

TALISE

THE MENU

Talise Spa & Wellbeing

Welcome to Talise, a place for self-discovery where every moment invites you to reconnect with yourself and explore a deeper sense of inner balance & harmony.

Blending ancient techniques with modern therapies, we create a unique mind-body experience designed to provide gratifying rest, cultivate inner peace, and foster a sense of equilibrium.

Whether you seek relaxation, enhanced performance, or a deeper connection to your inner self, our thoughtfully designed treatments are tailored to your individual needs. You will leave feeling empowered, renewed, and equipped with the tools to continue your personal journey of self-discovery and wellbeing.

Performance

We believe that you have limitless potential. At Talise, we combine the expertise of our specialists with the latest technology to enhance your bio-cellular performance resulting in the optimal you.

High Performance *Facial*

Pro Recovery

90 minutes | USD 280

Prepare – Treat – Repair

When your skin feels challenged or sensitised, this is the treatment to restore its balance and strength. Especially suited for those following aesthetic procedures, it features the advanced Swissline Cell Shock Age Intelligence collection and introduces Swissline's exclusive lymphatic spheres for the first time. Multi-peptides and bio-activated Aloe Vera work to calm, protect, and accelerate recovery, revealing a refined, resilient complexion. Integrating the science of inflammaging, glycation, and mitochondrial health, this experience quietly redefines the way you care for your skin, nurturing renewal from within.

Sublime Youth Infusion

105 minutes | USD 280

Complete Skin Renewal

Reignite your skin's vitality with this deeply restorative facial designed for dry and mature skin. Harnessing the power of plant stem cells and fermented Swiss honey, it stimulates cellular renewal and activates longevity proteins that promote DNA repair and hormonal balance. The experience is elevated with our Signature Face Sculpt Massage, designed to reawaken facial contours, improve elasticity, and restore a natural glow.

All prices in this brochure are stated in US Dollars and are subject to 10% Service Charge and 17% Goods & Services Tax.

High Performance *Facial*

Swiss Lifting

90 minutes | USD 280

Firming & Anti-Wrinkle

Experience a deeply revitalising facial designed to firm, contour, and restore your skin's natural luminosity. Using Swissline's advanced Cell Shock collection, the treatment works with microcirculation and collagen-boosting actives to redefine facial contours and enhance radiance. A soothing massage and precision techniques lift and tone, leaving your skin refined, supple, and beautifully balanced.

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High Performance *Body Treatment*

Swiss Silhouette

90 minutes | USD 250

Shaping – Draining – Remodelling

Experience the innovation of Swissline Cell Shock paired with the sculpting artistry of Maderotherapy. This intelligent treatment activates micro-cellular circulation, strengthens connective tissue, and visibly refines your silhouette. Smooth wooden tools glide over the body with golden sculpting oil, gently stimulating lymphatic flow while defining and contouring the skin. The result is refined lightness, graceful tone, and lasting comfort.

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High Performance *Body Massages*

Muscle Recovery

60 minutes - USD 200 | 90 minutes - USD 230

Recover – Relieve Muscle Tension

Flowing, rhythmic, and deeply restorative, this massage is tailored to release tension held in overworked muscles and restore natural alignment. Firm yet mindful strokes ease stiffness, improve circulation, and enhance mobility, leaving you rebalanced and renewed.

Therapeutic Cupping Massage

60 minutes - USD 200 | 90 minutes - USD 230

Restore – Rebalance

An ancient healing ritual that uses gentle suction to ease and release deeper layers of muscle tension. This personalised therapy enhances circulation, helps reduce inflammation, and supports the body's natural detox and recovery process, leaving you feeling restored, with a renewed sense of balance and lightness.

High Performance *Body Massages*

Secret River of Health

60 minutes - USD 210 | 90 minutes - USD 250

Soothing Lymphatic Support Ritual

Guided by soft, deliberate strokes, this calming full-body ritual supports the natural flow of the lymphatic system. Each movement releases heaviness and quiety tension, helping your body feel lighter and more at ease.

A serene reset that leaves you comfortably restored and deeply at peace.

High Performance *Body Massages*

Bamboo Massage

60 minutes - USD 200 | 90 minutes - USD 230

Recover – Relieve Muscle Tension

Experience the energising rhythm of warmed bamboo sticks as they roll and press across your muscles. Designed to relieve tension and improve flexibility, this dynamic massage stimulates circulation and reawakens energy throughout your body, leaving you deeply relaxed yet revitalised.

Warm Stone Massage

60 minutes - USD 200 | 90 minutes - USD 230

Restore – Rebalance

Allow the soothing warmth of smooth basalt stones to melt away tension as your therapist combines soft-to-firm techniques to ease muscles and calm the mind. The gentle heat promotes circulation and a sense of harmony, enveloping you in profound relaxation and balance.

Salt Stone Ritual

90 minutes | USD 250

Renew Energy

A deeply relaxing full body massage enhanced with Himalayan salt stones rich in natural minerals. This therapeutic ritual supports detoxification, eases inflammation, and restores energy flow. Negative ions released by the stones help balance your energy field, creating a quiet sense of clarity and calm that lingers long after the treatment ends.

Talise Fitness

Personal Training

Exclusive One to One sessions

Discover a truly bespoke approach to wellbeing with a private session guided by our expert trainer. Each experience is designed around your personal goals — whether building strength, improving flexibility, refining posture, or cultivating mindfulness. Thoughtfully curated to align body and mind, these sessions empower you to feel centred, energised, and in perfect balance.

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

For couples: 60 minutes | USD 200

Group activities: USD 60 per person

Empower

We believe in creating an environment where you can feel empowered. By blending intuitive healing techniques with powerful natural formulations, our practitioners will help reconnect you with your sense of self and guide you on a path toward renewed strength and vitality.

Talise Advanced *Facials*

Swiss Oxygen

60 minutes - USD 250 | 90 minutes - USD 280

Energising

Rediscover your skin's vitality with this advanced Swissline Oxygen Facial, designed to enhance oxygen flow and energy at a cellular level. This vegan-friendly treatment is especially suited for skin affected by the pace of modern life — pollution, travel, or lack of rest. You will notice your complexion reawakened with a healthy, luminous glow as your skin is revitalised, hydrated, and energised.

Le Grand Soir au Collagène Pur

120 minutes | USD 370

Premium Skin Renewal

Experience a true renewal of the skin with this pure collagen facial, designed to restore moisture, firmness, and radiance. Featuring 92% pure collagen face films and Swiss expertise, this treatment is elevated with our Signature Face Sculpt Massage, developed by World Face Massage Champion Anna Tsankova. The sculpting movements stimulate lymphatic flow and collagen production, helping to resculpt facial contours and awaken your skin's youthful vitality.

Talise Advanced *Body Treatment*

Deeply Grounded Body & Face

120 minutes | USD 370

The Absolute in Skin & Body Wellness

Ground yourself in calm with this deeply restorative ritual designed to harmonise body and mind. Beginning with the signature Grounding Body Ritual, you will release built-up tension and rediscover inner peace.

The experience continues with your chosen Ground Face Ritual, a bespoke facial that strengthens and replenishes the skin's natural barrier.

Talise Advanced *Massages*

The Sleep Ritual

90 minutes | USD 250

Ideal for Insomnia & Physical Fatigue

This calming ritual is specially designed to guide the mind and body into a state of deep slumber. Gentle, flowing massage techniques, targeted pressure points, and mindful breathwork harmonise to encourage deeper breathing.

The Wandering Ritual

120 minutes | USD 300

Nerve Support – Ideal for Burnout

A grounding ritual that nurtures the body's core of calm — the Vagus Nerve. Through focused massage of the abdomen, face, neck, and ears, enhanced with marble stones and Gua Sha techniques, you reconnect with a sense of flow and intuitive balance. Designed to restore vitality and bring clarity to body and mind, it encourages deep renewal from within.

Talise Advanced *Massages*

The Cleansing Ritual

90 minutes | USD 250

To Encourage Gut Harmony

Restore your body's natural balance with a gentle, therapeutic abdominal massage that harmonises digestion and energy flow.

The treatment stimulates lymphatic circulation, supports detoxification, and encourages your body's 'rest and digest' state. You will leave feeling lighter, more centred, and at ease within yourself.

Women's Health *Support*

The Comforting Ritual

60 minutes - USD 210 | 90 minutes - USD 250

Relief for the 2nd & 3rd Trimester

A nurturing massage created with expectant mothers in mind, bringing comfort and calm during pregnancy. Gentle, flowing movements ease tension across the shoulders, back, hips, and legs while improving circulation and sleep quality. Designed to support physical ease and emotional tranquillity, it offers a moment of deep rest and quiet connection.

The Balance Ritual

60 minutes - USD 210 | 90 minutes - USD 250

Empowering and Supporting Through Hormone Change

Created to gently support women through moments of hormonal shift, this restorative ritual blends thoughtful touch with therapeutic intention. Your journey begins with an aromatherapy footbath and steadying breathwork before moving into a tailored sequence of Cold Stone Massage, Gua Sha, Reflexology, and Lymphatic Drainage.

Women's Health *Support*

Soul to Sole Connection

60 minutes | USD 200

Soothe Inflammation, Reduce Fluid Retention

Begin your ritual with an aromatic foot bath and mindful breathing, followed by a gentle botanical exfoliation for the lower legs and feet. The treatment continues with a reflexology-inspired massage that improves circulation, reduces swelling, and releases deep-seated tension. Ideal for easing heavy or tired legs, it restores balance and leaves you feeling light and renewed.

Intention

We believe you deserve intentional rest. Our treatments are customised to your individual needs so you can find joy in moments of inner stillness. This harmonious form of self-care is the perfect way to balance body and mind while finding gratification within.

Talise Signature *Facial Treatments*

The Biome Facial

60 minutes - USD 250 | 90 minutes - USD 280

Soothing & Supporting Skin Barrier

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe and repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

Swiss Smart

90 minutes | USD 280

Made to Measure

Your skin is one of a kind — and so is this treatment. The Swiss Smart facial is fully customised to address your unique needs, from oil control and pigmentation to sensitivity and dehydration. Using a curated combination of boosters, serums, and masks, your therapist tailors every detail to your skin's rhythm. The result is balanced texture, refined tone, and renewed luminosity, restoring your natural vitality with precision and care.

Talise Signature *Facial Treatments*

Swiss Bright

90 minutes | USD 280

Brightening & De-Ageing

Reveal a luminous, even-toned complexion with this brightening and de-ageing ritual. Powerful actives work to reduce hyperpigmentation, sun damage, and dullness while preventing future discolouration. Skin is gently refined and infused with advanced brightening ingredients to promote translucency, hydration, and that coveted glass-skin finish.

Talise Signature *Body Treatments*

Décolleté & Bust Beautifier

60 minutes | USD 200

Restoring & Firming

Designed to care for delicate areas often exposed yet overlooked, this treatment targets the neck, décolleté, and bust. A specialised combination of lifting massage, nourishing ampoules, and a firming mask improves elasticity and smooths texture. Ideal for restoring tone and suppleness, it leaves the skin beautifully refined, soft, and luminous.

Maldivian Coconut Ritual

120 minutes | USD 370

Skin Hydration & Nourishment

Experience the soul of Maldivian wellness through this time-honoured coconut ritual. Freshly grated coconut and warm organic coconut oil blend seamlessly to exfoliate, nourish, and deeply hydrate the skin. The ritual continues with a full-body massage that releases muscular tension and restores balance, followed by a conditioning scalp and hair treatment. This journey celebrates nature's simplicity, leaving you renewed, replenished, and perfectly prepared for sun-kissed island days.

Talise Signature *Body Treatments*

After Sun Recovery

60 minutes - USD 200 | 30 minutes - USD 110

Calm, Repair & Hydrate

Soothe your skin after a day in the sun with this calming and restorative ritual. A cooling aloe vera and cucumber wrap replenishes lost moisture while reducing redness and sensitivity. Antioxidant-rich oils are gently applied to nourish and protect, while a soothing scalp massage during the wrap releases any lingering tension. The experience leaves your skin soft, supple, and beautifully comforted.

Self-Discovery Ritual

120 minutes | USD 370

An Intuitive Journey of Renewal and Reconnection

Begin a moment of introspection and renewal with this harmonising body ritual. Combining gentle exfoliation, soothing massage, and energy alignment, the experience encourages connection between mind and body. Carefully chosen essential oils and grounding touch techniques calm the nervous system and quiet the mind, helping you return to stillness and inner clarity.

Talise Signature *Massages*

The Grounding Ritual

90 minutes | USD 250

Soothing Mental Anxiety & Stress

A deeply nurturing treatment designed to calm the mind and anchor the body. Through slow, intentional movements, this massage releases accumulated tension, eases emotional fatigue, and restores your inner balance. Ideal for those seeking calm amidst the pace of life, it allows you to feel truly present.

The Restorative Ritual

90 minutes | USD 230

Ease Tension in the Face, Neck, Head & Scalp

This mindful therapy combines facial massage with the delicate art of Gua Sha to release tension, promote circulation, and relieve strain in the upper body. The gentle rhythm restores clarity and serenity to the mind while bringing visible relaxation to the face and neck.

Talise Signature *Wellness Ritual*

Abhyanga-Shirodhara

90 minutes | USD 250

Insomnia, Mental Fatigue, Migraines

Step into an ancient Ayurvedic healing journey that harmonises your inner energies. Warm herbal oils flow in rhythmic strokes across your body, easing tension and grounding the spirit. The experience continues with Shirodhara, a gentle stream of infused oil poured over the third eye chakra to quiet the mind and release mental fatigue. This deeply restorative ritual promotes restful sleep, emotional balance, and profound inner peace.

Tibetan Sound Healing Massage

75 minutes - USD 210 | 90 minutes - USD 250

Energy Balance & Emotional Healing

A therapeutic fusion of sound and touch designed to balance your body's energy flow. Tibetan singing bowls resonate with gentle vibrations that reach deep into the body, dissolving emotional blockages and encouraging cellular harmony. Combined with slow, rhythmic massage, this unique ritual restores energetic equilibrium and leaves you feeling light, centred, and renewed.

Enhancements

Express experiences to enhance your
Talise journey.

Talise Signature

Add Ons

Enhance your spa experience with our signature add-on treatments, designed to target your specific wellness needs. Only available when added to any Talise Spa treatment.

Swiss Eye Specialist

30 minutes | USD 110

Smooth & Revitalise

Brighten and refresh tired eyes with a treatment that smooths fine lines and reduces puffiness. A cooling application of targeted actives improves circulation and elasticity, restoring luminosity to the delicate eye contour.

Face Sculpting Massage

30 minutes | USD 110

Sculpt & Lift

Our signature sculpting massage combines deep myofascial techniques and precision serums to lift, tone, and detoxify. Skin feels firm, refined, and visibly redefined.

Talise Signature

Add Ons

Scalp Massage

30 minutes | USD 110

Calm, Clear & Revive

A deeply soothing ritual focusing on the scalp, neck, and temples. The slow, rhythmic strokes and aromatic oils ease muscle tightness, quieten the mind, and promote a sense of clarity. Ideal for relieving stress and inviting calm before rest.

Back Massage

30 minutes | USD 110

Relieves Muscle Tension and Stiffness

This targeted massage is designed to release tension and restore comfort in your back, neck, and shoulders. Using rhythmic strokes and deep pressure techniques, this treatment melts away stress, improves circulation, and relieves muscle tightness.

Talise Signature

Add Ons

Herbal Poultices

30 minutes | USD 110

Warm, Restorative & Detoxifying

Steamed compresses filled with aromatic herbs are pressed along your body to release muscular tension and stimulate circulation. The warmth and herbal infusion awaken the senses, purify the body, and restore energetic balance.

Hot Stones Compress

30 minutes | USD 110

Recover & Restore

Smooth basalt stones radiate soothing warmth that melts tension deep within the muscles. The therapeutic heat encourages circulation and promotes profound relaxation, helping to release both physical and emotional strain.

Talise Signature

Add Ons

Body Wrap

30 minutes | USD 110

Purify & Restore

Envelop yourself in a cocoon of warmth and comfort. This purifying treatment detoxifies and replenishes the skin while you relax into stillness. As the body absorbs active ingredients, stress dissipates, leaving your skin smooth, supple, and luminous.

Body Polish

30 minutes | USD 110

Exfoliate & Renew

Reveal soft, radiant skin with this refining full-body exfoliation. Natural minerals and fine botanical extracts work in synergy to gently buff away dullness, smooth texture, and awaken circulation. The treatment concludes with a nourishing body hydration, leaving your skin velvety and refreshed, and your senses subtly uplifted.

Foot Reviver

30 minutes | USD 110

Stimulate & Soothe & Rebalance

A restorative foot ritual that relieves fatigue, improves circulation, and rebalances your body's energy flow. Each pressure point is gently activated to awaken vitality and leave you feeling light, calm, and centred.

Talise Signature

Add Ons

Add an advanced facial mask to your massage or body treatment with no additional time required.

Pro Vitality Mask

USD 60

Anti-Ageing & Brightening

Infused with plant peptides, hyaluronic acid, and antioxidant green tea, this advanced mask boosts firmness and radiance while smoothing fine lines and protecting against oxidative stress.

Pro Recovery Mask

USD 60

Hydrating, Anti-Fatigue & Calming

A soothing cryogenic mask enriched with multi-weight hyaluronic acid, amino acids, and vitamins. Designed to fortify the skin barrier, reduce fatigue, and calm sun-exposed or sensitive skin, it delivers instant replenishment and long-lasting comfort.

Talise Spa

Etiquette

Opening Hours

Talise Spa is open from 09:00 AM to 08:00 PM daily. The final appointment may be booked at 06:30 PM, allowing time for a 90-minute treatment.

Outside Operational Hours Surcharges

We are pleased to extend our services beyond regular operational hours for your convenience. For this exclusive offering, an additional surcharge of USD 50 per person applies, regardless of treatment duration.

Villa Treatment Surcharge

We provide treatments at the comfort of your villa. For this exclusive service, there is an additional surcharge of USD 50 per person, regardless of the treatment duration.

Spa Reservations

To make a reservation at Talise Spa:

- Contact your Island Host
- Call +960 668 2600
- Book online at www.jumeirah.com/olhahaliisland
- Email talise.jmh@jumeirah.com
- Email reservations.jmh@jumeirah.com

Please note: Prices are subject to change without prior notice.

Talise Spa

Etiquette

Arrival

Please arrive at least 15 minutes prior to your scheduled appointment to prepare for your spa experience. Treatments begin promptly at the reserved time. Late arrivals will result in a shortened session to ensure the next guest is accommodated as scheduled.

Consultation

All Talise Spa guests will enjoy a personalised consultation before their treatment, allowing our therapists to curate the best experience and programme.

Cancellation

If you need to cancel an appointment, please notify us at least 24 hours in advance. Late cancellations and no-shows will incur the full treatment charge. Late arrivals will result in a shortened appointment to ensure the next guest is accommodated as scheduled.

Spa Attire

Talise Spa will provide you with a robe and slippers for your comfort. A secured change closet will be available for your personal belongings. Talise Spa and Jumeirah Group does not take responsibility for the loss of valuables or misplaced items brought onto the spa premises.

Talise Spa

Etiquette

Cultural Awareness

In keeping with local cultural values, we ask that guests show modesty. To respect the privacy of others, no photographs, videos, or other social media recordings are permitted.

Health Considerations

For your comfort, please advise upon booking of any allergies, injuries or concern areas. Please advise, especially if you are pregnant, as some services may not be appropriate for you at this time.

Pregnancy or Other Health Conditions

We have designed bespoke treatments for mothers-to-be and guests experiencing specific health concerns such as menopause or oncology treatments. Please notify us during your reservation, and we will gladly assist you in selecting the most suitable treatment for your needs.

Gratuities

In appreciation of outstanding service, a gratuity may be given at your discretion.

Talise Spa

Etiquette

Fitness Facilities

Our Talise Fitness welcomes you at any hour, every day of the week. Talise Fitness facilities, including the sauna and gym, are strictly reserved for guests aged 16 and above. Guests under 16 are not permitted to access these areas to ensure safety and maintain the integrity of the wellness experience.

Spa Environment

At Talise, we strive to provide you with the most comforting spa experience from the moment you arrive to the moment you leave. Kindly note this is a non-smoking facility. Please also refrain from using your mobile phone at all times while on the premises. Your cooperation in providing a quiet environment is greatly appreciated.

Adult Facility

Talise Spa is an adult facility, open to men and women aged 16 and above. Guests between the ages of 4 to 16 may enjoy selected spa treatments only when accompanied by a parent or legal guardian, with prior written consent.

Information Privacy

We value the privacy and confidentiality of your information. Your details are handled in accordance with the Jumeirah Privacy Policy for Guests.