

TALISE

THE MENU



Talise & *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 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 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 *Facials*

Pro Recovery

90 minutes

Discover the transformative power of this barrier-boosting ritual. Enriched with multi-peptides and bio-activated Aloe vera, it nurtures, calms and fortifies the skin, guiding every cell towards effortless recovery. Integrating the science of inflammaging, glycation and mitochondrial health, it leaves your complexion radiant, strong and full of quiet vitality.

Hydrafacial

60 minutes

A results-driven, non-invasive facial that deeply cleanses, exfoliates and infuses the skin with hydrating serums for an instantly brighter, smoother and more radiant complexion.

Hydrafacial Deluxe

90 minutes

An enhanced HydraFacial experience that includes targeted boosters and LED light therapy to address specific skin concerns, delivering deeper restoration and visibly transformative results.

The treatments are provided by Nova Clinic and delivered within the facilities of Madinat Jumeirah.

High Performance *Massages*

Muscle Recovery

90 minutes

Meticulously crafted for those seeking to release tension and restore balance, this bespoke aromatherapy massage combines flowing, rhythmic and firm movements to ease overworked muscles. Focused techniques alleviate stiffness, improve circulation and support recovery, leaving the body feeling revitalised and fully restored.

Energy Flow Release

75 minutes

Awaken your body with this carefully crafted dynamic Thai massage. Combining acupressure, stretching and pulling, it relieves tension, boosts mobility and restores balance, all performed with comfort and ease in soft pajamas.

High Performance *Treatments*

Swiss Silhouette

90 minutes

Discover the art of sculpting through mindful touch. This treatment harmonises the ancient art of maderotherapy, using finely crafted wooden tools with intentional massage movements and advanced Cell Shock Body formulations. It works to tone, contour and define the arms, legs and abdomen while restoring balance and inner vitality.

Icoone Body

60 minutes

Elevate your body ritual with Roboderm® technology, working deeply on the connective tissue to stimulate circulation, improve tone and support detoxification. Gentle yet effective, this treatment smooths and subtly reshapes body contours, leaving you with visible results and a renewed sense of wellbeing.

Available in curated packages to achieve lasting, optimal results.

Longevity *Space*

Sleep

30 minutes

Discover the path to deep, restorative sleep. The Sleep Well program at Satori Lounger guides you into a state of calm and renewal. Combining zero gravity positioning with gentle, sleep-inducing frequencies and ultra-low electromagnetic waves, it aligns with your body's natural rhythms to quiet the mind and encourage restorative sleep. The outcome is a renewed sense of energy, clarity and wellbeing.

Mind Detox

30 minutes

Allow your breath to lead, softly and intuitively, through six sessions of silent meditation. Each moment invites you to release tension, deepen awareness, and awaken a sense of inner stillness and restorative energy.

Far Infrared Therapy iDome

45 minutes

Immerse in a holistic detox journey. By uniting three powerful purification methods with Far Infrared technology, this treatment helps to release impurities, refine the skin and revitalise energy levels, supporting both recovery and overall wellbeing.

Longevity *Space*

Hyperbaric Chamber

60 minutes | 80 minutes

Breathe into deep restoration. Pure oxygen delivered in a gently pressurised chamber supports cellular repair, recovery and renewed vitality. By improving circulation and promoting tissue repair, it helps reverse inflammatory conditions and support immune health, enhancing healing, circulation, immunity and overall energy.

Human Regenerator Jet

40 minutes

A reverse aging, energy therapy using cold atmospheric plasma to rebalance the body at a cellular level. Non-invasive, deeply restorative and energising, the state-of-the-art technology is designed to interact with the body's natural electrical system, supporting balanced cellular communication and energy processes, and reducing oxidative stress, promoting recovery, immune balance, cellular communication, and sustained vitality.

Longevity *Space*

Red-Light Bed Therapy

40 minutes

Immerse in the soothing warmth of red light to awaken cellular repair, ease inflammation and restore balance from within. Excellent for sleep and rebalancing of circadian rhythms, it promotes skin renewal, muscle recovery, better sleep and longevity.

Ballancer® Pro Compression Therapy

30 minutes and 60 minutes

A deeply relaxing compression ritual inspired by lymphatic drainage to detoxify, de-puff and revitalise the body, supporting faster recovery and improved physical resilience after workouts and weight management and enhancing circulation, fluid balance, recovery and a lighter, refreshed feeling.

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Restorative Wellness *with Nova Clinic*

Physiotherapy

60 minutes

Hands-on therapy designed to restore mobility, reduce pain and improve muscle and joint function.

Chiropractic Therapy

60 minutes

Focused spinal adjustments and joint manipulations to relieve tension, improve alignment and enhance overall body function.

Assisted Stretching

60 minutes

Guided flexibility session that improves range of motion, prevents injury and alleviates muscle tightness.

The treatments are provided by Nova Clinic and delivered within the facilities of Madinat Jumeirah.

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*

Collagen Renewal Facial

90 minutes

This intensive hydration treatment is designed to smooth fine lines, support elasticity and encourage collagen production, leaving skin feeling supple and nourished.

Age Embrace Facial

75 minutes

Using four specially designed massage techniques, this facial leaves the skin deeply hydrated and refreshed from within, resulting in a radiant, more youthful-looking complexion.

The Biome Facial

90 minutes

Created to restore harmony to the skin's delicate microbiome, this soothing ritual nurtures sensitivity and supports natural resilience. By calming inflammation and strengthening the skin's barrier, it helps your complexion rediscover balance, comfort and a renewed vitality.

Talise Advanced *Massages*

The Sleep Ritual

90 minutes

Drift into deep, restorative slumber. This ritual weaves gentle, flowing massage with targeted pressure points and mindful breathwork, guiding the body into calm, encouraging slow, rhythmic breathing and inviting a profound sense of ease and relaxation.

The Cleansing Ritual

90 minutes

Designed to guide the body into a state of rest and renewal, this abdominal massage encourages a deep connection with the gut, supporting the body's natural rhythms. Gentle, flowing techniques stimulate the circulation of energy, lymph and fresh blood to the digestive organs, leaving the body feeling balanced, harmonised and revitalised.

The Wandering Ritual

120 minutes

Reconnect deeply with your inner wellbeing through a holistic massage that honours the vagus nerve, the body's natural gateway to balance, vitality and true sense of calm. This soothing treatment combines gentle abdomen, face, neck and ear massage with marble stone and Gua Sha techniques, creating a serene space to attune to your innate gut intuition and awaken a renewed connection to yourself.

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 *Facials*

Sublime Youth Infusion

120 minutes

This restorative ritual awakens the skin's natural vitality through the power of plant stem cells and fermented Swiss honey. Drawing on the science of epigenetics to activate sirtuins, it supports DNA repair and restores balance during hormonal transitions. Paired with our signature face sculpt massage, it unveils a renewed radiance and a deep sense of inner harmony.

Swiss Smart

90 minutes

A moment devoted entirely to you. This fully personalised ritual adapts to your skin's unique needs, from oil control and pigmentation to sensitivity and dehydration. Guided by expert touch and powered by targeted boosters and masks, it restores balance, radiance and a renewed sense of confidence from within.

Talise Signature *Facials*

Swiss Lifting

90 minutes

Unlock firmer, more toned skin with the active power of growth factors, peptides and hyaluronic acid, gently supporting your skin's natural renewal. This intensive treatment harnesses the advanced Cell Shock serums and ampoules to refine and strengthen the face, neck and décolleté. By activating both immediate and long-term youth-enhancing effects, it boosts moisture retention, restores fullness and leaves the skin beautifully lifted, radiant and toned.

Swiss Bright

90 minutes

Experience a renewed radiance. Advanced brightening and anti-aging ingredients work in harmony to treat dullness, sun damage and hyperpigmentation, while also helping to prevent future discoloration. The skin emerges replenished, hydrated and luminous.

Talise Signature

Massages

The Grounding Ritual

90 minutes

This specialist massage creates a space for your body to reconnect, self-repair and realign. Through mindful touch, it restores balance and leaves you feeling replenished, grounded and fully present in your body.

The Restorative Ritual

90 minutes

Using a harmonious blend of facial massage and Gua Sha techniques, this treatment relieves tension from the face, neck, décolleté, and scalp, creating a profound sense of relaxation and connection between mind and body.

Talise Signature *Body Treatments*

Traditional Hammam Ritual

60 minutes

This timeless hammam ritual is performed using traditional Maison d'Asa products. The experience begins with a soothing steam, followed by the application of rich black soap and an invigorating kessa exfoliation to smooth and renew the skin.

A deeply nourishing body mask refines and hydrates, complemented by a refreshing green tea hair cleanse.

The ritual concludes with a delicate aromatic body mist and a nourishing application of moisturising oil, leaving the skin silky-soft, replenished and radiant.

Signature Hammam Ritual

90 minutes

Indulge in an opulent hammam ritual using traditional herbal Maison d'Asa products. The journey begins with a soothing steam to gently soften the skin, followed by the application of rich black soap and an invigorating exfoliation with a kessa glove to reveal silky-smooth skin. A deeply nourishing full-body mask is then applied, complemented by a revitalising facial scrub, a hydrating facial mask and a refreshing hair wash.

The experience concludes beautifully with a delicate aromatic body mist and the infusion of a moisturising oil, leaving your entire body feeling radiant, replenished and exquisitely pampered.

Wellness Therapy

We create a space where your wellbeing takes centre stage. By combining intuitive healing techniques with carefully selected natural formulations, our practitioners guide you to reconnect with your inner self and embrace a renewed sense of vitality.

Wellness *Experiences*

Sound Meditation

45 minutes

A full-body listening experience using therapeutic singing bowl vibrations to release tension and guide both mind and body into a restorative state.

Lymphatic Flow Therapy

60 minutes

A gentle yet effective massage designed to activate the body's natural detox pathways, helping to reduce inflammation while boosting skin radiance and overall energy. Ideal for those seeking to improve their health and vitality.

Chi Nei Tsang

60 minutes

Chi Nei Tsang therapy is a healing abdominal massage designed to detoxify and cleanse the internal organs. This ancient technique helps release tension and blockages, allowing vital energy, known as chi, to flow freely, restoring physical, mental and emotional equilibrium.

Aqua Sound Healing

60 minutes

Step into a serene wellness ritual where warm water cradles your body and harmonic vibrations soothe your senses. Tension melts away, the nervous system relaxes and emotional balance is beautifully restored.

Movement

Curated to harmonise body, mind and spirit, our yoga classes blend ancient practices with contemporary techniques, guiding you into a state of balance and inner calm. Each session encourages mindful movement and fosters a deeper connection to your inner self.

Yoga

Private Yoga Class - Single / Duet / 10 sessions

60 minutes

Group Yoga Class

60 minutes

Full Moon Yoga

90 minutes

Group Yoga Class - 10 Sessions

60 minutes

Unlimited Group Yoga Class

60 minutes per class

Group Red Light Yoga

60 minutes

MOVEMENT

Reformer *Pilates*

Private Reformer Class

45 minutes | Starting from AED 500

Group Reformer Class

45 minutes | Starting from AED 250

IV Therapy

Designed to restore, energise, and support your body from within, our IV therapy treatments combine medical expertise with personalised wellness protocols. Using carefully selected nutrient blends, each session nourishes the body, enhances vitality and promotes overall balance.

Restorative Wellness *with NOVA Clinic*

Vitamin B Energy Booster

A replenishing infusion of electrolytes, nutrients and minerals, designed to restore vitality, support immunity and deeply rehydrate, leaving the body refreshed and renewed from within.

Post-Party Quick Fix

Refresh and rehydrate with a potent infusion of vitamins and electrolytes, designed to ease nausea, restore balance and support gentle detoxification.

Anti-Stress Relief & Mood Booster

A potent combination of vitamins and minerals to support brain health, reduce oxidative stress and restore neurological balance.

NAD+

One of the most essential coenzymes found in every cell in your body driving metabolic processes. NAD+ IV therapy boosts energy, sharpens cognition, drives metabolism and detoxifies, as well as playing a key role in anti-ageing through DNA repair and biologic age reversal.

A wider selection of IV drips is available upon request.

The treatments are provided by Nova Clinic and delivered within the facilities at Talise Madinat Jumeirah.

Talise

Etiquettes

Opening Hours

Talise, Madinat Jumeirah is open from 10:00 to 21:00 daily

Reservations

To make a reservation, please contact us on +971 4 366 6818 or email mjtalise@jumeirah.com

Location

Nestled along the tranquil waterways of the resort, Talise Madinat Jumeirah is located in a standalone building near Jumeirah Al Qasr, accessible via a scenic buggy ride or traditional abra journey.

Reservations & Arrival

Arrival is advised at least 30 minutes prior to your treatment to allow for a smooth check-in and to enjoy our facilities. Guests are encouraged to use the sauna, steam room and plunge pool to help relax the muscles before treatment. We provide guests with comfortable robe, bath towels and slippers, and request that swimwear be worn during the spa facility use.

- For facial treatments, it is recommended not to shave prior to the treatment and removing your contact lenses.
- Please note that full treatment cost will apply for late arrival and reduce the time of treatment.
- Credit card details or pre-payment are required to guarantee treatment bookings.

Talise

Etiquettes

Cancellation Policy

If you need to cancel or change your appointment, please inform us twelve hours prior to your scheduled appointment time. Otherwise the full treatment fee will be applied.

Age Regulation

We require a minimum age of 12 years for Talise Spa treatments, including massages and facials, as well as for use of Talise Spa facilities, including pools, sauna and steam rooms, with parental supervision.

Gratuity

In appreciation of outstanding service, gratuity maybe given at your discretion.

Health

Please advise us if you suffer from any medical conditions, injuries and allergies when booking your treatment.

Pregnancy

We have designed bespoke treatments for all our mother-to-be. Please notify us during reservation and we will be happy to assist you in selecting suitable treatments for this special time.

Talise

Etiquettes

In-Room Treatments

Spa services requested in resort guest rooms are subject to availability and will incur an additional fee.

Gift Certificates

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

Ambiance and Privacy

To fully benefit from a transformative and tranquil experience at Talise, all electronic devices must be turned on silent mode. In keeping with local cultural values, we ask that guests show modesty when using changing areas. To respect the privacy of others, no photographs, video or other social media recordings are permitted. Please be advised that Talise is strictly a non-smoking facility.

Valuable & Jewelry

Jumeirah group does not take responsibility for the loss of valuables brought onto the Talise premises. We therefore ask that guests do not bring valuables with them and if they choose to do so, the loss of valuables will be at their own risk.