

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 and 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'll leave feeling empowered, renewed, and equipped with the tools to continue your personal journey of self-discovery and well-being.

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 *Body Treatments*

Water Walker

Train in water, burn more calories, and get a complete workout, with our one-of-a-kind Water Walker machines from Japan only at Talise Spa. Available for both males and females.

High Performance *Massages*

Hot Volcanic Stones Massage

Stone therapy has been used since ancient times as a soothing and healing treatment. This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

Intensive Muscle Release

This deeply restorative treatment is specifically designed for tight, stressed, and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight, and painful. An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

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 *Massages*

Reflexology

A pressure point therapy performed on the sole of your foot to activate the reflex points and remove energy blockages. It helps to relax the whole body as well as tired feet and is very effective in relieving jetlag. In the 90 -minute treatment, enjoy a head and hand massage while a mask hydrates and rejuvenates tired feet.

Mother to be

Pregnancy is a precious time for a woman. A time of heightened sensibilities where her heart and soul are open and receptive. Pregnancy is also a time of nurturing peace and tranquility. This gentle treatment involves a full relaxing body massage with light pressure with nourishing oils. A radiant glow body scrub completes the treatment experience in your option of 90 minutes.

Lymphatic Massage

Our Lymphatic drainage massage starts with a dry body brushing, dry brushing removes impurities from your skin and improves circulation in your body followed by a lymphatic drainage massage to help drain the excess fluid and toxins from your body. This treatment will stimulate your blood circulation, bring nutrients to the skin, and remove toxins and wastes from skin cells.

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 *Body Treatments*

Talise Signature Hammam

A ritualistic bathing experience rooted in ancient practices of purification and relaxation, our traditional hammam provides a place for deep cleansing and detoxifying for the body and mind. Our Hammam experience begins with an invigorating `Kese` body scrub, followed by a steam bath and relaxing massage to calm and nourish the mind, body and soul.

Traditional Hammam

A ritualistic bathing experience rooted in ancient practices of purification and relaxation, our traditional hammam provides a place for deep cleansing and detoxifying for the body and mind.

Talise Signature *Massages*

Ultimate Aromatherapy Experience

This balancing massage starts with a consultation to find the match for your emotional and physical needs. From that, we select the most suitable aromatherapy oils formulated with natural plant and flower essences to help release tension held in every part of your body leaving you feeling relaxed and recharged.

Thai Massage

Practiced for centuries in Thailand, Thai massage is highly therapeutic, focusing on the pressure points, energy lines and your breath, this unique experience applies smooth guiding motions creating energy and releasing blockages. Guests are provided with traditional Thai Pajamas for use during the treatment.

Indian Head Massage

Using traditional Indian massage techniques, combining both gentle and stimulating techniques on the upper back, shoulders, neck, and scalp, this experience helps to improve blood flow and nourish the scalp, inducing a sense of calm.

Talise Signature *Massages*

Private Spa Suite Escape - For Two

Designed with total privacy in mind, our luxurious Spa Suites offer a truly unique personal haven. These stunning spaces have been designed to allow couples or friends to experience treatments together in a beautiful, private setting, guests can choose from the packages below to enjoy a tailored, truly luxurious, pampering experience. Our private spa suites include steam room, experience showers, jacuzzi and healing Himalayan salt room, suites are interconnected and designed to offer the opportunity for guests to enjoy both suites and an ultimate spa experience and healing hands bring balance to your mind and body.

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.

Hot Stone Melter

A targeted hot stone application to melt away your tension on your specific area of concern.

Scalp Massage

This treatment is designed to improve blood flow and nourish the scalp, inducing a sense of calm.

Talise Spa

Etiquette

Opening Hours

Talise Spa is open from 10:00 AM to 10:00 PM daily. The final appointment can be booked at 08:30PM, allowing for a 90-minute treatment.

Reservations

To make a reservation at Talise Spa:

- Call 2226 9688
- Book online at www.jumeirah.com/Kw
- Email jmbtalise@jumeirah.com

Please note: A valid credit card is required to hold your reservation. Prices are subject to change without prior notice.

Location

Talise Spa is located on basement Level of the main hotel building. Non-hotel guests can access Talise Spa directly via the left lobby vestibule elevator.

Talise Spa

Etiquette

Arrival

Please arrive 30 minutes prior to your appointment to prepare for your spa experience. Appointments begin promptly at the time scheduled. If you arrive late, your appointment may be shortened.

Consultation

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

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 or require rescheduling, which may also include additional charges.

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

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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.

Cultural Awareness

In keeping with local cultural values, we ask that guests show modesty when using the lockers and changing areas. To respect the privacy of others, no photographs, video 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.

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Gift Certificates

Gift certificates are available to craft a personalised spa experience. For more information, please visit our Spa reception or contact our team directly.

Adult Facility

Talise Spa is an adult facility, open to men and women aged 16 and above. Guests under the age of 16 are not permitted to use the steam room, sauna, or indoor pool facilities.

Gratuities

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

Information Privacy

We value the privacy and confidentiality of your information. Your details are handled in accordance with the Jumeirah Privacy Policy for Guests, which can be accessed at jumeirah.com/privacy-policy or upon request at the Talise reception.

