **Advanced Holistic Massage**

**60/90 mins | USD 250 - 300**

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 deeply 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 250 - 300**

Using a blend of acupressure massage, deep stretches and assisted yoga postures, this traditional Thai massage helps to release deep-seated 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 deep relaxation washes over you. This holistic massage is performed without oil, while wearing loose and comfortable clothing provided by the spa.

### **Anti Cellulite Massage**

**60/90 mins | USD 250 - 300**

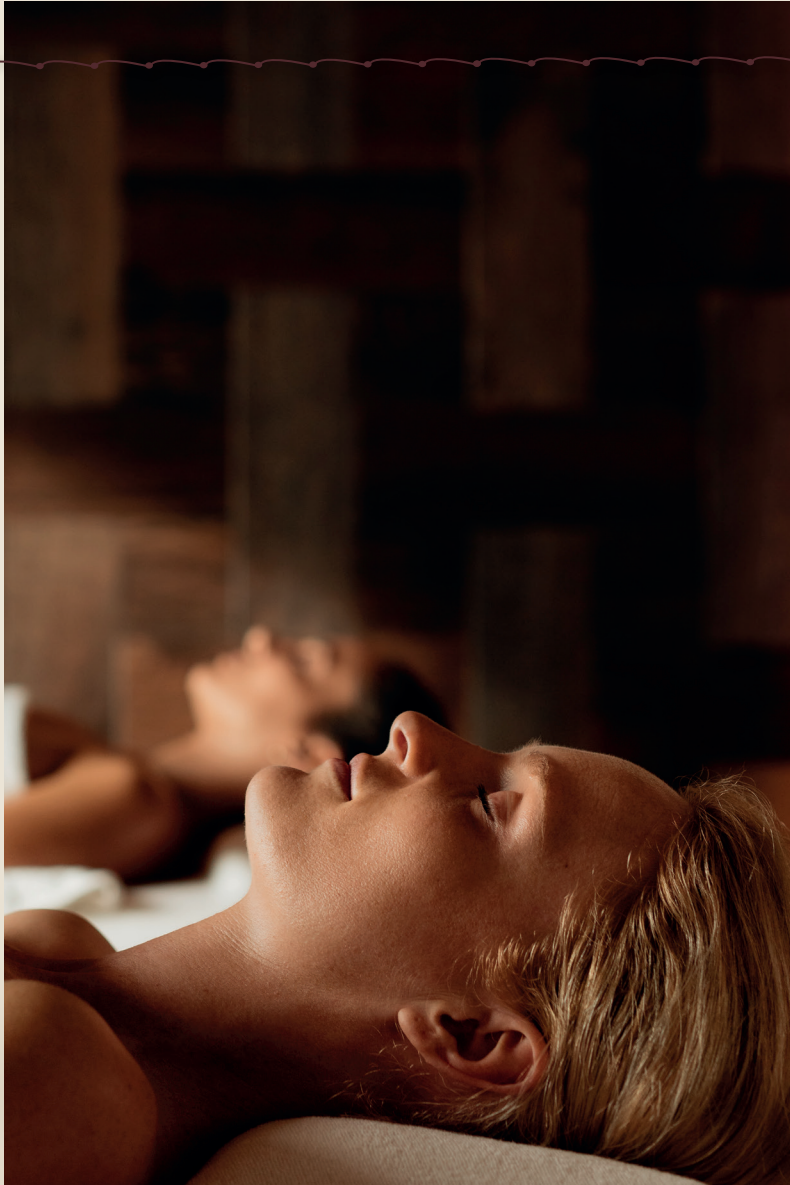
A highly effective stimulating treatment, this specialised massage uses carefully selected oils to target cellulite, reduce fluid retention, and boost blood circulation. Enjoy the extended benefits of powerful active ingredients, which continue to eliminate excess cellulite long after the treatment is over.

### **Reflexology Massage**

**60 mins | USD 300**

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

# FACIALS



### **Advanced Holistic Biotech Facial**

**60/90 mins | USD 400 - 450**

Transform your skin with deep hydration and enhanced cellular renewal. Fusing holistic skin science with vegan collagen and next-generation hyaluronic acid, this advanced facial supports your complexion with the latest in biotech natural actives. Experience a remarkable rejuvenation that leaves your skin plump, youthful and lifted.

### **24K Gold Age-Defying Facial**

**60/90 mins | USD 300 - 350**

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 300 - 350**

Designed for dehydrated, mature, sensitive, or damaged skin, this enriching facial therapy delivers an exceptional nutrient-rich elixir to reinvigorate a tired complexion. Advanced antioxidants and essential fatty acids team up to fight free radical damage and protect your skin against visible signs of ageing. Enjoy a facial massage with an active serum to increase collagen and hyaluronic acid production, before a botanical mask locks this precious moisture into the skin. Emerge from this restorative treatment with a smooth, nourished and deeply hydrated complexion.

### **Wild Kashmir Purifying Facial**

**60/90 mins | USD 300 - 350**

Unveil a visibly fresh complexion with this powerfully renewing facial, designed to optimise overall skin wellbeing. Wild turmeric offers intense purification while fragrant Kashmir lavender soothes and restores. Impurities are drawn out through deep detoxification, including a double cleanse, a saffron and frankincense exfoliation, and a mud mask. An indulgent treatment to revitalise tired, congested and stressed skin.

### **Essential Daily Hydration**

**60/90 mins | USD 300 - 350**

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 gul heena flowers, neem and carrot seed oil, prized for their firming properties. An excellent option for men, this treatment leaves skin supple, revitalised and newly resistant to the effects of urban living.

### **My Skin at JOALI**

**90 mins | USD 350**

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





# BODY TREATMENTS



### **Rasayana Detox Body Buff**

**60 mins | USD 300**

Ideal for jetlagged and tired skin, this rejuvenating 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 invigorate the skin and uplift the spirit, followed by a full-body hydration to nourish your skin. Emerge feeling energised and ready for your JOALI adventure!

### **Himalayan Energising Body Polish**

**60 mins | USD 300**

Feel invigorated as a strong exfoliating body polish, using mineral rich, Himalayan Crystal Salts, releases toxins and stimulates circulation. Skin will be visibly radiant, releasing stress along the way with the active effects of rare Ayurveda Aromatherapy oils. Hot compresses nurture throughout and a full body hydration with rich ingredients deeply moisten and balance the skin.

### **Rasayana Detox Body Wrap**

**75 mins | USD 350**

This active body therapy works to purify, tone and hydrate. Start with a zesty exfoliation using essential oils, cinnamon powder and walnut shells, before relaxing into a heavenly body wrap. Infused with powerful herbs like spiked ginger lily, spirulina and green tea, the mineral-rich clay envelops your skin to provide the ultimate detox. The treatment concludes with a full-body hydration featuring your choice of aromatic body butter, lotion or blend.

### **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. Relax with a calming head massage before being wrapped up in an intensive serum and body butter blend to restore skin health.

# MY JOALI BEING CURE JOURNEYS



## **Detox and Adrenal Boost**

**120 mins | USD 400**

A comprehensive purification process using highly potent active ingredients such as Tulasi, Wild Turmeric and Indian Lime that work towards blood purification, energizing and stimulating the cells and lymphatics whilst also boosting adrenal fatigue. The journey begins with a full exfoliation, followed by a toning detox wrap, and concludes with Subtle Energies signature massages that will release tension, lymphatic drainage and work the Marmas.

## **Renew and Revive**

**120 mins | USD 400**

This journey starts with a mineral-rich aromatic foot soak, followed by a full-body exfoliation scrub. Choose between Himalayan Salt to energise body and mind and reduce the appearance of cellulite, or Rasayana Detox to eliminate toxins and renew skin's radiance.

A facial marma massage works to enhance your skin's natural anti-ageing abilities. As the final step in the journey, enjoy an Advanced Holistic Massage. Focused on your vital energy centres, this therapy improves lymphatic circulation, releases muscle tension and energises the body to induce better sleep.

## **Sleep Well, Awaken Well**

**120 mins | USD 350**

Relax and reset with our customisable jetlag treatment, designed to bring your body back into a state of balance. Based on your individual needs, we use a blend of marma therapy and lymphatic drainage to either awaken your energy or ease you into 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 tailored treatment offers the perfect way to rebalance after a long flight.

## **Couples Rejuvenate & Restore**

**120 mins | USD 450**

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.

## **Reminiscence by JOALI**

**120 mins | USD 450**

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.



# HAMMAM





### **Aromatic Detox Hammam**

**60 mins | USD 300**

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 450**

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 bring stress release and relaxation or to energise and invigorate.

# TEENS

( under 16 years old )



### **Teen Fun Facial** 30 mins | USD 150

This express facial uses carefully curated products to suit younger skin. Cleansing is followed by a light massage to either soothe and calm or purify and balance. Finish with a prescriptive mask to address teen skin concerns, accompanied by a relaxing head massage with a blend of baby oils.

### **Teen Massage** - **Back Massage** | 30 mins | USD 150 - **Full Body Massage** | 60 mins | USD 250

Thoughtfully designed for teens, this massage uses a nurturing blend of lotus and gul heena flower oils to hydrate the skin and calm the senses. Carefully selected techniques reduce tension in the shoulders, neck and back.

### **Fabulous Fingers** 30 mins | USD 100

Get set to sparkle in the sun with this delightful manicure. Nails are gently tidied, followed by a soothing hand massage and polish application. Choose a fun colour to get into the holiday mood!

### **Twinkle Toes** 30 mins | USD 100

Get your toes beach ready with this short and sweet pedicure. Nails are gently tidied, followed by a soothing foot massage and polish application. Choose a fun colour to get into the holiday mood!

## **Scheduling an Appointment**

To schedule an appointment for your perfect treatment, please contact our JOALI BEING Cure reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance.

JOALI BEING Cure Reception  
Short Number 77  
Extension 4451  
Phone Number +960 6584451  
Email spa.jomv@joali.com

## **What to Wear**

We provide a robe and a pair of slippers at JOALI BEING Cure. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy.

## **Arrival Time**

Please allow sufficient time before your treatment to complete a Consultation Form and/or Health Questionnaire. We recommend you arrive up to one hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

## **Spa Facilities and Access**

The following spa facilities are available at JOALI BEING Cure: sauna, steam room, power showers, hammam, vitality pool, spa changing and relaxation areas.

## **Relaxation Lounge & Private Spa Beach**

The private spa beach and outdoor vitality pools with air and water massage jets enhance your relaxation while at the spa.

## **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 be incurred for any treatment not cancelled at least 4 hours prior to your scheduled time. Late arrival will shorten your treatment time.

### **Spa Etiquette**

Our spa environment is one of relaxation and tranquillity. 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 have specially designed treatments for expectant women past their 1st trimester or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

### **Gift Vouchers**

An ideal gift for someone special. Please contact the JOALI BEING Cure reservations team for details.

### **Homecare**

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

### **Valuables**

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

### **Lost Property**

All lost property found on the premises should be handed in at JOALI BEING Cure reception. Items will be stored for three months, if they are not collected within this time, they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

### **Prices**

All prices are quoted in USD and are subject to a 10 percent Service Charge and 16 percent Government Tax. Prices may change without prior notice. Gratuities are not included and are welcomed at your discretion.





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