



## 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.



## UNWIND & RELAX

### Retreat Objectives

Reinvigorate yourself deeply through a synergistic blend of sound healing sessions, inner peace therapies, grounding and restorative practices, and balancing cuisine. Surrounded by serene lagoons and whispering palms, our island sanctuary is the ideal space to discover the Joy of Weightlessness – a feeling of lightness and freedom.

Designed to revive the healing energy within you, this Wellbeing Programme is recommended for guests who wish to ease mental and emotional stress. Emerge feeling rebalanced, renewed and ready to embark on new adventures out in the world. Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment Consultation	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Culinary Workshop	120 mins	0	0	1
AKTAR Herbology Workshop	60 mins	0	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
<b>Treatments</b>				
Integrative Massage	60 mins	1	1	2
Turkish Hammam Experience	90 mins	1	1	1
Mind Therapy	90 mins	1	1	1
Reflexology	60 mins	1	1	1
Abhyanga	60 mins	0	1	2
Watsu Treatment	60 mins	0	1	1
Sound Healing Remedies	60 mins	0	1	1
Energy Therapy	60 mins	0	0	1
Pranayama / Meditation	60 mins	1	1	2
Anti-gravity Yoga	60 mins	0	0	1
Pilates	60 mins	0	1	2
Flora Hairlab Restorative Hair and Scalp	60 mins	0	1	1
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Price</b>		<b>1,815</b>	<b>3,370</b>	<b>4,890</b>

You may find detailed information at the end of the wellbeing programmes.

All prices are listed in USD and subject to 10 percent Service Charge and 16 percent Government Tax.

Prices are available only for treatments and consultations.



## DE-STRESS

### Retreat Objectives

Cultivate inner balance, vitality and strength through a sequence of grounding and restorative practices, transformative sound therapy sessions, and energy balancing treatments. Tailormade for guests seeking to manage stress and anxiety, this Wellbeing Programme focuses on mindfulness practices that help cultivate a deeper awareness of feelings, thoughts, bodily sensations, and surroundings.

Create a reservoir of inner resilience to help you better navigate the challenges and pressures of modern life. Being present and appreciating the wonder in each moment opens a path to the Joy of Weightlessness – a feeling of lightness and freedom. *Available for any adult over the age of 16 years old*



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment Consultation	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	1	1	1
Integrative Nutritionist Consultation	60 mins	0	0	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Art House Workshop	60 mins	0	1	1
Culinary Workshop	120 mins	0	0	1
AKTAR Herbology Workshop	60 mins	0	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
<b>Treatments</b>				
Mind Therapy	90 mins	1	1	2
Padabhyanga	60 mins	0	1	2
Thai Massage	90 mins	1	1	1
Deep Tissue	60 mins	1	1	1
Flora Hairlab Anti-Ageing Hair and Scalp	60 mins	0	0	1
Charcoal Detox Facial	60 mins	0	0	1
Watsu Treatment	60 mins	1	1	1
Sound Healing Remedies	60 mins	1	1	1
Abhyanga Shirodhara	90 mins	0	2	3
Yoga Traditions	60 mins	1	2	3
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Price</b>		<b>2,265</b>	<b>3,765</b>	<b>5,810</b>

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## GUT RESET

### Retreat Objectives

Nurture your body's micro-environments to unlock healing at multiple levels. Especially designed to address the root cause of digestive disorders, this Wellbeing Programme promotes cellular detoxication and restores the natural balance of your microbiome through a synergistic blend of gentle detoxifying treatments.

As toxins are cleared away and digestive health is optimised, feel your wellbeing improve across multiple dimensions. Discover the Joy of Weightlessness in nature's healing embrace, complemented by the pure nourishment of our Earth-to-Table cuisine. Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Nutrition Consultation + Qest4	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	60 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Culinary Workshop	120 mins	0	1	1
AKTAR Herbology Workshop	60 mins	0	1	1
<b>Meal Plan - Full Board</b>		<b>5</b>	<b>7</b>	<b>10</b>
<b>Treatments</b>				
Microbiome Therapy	90 mins	1	2	2
Immunity Booster	60 mins	1	1	2
Cryotherapy	30 mins	0	1	2
Reflexology	60 mins	1	1	2
Chi Nei Tsang	60 mins	1	1	2
Body Wrap	60 mins	1	1	1
Skin Therapy	60 mins	0	1	2
Abhyanga	60 mins	1	1	2
Flora Hairlab Deep Scalp Detox	60 mins	0	1	1
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Price</b>		<b>3,490</b>	<b>5,215</b>	<b>7,500</b>

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## WEIGHT REBALANCE

### Retreat Objectives

The more we learn about the digestive system, the more we realise how vital a healthy gut microbiome is for overall wellbeing. Thoughtfully created to support your weight management goals, this Wellbeing Programme helps to enhance the metabolism and contour the body.

Arrive at your optimum weight through a synergistic blend of gentle detoxifying treatments that clear toxins as well as restore internal balance. As physical and mental wellbeing are elevated, let the Joy of Weightlessness become your natural state of being.



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Nutrition Consultation + Qest4	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller	15 mins	1	1	1
3-D Fitness & Alignment Analysis	30 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
AKTAR Herbology Workshop	60 mins	0	1	1
Culinary Workshop	120 mins		1	1
<b>Meal Plan - Full Board</b>		<b>5</b>	<b>7</b>	<b>10</b>
<b>Treatments</b>				
Microbiome Therapy	90 mins	1	1	2
Udvertana	60 mins	1	2	3
Legs, Hips and Gluteal Detox	120 mins	1	1	2
Skin Therapy	60 mins	1	1	1
Intelligent Movement Analysis	60 mins	0	1	1
Functional Training	60 mins	1	2	3
Chi Nei Tsang	60 mins	1	1	1
Cryotherapy	30 mins	0	1	3
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Prices</b>		<b>3,730</b>	<b>5,530</b>	<b>7,815</b>

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## REVERSE AGEING

### Retreat Objectives

Experience a deep skin transformation, guided by a potent combination of advanced science and ancient wisdom. Ideal for guests who wish to restore the natural youth of their skin and hair, this Wellbeing Programme features a series of time-reset treatments that have been proven to effectively reverse the signs of ageing.

Carefully chosen therapies help to counter the damage done by stress and environmental factors. As skin cells are rejuvenated and renewed, your skin and scalp microbiome return to their optimal state. Discover a sense of profound wellbeing, infused with the Joy of Weightlessness that is at the heart of JOALI BEING. Available for any adult over the age of 35 years old



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Art House Workshop	60 mins	0	1	1
Culinary Workshop	120 mins	0	1	1
Comprehensive Skin Care Health Analysis	30 mins	1	1	1
AKTAR Herbology Workshop	60 mins	0	1	1
<b>Treatments</b>				
Skin Therapy	60 mins	1	1	2
Abhyanga	60 mins	1	1	2
Legs, Hips and Gluteal Detox	120 mins	0	0	1
Turkish Hammam Experience	90 mins	1	1	1
Super Anti-ageing facial	90 mins	0	1	2
Charcoal Detox Facial	60 mins	1	1	1
Age-Well Energy Lift	90 mins	1	1	1
Flora Hairlab Signature Hair and Scalp Beauty	60 mins	0	1	1
Pranayama / Meditation	60 mins	0	1	2
Functional Training	60 mins	0	1	1
Cryotherapy	30 mins	1	1	2
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Prices</b>		<b>2,205</b>	<b>3,650</b>	<b>5,350</b>

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## PREVENTIVE CARE

### Retreat Objectives

Reawaken the natural vitality of your skin and hair with this Wellbeing Programme. Rebalancing, toning and softening of expression lines renew the skin's appearance, while detoxification therapies restore the health of the scalp microbiome.

Tailormade for guests who desire preventive skin and hair care, this carefully crafted journey addresses potential problems even before they can arise. As softness and luminosity are restored, celebrate the Joy of Weightlessness – an extraordinary feeling of joy and lightness.



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment Consultation	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Comprehensive Skin Care Health Analysis	30 mins	1	1	1
Culinary Workshop	120 mins	0	1	1
AKTAR Herbology Workshop	60 mins	0	1	1
<b>Treatments</b>				
Skin Therapy	60 mins	1	1	2
Turkish Hammam Experience	90 mins	1	1	1
Integrative Massage	60 mins	1	1	2
Microbiome Therapy	60 mins	0	0	1
Fatigue Fighter	120 mins	1	1	2
Age-Well Energy Lift	90 mins	1	1	1
Sturmglow™ Facial	60 min	1	1	2
Flora Hairlab Signature Hair and Scalp Beauty	60 mins	0	1	1
Sound Healing Remedies	60 mins	0	1	1
Ashtanga Yoga	60 mins	0	1	1
Cryotherapy	30 mins	0	1	2
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Prices</b>		<b>2,455</b>	<b>3,690</b>	<b>5,240</b>

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## MOVEMENT

### Retreat Objectives

Whether you are beginning a new fitness routine or are well-advanced in training, this Wellbeing Programme is designed to help you achieve physical and mental wellbeing. Our expert practitioners work closely with you to optimise your fitness regime, correct postural imbalances, and facilitate deep relaxation between periods of strenuous activity.

Strengthen your mind-body connection and build resilience through intelligent movement analysis, creative exercise sessions, and energy balancing treatments. As your body's natural energy reserves are replenished and invigorated, ease into a newfound sense of balance and awaken to the Joy of Weightlessness – a sense of joy and lightness.



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment	60 mins	1	1	1
AKTAR Signature Herbal tea and roller blend	15 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Culinary Workshop	120 mins	0	0	1
AKTAR Herbology Workshop	60 mins	0	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
<b>Treatments</b>				
Deep Tissue	60 mins	1	1	2
Thai Massage	90 mins	1	1	1
Integrative Massage	60 mins	1	1	1
Microbiome Therapy	60 mins	0	0	1
Energy Therapy	60 mins	0	1	1
Fatigue Fighter	90 mins	0	1	1
Intelligent Movement Analysis	60 mins	0	1	1
Functional Training	60 mins	2	3	5
Yin Yoga	60 mins	1	1	2
Cryotherapy	30 mins	0	0	1
<b>Total</b>		6	10	16
<b>Total Price</b>		1,265	2,505	3,565

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## VIBRANCY

### Retreat Objectives

Guided by the earth's eternal rhythms, invite balance and harmony back into your life. Experience the wisdom of yoga as an all-encompassing way of life that unites mind, body and spirit.

Our experienced, empathetic practitioners will help you deepen your understanding and practice of yoga, naturally opening a door to the Joy of Weightlessness. Created especially for yoga enthusiasts, this Wellbeing Programme enhances flexibility, breathwork and mindfulness.



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment	60 mins	1	1	1
AKTAR Signature Herbal Tea and Roller Blend	15 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Culinary Workshop	90 mins	0	0	1
AKTAR Herbology Workshop	60 mins	0	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
<b>Treatments</b>				
Energy Therapy	60 mins	1	1	2
Four Pillar Signature Massage	90 mins	1	1	2
Pada Abhyanga	60 mins	1	1	1
Sound Healing Remedies	60 mins	0	1	1
Thai Massage	90 mins	1	1	1
Intelligent Movement Analysis	60 mins	1	1	1
Functional Training	60 mins	1	2	3
Pranayama / Meditation	60 mins	0	1	2
Yoga	60 mins	0	1	3
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Price</b>		<b>2,165</b>	<b>3,295</b>	<b>4,815</b>

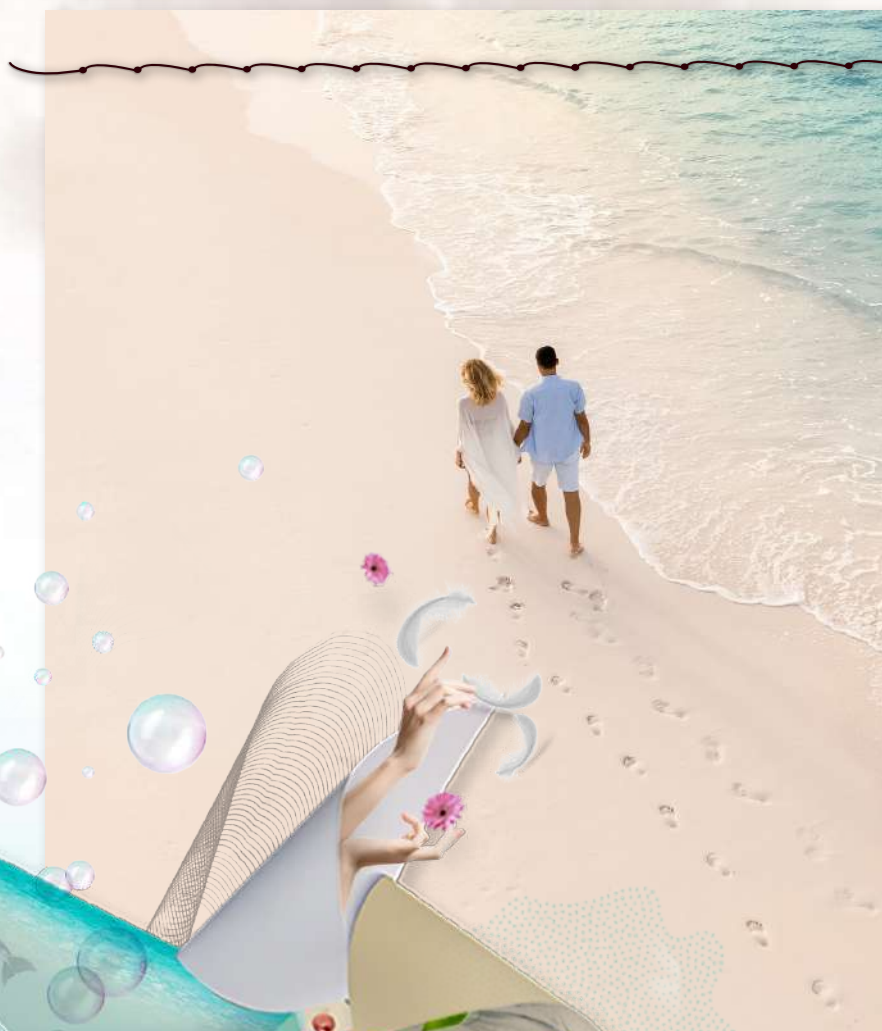
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## WELLBEING TOGETHER

### Retreat Objectives

Embark on a joyful adventure together to nurture and deepen your precious bond. This Wellbeing Programme invites couples to explore each other's interests and share meaningful moments in our ultra-luxurious island paradise. Rediscover the unparalleled pleasure of spending time together as you enjoy wellbeing treatments and indulgent experiences designed for two. Blissfully removed from the outside world, this unforgettable journey sparkles brightly with the Joy of Weightlessness – an exhilarating feeling of lightness and freedom. Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment Consultation	60 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Flora Hair Analysis and Sensorial Experience	20 mins	1	1	1
Departure Consultation	30 mins	1	1	1
Culinary Workshop	120 mins	0	1	1
AKTAR Herbology Workshop	60 mins	1	1	1
AKTAR Candle Making Workshop	60 mins	1	1	1
Art House Workshop	60 mins	0	1	1
<b>Treatments</b>				
Wellbeing Together	150 mins	1	2	3
Couple Turkish Hammam Experience	90 mins	1	2	3
Couple Watsu Treatment	60 mins	1	2	3
Couple Pranayama Meditation	60 mins	1	2	3
Couple Pilates	60 mins	1	1	3
Sound Bath Meditation	60 mins	1	1	1
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Price</b>		<b>5,260</b>	<b>8,870</b>	<b>12,820</b>

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## MOTHER TO BE

### Retreat Objectives

Redefine the art of pregnancy as you unwind and relax with a range of carefully curated experiences. Designed for mothers-to-be in their second or third trimester, this Wellbeing Programme elevates overall wellbeing with a bouquet of safe therapies and treatments.

Soothing facials offer much-needed indulgence, while sound healing gently awakens the baby and enhances the flow of “happy hormones” in the expecting mother. As you experience the powerfully positive effects of self-care during pregnancy, let the Joy of Weightlessness wash over you.



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment Consultation	60 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Flora Hair Analysis and Sensorial Experience	20 mins	1	1	1
Integrative Nutritionist Consultation	60 mins	0	0	1
Departure Consultation	30 mins	1	1	1
Culinary Workshop	120 mins	0	1	1
Tea Tasting	60 mins	0	1	1
Art House Workshop	60 mins	1	1	1
<b>Treatments</b>				
Pregnancy Massage	60 mins	1	2	3
Watsu Treatment	60 mins	1	2	3
Sound Healing Remedies	60 mins	1	1	1
Sturmglow™ Facial	60 mins	1	1	1
Anti-Redness Vitamin K Facial	60 mins	0	0	1
Pilates	60 mins	2	2	3
Pranayama Meditation	60 mins	0	1	3
Flora Hairlab Anti-Ageing Hair and Scalp	60 mins	0	1	1
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Price</b>		<b>2,340</b>	<b>3,605</b>	<b>5,455</b>

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## WOMEN'S HEALTH

### Retreat Objectives

Embark on a holistic journey to revitalise both inner and outer wellbeing. Tailormade for our female guests, this Wellbeing Programme brings together a thoughtful range of hair and body treatments, facial rituals, culinary workshops and creative experiences.

Women's bodies undergo unique changes at every stage of life. This retreat is especially designed to help you restore balance by nurturing hormone health, facilitating mental wellbeing, and supporting youthfulness. Discover the Joy of Weightlessness as you realign, refresh and rejuvenate in the healing embrace of nature.



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	I	I	I
Integrative Lifestyle Assessment Consultation	60 mins	I	I	I
Follow-Up Consultation	15 mins	I	I	2
Integrative Nutritionist Consultation	60 mins	O	O	I
Departure Consultation	30 mins	I	I	I
Flora Hair Analysis and Sensorial Experience	20 mins	I	I	I
Comprehensive Skin Care Health Analysis	30 mins	I	I	I
Culinary Workshop	120 mins	I	I	I
AKTAR Herbology Workshop	60 mins	I	I	I
Art House Workshop	60 mins	O	I	I
<b>Treatments</b>				
Microbiome Therapy	60 mins	I	I	I
Skin Therapy	60 mins	I	I	2
Deep Tissue	60 mins	O	O	I
Watsu Treatment	60 mins	I	I	I
Turkish Hammam Experience	90 mins	O	I	I
Fatigue Fighter	120 mins	I	I	I
Anti Gravity Yoga	60 mins	O	I	I
Pilates	60 mins	O	I	2
Pranayama Meditation	60 mins	O	O	I
Instant Lift Bar	30 mins	O	O	I
Rejuvenating Eye Treatment	30 mins	O	I	I
Age-Well Energy Lift	90 mins	I	I	I
Sturmglow™ Facial	60 mins	O	O	I
Flora Hairlab Signature Hair and Scalp	60 mins	I	I	I
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Price</b>		<b>2,565</b>	<b>3,650</b>	<b>5,425</b>

You may find detailed information at the end of the wellbeing programmes.

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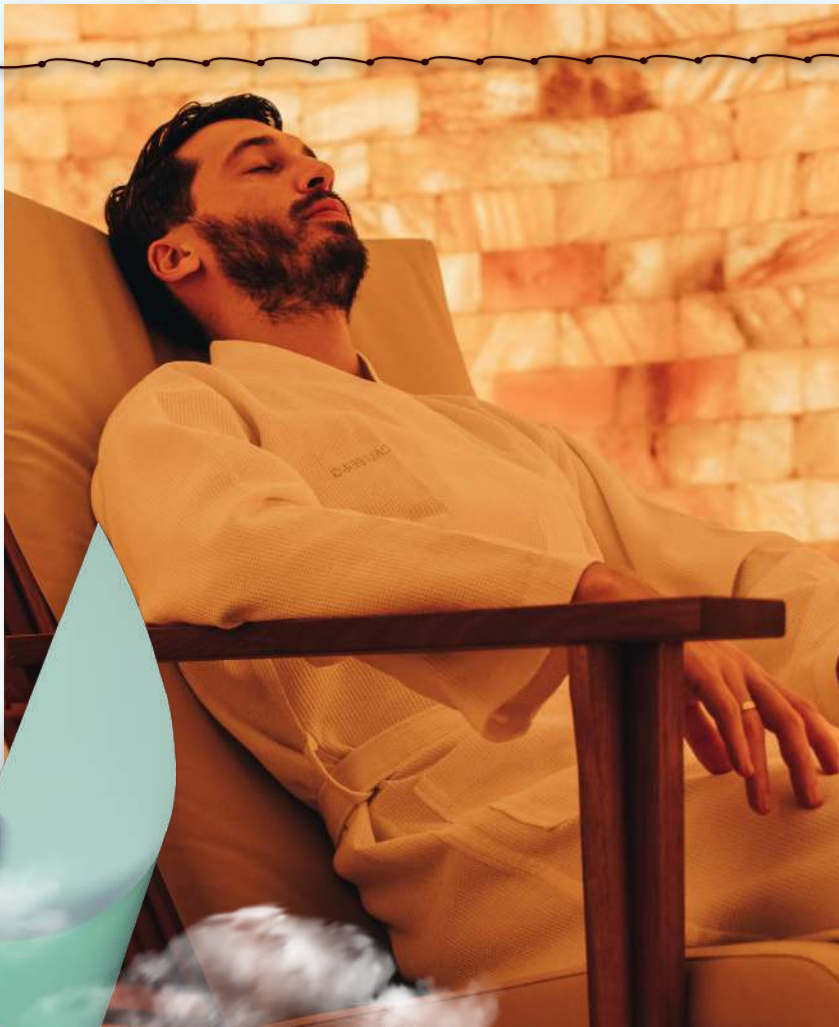


## MEN'S HEALTH

### Retreat Objectives

Embark on a transformational journey towards becoming the best version of yourself. This Wellbeing Programme invites our male guests to experience a holistic approach to wellbeing through a blend of revitalising massages, invigorating movement sessions, learning sessions and nutritious cuisine.

Recognising that preventive wellbeing for men is often overlooked, this retreat is carefully curated to strengthen your core physical health, ease mental stress, and support an active lifestyle. As you conquer new horizons, unlock the Joy of Weightlessness – a remarkable sense of freedom and lightness.



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment Consultation	60 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	1	1	1
AKTAR Herbology Workshop	60 mins	1	1	1
Tea Tasting	60 mins	0	1	1
<b>Treatments</b>				
Deep Tissue	60 mins	1	1	2
Thai Massage	90 mins	1	1	2
Energy Therapy	60 mins	0	1	1
Integrative Massage	60 mins	0	0	1
Watsu Treatment	60 mins	1	1	1
Reflexology	60 mins	1	1	1
Flora Hairlab Deep Scalp Detox	60 mins	0	0	1
Intelligent Movement Analysis	60 mins	0	1	1
Functional Training	60 mins	1	2	3
Cryotherapy	30 mins	1	1	2
Men's Facial	60 mins	0	1	1
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Price</b>		<b>2,130</b>	<b>3,350</b>	<b>4,725</b>

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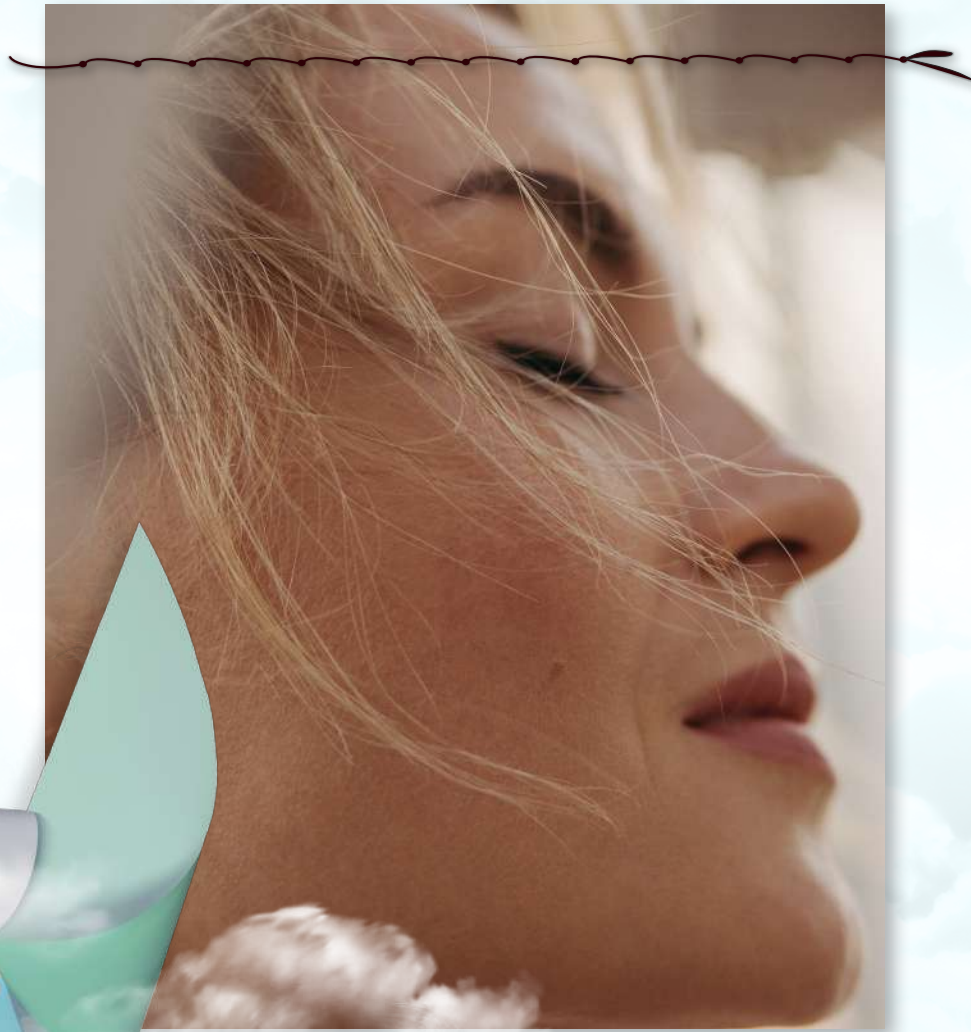


## TRANQUIL SLEEP

### Retreat Objectives

Regulate and improve your sleeping patterns. By addressing the underlying health imbalances that may be contributing to your sleep concerns, this Wellbeing Programme ensures that not only will you rest better whilst on holiday but also after you return home.

Thoughtfully chosen treatments and therapies work in harmony to rebalance your circadian rhythm and create a profound sense of tranquillity. With mind and body deeply rejuvenated through better sleep, you will experience the Joy of Weightlessness – a sense of lightness and freedom at the heart of the JOALI BEING way of life.



PACKAGE		5N	7N	10N
<b>Inclusions</b>	<b>Duration</b>			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment Consultation	60 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Departure Consultation	30 mins	1	1	1
Tea Tasting	60 mins	0	1	1
Art House Workshop	60 mins	0	1	1
<b>Treatments</b>				
Mind Therapy	90 mins	1	1	2
Pranayama / Meditation	60 mins	1	2	3
Abhyanga Shirodhara	90 mins	0	2	3
Watsu Treatment	60 mins	1	1	2
Pada Abhyanga	60 mins	1	1	2
Sound Healing Remedies	60 mins	1	1	1
Yoga Nidra	60 mins	0	1	2
Abhyanga	60 mins	1	1	1
<b>Total</b>		<b>6</b>	<b>10</b>	<b>16</b>
<b>Total Price</b>		<b>2,190</b>	<b>3,555</b>	<b>5,255</b>

You may find detailed information at the end of the wellbeing programmes.  
All prices are listed in USD and subject to 10 percent Service Charge and 16 percent Government Tax.  
Prices are available only for treatments and consultations.

## TREATMENTS

### *AKTAR Candle Making Workshop*

Discover the calming rituals of candle making and create wellness candles using soy wax and mica powder. Customise the candles with pure essential oils for relaxation, romance, or energy restoration. These all-natural candles are perfect for creating a beneficial perfumed ambience at home.

### *Super Anti-ageing Facial*

Indulge in the power of high-performance ingredients, including Purslane with anti-inflammatory nutrients, Skullcap to regulate oxidative stress, and Hyaluronic Acid for deep hydration. Dr. Sturm's Super Anti-Ageing innovations provide a complete regimen that replenishes moisture, strengthens the skin's barrier, reduces fine lines and wrinkles, and supports skin regeneration.

### *Flora Hairlab Signature Hair and Scalp Beauty*

A personalised treatment tailored to your unique hair and scalp needs.

### *Functional Training*

Focus on large body movements to stabilize specific muscle groups and mimic daily activities. Techniques like Suspension Training, Boot Camp, Box Fit, HIIT, and Tabata can be combined for desired results.

### *Fatigue Fighter*

The ultimate recovery treatment includes breathwork, exfoliation, acupressure, and ice therapy. It enhances sleep quality, alleviates jetlag, releases muscle tension, and reduces anxiety and stress.

### *Yin Yoga*

A slow-paced yoga style where each pose is held to promote deep stretches and work on deeper layers of connective tissue. Yin yoga encourages relaxation, reduces stress, increases circulation, and improves flexibility.

### *Four Pillar Massage*

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

### *Ashtanga Yoga*

A system of yoga that includes sun salutations followed by an energetic practice with a specific sequence of poses, such as the Primary Series.

### *Pregnancy Massage*

A full-body massage is similar to Swedish massage, with specialized modifications for the safety and comfort of expectant mothers and babies.

### *STURMGLOW™ FACIAL*

This facial leaves the skin radiant, refreshed, and with the sought-after STURMGLOW™. It boosts and strengthens the skin barrier function, improves overall skin health, and is suitable for all skin types.

### *Anti-Redness Vitamin K Facial*

A soothing solution designed to prevent redness caused by fragile capillaries, rosacea, trauma, and sensitivity. Customised peels and vitamin K work to diffuse trapped blood and strengthen capillary walls.

### *Instant lift bar*

Experience an instant facelift with oxygen infusion, natural skin peels, and aromatherapy. This treatment improves circulation, reduces stress, enhances brain alertness, uplifts the mood, and activates the immune system.

### *Rejuvenating Eye Treatment*

Targeted treatment using pure collagen to sculpt, plump, and brighten the eye contour while boosting the facial lymphatic system for increased drainage.

### *Men's Facial*

Tailored to men's skin needs, this regimen replenishes moisture, strengthens the skin's natural barrier, reduces the appearance of fine lines and wrinkles, soothes and comforts irritated skin, and is suitable for all skin types.

### *Wellbeing Together*

Share transformative wellbeing experiences in a serene Couple's Suite. Choose from a 90-minute treatment (Four Pillars Massage, Skin Therapy, Energy Therapy, or Microbiome Therapy), enjoy two healthy drinks, and savour a box of petit fours. Additionally, you'll have 30 minutes of private relaxation time before and after the treatment in your selected Couple's Suite.

### *Sound Bath Meditation*

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.

## TREATMENTS

### *Flora Hairlab Anti-Ageing Hair and Scalp*

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

### *Charcoal Detox Facial*

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

### *Shirodhara*

This profoundly therapeutic approach gently calms the hypothalamus and balances the activity of the pituitary gland, offering effective relief from insomnia, anxiety, and headaches.

### *Cryotherapy*

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.

### *Chi Nei Tsang*

This centuries-old Chinese healing touch therapy emphasises gentle abdominal massage to enhance the efficiency of internal organs, promoting physical and emotional well-being. Rooted in principles akin to Kung Fu and Tai Chi Chuan, it's a practice of internal organs chi transformation.

### *Body Wrap*

Experience a deeply exfoliating body scrub, followed by a lavish wrap infused with minerals, trace elements, and powerful antioxidants.

### *Skin Therapy*

A stimulating dry brush drainage activates your body's detox system before a toning massage targets cellulite on the thighs, buttocks, and arms. With the aid of immortelle skin essential oil, Roman chamomile, geranium, and vitamin E, joint swelling is reduced, and nerves are soothed, leaving your skin toned and radiant.

### *FLORA HAIR LAB Deep Scalp Detox*

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

### *Udvertana*

Experience a potent full-body massage using dry powders or pastes tailored to your goals. Udvertana employs diverse techniques to activate lymph nodes, soothe connective tissue, and alleviate deep muscle tension, promoting toxin mobilization and elimination.

### *Legs, Hips and Gluteal Detox*

A detoxifying and toning treatment merges exfoliation and wrapping with myofascial massage, cupping, and cryotherapy. Concentrating on the upper legs, glutes, hips, and lower back, delivers a rejuvenating experience.

### *Intelligent Movement Analysis (D- Wall)*

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.

### *Age-well Energy Lift*

Experience a cutting-edge anti-ageing facial utilizing rare Swiss apple stem cells and the Nobel Prize-winning ingredient teprenone. This treatment is designed to reverse cellular DNA degeneration and promote the rejuvenation of skin cells.

### *Microbiome Therapy*

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

### *Yoga Traditions*

Immerse yourself in the wisdom of traditional yoga classes, including Hatha Yoga, Vinyasa Flow, and Power Yoga. These practices are rooted in the ancient integral system crafted by pre-Vedic sages, aiming to Harmonise every facet of your being, leading to a joyful, balanced, and purposeful life while forging a deep connection with the Supreme. Our sessions are tailored to accommodate practitioners of all levels, from newcomers to seasoned enthusiasts.

### *Immunity Booster*

This treatment is designed to bolster your body's natural defences. It seamlessly integrates dry brushing, gentle lymphatic drainage movements, and a comprehensive full-body massage. The aim is to invigorate sluggish circulation and facilitate the body's innate detoxification processes.

# TREATMENTS

## *Integrative Massage*

A harmonious fusion of diverse massage methods, expertly designed to soothe muscles, enhance flexibility, invigorate circulation, and melt away stress.

## *Turkish Hammam Experience*

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.

## *Mind Therapy*

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

## *Reflexology*

A calming or invigorating reflexology and massage session focused on the lower legs. By stimulating nerve endings and energy points, it restores energy flow and rebalances the autonomic nervous system and organ functions normalised.

## *Abhyanga*

This Ayurvedic treatment is designed to Harmonise the doshas - Vata, Pitta, Kapha - the vital life energies governing our body's functions. The soothing full-body massage employs warm, herbal oils to promote overall physical, mental, and emotional well-being.

## *Sound Healing Remedies*

Restore inner balance through a healing harmony of music and vibration using eleven carefully designed therapeutic instruments.

## *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.

## *Pranayama Meditation*

Explore a range of techniques that influence the flow of Prana within the Nadis, the energy channels, and the energy centres referred to as Chakras. These practices prove advantageous for enhancing mood and mental mastery, harmonizing the body's energy, and promoting overall well-being.

## *Anti-gravity Yoga*

Drawing inspiration from traditional yoga principles, this class offers a unique experience where your body is cradled by a hammock, suspended in the air. It caters to individuals of all levels, making it an excellent choice for beginners and experienced yogis alike. Particularly recommended for alleviating joint pain or taking your practice to the next level.

## *Pilates*

A gentle yet effective muscle-strengthening workout with a strong emphasis on cultivating a robust core.

## *FLORA HAIR LAB Restorative Hair and Scalp*

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

## *Padabhyanga*

Experience the ancient Ayurvedic wisdom of Padabhyanga, a therapeutic practice that harnesses the power of medicated oils and marma point therapy on the feet. This treatment offers relaxation, enhances blood circulation, encourages restful sleep, and alleviates anxiety, fostering holistic healing.

## *Thai Massage*

Unlock greater movement and flexibility through a sequence of gentle stretches and rhythmic pressure, expertly designed to release muscular tension and dissolve energy blockages. This practice, performed in loose and comfortable attire, provides an ideal avenue to unwind and rejuvenate the body, especially when stiffness sets in.

## *Deep Tissue Massage*

A potent and invigorating massage targeting trigger points and knots, effectively alleviating back and neck discomfort while addressing myofascial tension. This intensive therapy zeroes in on releasing deeply entrenched stress for ultimate relaxation and relief.

## INCLUSIONS

### *3-D Fitness & 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.

### *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.

### *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.

### *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.

### *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.