

Discover  
**Wellness**



TALISE  
SPA



Wind through the meandering waterways and tropical gardens of Madinat Jumeirah in Dubai and you'll discover Talise Spa hidden amongst swaying palm trees.

## Redefining Wellness at Talise Spa

A holistic wellness destination in the heart of Dubai, Talise Spa is redefining wellness and committed to providing multi-dimensional wellness services offering 360-degree support for the wellbeing of mind, body and soul. This integrated approach is supported by pillars that encompass specialised modalities targeting every individual's needs for a balanced self.

Whether you're an avid wellness enthusiast wanting to elevate your experience, a mother-to-be seeking support to prepare for your next chapter or someone who is simply looking for a getaway to recharge, there is a programme for you that can be tailored to meet your wellbeing goals. Choose from our list of comprehensive programmes below to start your wellness journey with Talise Spa.

# Wellness Pillars







Pillar One

# Mental Wellness

Mental wellness is an essential internal resource that supports our cognitive, emotional, and social functioning. Our mental well-being greatly impacts the way we think, feel, and behave, and practices modalities under mental wellness can help us access our subconscious mind to address any underlying challenges or concerns.

Talise Wellness offers a range of holistic treatments aimed at supporting our guests' mental well-being, helping them to find balance and cultivate a healthy mind.

- Access Bar, Aura Reading, Hypnotherapy, Lucia Light Therapy
- Therapies aimed at supporting emotional detox and release, helping guests find relief from stress and melancholy





Pillar Two

# Mindful Movement

Mindfulness involves being fully present and aware of our surroundings, while mindful movement focuses on gentle awareness of the present moment, connecting mind and body for emotional and physical balance.

At Talise Wellness, we're committed to growing our yoga community with specialised teachers and visiting instructors who offer mindful movement programming to support our guests' well-being.

- Yoga (Ashtanga Yoga, Detox Yoga, Hatha Yoga, Maternity Yoga, Somatic Yoga, Vinyasa Yoga, Yin Yoga, Yoga Nidra)
- Pranayama and Meditation
- Sound Healing Meditation



Pillar Three

# Internal Wellbeing

Food is essential for internal wellbeing, providing the necessary nutrients and energy for optimal physical and emotional health. Certain foods can also promote emotional well-being by affecting mood and cognitive function, highlighting the importance of mindful eating habits.

Talise Wellness provides curated dining experiences that promote wellness and healthy eating, catering to guests who are passionate about nourishing their bodies at the resort.

- Wellness menu options that are available within the restaurants in the hotel.
- Wellness menu that are incorporated with our pillars.
- Internal Wellbeing Coaching - Diet to Aid Sleep, Energy Food, Self-Love Food.



## Pillar Four

# Restore

Restoration is a key aspect of wellness that focuses on replenishing and revitalising the body and mind. It involves the process of healing and recovering from physical and mental stress.

Talise Wellness promotes restoration for guests through its authentic spa services that use carefully selected products to rejuvenate the body and mind.

- Bespoke massages, facials and rituals
- Bach Flower, Chi Nei Tsang, Crystal Healing, Intuitive Energy Healing, Kinesiology, Reiki, Tai Chi, Theta Healing, Qi Gong

# Wellness Programmes





Wellness Programme

# Recharge

Enhance your vitality as you pause  
and reset your mind and body

Discover the new Recharge wellness programme  
at Talise Spa.

Take a moment to pause and reset your body and mind. Switch off from the world by working on your breath and soothing your mind. Once you feel calmer, boost your physical wellbeing with massages, facials and reiki. You can also speak with a food coach and participate in group Ashtanga and face yoga, stretching muscles you never knew you had. Balance your chakra or internal energy points through the powerful vibrations created from the crystal singing bowls during a healing sound bath sessions.

Our bespoke Recharge programme features four key pillars and can be individually tailored to help achieve your wellness goals.



Recommended activities to choose from for this programme:

- **Mental Wellness**

Access Bar Facelift, Access Bar Therapy, Aura Reading, Breathwork Coaching, Crystal Healing, Mind Reset, Work-Life Balance Coaching

- **Mindful Movement**

Energising Power/Astanga Yoga, Guided Meditation, Sound Healing Therapy, Vinyasa Yoga

- **Internal Wellbeing**

Internal Food Coaching

- **Restore**

Facial, Lymphatic Flow Therapy, Reiki, Revitalising Body Massage

All programmes include:

- Unlimited access to daily group yoga classes
- Daily sunrise morning walk
- Welcome wellness amenity with bath ritual, tea ritual, pillow mist and wellness face mask with guided meditation apps

\*Additional activities are available. Please feel free to reach out to explore more activities to choose from.

Duration:

3, 5 or 7 days

Price:

AED 9,800 per person | 3-day programme inclusive of 6 activities of your choice

AED 14,900 per person | 5-day programme inclusive of 10 activities of your choice

AED 19,300 per person | 7-day programme inclusive of 14 activities of your choice



Wellness Programme

# De-stress

Eliminate tension in your body  
while learning stress resistance

Discover the new De-Stress wellness programme  
at Talise Spa.

Stress impacts everything from our sleep and skin to our mood and daily performance. This programme helps reduce tension – whether that's conscious or subconscious – while providing techniques so you can resist stress in the future. A life and wellness coach will discuss your diet, lifestyle and emotional state with you, while meditation and yoga sessions will help clear your mind and loosen your muscles. Qi Gong and Tai Chi blend slow movements and rhythmic breathing to generate a sense of wellbeing, while massage treatments and facials further help to induce a calm state of mind.

Our bespoke De-stress programme features four key pillars and can be individually tailored to help achieve your wellness goals.

Recommended activities to choose from for this programme:

- **Mental Wellness**

Access Bar Therapy, Access Bars Facelift, Emotion & Body Code, EFT - Anxiety, Stress & Trauma Release, Life Coaching with NLP

- **Mindful Movement**

Pranayama & Meditation, Somatic Yoga, Yoga Nidra

- **Internal Wellbeing**

Integrative Nutrition & Health Coaching

- **Restore**

Chi Nei Tsang, Facial, Kinesiology, Qi Gong, Tai Chi, Tension Release Massage

All programmes include:

- Unlimited access to daily group yoga classes
- Daily sunrise morning walk
- Welcome wellness amenity with bath ritual, tea ritual, pillow mist and wellness face mask with guided meditation apps

\*Additional activities are available. Please feel free to reach out to explore more activities to choose from.

Duration:

3, 5 or 7 days

Price:

AED 8,400 per person | 3-day programme inclusive of 6 activities of your choice

AED 12,600 per person | 5-day programme inclusive of 10 activities of your choice

AED 16,300 per person | 7-day programme inclusive of 14 activities of your choice



Wellness Programme

# Detox

Holistic therapies to cleanse and eliminate unwanted impurities

Discover the new Detox wellness programme at Talise Spa.

Whether you're craving a digital detox, want to eliminate impurities and toxins from your body or are keen to clear your mind, this programme promises to increase your vitality. Hypnotherapy, meditation and mindfulness help cleanse troublesome thoughts, detox diet and treatment purify your system and soothe your skin while yoga and qi gong work to rebalance your body and your mind.

Our bespoke Detox programme features four key pillars and can be individually tailored to help achieve your wellness goals.

Recommended activities to choose from for this programme:

- **Mental Wellness**  
Art Therapy (Neurographic Art), Hypnotherapy, Intuitive Energy Healing, Mind Reset
- **Mindful Movement**  
Chakra Balancing Yoga, Detox Yoga, Pranayama & Meditation, Yoga Nidra
- **Internal Wellbeing**  
Detox & Healthy Lifestyle Coaching
- **Restore**  
Chi Nei Tsang, Facial, Qi Gong

All programmes include:

- Unlimited access to daily group yoga classes
- Daily sunrise morning walk
- Welcome wellness amenity with bath ritual, tea ritual, pillow mist and wellness face mask with guided meditation apps

\*Additional activities are available. Please feel free to reach out to explore more activities to choose from.

Duration:

3, 5 or 7 days

Price:

AED 9,800 per person | 3-day programme inclusive of 6 activities of your choice

AED 14,900 per person | 5-day programme inclusive of 10 activities of your choice

AED 19,300 per person | 7-day programme inclusive of 14 activities of your choice



Wellness Programme

# Sleep

Enhance your mind and body to adapt a healthy sleeping pattern

Discover the new Sleep wellness programme at Talise Spa.

Are you a lark, or a night owl? Do you suffer from unhelpful thoughts that make you toss and turn at night, then nap during the day? If the only dreams you have are of sleeping eight hours a night, this programme can help you achieve the quality rest that's vital to our wellbeing. Through sleep and diet coaching, you'll discover healthy sleep techniques, while hypnotherapy and meditation will allow you to switch off a busy mind. In addition to yoga classes, you can participate in the practice of yin yoga, with slow movements and rhythmic breathing, along with Reiki to encourage energy to flow around you.

Our bespoke Sleep programme features four key pillars and can be individually tailored to help achieve your wellness goals.

Recommended activities to choose from for this programme:

- Mental Wellness

Hypnotherapy For Sleep, PSYCH-K

- Mindful Movement

Pranayama & Meditation, Sound Healing Therapy, Yin Yoga, Yoga Nidra

- Internal Wellbeing

Diet to Aid Sleep Coaching

- Restore

Bach Flower, Facial, Kinesiology, Reiki, Warm Candle Massage

All programmes include:

- Unlimited access to daily group yoga classes
- Daily sunrise morning walk
- Welcome wellness amenity with bath ritual, tea ritual, pillow mist and wellness face mask with guided meditation apps

\*Additional activities are available. Please feel free to reach out to explore more activities to choose from.

Duration:

3, 5 or 7 days

Price:

AED 9,800 per person | 3-day programme inclusive of 6 activities of your choice

AED 14,900 per person | 5-day programme inclusive of 10 activities of your choice

AED 19,300 per person | 7-day programme inclusive of 14 activities of your choice



Wellness Programme

# Mother-to-be

Holistic support for you and your baby for the next chapter

Discover the new Mother-to-be wellness programme at Talise Spa

Whether you're expecting your first child or adding to your brood, as you embark on the next chapter in your life you're going to want to take a deep breath... So this programme begins with breathwork coaching and meditation to prepare your body and mind as you become a new mother. Our certified practitioners will ensure you and your baby are well cared for as they coach you on nutrition. You can also practise maternity yoga, unwind in sessions dedicated to sound healing and specialised mother-to-be massage treatment.

Our bespoke Mother-to-be programme features four key pillars and can be individually tailored to help achieve your wellness goals.



Recommended activities to choose from for this programme:

- **Mental Wellness**

Access Bar Therapy, Art Therapy (Neurographic Art), Breathwork Coaching

- **Mindful Movement**

Gentle Flow Yoga, Maternity Yoga, Pranayama & Meditation, Sound Healing Therapy

- **Internal Wellbeing**

Mother And Baby Nutrition Coaching

- **Restore**

Bach Flower, Facial, Mother-To-Be Treatment

All programmes include:

- Unlimited access to daily group yoga classes
- Daily sunrise morning walk
- Welcome wellness amenity with bath ritual, tea ritual, pillow mist and wellness face mask with guided meditation apps

\*Additional activities are available. Please feel free to reach out to explore more activities to choose from.

Duration:

3, 5 or 7 days

Price:

AED 9,300 per person | 3-day programme inclusive of 6 activities of your choice

AED 14,000 per person | 5-day programme inclusive of 10 activities of your choice

AED 18,200 per person | 7-day programme inclusive of 14 activities of your choice



Wellness Programme

# Family

Dedicated quality  
time with your family

Discover the new Family wellness programme  
at Talise Spa.

Take time out from work, school and social engagements to bond as a family through group activities with your loved ones. Designed for up to four participants, this programme fuses fun pastimes such as creative sketching and chanting in kundalini yoga with exposure to new and enlightening practice and active ones such as beach fitness so your kids can burn off some energy, as well as plenty of calmer activities including tai chi, an aroma massage and sound healing meditation. With a focus on togetherness, the pursuits are designed like team building exercises to bring you and your strengthen you family connections.

Our bespoke Family programme features four key pillars and can be individually tailored to help achieve your wellness goals.

Recommended activities to choose from for this programme:

- **Mental Wellness**  
Art Therapy, Family and Constellations Workshop
- **Mindful Movement**  
Restorative Yoga/Kundalini Yoga, Yoga Nidra & Pranayama, Sound Healing Therapy
- **Internal Wellbeing**  
Family Nutrition Workshop
- **Restore**  
Bespoke Aroma Massage, Tai Chi

All programmes include:

- Unlimited access to daily group yoga classes
- Daily sunrise morning walk
- Turtle Rehabilitation Centre visit
- Welcome wellness amenity with bath ritual, tea ritual, pillow mist and wellness face mask with guided meditation apps

\*Additional activities are available. Please feel free to reach out to explore more activities to choose from.

Duration:

3, 5 or 7 days

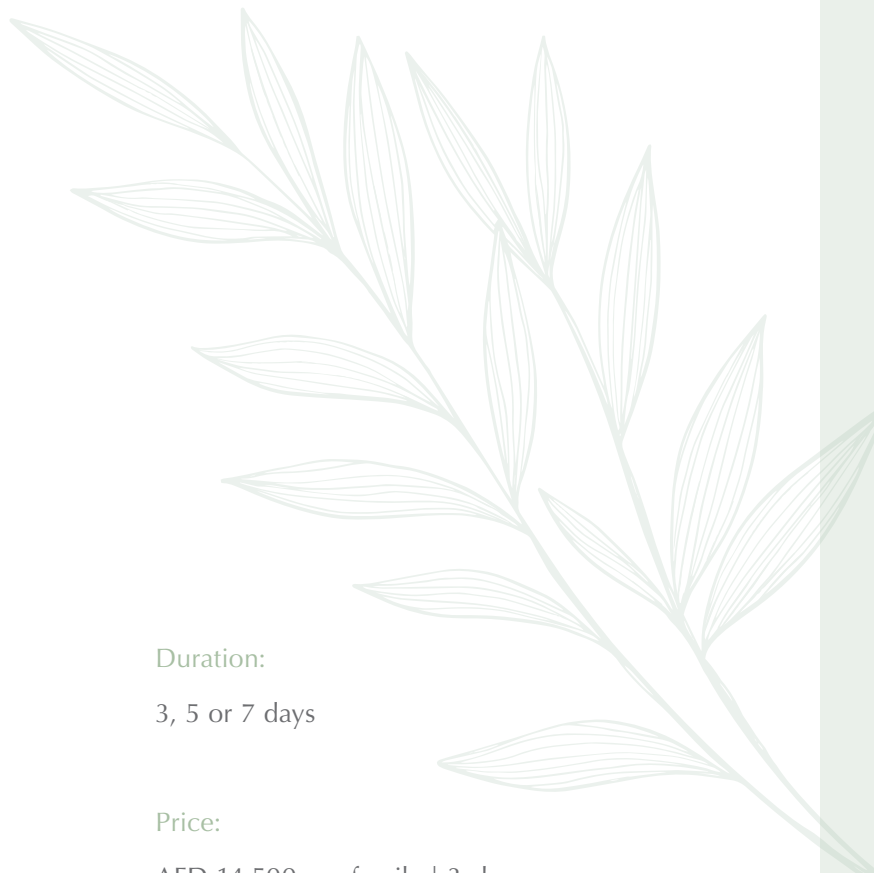
Price:

AED 14,500 per family | 3-day programme inclusive of 6 activities of your choice

AED 22,200 per family | 5-day programme inclusive of 10 activities of your choice

AED 28,000 per family | 7-day programme inclusive of 14 activities of your choice

\*The Family package is inclusive of up to 4 family members. To fully maximise this experience, the recommended age for children participation is 6 years old and above.



Wellness Programme

# Focus

Maintain focus for your ultimate physical and mental performance

Discover the new Focus wellness programme at Talise Spa.

Specifically designed for high performance individuals focused on maintaining physical and mental vigor. If you find your mind wandering during work meetings, this programme will help clear and enhance your mental performance. After cleansing yourself of unwanted distractions with meditation and breathwork, you'll work on your body through reformer pilates and ashtanga yoga – stretching muscles you didn't know you had.

Our bespoke Focus programme features four key pillars and can be individually tailored to help achieve your wellness goals.

Recommended activities to choose from for this programme:

- Mental Wellness  
Breatheology, Law of Attraction & Abundance Coaching
- Mindful Movement  
Asthangya Yoga, Pranayama & Meditation
- Internal Wellbeing  
Nutrition Assessment
- Restore  
Deep Tissue Massage, Facial, Reformer Pilates

All programmes include:

- Unlimited access to daily group yoga classes
- Daily sunrise morning walk
- Welcome wellness amenity with bath ritual, tea ritual, pillow mist and wellness face mask with guided meditation apps

\*Additional activities are available. Please feel free to reach out to explore more activities to choose from.

Duration:

3, 5 or 7 days

Price:

AED 9,800 per person | 3-day programme inclusive of 6 activities of your choice

AED 14,900 per person | 5-day programme inclusive of 10 activities of your choice

AED 19,300 per person | 7-day programme inclusive of 14 activities of your choice



Wellness Programme

# 360 Women's Support

Providing women a holistic healing therapy for every stage in their life

Discover the new 360 Women's Support wellness programme at Talise Spa.

Whether your goal is to soothe your mind, invigorate your body or simply learn to love yourself, this holistic programme features therapies, treatments and workshops to achieve your goal. Appease a busy or tense mind with sound healing meditation, breathwork coaching, Qi Gong and chant and sing with like-minded women in a kundalini yoga class. You can also learn from a food coach and feel the warmth of a practitioner's hands above your body in a reiki session. These activities, along with a massage, will leave you feeling revitalised and back in control.

Our bespoke Support programme features four key pillars and can be individually tailored to help achieve your wellness goals.

Recommended activities to choose from for this programme:

- Mental Wellness

Art Therapy (Neurographic Art), Breathwork Coaching

- Mindful Movement

Ashtanga Yoga, Hatha Yoga, Mindfulness Meta-Cognitive, Restorative Yoga/Kundalini Yoga Therapy

- Internal Wellbeing

Self-Love Food Coaching

- Restore

Bach Flower, Facial, Qi Gong, Reiki, Serenity Ritual, Well Woman Coaching

All programmes include:

- Unlimited access to daily group yoga classes
- Daily sunrise morning walk
- Welcome wellness amenity with bath ritual, tea ritual, pillow mist and wellness face mask with guided meditation apps

\*Additional activities are available. Please feel free to reach out to explore more activities to choose from.

Duration:

3, 5 or 7 days

Price:

AED 9,800 per person | 3-day programme inclusive of 6 activities of your choice

AED 14,900 per person | 5-day programme inclusive of 10 activities of your choice

AED 19,300 per person | 7-day programme inclusive of 14 activities of your choice



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