

TALISE

THE MENU

The Remedy *Suite*

Expertly curated programs, grounded in the clinical evidence of Touchless Wellness Technologies, and designed to optimize the body's natural ability to heal and restore itself.

Neuro Calm

75 minutes

Discover the future of relaxation with our innovative touchless wellness program, a sanctuary designed to melt away stress and enhance your overall well-being. Infuse your body with 35% more oxygen to accelerate the healing process, restore calm and sharpen mental clarity.

The Calm Mind Program Features:

- Hyperbaric Oxygen Therapy
- Chromo Space

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Pain Relief

75 minutes

Tailored for those experiencing joint discomfort and inflammation, our Pain Relief program is your solution for both post-workout soreness and everyday aches. Alleviate pain, restore vitality, and enjoy lasting comfort as you return to a pain-free, active lifestyle.

The Pain Relief Program features:

- Far Infra Red idome
- Cryochamber
- Chromo Space

Circadian Rebalance

90 minutes

Recover from the effects of jet lag and long-haul travel with our advanced Post-Flight Recovery therapy. Using state-of-the-art wellness technology, this program is specifically designed to combat the physical and mental fatigue caused by jet lag, helping you adjust more quickly and reset your internal clock to reduce exhaustion and restore your energy. The Post Flight.

Program features:

- Far Infra Red iDome
- Lymphatic Compression boots
- Hyperbaric Oxygen Therapy

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Vital Detox

75 minutes

A cutting-edge holistic wellness optimization program designed to detoxify, stimulate bio-cellular metabolism whilst restoring strength and inner vitality. Combat oxidative stress, enhance mitochondrial activity, and reverse internal stress while supporting the body's natural detoxification process. This carefully crafted experience combines innovative light therapy and contrast therapies to guide you towards achieving true holistic balance.

The Detox and Optimal Weight Program features:

- Far Infra Red iDome
- Cryochamber
- Lymphatic Compression Boots

Athletic Recovery

75 minutes

Unlock your full athletic potential with our enhanced performance therapy, specifically designed for sports recovery. This innovative treatment addresses the unique needs of athletes, promoting faster recovery, boosting muscle efficiency, and enhancing overall performance.

The Athletic Recovery Program features:

- Far Infra Red iDome
- Hyperbaric Oxygen Therapy
- Cryochamber

The Mindfulness *Lounge*

A serene space equipped with cutting-edge wellness technologies designed to promote mindfulness, inner calm and emotional equilibrium.

Sleep Well

45 minutes

The essential powernap for even the busiest minds. Discover the path to restorative sleep with our Sleep Well program, an immersive journey designed to promote deep, rejuvenating sleep leaving you refreshed and ready to embrace the day with renewed energy and vitality. Zero gravity positioning, gentle sleep-inducing audio frequencies along with ultra low electromagnetic waves mimic natural circadian rhythms and bio-physiology to align brain activity with deep relaxation and restorative sleep cycles.

The Sleep Well Program features:

- Satori Lounge by Ghareini

Anxiety & Stress Relief

45 minutes

A program designed to balance mood and reduce mental stress. Our state-of-the-art Vibroacoustic Satori lounge combines music, gentle binaural sound waves and highly efficient vibration aligned with the body's energy chakras, leaving you in the ultimate state of relaxation. Experience improved circulation, deep relaxation enhanced mental clarity, reduced anxiety, and an overall sense of well-being.

The Anxiety and Stress Relief Program features:

- Satori Lounge by Ghareini

Talise Spa

Etiquette

Opening Hours

Talise Spa is open daily from 10:00 to 22:00. The final appointment can be booked at 20:30, allowing time for a 90-minute treatment.

The Level 5 swimming pool is open daily from 7:00 to 22:00.

Reservations

Reservations

To make a reservation at Talise Spa:

- Press 'Spa' on your guestroom phone
- Call 045408774
- Book online at www.jumeirah.com/MarsaAlArab/
- Email maatalise@jumeirah.com

Please note: A valid credit card is required to hold your reservation. Prices are subject to change without prior notice.

Location

Talise Spa is located on Level 4 of the main hotel building. Non-hotel guests can access Talise Spa directly via the left lobby vestibule elevator;

- Level 3: Ladies only floor
- Level 4: Couples treatments + Gentlemen
- Level 5: Fitness Centre

Talise Spa

Etiquette

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.

Consultation

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

Cancellation

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 include additional charges.

Spa Attire

Talise Spa will provide you with a robe and slippers for your comfort. A secured change closet will be available for your personal belongings. Talise Spa and Jumeirah Group does not take responsibility for the loss of valuables or misplaced items brought onto the spa premises.

Talise Spa

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Spa Environment

At Talise, 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.

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.

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Gift Certificates

Gift certificates are available to craft a personalized spa experience. For more information, please visit our Spa reception or contact our team directly.

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 or upon request at the Talise reception.