

# TALISE

THE MENU



# Talise Spa & *Wellbeing*

Welcome to Talise Spa , 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

# High Performance *Facials*

## **Evidens De Beauté Signature 360° Extreme Beauty Ceremony**

90 minutes | CNY 2,180

This treatment is meticulously developed to enhance your skin's natural beauty by targeting the most sensitive areas of the face. Designed for mature, dehydrated, tired, or dull skin, it delivers intensive care to combat visible signs of aging. The experience features an eight-step skincare ritual for recovery, a specialized bio-collagen treatment mask, and an exclusive Japanese lifting massage by Evidens De Beauté—offering the ultimate pro-aging solution for radiant, revitalized skin.

## **Inhibit Face Lift**

90 minutes | CNY 2,980

An advanced line-smoothing ritual that effectively minimizes the appearance of wrinkles. With an intense lifting effect, powerful plumping action, and specialized massage techniques, this treatment visibly rejuvenates the skin's appearance, revealing a softer, suppler, and more youthful complexion.

PERFORMANCE

# High Performance *Facials*

## Diamond Luminous

60 minutes | CNY 2,080

Visibly reduce dark spots while brightening overall complexion and evening out skin tone. Targets glycation-induced dullness and addresses visible aging signs including fine lines, sagging, and loss of firmness. Helps restore natural radiance for a youthful, defined contour with luminous, translucent clarity

PERFORMANCE

# High Performance *Body treatment*

## Mineral Purifying Body Wrap

60 minutes | CNY 1,080

This luxury mineral purifying body wrap is rich in essential micronutrients and minerals. It enhances blood circulation, aids in eliminating impurities from the body, and purifies both skin and mind. The treatment helps to refine skin texture, promote firmness, and support overall contouring.

## Camellia Skin Repairing Body Polish

45 minutes | CNY580

The Camellia Purifying Scrub is enriched with camellia extract, Melaleuca alternifolia leaf oil, jasmine, and other essential oils, offering a fresh and elegant aroma. Its soft, smoothie-like texture gently cares for the skin. Formulated with coconut oil and camellia seed oil, it is rich in natural antioxidants that improve skin hydration and softness, aid in skin repair, reduce free radical damage, alleviate photoaging, and help maintain skin firmness.

PERFORMANCE

# High Performance *Body Massages*

## Swiss Silhouette

90 minutes | CNY 1,680

Experience the revolutionary Swissline Cell Shock treatment, where advanced technology integrates with the science of Madero therapy. Developed by Swissline, this innovative treatment stimulates micro-circulation at a cellular level and strengthens connective tissue, delivering exceptional results in body contouring, cellulite reduction, and lymphatic drainage improvement. Madero therapy combines precision-crafted wooden tools with a toning massage oil to skillfully tone, shape, and refine the appearance of arms, legs, and stomach, while promoting a profound sense of overall well-being.

## Hot Lava Shell Massage

60 / 90 minutes | CNY 1,480 / 1,680

This massage combines skilled manual techniques with the warmth of the magical hot lava shells, using thermal therapy to enhance relaxation and release tension. Through targeted heat application on areas needing relief, along with specialized massage methods to improve circulation, the soothing heat of the shells further helps accelerate metabolism and promote the elimination of acidic substances from the body. Treat your body with gentle care, easing muscle discomfort and restoring balance.

PERFORMANCE

# Fitness Centre

## *Personal Training*

Exclusive One to One sessions

Our team of highly qualified trainers, each with extensive expertise in fitness and wellness, will provide personalized attention and tailored workout programs.

Assessing your individual needs, they will craft routines that challenge and motivate you to reach your goals.

Tai Chi	60 minutes   CNY 700
Singing bowl healing	60 minutes   CNY 700
Personal Training	60 minutes   CNY 600
Pilates Sculpt and Tone	60 minutes   CNY 600
Yoga	60 minutes   CNY 600
Kick Boxing	60 minutes   CNY 600
Gyrotonic	60 minutes   CNY 600



EMPOWER

# Talise

## *Advanced Facials*

### Swiss Lifting

90 minutes | CNY 2,180

This treatment is designed to target loss of elasticity, fine lines, wrinkles, sunspots, dehydration, and dullness. It combines an exclusive Swissline active lifting massage technique with the patented Cell Shock formula, utilizing serums and ampoules enriched with Growth Factors and Peptides to comprehensively improve the condition of the face, neck, and décolleté while strengthening the skin's structural integrity. The process activates the skin's self-repair mechanisms, enhances cellular vitality, boosts hydration retention, promotes tissue fullness, and increases muscle fiber tension for a visibly lifted and firmer contour. It is particularly suitable for clients experiencing facial muscle weakness due to long-term botulinum toxin injections.

### 3D Collagen Shock

75 minutes | CNY 1,880

Experience the power of this revitalizing and firming ritual—an advanced skincare treatment that combines three types of collagen with potent anti-aging ingredients and specialized massage techniques. It delivers a visible lifting effect, improves skin suppleness and hydration, and helps minimize the appearance of lines and wrinkles. The result is a silky-smooth, youthful texture.

EMPOWER

# Talise

## *Advanced Facials*

### Essential Skin Care Beauty Ceremony

60 minutes | CNY 1,480

The EviDenS de Beauté Essential Skin Care Ceremony is meticulously tailored to your unique skin needs and aspirations. Whether you seek intensified hydration, refined softness, revitalized tone, deep detoxification, radiant brightening, targeted spot correction, or a rejuvenated youthful glow, we are committed to fulfilling your skincare goals. Each treatment is thoughtfully personalized to deliver a truly individual journey toward radiant, healthy-looking skin.

EMPOWER

# Talise Advanced *Body Treatments*

## DOSE Infrared Pain Relief

75 minutes | CNY 1,580

Experience our exclusive full-body far infrared SPA treatment, 15 minutes of infrared therapy combined with 60 minutes deep tissue massage utilizing 8–12  $\mu\text{m}$  wavelengths to gently warm you from the inside out, raising your core temperature. This session aids in deep detoxification, strengthens the immune system, and calms the nervous system. Benefits include pain relief, collagen production support, anti-aging effects, skin purification, improved cellular health, and enhanced blood circulation, offering a holistic rejuvenation for body and mind.

EMPOWER

# Talise Advanced *Body Massages*

## **Marine Minerals Detoxifying Massage**

60 / 90 minutes | CNY 1,280 / 1,480

This customized massage combines high-concentration marine mineral milk with personalized revitalizing essence oil. The fresh breath of the sea intertwines with the aromatic blend of cypress, sage, and rosemary essential extracts, working together to awaken skin vitality, deliver deep nourishment, and replenish the soul. Inspired by the Mediterranean, this unique treatment revitalizes your skin while relaxing the muscles, offering a truly immersive sensory journey. Feel the surge of uplifting energy as it helps release fatigue, clear the mind, restore inner harmony, and reveal smoother, more radiant skin.

## **Jet Lag Recovery Massage**

60 / 90 minutes | CNY 1,080 / 1,280

This treatment is designed to stimulate energy levels and revitalize the body after travel. It begins with an invigorating aromatic massage oil applied to the head, neck, and shoulders to boost circulation and reduce fatigue, followed by techniques that alleviate bodily stagnation and congestion. The massage helps relax the central nervous system, improves blood flow, and promotes overall energy balance.



INTENTION

# Talise Signature *Facial Treatments*

## **Swiss Bright**

90 minutes | CNY 2,180

This treatment is designed to repair photodamaged skin, reduce hyperpigmentation, and restore the skin's natural radiance. By activating powerful brightening and anti-aging active ingredients, it effectively addresses uneven skin tone, sun damage, and existing pigmentation while helping to prevent future discoloration. The incorporation of a gentle, plant-derived hydroxy acid exfoliation step removes lifeless skin cells and promotes epidermal renewal, resulting in a more even, brightened, replenished, and dewy complexion.

## **Swiss Smart**

90 minutes | CNY 1,980

This facial offers a fully personalized treatment protocol to accurately address a range of individual skin concerns, such as sebum imbalance, sensitivity, dehydration, and impaired barrier function. It employs a smart and efficient process to help clients achieve their skincare goals. The treatment features a mattifying mask designed to rebalance oil production, minimize the appearance of pores, and reduce blackheads. It can be enhanced with a selection of targeted serums and mask boosters for precise intervention. It is an ideal choice for teenagers seeking to establish clear, balanced, and healthy skin.

INTENTION

# Talise Signature *Body Treatments*

## **Signature Hammam**

90 minutes | CNY 1,580

A deep cleansing experience that begins with a gentle steam to open pores, followed by a traditional black soap cleanse to exfoliate and nourish your skin. A natural Hammam mask is then applied to enrich the body, while the meridian lines of your feet and head are massaged using our signature oil. The treatment concludes with a relaxing massage using rich Vanilla and Frankincense oils, followed by a revitalizing rinse with warm water. Feel tensions melt away as the soothing heat of the hammam and healing hands bring balance to your mind and body.

## **Traditional Hammam**

60 minutes | CNY 1,080

A ritualistic bathing experience rooted in ancient practices of purification and relaxation, our traditional hammam provides a place for deep cleansing and detoxifying for the body and mind. Our Hammam experience begins with steam then is the invigorating body scrub, followed by the relaxing massage to calm and nourish the mind and body.

INTENTION

# Talise Signature *Body Massages*

## **Agarwood Singing Bowl Massage**

90 minutes | CNY 2,080

This exclusive treatment blends precious agarwood essential oil with modern sound therapy to create a deeply restorative journey for body and mind. Guided from the outside in, it fosters self-awareness and innate healing, offering an ultimate experience of relaxation and renewal. The luxurious agarwood series features three distinct top-note aromas: jasmine-infused agarwood, patchouli-blended agarwood, and coconut-agarwood, with a base that unfolds into a sweet, creamy woody fragrance. Your experience begins with a fresh rose ceremony, inviting you into a serene SPA journey. As the singing bowl vibrations resonate, your mind drifts into a state of tranquil release, while the warm bowls provide profound relaxation. Gentle therapist hands ease tension, guiding you toward peaceful slumber.

## **Muscle Relief Massage**

60 / 90 minutes | CNY 1,280 / 1,480

Ideal for those seeking deep relaxation, this massage provides profound relief and helps release long-term muscle tension. By combining traditional acupoint stimulation with gentle stretching techniques, it utilizes rhythmic tapping and focused pressure to target key points of the body, effectively dissipating stress and restoring balance.

## **Traditional Chinese Massage**

60 / 90 minutes | CNY 980 / 1,180

This traditional Chinese massage is based on the theory of Traditional Chinese Medicine, focusing on meridian and acupoint stimulation. With its highly penetrative techniques, it helps to relax muscles, alleviate fatigue, and regulate bodily functions. The treatment is known to enhance immunity, promote the flow of qi through the meridians, and balance yin and yang within the body's therapeutic culture.

INTENTION

# Talise Signature *Body Massages*

## **Aroma Restorative Massage**

60 /90 minutes | CNY 1,080 / 1,280

This aromatic experience begins with your personal selection of essential oils. The unique and subtly blended fragrance, combined with a soothing aromatic massage technique, effectively relaxes muscles, alleviates stress, and revitalizes the body. Designed to provide a deeply calming sensory journey, it restores energy and leaves you feeling replenished and balanced.

## **Foot Reflexology**

60 minutes | CNY 880

The feet are the foundation and mirror of the body. We use plant-based essential oils to revitalize the feet, beginning with a gentle scrub to release tension, followed by a soothing oil massage that thoroughly relaxes the muscles from the feet up to the legs. Through professional and fluid acupressure techniques applied to the reflex points of the soles, this treatment offers not only deep muscle relaxation but also an inner energy-renewing journey. The warm penetration of the essential oils, blended with skilled manual manipulation, effectively eases stiffness, stimulates meridian flow, and guides you back to a state of inner lightness and tranquility.



## ENHANCEMENTS

# 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 60 minutes and above Spa treatment.

### **Collagen Mask**

30 minutes | CNY 780

This signature facial treatment utilizes bone collagen whose fiber structure closely resembles that found in human skin. Preserved via freeze-drying technology to maintain its complete bioactive form, the collagen helps the skin effectively absorb and replenish, resulting in enhanced hydration, diminished fine lines, soothed redness, and stimulated natural collagen production for an overall optimized complexion.

### **Swiss Eye Specialist**

30 minutes | CNY 680

This revitalizing beauty treatment instantly reduces signs of fatigue, with specialized attention to the delicate eye area. It works to renew and redefine the eye contour, revealing a brighter, more radiant look.

## ENHANCEMENTS

# Talise Signature *Add Ons*

### **Express Facial Treatment**

30minutes | CNY 680

This 30-minute intensive treatment combines high-potency serums with a unique massage technique to deeply cleanse, replenish, and restore radiance to the skin in one efficient session.

### **Revitalizing Back Massage**

30 minutes | CNY 680

Focusing on the neck, shoulders, and back, this massage employs targeted pressure point techniques to release tension, improve circulation, and revitalize both body and mind, leaving you deeply relaxed and rejuvenated.

### **Aromatherapy Bubble Bath**

20 minutes | CNY 300

A deeply soothing bath infused with a specially formulated blend of stress-relief essential oils encourages total relaxation, improves circulation, and revitalizes the skin, offering a sense of holistic rejuvenation.



TALISE SIGNATURE PACKAGES

# Talise Signature *Packages*

## **Indulgent Journey**

180 minutes | CNY 3,280

This indulgent journey combines three of our most comfortable treatments to provide you with an ultimate memory followed by camellia purifying body scrub, luxury mineral massage and Evidens De Beauté signature 360° extreme beauty ceremony infuses your skin with a radiant glow to help minimize the appearance of imperfections and restore vitality.

## **Gentleman's Experience**

120 minutes | CNY 2,180

Designed exclusively for gentleman, this energizing and purifying treatment for deep cleaning . Renew your skins vital energy with our exclusive detox facial massage technique .simple and highly effective.



# Talise Spa

## *Etiquette*

### **Opening Hours**

Talise spa is open from 12 AM to 11 PM daily.

Talise Fitness is 24 hours access for hotel guests

Indoor Swimming pool daily from 07 AM to 10 PM daily.

outdoor Swimming pool daily from 08 AM to 10 PM daily.

### **Reservations**

To make a reservation at Talise Spa:- Press "2778" on your guestroom phone.

-Non inhouse guest call on +86-3716-9778.

-Email to [jhgspa@jumeirah.com](mailto:jhgspa@jumeirah.com)

Please note: A valid credit card is required to hold your reservation.

Prices are subject to change without prior notice.

### **Cancelation**

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 incur additional charges.

### **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.

# Talise Spa

## *Etiquette*

### **Consultation**

All Talise Spa guests will enjoy a personalized consultation before their treatment, allowing our therapists to curate the best experience & program.

### **SPA Attire**

The spa will provide you with a robe and slippers for your comfort. A secured locker is available for your personal belongings. The spa is not responsible for any lost or misplaced items.

### **Spa Environment**

At Talise Spa, 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.

# Talise Spa

## *Etiquette*

### **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.

### **Membership and Gift Certificates**

Membership and Gift Certificates for all our spa treatments are available. A chic and refined gift that suits every occasion. Offer from one hour to entire day of well being. The SPA team is at your disposal for any information or purchase.

### **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](http://jumeirah.com/privacy-policy) or upon request at the Talise Spa reception.

For more detail and information, please contact our spa concierge.