TALISE

THE MENU



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.

Performance

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*

Swiss Lifting

95 minutes | Starts from IDR 2,400.000++
Refining – Hydrating – Lifting

Tailored to activate instant and long-term youth-inducing skin mechanisms when signs of age are already at play and address lack of tone and firming. Fortified with a highly concentrated combination of marine collagen and hyaluronic acid, this professional facial treatment increases moisture retention, stimulates fullness and firms the skin. Suitable for skin that needs more strength in elasticity to slow the aging and all product using Swissline.

Aqua-dermabrasion Facial

90 minutes | Starts from IDR 2,500,000++
Firming – Toning - Oxygenating

Suitable to maintain skin hydration, boost natural glow and at the same time deep cleanness your skin surface and pores with Hydrapeel technology. Infused with multimolecular hyaluronic acid, 4% squalane, and nourishing botanical oils, it provides long-lasting hydration for visibly plump and nourished skin while helping to strengthen the skin's barrier and minimize moisture loss. This facial incorporate oxygen spray to maximized ampoules penetration and all product using BABOR.

High Performance *Facials*

Hydrating Glow

90 minutes | Starts from IDR 2,500,000++
Nourishing - Brightening - Glowing

Suitable to maintain skin hydration and boost natural glow. Using a deeply nourishing cream enriched with argan oil, vitamin E, and a blend of cocoa butter, avocado, mango, and macadamia oils, it restores essential lipids while helping protect the skin from environmental stress. Panthenol soothes and comforts, leaving the skin feeling soft, calm, and replenished. Including with Hydra Plus Ampoule Concentrates feature a carefully selected blend of moisturizing ingredients, including hyaluronic acid, saccharides, and Pro Vitamin B5, to deliver intensive hydration and help the skin retain moisture for a smoother, this facial using hydro-dermabrasion machine and all product using BABOR.

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*

Muscle Recovery

90 minutes | Starts from IDR 2,500,000++
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.

Empower

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*

Swiss Evenness Luminous

90 minutes | Starts from IDR 2,400,000++
Anti spots - Rejuventating – Softens

Designed to maintain skin tone and evenness using Brightening Diamond Essence, a dual-chamber system of synergistic power-ingredients – glutathione, alpha-arbutin, vitamins C and E, clinically-tested multi peptides, soy isoflavones and diamonds. As well as cleansing formula with a powerful anti-spot booster that reduces pigmentation for an even complexion. Uses the highest possible concentration of 2% Alpha-Arbutin and all product using Swissline.

Swiss Soothing

90 minutes | Starts from IDR 2,400,000++
Vitality – Soothing – Moisturaized

Breathe new life into your skin with this calming facial, designed to counter the effects of daily environmental stress. Its facial cream contain pharmaceutical-grade fraction obtained from Centella asiatica, also known as “tiger herb”. It is not the mere extract of the plant but its purified and much more active form to soothes stress-induced conditions then rebalances the skin repair and all product using Swissline.

Price subject to 26.5% government tax and service charge

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 by rice farmers to soothe fatigued muscles and support circulation. The treatment begins with gentle exfoliation, followed by the application of 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 sense. Concluding with a refreshing rinse and hydrating lotion, this ritual offers deep detoxification and full-body restoration.

Aromatic 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. The Lulur journey begins with gentle exfoliation using 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, the ritual concludes with a deeply relaxing massage using aromatic oils – leaving the skin radiant and the spirit restored.

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 2,500,000++
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 2,500,000++
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.

Intention

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*

Swiss Purity

90 minutes | Starts from IDR 2,400,000++
Purifying - 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. Our purity facial all product using Swissline.

Aftersun Facial

60 minutes | Starts from IDR 2,200,000++
Regenerative – Calming – Cooling

Soothe and restore sun-kissed skin with this gentle, healing treatment designed to reduce redness, replenish moisture, and calm sensitivity. Using a refreshing moringa extract facial cleanser to calm the heat and cryo plumping mask. The synergistic blend of five hyaluronic acid types—ranging from very low to high molecular weight—provides immediate and long-lasting hydration by targeting multiple layers of the skin's surface. End closed with cooling aloe gel; this facial is combination of natural product and BABOR' cryo-plumping mask as cooling factor.

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 Brawijaya V of the Majapahit Empire, this regal ritual blends Javanese heritage with the purifying essence of Hammam. The journey begins with a full-body cleansing using soothing natural 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, 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 muscle recovery massage – completing a ritual of purification, renewal, and royal indulgence.

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

A graceful expression of Balinese royal bathing blended with the cleansing rituals of the Hammam. Collaboration of aromatic lulur body paste and gentle kessa glove as exfoliation and rinse using soothing natural soap with Hammam method. The ritual concludes with Balinese massage to soothe and restoring your sense of ease and clarity and leaving you with a quiet sense of renewal.

Talise Signature *Massages*

Balinese Massage

90 minutes | Starts from IDR 2,500,000++
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.

Warm Stone Massage

90 minutes | Starts from IDR 2,500,000++
Muscle repair & boost circulation

Combination of traditional acupressure and long strokes massage technique and warmed river stones strokes to release deep-seated tension. 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.

Enhancements

Express experiences to enhance your
Talise journey.

Talise Signature *Add Ons*

Body Masque

30 minutes | Starts from IDR 1,200,000++
Soothing – Hydrating – Restorative

Aloe Vera and Chamomile Gel Masque | Soothing aid to Sunburn skin.
Cocoa and Coffee Clay Masque | Toning and moisturizing.
Sandalwood and Coconut Clay Masque | Gentle and restorative.

Body Scrubs

30 minutes | Starts from IDR 1,200,000++
Grounding – Restorative – Energizing

Coconut | Gentle exfoliation for sensitive or dry skin.
Brown Sugar, Coffee & Cinnamon | Deeply cleansing and toning exfoliation.
Sandalwood & Rice Powder | Soothing, traditional Balinese exfoliation.

Moroccan Hammam

60 minutes | Starts from IDR 2,200,000++

Extra moisturizing and nourishing
This traditional Hammam ritual begins with the application of authentic black soap, allowing its mineral-rich properties to absorb through the skin in warm steam. A gentle rinse follows in the Hammam chamber, accompanied by a traditional kessa glove exfoliation to cleanse and renew the skin. The experience is completed with a soothing head and scalp cleanse and massage, leaving the skin supple, nourished, and deeply refreshed.

Talise Signature *Add Ons*

Hydrating Apricot oil Facial Massage

15 minutes | Starts from IDR 600,000++
A quick boost of hydration and glow

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

Express Facial

30 minutes | Starts from IDR 1,200,000++
Efficient holistic facial

Targeted holistic facial that included with gentle facial scrub and clay based facial mask to take out all the sebum and toxic then nourish it with moisturizer for face and lips. This facial using natural and gentle product.

Foot or Neck and Shoulders Massage

30 minutes | Starts from IDR 1,200,000++
Grounding – Restorative – Energizing

Ideal for relieving built-up tension and fatigue, it promotes deep relaxation, grounding, and a revitalized sense of balance.

Talise Signature *Add Ons*

Scalp Therapy

30 minutes | Starts from IDR 1,200,000++
Extra moisturizing and nourishing

This traditional scalp therapy combines warm moringa hair oil with targeted acupressure to calm the mind and restore balance. Focused on the scalp, neck and shoulder, 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*

Facial Add-Ons

Starts from IDR 550,000++

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

LED Light therapy
Also known as phototherapy or low-level light therapy, this advanced facial treatment uses targeted wavelengths of LED light to address a range of skin concerns and enhance overall skin appearance.
Non-invasive and gentle, it supports skin renewal, clarity, and vitality.
Elevating your skincare experience with visible results and no downtime.

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.

Talise Signature *Add Ons*

Herbal Poultice Compress

Starts from IDR 600,000++
Warming – Restorative - Detoxifying

A warm herbal compress filled with organic healing herbs is gently steamed and rhythmically pressed into the body and 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 river 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 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

Please provide at least 24 hours' notice for any cancellations. Late cancellations or no-shows will be charged in full. Late arrivals may reduce time or require rescheduling, which may also incur a fee.

Spa Attire

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

Talise Spa
Etiquette

Spa Environment

At Talise, we aim to create a serene and restorative atmosphere for all guests. As a non-smoking facility, please refrain from using cell phones and keep noise to a minimum while on the premises. Your support in maintaining a peaceful environment 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 preserve the privacy of others, photography, video recording, and social media content creation are not permitted within the spa.

Health Considerations

To ensure your comfort and safety, let us know at the time of booking if you have any allergies, or specific areas of concern. If you are pregnant, certain treatments may need to be adjusted or avoided.

Pregnancy or Other Health Conditions

We offer tailored treatments for expectant mothers and guests with specific health needs, including those undergoing medical treatments or navigating menopause. Please inform us when making your reservation, and we will assist in selecting the most appropriate treatment for your 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++ per person
Starts from IDR 9,000,000++ per couple

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

Price subject to 26.5% government tax and service charge

Talise at Jumeirah Bali
Wellness Journey

Bhumi Blessings Journey

Starts from IDR 5,000,000++ per person
Starts from IDR 8,000,000++ couple

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 Private Yoga or Sound Healing
- 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.