



JOALI
— SPA —

by

ESPA



SIGNATURES OF JOALI

Unique to Joali Spa, ESPA has created powerful signature treatments to completely restore the body's vitality and vibrancy, unlocking your inner joy.

Each signature therapy begins with a refreshing coconut water infusion and culminates with a unique culinary delight to complement and enhance your Joali Joy experience.



*I let the mighty
earth surround me,
nourish me, content me...*

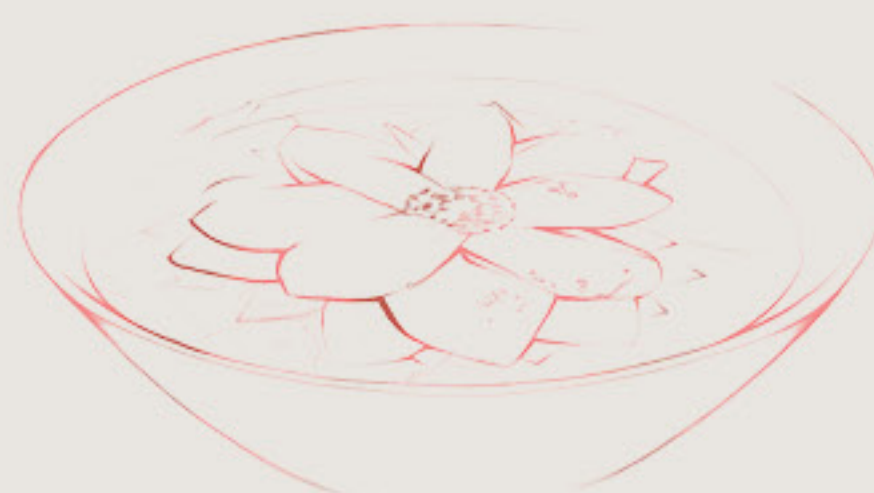


INNER JOY

90 Minutes

Quieten a busy mind and ease muscular tension held in the back, face and scalp, to leave you with a renewed sense of inner calm. Guided breathing and visualization techniques will ease you into a blissful state of relaxation before commencing with a personalized back massage to release deep muscular tension. A bespoke facial completes the experience, unlocking the skin's vitality and vibrancy.

Includes: Breathing and visualization techniques, back exfoliation, back massage with hot stones, bespoke facial, scalp massage



REVIVE & REFOCUS

120 minutes

Uplifting and revitalizing this therapeutic body treatment renews skin, boosts energy and awakens the senses. Smoothing body exfoliation combines sea salts with stimulating essential oils to leave your skin nourished and supple, perfect preparation for the full body massage that follows using warm herbal poultices infused with local herbs of lemongrass, mint and hibiscus. Powerful essential oils complement the herbs and advanced massage techniques to ease deep seated tension and muscle tightness, enlivening the senses and instilling an overall feeling of wellbeing.

Includes: Foot ritual, lime and menthol salt scrub, full body massage with warm herbal poultices, scalp massage



SYNCHRONISED VITALITY MASSAGE

90 Minutes

The ultimate indulgent experience for those who find it difficult to unwind. Using long, sweeping movements, two therapists connect to commence the four handed, tension-releasing body massage involving the pouring of warm oil and use of hot volcanic stones. A balancing and soothing therapeutic scalp massage completes the treatment, for ultimate relaxation and total bliss.

Includes: Foot ritual, four handed synchronised massage with hot stones, scalp massage



THE JOY OF TIME

120 Minutes

Reserve between two and four hours of ESPA Time and our expert therapists will ensure that the most suitable treatments are selected and personalized for you. ESPA Time is the easiest and most flexible way to discover true joy in your bespoke experience.



ESPA Seriously Advanced, Results-driven Facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalized, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored. Delivering what your skin really needs.



ESPA Facials

REJUVENATION FACIAL

90 minutes

Effectively and naturally target all visible signs of aging with this luxurious and powerful age-defying facial from ESPA. Advanced facial massage works alongside potentially active products to enhance firmness and elasticity while reducing redness and pigmentation. Skin feels instantly hydrated and supple, lines are diminished and the complexion is revitalized.

Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, steam & extraction if required, Skin Radiance Mask, specialized age-defying, contouring & lifting facial massage techniques, professional Lifting & Smoothing Mask & the ultimate LifeStage product range

SKIN VITALITY FACIAL

90 minutes

Reawaken skin's vitality and reveal a smooth, supple and visibly youthful complexion with this ESPA treatment. Massage with cool Rose Quartz Crystals helps tone and lift the facial contours, while advanced products brighten and firm skin, boost collagen and minimize the appearance of hyperpigmentation.

Includes: Deep brush cleanse, unique ProCleanser, skin analysis with SkinVision™ lamp, steam & extraction if required, Skin Radiance Mask, age-defying Rose Quartz Crystal massage, professional Lifting & Smoothing Mask & revolutionary Radiance Serum

ICONIC BACK, FACE & SCALP TREATMENT

90 / 120 minutes with hot stones

Restore calm to mind and body with this renowned 'hero' treatment. Loved by all, this relaxing and deeply effective ESPA experience delivers triple results by focusing on three key areas – the back, the face and the scalp-making it the ideal treatment for anyone.

Includes: Back exfoliation, back massage with hot stones, personalized facial and scalp massage

INNER BEAUTY FACIAL

60 minutes

Deeply cleanse, exfoliate, purify and boost your complexion with this exclusively tailored facial from ESPA. Featuring naturally advanced products and bespoke facial massage, it reveals exceptional results whatever your skincare concern.

Includes: Triple cleanse, skin analysis with SkinVision™ lamp, steam & extraction if required, facial massage, personalized mask and scalp massage

EYE LIFT

30 minutes

Perfect for those who are concerned with signs of aging around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye strain and computer headaches.

Includes: Cleanse, exfoliation, massage, firming eye mask and application of our Lift & Firm Intensive Eye Serum



MASSAGE COLLECTION

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energized with renewed focus and lasting positivity.

PERSONALIZED

60 / 90 minutes

Luxurious, indulgent and entirely personalized to your needs. Guided by your expert therapist, this tailor-made massage incorporates the most effective combination of targeted massage techniques and richly nourishing essential oils to ensure the very best results for your particular needs.

Includes: Tailored massage selected from inner calm, hot stone or classic massage what better way to get exactly what you need than selecting your favourite elements, perfect for both men and women:

- *Choose your pressure: gentle, medium or firm*
- *Choose your massage style:*

INNER CALM- find your inner calm with this rebalancing aromatherapy massage for mind and body, using a specially selected blend of oils, tailored to you.

CLASSIC – using traditional stimulating movements and a nourishing calendula infused oil.

HOT STONES - The ultimate massage booster. Volcanic stones give the therapist super powers to sort those muscles.

TRADITIONAL THAI

90 minutes

Using a combination of acupressure massage movements, deep stretching techniques and assisted yoga postures, this traditional Thai Massage helps to release deep-seated tension, elongate tight muscles and balance energy flow through the body. Performed without oil, wearing loose traditional clothing provided by the Spa, this holistic massage treatment unifies energetic and physical balance, leaving the physical body moving more freely and feeling deeply relaxed.

Includes: Thai pressure point massage, assisted stretches and yoga postures

DEEP MUSCLE

60 / 90 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialized techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.

Includes: Specialized targeted massage to specific areas of concern

MATERNITY

60 / 90 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, while helping to hydrate, relax, restore and revitalize.

Includes: Back exfoliation (if required), personalized body massage, scalp massage

Why not complement your massage with:

OCEAN GLOW

30 minutes

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application, Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

Includes: Full body Salt & Oil Scrub (Exfoliating Body Polish available for Maternity Massage)

BALANCE

Achieve focus and clarity in the present moment with our mindfulness collection; realize vital balance and how to preserve your inner calm.



MINDFUL MASSAGE

90 minutes

Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience begins with mindfulness. Guiding you through breathing and visualization techniques, your therapist will help calm both mind and body.

The metamorphic zones on the feet are then massaged to rebalance and ground, before a soothing massage is continued up through the body, finishing with a re-energizing scalp massage using warm Rose Quartz Crystals.

Includes: Breathing and visualization techniques, massage on the metamorphic zones of the feet, massage, scalp massage with warm Rose Quartz Crystals

SLEEP RITUAL

90 minutes

The definitive answer to a truly blissful night's sleep. This tailor-made experience starts with your therapist guiding you through breathing and visualization techniques to release physical and emotional anxiety and restore energies. A deeply indulgent and totally relaxing personalized massage follows to release deep-seated muscular tension using a combination of hot stones and warm oil gently poured onto your body, before a soothing scalp massage helps clear your mind and enables you to completely switch off, ensuring an uninterrupted and blissful night's sleep.

Includes: Breathing and visualization techniques, personalized massage with hot stones, therapeutic scalp massage

MINDFUL FACIAL

90 minutes

Soothe, nurture and revitalize skin and spirit with this holistic personalized facial. Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin while also calming a busy mind. Feel negative energies fade as your therapist expertly guides you through breathing and visualization techniques, before long, lifting strokes using warmed poultices sculpt and tone the facial contours while nourishing the skin. Finishing with your choice of a soothing scalp massage or hand and arm massage, you emerge feeling relaxed, nurtured and with beautifully smooth, radiant and nourished skin.

Includes: Breathing and visualization techniques, triple cleanse, personal SkinVision™ analysis, facial massage with herbal poultice and Rose Quartz Crystals, overnight hydration therapy, scalp or hand and arm massage

REFLEXOLOGY

60 minutes

This ancient therapeutic treatment focuses on pressure point massage to reflex zones on the feet, alleviating stress and tension throughout the entire body. An invigorating scrub prepares feet for the massage using a blend of calming and grounding essential oils. Specific pressure points are worked to melt away tension and restore natural energy flow throughout the body, leaving you floating on air.

Includes: Foot scrub, reflex point massage with essential oils to feet and lower legs





CLEANSE

Targeted and focused, these treatments combat fluid retention, boost digestion and can be the ideal support for a healthy eating programme.

ANTI-CELLULITE HIP & THIGH TREATMENT

60 minutes

A highly effective, stimulating treatment to target cellulite, fluid retention, uneven skin texture and tonicity. Using potent marine extracts, iced mitts, a deep detoxifying massage and specialized stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite.

Includes: Skin brushing, detoxifying salt & oil scrub, iced and warm mitts, detoxifying massage to specific areas and specialized colonic massage techniques



DETOX BODY CLEANSE

60 minutes

Purifying and uplifting, this full body treatment promotes circulation, stimulating the systems of the body to aid a healthy eating program. Specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. A complete body wrap of Marine Algae blended with Detoxifying Body Oil is applied to help purify the body and hydrate the skin.

Includes: Skin brush, body exfoliation, detox algae wrap, scalp massage



RESILIENCE

Using pure aromatherapeutic formulas these treatments are transformative, helping to support your immune system and boost energy levels to ensure you emerge feeling revitalized and restored.

INNER STRENGTH RESILIENCE MASSAGE

90 minutes

Affectionately called The Butterfly Journey this massage helps strengthen resilience and release muscular tension. Using the journey of the painted lady butterfly as inspiration, this treatment brings a renewed sense of wellbeing and clarity to the mind. Pure aromatherapeutic formulas, yogic stretches and deep muscle massage transform mind and body, helping to support your immune system, boost energy levels and emerge ready to face life's unexpected journeys.

Includes: Yogic stretching, reflex zone foot massage, back massage, sinus release, scalp massage



RESILIENCE BODY COCOON

60 minutes

The perfect treatment to replenish and soothe dry skin and restore equilibrium. A warmed blend of essential oils and a deeply nourishing body cream are applied, and the body cocooned in an ESPA wrap to leave to skin soft, smooth and moisturized.

Includes: Skin brush, body exfoliation, detox algae or nourishing marine mud wrap, scalp massage to experience true inner calm why not book a yoga or meditation session prior to your treatment. Simply ask the Spa Receptionist for further information.





HAMMAM RITUALS

Inspired by traditional Hammam experiences with a touch of Joali magic, our cleansing, nourishing and revitalizing Rituals are truly rejuvenating and refreshing for both mind and body.

ULTIMATE DELIGHT

120 minutes

The Indulge Hammam Ritual plus a 60 minute ESPA Personalized Massage

INDULGE

60 minutes

A total body experience that caresses your skin, revitalizes your body and calms your mind. This traditional experience starts by deeply cleansing the skin with a revitalizing body scrub, followed by a full body foam massage and nourishing marine mud body mask, before finishing with a refreshing hair cleanse and hydrating conditioning scalp massage treatment.

Includes: Scrub, foam massage, hair wash and conditioning treatment, mud body mask, steam, body cleanse

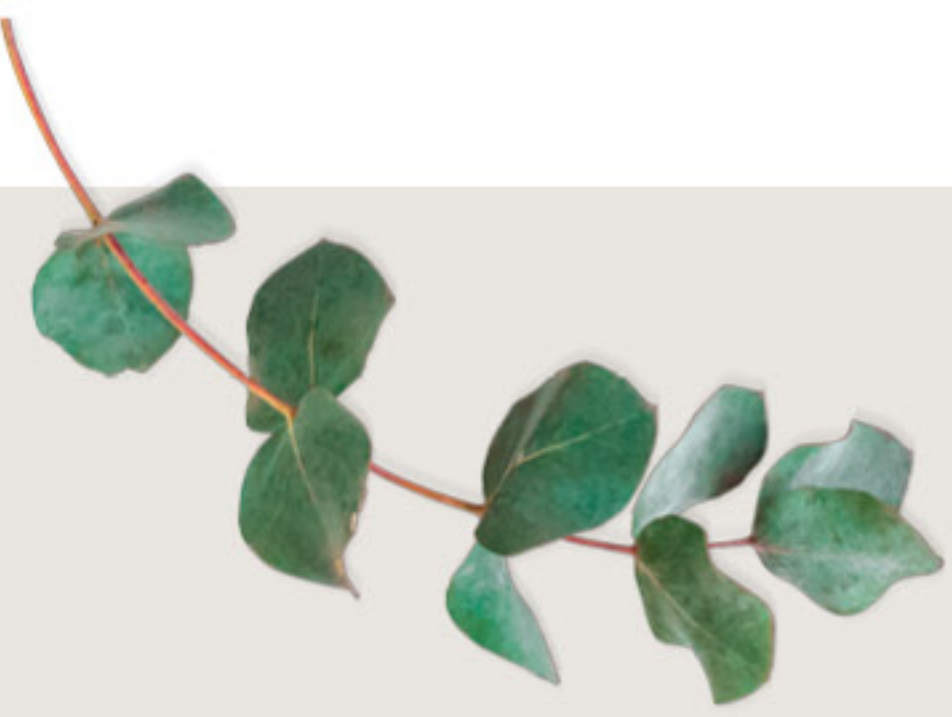
PURIFY

45 minutes

This traditionally inspired cleansing and invigorating full body Hammam experience begins with Kese mitt exfoliation and full body foam massage to purify and soften the skin, before a hair cleanse and divine scalp massage using an ESPA nourishing hair and scalp treatment.

Includes: Scrub, foam massage, hair wash and conditioning treatment, steam, cleanse





HIS COLLECTION

Our ESPA face and body treatments for men are expertly tailored to deliver the best results for your skin, lifestyle and wellbeing needs.

ICONIC BACK, FACE & SCALP TREATMENT

90 /120 minutes

Renowned as our 'hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation, back massage (120 mins with hot stones), facial, scalp massage

PURIFYING FACIAL

60 minutes

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalized treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Includes: Double cleanse, exfoliation, steam and extraction if required, face massage, personalized mask, scalp massage

MUSCLE REVIVER

45 minutes

This fast-acting, stress-relieving massage focuses on the back, face and scalp, working to alleviate built-up pressure and tightness. Ideal for those who suffer with tension headaches or neck strain, it effectively soothes tight muscles and calms the mind, leaving you feeling revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

Includes: Back massage, facial massage, scalp massage

INVIGORATING FOOT TREATMENT

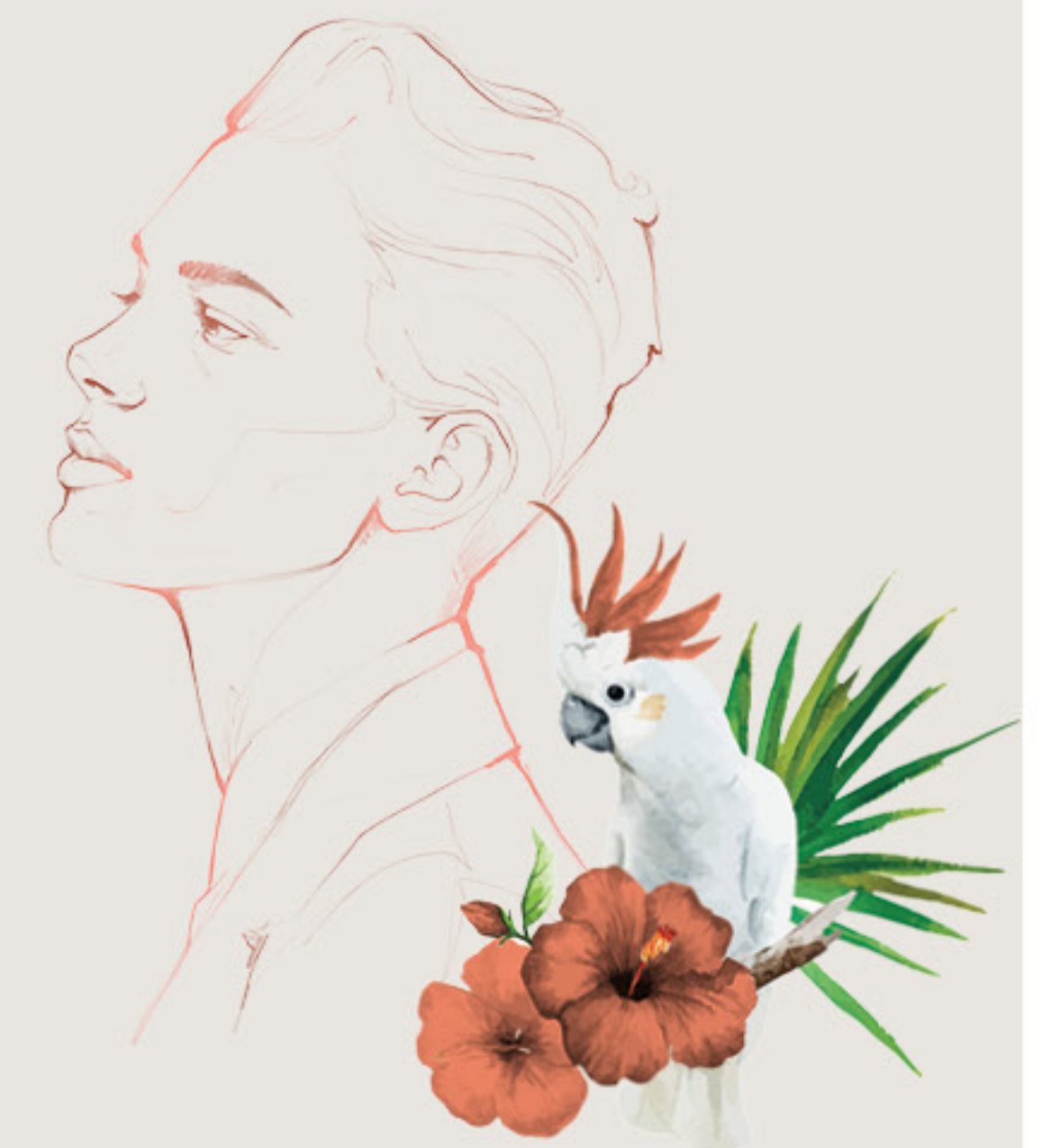
60 minutes

Refreshing and energizing pedicure treatment, the perfect indulgence for revitalizing tired feet and getting them beach ready.

NOURISHING HAND TREATMENT

40 minutes

Give your hands a well-deserved treat. Nail and cuticle care and a tension-relieving massage leave your hands feeling like new.





EXPRESS TREATMENTS

When time is of the essence, why not take a moment and experience our joyous collection to find a moment of pure serenity.

ISLAND WAKE-UP

30 minutes

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, hot stones are also used to penetrate warmth and help ease aches and pains

Includes: Massage to the back, neck and shoulders

SCALP MASSAGE

30 minutes

Soothe away stress, re-energize the spirit and balance the mind with this deeply therapeutic and nourishing scalp massage.

Includes: Hot stone shoulder and scalp massage

PERSONALIZED EXPRESS FACIAL

30 minutes

Your therapist will select the most suitable facial for your skin. Every ESPA personalized facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalized facial mask and finishes with an application of a booster serum to suit your skin.

Includes: Consultation, double cleanse and exfoliation, application of facial oils tailored to your skin, scalp massage and booster serums

SOLE SOOTHER

30 minutes

This revitalizing treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage – ideal after a long flight and pregnancy.

Includes: Foot and lower leg exfoliation, foot massage





TEEN SCENE

Designed especially for our teen guests aged between 13 and 16 years, these treatments offer a spa experience with a fun twist, all to be enjoyed with family or friends.

PERSONALIZED FACIAL

30/60 minutes

Bespoke care for teenage skin. Detailed skin analysis leads to a prescriptive selection of products to best suit your skin needs. Your expert aesthetician will then gently cleanse, exfoliate and massage face, neck and shoulders before applying a cleansing mask. While the mask works its magic, a relaxing scalp massage conditions hair and scalp for glossy locks.

COOL BACK

45 minutes

Skin-smoothing back treatment. Occasionally the back can become congested. This treatment helps to clear blockages, balance oil production, smooth and calm the skin. Deep cleansing, exfoliation and massage restore radiance to make the back beautifully beach ready.



MANI MAGIC

30/60 minutes

Beautify hands with this conditioning treatment to remove dry skin, tidy cuticles, shape nails and finish with a healthy natural buffed shine or application of colour.

PEDI HEAVEN

30/60 minutes

The perfect pedi to smooth skin and make feet beautifully beach ready. Exfoliation and nail shaping prepare for an application of colour to suit your unique look and mood.



TEEN & PARENT RETREAT

The treatment collection symbolizes the firefly, representing self-illumination and knowledge that the light within is the power of life.

INNER CALM MASSAGE

60 minutes

Find your inner calm with this rebalancing massage for mind and body which starts with a guided breathing and visualization techniques.

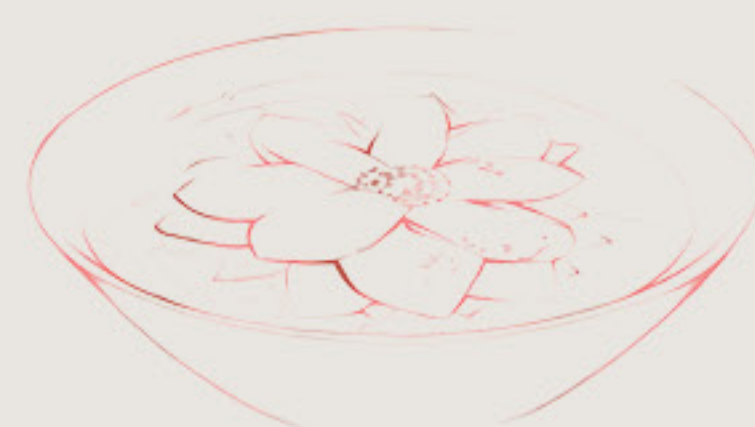
Includes: Breathing and visualization techniques, full body massage, scalp massage with warm Rose Quartz Crystals

SOLE SOOTHER

30 minutes

This revitalizing treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Includes: Foot and lower leg exfoliation, foot massage



INNER BEAUTY FACIAL

60 minutes

Deeply cleanse, exfoliate, purify and boost your complexion with this exclusively tailored facial from ESPA. Featuring naturally advanced products and bespoke facial massage, it reveals exceptional results whatever your skincare concern.

Includes: Triple cleanse, skin analysis with SkinVision™ lamp, steam and extraction if required, facial massage, personalized mask, scalp massage

BLISSFUL TRIO

60 minutes

Restore calm to mind and body with this renowned 'hero' treatment. Loved by all, this relaxing and deeply effective ESPA experience delivers triple results by focusing on three key areas – the back, the face and the scalp - making it the ideal treatment for teenagers and parents.

Includes: Back massage, express facial, scalp massage



OPENING HOURS

Spa: Daily from 9am to 9pm

Fitness: Daily from 7am to 9pm

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Spa 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.

SPA RECEPTION

Short Number	Extension Number	Full Number
77	4451	+960 658 44 51

E-mail spa.jomv@joali.com

FITNESS CENTER

Short Number	Extension Number	Full Number
22	4396	+960 658 4396

E-mail fitness.jomv@joali.com

WHAT TO WEAR

We provide a robe and a pair of slippers at Joali Spa by ESPA. 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 Spa 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 Spa by ESPA: sauna, steam room, power showers, hammam, pool, vitality pool, spa changing and relaxation areas.

Due to obvious time constraints, guests who have reserved a treatment of 30 minutes will be escorted directly to and from their treatment room and do not have access to the spa changing areas, spa and heat experience facilities, pool or the gym.

FITNESS CENTRE

A state-of-the-art fitness center equipped with the Technogym, cardio vascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine.

RELAXATION LOUNGE & PRIVATE SPA BEACH

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

WHAT TO WEAR

We provide a robe and a pair of slippers at Joali Spa by ESPA. 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.

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 ESPA reservations team for details on our teen scene and firefly treatment menu. Access to the rest of the spa, including the changing facilities, spa and heat experiences and gym, are restricted to over 16s.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. 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 ESPA reservations team for details.

HEMECARE

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

VALUABLES

Joali Spa by ESPA 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 ESPA reception. Items will be stored for four 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 change at any time. Gratuities are not included and are welcomed at your discretion.

THE JOY OF TIME

Reserve between two and four hours of ESPA Time and our expert therapists will ensure that the most suitable treatments are selected and personalized for you. ESPA Time is the easiest and most flexible way to discover true joy in your bespoke experience.