



WELLBEING PROGRAMMES AT JOALI BEING

Embark on a transformative wellbeing journey, surrounded by the abundance and wisdom of nature. Curated around the Four Pillars of **JOALI BEING: Mind, Skin, Microbiome and Energy**, our Wellbeing Programmes are designed to meet a variety of objectives, including: deep relaxation, stress recovery, digestive reset, weight management, preventive skincare, anti-ageing, energy replenishment, and yoga enhancement.

Additionally, we offer specialised programmes for mothers-to-be, women, men, couples, and guests facing sleep issues. Experience the remarkable **Joy of Weightlessness** at JOALI BEING, and return home feeling renewed and inspired.

JOALI BEING

*there is joy in
weightlessness*



The Four Pillars

Whilst each recipe has been curated to nourish all of the Four Pillars, highlighted icons indicate those that contain elements to enhance specific pillars.

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 ageing, 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 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.

TREATMENTS

*Four Pillars Signature Massage
(90 mins)*

Our signature full-body treatment with the Four Pillars essential oil blends, designed to calm the mind and stimulate the flow of vital life force in the body

*Watsu Therapy or Hamman Experience
(60 mins)*

A choice between Watsu, a healing hydro-treatment combining massage, acupressure, shiatsu and stretching, or Turkish Hammam, a timeless cleansing ritual for inner calm and strength

*AKTAR Mind Therapy / Sound Healing Remedies
(60 mins)*

A choice between our Mind Therapy massage to promote mental peace and clarity, or Sound Therapies that bring you in alignment with universal vibrations

*Hatha Yoga / Pilates / Meditation
(60 mins)*

A movement or breathwork session of your choice, to bring mind and body into harmony

*Massage – Abhyanga / Shirodhara / Integrative
(90 mins)*

A choice between relaxing Abhyanga with medicated herbal oils, therapeutic Shirodhara to awaken awareness and mental peace, or Integrative Massage to melt away tension

*Flora Restorative Hair and Scalp
(60 mins)*

A tailored treatment to rejuvenate scalp health and restructure hair fibres for fuller, shinier hair

*Watsu Therapy
(60 mins)*

A healing hydro-treatment combining massage, acupressure, shiatsu and stretching, designed to create a state of profound serenity

*Massage – Abhyanga / Shirodhara / Mind Therapy
(90 mins)*

A choice between relaxing Abhyanga with medicated herbal oils, therapeutic Shirodhara to treat anxiety and awaken awareness, or relaxing Mind Therapy to promote mental peace

*Wellbeing Wisdom of Yoga
(60 mins)*

An interactive session with our experienced Yogacharya to broaden your perspective on all aspects of life – physical, energetical, emotional and spiritual

*Flora Anti-Ageing Hair and Scalp
(60 mins)*

A specially formulated treatment to soothe the scalp and promote hair growth, density and elasticity

*AKTAR Microbiome Therapy
(60 mins)*

A serene massage that uses gentle movements and curated essential oils to strengthen microbiome health, aid digestion and support the immune system

*Massage – Immunity Booster / Udvartana
(30 mins)*

A choice between our Immunity Booster treatment that combines dry brushing and lymphatic drainage movements to awaken circulation and remove toxins, or a strong Udvartana massage that employs powders and pastes to stimulate lymph nodes and eliminate toxins

*3-D Fitness & Alignment Analysis
(30 mins)*

A comprehensive scan of various metrics, represented in a digital avatar and analysed to prepare an intelligent nutritional and fitness programme that addresses your body's specific needs and ignites metabolism

*Body Wrap
(60 mins)*

An ultra-exfoliating body scrub, followed by a nourishing wrap of rich minerals, trace elements and potent antioxidants

TREATMENTS

Reflexology / Chi Nei Tsang (60 mins)

A choice between lower-leg Reflexology that activates energy points to revitalise the body's energy flow, or abdominal Chi Nei Tsang that clears blockages and rebalances your entire energy system

Flora Deep Scalp Detox (60 mins)

A tailored treatment that unclogs the scalp, improves oxygenation and promotes a healthy microbiome to support the vigorous growth of shiny hair

Specialist Consultation — TCM / Ayurveda Naturopathy / Homeopathy (60 mins)

A personal wellbeing consultation with one of our expert practitioners to identify imbalances and suggest appropriate treatments or lifestyle adjustments

Massage — Udvartana / Chi Nei Tsang (60 mins)

A choice between a strong Udvartana full-body massage that employs powders and pastes to stimulate lymph nodes and eliminate toxins, or a gentle Chi Nei Tsang abdominal massage that clears blockages and rebalances your entire energy system

Legs, Hips and Gluteal Detox (90 mins)

A detoxifying and toning treatment that combines a scrub and wrap with myofascial massage, cupping and cryotherapy. Focused on the upper legs, glutes, hips and lower back

AKTAR Skin Therapy AKTAR Microbiome Therapy (60 mins)

A choice between a gentle Skin Therapy to contour and shape the form of the body, especially thighs and arms, or a serene Mind Therapy to strengthen microbiome health and aid digestion

Intelligent Movement Analysis (60 mins)

An in-depth and real-time analysis of movement patterns and performance, used to create a bespoke training programme that helps you meet your fitness goals

Functional Training / Pilates (60 mins)

Your choice of invigorating workout, guided by one of our expert fitness specialists

Cryotherapy (30 mins)

An innovative extreme-cold therapy that boosts cellular activity to support weight management, with up to 800 calories burned in a single session. Performed in our cryo:one chamber

Charcoal Detox Facial (60 mins)

A deeply cleansing and detoxifying facial that includes a signature triple peel and charcoal rice therapy mask to remove impurities and blackheads

Facial — Medi-Luxe / Age-Well Energy Lift (90 mins)

A choice between a Medi-Luxe Facial that combines stem cell technology, hyaluronic acid, lifting massages and LED therapy for visibly firmer and more radiant skin, or an age-defying Energy Lift Facial that uses rare Swiss apple stem cells and breakthrough ingredient Teprenone to promote skin cell rejuvenation

AKTAR Skin Therapy / AKTAR Mind Therapy (60 mins)

A choice between a gentle Skin Therapy to contour and shape the form of the body, especially thighs and arms, or a relaxing Mind Therapy with traditional oils to promote mental peace and clarity

Body Wrap (60 mins)

An ultra-exfoliating body scrub, followed by a nourishing wrap of rich minerals, trace elements and potent antioxidants

Couple's Massage — Four Pillars Signature / Mind Therapy / Microbiome Therapy (150 mins)

A choice between our signature Four Pillars Massage to stimulate the flow of vital life force, Mind Therapy to promote mental peace, or Microbiome Therapy to strengthen gut health and immunity. Performed in the privacy of your chosen Couple's Suite – Ocean Sala with private sauna, or Immortal with private Jacuzzi

TREATMENTS

Facial — Age-Well Energy Lift / Anti-Redness Vitamin K

A choice between a powerfully age-defying Energy Lift Facial that uses rare Swiss apple stem cells and breakthrough ingredient Teprenone to promote skin cell rejuvenation, or a calming Vitamin K Facial that prevents redness caused by fragile capillaries, rosacea, trauma and sensitivity

AKTAR Skin Therapy / Abhyanga

A choice between a gentle Skin Therapy to contour and shape the form of the body, especially thighs and arms, or a relaxing Abhyanga with medicated herbal oils

AKTAR Energy Therapy

A detoxifying and rejuvenating treatment that combines gentle stretching, hot Veli Bondhi compresses and massage techniques to relieve fatigue, reduce muscle tension and restore the flow of energy through the body

Massage — Abhyanga / Kati Vasti / Deep Tissue

A choice between relaxing Abhyanga with medicated herbal oils, nourishing Kati Vastu to treat back-related discomfort, or strong Deep Tissue to release trigger points, knots and deep-seated stress

Thai Massage

A traditional treatment that improves movement and flexibility through a series of stretches and rhythmic pressure to release muscular tension and energy blockages

Functional Training / Pilates / Yoga

Your choice of invigorating workout, guided by one of our expert fitness specialists

Maternity Massage

A full-body massage resembling Swedish massage, with specialised modifications for the safety and comfort of mother and baby. Performed by a certified prenatal massage therapist

Reiki / Sound Healing Remedies

A choice between Reiki healing to rebalance your energy system and ease anxiety and pain, or Sound Therapies that bring you in alignment with universal vibrations

Comprehensive Skin Health Analysis

A facial evaluation that uses advanced algorithms to determine the current and future condition of your skin, including pore structure, dehydration, collagen loss and thinning. The foundation for your personalised skincare routine during pregnancy

Facial — Charcoal Detox / Anti-Redness Vitamin K

A choice between a cleansing Charcoal Detox Facial that uses a signature triple peel and charcoal rice therapy mask to remove impurities, or a calming Vitamin K Facial that prevents redness caused by fragile capillaries, rosacea, trauma and sensitivity

Prenatal Yoga / Pilates

A gentle movement session of your choice, to bring mind and body into harmony

AKTAR Mind Therapy

A nourishing, softening massage that uses traditional oils and reflexology techniques to promote mental peace and clarity

Comprehensive Skin Health Analysis

A facial evaluation that uses advanced algorithms to determine the current and future condition of your skin, including pore structure, dehydration, collagen loss and thinning. The foundation for your personalised skincare routine

Massage — Abhyanga, Kati Vastu / Skin Therapy

A choice between relaxing Abhyanga with medicated herbal oils, nourishing Kati Vastu to treat back-related discomfort, or gentle Skin Therapy to contour and shape the form of the body, especially thighs and arms

TREATMENTS

Massage — Deep Tissue / Thai

A choice between strong Deep Tissue to release trigger points, knots and deep-seated stress, or traditional Thai to release muscular tension and energy blockages through stretches and rhythmic pressure

Traditional Chinese Medicine Consultation

A session with our expert TCM practitioner to assess areas of affliction and work on energetic meridians to bring your Qi (vital energy) back into balance

Comprehensive Skin Health Analysis

A facial evaluation that uses advanced algorithms to determine the current and future condition of your skin, including pore structure, dehydration, wrinkles and collagen loss. The foundation for your personalised men's skincare routine

Reflexology / Sound Healing Remedies Pada Abhyanga

A choice between lower-leg Reflexology that activates energy points to revitalise the body's energy flow, harmonious Sound Therapies that bring you in alignment with universal vibrations, or relaxing Pada Abhyanga that focuses on the feet's marma points to promote better sleep

Fatigue Fighter / Traditional Chinese Medicine Consultation

A choice between our intensive Fatigue Fighter treatment that combines breathwork, cupping, acupressure, ice therapy and infrared blankets to enhance sleep quality, or a session with our expert TCM practitioner to assess areas of affliction and work on energetic meridians to bring your Qi (vital energy) back into balance

AKTAR Mind Therapy

A serene, nourishing massage that uses traditional oils and reflexology techniques to promote mental peace and clarity

Couple's Watsu (60 mins)

A gentle hydro-treatment for couples to relax deeply together through a blend of massage, acupressure, shiatsu and stretching

Couple's Hammam (90 mins)

A timeless water ritual for inner calm and strength, including a purifying full-body scrub, cleansing soap bag massage, replenishing body mask, and relaxing scalp and foot treatments

Sound Bath Meditation (60 mins)

A meditative ritual for couples to relax and expand awareness as they "bathe" in the resonant sound waves created by singing bowls and other musical instruments

INCLUSIONS

Couple's Watsu (60 mins)

A gentle hydro-treatment for couples to relax deeply together through a blend of massage, acupressure, shiatsu and stretching

Couple's Hammam (90 mins)

A timeless water ritual for inner calm and strength, including a purifying full-body scrub, cleansing soap bag massage, replenishing body mask, and relaxing scalp and foot treatments

Sound Bath Meditation (60 mins)

A meditative ritual for couples to relax and expand awareness as they "bathe" in the resonant sound waves created by singing bowls and other musical instruments

Pre-Arrival Wellbeing Consultation (15 mins)

A preliminary consultation prior to arrival, to help us craft your personalised wellbeing journey

Integrative Lifestyle Assessment Consultation (60 mins)

A body analysis using advanced bioenergetic technology, and a comprehensive lifestyle analysis of dietary habits, movement routines, sleeping patterns and other aspects of daily life

AKTAR Signature Herbal Tea and Essential Oil Roller Blend (15 mins)

Customised herbal tea and essential oil blend to support your wellbeing. Especially crafted by our herbologist at the AKTAR

AKTAR Herbology Workshop (60 mins)

An interactive session with our herbologist, where you will discover the secrets of plant energetics and herbal remedies

AKTAR Perfume Making Workshop (90 mins)

An interactive session with our herbologist, where you will create unique fragrances for one another

Follow Up Consultation (15 mins)

A second consultation, midway through your stay, to ensure that the journey so far is satisfactory and to make any adjustments, if required

Culinary Workshop (90 mins)

A learning session for couples, focused on creating good eating habits, making healthy food choices, and living in a way that nourishes body, mind and spirit

Master Tea Tasting (60 mins)

A reflective journey for couples to share exquisite teas from around the world, each one famed for its distinctive aroma, taste and health benefits

Art House Workshop (60 mins)

A joyful session that invites couples to explore each other's creative side, guided by our resident Art Therapist

Flora Hair Analysis and Sensorial Experience (20 mins)

A diagnosis of your scalp and hair wellbeing using science-backed Flora methods, followed by a blissful sensorial experience

Nutrition Consultation + Q&A (60 mins)

A comprehensive analysis of dietary habits and routines, including levels of stress and satisfaction, medications and supplements and micro-macro intake, along with a bio-energetic evaluation based on physiological signals.

Specialist Consultation — TCM / Ayurveda Naturopathy / Homeopathy (60 mins)

A personal wellbeing consultation with one of our expert practitioners to identify imbalances and suggest appropriate treatments or lifestyle adjustments

Comprehensive Skin Health Analysis (30 mins)

A facial evaluation that uses advanced algorithms to determine the current and future condition of your skin, including pore structure, dehydration, collagen loss and thinning. The foundation for your personalised reverse-ageing skincare routine

Departure Consultation (30 mins)

A special consultation at the time of departure, with recommendations to carry and maintain your newfound sense of wellbeing back home

Wellness Consultation

A personalised assessment of your pregnancy journey, including dietary habits, movement routines, sleeping patterns and emotional states

Master Tea Tasting

A calming session guided by our Master Tea Sommelier, where you will discover exquisite teas from around the world, each one famed for its distinctive aroma, taste and health benefits