



WELLNESS
CIRCLE





In the lap of our universe, an intricate dance ensues between the five sacred elements - Akash, Vayu, Agni, Jal, and Prithvi. In this delicate rhythm, the path toward holistic healing unfolds.

Our ancestors discovered this secret several millennia ago and passed it down through generations. Seek this ancient wisdom at J Wellness Circle - a sanctum rooted in ancient Indian healing sciences of Ayurveda & Yoga; and elevated by luxuries of old-world Indian royalty.

Embark on a journey through your inner world. Immerse yourself in healing energies and experiences. Awaken to a revived consciousness, guided by soothing scents, serene sounds, and touch - gentle yet transformative. When you emerge, find your mind, body & soul aligned and in harmony.

Feel at one with yourself and the universe.







HOLISTIC HEALING THERAPIES

SVASTHA Pain Relief	120 min
NIDRA Sleep	120 min
SHODHANA Detox	120 min

SIGNATURE THERAPIES

ALEPA COUPLE/SINGLE The Art of Anointing the Body	120 min
VISHRAMĀ Deep Muscular	120 min
SUSHUPTI Dreamless Sleep	120 min
TRUPTI Contentment	120 min
PEHLWĀN MĀLISH Warrior Massage	90 min
CHANDANA Skin Soother	45 min

INDIAN THERAPIES

VENTOZ Indian Cupping	90 min
INDIAN AROMATHERAPY	60 / 90 min
PĀDA MARDANĀ Indian Foot Massage	60 min
CHAMPI Indian Head Massage	45 min

BODY RITUALS

POSHA Nourishing	30 / 70 / 90 min
VISHUDDI Detoxify	30 / 70 / 90 min

THERAPIES

BEAUTY

SIGNATURE FACIAL (For all Skin Types)	60 / 90 min
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SPA INDULGENCES

SUKHA Bliss	240 min
SOMĀ Nectar of the Gods	120 min





HOLISTIC HEALING THERAPIES

THE ETHOS OF OUR CAREFULLY RECREATED THERAPIES IS INSPIRED BY THE RICH WELLNESS HERITAGE OF INDIA. BASED ON THE PRINCIPLES OF AYURVEDA, THESE THERAPEUTIC EXPERIENCES ARE DESIGNED TO HEAL AND RESTORE. USING NATURAL PRODUCTS, THESE THERAPIES ARE PERFORMED BY SPECIALLY-TRAINED HANDS AND HELP WITH ENHANCED MOBILITY AND PROVIDE RELIEF.

EACH OF THESE THERAPIES COMES WITH A PRE-THERAPY STEAM RITUAL AND A POST-THERAPY RELAXATION LOUNGE EXPERIENCE FOR ENHANCED EFFICACY.

SVASTHA Pain Relief Duration - 120 mins

An invigorating therapy using ancient Indian wellness techniques of cupping and fomentation. Your healing process starts with Indian cupping, where the heat in a glass is used to create a vacuum and ease knots and sore points on your back. This is followed by fomentation therapy, an application of a hot compress of therapeutic Indian herbs that works on your tired and sore muscles as you slip into sheer bliss. As a result, the body is re-aligned and the energy flow within is restored.

Complete your experience with our restoring signature beverage.

NIDRA Sleep Duration - 120 mins

Commence your experience with a hot-water shower to ease out your stress. A full-body relaxing massage with soothing strokes and fragrant bespoke blends with the richness of Kewda, Frankincense, and Brahmi, infused in Sandalwood and Sesame, releases tension and calms your being. A languid face massage of your marma points and a dry scalp massage adds to your serenity.

Slip into a cocoon of tranquillity with our signature beverage.

SHODHANA Detox Duration - 120 mins

A unique combination of therapies to purify and leave you in an optimum state of well-being.

Gharshana - exfoliation is performed using silk gloves to stimulate the circulation of blood, lymph, and energy. Our bespoke detox blend with the goodness of Lime, Ginger, and wild Turmeric, combined with the lymphatic drainage technique, works from within, eliminating toxins. A sublime massage performed on the soles of your feet leaves you feeling light and refreshed.

Cleansed anew, you will face the world again, revived, and re-energised.





SIGNATURE THERAPIES

THESE TREATMENTS ARE EXCLUSIVE TO J WELLNESS CIRCLE AND HAVE BEEN CAREFULLY RECREATED FROM THE FABLED LIFESTYLE AND CULTURE OF INDIAN ROYALTY AND THE HEALING THERAPIES THAT EMBRACE INDIAN SPIRITUALITY.

ALEPA COUPLE/SINGLE The Art of Anointing the Body **Duration - 120 mins**

This signature experience evokes the aura of the fabled and privileged lifestyle of Indian royalty. Alepa literally the act of anointing the body is drawn from sacred and ceremonial time-honoured Indian bathing rituals. Alepa may be experienced exclusively by a single guest or in a group. You may apply the paste on yourself or on each other for an interactive, engaging, and bonding experience. Alepa believes by anointing the body oneself, a person honours the body as the temple of God. Traditional Indian therapies believe the application of herbal pastes and essential oils is much more than a physical act for physical benefits. Anointments have traditionally been an integral part of ceremonies and rites of passage. At the beautiful Indian Royal Mud Bath Pavilion, this act of anointing connects you with the elements, your inner self, and also your loved one. You initiate yourself into this intimate inner journey as you pass the portal of the Indian Mud Bath Pavilion that marks the transitional threshold of the external and private world. Step into a serene space that prepares you for your royal mud and hydrotherapy experience. Shower and slip into a spa robe as garden views soothe your senses.

Linger in the vapours of the steam. Feel the steam moisten and soften your skin. Your pores will open - slowly and gently - and detox the skin of impurities. Refreshed, make your way to the private space.

Choose from an array of therapeutic mud preparations, scrubs and masks placed in bowls. Savour the sacred act of anointing the paste on your body yourself by your companion or the therapist as you relax. Feel the comfort of application, the touch of paste on your skin and the smooth layering of mud on your body in a ritual that is unhurried, uplifting, and meditative. Savour the sweet fragrance of essential oils and the cool touch of clay speckled with herbs. Stretch out on the smooth surfaced, contoured sun beds, relax undisturbed in this pocket of paradise as the medicinal attributes of mud, herbs, and essential oils work on your skin to draw out impurities, stimulate nerve endings, revitalise your blood circulation, and renew your vitality. After the mud dries and works its magic on your body, spray yourself or your companion with rose water to soften the dry clay. Step under the water ledge for an invigorating outdoor shower - akin to a natural waterfall to rinse off the mud. Feel the freshness and tautness of your skin while stepping out.

Sip light herbal refreshments or organic tea in the relaxation room. You may choose to deliciously wrap up your experience with a lymphatic drainage massage which will aid in the detoxification process of the mud application. Feel your skin soak in the essential oils and your body relax with the gentle yet firm strokes applied by skilled hands. Allow your Alepa experience to transport you to another world of Indian wellness.

We use a range of muds that cover over 40 ingredients from the Indian array of herbs starting with the very common and readily found neem, brahmi, and amla including the more exotic and rare sandalwood and jatamansi.

VISHRAMĀ Deep Muscular Duration - 120 mins

A deep muscular massage for profound relaxation.

An application of a hot compress of therapeutic Indian herbs works on your tired and sore muscles. Alternating palm and thumb strokes, skilled hands massage in fragrant signature oil blends, stretching each muscle group and releasing knotted nerves. As a result, the body is realigned and the energy flow within is restored.

SUSHUPTI Dreamless Sleep Duration - 120 mins

An indulgent treatment for deep relaxation and glowing skin.

Set the mood for this pure indulgence as you commence with an aromatic footbath. Pamper yourself with the richness of nature. A natural blend of 22 herbs, green gram flour, honey, and fresh cream, a heavenly scalp massage calms your mind, taking you to a blissful state of relaxation. Soak your cares away with a warm bath of nourishing raw milk enhanced with rose essence and rose petals to wash away the traces of the wrap. Succumb to the rhythmic strokes of a relaxation massage, during which hot packs are placed on the body dissolving aches and strains. Complete your experience with a face massage leaving you languid and thoroughly pampered from head to toe.

TRUPTI Contentment Duration - 120 mins

Embrace harmony and lose yourself in this entrancing experience designed to lead you to a state of nostalgia.

Inspired to give you a captivating night's sleep, this experience begins with our Indian head massage to relax and improve circulation and ease sore, tired neck muscles. Let the gentle rhythm of our therapist's hands soothe your back with strokes and stretches harnessed with rich essential oils, to de-stress and calm your body, allowing cares and tensions to dissolve. Succumb to a sublime massage treatment on the soles of your feet to create a profoundly relaxing experience. Complete your indulgence with a nourishing beverage.

PEHLWĀN MĀLISH Warrior Massage Duration - 90 mins

For centuries, Indian wrestlers have taken powerful massages. Experience this traditional vigorous massage with either our signature aromatherapy oil or mustard oil, which is extremely good for the skin, and relieves aching, sore, and tense muscles.

CHANDANA Skin Soother Duration - 45 mins

Traditionally used in the tropics, pure Sandalwood paste and Aloe Vera are known for their cooling and nourishing effects on the skin. Once the paste is applied, your body is wrapped in soft organic linen for a richly nurturing experience. This soothing after-sun treatment will leave your skin healthy and refreshed.





INDIAN THERAPIES

J WELLNESS CIRCLE PRESENTS TRADITIONAL THERAPIES INSPIRED BY THE RICH AND ANCIENT WELLNESS HERITAGE OF INDIA AND RITUALS OF INDIAN ROYALTY.

VENTOZ Indian Cupping Duration - 90 mins

An ancient Indian treatment where the heat in a glass is used to create a vacuum and ease knots and sore points of the body. This is followed by a leisurely deep massage where our signature spa oil is readily absorbed by the skin. While cupping may cause mild bruising (part of the therapeutic process), often guests report immediate relief from long-term chronic ailments.

INDIAN AROMATHERAPY Duration - 60 mins / 90 mins

During this indulgent massage, our essential signature oils are generously applied and absorbed through the skin, circulating their relaxing and therapeutic properties throughout your body. You can choose from our bespoke range of all-natural energising, relaxing, or detoxifying blends.

PĀDA MARDANĀ Indian Foot Massage Duration - 60 mins

A sublime massage treatment is performed on the soles of your feet to create a profoundly relaxing experience. This treatment benefits the entire body by stimulating the reflex zones of the feet. A royal extravagance for weary feet.

CHAMPI Indian Head Massage Duration - 45 mins

This luxuriant hair-invigorating treatment is believed to promote hair growth and restore the natural sheen and glossiness of the hair fibre.

Our signature blend of traditional ingredients such as Amla, Brahmi, Jatamansi, Curry leaves, and Neem is known to propagate long-lasting and enriching benefits. This massage releases muscular tension from the head, neck, and shoulders creating a deep sense of relaxation and joy as well as clarity of thought.



BODY RITUALS

INDULGE IN THE RELAXING, EXFOLIATING, AND NOURISHING PROPERTIES OF OUR BATHS, SCRUBS, AND WRAPS, EACH EXCLUSIVELY PREPARED FROM THE NATURAL GOODNESS OF FRESH FRUITS, VEGETABLES, INDIAN HERBS, SEA SALTS, AND PURE ESSENTIAL OILS. THE HEALING PROPERTIES WILL CLEANSE, MOISTURISE, AND REFRESH YOUR SKIN, PRODUCING A NATURAL GLOW.

AN EXFOLIATING AND CLEANSING SCRUB IS APPLIED AND THE TREATMENT IS COMPLETED WITH A WRAP, WHICH NOURISHES YOUR SKIN AND DRAWS OUT IMPURITIES.

SCRUBS CAN BE TAKEN INDIVIDUALLY AND ARE HIGHLY RECOMMENDED AS AN ADDITIONAL SPA TREATMENT BEFORE A BODY MASSAGE FOR BETTER ABSORPTION OF THE MASSAGE OIL. BODY WRAPS ARE BEST TAKEN AFTER A SCRUB TO ENCOURAGE BETTER RESULTS FROM THE NOURISHING EFFECTS OF THE MASK.

CHOOSE FROM THE TWO LUXURIANT TREATMENTS MENTIONED BELOW.

POSHA Nourishing **Duration - 30 / 70 / 90 mins**

Nourishes your skin and makes it silky-smooth and supple.

Posha Scrub

Posha Wrap

Posha Bath

VISHUDDI Detoxify **Duration - 30 / 70 / 90 mins**

Cleanses and refreshes your body and eliminates all toxins for complete purification.

Vishuddi Scrub

Vishuddi Wrap

Vishuddi Bath



BEAUTY

OUR PRODUCTS ARE MADE OF NATURAL INGREDIENTS, EXCLUSIVELY DEVELOPED FOR USE AT J WELLNESS CIRCLE. THEY ARE CRAFTED WITH AN INHERENT UNDERSTANDING OF THE THERAPEUTIC GOODNESS OF INDIAN HERBS AND RICH ESSENTIAL OILS.

SIGNATURE FACIAL (For all Skin Types) **Duration - 60 mins / 90 mins**

Using our exclusive range of 100% natural and rare hand-blended products, our signature facial is tailored to suit your skin type, integrating techniques designed to take you to new depths of relaxation. Your face will be delicately cleansed, lightly exfoliated, massaged, and moisturised. A therapeutic mask completes this wonderfully relaxing treatment. Immerse yourself in this luxurious experience for a balanced and radiant glow.

(M) **Deep Cleansing (For Oily and Acne-prone Skin)**

This treatment focuses on deep cleansing using our natural handmade products that offer a visible difference and a clearer complexion.

(M) **Nourishing (For Dry/Dehydrated Skin)**

Using our exclusive products, this facial rejuvenates and nourishes dry skin. Our hydrating mask leaves your skin soft and supple.

(M) **Soothing (For Normal/Sensitive Skin)**

A balancing facial to soothe, calm, and restore the natural texture and radiance of the skin.

(M) **For Gentlemen**

Our deeply cleansing and hydrating facial defends the skin against age-defying radicals and protects the skin from the harsh effects of daily shaving. The key extracts gently heal and nourish the skin. Get a fresh, clean masculine look with this men's facial.



SPA INDULGENCES

WE RECOMMEND CONTACTING OUR SPA MANAGER WHO WILL BE DELIGHTED TO ASSIST YOU WITH SPECIALLY TAILORED SPA TREATMENTS SUITED TO YOUR EXCLUSIVE NEEDS - AS MANY TREATMENTS AS YOU LIKE, FOR AS MANY HOURS OR DAYS AS YOU LIKE.

SUKHA Bliss Duration - 240 mins

Moments of Bliss to soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful oil massage - Pehlwān Mālish
- Ends with a relaxing one-hour facial

FOR TWO;

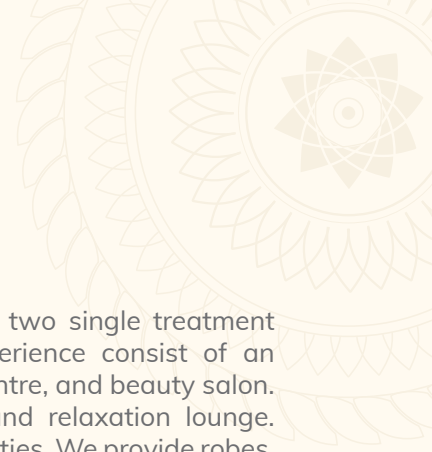
SOMĀ Nectar of the Gods Duration - 120 mins

Two therapists will perform a romantic candle-lit, Indian Aromatherapy massage using evocative oils to set the mood. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of sparkling wine.





SPA INFORMATION



SPA FACILITIES

Three couple treatment suites with bathtub, steam & shower facility, two single treatment rooms, and a separate area dedicated to the signature Alepa experience consist of an Alepa massage room, lounge, mud suite, steam facility, unisex fitness centre, and beauty salon. Our wet area encompasses steam, sauna, jet showers, ice chute, and relaxation lounge. Separate men and women changing rooms with lockers and shower facilities. We provide robes, towels, slippers, and personal amenities.

RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification, and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

Most treatments include a five-minute pre-therapy and post-therapy ritual.

TIMINGS

The Spa is open daily from 9 am to 8 pm.

The Gym is open daily 24 hours.

Complimentary Yoga classes daily from 8 am to 8.30 am.

VALUABLES

While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the safe located in your room.

CANCELLATION

A 24-hour cancellation notice is required to help us reschedule your appointment subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours' notice will incur a 50% cancellation fee.

The entire charge of the treatment booked will be levied in case of a "No Show" without any prior cancellation as specified above.

Entire charge will also be levied for the cancellation of a 30-minute treatment.

SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones and electronic devices at all times. We also request you use a lowered speaking volume in the spa.
- Guests under the age of 16 years cannot avail of the spa facilities.
- J Wellness Circle is an alcohol and smoke-free environment. Guests under the influence of alcohol, high-energy drugs, and medication will not be allowed to use the wet areas, gym, or treatment facility. During the course of the therapy, if the guest is found under the influence of alcohol, the therapy will be discontinued.
- Appropriate swimwear is to be worn in wet areas. Underwear/disposable underwear (which is provided by the spa) must be worn for all body treatments.
- The Spa Management has the discretion to ask a guest to leave the premises in case of non-adherence to the spa etiquette.

SPECIAL CONSIDERATIONS

- We recommend that men shave a few hours prior to a facial treatment.
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles, or contact lenses.
- Please note certain muds/oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions, or who have any medical complications are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions.
- As a policy, we do not offer spa body treatments to pregnant women.
- Entry to J Wellness Circle is at guests' own risk and although strict policies and procedures are implemented to maximise safety, J Wellness Circle, its employees, and its representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.



PRICES

* HOLISTIC HEALING THERAPIES

SVASTHA	120 mins	\$360
NIDRA	120 mins	\$360
SHODHANA	120 mins	\$360

* SIGNATURE THERAPIES

ALEPA COUPLE/SINGLE	120 mins	\$330 / \$165
VISHRAMĀ	120 mins	\$330
SUSHUPTI	120 mins	\$330
TRUPTI	120 mins	\$330
PEHLWĀN MĀLISH	90 mins	\$245
CHANDANA	45 mins	\$125

⊗ INDIAN THERAPIES

VENTOZ	90 mins	\$245
INDIAN AROMATHERAPY	60 / 90 mins	\$165 / \$245
PĀDA MARDANĀ	60 mins	\$135
CHAMPI	45 mins	\$135

* BODY RITUALS

POSHA	30 / 70 / 90 mins	\$75 / \$150 / \$200
VISHUDDI	30 / 70 / 90 mins	\$75 / \$150 / \$200

* BEAUTY

SIGNATURE FACIAL	60 / 90 mins	\$150 / \$225
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* SPA INDULGENCES

SUKHA	240 mins	\$465
SOMĀ	120 mins	\$500

PRICES

* BEAUTY SALON

NAIL CARE

PADA SNANA	75 mins	\$125
HAST SNANA	60 mins	\$115

CUT & STYLE

SHAMPOO & CONDITIONER		\$35 / \$45 / \$55
HAIR CUT (INCLUDES SHAMPOO)		\$65
HAIR STYLING (BLOW DRY)		\$75
HAIR IRONING		\$75
ROLLER SET		\$75
HAIR SPA		
• MEN		\$100
• WOMEN		\$150

WAXING - FOR WOMEN

UNDERARMS		\$50
FULL ARMS/HALF ARMS		\$100 / \$60
FULL LEGS/HALF LEGS		\$100 / \$60
BIKINI		\$50
FULL LEGS & BIKINI		\$130
FULL LEGS & BRAZILIAN		\$135
FULL FACE		\$35
BRAZILIAN		\$70



WAXING - FOR MEN

CHEST/BACK	\$70
FULL LEG	\$90
FULL BODY	\$250

Notes:

- Rates dependant on length of hair.
- Rates based on body parts.

Medical Conditions

Please inform us of any medical conditions or other special needs that require our attention.

- All the above prices are in US\$ subject to applicable government taxes and service charges.
- An additional charge of US \$100 will be applicable for in-room spa treatments. However, no cross-gender treatment will be offered in-room.





TAJ
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MALDIVES

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