

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 restful gratification, 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 *Facials*

Pro Recovery Treatment

90 minutes | Starting from OMR 85

Is your skin sensitized or stressed? Are you planning on having an aesthetic procedure someday? Or are you already in-between procedures? This barrier-boosting treatment is for you. Prepping the skin with multi-peptides and bio-activated Aloe vera, it will ensure the fastest recovery time and the best possible results. Bringing the concepts of inflammaging, glycation and mitochondrial health into your skincare routine is a game changer.

Swiss Lifting

90 minutes | Starting from OMR 90

Firming & Anti-Wrinkle

If firmed, toned skin is what you are after, let growth factors, peptides and hyaluronic acid, do a little of the heavy lifting for you. This intensive treatment relies on Cell Shock patented formula serums and ampoules to beautifully transform the face, neck and décolleté and strengthen the skin structure. Activating instant and long-term youth-inducing effects, it boosts moisture retention, stimulates fullness and tones the skin.

High Performance *Body Treatments*

Swiss Silhouette

Full body 90 minutes / One zone 30 minutes | Starting from OMR 80

Shaping + Draining + Remodeling

Awaken your senses and sculpt your body's contours with this very special treatment. It unites the ancient healing tradition of maderotherapy, a holistic technique utilizing specially crafted wooden tools, together with mindful massage movements expertly linked to Cell Shock Body products. It will firm, shape and sculpt your arms, legs and stomach while instilling within you a feeling of wellbeing.

High Performance *Body Massage*

Muscle Recovery Ritual

90 minutes | Starting from OMR 70

Flowing, rhythmical and firm; this back of body massage was created to assist in releasing the overworked muscles of the body from their tense & tightened position. Helping to alleviate aches & stiffness while also improving circulation.

Hot Stone Massage

90 minutes | Starting from OMR 60

Grounding - Rejuvenating

Intensely soothing and healing, this massage is perfect for sore and stressed muscles. The use of aromatherapy oils and warmed lava stones are combined with traditional massage techniques to relieve muscle 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 *Facials*

Sublime Youth Infusion

120 minutes | Starting from OMR 150

Complete Skin Renewal

Treat mature skin to a well-deserved cellular refresh and a sensorial delight. Harnessing the power of plant stem cells and fermented Swiss honey, the treatment taps into epigenetics to activate sirtuins, also known as “longevity proteins.” Promoting DNA repair and providing balance to counter hormonal fluctuation during menopause, it essentially fends-off the signs of aging. In concert with our Signature Face Sculpt Massage, the treatment will have a complete renewal effect.

Swiss Bright

90 minutes | Starting from OMR 90

Brightening & De-Aging

Glowing skin connotes health. This treatment is designed to activate powerful brightening and de-aging ingredients to treat dull skin, sun damage, and hyperpigmentation, while also preventing future discoloration. You can expect replenished, plump and dewy glass skin with next-level brightening.

Talise Advanced *Massages*

The Wandering Ritual

120 minutes | Starting from OMR 90

Vagus Nerve Support- Ideal for Burnout

Reconnect deeply with the wanderer within, the Vagus Nerve, our inner source of sincere wellbeing. This holistic approach to hands on massage creates a safe space to attune to our innate gut intuition and create a renewed connection to our inner self. Includes Abdomen, Face, Neck & Ears with Marble Stone & Gua Sha Massage Techniques.

The Cleansing Ritual

90 minutes | Starting from OMR 70

To Encourage Gut Harmony

With the intention to move our system into the state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs.

The Sleep Ritual

90 minutes | Starting from OMR 70

Ideal for Insomnia & Physical Fatigue

This ritual was especially developed to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in.

Women's Health *Support*

The Comforting Ritual

60 minutes | 90 minutes + Face Gua Sha & Scalp massage | Starting from OMR 55

Relief for the 2nd or 3rd Trimester

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. This intuitive and grounding massage is tailored to soothe and release tension in tired muscles, focusing on the shoulders, back, hips, and lower legs, offering essential support as the body grows during pregnancy.

The Balancing Ritual

90 minutes | Starting from OMR 70

Designed with women in mind, this hands- on approach to wellbeing is truly holistic. Each treatment commences with an aromatherapy foot bath and breath work and uses Cold Stone Massage Therapy, Gua Sha, Reflexology and Lymphatic Drainage helping to soothe the body during hormone fluctuations.

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.

INTENTION

Talise Signature *Facial Treatments*

The Biome Facial

90 minutes | Starting from OMR 70

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 | Starting from OMR 90

Tailored Treatment

The ultimate self-care option: this is all about you, and only you. Fully personalised, it is a smart and fast way to look your individual best. Whether you are concerned about oil control, pigmentation, sensitivity, dehydration, etc. your priorities will be skilfully addressed thanks to an entire menu of boosters and masking options.

INTENTION

Talise Signature *Massages*

The Grounding Ritual

90 minutes | Starting from OMR 70

Soothing Mental Anxiety & Stress

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body.

The Restorative Ritual

90 minutes | Starting from OMR 70

Ease Tension in the Face, Neck, Head & Scalp

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on releasing tension in the face, neck, décolleté and scalp 90 minutes.

INTENTION

Talise Signature *Body Treatments*

Essence of Oman Balancing - Sense of Place

60 minutes | Starting from OMR 50

90 minutes | Starting from OMR 70

A spa journey, which evokes a true sense of place. Discover the power of Oman's nature with medicinal frankincense from the earth and sea salt from the ocean. Prepare your skin with an exfoliation followed by an indulgent full body massage with therapeutic Frankincense oil.

Signature Hammam Ritual

90 minutes | Starting from OMR 70

Wholesome - Indulgent

A contemporary Hammam treatment that includes a black soap application while you rest on a heated marble slab. This treatment includes a full-body exfoliation with a Kessa glove to deeply cleanse and purify your skin. An additional facial exfoliation followed by a scalp massage, a hair washing ritual and application of purifying face mask and hair mask.

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 to be added on to a minimum 90 minutes Talise Spa treatment

Salt Scrub

30 minutes | OMR 30

Experience a gentle renewal as mineral-rich salts exfoliate and purify your skin. This soothing treatment smooths away tension, promoting a sense of balance and well-being while leaving your skin soft, refreshed, and naturally radiant.

GR Scalp Therapy

30 minutes | Starting from OMR 20

Immerse yourself in deep relaxation aromatic essential oils are gently massaged into the scalp. This nurturing ritual melts away tension, nourishes the scalp, and restores natural vitality - leaving your hair silky, radiant, and infused with renewed energy.

Face Mask

30 minutes | Starting from OMR 20

Give your skin a moment of deep renewal with a richly infused mask designed to hydrate and revitalize. As the mask gently soothes and replenishes, your complexion regains its natural radiance - leaving you feeling calm, refreshed, and restored.

Talise Spa

Etiquette

Opening Hours

Talise Spa is open daily from 10:00 to 20:00 PM.
The last appointment can be booked at 18:30, allowing time for a 90-minute treatment.

Reservations

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To make a reservation at Talise Spa:

- From your guestroom phone, please dial 6036
- Call +968 2493 1000
- Book online at www.jumeirah.com/MuscatBay
- Email: jmutalisespa@jumeirah.com

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

Location

Talise is Located on Level 6 of the main hotel building. Non-hotel guests can access directly through the Talise entrance.

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 will be shortened so that the therapist will be on time for the next session.

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

Etiquette

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.

Talise Spa

Etiquette

Gift Certificates

Gift certificates are available to craft a personalized 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.