

# TALISE

THE 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 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 wellbeing.

# 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

90 minutes | Starting from AED 1,500

Unlock firmer, more toned skin with the active power of growth factors, peptides and hyaluronic acid, gently supporting your skin's natural renewal. This intensive treatment harnesses the advanced Cell Shock serums and ampoules to refine and strengthen the face, neck and décolleté. By activating both immediate and long-term youth-enhancing effects, it boosts moisture retention, restores fullness and leaves the skin beautifully lifted, radiant and toned.

## Pro Recovery

90 minutes | Starting from AED 1,900

Discover the transformative power of this barrier-boosting ritual. Enriched with multi-peptides and bio-activated Aloe vera, it nurtures, calms and fortifies the skin, guiding every cell towards effortless recovery. Integrating the science of inflammaging, glycation and mitochondrial health, it leaves your complexion radiant, strong and full of quiet vitality.

## Illuminating Stem Cell Facial

90 minutes | Starting from AED 1,500

Experience the transformative power of stem cell active ingredients as they reveal an immediate radiant glow, stimulate the skin's natural renewal, deeply hydrate and restore elasticity.

# High Performance *Massages*

## **Muscle Recovery**

90 minutes | Starting from AED 980

Meticulously crafted for those seeking to release tension and restore balance, this bespoke aromatherapy massage combines flowing, rhythmic, and firm movements to ease overworked muscles. Focused techniques alleviate stiffness, improve circulation and support recovery, leaving the body feeling revitalised and fully restored.

## **Energy Flow Release**

75 minutes | Starting from AED 900

Awaken your body with this carefully crafted dynamic massage. Combining acupressure, stretching and pulling, it relieves tension, boosts mobility, and restores balance, all performed with comfort and ease in soft pajamas.

# High Performance *Treatments*

## **Icoone Body**

60 minutes | Starting from AED 900

Elevate your body ritual with Roboderm® technology, working deeply on the connective tissue to stimulate circulation, improve tone and support detoxification. Gentle yet effective, this treatment smooths and subtly reshapes body contours, leaving you with visible results and a renewed sense of well-being.

Available in curated packages to achieve lasting, optimal results.

## **Icoone Face**

60 minutes | Starting from AED 900

Awaken your skin with Roboderm® microstimulation, an advanced non-invasive treatment that works deeply on connective tissue. With delicate precision, it refines facial contours, restores firmness and enhances skin vitality, leaving a luminous, lifted and beautifully defined complexion.

Available in thoughtfully curated packages for lasting results, the session can also be paired with a body treatment within a 60-minute ritual.

## **Swiss Silhouette**

90 minutes | Starting from AED 1,400

Discover the art of sculpting through mindful touch. This treatment harmonises the ancient art of maderotherapy, using finely crafted wooden tools with intentional massage movements and advanced Cell Shock Body formulations. It works to tone, contour and define the arms, legs and abdomen while restoring balance and inner vitality.

# Longevity *Space*

## **Biohacking Consultation**

60 minutes | Starting from AED 1,620

Through a personalised biohacking consultation, discover how tailored lifestyle, nutrition and innovative wellness strategies can enhance energy, support recovery and promote longevity. Ideal for those wishing to understand and optimise their inner potential.

## **Wellness Consultation**

60 minutes | Starting from AED 1,450

A well-being consultation offers a holistic approach to restoring balance and harmony. Designed to guide you in managing stress, refining lifestyle choices, and nurturing self-care practices, it empowers you to cultivate healthier routines, a grounded mindset, and a deeper sense of fulfilment in everyday life.



# Longevity *Space*

## Far Infrared Therapy iDome

45 minutes | Starting from AED 550

Immerse in a holistic detox journey. By uniting three powerful purification methods with Far Infrared technology, this treatment helps to release impurities, refine the skin and revitalise energy levels, supporting both recovery and overall well-being.

## Red-Light Bed Therapy

60 minutes | Starting from AED 400

Bathe in the gentle glow of red light therapy, a non-invasive ritual that supports the body's natural rhythm of repair. As warmth settles over you, cells revive, inflammation eases, and circulation flows with quiet harmony.

## Hyperbaric Chamber

60 minutes | Starting from AED 700

Infused with pure oxygen and gentle pressure, this therapy invites your body to heal, renew, and deeply restore. Within the Hyperbaric Chamber, concentrated oxygen flows through a softly pressurised environment, enhancing your natural capacity to repair and rebalance from within.

# Longevity *Space*

## Sleep

30 minutes | Starting from AED 350

Discover the path to deep, restorative sleep. The Sleep Well program at Satori Lounge guides you into a state of calm and renewal. Combining zero gravity positioning with gentle, sleep-inducing frequencies and ultra-low electromagnetic waves, it aligns with your body's natural rhythms to quiet the mind and encourage restorative sleep. The outcome is a renewed sense of energy, clarity and well-being.

## Mind Detox

30 minutes | Starting from AED 350

Allow your breath to lead, softly and intuitively, through six sessions of silent meditation. Each moment invites you to release tension, deepen awareness, and awaken a sense of inner stillness and restorative energy.

# Treatments in Partnership *with Nova Clinic*

## **Physiotherapy**

60 minutes | AED 595

Hands-on therapy designed to restore mobility, reduce pain, and improve muscle and joint function.

## **Chiropractic Therapy**

60 minutes | AED 750

Focused spinal adjustments and joint manipulations to relieve tension, improve alignment, and enhance overall body function.

## **Assisted Stretching**

60 minutes | AED 595

Guided flexibility session that improves range of motion, prevents injury, and alleviates muscle tightness.

## **Hydrafacial**

60 minutes | AED 850

A results-driven, non-invasive facial that deeply cleanses, exfoliates and infuses the skin with hydrating serums for an instantly brighter, smoother and more radiant complexion.

## **Hydrafacial Deluxe**

90 minutes | AED 1,155

An enhanced HydraFacial experience that includes targeted boosters and LED light therapy to address specific skin concerns, delivering deeper restoration and visibly transformative results.

# 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*

## **Age Embrace Facial**

75 minutes | Starting from AED 1,200

Using four specially designed massage techniques, this facial leaves the skin deeply hydrated and refreshed from within, resulting in a radiant, more youthful-looking complexion.

## **Ultimate Inskin Elixir Facial**

90 minutes | Starting from AED 1,500

Discover our latest personalised facial experience. This treatment is designed to revitalise and deeply hydrate the skin, using a bespoke elixir rich in precious active ingredients that support cell renewal, firmness and radiance. A collagen mask enhances smoothness and elasticity, helping to diminish the appearance of fine lines and wrinkles, leaving your complexion luminous, lifted and beautifully renewed.

# Talise Advanced *Facials*

## **Collagen Renewal Facial**

90 minutes | Starting from AED 1,500

This intensive hydration treatment is designed to smooth fine lines, support elasticity and encourage collagen production, leaving skin feeling supple and nourished.

## **Swiss Bright**

90 minutes | Starting from AED 1,500

Experience a renewed radiance. Advanced brightening and anti-aging ingredients work in harmony to treat dullness, sun damage and hyperpigmentation, while also helping to prevent future discoloration. The skin emerges replenished, hydrated and luminous.

# Talise Advanced *Massages*

## The Restorative Ritual

90 minutes | Starting from AED 980

Using a harmonious blend of facial massage and Gua Sha techniques, this treatment relieves tension from the face, neck, décolleté, and scalp, creating a profound sense of relaxation and connection between mind and body.

## The Wandering Ritual

120 minutes | Starting from AED 1,300

Reconnect deeply with your inner well-being through a holistic massage that honours the Vagus Nerve, the body's natural gateway to balance, vitality and true sense of calm. This soothing treatment combines gentle abdomen, face, neck and ear massage with marble stone and Gua Sha techniques, creating a serene space to attune to your innate gut intuition and awaken a renewed connection to yourself.

# Talise Advanced *Massages*

## The Sleep Ritual

90 minutes | Starting from AED 980

Drift into deep, restorative slumber. This ritual weaves gentle, flowing massage with targeted pressure points and mindful breathwork, guiding the body into calm, encouraging slow, rhythmic breathing and inviting a profound sense of ease and relaxation.

## The Cleansing Ritual

90 minutes | Starting from AED 980

Designed to guide the body into a state of rest and renewal, this abdominal massage encourages a deep connection with the gut, supporting the body's natural rhythms. Gentle, flowing techniques stimulate the circulation of energy, lymph and fresh blood to the digestive organs, leaving the body feeling balanced, harmonised and revitalised.



# Women's Health *Support*

## **The Balancing Ritual**

90 minutes | Starting from AED 980

A holistic journey crafted for women's well-being. Beginning with an aromatherapy foot bath and mindful breathwork, this treatment combines Cold Stone Massage Therapy, Gua Sha, Reflexology and Lymphatic Drainage to gently ease the body, restore balance and support harmony through hormonal changes.

## **The Nurturing Ritual**

90 minutes | Starting from AED 980

A nurturing journey through your cycle. Designed to support the body during hormonal shifts and PMS, this 90-minute ritual combines gentle massage, aromatic essential oils and warming flaxseed packs to relieve tension, improve circulation, and soothe cramps, leaving you feeling serene, balanced and replenished.

# Mother-To-Be

## The Comforting Ritual

90 minutes | Starting from AED 980

Restore harmony and balance. Designed with women's well-being at its heart, this holistic treatment begins with an aromatherapy foot bath and mindful breathwork, flowing into cold stone massage therapy, gua sha, reflexology, and lymphatic drainage. Each movement gently nurtures the body, easing tension and supporting wellness through hormonal shifts.

## Soul to Sole Connection

60 minutes | Starting from AED 820

Allow this ritual to bring balance and ease, beginning with an aromatherapy foot bath and mindful breathwork, followed by a gentle botanical exfoliation and reflexology-inspired massage that release tension, restore harmony and leave you feeling light and renewed.

# Cancer Care *Rituals*

## The Calming Ritual

90 minutes | Starting from AED 980

This ritual unfolds through a deeply soothing, bespoke full-body massage complemented by a nurturing scalp ritual. Designed to restore balance and vitality, it gently nourishes the hair follicles, encouraging natural regrowth, a mindful journey of renewal for those healing and reconnecting after treatment.

## The Restful Ritual

90 minutes | Starting from AED 980

This ritual unfolds through a deeply restorative, tailored full-body massage enhanced with a gentle lymphatic support ritual. Guided by breathwork and mindful touch, it nurtures the body's natural flow, supporting the lymphatic system and encouraging balance and renewal after treatment.

# 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*

## **Sublime Youth Infusion**

120 minutes | Starting from AED 1,900

This restorative ritual awakens the skin's natural vitality through the power of plant stem cells and fermented Swiss honey. Drawing on the science of epigenetics to activate sirtuins, it supports DNA repair and restores balance during hormonal transitions. Paired with our signature face sculpt massage, it unveils a renewed radiance and a deep sense of inner harmony.

## **Swiss Smart**

90 minutes | Starting from AED 1,500

A moment devoted entirely to you. This fully personalised ritual adapts to your skin's unique needs, from oil control and pigmentation to sensitivity and dehydration. Guided by expert touch and powered by targeted boosters and masks, it restores balance, radiance and a renewed sense of confidence from within.

## **The Biome Facial**

90 minutes | Starting from AED 1,200

Created to restore harmony to the skin's delicate microbiome, this soothing ritual nurtures sensitivity and supports natural resilience. By calming inflammation and strengthening the skin's barrier, it helps your complexion rediscover balance, comfort and a renewed vitality.

# Talise Signature *Massages*

## The Grounding Ritual

90 minutes | Starting from AED 980

This specialist massage creates a space for your body to reconnect, self-repair and realign. Through mindful touch, it restores balance and leaves you feeling replenished, grounded and fully present in your body.

# Talise Signature *Body Treatments*

## **Perfect Décolleté and Bust Beautifier**

60 minutes | Starting from AED 1,400

Considered the body's "age tellers," the décolleté, bust and neck reveal time's passage sooner than other areas. This ritual gives these often-overlooked zones careful attention, combining a mask and ampoule to enhance tone, promote gentle drainage and leave the skin feeling firmer, smoother and renewed.

## **Timeless Moment Signature**

120 minutes | Starting from AED 2,500

Combining the precision of Gua Sha stones with relaxing massage and an oxygenating facial, this ultimate ritual nurtures the skin and elevates the senses for a deeply rewarding experience.

## **Sun Soother**

45 minutes | Starting from AED 600

Designed to restore and soothe, this treatment replenishes sun-kissed skin while calming redness and irritation. Cooling SunKiss Aloe vera Gel is absorbed to refresh and balance, followed by an intensive massage with SunKiss After Sun Rescue Moisturiser, infused with argan oil and vitamin E, leaving the skin nourished, calm and supple.

# Talise Signature *Body Treatments*

## **Traditional Hammam Ritual**

60 minutes | Starting from AED 850

A ritual that begins with black soap to deeply cleanse and purify the skin, followed by a full-body exfoliation using a kessa glove and Miel d'Ambre products. A gentle facial exfoliation is also included, before a traditional stretching ritual concludes the experience, leaving you feeling completely revitalised.

## **Signature Hammam Ritual**

90 minutes | Starting from AED 1,100

A ritual incorporating black soap to deeply cleanse and purify, followed by a full-body exfoliation using both a kessa glove and Miel d'Ambre products. The treatment also includes a gentle exfoliation and purifying mask for the face, followed by a scalp massage, hair wash and mask application. To conclude the experience, a traditional stretching ritual leaves you feeling cleansed and relaxed from head-to-toe, whilst a final cocooning application of body moisturiser rehydrates the skin.



# Suite *Experiences*

Enjoy a moment of calm in our private spa suite, with access to its wet facilities, whilst sipping on a refreshing beverage with our compliments. Complete the experience with a deeply harmonising full-body, face and scalp massage.

## **Gift of Time**

150 minutes | Starting from AED 2,800

Enjoy a moment of calm in our private spa suite, whilst sipping on a refreshing beverage with our compliments. Complete the experience with a deeply harmonising full-body, face and scalp massage.

## **Wellness Moment**

180 minutes | Starting from AED 3,100

Begin your well-being journey with a heart opening chakra session, fostering harmony and synergy, before enjoying exclusive access to our private spa suite with steam and jacuzzi facilities. Conclude the experience with a relaxing full-body massage.

# Wellness Therapy

We create a space where your well-being takes centre stage. By combining intuitive healing techniques with carefully selected natural formulations, our practitioners guide you to reconnect with your inner self and embrace a renewed sense of vitality.

# Wellness *Experiences*

## Sound Meditation

45 minutes | Starting from AED 350

A full-body listening experience using therapeutic singing bowl vibrations to release tension and guide both mind and body into a restorative state.

## Lymphatic Flow Therapy

60 minutes | Starting from AED 1,700

A gentle yet effective massage designed to activate the body's natural detox pathways, helping to reduce inflammation while boosting skin radiance and overall energy. Ideal for those seeking to improve their health and vitality.

## Chi Nei Tsang

60 minutes | Starting from AED 1,600

Chi Nei Tsang therapy is a healing abdominal massage designed to detoxify and cleanse the internal organs. This ancient technique helps release tension and blockages, allowing vital energy, known as chi, to flow freely, restoring physical, mental and emotional equilibrium.

## Aqua Sound Healing

60 minutes | Starting from AED 450

Step into a serene wellness ritual where warm water cradles your body and harmonic vibrations soothe your senses. Tension melts away, the nervous system relaxes and emotional balance is beautifully restored.

# Wellness *Experiences*

## **Aura Reading**

60 minutes | Starting from AED 1,700

A technique that taps into your energy wheels or chakras, to help you better understand your emotions, thoughts and personality. Offering clarity and greater focus, the reading encourages forward movement by easing compulsive worry and mental blocks, guiding you toward a more intentional and fulfilling future.

## **Bach Flower**

60 minutes | Starting from AED 1,600

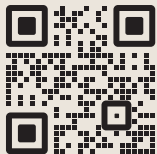
Utilising the vibrational energy of wildflowers and trees, this therapy is ideal for those experiencing emotional imbalance, stress, or low self-esteem. It helps restore a sense of inner calm and equilibrium, while also supporting improved sleep.

## **Kinesiology**

30 minutes | Starting from AED 1,500

A holistic therapy grounded in an understanding of the mind-body connection, rooted in neuroscience and chiropractic principles. Our practitioners access your body's innate wisdom to identify areas of stress, energy blockage and underlying factors contributing to your well-being through precise muscle testing. A treatment tailored to you, designed to restore your natural balance and promote harmony within.

Various wellness therapies are available under Talise Wellness Program. Scan QR code to discover more wellness offering.



# Enhancements

Express experiences to enhance your  
Talise journey.

# Talise Signature

## *Add Ons*

### **Swiss Eye Specialist**

25 minutes | Starting from AED 500

Targeting tiredness and dullness, this treatment refreshes and energises the eye contour, revealing a brighter, more awakened appearance.

### **Express Facial**

30 minutes | Starting from AED 500

A refreshing 30-minute ritual designed to hydrate and revive the skin in minimal time. Perfect for those on-the-go, this facial combines gentle cleansing, exfoliation and a nourishing mask to restore radiance and leave the complexion luminous and revitalised.

### **Foot Reviver Massage**

30 minutes | Starting from AED 400

A treatment to relieve tired feet and legs, leaving you feeling lighter and more relaxed. The massage focuses on the feet and lower legs.

### **Scalp Massage**

30 minutes | Starting from AED 400

A deeply soothing ritual for the scalp, designed to stimulate circulation, release tension and support hair health. Gentle, flowing techniques calm the mind and leave you feeling refreshed, balanced and renewed.

# Cabana

## Massage

30/45/60 minutes | Starting from AED 400/500/650

Experience a personalised body massage blending expert techniques to ease muscle tension and restore balance.

## Foot Reviver

30 minutes | Starting from AED 400

Treatment focused to relief overworked feet and leg and induce a lighter feeling. Massage is applied on your feet and the lower half of legs.

## Sun Soother

45 minutes | Starting from AED 600

This treatment restores hydration to sun-damaged skin, soothing irritation and redness while helping maintain your tan. The cooling SunKiss Aloe vera Replenishing Gel is applied, wrapped and absorbed to restore moisture and balance. An intensive massage with SunKiss After Sun Rescue Moisturizer, infused with Argan oil and Vitamin E, deeply nourishes and calms the skin, reducing inflammation and restoring elasticity.

Beach cabana treatments are available between October and May. To book a treatment, approach one of the Talise Spa therapists at the beach or contact Talise by dialing +971 4 366 6818.

# Movement

Curated to harmonise body, mind and spirit, our yoga classes blend ancient practices with contemporary techniques, guiding you into a state of balance and inner calm. Each session encourages mindful movement and fosters a deeper connection to your inner self.



# Yoga

## **Private Yoga Class**

60 minutes | Starting from AED 400

## **Duet Yoga Class**

60 minutes | Starting from AED 600

## **Private Yoga Class - 10 Session**

60 minutes per class | Starting from AED 3,600

## **Group Yoga Class**

60 minutes | Starting from AED 95

## **Full Moon Yoga**

90 minutes | Starting from AED 300

## **Group Yoga Class - 10 Sessions**

60 minutes | Starting from AED 855 (Valid for three months)

## **Unlimited Group Yoga Class**

60 minutes per class | Starting from AED 1,100 (Valid for one month)

## **Group Red Light Yoga**

60 minutes | Starting from AED 250 per person

MOVEMENT

# Reformer *Pilates*

## Private Reformer Class

45 minutes | Starting from AED 500

## Group Reformer Class

45 minutes | Starting from AED 250

# IV Therapy

Designed to restore, energise, and support your body from within, our IV therapy treatments combine medical expertise with personalised wellness protocols. Using carefully selected nutrient blends, each session nourishes the body, enhances vitality and promotes overall balance.

# Restorative Wellness by *NOVA Clinic*

## High Dose Vitamin C

Starting from AED 525

A revitalising ritual that strengthens your body's natural defences, restores inner balance, and leaves you feeling renewed, resilient, and deeply restored.

## Vitamin B Energy Booster

Starting from AED 630

A replenishing infusion of electrolytes, nutrients, and minerals, designed to restore vitality, support immunity, and deeply rehydrate, leaving the body refreshed and renewed from within.

## Surgical Recovery

Starting from AED 1,575

A restorative blend of nutrients that strengthens immunity, supports recovery, and nurtures the body's natural healing from within.

## Gut Cleanse

Starting from AED 1,575

An electrolyte-rich infusion enhanced with essential vitamins and amino acids to restore gut harmony, soothe inflammation, and support deeper absorption and nourishment from within.

## Weight-Loss Support

Starting from AED 1,260

A revitalising infusion of amino acids and B vitamins designed to energise metabolism, enhance vitality, and support the body's natural renewal when paired with balanced nutrition and exercise. Enriched with Fat Booster/MIC and injection for added support.

# Restorative Wellness by *NOVA Clinic*

## **Amino Blend**

Starting from AED 1,575

An energising blend of amino acids that uplifts vitality, aids in muscle repair, and promotes lasting endurance.

## **Energy Boost**

Starting from AED 1,260

An electrolyte-rich infusion enhanced with antioxidants and amino acids to awaken the metabolism, restore vitality, and ease fatigue.

## **Migraine Relief**

Starting from AED 1,575

A soothing blend of vitamins designed to ease tension, relieve headaches, and restore inner calm. Enhanced with a CoQ10 injection for added relief and renewal.

## **Liver Detox**

Starting from AED 1,575

A restorative infusion crafted to cleanse and support the liver, enriched with antioxidants and nutrients to reduce oxidative stress and enhance natural vitality.

## **Quick Detox**

Starting from AED 945

A nourishing boost of antioxidants that gently purifies and revitalises the body, restoring clarity and vitality.

# Restorative Wellness by *NOVA Clinic*

## **Post-Party Quick Fix**

Starting from AED 945

Refresh and rehydrate with a potent infusion of vitamins and electrolytes, designed to ease nausea, restore balance, and support gentle detoxification.

## **Immunity Defense & Hydration**

Starting from AED 945

An electrolyte-rich infusion, enriched with immune-supporting nutrients and minerals, designed to restore resilience, maintain wellness and deeply rehydrate the body.

## **Anti-Hair Loss**

Starting from AED 1,575

Strengthen and restore hair with a carefully crafted blend of B vitamins and minerals, supporting growth, resilience, and natural beauty.

## **Skin Glow**

Starting from AED 1,050

A nourishing antioxidant therapy that cleanses, restores and revitalises, leaving the skin luminous, balanced and renewed.

## **Fountain of Youth**

Starting from AED 1,575

A blend of minerals, nutrients and antioxidants to promote collagen production, hydrate and minimize inflammation to achieve an overall more youthful appearance.

# Restorative Wellness by *NOVA Clinic*

## **Female Fertility Drip**

Starting from AED 1,575

A restorative blend crafted to harmonise hormones, soothe imbalance, and promote vibrant metabolic health from within.

## **Men's Health**

Starting from AED 1,575

Renew the body with a targeted nutrient blend to support circulation, testosterone, and lean muscle tone.

## **Women's Health**

Starting from AED 1,575

A nourishing blend of nutrients designed to harmonise hormones, enhance metabolism, and support radiant skin and healthy hair.

## **B Complex Booster**

Starting from AED 630

Recharge with a powerful blend of B vitamins designed to restore energy, calm the mind, and sharpen focus.

## **Anti-Stress Relief & Mood Booster**

Starting from AED 1,260

A potent combination of vitamins and minerals to support brain health, reduce oxidative stress, and restore neurological balance.

# Restorative Wellness by *NOVA Clinic*

## NAD+

Starting from AED 2,100

One of the most essential coenzymes found in every cell in your body driving metabolic processes. NAD+ IV therapy boosts energy, sharpens cognition, drives metabolism and detoxifies, as well as playing a key role in anti-ageing through DNA repair and biologic age reversal.



# Talise Spa

## *Etiquettes*

### **Reservations & Arrival**

Arrival is advised at least 30 minutes prior to your treatment to allow for a smooth check-in and to enjoy our luxurious facilities. Guests are encouraged to use the sauna, steam room and plunge pool to help relax the muscles before treatment. We provide guests with comfortable robe, bath towels and slippers, and request that swimwear be worn during the spa facility use.

- For facial treatments, it is recommended not to shave prior to the treatment and, removing your contact lenses.
- Please note that full treatment cost will apply for late arrival and reduce the time of treatment.
- Credit card details or pre-payment is required to guarantee treatment bookings.

### **Cancellation Policy**

If you need to cancel or change your appointment, please inform us twelve hours prior to your scheduled appointment time. Otherwise the full treatment fee will be applied.

### **Age Regulation**

We require a minimum age of 12 years old for Talise Spa treatments including massages and facials. Talise Spa facility use including pools, sauna and steam rooms, we require minimum age of 12 with parental supervision.

### **Gratuity**

In appreciation of outstanding service, gratuity may be given at your discretion.

# Talise Spa

## *Etiquettes*

### **Health**

Please advise us if you suffer from any medical conditions, injuries and allergies when booking your treatment.

### **Pregnancy**

We have designed bespoke treatments for all our mother-to-be. Please notify us during reservation and we will be happy to assist you in selecting suitable treatments for this special time.

### **In-House Treatments**

Spa service requested in resort guest rooms will incur an add-on fee of 100% of the treatment value.

### **Gift Certificates**

Talise Spa offers gift certificates that are perfect for special occasions. Please speak to one of our team at Spa reception, or call us for more information.

# Talise Spa

## *Etiquettes*

### **Ambiance and Privacy**

To fully benefit from a transformative and tranquil experience at Talise Spa, all electronic devices must be turned on silent mode. In keeping with local cultural values, we ask that guests show modesty when using changing areas. To respect the privacy of others, no photographs, video or other social media recordings are permitted.

Please be advised that Talise Spa is strictly a non-smoking facility.

### **Valuable & Jewelry**

Jumeirah group does not take responsibility for the loss of valuables brought onto the spa premises. We therefore ask that guests do not bring valuables with them, and if they choose to do so, the loss of valuables will be at their own risk.