

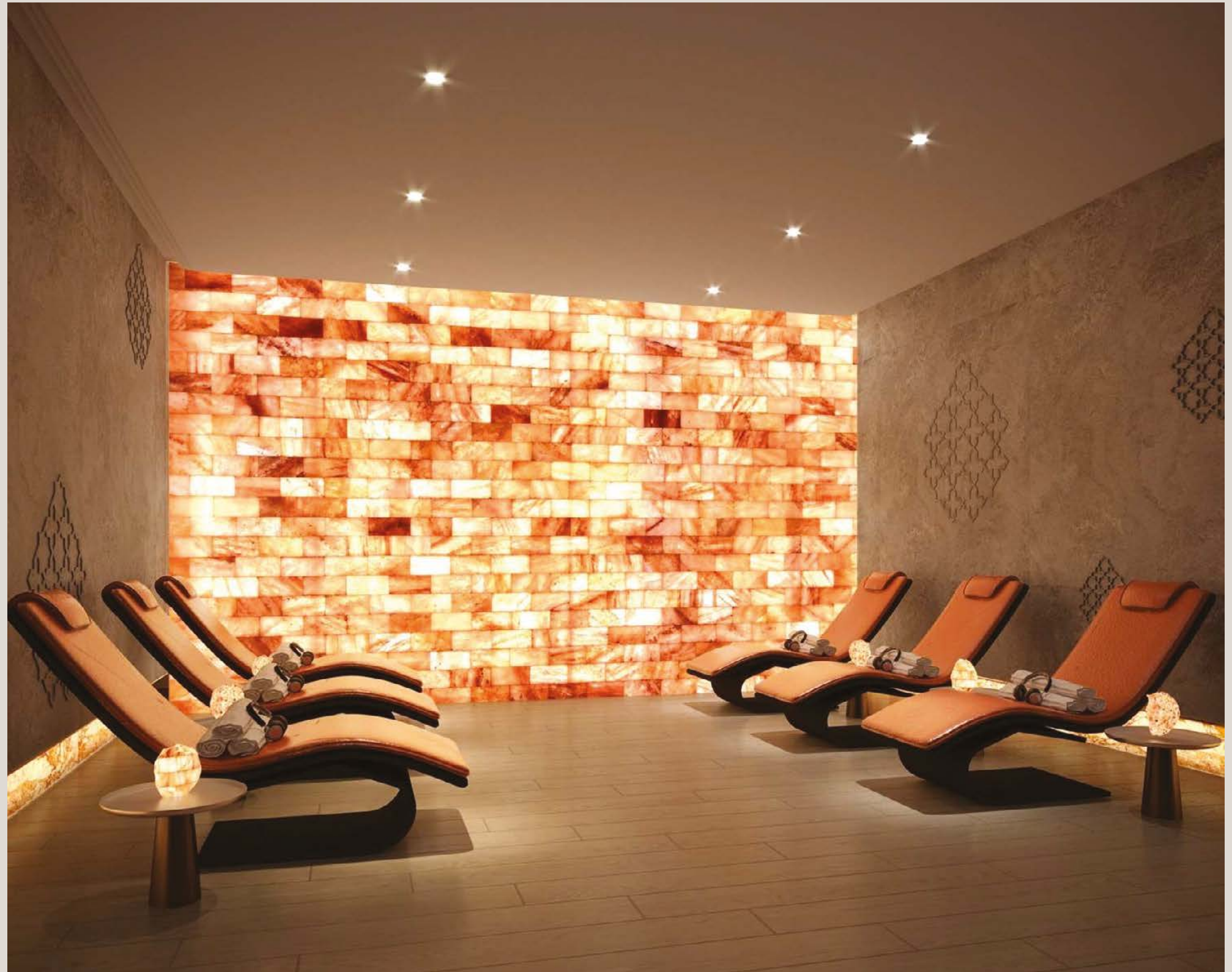


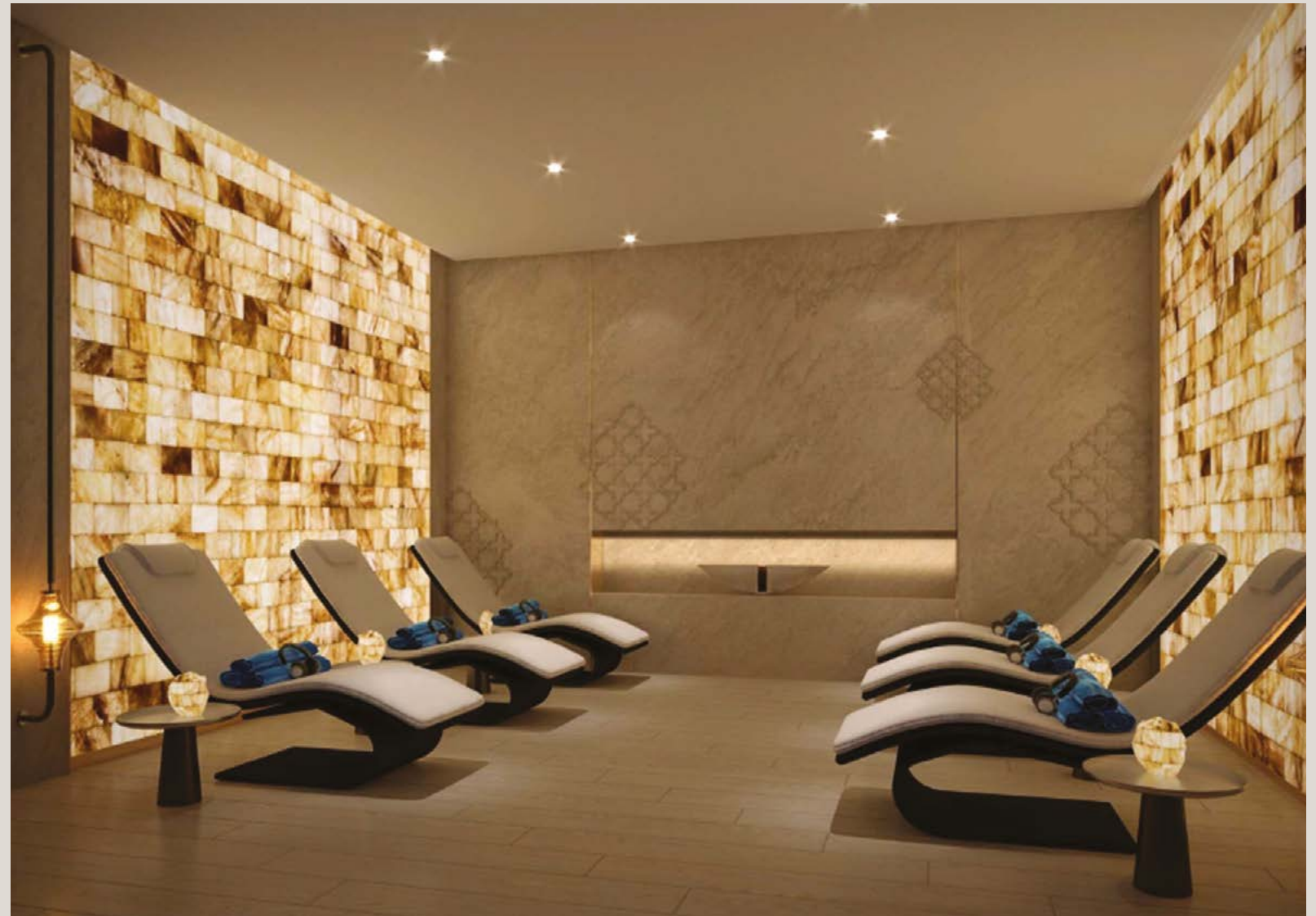
ELEVATE
YOUR BEING
AT JALA

FIND PURITY ON THE GREEN MOUNTAIN



Vegan | Organic | Sustainable | Non-Animal Tested
No Parabens | No SLS | No Synthetic Chemicals





JALA SPA & WELLNESS

An Oasis of Vitality on the Green Mountain

Nestled amidst the rocky peaks, deep canyons, and hidden wadis of Jabal Akhdar, Jala Spa & Wellness offers a sanctuary of unparalleled purity and tranquillity. The Green Mountain is celebrated for its pristine air, natural springs, and the production of some of the world's purest rose water, renowned for its calming, anti-ageing, and antioxidant properties. Drawing from ancient Omani wellness traditions and contemporary techniques, Jala blends these natural elements to create an immersive experience that revitalises both body and soul.

Within the heart of the resort lies Jala, a carefully curated and designed spa and wellness facility that extends to over 3,000sqm and features 3 wellness zones. With bespoke treatment experiences, Himalayan salt rooms, extensive thermal zones and total relaxation in one of the indoor heated vitality pools, Jala aims to redefine wellness in Oman.

At Jala, time is an illusion. Immerse yourself in vitality pools, unwind in the Jala Hammam, or stand beneath one of our Aquamoon

rainforest experience showers in the thermal zone. We source organic products from around the world that support sustainable practices and ethnic communities, preserving our traditional way of life. At Jala Spa & Wellness, the rejuvenating power of the mountains is woven into every moment, fostering a deep sense of well-being and serenity.

Jala wellness journey begins with a foot cleanse ritual, yogic breathing and sound therapy.

JALA PRODUCT'S PHILOSOPHY

ila Organic

‘True beauty arises from nurturing the body, mind, and soul.’

Founded in 2008 by Denise Leicester, ila products channel the ancient energy of plants, flowers, and herbs, emphasising their natural healing properties. All ila products demonstrate that effective skincare and spa treatments can align with the highest standards of natural and ethical integrity by emphasizing plant-based ingredients, herbal remedies, and ancient holistic principles.

Through our partnership with ila, Jala Spa & Wellness helps to contribute to local communities, promoting economic and social well-being, which in essence goes beyond skincare—it allows each individual to shine uniquely.





JALA PRODUCT'S PHILOSOPHY

Mauli Rituals

'Ayurveda is the science of life and informs how to address physical and emotional imbalances. With 81 award wins and vast generational knowledge, Mauli crafts nature's finest plants into powerful, sensorial blends that make daily rituals simple in practice, pleasurable in use and transformative in results.'

Founded by Anita Kaushal and Bittu Kaushal, Mauli Rituals is deeply rooted in Ayurvedic wisdom and holistic well-being. Going beyond mere product usage, Mauli emphasises the entire self-care ritual, extending beyond personal well-being to include environmental sustainability practices that benefit both individuals, the planet, and embody Ayurvedic principles in every aspect.

Maison d'Asa

'Captivating luxury and sustainable skincare deeply rooted in Moroccan heritage.'

Founded by Asma El Mernissi, Maison d'Asa celebrates the rich history, culture, and timeless traditions of Eastern well-being. Through natural ingredients such as argan oil, rose water, black seed oil, olive oil, and honey, Maison d'Asa honours centuries-old beauty rituals.

Margaret Dabbs London

'Once you experience the world-renowned Margaret Dabbs® London Medical Pedicure, you will wonder why you didn't discover it sooner.'

Founded in 1998 by Margaret Dabbs, Margaret Dabbs® London is an exceptional British Beauty Brand that embodies the synergy of medical science, beauty and therapeutic solutions to emphasise overall well-being.

With all our technicians being professionally trained by Margaret Dabbs®, Jala Spa & Wellness features the luxurious 'PURE VEGAN' range for your hands, feet and nails, offering optimum, results-driven treatments through powerful, active botanicals.

Seoulista Beauty ®

Seoulista Beauty® has a vision to make effective beauty care accessible and convenient for the modern lifestyle, focusing on hydration and nourishment.

At Jala Spa & Wellness, we would like to introduce you to Seoulista's range of hair treatments free from parabens, mineral oil, sulphates, artificial colours and cruelty-free that never tests on animals. Seoulista Beauty® combines science, soul, and sustainability to enhance your beauty journey.



The Different Company

Kashan Rose by 'The Different Company' was created in 2013 by perfumer Émilie Coppermann. It is a fragrant journey, a blend of heritage, craftsmanship, and innovation. The fragrance captures the timeless spirit of the Orient, harmonizing tradition and modernity. It's a tribute to the artistry of perfumery, both familiar and surprising.

You will find Kashan Rose thoughtout all our bathroom amenities in Jala Spa & Wellness so that you too can experience Emilie's fragrant creation.

Camellia's Tea House

'We invite you to savour natural, vibrant teas, a delightful journey for both the senses and well-being.'

Founded in 2017 by Lubna and Ajit Madan, Camellia's Tea House is a London-based tea company deeply committed to quality, wellness, creativity and sustainability.

With a focus on health and well-being, Camellia's Tea House has created a range of bespoke hand-blended herbal teas for you to enjoy at Jala Spa & Wellness.

VitaJuwel

'VitaJuwel beautifully bridges ancient wisdom with modern sophistication. '

Cultures worldwide have believed in the energetic properties of gemstones. Reviving this tradition, VitaJuwel Crystal-infused water offers you those same benefits for a harmonious blend of aesthetics and well-being.

Throughout Jala Spa & Wellness you can enjoy a variety of Vitajuwel crystal infused waters to keep you hydrated on your wellness journey.

Sound Healing Therapy

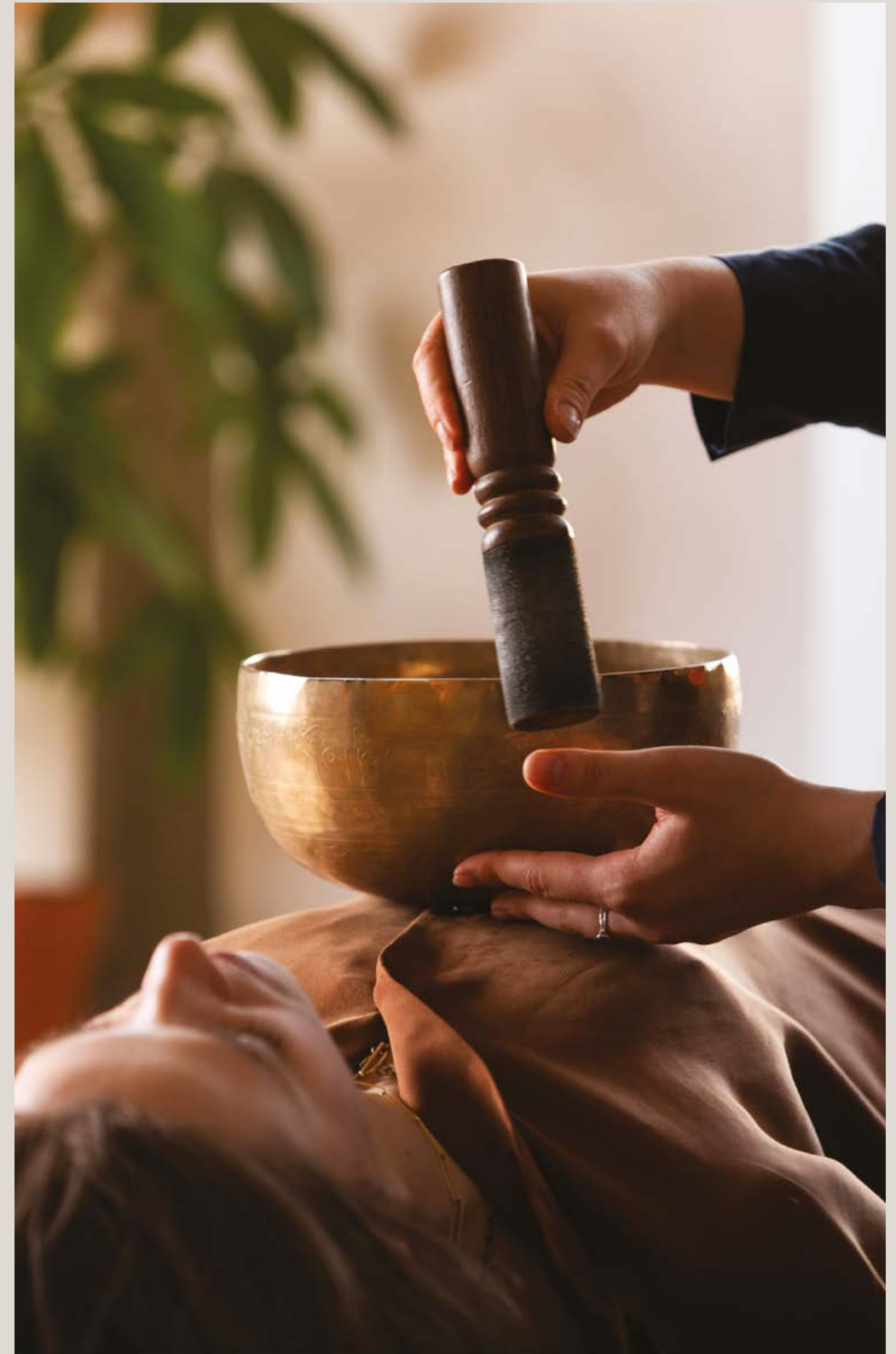
Sound Healing Therapy harnesses the vibrations and frequencies of various instruments and techniques to promote holistic wellbeing on a cellular level. At its core, it aims to realign and harmonise the energy flows within the mind, body, and spirit.

Integrated into a massage, facial or as a standalone treatment, sound healing serves as a portal to inner peace, clarity, and overall wellbeing by immersing participants in resonance with the same vibrational patterns that birthed our universe.

The benefits of this vibrational therapy are multi-faceted:

- Physical - The sound waves can relax the nervous system, reduce blood pressure, boost circulation and trigger the release of healing hormones like melatonin, serotonin and dopamine.
- Mental - It induces a meditative, peaceful state that alleviates anxiety, depression, mental fog and improves focus.
- Emotional - The sound frequencies allow for the release of stuck emotional energy, trauma and blockages in the mind-body system.
- Spiritual - Sound is a powerful conduit that raises consciousness and awareness. It facilitates a deeper connection with nature's rhythms and harmony with Mother Earth's resonance.

The environment at Jala Spa & Wellness provides an ideal setting for this grounding experience. The emanating sounds from the brass or crystal bowls and instruments mimic the vibrations found in the natural world, oceans, forests, mountains, and celestial bodies.



JALA COUPLE SUITE EXPERIENCES

The Jala Couple Suite Experiences offer a unique and luxurious spa journey designed for couples to share a tranquil and intimate day of pampering.

The experience includes:


- Utilising the resonant frequencies of crystal sounds to align and balance the body's energy, a sound healing ritual will be performed at the start and at the end of your treatment. This will help to promote a deep sense of harmony with nature and the mountain environment we are in.
- Refreshments will be provided to you to enhance the overall sense of luxury during the spa visit.
- Exclusive access to the indoor vitality pool couple cabanas where you can relax and rejuvenate.

This experience is crafted to not only offer relaxation and indulgence, but also to incorporate elements of natural healing and wellness, making it a holistic retreat that nurtures both the body and the spirit. It's an invitation to step away from the everyday and immerse oneself in a world of tranquillity and luxury.





JALA MOUNTAIN ESCAPE

 150 minutes

This package is an invitation to escape to a mountain sanctuary, where every element is thoughtfully curated to enhance your well-being and provide a luxurious retreat from the everyday.

Designed to celebrate togetherness, the Jala Mountain Escape provides the perfect opportunity to spend time together and reconnect.

Begin your journey with a foot cleansing ritual to soothe the texture of your skin with our selection of Jala body scrubs and wraps to exfoliate and infuse with nourishing ingredients. This is followed by immersion in your private jacuzzi to further relax and rejuvenate. The journey continues with a choice of couples' body therapies designed to improve your blood circulation and encouraging deep relaxation.

Spa Journey Includes:

- Foot Cleansing Ritual
- Sound Healing Ritual
- Body Scrub and Wrap by ila
- Body Therapy by ila

JALA DETOXIFYING RITUAL

 180 minutes

This comprehensive ritual leverages various detoxification methods, including heat therapy, mechanical exfoliation, and massage, to promote a sense of well-being and vitality. It is a thoughtful combination of treatments that not only aims to cleanse the body but also to provide a relaxing and indulgent experience.

Your journey begins with a sauna session to induce a deep detoxifying sweat and help flush out toxins. This is followed by a full-body exfoliation using a chosen body scrub to remove dead skin cells, and then a body wrap allowing mineral-rich nutrients and detoxifying properties to be absorbed into the skin.

Relaxation continues in a warm, jetted jacuzzi for hydro-massage to further the detoxification process. A full-body massage aims to increase circulation and lymphatic drainage to encourage elimination of toxins. The ritual concludes with a choice of refresher facial or blissful foot massage for a tailored experience.

Spa Journey Includes:

- Foot Cleansing Ritual
- Sound Healing Ritual
- Body Scrub and Wrap by ila
- Body Therapy by ila
- Facial by Maui Rituals or Blissful Foot Massage by ila.

JALA INDULGENCE



🕒 180 minutes

Embark on a transcendent journey of pampering with a lavish escape crafted exclusively for couples.

The Jala Indulgence is a celebration of togetherness, an opulent sanctuary where time stands still. Revel in moments that elevate the senses and forge an unbreakable bond between mind, body, and spirit.

Indulge in personalized facial therapy, where nutrient-rich elixirs breathe new life into your complexion. Emerge with a radiant glow, your skin replenished and revitalized. Finally, surrender to the blissful caresses of a foot massage.

Spa Journey Includes:

- Foot Cleansing Ritual
- Sound Healing Ritual
- Body Therapy by ila
- Facial by ila or Maui Rituals
- Blissful Foot Massage by ila

COUPLES CONNECT



🕒 120 minutes

Rediscovering that connection brings immense joy and fulfilment.

Love and happiness come together in this beautiful experience of reconnection. Experience a sensual ritual for couples, promoting connection on physical, emotional, and spiritual levels. Calming the nervous system and enhancing the heart, sacral, and crown chakras through the power of three exquisite oils - rose, orange blossom, and jasmine. Achieve a beautiful union of body, mind, and soul through chakra healing and the pouring of warm oil over the forehead.






WELLNESS EXPERIENCES

BY ILA


CHAKRA WELLBEING

 120 minutes

A ritual to restore mind, body,
and soul.

As exquisite as it is holistic, this bespoke treatment is tailored to each individual needs, working on the muscles, lymph nodes, and the nervous system as a whole. Based around the seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the forehead to restore and relax every sense.

GOLD STEM CELL BODY TREATMENT

 120 minutes

Softens skin, reduces signs of
ageing, boosts collagen production,
and promotes firmness.

Discover the power of rejuvenation starting with ila's Manipura massage to restore positive energy flow. This will bring balance to your mind, skin, and body. This is followed by an indulgent 24-carat gold salt scrub infused with detoxifying properties to stimulate the lymphatic system and cleanse your body's energy. This process eliminates toxins and banishes fatigue. Our gold-infused serum deeply hydrates your skin, leaving behind a radiant shimmer.

JALA HAMMAM EXPERIENCES

BY MAISON D'ASA

PURIFICATION HAMMAM

🕒 60 minutes

A traditional purification ceremony, featuring a blend of Oriental fragrances and Arabian scents. Woody essences combined with sandalwood take you on a sensorial cleansing ritual. This is followed by a black soap and kessa exfoliation with purifying neroli rhassoul. Your hair is then cleansed with argan, green tea and orange blossom floral water. At the end of your treatment a layer of organic sweet orange oil is applied to the skin.

TRADITIONAL ROYAL HAMMAM 🌿

🕒 90 minutes

An homage to holistic Moroccan apothecary, embellished with fresh fragrances and natural textures appealing to all the senses and conveying the very essence of Morocco's heritage.

A totally regenerating body treatment with black soap and eucalyptus, kessa exfoliation to deeply cleanse the skin while a delicate honey nourishment leaves the skin feeling soft. A renewing rose or immune boosting verbena rhassoul is applied to the body with an argan hair cleansing ceremony. This is then culminating with an argan facial exfoliation, mask and cryo mint foot bath. Your treatment ends with a fragrant spritz and organic oud oil application.

ORIENTAL ROYAL HAMMAM JOURNEY

🕒 150 minutes

Experience full body rejuvenation with this tranquil journey. Commence with a warm steam and experience a traditional purification hammam, with black soap and kessa exfoliation, uplifting neroli rhassoul and argan hair cleansing ceremony. The full body is then massaged with organic oil and a choice of massages to uplift, relax or de-stress. Your treatment concludes with an express argan facial. A tribute from Morocco, this precious organic ingredient cleanses and nourishes the skin. The final part of your journey closes with a gentle stretch and perfume infusion.

ROSE & OUD ESCAPE 🌿

🕒 180 minutes

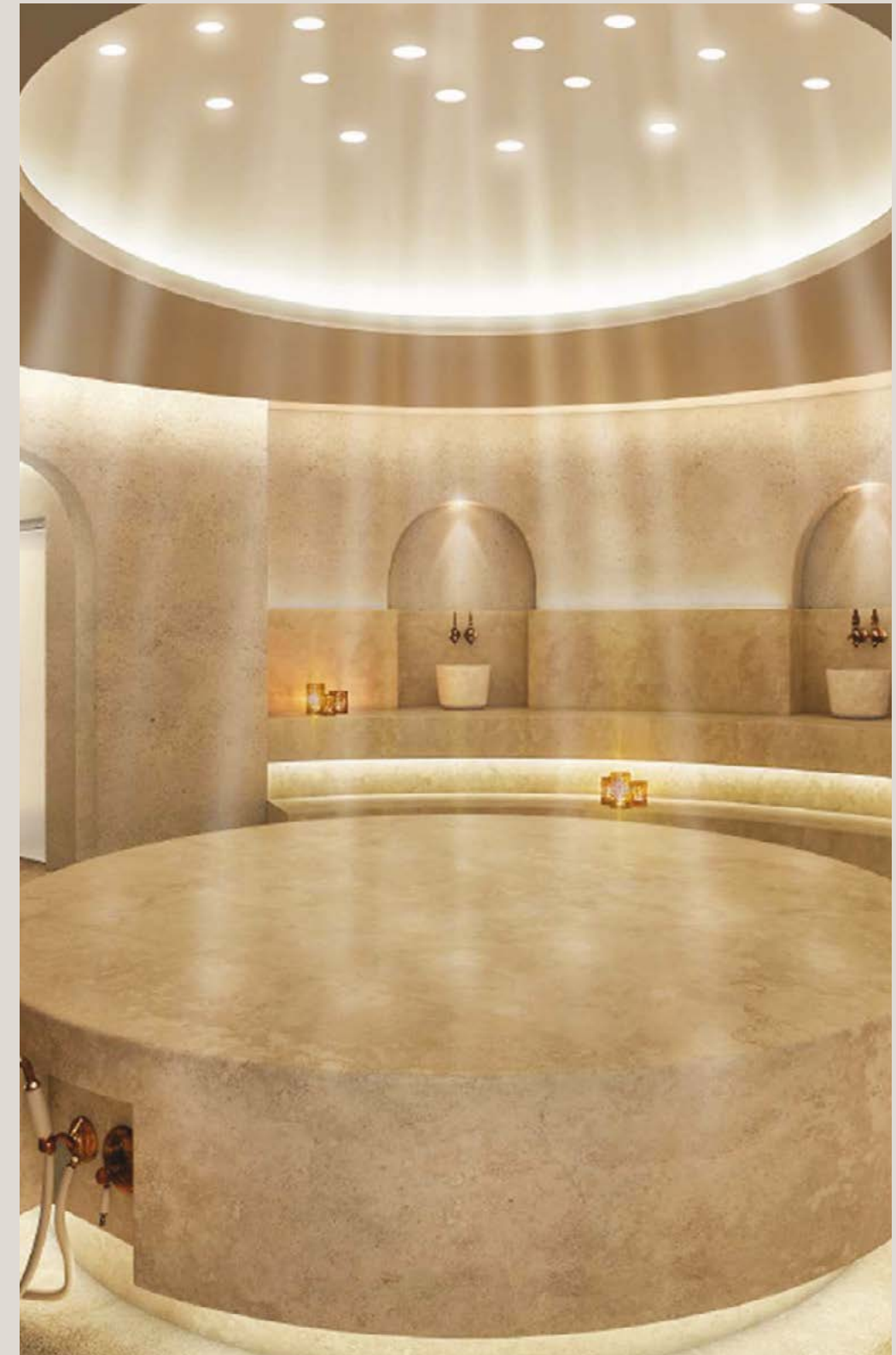
A transformative journey encapsulating tradition, wellbeing, and a sensory experience through Middle Eastern scents of rose and sandalwood. A cleansing rice powder exfoliates the skin while shea butter provides the ultimate skin nourishment. The body is then cocooned in a warm rose rhassoul, while a cryo mint ritual revives tired feet and legs.

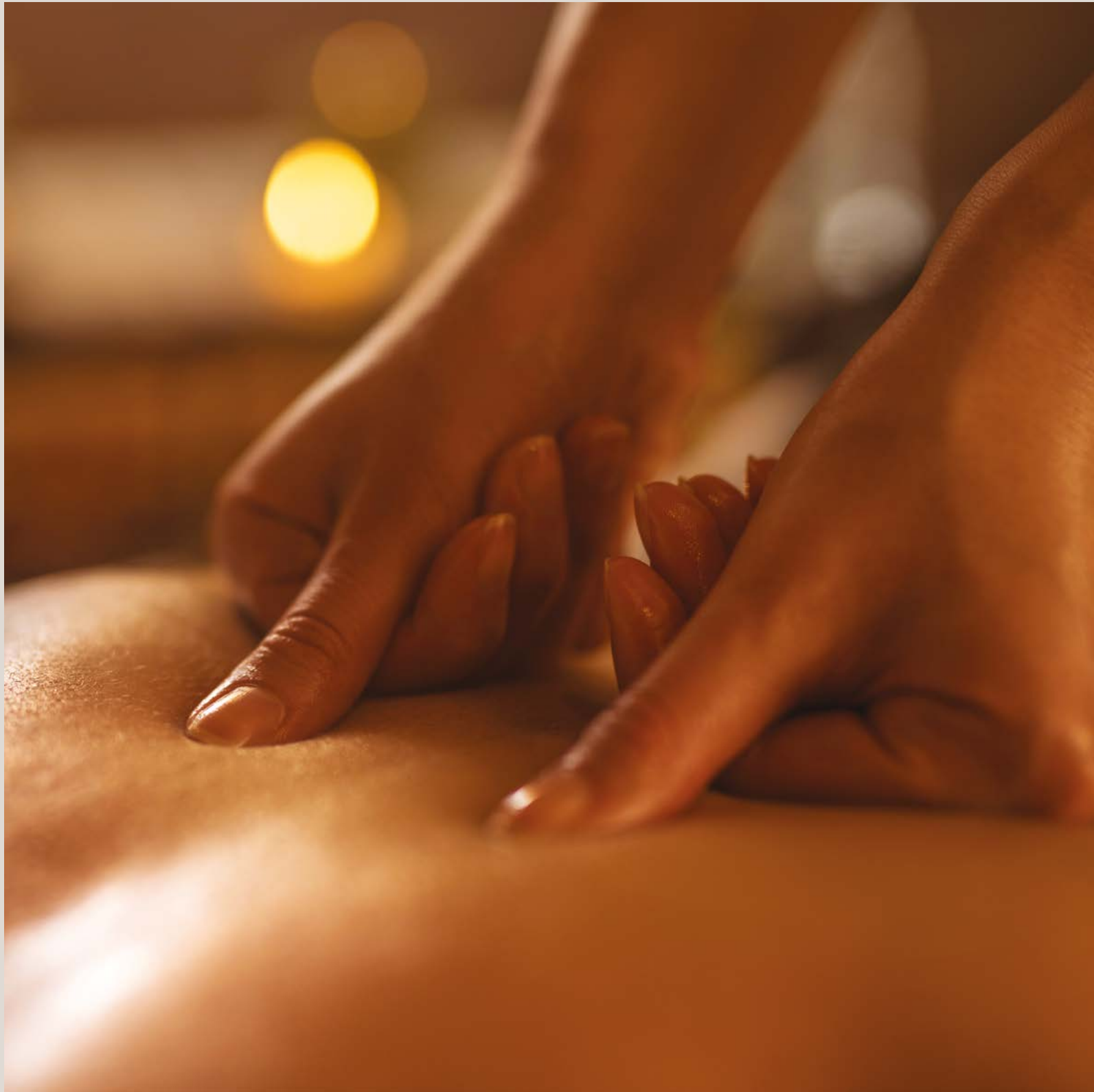
Your hair is cleansed and treated with argan which is followed by a full body massage with decadent oud oil to calm the mind, while a blend of three precious oils nourishes the skin. A sublime instant facial experience, with a lymphatic rose quart massage and precious organic ingredients of rose and argan, ensures skin regeneration, moisturisation and firmness. A closing ceremony is performed with oud mist and a bois d'orient perfume to delicately scent the skin.

HAMMAM ULTIMATE SELF INDULGENCE

🕒 60 minutes

This multi-step hammam experience draws from centuries-old Middle Eastern bathing rituals. Heat exposure, exfoliation, and use of black soap provide a thorough cleansing and purification treatment for the entire body. Emerge feeling refreshed, relaxed, and with renewed radiance after this luxurious self-indulgence.





BODY THERAPY

This is a form of therapy that focuses on the interactions between the body and the mind. It incorporates touch, breathing, and movement techniques to address a wide range of mental and physical health concerns.

KUNDALINI BACK TREATMENT

BY ILA

🕒 60 minutes

INCLUDES ROSE FACIAL MASSAGE

🕒 75 minutes

Soothing and grounding techniques for combating exhaustion, stress, and chronic fatigue.

Discover this effective method to alleviate tiredness and find inner balance. Experience the incredible effects of ancient Marma therapy and warm herbal poultices as they are expertly massaged into your back. Let the harmonising sound healing and chakra balancing techniques melt away your stress. Feel a surge of energy as negativity dissipates and your body regains its equilibrium.

MOTHER TO BE

BY ILA

🕒 60 minutes

INCLUDES BODY SCRUB

🕒 90 minutes

Nurturing, relieving stress, restoring hormonal equilibrium. This treatment offers an optional exfoliation using a gentle scrub made from blackcurrant seeds, which are rich in antioxidants.

It stimulates the lymphatic and circulatory systems, promoting the elimination of toxins from the cells. To replenish dry skin and fight stretch marks, a massage oil infused with rosehip seed and argan, along with lavender, geranium, and rose extracts is used. Additionally, Himalayan herb poultices are applied to specific points on the body to relieve aches, pains, excess fluid, and heat. This treatment brings a sense of peace and harmony to both mother and baby, lifting anxiety.

GOLD STEM BODY TREATMENT

BY ILA

🕒 60/90 minutes

Skin rejuvenation diminishes signs of ageing, boosts collagen production and lymphatic drainage, enhances skin elasticity.

ila's gold possesses powerful anti-aging properties that enhance skin cell renewal, retain moisture, and diminish fine lines. The application of 24 carat gold cream leaves the skin radiant and adorned with shimmering specks of gold.

DEEP THERAPEUTIC THERAPY

BY ILA

🕒 60/90 minutes

This meticulously crafted experience is both therapeutic and soothing.

A treatment to alleviate these symptoms and improve your overall well-being. A highly effective, all-encompassing, firming body massage that combines shiatsu stretches and rhythmic pressure points to release deep-seated tension and calm the mind. It is perfect for those seeking intense physical tension relief.

BLISSFUL FOOT MASSAGE

BY ILA

🕒 30/60 minutes

An ancient healing practice from India that rejuvenates and invigorates all layers of the body. This therapy promotes deep relaxation and restoration.

INNER PEACE BODY TREATMENT

BY ILA

🕒 60/90 minutes

Deep relaxation and nurturing techniques to ease feelings of anxiety and restlessness.

Experience calmness and tranquillity. This harmonising therapy provides nourishment for the skin and relaxation for the body and mind. A specialised massage and Marma therapy using emotionally balancing rose, healing sandalwood, and renewing jasmine. Feel the nourishment on your skin, the nurturing of your soul, and a deep sense of inner peace.

KU NYE TREATMENT

BY ILA

🕒 90 minutes

Rejuvenating and therapeutic methods that have stood the test of time, perfect for addressing dry skin, combating deep fatigue, and promoting recovery.

Using ancient techniques that will revitalise and heal your body. This treatment from Tibet restores a balanced flow of energy and vitality through the body. A combination of five essential oils helps stabilise the five senses. Techniques like Tibetan cupping, kneading, and acupressure release both physical and mental tension. Warm crystals and poultices bring harmony from head to toe.

WARM HIMALAYAN SALT STONE TREATMENT

BY MAULI RITUALS

🕒 90 minutes

Remineralising, Soothing, Purifying.

Harnessing the energetic power of mineral rich Himalayan salt stones and soothing therapeutic oils, this full body massage is designed to melt away physical and emotional stress, while rejuvenating skin and senses. Combining our Kansa dome lymphatic drainage technique and Marma point massage, this deeply soothing ritual helps draw out impurities, relax aching bones, calm the central nervous system, and impart a feeling of total wellbeing.

‘SAVASANA’ SLEEP WELL POLTI MASSAGE

BY MAULI RITUALS

🕒 90 minutes

‘Savasana’ - journey to a place of stillness and bliss to Rest, Restore, Realign.

This warming full body treatment which unknots sore ligaments and calms the mind to help physical and emotional concerns drift away. Mauli's plant-based poultices, dipped in personalised ‘dosha’ oils and rhythmically massaged all over the body in slow strokes to help decompress and release blocked tissues. A soothing guided meditation further supports the mind to rest. Expect to calm the central nervous system, diminish fatigue, and release physical and emotional unrest.

RESTLESS TRAVELLER ACUPRESSURE RITUAL

BY MAULI RITUALS

🕒 90 minutes

Detox, Renew, Calm.

Whether you have just come off a long-haul flight, spent the day walking or suffer from swollen feet this treatment will leave you feeling lighter of body and mind. We begin with a Kansa comb to activate the lymphatic drainage and reduce puffiness, followed by a long, luxurious foot ritual with Marma (acupressure) massage to release organ, muscle, and tissue blockages, before gently moving to an Indian head massage and anti-pollution face massage to cleanse and hydrate.

AYURVEDIC HEAD MASSAGE

BY MAULI RITUALS

🕒 30 minutes

Rejuvenate, Strengthen, Nourish.

This Indian head massage harnesses a concentrated blend of 15 Ayurvedic tonics, with traditional “mukhabyanga’ techniques to target the root cause of damaged, thinning hair. Ideal for those who suffer from sinus conditions, tension or those who want to nourish the scalp. Expect to experience clarity of mind and have hair that feels stronger, thicker, and nourished.

FACIAL THERAPY

Encompasses a variety of treatments designed to improve the appearance and health of the skin. All facials incorporate an acupressure facial massage to stimulate lymphatic drainage, reduce puffiness and encourage microcirculation.

ANTI AGEING FACIAL

GOLD CELLULAR AGE RESTORE FACE THERAPY BY ILA

 90 minutes

Rejuvenate and nourish mature skin.

Experience the hydrating and repairing benefits, specially formulated for irritated and rosacea-prone skin. This luxurious facial employs ila's precious gold-infused products along with therapeutic massage to deeply nourish, heal and revitalise mature complexions. The use of rare frankincense, hyaluronic extract and light therapy work to boost collagen, complete rejuvenation and leave you with an ageless glow.

LAVANYA LIFT & GLOW FACIAL THERAPY BY MAULI RITUALS

 90 minutes

'Lavanya' - a beautiful person who exudes grace and majesty. Anti -Ageing, Balancing, Plumping.

A facial designed to rejuvenate, protect, reduce fine lines, lift and sculpt your face, leaving you with a radiant, nourished and youthful glow. Mauli's anti-ageing facial uses the power of Ayurvedic award-winning, personalised skincare. The collagen-stimulating 'Kansa' Marma point (acupressure) face-lift method will encourage natural detoxification, reversing the look of fatigue.



NOURISH AND RADIANCE FACIAL


ANANDA FACE THERAPY BY ILA

 60 minutes

Nourish, hydrate, and revitalise your tired and depleted skin.

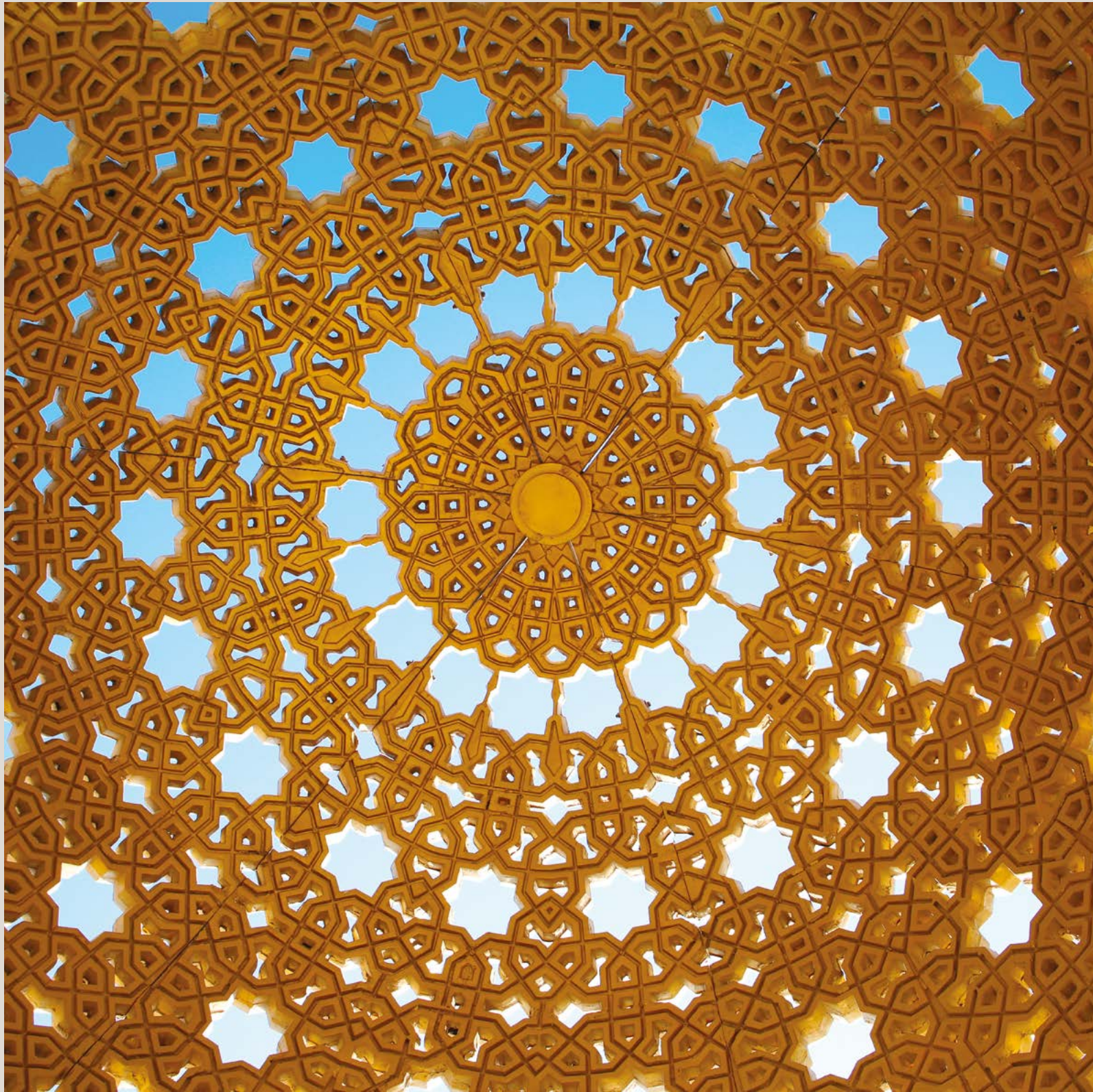
Perfect for stressed and weary skin. Experience the divine therapy of ila's Glowing Radiance Collection. Begin with a refreshing cleanse using aloe vera and pomegranate, followed by a gentle exfoliation with blackcurrant and honey. Stimulate energy in your skin cells with the power of damascene rose otto and sandalwood oils. Restore natural luminance with specialised Marma massage techniques and reduce inflammation with a green clay mask. Feel your skin glow with radiance and a sense of peace pervade your body.

DEVI FACIAL THERAPY BY MAULI RITUALS

 75 minutes

'Devi' - one who exudes beauty and excellence. Renew, Replenish, Radiance.

Harnessing the rejuvenating properties of their 'Kansa' Marma point (acupressure) face-lift method and award-winning, personalised skincare, this treatment works at the deepest layers to draw out toxicity, ease jaw pain and stimulate the flow of energy. Mauli's signature facial offers transformative results through treating the skin and further areas of bodily tension for a complexion that looks stress free and glowing with vitality.



SOOTHE AND DETOX FACIAL

MAHINDRA FACIAL THERAPY *BY MAULI RITUALS*

🕒 60 minutes

Soothe, Cleanse, Brighten.

An energiszing facial that brings together botanical actives, muscle warming towels and therapeutic Marma point massage to release face, neck, and shoulder tension while soothing inflamed dry skin and clarifying the mind.

A natural solution for acne and superficial scarring includes deep detoxification with an award-winning blend of sandalwood, saffron and vetiver. Skin is then treated to a reinvigorating facial massage to refine and polish the skin.

SUPREME SKIN FACIAL *BY MAULI RITUALS*

🕒 30 minutes

Cleanse, Tighten, Brighten.

The treatment includes deep cleanse and exfoliation, followed by Marma point facial to unblock areas of tension and rejuvenate the skin. An ideal treatment to offer deep cleansing and a fresher, brighter complexion.

BODY SCRUB & WRAP

Understanding the overall wellness of our physique, this treatment is designed to cleanse and calm the skin with each therapy focussing on stimulating and rejuvenating the senses.

‘Available with Vichy Water Therapy as an optional experience for 20 minutes’

SEVEN JET VICHY WATER THERAPY *BY ILA*

🕒 20 minutes

Vichy shower is a relaxing treatment that also contributes to the body’s natural detoxification and healing processes. It’s a great addition to a spa experience, combining the therapeutic effects of water with the relaxing benefits of a massage.

The Vichy shower aids in lymphatic circulation, which allows the immune system to function efficiently. As the showers massage, they stimulate circulation in the body, encouraging the transportation of fluids and blood components to the lymph nodes and back to the heart.

DETOXIFYING BODY RENEWAL *BY ILA*

🕒 60 minutes

Rejuvenating and purifying to combat fatigue & reduce cellulite.

Using the ionising properties of Himalayan salt crystals, this body rejuvenation treatment is gently massaged into the skin, resulting in rapid exfoliation and the removal of toxins and stress. On a subtle level, it purifies and fortifies the bio-energy fields, leaving the mind, body, and soul uplifted.

JALA SIGNATURE BODY SCRUB *BY ILA*

🕒 60 minutes

Deeply moisturises and enhances oxygen circulation to the skin, improving its overall tone for healthy glow that banishes dullness. This invigorating body care procedure begins with our signature Jala body scrub followed by a truly invigorating vichy seven jet water immersion.

JALA SIGNATURE BODY SCRUB AND WRAP *BY ILA*

🕒 90 minutes

Deeply moisturises and enhances oxygen circulation to the skin, improving its overall tone for healthy glow that banishes dullness. This invigorating body care procedure begins with our signature Jala body scrub followed by an ila body wrap to leave you cocooned and nourished. Your journey will complete under the invigorating Vichy seven water jet immersion experience.

VITALITY AND REJUVENATING BODY SCRUB *BY ILA*

🕒 60 minutes

Restore your vitality and energy levels with this incredible scrub made from pearl, jasmine and Himalayan salt crystals. Experience mental clarity, wellbeing, and strength as you indulge in this rejuvenating treatment.

BIO ENERGISING BODY WRAP *BY ILA*

🕒 90 minutes

Detoxify, purify, and invigorate. Revitalise your weary body and mind.

Rejuvenate your body and clear your mind with our detoxifying scrub and mud wrap treatment. This restorative process detoxifies and purifies the body, eliminating waste products, revitalising the skin, and re-energizing the lymphatic system. Additionally, it has the potential to facilitate profound healing in the energy body.

BALANCING AND REGENERATING AMETHYST WRAP *BY ILA*

🕒 30 minutes

An amethyst gel body wrap that relaxes and balances your nervous system while promoting circulation, skin cell regeneration, and overall cell growth.

ROSE AND ALOE SUN SKIN COOLER *BY ILA*

🕒 60 minutes

Anti-Inflammatory and repairing for dehydrated, damaged or sunburnt skin.

This full body experience refreshes and replenishes sun-damaged or overheated skin by reducing bodily heat. A soothing mist of rose hydrolat, a cooling massage with body cream for glowing radiance and rose quartz crystals calm and soothe sunburn or sensitivity. A rose and aloe vera gel wrap is gently applied over sensitive skin, whilst rose quartz crystals, placed upon facial meridians, restore balance and strength.

MANICURE

BY MARGARET DABBS LONDON

PURE SUPREME MANICURE WITH TREATMENT GLOVE

Giving long lasting results and deep hydration, with the indulgence of the full range of professionally formulated products, manicure finishes with a beautiful creamy scrub and a relaxing hand and lower arm massage.

PURE EXPRESS MANICURE

Our Express Manicure is performed on dry skin. Flawless filing and cuticle work is carried out, nails are buffed to perfection for a natural finish.

ANTI-AGEING HAND THERAPY

A Margaret Dabbs TM London Facial for the Hands. This anti-ageing treatment avoids any nail or cuticle work but focuses on the skin of the hands. A perfect treatment to visibly improve the appearance and comfort of the hands whilst repairing and protecting the skin.

HAND AND ARM MASSAGE

A relaxing treat, enjoy an anti-ageing, hand pampering massage, guaranteed to refresh hard working hands. Using the Intensive Hydrating Hand Lotion to leave your hands feeling relaxed and tension free, soft, and smooth.

PURE OVERNIGHT HAND MASK AND TREATMENT

The treatment mask will be gently applied over the backs of your hands and enveloped in soft, silky bamboo gloves to allow the formulation to absorb and treat the skin. The hand mask Instantly reduces the visible signs of lines and wrinkles and can be added onto any treatment.

🕒 60 minutes

🕒 45 minutes

🕒 30 minutes

🕒 20 minutes

🕒 15 minutes





PEDICURE

BY MARGARET DABBS LONDON

PURE GOLD LUXURY PEDICURE

Our advanced luxury vegan friendly pedicure with expert treatment techniques indulging the feet and hands in PURE luxury. Performed on dry skin with advanced expert techniques to medical standards. A treatment mask is smoothed onto the feet and covered with the luxury socks and The PURE colloidal Gold Elixir is indulgently massaged into the hands, feet, and legs, leaving the skin with a luminous golden glow.

🕒 75 minutes

PURE SUPREME PEDICURE

Transform the feet with expert techniques to provide optimum results for men and women alike. The feet are bathed and exfoliated, followed by an intensive and revitalising foot massage. Feet are left looking renewed and younger, soft, silky, illuminated, and light.

🕒 60 minutes

PURE EXPRESS PEDICURE

Our Express Pedicure is performed on dry skin with expert techniques. Flawless filing and cuticle work, nails are buffed to perfection for a natural finish.

🕒 45 minutes

DETOX FOOT BATH WITH EXFOLIATION & MASSAGE

Add a Detox Bath to your treatment for another layer of relaxation and deliver immediate relief to inflamed, aching, tired feet, and ankles. Relaxing exfoliation finished with a stress relieving, massage to the lower legs, ankles, and feet.

🕒 45 minutes

THE LUXURIOUS FOOT MASSAGE

A relaxing treat, enjoy a stress relieving, foot pampering massage, guaranteed to refresh feet. Using the Intensive Hydrating Foot Lotion to leave you walking on air.

🕒 30 minutes

JALA SALON

NOURISH AND SHINE
‘BRINGING SKINCARE INTO
YOUR HAIRCARE’

Pamper your hair with our range of styling and nourishing services. Our Jala salon offers a range of hair beauty treatments to keep you looking your best. Immerse yourself in the trusting hands of Jala professional team which offers the finest in hair care, tailored to your personal requirements and desires.



JALA SALON

SILKY SMOOTH FOR DRY AND DAMAGED HAIR *BY SEOULISTA BEAUTY*

🕒 30 minutes

Seoulista Glossy Locks® with Lipoplex, hair treatment helps to protect and soothe both your scalp and hair from root to tip. Designed for dry and damaged hair, a concentrated fusion of antioxidants, hydrating Hyaluronic Acid and strengthening hydrolysed keratin leaves your hair feeling and looking softer and silkier.

SHINE BRIGHTER FOR BLONDE HAIR *BY SEOULISTA BEAUTY*

🕒 30 minutes

Seoulista Blondi Locks® with Protoplex, hair treatment helps to restore a sleek, luminous shine to dull tresses. Treatment designed to help restore luminosity and shine to blonde hair.

NOURISH AND REPAIR *BY MAISON D'ASA*

🕒 30 minutes

Organic argan acts to repair dry and damaged hair and nourish the scalp. Protected from daily pollution, heat treatment, the hair is left silky smooth with a natural shine and subtle hint of sandalwood.

STRENGTHEN AND REPLENISH FOR CURLY HAIR *BY SEOULISTA BEAUTY*

🕒 30 minutes

Seoulista Curly Locks® with Illumoplex, hair treatment helps to restore definition and shine to curly hair. Designed to lock in moisture, repair breakage, detangle and reduce frizz, curly hair is left strengthened and defined from root to tip.

GROW STRONG HAIR TREATMENT *BY MAULI RITUALS*

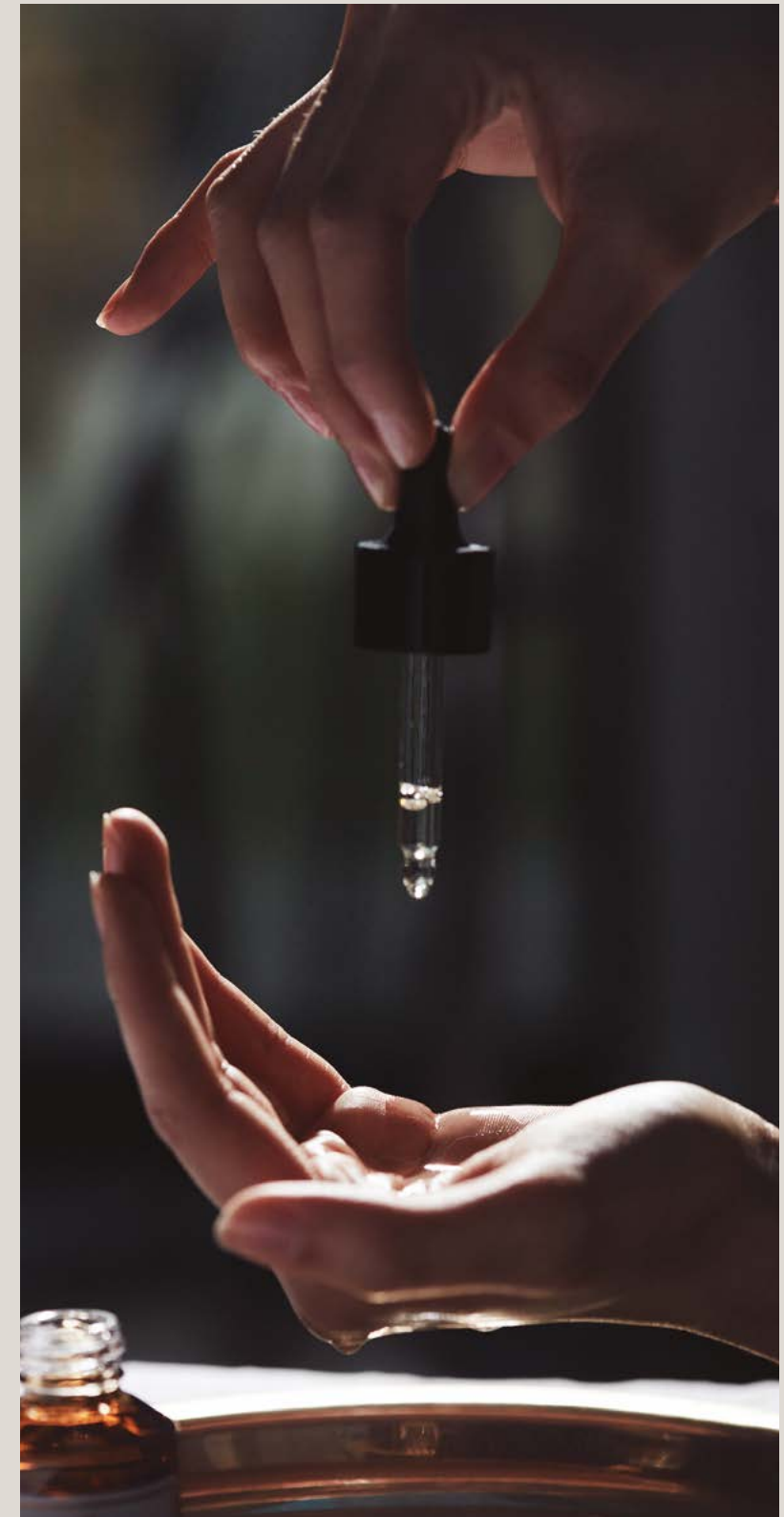
🕒 30 minutes

Harnessing the remarkable plant power of India's most nutrient-dense botanicals, our natural Ayurvedic hair range will nourish and strengthen your hair, bringing lacklustre hair back to its former glory. Indian head massage techniques with acupressure points are applied to your neck and scalp relieving tension. The dynamic pair of the Kansa comb and grow-strong oil stimulate hair growth followed by a conditioning wash.

JALA TRADITIONAL CRÈME HAIR BATH

🕒 60 minutes

The treat features a luxurious shampoo followed by an intensely nourishing scalp massage with a botanicals haircare treatment to provide healthier hair, accompanied by a relaxing neck and shoulder massage.



JALA SPA & WELLNESS ETIQUETTE

To maintain a peaceful atmosphere and to respect other guests' privacy, we kindly request that mobile phones are silenced upon arrival at the spa. Our spa is a whisper zone and by law a non-smoking area.



JALA OPENING HOURS

- 10.00 am – 8.00 pm on Weekday
(Sunday, Monday, Tuesday, Wednesday).
- 10.00 am – 10.00 pm on Weekends
(Thursday, Friday, and Saturday).

SCHEDULING AN APPOINTMENT

- For spa enquiries or reservations, kindly contact our Spa Receptionist by pressing the ‘spa’ button on your in-room phone for assistance or you may visit us in person at level B1.
- To ensure your preferred time and services are available advanced bookings are recommended. All bookings are subject to availability.
- Walk-in guests are welcome, with treatments subject to availability. Advanced payment is required to secure bookings for non-resident guests.

ARRIVAL TIME

- Our spa’s guests are encouraged to arrive 45 – 60 minutes prior to their treatment in order to complete their health assessment form and take time to relax in the tranquil facilities surrounding of our spa before their treatment.
- We recommend booking the spa rejuvenation zone and vitality pool experience prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.
- Out of respect for other guests’ reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

JALA FACILITIES OPENING HOURS

- 10.00 am – 8.00 pm on Weekday
(Sunday, Monday, Tuesday and Wednesday).
- 10.00 am – 10.00 pm on Weekends
(Thursday, Friday, and Saturday).
- Vitality Pool open daily from 07.00 am – 10.00 am for ladies only (spa guest only).

CONSULTATION

- Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

HEALTH CONDITIONS

- Kindly complete the Spa Guest Check-In Health Questionnaire in order to personalise your spa treatment processes and to avoid inconvenience.

FOR GENTLEMEN

- Male guests are advised to shave at least 12 hours prior to all facial treatments to ensure that maximum results are achieved.

AGE REQUIREMENTS

- Our spa’s guests must be 18 years old and above to access or use the spa facilities and treatment.

JALA FACILITIES

- Separate male and female dressing areas with shower.
- Separate male and female rejuvenation zones with steam room, sauna, jacuzzi, cold plunge pool, aqua moon shower experiences are available.
- Separate Himalayan salt relaxation rooms for males and females.
- Indoor vitality pool with two separate experience pools.

SPA ATTIRE

- Changing locker facilities are available, separated for males and females. Our spa reception will pass you the required amenities before you commence your spa journey with us. Bathrobes, slippers, and disposables are provided for use during your spa experience.

VALUABLES

- We recommend that you leave all jewellery and valuables in the safe deposit box in your guest room before coming to the spa. The Resort is not responsible for any loss or damage of valuables of any kind.

CANCELLATION POLICY

- Please allow 6 hours’ notice on individual treatments and 24 hours’ notice on spa packages; otherwise, 50 percent of the treatment price will be charged.
- For non-arrivals, this will result in a 100 percent treatment charge.

AFTER TREATMENT

- We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience post treatment, a variety of spa products are available for purchase at Jala Boutique.

GIFT VOUCHER

- Jala Spa and Wellness offers gift vouchers which are the ideal gift for that special someone. Our Jala’s spa receptionists will gladly assist you with creating the perfect spa treatment gift.

WELLNESS STUDIO

- All wellness classes require prior booking, and the room must be used in the presence of the instructor only.
- Please register at Jala’s spa reception prior to entering Wellness Studio.
- Children between the ages of 12 to 18 years are permitted under parents or adult supervision.

FITNESS CENTRE POLICIES

- For your personal safety, we ask that you wear sports shoes.
- Children must be 18 years old and above to access or use the gym facilities.

