TALISE



Talise Spa & Wellbeing

The Healing Garden of Jumeirah Bali

Inspired by the majestic legacy of the Majapahit Empire, Talise at Jumeirah Bali evokes the spirit of ancient sanctuaries, where architectural beauty and natural elements converge to create a haven of serenity. This is a soulful and sensorial wellbeing experience that is both indulgent and deeply restorative.

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

Whether seeking relaxation, enhanced performance, or a more mindful connection to the self, each treatment is thoughtfully tailored to individual needs - ensuring guests leave feeling renewed, empowered, and supported in their journey of personal well-being.

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.

High Performance *Facials*

Age Positive Facial

90 minutes | Starts from IDR 2,300,000++ Firming - Lifting - Oxygenating

Rediscover radiance with this facial, designed to smooth, firm, and visibly revitalise the skin. A blend of neroli and monoi oils deeply hydrates and strengthens, while softening the look of fine lines. A plant-based retinol alternative supports natural collagen production, leaving the complexion lifted, luminous, and refreshed.

Collagen Boost Facial

90 minutes | Starts from IDR 2,300,000++ Refining - Hydrating - Smoothing

Revitalise your skin with this intelligent facial, powered by botanical peptides and collagen-enhancing actives. Designed to smooth fine lines and replenish hydration, it encourages the natural production of Smart Collagen. Suitable for all skin types, this treatment restores balance and leaves the complexion visibly plump, radiant, and youthful.

High Performance Body Treatment

Hydro Tone Ritual

150 minutes | Starts from IDR 3,800,000++ Toning - Cleansing - Revitalising

Rooted in breath and mindfulness, this deeply restorative ritual begins with a guided meditation to centre the mind. A detoxifying sea salt and brown sugar scrub releases tension and awakens the skin, followed by a nourishing volcanic clay wrap to purify and replenish. Step into your private Vichy shower suite, where a warm rain cascade soothes the body and stimulates circulation. The experience concludes with a revitalising massage, leaving you rebalanced, renewed, and deeply restored.

High Performance Body Massage

Warm Stone Serenity

90 minutes | Starts from IDR 2,400,000++ Muscle repair & boost circulation

Release deep-seated tension with this warming, energising massage that harnesses the power of smooth, heated river stones. The gentle heat penetrates the body, easing muscle stiffness, enhancing circulation, and inviting profound relaxation. A grounding ritual to restore vitality, flow, and inner balance.

We believe in creating an environment where you can feel empowered. By blending intuitive healing techniques with powerful natural formulations, our practitioners will help reconnect you with your sense of self and guide you on a path toward renewed strength and vitality.

Talise Advanced *Facials*

Nourish and Glow Facial

90 minutes | Starts from IDR 2,300,000++ Nourishing - Brightening - Glowing

Unveil your skin's natural radiance with this glow-enhancing facial. Deep exfoliation and a botanical peptide infusion work to soften fine lines and smooth uneven tone. Natural brightening agents help reduce the appearance of dark spots, restoring clarity and a luminous, healthy glow to the complexion.

Purifying Facial

90 minutes | Starts from IDR 2,300,000++ Soothing - Revitalising - Balancing

Breathe new life into your skin with this detoxifying facial, designed to counter the effects of daily environmental stress. Nutrient-rich microgreens and skin-brightening stone crop help cleanse, exfoliate, and restore clarity, while a relaxing facial massage encourages renewal from within. The result is skin that feels refreshed, protected, and visibly revitalised.

Talise Advanced Body Treatments

Balinese Boreh

90 minutes | Starts from IDR 2,400,000++ Ancient healing traditions

Rooted in centuries-old Balinese healing practices, this warming body ritual was once used to soothe fatigued muscles and support circulation. The treatment begins with gentle back massage to relax all the muscle, then continue with Boreh application. Boreh is a traditional herbal paste made from clove, ginger, turmeric, cinnamon, and rice powder. As the blend warms the body, it stimulates blood flow, eases tension and awakens the senses.

Royal Javanese Lulur

90 minutes | Starts from IDR 2,400,000++ An opulent royal beauty ritual from the palaces of Java

Step into a centuries-old Indonesian ritual once reserved for Javanese royalty. This ritual begins with gentle back massage using palm pressure and long strokes technique too melt muscle tension. Then followed with exfoliation using Lulur paste a fragrant blend of turmeric, rice powder, and exotic spices to cleanse and brighten the skin. A soothing yoghurt application follows, deeply nourishing and softening the body. After a warm shower rinses the mask away.

Talise Advanced Body Treatments

Ratus Herbal Steam

90 minutes | Starts from IDR 2,400,000++ Empowering femininity

Thoughtfully designed for women, this holistic ritual honours feminine well-being through traditional herbal healing. The experience begins with an aromatic foot bath and calming breathwork, followed by time in a steam chair where warming herbal smoke gently supports the female reproductive system. As the steam works its magic, enjoy a deeply grounding upper back, neck, and shoulder massage using acupressure techniques. The ritual concludes with a Balinese lulur exfoliation, leaving the skin smooth, nourished, and the spirit deeply restored.

Talise Advanced Massages

Bunda-Dari Massage

90 minutes | Starts from IDR 2,400,000++ Cherish motherhood

Derived from the Indonesian words *bunda* (mother) and *dari* (from or of), "Bunda-Dari" symbolises the essence of motherhood – nurturing, life-giving, and deeply connected. This gentle, harmonising ritual combines a warm herbal poultice massage with virgin coconut oil infused with chamomile and rosemary to hydrate the skin, reduce water retention, and ease muscular discomfort. Suitable for expectant mothers beyond the first trimester, it offers a soothing moment of balance, connection, and care.

Jagaraga Massage

90 minutes | Starts from IDR 2,400,000++ Ideal for sleep depriviation & physical fatigue

Named from the Indonesian words jaga (to nurture) and raga (body), the Jagaraga Massage is a deeply calming ritual designed to restore balance through sound, scent, and gentle touch. This deep tissue massage techniques and targeted pressure points to ease physical fatigue. A unique blend of aromatic oils help calms the nervous system, and guides you into a state of deep rest. A sensory journey for those in need of restoration, stillness, and uninterrupted sleep.

We believe you deserve intentional rest. Our treatments are 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.

Talise Signature *Facials*

Healing Facial

90 minutes | Starts from IDR 2,300,000++ Soothing - Restorative - Plumping

Replenish dry or depleted skin with a vitamin-rich infusion of hyaluronic acid and naturally calming botanicals. This restorative facial delivers deep hydration while easing surface tension and soothing sensitivity. Skin is left soft, plump, and visibly refreshed, with a renewed sense of balance and comfort.

After Sun Facial

75 minutes | Starts from IDR 2,000,000++ Regenerative - Calming - Cooling

Soothe and restore sun-kissed skin with this gentle, healing treatment designed to reduce redness, replenish moisture, and calm sensitivity. Cooling botanicals and antioxidant-rich plant extracts work in harmony to rebalance and hydrate, leaving the skin soft, comforted, and visibly refreshed. Ideal after sun exposure, this facial offers a quiet sense of relief and renewal.

Talise Signature Body Treatments

Royal Campa

150 minutes | Starts from IDR 4,500,000++ Inspired by Queen Campa of Majapahit and restorative traditional Hammam ritual

Honouring the bathing traditions of Queen Campa, consort to King Bratawijaya X of the Majapahit Empire, this regal ritual blends Javanese heritage with the purifying essence of a traditional Hammam. The journey begins with a full-body cleansing using soothing organic soap and an exfoliating kessa glove, activating circulation and preparing the skin. A warm seaweed-collagen clay masque is then applied to nourish and restore. As the masque deeply penetrates, your therapist gently massages the head and scalp using argan oil-based shampoo, easing tension and quieting the mind.

After rinsing under a sensory shower enhanced by infrared light, your experience continues with a deeply relaxing 90-minute massage,

Royal Dwara

120 minutes | Starts from IDR 4,000,000++ An elegant fusion of Balinese royal bathing rituals and the purifying traditions of the Hammam

completing a ritual of purification, renewal, and royal indulgence.

This deeply cleansing and restorative ritual begins with gentle stretching to warm the body and prepare the skin for purification. A full-body exfoliation follows on a heated marble table, using traditional lulur paste to exfoliate and smooth out your skin and then boreh wrapped to warmed up as well as boost blood circulation. The experience concludes with a soothing 60-minute massage – restoring inner balance and leaving you feeling refreshed, radiant, and renewed.

Talise Signature *Massages*

Balinese Massage

90 minutes | Starts from IDR 2,400,000++ Boost circulation & release tension

Rooted in generations of healing tradition, the Balinese Massage blends long, flowing strokes, skin rolling, gentle stretching, and precise thumb pressure to restore balance and relieve muscular tension. This rhythmic, full-body massage improves circulation, calms the nervous system, and invites harmony between body, mind, and soul.

Muscle Recovery Performance

90 minutes | Starts from IDR 2,400,000++ Deep recovery & relieve muscle spasms

Flowing, rhythmic, and firm, this tailor-made aromatherapy massage is designed to release overworked muscles and ease tension held deep within the body. Focused techniques help relieve spasms, reduce stiffness, and stimulate circulation, leaving you feeling refreshed, restored, and rebalanced.

Express experiences to enhance your Talise journey.

Talise Signature *Add Ons*

Hydrating Apricot oil Facial Massage

15 minutes | Starts from IDR 400,000++ A quick boost of hydration and glow

This express facial massage uses nutrient-rich apricot oil to deeply hydrate the skin while encouraging lymphatic flow and facial relaxation. Gentle strokes and lifting movements restore suppleness, awaken tired skin, and leave the complexion soft, dewy, and refreshed.

Balinese Coconut Hair Cream Bath

30 minutes | Starts from IDR 800,000++ Soothing - Nourishing - Balancing

This traditional scalp therapy combines warm coconut cream with targeted acupressure to calm the mind and restore balance. Focused on the head and scalp, the treatment stimulates circulation at the roots, deeply nourishes the hair, and promotes a sense of serenity. Ideal for releasing mental tension, supporting restful sleep, and enhancing overall well-being.

Talise Signature *Add Ons*

Foot Massage

30 minutes | Starts from IDR 800,000++ Grounding - Restorative - Energising

Drawing on time-honoured techniques from the region, this focused massage brings renewed attention to the feet and legs, stimulating chi energy flow throughout the body. Ideal for relieving built-up tension and fatigue, it promotes deep relaxation, grounding, and a revitalised sense of balance.

Cooling Body Masque

30 minutes | Starts from IDR 800,000++ Soothing - Hydrating - Restorative

This refreshing body ritual is designed to calm overheated or sun-exposed skin. A cooling blend of aloe vera, cucumber extract, and antioxidant-rich green tea is generously applied to soothe inflammation and restore hydration. As you rest in a gentle wrap, the skin absorbs vital nutrients while the body relaxes into stillness.

Talise Signature *Add Ons*

Herbal Poultice Compress

Starts from IDR 500,000++ Warming - Restorative - Detoxifying

A warm herbal compress filled with organic healing herbs is gently steamed and rhythmically pressed into the body using specialised techniques. The soothing heat releases active botanicals that help ease muscular aches, stimulate lymphatic flow, and soften the skin. This restorative treatment invites deep relaxation and leaves the body feeling nourished and renewed.

Hot Stones Compress

Starts from IDR 500,000++ Grounding - Warming - Restorative

Enhance your massage with the comforting warmth of heated basalt stones. Placed with intention along the body or woven into flowing massage strokes, the stones work to dissolve muscular tension, stimulate circulation, and calm the nervous system. This deeply grounding ritual adds warmth, depth, and healing energy to your treatment.

Talise Signature *Add Ons*

Extra Luxury

Additional facial masque to enjoy during your massage or body treatment IDR 500,000++

Collagen Masque

A revitalising collagen-rich masque designed to support skin elasticity, smooth fine lines, and enhance natural firmness for a visibly lifted glow.

Restorative Masque

Infused with nutrient-dense botanicals, this soothing masque calms sensitivity, restores balance, and promotes a supple, radiant complexion.

Hydrating Gel

A deeply replenishing gel treatment that delivers lasting moisture, cooling relief, and a fresh, dewy finish, ideal for dry or sun-exposed skin.

Combined Enhancements

Two additional treatments at Once | IDR 650,000++

Hot Stones Compress & Facial Masque or Gel

Enhance your massage with the soothing warmth of heated basalt stones while customising your facial with a choice of hydrating gel or restorative masque for added nourishment and radiance.

Herbal Poultice Compress & Facial Masque or Gel

Experience the healing benefits of warm herbal compress therapy paired with your preferred facial enhancement of hydrating gel or nutrient-rich masque to support total relaxation and skin renewal.

Talise *Hair & Nail Care*

Spa Manicure or Spa Pedicure

90 minutes | Starts from IDR 800,000++ Nourishing - Polished - Restorative

A rejuvenating treatment including cleansing, exfoliation, nail shaping, cuticle care, and a relaxing massage, finished with your choice of gel or classic polish. Gel removal included if needed.

Essential Manicure and Pedicure

75 minutes | Starts from IDR 800,000++ Cleanse - Shape - Refresh

A time-efficient treatment featuring cleansing, exfoliation, nail trimming, and basic care for both hands and feet, perfect for a quick refresh. Nail polish is not included as well as gel removal

Gel Removal for Toes or Fingers

15 minutes | Starts from IDR 200,000++ Gentle - Clean - Precise

A careful removal of gel polish from fingers or toes, preserving nail health and preparing for your next treatment.

Talise *Hair & Nail Care*

Talise Hair Spa

90 minutes | Starts from IDR 800,000++ Purifying - Nourishing - Restorative

A soothing scalp cleanse with acupressure massage for the neck and upper back, finished with a gentle blow dry.

Hair Wash and Blow Dry

60 minutes | Starts from IDR 500,000++ Cleanse - Refresh - Style

A deep cleanse for hair and scalp, finished with a smooth and gentle blow dry for a refreshed, polished look.

Talise Spa Etiquette

Arrival

To ensure a serene start to your spa experience, we recommend arriving at least 30 minutes before your scheduled appointment. Please note that treatments will start and end on time to ensure the best experience for all guests. Late arrivals may result in a shortened session.

Consultation

Each guest is invited to begin with a personalised consultation, allowing our therapists to tailor the treatment to your individual needs and ensure a thoughtfully curated experience.

Cancellation

As a courtesy to other guests and our therapists, we ask that any changes or cancellations be made at least 4 hours in advance. Cancellations within 4 hours or missed appointments may incur the full treatment charge. Please note that late arrivals may affect the duration of your treatment or require rescheduling.

Spa Attire

For your comfort, a robe and slippers will be provided upon arrival, and a secure changing area is available for your personal belongings. We kindly recommend leaving valuables such as jewellery, electronic devices, and personal accessories at home, as Talise and Jumeirah Group cannot be held responsible for any lost or misplaced items.

Talise Spa Etiquette

Spa Environment

At Talise, we strive to create a serene and restorative environment for all guests. As a non-smoking facility, we kindly ask that mobile phones be silenced and noise kept to a minimum. Your support in maintaining this peaceful atmosphere is sincerely appreciated.

Cultural Awareness

In respect for local values, we kindly ask all guests to observe modesty while using lockers and changing areas. To protect the privacy of others, photography, video recording, and social media content creation are not permitted within the spa.

Health Considerations

For your comfort and well-being, we kindly ask that you inform us at the time of booking of any allergies, medical conditions, or areas of concern. If you are expecting, please let us know in advance, as some treatments may need to be tailored or avoided.

Pregnancy or Other Health Conditions

We are pleased to offer personalised treatments for expectant mothers and guests with specific health considerations, including those undergoing medical treatments or experiencing menopause. Kindly inform us at the time of reservation so we may assist you in selecting the most suitable treatment for your comfort and well-being.

Talise at Jumeirah Bali Wellness Journey

Drawing from additional Balinese practices and time-honoured rituals, each half-day journey is thoughtfully designed to restore harmony to body, mind, and spirit. Set within the tranquil Trowulan area of Jumeirah Bali, these experiences offer a deeply personal path to holistic well-being. Ideal for individuals, couples, or small groups, each session invites a soulful connection to self and the sacred energy of the island.

A Harmony Wellness Journey

Starts from IDR 5,500,000++

Soothe the senses and restore inner balance with a serene wellness journey that blends mindful rituals, healing touch, and cultural traditions. Thoughtfully curated to bring body and mind into gentle alignment, this experience invites you to slow down, reconnect, and renew.

Your journey includes:

- 60-min Full Body Massage of your choice
- 60-min Hammam
- 30-min Facial
- 60-min Culture and Nurture activity of your choice
- Afternoon tea experience at Maja Sunset Lounge

Talise at Jumeirah Bali Wellness Journey

Bhumi Blessings Journey

Starts from IDR 5,000,000++

Awaken the senses with a morning ritual of grounding and renewal. This soulful journey begins with gentle yoga, followed by the creation of Canang Sari offerings and a sacred blessing led by Mangku, our resident Balinese priest. The experience continues with the deeply restorative Jagaraga Massage, blending sound healing and warm river stones to nurture both body and mind.

Your journey includes:

- 60-min Morning Yoga
- 60-min Canang Sari and Blessing Ceremony
- 90-min Jagaraga Massage

Talise Spa

Opening Hours

Talise Spa is open daily from 09:00 AM to 09:00 PM. The final appointment may be booked at 7:30 PM, allowing time for a 90-minute treatment.

Spa Reservations

To make a reservation at Talise Spa:

- Press '0' on your villa phone
- Call +62 811-3820-1903
- Book online at www.jumeirahbali.com
- Email jbaspareception@jumeirah.com

Location

Talise Spa is nestled beneath the lobby, within the serene Trowulan area of Jumeirah Bali.