

A man and a woman are sitting back-to-back on a thick palm tree trunk. The man is on the left, wearing a pink polo shirt and white shorts, looking towards the left. The woman is on the right, wearing a white halter-neck top and a blue and green floral sarong, looking towards the right. They are both barefoot. The background shows a clear blue sky, turquoise water, and a row of white resort buildings on a distant island. A large palm frond is visible on the right side of the frame.

From Moments To Memories

ACTIVITY PROGRAMMING BROCHURE

JUMEIRAH
OLHAHALI ISLAND
MALDIVES





A Personal Welcome

Marhaba and welcome to Jumeirah Olhahali Island, a contemporary retreat set along the turquoise waters of the North Malé Atoll.

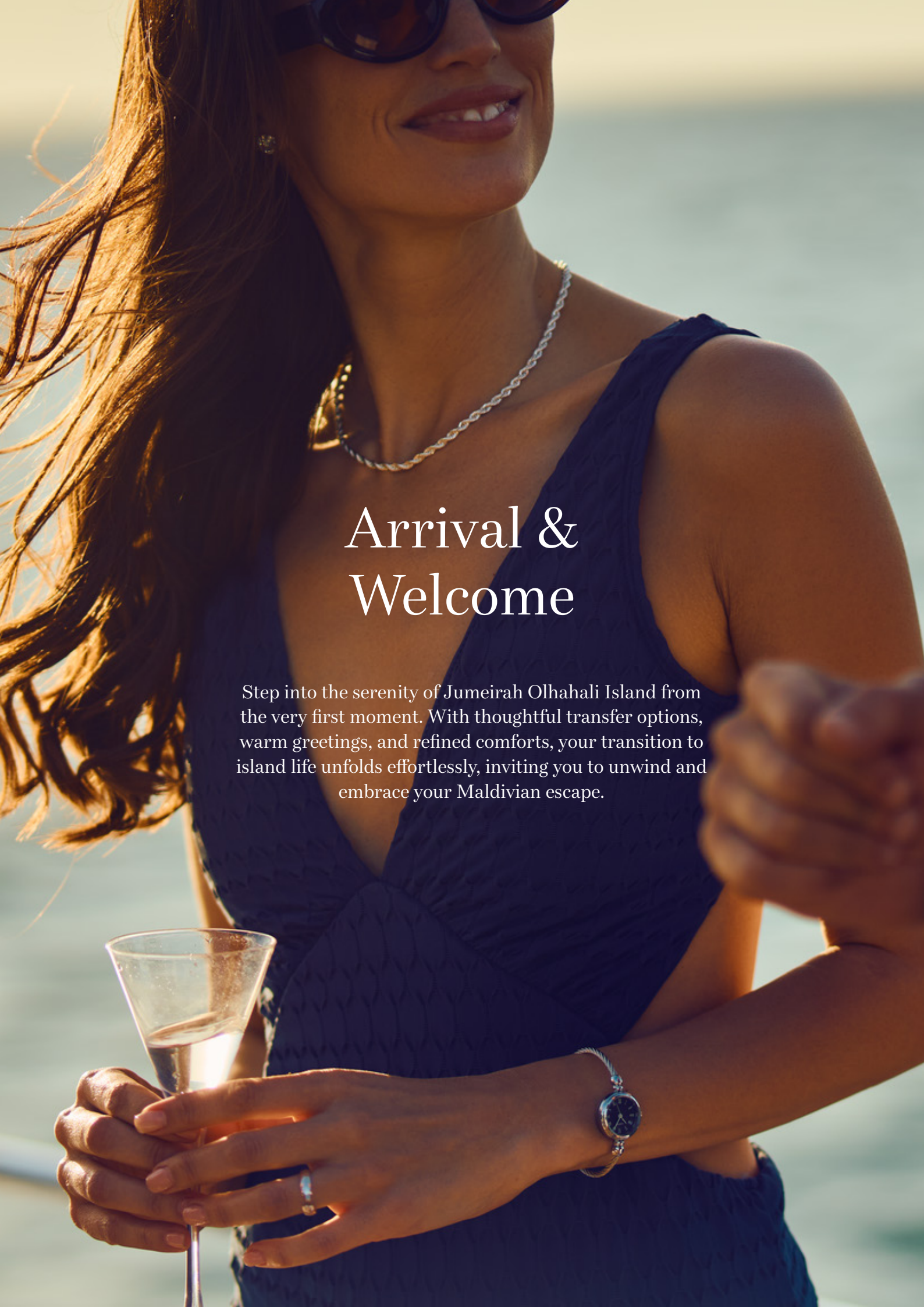
From sunrise yoga over the ocean to the soft glow of evenings at Shimmers, the island invites you to savour every moment at your own pace. Discover the marine life that flourishes along our house reef, set out on tailored ocean adventures, or simply pause beneath the palms with the sound of waves nearby.

Families can reconnect through more than fifty weekly activities, while couples may retreat to Talise Spa, our overwater sanctuary for quiet renewal and reflection.

We invite you to explore, unwind, and find inspiration in the beauty of this blissful Maldivian island. We look forward to making your time with us truly memorable.

Warm regards,
Mohamed Ashraf
General Manager

For reservations or to view the full schedule of daily activities, please use our e-Butler service.

A woman with long, wavy brown hair, wearing dark sunglasses and a dark blue sleeveless dress with a subtle pattern, is smiling. She is holding a flute glass of champagne in her right hand. She is also wearing a silver chain necklace, a silver watch on her left wrist, and a ring on her left ring finger. The background is a blurred view of the ocean under a warm, golden light, suggesting a sunset or sunrise. The text "Arrival & Welcome" is centered over the image.

Arrival & Welcome

Step into the serenity of Jumeirah Olhahali Island from the very first moment. With thoughtful transfer options, warm greetings, and refined comforts, your transition to island life unfolds effortlessly, inviting you to unwind and embrace your Maldivian escape.

Airport Meet & Greet

From the moment you arrive at Velana International Airport, a warm welcome awaits. Our Airport Representative will greet you after immigration, assists with luggage, and escorts you to your transfer, ensuring a smooth and personalised start to your island journey.



Private Speedboat Transfer

Elevate your journey with a private speedboat, offering flexibility and exclusivity. Enjoy a tailored departure time and a serene, uninterrupted voyage across the turquoise waters.

RATE: USD 2,448 each way

VIP Airport Arrival

Begin your stay in complete calm with Fast Track airport service. Be welcomed to The Maamahi Executive Lounge, where light refreshments and Wi-Fi await while we take care of formalities and baggage.

RATE: USD 230 per person

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Shared Speedboat Transfer

Settle into the comfort of a 55-minute speedboat journey, complete with Wi-Fi, refreshing tea and coffee, and spacious seating. Thoughtful touches and attentive service ensure a relaxed introduction to your tropical escape.

ROUNDTrip RATE:

USD 506 per adult;
USD 253 per child
(5 to 11 years old)



Yacht Arrivals

Savour the unhurried rhythm of a private yacht journey, with the horizon stretching endlessly and calm oceans setting the tone for arrival. Curated canapés, fresh juices, seasonal fruit and tea or coffee accompany this serene approach to the island.

STARTING FROM:

USD 10,490 each way

Seaplane Transfer

Glide above the Maldives on a 15-minute seaplane flight, where scattered islands shimmer like jewels across the ocean. Our team manages luggage and check-in, allowing you to fully savour the aerial views and tranquillity of the atolls.

ROUNDTrip RATE:

USD 545 per adult
USD 327 per child
(2 to 11 years old)

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A woman in a long, flowing, light-colored dress is walking on a beach at sunset. She is holding hands with a child who is walking beside her. The scene is bathed in the warm, golden light of the setting sun, creating a soft, romantic atmosphere. The ocean waves are visible in the background, and the overall mood is peaceful and intimate.

Majlis Moments

Every day at the resort brings moments to pause and reconnect with nature, with others, and with yourself. Inspired by the Arabian tradition of the majlis, a place for sharing stories and reflection, these island rituals invite a sense of belonging and gentle discovery beneath the Maldivian sky.



Island Nature Walk

Guided by our Chief Gardener, this walk reveals the island's hidden character, from banyan roots and hibiscus blooms to the flutter of fruit bats above. Along winding paths, learn how our flora nurtures the ecosystem and listen for the songs of herons and waterhens that call Olhahali home. Each step offers a deeper connection to nature's rhythm and the serenity it brings.

LOCATION: Meeting point at Fini Maizaan
DURATION: 60 minutes
TIME: Every Tuesday and Thursday at 10:00

Boduberu Drum Workshop

Feel the heartbeat of the Maldives through the ancient rhythm of Boduberu. Guided by our local drummers, discover the joy of creating sound that unites hands striking drumskin, voices rising with the waves. This lively, cultural ritual celebrates the island's spirit, transforming music into a shared moment of joy, energy, and togetherness.

LOCATION: Departure Lounge
DURATION: 60 minutes
TIME: Saturdays at 16:00



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Sunset Olhahali Majlis

As the sun dips into the horizon, gather by the beach for an evening of calm connection. The Sunset Majlis is our weekly ritual of togetherness, a time to share stories with fellow travellers and our team, accompanied by refreshing island flavours and light bites. Bathed in golden light and gentle sea breeze, it is a celebration of community and the quiet beauty of day's end.

LOCATION:	Shimmers Beach
DURATION:	60 minutes
TIME:	Once per week

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Culinary Experiences

Explore our island's rich flavours and culinary traditions. From interactive masterclasses to curated tastings and seasonal dining, each experience celebrates the bounty of the land and sea. Savour the stories behind every ingredient, learn from our chefs, and gather around the table to create shared moments that linger long after the meal.



Sunset Pairings

Settle as the sun dips over the lagoon and enjoy thoughtfully curated flavours paired with artisanal cheeses. This experience balances elegance with ease, offering an opportunity to explore new tastes and enjoy shared moments, all while embracing the serenity of the island's waterside setting.

LOCATION: Café Lounge
DURATION: 60 minutes
TIME: Daily, with 24-hour advance booking
RATE: **USD 180 per couple**



Maldivian Cooking Masterclass

Discover the vibrant flavours of the Maldives in this hands-on culinary journey. Guided by our chefs, learn to prepare iconic dishes such as Mashuni, a tuna and coconut breakfast favourite, and the refreshing Kopee Faiy salad. Beyond technique, each recipe carries the stories of the islands, from local fishermen to sun-ripened produce.

LOCATION: Kayto
DURATION: 60 minutes
TIME: Daily, with 24-hour advance booking
RATE: **USD 110 per person**

Golden Hour Dining

Dine atop our pier as the sun melts into the horizon, casting a golden glow across the lagoon. This intimate experience pairs a carefully curated menu with the poetry of the evening sky, inviting guests to savour every flavour while connecting over shared stories, laughter, and the tranquil rhythm of the ocean below.

LOCATION: Sunset Pier
DURATION: Three hours
TIME: Daily, with 24-hour advance booking
STARTING FROM: **USD 250 per couple, price includes set-up charge only**

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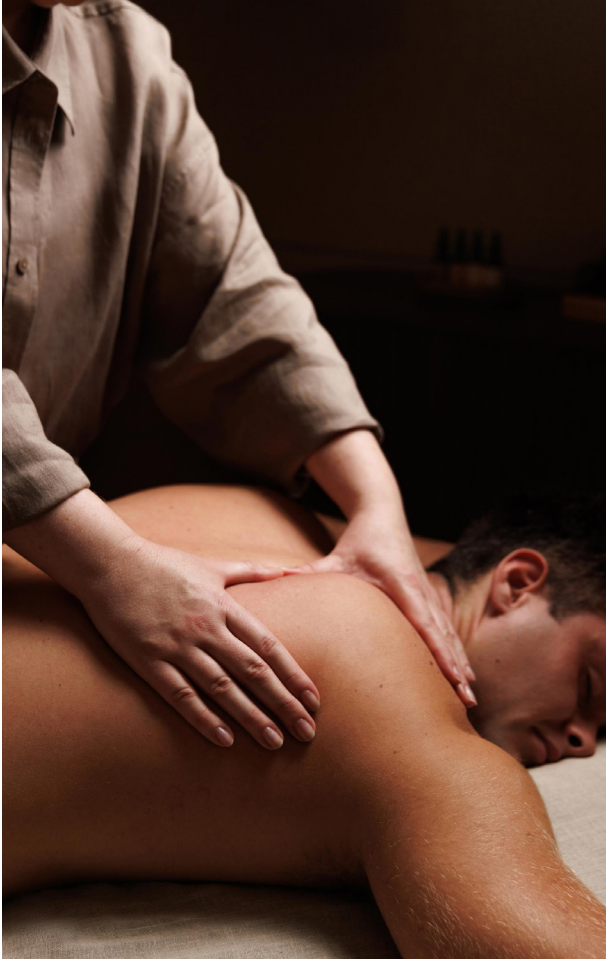


Wellness & Fitness

At Talise, every ritual is an invitation to reconnect with yourself, with nature, and with the present moment. Blending ancient wisdom with contemporary techniques, each experience is designed to restore balance, awaken energy, and cultivate a deeper sense of harmony. Whether you seek calm, clarity, or vitality, our treatments guide you gently towards your personal best, enriching both body and spirit.

Scan below to find out more:





Morning Brew Spa Escape

Begin your day with a gentle awakening for body and senses. This morning ritual combines a revitalising coffee scrub with a relaxing full-body massage, enlivening circulation and unveiling a radiant glow. Conclude with a freshly prepared frappuccino, the ideal balance of energy to start your morning in the Maldives.

LOCATION:	Talise Spa
DURATION:	90 minutes
TIME:	Daily, 09:00 to 12:00
RATE:	USD 370 per person

Rooftop Movements

Embrace sunrise or sunset atop your villa's private rooftop deck, where sea breeze and sky meet your rhythm of renewal. Guided by our expert trainer, each session is designed around your goals, from strength and flexibility to mindfulness and flow. Choose from yoga, mat pilates, personal training, meditation, or sound healing, all set against the island's breathtaking views. A truly private moment of movement, reflection, and serenity, tailored entirely to you.

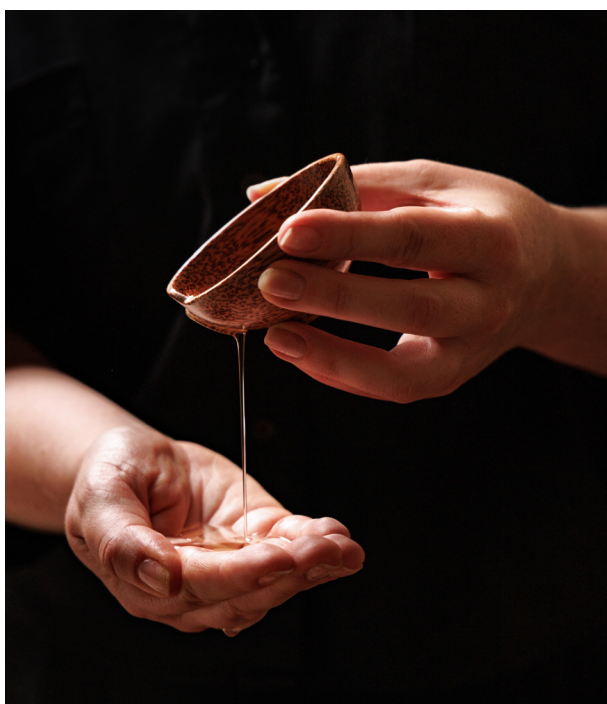
LOCATION:	Your villa's rooftop
DURATION:	60 minutes
TIME:	Daily, 16:00 to 20:00
RATE:	USD 150 per person

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Abhyanga-Shirodhara

This time-honoured Ayurvedic ritual restores balance to body and mind. It begins with Abhyanga, a warm herbal oil massage that nourishes the skin and melts away tension. The journey continues with Shirodhara, as a stream of infused oil flows across your forehead, quieting the mind and soothing the senses. Known to ease fatigue and insomnia, this ancient therapy guides you into a meditative calm, where clarity returns, and rest feels effortless.

LOCATION: Talise Spa
DURATION: 90 minutes
TIME: Daily, 09:00 to 20:00
RATE: USD 250 per person



Maldivian Coconut Ritual

Drawing from Maldivian tradition, this full-body ritual celebrates the island's most treasured ingredient. Fresh coconut exfoliates and hydrates the skin, followed by a warm organic coconut oil massage that releases deep-seated tension. The experience concludes with a nourishing scalp treatment, leaving hair soft, skin radiant, and mind renewed. A pure expression of island wellness, simple, natural, and profoundly restorative.

LOCATION: Talise Spa
DURATION: Two hours
TIME: Daily, 09:00 to 20:00
RATE: USD 370 per person

Sublime Youth Infusion

Revive your skin's natural vitality with this rejuvenating facial powered by plant stem cells and fermented Swiss honey. Designed to stimulate cellular renewal and enhance firmness, the treatment harmonises hormonal balance and supports the skin's resilience. Our signature sculpting massage completes the ritual, leaving your complexion luminous and lifted.

LOCATION: Talise Spa
DURATION: 1 hour 45 minutes
TIME: Daily, 14:00 to 20:00
RATE: USD 280 per person

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Golden Hour Healing Journey

As the sky shifts into shades of gold, surrender to a restorative evening ritual that calms both body and soul. This massage uses Sodashi's vegan oils to nourish the skin, followed by resonant tones of Tibetan singing bowls that release lingering tension. Whether held on the beach, your rooftop, or a secluded sandbank, this experience reconnects you with the serenity of twilight.

LOCATION:

DURATION:

TIME:

STARTING FROM:

Per your choice

Two hours

Daily, 16:00 to 19:00

USD 1,500 per person

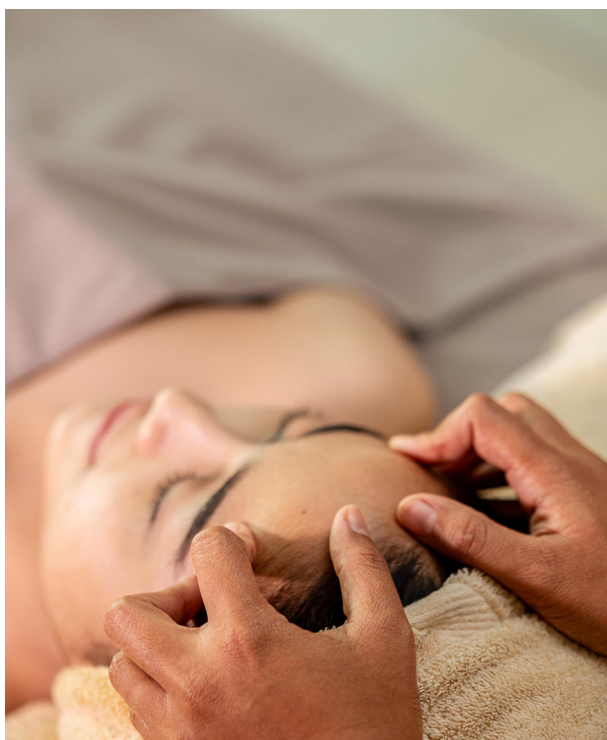
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Oceanic Yoga Retreat

Flow with the rhythm of the waves in this guided oceanfront journey of yoga, breathwork, and meditation. Each session restores harmony and strengthens your connection to the elements of wind, water, and light. Choose your setting: the beach, your private rooftop, or a secluded sandbank. With every movement, energy reawakens and the mind finds stillness, carried by the sound of the sea.

LOCATION:	Per your choice
DURATION:	90 minutes
TIME:	Daily, 05:30 to 07:00
STARTING FROM:	USD 200 per person



The Sleep Ritual

For those seeking rest beyond the ordinary, this deeply soothing treatment guides the body into peaceful slumber. Flowing massage strokes, gentle pressure points, and mindful breathwork quiet the mind and dissolve fatigue. Ideal for easing insomnia and restoring energy, the ritual encourages deeper breathing and true relaxation, preparing you for restorative sleep and a renewed awakening.

LOCATION:	Talise Spa
DURATION:	90 minutes
TIME:	Daily, 18:00 to 20:00
RATE:	USD 250 per person

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Movement at Talise

Find renewed focus and energy in the overwater serenity of Talise. Move at your own pace or under the guidance of a personal trainer, with sessions designed to align with your goals. Whether you seek strength, balance, or clarity, each movement nurtures a deeper sense of wellbeing and connection.

**Supplimentary charges apply for these activities.*

WEEKLY GROUP CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 to 07:00	Sunrise Yoga		Sunrise Yoga		Sunrise Yoga		
11:00 to 12:00	Mindfulness Meditation*	Step Aerobics*	HIIT*	Hatha Yoga*			Tibetan Sound Healing*
16:00 to 17:00					Social Tennis		
17:30 to 18:30	Breath Work*	Yin Yoga*		Vinyasa*		Traraka Meditation*	Mat Pilates*

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Personal Training

Rediscover your strength and motivation through a one-on-one session designed entirely around you. Guided by our expert trainer, each experience is tailored to your goals, enhancing flexibility, endurance, or mindfulness. With every movement, feel empowered to go beyond limits and embrace lasting vitality.

PERSONAL TRAINING	60 MINUTES USD 150
MAT PILATES	60 MINUTES USD 150
YOGA	60 MINUTES USD 150
MEDITATION	60 MINUTES USD 150
SOUND HEALING	60 MINUTES USD 150

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A woman is holding a young child on a beach at sunset. The woman is seen from the side, her face partially in shadow as she looks towards the child. The child is looking out at the ocean. The background is a bright, golden sunset over the water, with waves visible in the distance. The overall mood is warm and intimate.

Family & Kids' Adventures

Discover unforgettable moments designed for the whole family. Join creative sessions with our resident artist, explore the wonders of the ocean with our marine biologist, or enjoy fun-filled games together. Every experience brings laughter, learning, and connection, creating lasting memories in the heart of your island paradise.

Junior Tennis Experience

A lively introduction to the joy of tennis, guided by our resident coach. Young players learn essential skills through fun games and engaging drills that build confidence, coordination, and teamwork - a spirited experience designed to inspire a lifelong love for the game.

LOCATION: Tennis Court
DURATION: 60 minutes
TIME: Every Wednesday at 16:00



Cinema Under The Stars

Gather the family for a magical movie night beneath the stars. Snuggle up with popcorn and enjoy the sea breeze as your favourite film plays on your private rooftop. It is a cosy and memorable evening for the whole family to share.

LOCATION: Your villa's rooftop
DURATION: 60 minutes
TIME: Daily, with 24-hour advance booking
STARTING FROM: USD 350

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Marine Talk

An engaging learning journey led by our resident marine biologist. Young explorers discover the fascinating marine life of the Maldives and the delicate balance that sustains its reefs and islands. Through stories and close encounters, they learn the importance of ocean conservation and leave inspired to protect its beauty.

LOCATION:

Kids Club

DURATION:

60 minutes

TIME:

Every Friday at 17:15



Paint a Coconut

A creative escape where imagination meets island charm.

Guided by our resident artist, children transform dried coconuts into colourful works of art, painting beaches, sunsets, or tropical motifs. Each creation becomes a cherished keepsake of their time on the island, celebrating creativity in its purest form.

LOCATION:

MURACA Art Studio

DURATION:

60 minutes

TIME:

Every Saturday at 15:00

RATE:

USD 35 per child

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Destination & Inspired Escapes

Immerse yourself in the essence of the Maldives with experiences inspired by its stunning seascapes and island spirit. From ocean adventures and private sandbank escapes to serene yacht sails and vibrant underwater encounters, each moment is thoughtfully crafted to connect you with the destination's natural beauty and the rhythm of life.



Sail a Private Yacht

Set sail across the shimmering Maldivian waters aboard your private yacht. Drift between untouched sandbanks and tranquil lagoons, pausing to swim or snorkel over vibrant reefs. Each journey offers a chance to connect with the ocean and create timeless memories.

LOCATION:	Meeting point at Dive Centre
DURATION:	Starting from two hours
TIME:	Daily, with 24-hour advance booking
STARTING FROM:	USD 5,450 (up to four guests)

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Sandbank Picnic Escapes

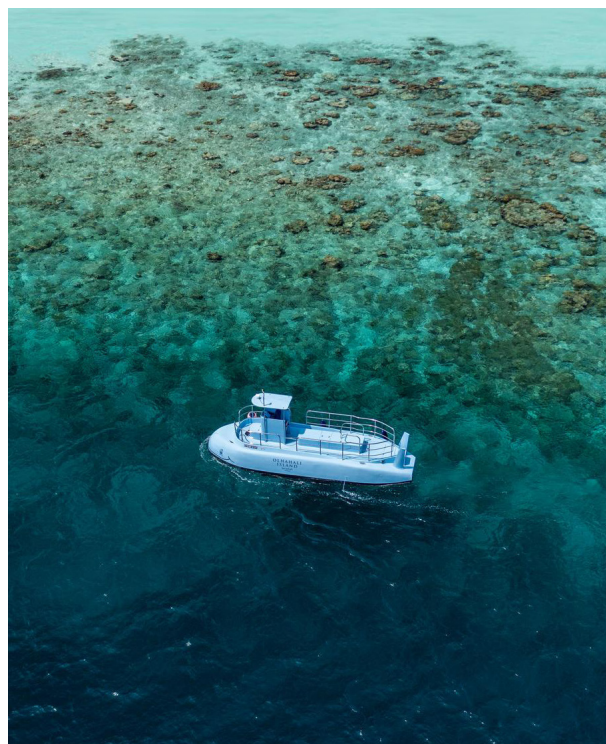
A pristine sandbank framed by endless Indian Ocean blues awaits. Savour a beautifully curated picnic on powder-soft sand, then slip into the tranquil lagoon for a leisurely snorkel around your private isle. Intimate, unhurried, and perfectly placed for sun, sea, and quiet conversation.

LOCATION:	Meeting point at the Reception
DURATION:	Two hours
TIME:	Every Thursday at 13:00
RATE:	USD 390 per couple

Semi-Submarine Ride

Glide just one metre below the ocean's surface and witness a kaleidoscope of coral and marine life. Perfect for families and non-swimmers alike, this semi-submarine journey reveals the Maldives' mesmerising underwater world, in a front-row seat to the wonders that thrive beneath the waves.

LOCATION:	Meeting point at Dive Centre
DURATION:	60 minutes
TIME:	10:00 to 11:00 and 15:00 to 16:00 Mondays, Wednesdays, Fridays and Saturdays
RATE:	USD 115 per person



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Snorkelling Adventures

Slip into glimmering waters for close encounters with sea turtles, nurse sharks, and dazzling coral gardens. Guided by our marine experts, each snorkelling experience invites you to explore vibrant reef life up close.

LOCATION: Meeting point at Dive Centre
DURATION: Starting from 90 minutes
TIME: Daily, 09:30 to 11:00
STARTING FROM: **USD 80 per person**



Scuba Diving

Explore 20 nearby dive sites, including Mahal Caves and Olhahali Thila. Encounter manta rays, turtles, nurse sharks and vibrant coral walls under the guidance of our PADI instructors. Suitable for certified divers and tailored introduction dives for beginners seeking an unforgettable underwater adventure.

LOCATION: Meeting point at Dive Centre
DURATION: Starting from 60 minutes
TIME: Daily, 13:00 to 14:00
STARTING FROM: **USD 150 per person**

Fishing Expedition

Venture to the edge of North Malé Atoll, one of the region's most abundant channels for big game fishing. Chase the thrill of reeling in wahoo, tuna, sailfish, or the mighty giant trevally as dawn breaks over the open sea.

LOCATION: Meeting point at Dive Centre
DURATION: Four hours
TIME: Daily, with 24-hour advance booking
RATE: **USD 1,600 (up to four guests)**

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Create your memorable moments:

