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.

High Performance *Facials*

Le Grand Soin Au Collagen Pur | 120 minutes

Suitable for all skin types, this pure collagen facial deeply replenishes moisture and strengthens the skin's natural barrier. Featuring 92% pure collagen face films, it is paired with our Signature Face Sculpt Massage. The massage techniques manipulate the facial fascia to stimulate lymphatic drainage and circulation, promoting collagen production to repair damaged skin, resculpt the face, and support overall regeneration.

Biologique Recherche Customised Booster Facial | 90 minutes

This tailored treatment is designed to suit your skin type and skincare concerns, using a combination of products, boosters and techniques to deliver desired results.

High Performance *Body Treatments*

Swiss Silhouette | 90 minutes

Experience the revolutionary Swissline Cell Shock treatment, where advanced technology meets the science of Maderotherapy. Developed by Swissline, this innovative treatment stimulates microcellular circulation and strengthens connective tissue, delivering exceptional results for body sculpting, cellulite reduction, and improved lymphatic drainage. Maderotherapy combines the use of precision-crafted wooden tools with a sculpting “gold oil” massage to skillfully tone, shape, and sculpt your arms, legs, and

High Performance *Body Massage*

Lymphatic Support | 90 minutes

Soothing Lymphatic Flow Designed to deliver a deeply relaxing and soothing experience, this rhythmic full-body ritual promotes lymphatic flow while fostering a sense of rest and renewal.

Muscle Recovery | 60/90 minutes

Repair & Recovery Flowing, rhythmic, and firm, this bespoke aromatherapy massage is designed to release overworked muscles from their tense and tightened state. It help alleviate aches and stiffness while improving circulation for a refreshed and restored feeling.

Talise Advanced *Facial*

Pro-Recovery | 90 minutes
Healing & Repairing

The "go-to" treatment whenever skin feels aggressed or challenged. Perfect for anyone undergoing aesthetic procedures, and it can be used in combination with devices. Swiss line's Lympho-Spheres are used here for the first time ever. Ideal for: Inflammaging Sensitized Skin, Overwhelm of the immune system Toxicity and water retention & glycation.

Sublime Youth | 120 minutes
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.

Talise Advanced *Massages*

The Sleep Ritual | 90 minutes

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.

The Cleansing Ritual | 90 minutes

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 Wandering Ritual | 120 minutes

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.

Women's Health *Support*

The Comforting Ritual | 90 minutes

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows throughout pregnancy.

The Balancing Ritual | 90 minutes

Empowering through Menopause.
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.

Talise Signature *Facial Treatments*

The Biome Facial | 60/90 minutes

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 & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

Swiss Lifting | 90 minutes
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.

Swiss Bright | 90 minutes
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 Signature *Massage Treatments*

The Grounding Ritual | 90 minutes
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
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.

Healing Stone Massage | 90 minutes

Full body massage incorporating heated gemstones allowing the treatment to work at a deeper level. Heated gemstones are carefully placed along the chakras to open energy pathways whilst soothing the mind, easing muscle tension, and reducing aches and pains.

Mobility Restoration Massage | 90 minutes

Dynamic massage with acupressure, stretching and pulling to leave you grounded and energized. This is a massage that does not include any oil, and soft Thai pyjamas are worn by the guest.

Talise Signature *Body Treatments*

Traditional Moroccan Hammam | 75 minutes

Olive black soap | Steam | Full body exfoliation with a kessa | glove | Rhasoul body mask | Purifying face mask | Hair washing ritual | Body moisturiser application.

Royal Hammam Ritual | 90 minutes

Turkish hammam steam | Full body exfoliation with a kessa glove | Foam bubble massage | Honey lavender mask | Purifying face mask | Hair washing ritual | Hair mask | Cold rinse | Traditional stretching | Body moisturiser application and 30 minute Back Neck and Shoulder Massage.

Saadiyat Signature Hammam Ritual | 120 minutes

Moroccan hammam olive black soap | Steam | Full body exfoliation with a kessa glove | Rhassoul body mask | Purifying face mask | Hair washing ritual | Traditional stretching | 60 minute Customized Massage.

Family Wellness *Rituals*

Time Together | 120 minutes

An unforgettable journey of relaxation and connection with our exclusive Couples Spa Suite experience.
Designed for two, this tranquil escape offers the perfect balance of relaxation and rejuvenation. Begin with 30min exclusive access to your own private spa facilities including steam and sauna. Followed by a side-by-side 90min couples massage in the privacy of your elegantly appointed suite, where every detail is tailored to your comfort and tranquility.

Time Together | 90 minutes

An unforgettable journey of relaxation and connection with our exclusive Couples Spa Suite experience.
Designed for two, this tranquil escape offers the perfect balance of relaxation and rejuvenation. Begin with 30min exclusive access to your own private spa facilities including steam and sauna. Followed by a side-by-side 60min couples massage in the privacy of your elegantly appointed suite, where every detail is tailored to your comfort and tranquility

Swiss Smart Facial | 90 minutes
Tailored for teenagers

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 skillfully addressed thanks to an entire menu of boosters and masking options.

Wellness for Children | 30 minutes | 60 minutes
To soothe & calm little minds

Designed to soothe a child's delicate nervous system, encouraging a profound sense of rest and relaxation. These massage rituals are performed side by side in the same room as a parent or guardian.

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.

NEXA ST Skin Analysis | 20 minutes

Experience a scientific approach to skincare with the NEXA ST, using high-resolution imaging and specialized lighting, it assesses spots, pigmentation, redness, pores, texture, fine lines, and UV damage. Your session concludes with a personalized consultation with your expert therapist along with tailored treatment and product recommendations, offering a beautifully customized path to your most radiant, healthy skin.

Eye focus | 30 minutes
Smooth + Decongest

Complete your treatment with a focus on the orbital eye area. Refresh, renew and rejuvenate your eye contour to reveal a brighter, more radiant you!

The Biome Facial | 30 minutes

Enhance your spa experience with a face mask tailored to your skin's needs leaving your skin feeling refreshed, smooth and glowing. Perfect as a finishing touch to any treatment.

Intra-oral face sculpt massage | 20 minutes
Remodelling + Stimulating + Draining

An innovative fascia massage where the therapist will smooth and remodel the contours of your face from inside the mouth.

Talise Signature *Add Ons*

Neck & Decollete Beautifier | 30 minutes
Firming + Lifting

Considered "age tellers," the décolleté and neck often show the signs of aging sooner than other parts of the body due to thinner skin and regular exposure to the sun. This treatment gives special attention to this often-neglected area, with the application of a mask and ampoule that address tonicity and drainage. Gratifying results include firmer, smoother and retexturized skin.

Body Polish | 30 minutes

Uplifting Body Polish
Balancing Body Polish

Head Massage | 30 minutes

An intensive acupressure scalp treatment using warm almond oil. This traditional technique calms the mind, stimulates circulation at the hair roots, and deeply nourishes the scalp and hair. It also promotes mind-body balance, supporting restful sleep and overall well-being.

Reflexology | 30 minutes

This ancient practice, originating from traditional Indian and Chinese cultures, involves the therapeutic technique of reflexology. During a session, a therapist applies thumb and finger pressure to specific reflex points on the feet. This method is designed to stimulate the corresponding organs and areas of the body, promoting optimal function and overall well-being.

Talise SPA *Facilities Access*

Full SPA Day Access
Access to Spa Facilities

Experience our Hydrothermal facilities that includes a sauna, steam room, rhassoul, ice fountain, plunge pool, jacuzzi, experience showers and salt room.

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 *Etiquette*

Opening Hours

Talise Spa is open from 10:00 to 20:00 daily. The final appointment can be booked at 18:15, allowing for a 90-minute treatment.

Reservations

To make a reservation at Talise Spa:
- Press ‘Service One’ on your guestroom phone
- Call: +971 2 811 4357
- Email: jsitalise@jumeirah.com

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 areas concerned. 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 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 personalised spa experience. For more information, please visit our Spa reception or contact our team directly.

Adult Facility

Talise Spa facilities are open to guests aged 16 and above. Guests under the age of 16 are not permitted to use the facilities.

Gratuities

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

Talise Spa
Price List

High Performance Facials	
Biologique Recherche Customised Booster Facial 90 minutes	AED 1,400
Le Grand Pure Collagen 120-minutes	AED 1,500
Talise Advanced Facials	
Swiss Pro-Recovery 90-minutes	AED 1,100
Swiss Sublime Youth 120-minutes	AED 1,600
Talise Signature Facials	
The Biome Facial 90-minutes	AED 1,100
The Biome Facial 60-minutes	AED 850
Swiss Lifting 90-minutes	AED 1,100
Swiss Bright 90-minutes	AED 1,100
High Performance Massages	
Lymphatic Support 90-minutes	AED 980
Muscle Recovery 90-minutes	AED 1,050
Muscle Recovery 60-minutes	AED 750
Talise Advanced Massages	
The Sleep Ritual 90-minutes	AED 980
The Cleansing Ritual 90-minutes	AED 980
The Wandering Ritual 120-minutes	AED 1,500
Women's Health Support	
The Comforting Ritual 90-minutes	AED 1,050
The Balancing Ritual 90-minutes	AED 980

ألسعار المذكورة بالدرهم إلماراتي, وتشمل رسم الخدمة وجميع الرسوم الحكومية المحلية والضرائب

All prices are in UAE Dirham and are inclusive of all applicable service charges, local fees and taxes. Prices are subject to change without prior notice.

Talise Spa
Price List

Talise Signature Massage Treatments	
The Grounding Ritual 90-minutes	AED 1,050
The Restorative Ritual 90-minutes	AED 1,050
Healing Stone Massage 90-minutes	AED 1,050
Mobility Restoration Massage 90-minutes	AED 980
Family Wellness Rituals	
Time Together 120-minutes	AED 2,500
Wellness For Children 60-minutes	AED 700
Wellness For Children 30-minutes	AED 450
Swiss Smart 90-minutes	AED 1,000
High Performance Body Treatments	
Swiss Silhouette 90-minutes	AED 1,300
Talise Signature Body Treatments	
Royal Hammam Ritual 90-minutes	AED 1,100
Saadiyat Signature Hammam Ritual 120-minutes	AED 1,500
Traditional Moroccan Hammam 75-minutes	AED 850
Talise Add Ons	
Eye Focus 30-minutes	AED 450
Foot massage 30-minutes	AED 400
The Biome 30-minutes	AED 450
Reflexology 30-minutes	AED 400
Body Polish 30-minutes	AED 400
NEXA Skin Analysis 20-minutes	AED 250
Neck & Decollete Beautifier 30-minutes	AED 450
Talise Spa Facilities Access	
Full SPA Day Access	AED 350

ألسعار المذكورة بالدرهم إلماراتي, وتشمل رسم الخدمة وجميع الرسوم الحكومية المحلية والضرائب

All prices are in UAE Dirham and are inclusive of all applicable service charges, local fees and taxes. Prices are subject to change without prior notice.