TALISE

WELLNESS 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 and harmony.

Blending ancient techniques with modern therapies, we create a unique mind-body experience designed to provide gratifying rest, 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.

Signature *Journeys*

The Grounding Full Body Ritual

60 minutes AED 1,000 | 90 minutes AED 1,175

Inspired by the soothing rhythm of nature, this flowing full-body massage is complemented with a scalp and facial massage to ease tension, reconnect body and mind, and create a lasting sense of balance and wellbeing.

The Balancing Back Ritual

60 minutes AED 1,000 | 90 minutes AED 1,175

A Gua Sha facial massage, therapeutic foot massage and cold stone back massage work in harmony to ease muscle tension and quiet the nervous system, leaving the body feeling balanced, lighter and relaxed.

Deep Sleep Journey

90 minutes | AED 1,000

A complete sleep ritual designed to prepare the body and mind for deep rest, beginning with a therapeutic foot massage in the zero-gravity Satori Lounge Chair. A full-body massage follows, blending flowing movements, pressure point therapy and mindful breathwork to calm the nervous system and encourage profound relaxation.

The Cleansing Ritual

60 minutes AED 1,000 | 90 minutes AED 1,175

A restorative abdominal massage designed to promote lymphatic drainage, ease bloating and restore abdominal balance. Ideal for jet lag, it supports the body's natural circadian rhythm, leaving you feeling lighter, balanced and renewed.

Massage *Treatments*

Satori Mind Reset and Foot Massage

30 minutes | AED 400

A therapeutic foot massage designed to release tension and restore balance, experienced while immersed in the zero-gravity Satori Lounge Chair. A personalised Satori journey is selected based on your individual needs.

Deep Muscle Recovery

60 minutes AED 1,000 | 90 minutes AED 1,175

A targeted massage designed to release muscular tension, improve circulation and support physical recovery.

Energy Flow Stretch Massage

75 minutes | AED 1,000

Inspired by Thai techniques, this treatment combines assisted stretching and pressure point therapy to improve mobility and enhance energy flow.

Lymphatic Drainage

60 minutes | AED 1,700

A detoxifying massage to reduce water retention, stimulate circulation and restore a feeling of lightness to the body.

Facials & Skin *Health*

Swiss Smart Facial

60 minutes | AED 1,500

A personalised facial targeting hydration, sensitivity, pigmentation or oil control for radiant, balanced skin.

Swiss Lifting Facial

60 minutes | AED 1,400

An advanced lifting treatment designed to improve firmness, elasticity and visible skin tone.

Icoone® Full Face

45 minutes | AED 700

Advanced facial microstimulation designed to lift, firm and restore skin vitality for a refined, radiant complexion.

Margy's Age Embrace Facial

75 minutes | AED 1,400

A sculpting facial using specialised massage techniques to deeply hydrate and revitalise the complexion.

Margy's Collagen Renewal

90 minutes | AED 1,650

An intensive hydrating facial to smooth fine lines and restore skin vitality.

Facials & Skin *Health*

Add Ons:

Swiss Smart Express Facial

30 minutes | AED 700

A results-driven mini facial beginning with a double cleanse, followed by a gentle enzymatic peel and mask tailored to your skin's needs, revealing a smoother, fresher and more luminous complexion. Ideal for dull, dehydrated or congested skin and a beautiful addition to any body treatment.

Swiss Eye Specialist

25 minutes | AED 575

A refreshing mini treatment designed to reduce puffiness, brighten and awaken tired eyes.

Pro-Recovery Mask

AED 150

Ideal for sensitive, sunburned or problematic skin, as well as deep hydration. Recommended for guests aged 16 and above.

Pro-Vitality Mask

AED 150

An anti-ageing, nourishing treatment for dry and mature skin, designed to support collagen and elastin.

Facials & Skin *Health*

LED UNICSKIN Face Mask

20 minutes | AED 200

Harness the transformative power of light with high-tech therapy combining LED and near-infrared light technology. With 528 optimised LEDs across seven colours and eight wavelengths, it supports collagen and elastin production while helping to reduce wrinkles, acne and blemishes for firmer, smoother, more radiant skin. Suitable for all ages.

LED UNICSKIN Neck and Chin Mask

20 minutes | AED 200

An advanced LED therapy mask designed to redefine the neck and chin, enhance firmness, refine and contour the treated areas for a more toned and sculpted appearance.

Body
Rituals

Signature Hammam Ritual

90 minutes | AED 1,000

A traditional cleansing ritual combining steam, black soap exfoliation, and a nourishing mask with aromatic oils for soft, radiant skin.

Cooling Peppermint Hammam

60 minutes | AED 800

An invigorating ritual designed to refresh, detoxify and restore energy. A mint-infused rhassoul mask delivers a subtle cooling effect to tone and revitalise, while argan-based nourishment hydrates hair and skin.

Swiss Silhouette

90 minutes | AED 1,650

A contouring body treatment combining Madero therapy and advanced formulations to tone, sculpt and revitalise the body.

Stress Relief Ritual

90 minutes | AED 1,115

A revitalising full-body exfoliation followed by a deeply personalised massage designed to dissolve physical fatigue, calm mental overwhelm and enhance total relaxation. The ultimate reset for body and mind.

Sun Soother

45 minutes | AED 600

A cooling after-sun treatment with aloe vera and argan that hydrates, calms and restores sun-exposed skin.

Recovery & *Wellness*

Sleep Recovery with Icoone®

60 minutes | AED 700

For those experiencing restless nights and sleep imbalances, this targeted treatment combines the precision of icoone® microstimulation with slow, rhythmic techniques to calm the body and support nervous system regulation. Developed in Italy, icoone's patented Roboderm® technology delivers over 21,000 microstimulations per minute, preparing the body for deeper, more restorative rest.

Cortisol Recovery with Icoone®

60 minutes | AED 700

Advanced microstimulation combined with grounding massage techniques to reduce stress, release tension and restore emotional equilibrium.

Deep Body Reset with Icoone®

60 minutes | AED 700

For times of burnout or physical fatigue, this treatment blends microstimulation technology with slow, intentional massage techniques, improving circulation, easing tension and returning a sense of lightness to the body.

iDome Recovery Therapy

45 minutes | AED 600

A touchless infrared and LED recovery experience designed to detoxify, reduce inflammation and restore energy levels.

Consult with our wellness team to discover a Recovery and Wellness Programme tailored to you, available across four, eight or twelve sessions to support lasting wellbeing.

Holistic *Therapies*

Chi Nei Tsang

60 minutes | AED 1,600

A therapeutic abdominal massage supporting detoxification, energy flow and emotional wellbeing.

Assisted Stretching

60 minutes | AED 595

A guided flexibility session designed to improve mobility and reduce muscular tension.

Aura Reading

60 minutes | AED 1,700

An intuitive chakra reading designed to deepen self-awareness and offer insight into your emotions, thoughts and energy. By supporting greater clarity and focus, aura reading can help release mental blocks for a more balanced and intentional path forward.

Body and Face Duo

90 minutes | AED 1,180

A complete face and body experience combining a personalised full-body massage with a radiance-boosting express facial. The perfect treatment to restore relaxation, glow and overall wellbeing.

Sound Healing Therapy

60 minutes | AED 1,425

Therapeutic sound vibrations guide the body and mind into a deeply meditative and restorative state.

Clinical *Wellness*

Talise brings its holistic approach to wellbeing together with the clinical expertise of Nova Clinic, creating an integrated path to longevity. Beginning with a personalised consultation, each journey may combine advanced therapies with lifestyle strategies to support long-term health and vitality.

Complemented by Talise wellness treatments, this brings together prevention, restorative sleep, regeneration and recovery to nurture renewed energy and overall wellbeing.

Programmes are available in focused, short-term and long-term formats, with the duration and approach guided by individual health goals and clinical needs.

Diagnostics

Functional Medicine Consultation

45 to 75 minutes | AED 1,450

A holistic consultation exploring medical history, lifestyle, nutrition, sleep and overall wellbeing to provide a deeper understanding of your individual health. These insights help guide appropriate testing, therapies and a personalised wellness plan, with a focus on supporting long-term health and vitality.

Testing

A complimentary 20-minute consultation is required before testing, allowing the doctor to understand your individual health needs and personalise your clinical wellness journey.

Once your test results are available, a detailed report is reviewed with the doctor during a follow-up consultation, bringing together the findings to provide a deeper understanding of your overall health. The results help guide a holistic health strategy, which may include supplementation, IV or ozone therapy, nutrition, exercise, sleep optimisation, stress management, hormone balance and other relevant therapeutic approaches.

Functional Testing

An advanced assessment offering deeper insight into key areas of health and function, including gut microbiome, biological age, organic acids, genomic and hormone testing, epigenetics and heavy metal or mould toxicity.

Precision Medicine Testing

A data-driven approach using DNA and genomic insights to understand individual biological factors and identify areas that may benefit from more precise health strategies.

Cellular and Metabolic Health

A holistic exploration of the factors that influence cellular function, energy production and metabolic balance, offering deeper insight into metabolic health, body composition and weight management.

Full Biomarker Panel

An in-depth assessment of key health biomarkers, providing a broader understanding of overall wellbeing, from metabolic function and hormonal balance to nutritional status, inflammation and cardiovascular health.

Price: Rates are based on the tests recommended following consultation and clinical assessment.

Health & Longevity *Treatments*

Advanced Therapeutics

Tailored to your individual health needs, targeted medical treatments are available to support metabolic health, vitality, recovery and healthy ageing. Following consultation, options may include Dubai Health Authority approved medicines for weight management, skin renewal and recovery, among other therapies. Treatment suitability and duration are determined by the doctor.

Designed as a three-month course, therapies can be followed individually to support specific health goals or integrated into a broader plan alongside other treatments and lifestyle strategies.

Longevity and Regenerative Medicine

A comprehensive approach to healthy ageing and renewal, bringing together regenerative and cellular therapies with strategies designed to support the body's natural functions, enhance recovery and promote long-term health and vitality.

Health Optimisation Protocols

Structured programmes centred around specific health goals, including weight management, sexual health, hormonal balance, hair restoration, metabolic health and sleep optimisation. Relevant assessments, therapies and lifestyle strategies are brought together to create an integrated approach to your wellbeing.

Price: Treatment rates are provided upon consultation.

IV & Ozone *Therapies*

IV Therapy

Starting from AED 950

Intravenous nutritional therapy delivering a considered blend of vitamins, minerals, nutrients and hydration directly into the bloodstream, designed to support energy, recovery, hydration and overall wellbeing.

10-Pass Ozone Therapy

AED 4,500

An advanced treatment involving repeated ozone exposure within a single session. The therapy may complement wider wellness programmes, with potential benefits for energy, recovery and the body's natural response to oxidative stress and inflammation.

Intramuscular Injections

Targeted intramuscular injections formulated to complement individual wellness goals. Selected formulations may support energy, metabolic and immune function, vitality and physical recovery.

Price: Rates vary according to the selected formulation or type of injection.

Recovery & *Wellness*

Red Light Therapy

15 minutes | AED 500

A non-invasive light-based treatment using therapeutic wavelengths to support the body's natural recovery processes, circulation, muscle comfort and overall wellbeing.

Physiotherapy

60 minutes | AED 950

Personalised, one-to-one care designed to restore movement, improve physical function and support rehabilitation and recovery.

Packages are available upon request.

Aesthetic *Treatments*

Venus Legacy Body Contouring

45 minutes per session
3 sessions | AED 1,400
6 sessions | AED 2,200

A non-invasive, results driven treatment that uses radio-frequency and electromagnetic pulses to reduce the appearance of cellulite, tighten skin, and improve body shape.

For visible results, we recommend three sessions within one week.

HydraFacial

A multi-step facial combining cleansing, exfoliation, extraction and hydration to refine texture, replenish moisture and reveal a smoother, more radiant complexion.

HydraFacial
60 minutes | AED 1,000

HydraFacial Deluxe
90 minutes | AED 1,600

Movement

Reconnect with your body through mindful movement. Our highly trained instructors offer a range of movement and mindfulness modalities, thoughtfully adapted to your individual needs, experience and level.

Private Yoga and Meditation

A personalised session combining mindful movement, breathwork and meditation to support flexibility, balance, strength and a deeper sense of calm.

Private Reformer Pilates

A focused, instructor-led session on the Reformer, designed to build strength, enhance posture, improve mobility and deepen body awareness. Thoughtfully tailored to suit all experience levels.

Private Mat Pilates

A personalised mat-based Pilates session designed to build core strength, improve alignment and flexibility, and encourage controlled movement. Suitable for all levels.

Private sessions are available from AED 500 per person.

Group class and event schedules, activities and rates are available upon request.

Talise Spa
Etiquette

Opening Hours

Daily from 10:00 to 21:00

Reservations

For bookings, please contact: +971 4 366 6818 or mjtalise@jumeirah.com

Location

Talise Spa Madinat Jumeirah is located adjacent to Jumeirah Al Qasr and can be accessed via buggy or abra.

Arrival

We recommend arriving 30 minutes prior to your appointment time for a smooth check-in experience. Late arrival may result in reduced treatment time while the full fee remains applicable. Credit card details or pre-payment may be required to secure bookings.

Cancellation Policy

Please inform us at least 12 hours in advance of any cancellation or amendment. Otherwise, the full treatment fee will apply.

Health and Pregnancy

Please provide details of any medical conditions, injuries, allergies, or pregnancy at the time of booking so we may guide you towards suitable treatments.

Talise Spa
Etiquette

Age Requirement

Guests must be aged 12 or above to receive treatments, with parental supervision required for minors.

In-Room Treatments

Spa services conducted in hotel rooms or suites are available subject to availability and will incur an additional charge.

Ambiance and Privacy

To preserve the tranquil environment of Talise Spa, we kindly ask you to keep electronic devices on silent mode. Photography, videography and smoking are not permitted within the spa.

Valuables

Jumeirah is not responsible for the loss of valuables brought onto the premises. We kindly recommend leaving valuables in your room or personal safe.