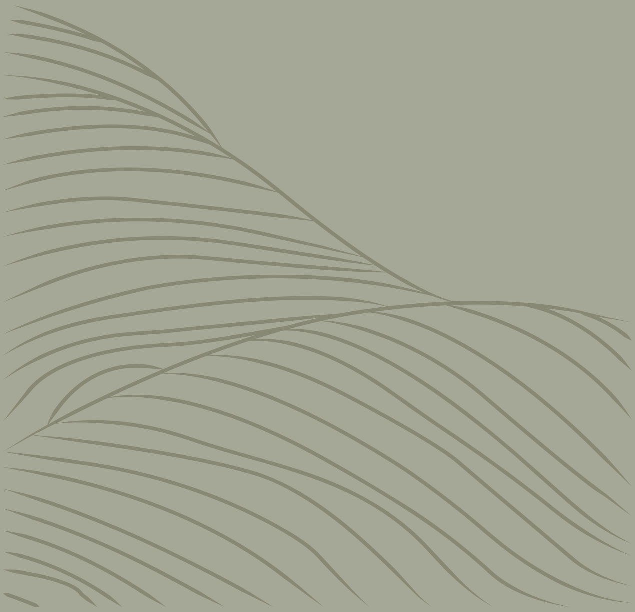
TALISE

THE MENU



Talise Spa *& Wellbeing*

Talise Spa is a space for self-discovery, where each moment invites guests to reconnect with themselves, discovering their full potential, and explore a deeper sense of inner balance & harmony.

Blending ancient techniques with modern therapies, we create a unique mind-body experience designed for gratification of rest, cultivate inner peace, and foster a sense of equilibrium. Our highly skilled practitioners bring profound expertise to enhance physical vitality, while also delivering treatments that nurture the mind-body connection and promote overall well-being.

Whether guests seek relaxation,

enhance performance, or a deeper connection to their inner self, our thoughtfully designed treatments are inspired by the surrounding nature of the Tramuntana mountain range. Our treatments leave guests feeling empowered, renewed and equipped with the tools to continue personal journeys of self-discovery and well-being.

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PERFORMANCE

High Performance *Body Treatments*

Swiss Silhouette
90min – from 290 EUR

Immerse yourself in the revolutionary Swissline Cell Shock treatment, where cutting-edge technology seamlessly integrates with the science of Maderotherapy. Developed by Swissline, this treatment stimulates micro-cellularcirculation and enhances connective tissue integrity to deliver exceptional results, whether you’re seeking body sculpting, cellulite reduction, or enhanced lymphatic drainage. Maderotherapy, utilizing specially crafted wooden tools, together with sculpting massage movements, expertly firm, shape, and sculpt your arms, legs, and stomach while instilling a feeling of wellbeing.

High Performance *Body Massage*

Muscle Recovery

90 min – from 290 EUR

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

The Lymphatic Boost

60 min – from 180 EUR
90 min – from 220 EUR

This technique is crafted to enhance the lymphatic system´s performance, effectively eliminating body toxins. Utilizing gentle, pumping massage movements, this treatment is perfect for addressing fluid retention, heavy legs and even alleviating the symptoms of jet lag.

Fitness

Exclusive one to one sessions

60 min – from 100 EUR

Choose from Personal training, Yoga, Pilates.

EMPOWER

Talise Advanced *Facials*

Pro-Recovery Treatment

90 min – from 290 EUR

When skin feels stressed, sensitised, or in need of restoration, this deeply reparative treatment provides the support it craves. A potent blend of multi-peptides and bio-activated aloe vera strengthens the skin’s barrier, accelerates recovery, and enhances resilience. Thoughtfully designed to counteract inflammation, glycation and oxidative stress, it nurtures the skin at a cellular level - leaving it calm, fortified and radiant.

Talise Advanced *Massages*

The Wandering
120 min – from 330 EUR
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 and Gua Sha Massage Techniques.

The Cleansing Ritual

90 min – from 270 EUR
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 min – from 280 EUR
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 encourage deeper breathing and invite rest in.

Women's Health *Support*

The Balancing Ritual

90 min – from 270 EUR

Empowering Through Perimenopause

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 fluctuation.

Mother to be

60 min – from 180 EUR

90 min – from 210 EUR

During pregnancy, a woman's body undergoes significant changes to prepare for one of life's most cherished moments. To support this journey, Talise SPA has crafted a specialised massage that caters to the unique needs of expectant mothers, helping to restore skin comfort and

Talise Signature *Facial Treatments*

The Biome

60 min – from 210 EUR
90 min – from 280 EUR

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 Lifting

90 min – from 310 EUR

Achieve firmed, toned skin with this intensive treatment that harnesses the power of hyaluronic acid and peptides. Using Cell Shock serums and ampoules, it transforms the face, neck, and décolleté by boosting moisture retention, stimulating fullness, and toning the skin. Enjoy both instant and long-term youth-inducing effects for a rejuvenated appearance.

Swiss Smart

60 min – from 220 EUR
90 min – from 290 EUR

The ultimate self-care option for both women and men, this fully personalised treatment focuses entirely on your unique needs. It offers a smart and efficient way to achieve your best look. Whether you need oil control, pigmentation correction, sensitivity relief, or hydration, your specific concerns will be expertly addressed with a range of boosters and masking options. Enjoy tailored care that enhances your skin’s health and appearance.

Talise Signature *Massages*

The Grounding Ritual

60 min – from 220 EUR
90 min – from 270 EUR

Soothing Mental Anxiety & Stress

This specialised massage treatment creates the perfect space to connect with your body's natural ability to self-repair and re-align. Experience a deep sense of replenishment and grounding, leaving you restored and in harmony with your body.

The Restorative Ritual

60 min – from 220 EUR
90 min – from 270 EUR

Ease Tension in the Face, Neck, Head & Scalp and Back

This restorative treatment combines a nurturing facial massage with gentle

Gua Sha techniques, offering a slow, flowing experience that works to reconnect mind and body. Focusing on the face, neck, décolleté, and scalp, it eases tension and promotes deep relaxation.

Talise Mallorca Signature Massage

60 min – from 210 EUR
90 min – from 270 EUR

Experience a deeply personalised massage tailored to your body's unique needs. Your expert therapist will work intuitively, using a blend of techniques to release tension, restore balance, and enhance overall wellbeing.
This immersive treatment adapts in the moment, ensuring a truly restorative and nurturing experience.

Bespoke Massage

60 min – from 180 EUR
90 min – from 240 EUR

Indulge in a tailored massage designed just for you. A bespoke massage blending soothing techniques and nurturing touch to invite profound relaxation and inner peace. Curated treatment crafted with care, presence, and joy, offering you a space to unwind, restore, and reconnect with yourself. Every aspect is adjusted to match your body and preferences, ensuring a truly unique and restorative experience that leaves you feeling balanced, renewed, and completely cared for.

Talise Signature *Rituals*

Holistic Harmony

120 min – from 650 EUR for couples

Immerse yourselves in a beauty and relaxation ritual in our exclusive couple's treatment room. Begin with a soothing cleansing ritual, followed by an exfoliation and a hydrating wrap. Next, unwind with a 60-minute relaxing massage. Conclude your experience with two glasses of champagne and a selection of sweet treats, making this a truly intimate and rejuvenating escape.

Damask Rose Ritual

150 min – from 690 EUR for couples

Indulge in a unique and exclusive experience designed for couples seeking a memorable escape. Begin your journey with a luxurious body exfoliation, setting the stage for relaxation. Then, enjoy a soothing 90-minute massage infused with the enchanting essence of Damask Rose, enveloping you both in indescribable aromas. This treatment promises a truly unique and intimate experience. Conclude your time together with two glasses of champagne and a selection of sweet treats, making it a perfect way to connect and unwind.

Sanctum Skin Ritual

120 min – from 450 EUR

The Absolute in Skin & Body Wellness
Surrender in full to our signature Body Ritual to relieve stress and anxiety, followed by the Face Ritual to restore skin wellness and repair the delicate barrier. This is more than just a treatment, it is a journey to rejuvenation and rebalance.

Talise Signature *Body Treatments*

Rest and Restore

90min – from 290 EUR
This ritual serves a key purpose to guide the mind and body into deep relaxation. Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and absolute of jasmine. Feel the body lulled into a deep sense of relaxation while receiving a gentle foot massage followed by a

calming shoulder and scalp massage to invite rest into mind and body.

Talise Signature *Enhancements*

30 min express treatments
to add to 60 min treatments

Swiss Eye Specialist
90 EUR
This revitalizing beauty treatment instantly erases signs of fatigue, with a special focus on the delicate eye area. Renew and rejuvenate the eye contour, unveiling a brighter, more radiant appearance.

Scalp Therapy

90 EUR

An intensive warm almond oil-based acupressure scalp treatment, with a focus on your scalp and spine. Working directly to calm the mind and stimulate circulation at hair roots, this traditional technique also provides deep nourishment to the hair and scalp while improving mind body balance and supporting restful sleep.

Foot Reflexology

90 EUR

Using time-honoured foot massage techniques, we provide you a much-needed focus on your feet and legs to open the chi energy flow in your body. This treatment is highly effective in helping the entire body to relax and release excessive tension.

Body Polish

120 EUR

This invigorating all over body

exfoliation refines skin texture and increases lustre. Improving circulation and aiding the absorption of essential oils, this treatment includes the double action of gently removing dead skin cells with salt and the healing effects of the essential oils.

Hands and Feet Ritual

90 EUR

This deeply grounding ritual includes aromatherapy and application of a gel clay mask to the feet. The treatment continues with a restorative massage, focusing on the hands and feet to release tension and restore balance.

Talise Spa *Etiquette*

Thermal Circuit

Even if you are not a hotel guest or member of Talise Spa, you always have the opportunity to enjoy our outstanding thermal facilities, which boast with bio sauna, two steam rooms, an ice fountain, a salt bath, a relaxation area, and our luxurious vitality pool with a panoramic view of the Tramuntana Mountains.

Thermal Circuit | 120 minutes - From 65 EUR
Day Pass Thermal Circuit - From 120 EUR

For external guests: with a 60 min treatment reservation you have 1h of Thermal Circuit access included.

Membership

Talise Spa invites you to join our exclusive membership programme, offering privileged access to a world of well-being and renewal. Become part of a community within our tranquil sanctuary. Members enjoy tailored benefits, expert guidance, designed to support your personal wellness journey and inspire healthy habits to fit with your lifestyle.

For more information, please call at +34 971 637 810 or send an e-mail to jpstalise@jumeirah.com

Opening hours

Talise Spa is open daily from 10:00 AM to 7:00 PM
Treatments are available from 11:00 AM to 7:00 PM
Hotel guest: Fitness Area open 24 hours
Members: Fitness are open from 9:00 AM to 8:00 PM

Bookings and arrival

We recommend advance bookings for your treatments to make sure your preferred date, therapist, and time are available. We encourage you to arrive about 15 minutes before your scheduled appointment to be immersed in the calming well-Being atmosphere.

Kindly note, late arrivals will not receive an extension of the scheduled treatment time.

Cancellation policy

24-hour notice is required to cancel or modify your booking/s in order to avoid a full charge.

Minors

Children under 16 years old are not allowed in the spa and wellness area. Nevertheless, some treatments may be provided as long as they are supervised by a relative or guardian.

Dress code

If you want to bring a bathrobe, you will find one in your room. But if you prefer to come dressed, you can take a bathrobe from a locker located in our changing rooms. Wearing a swimsuit is required in the Thermal Area. Slippers are also provided.

Meals, alcohol and smoking

You should not eat immediately before a spa treatment because food needs some time to be digested. Eating in the thermal area is not permitted.

Drinking alcohol before any treatment is highly discouraged, and its consumption is not allowed inside our facilities.

Smoking is not permitted in any of Talise Spa and Fitness areas.

Health

Upon arrival, you will get a health questionnaire to complete with information that will be useful to our therapists. It is essential that you inform our therapists of any medical conditions, allergies, medical treatments, medications, or any other relevant information. Talise Spa reserves the right not to provide treatment if the therapist considers it inappropriate for the guest.

In case any client feels unwell with the following symptoms: cough, fever, or shortness of breath, it is recommended to postpone your booking and seek medical assistance.

Pregnancy or other Health Conditions

We have designed bespoke treatments for mothers-to-be after the first trimester and prior to the last month of Pregnancy, 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.

Digital detox

To maximize your journey at Talise Spa, we encourage you not to bring mobile phones, tablets, or similar, which might distract you from creating meaningful moments for your physical, mental, and emotional well-being.

During the treatment, we encourage you to switch off or flight mode of your mobile phone to avoid possible disturbances which might affect your experience.

Personal belongings

Please do not bring jewelry into the spa and wellness area; otherwise, we will provide you with a locker for your valuables.

However, the hotel does not assume the liability for the loss or theft of any personal belongings.

Pricing

Prices of the products, treatments, and promotions are subject to change without previous notice. Please check our website or call us to inform us about the latest prices, promotions and hotel offers.

Flexible pricing policy is applied to all services.

Reservations

Call +34 971 637 810
From your room call 37810
Book at jumeirah.com/Mallorca
Email jpstalise@jumeirah.com

Location

Talise Spa is located on Level 3. Non-hotel guests can access directly via the main lobby and elevator.

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