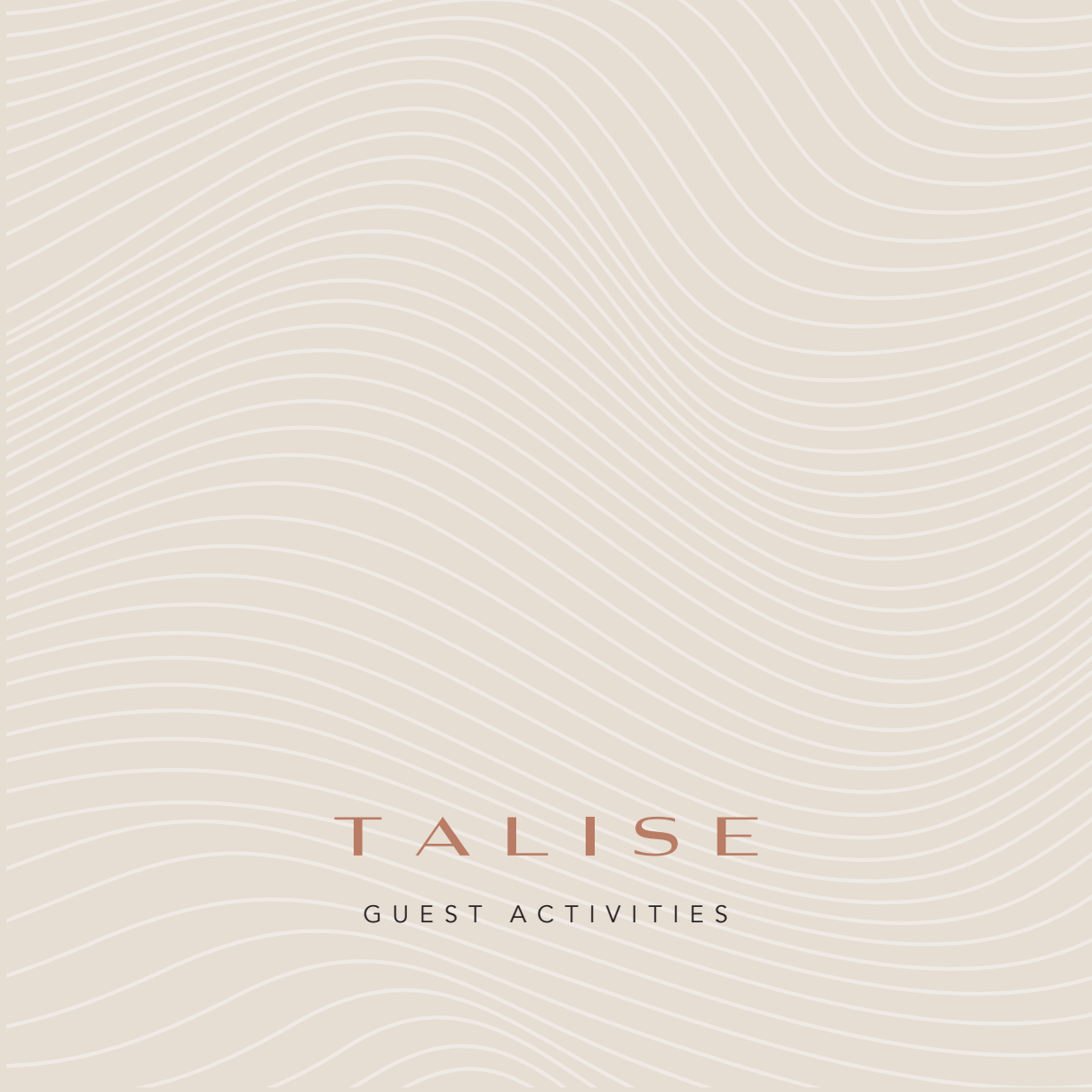




TALISE

GUEST ACTIVITIES



Wellness

At Talise Spa, our wellness activities are designed to gently restore balance and deepen self-awareness. From core and glutes training to breathwork and guided meditation, each session invites reconnection of body, mind and spirit. Rooted in local wisdom and harmonised with modern practice, these sessions create space for inner clarity, calm and renewal. Whether beginning a wellness journey or deepening an existing practice, our activities are thoughtfully curated to nurture long-term wellbeing and a more centred way of living.

Our Pillars

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.

Intention | We believe you deserve intentional rest. Our offering of treatments is 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.

Empower | We believe in creating a space where guests feel empowered when they need it most. By blending intuitive healing techniques with powerful natural formulations, our experts will help restore your sense of self and guide you on a journey of empowerment.

Performance

Functional Training | IDR 600.000 net/person

A dynamic, full-body session designed to enhance everyday strength, flexibility and control. Movements focus on improving coordination and mindful mobility.

High-Intensity Interval Training (HIIT) | IDR 600.000 net/person

An energising combination of intense bursts and active recovery to support cardiovascular health, build stamina and uplift energy levels.

Core & Glutes | IDR 600.000 net/person

Strengthen your foundation through focused exercises that engage the core and glutes, promoting posture, stability and functional power.

Golf Swing Mobility | IDR 600.000 net/person

A mobility-focused session tailored to elevate your swing. Improve flexibility, rotation and control to enhance your golf swing and overall mobility.

Extra Swings packages:

Additional Balls (50 pcs) I IDR 100.000++/person

Golf Swing with Instructor I IDR 2.200.000++/person

Golf Swing – 9 Holes I IDR 3.200.000++/person

Golf Swing – 18 Holes I IDR 4.500.000++/person

Synergy 360 | Complimentary according to schedule

A guided circuit using the Synergy 360 system to engage the full body through mindful strength training. Designed to enhance coordination, balance and physical awareness in a purposeful way.



Intention

Hatha Yoga | IDR 600.000 net/person

A grounding practice that unites breath and movement to enhance flexibility, improve posture and invite mental clarity.

Sunset Yoga | IDR 600.000 net/person

A slow, restorative practice guided by the rhythm of the setting sun, an invitation to unwind, realign and reconnect.

Morning Yoga | Complimentary according to schedule

Gentle stretches and mindful flow to awaken the body, centre the mind and begin the day in balance.



Empower

Sound Healing & Breathwork | IDR 600.000 net/person

A meditative experience where healing vibrations and conscious breathwork come together to soothe the nervous system and restore inner harmony.

Morning Stretching | Complimentary according to schedule

A gentle sequence of mindful movements to awaken the body, release tension and ease into the day with softness and clarity.

Bayu Suci | Complimentary according to schedule

A mindful movement practice inspired by *bayu* (breath) and *suci* (purity), guiding you toward body awareness, grounding and a quiet sense of inner stillness.

Banyu Raga | Complimentary according to schedule

A water-based movement practice that invites graceful mobility, enhances circulation and gently synchronises breath with flow.



Wellness | Private Sessions

Foundational Practices

Ideal for those beginning or deepening their wellness journey.

Sessions include Hatha Yoga, Pranayama, Sound Healing, Breathwork and Personal Training.

- Single IDR 750.000++/person
- Couple IDR 1.000.000++/couple
- Additional guest IDR 500.000++/person

Elevated Practices

Designed for more advanced movement and energy work.

Sessions include Ashtanga Yoga, Acro-Yoga, Recovery Personal Trainer and Kickboxing.

- Single IDR 1.000.000++/person
- Couple IDR 1.800.000++/couple
- Additional guest IDR 800.000++/person





Cultural and Creative Journeys

Jumeirah Bali offers a curated collection of cultural and creative journeys designed to inspire presence, movement and joy. Each activity is rooted in Indonesian heritage and thoughtfully selected to support personal growth and well-being. From Batik painting to the creation of traditional offerings and Canang Sari, every experience invites a deeper connection to the island's cultural soul.

Batik Painting | IDR 600.000 net/person

Explore the time-honoured Indonesian art of *Batik*, a UNESCO-recognised cultural heritage. Using intricate wax-resist techniques passed down through generations, you'll craft your own textile masterpiece while discovering the philosophies and folklore woven into each traditional motif.

Mawedangan – Cultural Tea Ritual | IDR 600.000 net/person

Inspired by *Patehan*, the revered tea ceremony once reserved for Javanese royalty, Mawedangan invites you on a sensory journey through taste, aroma and quiet reflection. Set in a *Pendopo*-inspired space and guided by hosts in traditional attire, this ritual blends curated selection of Indonesian tea, Balinese delicacies and storytelling – offering a moment to pause, reconnect and honour the elegance of heritage.

Aromatherapy Oil Blend | IDR 600.000 net/person

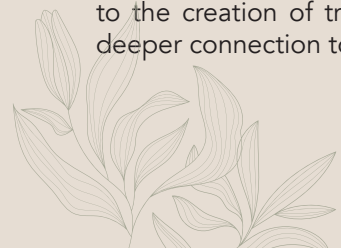
Create your own personalised oil blend using natural essential oils chosen to balance mood, enhance well-being and awaken the senses. A mindful journey into scent, intention and self-care.

Meditative Candle Making | IDR 600.000 net/person

Engage in a calming ritual of candle making, where scent, texture and intention come together in a mindful act of creation. Hand-pour your own candle as a symbol of stillness, warmth and inner clarity.

Linocut | IDR 600.000 net/person

Discover the art of linocut printmaking, a mindful process of carving into linoleum to create bold, textured impressions. A creative exploration of form, rhythm and personal expression.





Temple Visit and Blessing | IDR 600.000 net/person

Embark on a sacred journey to a Balinese temple, where you will receive a traditional blessing in a setting rich with spiritual energy. A meaningful experience to restore harmony, invite protection and honour local tradition.

Balinese Gebogan and Canang Sari Making | IDR 600.000 net/person

Discover the meaning behind two of Bali's most symbolic offerings – Gebogan, a towering expression of devotion and Canang Sari, a daily gesture of gratitude. Guided by local wisdom, you will craft your own as an act of reverence, mindfulness and connection to spirit.

Balinese Dress Up and Dance | IDR 600.000 net/person

Adorn yourself in traditional Balinese attire and discover the poetic grace of classical dance. Guided by skilled instructors, you will learn the stories woven into each gesture, an expression of culture, rhythm and spiritual devotion.

Rindik Music Session | Complimentary according to schedule

Immerse yourself in the calming resonance of *Rindik*, a traditional Balinese bamboo instrument played during temple ceremonies and joyful gatherings. This guided session offers a meditative experience of rhythm, harmony and cultural connection.

At Talise, Jumeirah Bali we believe that whether guests seek relaxation, enhanced performance, or a deeper connection to the inner self, each journey is personal. Our treatments are thoughtfully designed to meet individual needs – leaving guests feeling empowered, renewed and inspired to continue their path of well-being and self-discovery.

For personalised guidance on your wellness regime or cultural and creative experiences, please do not hesitate to contact us.

Reservations and Enquiries

jbaspareception@jumeirah.com

+62 811-3820-1903



