

TALISE

Spa



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THE SPA FOR SELF DISCOVERY

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Talise Vittaveli

The word Vittaveli has many beautiful meanings - vastness of space and eternal light. These meanings fit perfectly within the island. Space is a precious element and a luxury that many of us rarely experience and eternal light reflects the constant radiance the island emanates.

ila treatments at Vittaveli are inspired by these same elements of light and space connecting with the purity and vibration of our ingredients. These ingredients are hand-harvested by local communities using traditional farming methods to ensure healing life energy held in all living things will be honoured and handed down to you through our unique products and treatments. The results are deeply profound, instilling a sense of infinite space within the soul and connecting to our eternal light within.



Island of Life

60 / 90 mins

Combined classic massage techniques from the hands and hearts of our therapists provide you with a relaxing and deeply healing experience. Performed with unique therapeutic and aromatic elixirs, it creates a truly amazing massage ritual.

Balinese

60 / 90 mins

An ancient tradition, Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, acupressure and reflexology to stimulate the flow of blood, oxygen and 'qi' (energy) around the body to bring deep relaxation and wellness. An excellent treatment to explore if you want to experience a deep tissue relaxing massage and feel spiritually renewed at the same time.

Thai

60 / 90 mins

Practiced for centuries throughout Thailand, this highly therapeutic treatment focuses on pressure points, energy lines and stretching muscles. Aimed to unfold complete healing, this treatment connects the body, energy and mind. Performed on a Thai mat, this unique dry massage relies on smooth guiding motions to stretch, compress and apply pressure. In the hands of our therapists, you will feel relaxed, loosened and revitalised.

Shiatsu

60 / 90 mins

A traditional Japanese healing method, Shiatsu means 'finger pressure', where pressure and stretching is used to work on the body's acupuncture points, along with the body's meridians or energy channels. This treatment works to balance energy flow and strengthen the vital organs.

Aromatherapy

60 / 90 mins

Aromatherapy is an alternative technique which combines the natural therapeutic properties of essential oils and the healing power of massage therapy. This massage not only has powerful physical, emotional and mental effects but also enhances quality relaxation and rejuvenation.

Reflexology

60 mins

An ancient Chinese pressure point massage concentrating on specific reflex points on the feet that reflect organs within the body, to restore the free flow of energy throughout the entire body. Reflexology stimulates energy meridians and maintains the body's natural equilibrium in order to encourage optimal healing.

Prices and treatments are subject to change without notice.
All prices are exclusive of 3.5% tourism fee and 10% service charge.



Pearl and Jasmine Scrub60 mins

This heavenly full body Himalayan salt scrub combined with pearl and jasmine invokes peace, stillness and harmony. The negative ions in the warmed salt strengthen the body’s bio magnetic energy field, while pearl brings peace and Jasmine the pure joy of wellness.

Rose and Rhodolite Wrap90 mins

Begin with the pearl and jasmine body scrub to prepare the body for this nurturing and restorative wrap. The precious essential oil of rose damascena combined with this rhodonite gel wrap purifies the aura, relaxes the mind and body whilst strengthening heart and soul.

Chakra Wellbeing with Gems120 mins

This beautiful experience begins with a body scrub using bespoke oils with jewels, followed by a marma massage with your specific chakra blend of oils to restore harmony and balance. As sound resonates with each chakra, warm poultices with precious gemstones are placed on the chakra points to invoke peace and serenity.

Each Chakra Wellbeing treatment begins with working on the energy points in the hands, feet and head to open up inner energy fields. Each treatment concludes with warm blended oils being slowly dripped over the third eye to induce deep restfulness.

Couples Connect (for two)120 mins

This experience is a Chakra Wellbeing for couples where second, fourth, and seventh Chakra oils are used. It combines the exquisite oil of rose, the essential oil for the heart, orange blossom for bliss and jasmine for stimulating the flow of love. When combined these oils blend into a blissful harmony of body, heart and spirit.

Bio-rhythm Jet Lag Treatment120 mins

Particularly effective for jet lag and stressful schedules, this treatment restores the body’s natural bio-rhythms and deeply relaxes the nervous system. The Himalayan salt scrub contains elements in an ionic form to emit negative ions when warmed. This charges and restores inner bio-magnetic energy fields. Bio-energy mud, rich in minerals is then applied, then you are cocooned and a head and face marma massage is given. This treatment completes with a Kundalini massage, to balance and relax the nervous system.

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Dreamtime105 mins

ila’s dreamtime journey is an experience to help reconnect to the inner space of tranquillity, to release tension and discover restful slumber. A secondary benefit is glowingly radiant skin and total well being. The treatment begins with a slow rhythmic scrub to soothe and restore the lymphatic system, preparing you for a full body massage to balance the body’s magnetic field. This restores, heals and relaxes the nervous system through marma therapy, chakra healing, essential oils and music created specifically for this treatment.

Ku Nye90 mins

The aim of ila’s Tibetan based massage is to honour the ancient Tibetan traditions of healing. In so doing, we restore energy and harmonize the body’s natural free flow of energy. Carefully selected organic and wild grown essential oils, many of which are inherent to the Himalayas, have been chosen. Traditional techniques are used in this full body and head massage to purify the five elements of the body and stimulate the lymphatic system. This is then followed with tapping, cupping and rocking to energise the subtle body and inner meridian system.

Rhythm of Peace Pregnancy60 mins

Pregnancy is a sacred time of grace for a woman, when her heart and soul is open, receptive and highly sensitive. Pregnancy is also when we nurture peace and stillness. This is the focus of our pregnancy experience, since at this time, balance is essential for the developing baby. This gentle massage works with both the mother’s and baby’s energy bio-magnetic fields as they are double in size, twice as strong and twice as beautiful.

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Talise Facials

Crystal Healing

75 mins

Exquisite oils of damascena rose and orange blossom combined with the precious jewels of jade, amethyst and sapphire restore and rejuvenate the complexion whilst also promoting deep relaxation. The orange blossom and jewel mask brings clarity to the face and helps repair the skin's cellular structure. Rose quartz crystals are then applied to the meridian lines allowing a positive flow of energy that brings a healthy, vibrant glow to the overall complexion.

Rainforest Rejuvenating

75 mins

ila's Rainforest products capture the rich potency of key raw ingredients from the Amazonian rainforest, blending them into synergistic formulas with uniquely restorative qualities for sensitive and mature skin. This relaxing facial combines lymphatic drainage and warm herbal compresses over marma points. Combined with energy techniques to facilitate the Amazonian serum's penetration, its ability to rejuvenate and regenerate skin cells is profound. A white clay mud mask completes this very special facial.

Dreamtime

60 mins

During sleep, as the body rests, deep repair and growth takes place in the cells. Cellular renewal is faster than at any time when we are awake. The Dreamtime facial promotes deep restfulness, supporting this natural process with ingredients such as fresh royal jelly and neroli known for their powerful cellular rejuvenation qualities. Warmed poultices are applied to the 16 petals, throat Chakras, around the face to complete this peaceful wellness journey.

Bliss

60 mins

The techniques used in this facial come from Shaman women in Mexico who believe that the energy derived from light is deeply rejuvenating. Working with marma points to open up the energy centres of the face unfolds a blissful flow of energy into the body. This healing and energising treatment induces feelings of bliss and peace, as well as a beautifully radiant complexion.

Purifying for Men

60 mins

A healing and purifying facial created for men to purify the skin and restore radiance. The facial begins with a blackcurrant and honey scrub, followed by a deeply relaxing marma massage with vetivert and rose. The facial concludes with a purifying seaweed and bio-plasma mask.

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Talise Awakenings

At Talise Spa, a constant quest to assisting our guests in their search for self-discovery has led to the introduction of our Awakenings concept. Guests are invited to reconnect in numerous ways as they choose from an exquisite array of rejuvenating treatments, each spread over a duration of 3, 5 or 7 days.

Personal Awakening

3 days

Embark on a three-day journey of reflection, designed to reconnect your mind and body while releasing stress and realigning positive energy.

- Awakening and Nutrition Consultation
- Rose and garnet wrap to relieve tension followed by an inner peace bath and sandalwood massage to embrace your inner stillness
- Experience healing that releases light and energy with a Bliss facial
- Awaken your senses with a Rose crystal foot retreat
- Replenish your flow of energy with the Island of Life massage
- Fitness Consultation with two personal training sessions

Family Awakening

5 days

Discover an emotional renewal and awakening symbolic of the nurturing and nourishment synonymous with a true family.

- Awakening and Nutrition Consultation
- Invoke feelings of peace, stillness and harmony with a pearl and jasmine scrub
- Sun Radiance treatment to allow a positive flow of energy to restore balance back to your mind and body
- Gift of Nature Ritual with lava shells to nurture, nourish and refresh the body
- Rainforest facial or the Purifying facial for men
- The Crystal Sun Cooler to replenish delicate skin which has been exposed to the sun
- Island of Life Massage, ideal for overall wellbeing
- Fitness Consultation with two personal training sessions

Vishvodaya Awakening

7 days

Those wishing to experience an inner journey of the chakras can opt for the Vishvodaya Awakening, closely associated with the philosophy of 7 chakras 7 awakenings.

- Awakening and Nutrition Consultation
- Invoke a Personal Awakening within yourself with the Ku Nye Ritual which is the earth chakra for grounding
- Experience a Family Awakening as you sample the Reflections of the Sea ritual that works with the fluidity of water to gently caress your very being
- Feel a deeper sense of connect with our nation of origin as you sample a sun radiance ritual, designed to reflect the stillness of fire, our nation of origin
- Complete the journey of connecting with the heart as you undergo an Urban Awakening comprising a pearl and jasmine scrub, rose and rhodolite wrap and finally a Rose Quartz facial and massage
- Capture the essence of joy with a National Awakening that includes a Dreamtime Facial and Massage
- The Bio Rythym Ritual works with the soul and natural Rythyms to invoke a Global Awakening
- The journey of the soul to source culminates with a Universal Awakening
- The ultimate in pampering awaits with an Island of Life massage
- Fitness Consultation with four personal training sessions

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Talise Signatures

Sun Radiance Ritual

120 mins

To begin a Himalayan crystal scrub to purify, detox and stimulate the lymphatic system, toxins are released to free you from fatigue. Followed by a full body massage allowing a positive flow of energy, specifically in the solar plexus where our internal source of vitality resides. By restoring balance, reclaiming your natural vibrant energy, the essential oils used have been chosen for their synergistic effect on both mind and body. Juniper Berry stimulates the lymphatic system and also works to release negative energy from the aura. Combined with Geranium, Lemon Grass, Lavender and Patchouli, total healing and cleansing of the whole system takes place.

Reflections of the Sea

120 mins

This experience draws on the reflections of light within the sea to heal and calm the mind, body and spirit. A Marine algae and salt scrub cleanses and re-energises your bio-magnetic field and body. Drift into a Bio-Plasma Seaweed Wrap to eliminate toxins and hydrate the skin. Followed by a rejuvenating and deeply cleansing facial that focuses on lymphatic drainage to improve the circulation and vitality of the skin, with plankton based bio-plasma serum and marine algae mask applied to complete the healing journey.

Gift of Nature Ritual with Lava Shells

90 mins

Using frangipani to restore peace and harmony, rose geranium to relieve tension and balance hormones and ylang ylang relaxes the nervous system, the synergy of these oils creates a sensually relaxing experience. To begin with a full body scrub to exfoliate the skin and release toxins, followed by a full body massage using rhythmic massage movements and lymphatic drainage. Warm Lava Shells are then gently massaged over depleted areas in the body. The essence of this experience is to nurture, nourish and restore your whole being.

Crystal Sun Cooler

90 mins

This experience is ideal for delicate skin that has become vulnerable to the sun. Starting with a fine mist of rose water enveloping the body, followed by a cooling aloe vera gel gently applied over sensitive skin. You are then wrapped in our island fresh Banana leaves to allow sufficient time for the skin to be calmed and restored. Cooled crystals, rose quartz and rhodonite, are gently placed along the meridians of the face to help cool sunburned or delicate skin.

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Rose Crystal Foot Retreat

60 mins

A sanctuary for your precious feet, begin with the Blissful Himalayan salt scrub and Glowing Radiance Rose foot soak before giving yourself over to a rose quartz crystal reflex point massage. This sheer heavenly experience concludes with a Rose Balm massage that has profound effects on hard and cracked skin. Feel like you’re walking on freshly harvested rose petals.

Vittaveli Time (for two)

240 mins

Talise at Vittaveli invites all guests to the ultimate in privacy for two whether its couples, friends or family.

Our double luxury Ocean Treatment Room sits quietly over the Indian Ocean fully inclusive of private steam showers, bath tub with extensive decking and a luxurious day bed to find space and create time to embrace mother-nature in all of her beauty.

Your time is within the hands and hearts of our therapists who will carefully select, create and personalise your treatments based on your needs to ensure your experience comes to life and be truly magical.

Full use of the luxury Ocean Treatment Room inclusive of relaxation time, Glass of champagne on arrival per guest, spa refreshments, 120 minutes of treatment time per guest.

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Talise Family

Young Adults 'Beyond' Bloom Facial

60 mins

A restorative and healing treatment for young adults that consist of a deep cleanse and tone, opening up the energy fields with a rose and vetivert oil, to help balance emotions and calm the skin. Marma massage is used, helping to remove blockages and increase the flow of energy that is vital to a clear complexion. The treatment ends with a beautiful mineral rich mud mask to soothe and heal the skin.

Young Adults 'Beyond' Bloom Body Massage

60 mins

This is an invigorating treatment working on the energy lines or meridians within the body to enable a positive flow of energy. Tapping, cupping, rocking and kneading are the techniques used to alleviate stress and bring your whole being into balance. Jasmine and orange blossom oils are used to uplift and rejuvenate inner emotions.

Young Adults 'Beyond' Head and scalp massage

45 mins

Much of our tension in the body finds its way to the head and neck; it's also where we store feelings, emotions and memories. Massaging the scalp revitalises the mind to improve concentration, allowing a feeling of calm as it works on the higher chakras, mobilizing the energy and bringing harmony to the whole body. The treatment begins with an acupressure massage, followed by a scalp massage using argan and rosehip seed oil which helps nourish and replenish the hair with nutrients.

'Beyond' Family Scrub and Wrap

90 mins

This treatment is for families, with a maximum of four members, seeking to cleanse and calm both body and mind and to restore vital life force. Beginning with a Himalayan salt scrub to stimulate, exfoliate and tone the skin, it is followed with Bio Energy Mud painted onto the body, using tribal techniques to honour the elements of earth, water and sun, ending with a rain shower in our private steam showers.

'Beyond' Family Hand and Foot Rituals

90 mins

Sitting together enjoying the sun, sea light and space, allow your higher and lower energies to go 'beyond' any hand and foot treatment ever experienced before. Sit back, close your eyes, focus on your breath and enjoy. Begin with a luxurious hand massage using a rose and tuberose body cream releasing tension within the hands. A rose quartz heart is placed in the palm of the hand to bring love and happiness into the body. Meanwhile, your feet soak in a bath of glowing rose bath oil, followed by a blissful scrub removing any dry skin and softening the skin. Finish with a rose and honeysuckle beeswax balm massage leaving them silky smooth.

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Talise Family

Aaila Time (Aaila is the Maldivian word for family)

Inspired by our beautiful island filled with vibrant life, Talise at Vittaveli invites our family through an awakening of a personal reconnection to love, joy and time spent together. These experiences create memorable moments that will last a lifetime.

The ila 'beyond' journey educates young adults aged between 12 - 16 about the joy of spa, preparing them for a lifetime of wellbeing.



Spa Etiquette

Arrival

To ensure your time with us is a pleasurable and as seamless as possible, we ask you to arrive at Talise spa a minimum of 30 minutes ahead of your scheduled time.

Late Arrival

If you arrive late for an appointment, you will receive the best treatment possible within the remaining appointment time. It may be necessary to decrease your time with respect for the next appointment. Full treatment costs apply.

Cancellation Policy

We require 12 working hours' notice for a cancellation charge or re-scheduling of any appointment. Less than six hours' notice or a 'no show' will incur full payment.

Reservations

Advance bookings are always recommended to guarantee your preferred treatment and time.

Medical Concerns

Please notify the spa reservation team before booking any treatment if you have any physical ailments, allergies or disabilities, or are taking any medication.

Spa Attire

Your modesty will be respected at all times. Disposable underwear is available if desired. Loose clothing is provided for Thai massages, as are robes, slippers for your comfort. Please bring your own gym clothing if you wish to use the yoga pavilion.

Valuables

Talise and Jumeirah group cannot accept responsibility for any lost or stolen items.

Spa Ambience

Talise Vittaveli Spa is a tranquil environment for everyone to enjoy. As a courtesy to our other guests, please switch off your mobile or place it in silent mode at all times within the spa

Age Requirements

Spa guests must be 16 years of age and above to enjoy the full menu. A specific menu for guests above 12 years of age is available.

Gift Certificate

Gift certificates are available from our Spa Reception and can be personalised to monetary or treatment value. They are beautifully presented and make the perfect gift.

