TALISE

THE MENU



Talise Spa
& Wellbeing

Welcome to Talise at Jumeirah Beach Hotel, 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 andequipped 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 Smart Facial

This advanced treatment is personalised to address your individual skin concerns, whether oil control, pigmentation, sensitivity or dehydration. Combining a mattifying mask to rebalance and refine with targeted boosters tailored to your needs, it offers a smart, results-driven approach to skin clarity. To heighten efficacy, an LED face mask helps to calm inflammation, stimulate collagen and support visible improvements in overall skin health.

The Geneo Sculp & Firm Facial

A high-performance facial designed to revitalise the skin through deep oxygenation and advanced active infusions, the Geneo Sculp & Firm Facial stimulates cellular renewal, enhances circulation, and restores natural vitality. Using advanced firming technologies, precision-applied serums, and targeted massage, it lifts, contours, and tightens facial features while refining skin tone and texture. Performed with the GeneoX Device, this treatment reveals a smoother, firmer, and more radiant complexion, ideal for dull, tired, or mature skin in need of instant revitalisation and sculpting.

High Performance *Body Treatments*

Recovery Cryo Treatment

A specialised therapy for fatigue, combining deep-tissue and sports massage with advanced localised cryotherapy to release tension and re-energise the body. Focus on specific areas of concern or choose a whole-body approach for all-over recovery.

Fluid Release Treatment

This high-performance body treatment combines deep, flowing massage techniques with the targeted support of lymphatic boots. The hands on work eases tension and stimulates circulation, while the technology encourages fluid release, reduces water retention and restores a sense of lightness. You will leave feeling balanced, refreshed and noticeably lighter.

High Performance *Body Massages*

Muscle Recovery

A bespoke aromatherapy massage tailored to overwork muscles. Releases tightness, eases stiffness and encourages circulation for a refreshed and restored feeling.

Lymphatic Flow

A rhythmic, deeply relaxing full-body ritual that supports lymphatic flow and rest. Includes facial lymphatic drainage and Gua Sha to boost circulation and enhance skin tone.

Deep Renewal Treatment

Experience a deeply restorative body treatment that uses flowing, rhythmic massage techniques to soothe muscular tension and promote healthy circulation. By supporting the body's natural detoxifying functions and helping to reduce water retention, this treatment restores a feeling of lightness, vitality and renewed wellbeing. You will leave feeling balanced, refreshed and effortlessly revitalised.

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.

Women's Health *Support*

Balancing Ritual

Empowering Through Menopause
Thoughtfully designed to support women during times of hormonal change, this holistic experience begins with an aromatic foot bath and calming breathwork. This is followed by cold stone massage therapy, Gua Sha, reflexology and lymphatic drainage to soothe tension, settle the nervous system and restore ease.

Comforting Ritual

Relief for the 2nd or 3rd Trimester
An intuitive, deeply comforting massage that eases areas of strain and soothes tired muscles, focusing on the shoulders, back, hips and lower legs. It helps relieve discomfort, encourages better sleep and invites deep calm as the body changes during pregnancy.

Cancer Care *Treatment*

Barrog Full Body Massage

Developed to bring safe, specific comfort to compromised or sensitised skin, this gentle full-body massage supports overall wellbeing. Adapted techniques ease discomfort and encourage calm and rest at a time when the gentlest care is needed most.

Talise Advanced *Facials*

Pro Recovery Facial

Preps the skin with multi-peptides and bio-activated Aloe vera to support rapid recovery and optimise results. Addresses key drivers of premature ageing, inflammaging and glycation, while supporting mitochondrial health for stronger, more resilient-looking skin.

Swiss Lifting Facial

This facial targets loss of elasticity, fine lines, wrinkles, sunspots, dehydration and dullness. An exclusive Swissline lifting massage, combined with the Cell Shock patented formula, delivers serums and ampoules enriched with Growth Factors and Peptides to revitalise the face, neck and décolleté while strengthening the skin's structure. Enhancing hydration, stimulating muscle fibres and restoring tone, it helps promote fullness and a more youthful appearance. Particularly suited to those experiencing muscle weakness from long-term botulinum treatments.

Talise Advanced *Massages*

The Sleep Ritual

Ideal for Insomnia & Physical Fatigue
This ritual is designed to guide both mind and body into deep slumber. Gentle, flowing massage techniques combine with targeted pressure points and mindful breathwork to encourage slower breathing and profound relaxation.

Soothing Salt Stone Ritual

A deeply relaxing full-body massage enhanced with mineral-rich Himalayan salt stones. Warmth eases muscular tension while the stones' natural ionising properties promote calm. Supports the body's natural detoxification, helps to ease inflammation and fosters overall wellbeing.

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 *Facial Treatments*

Biome Facial

Soothing & Supporting Skin Barrier
Designed to help restore the skin's delicate microbiome when it feels compromised or sensitised. This calming facial supports the natural barrier, helps reduce visible redness and reactivity, and encourages healthy skin function, for comfort and resilience against external aggressors.

Swiss Bright

Created to repair and restore radiance, this brightening treatment activates anti-ageing ingredients to address dullness, sun damage and hyperpigmentation, while helping to prevent future discolouration. Gentle exfoliation with plant-based hydroxy acids lifts lifeless surface cells to reveal a replenished, plump, dewy complexion.

Talise Signature *Massages*

Grounding Ritual

Soothing Mental Anxiety & Stress
A specialised massage that creates space to reconnect with the body's natural capacity to self-repair and realign. Slow, nurturing techniques settle the nervous system, leaving you deeply replenished, grounded and at ease.

Inner Calm

Designed for those seeking inner peace and relaxation. Our Signature massage is grounded in myofascial release to relieve muscular fatigue and musculoskeletal tension, ease congestion around the spine and optimise mind–body balance, ideal for improving sleep, inner calm and physical resilience.

Talise Signature *Body Treatments*

Traditional Hammam Ritual

Everyday life melts away as you rest on a heated marble slab. Purifying black soap is applied to the skin, followed by a traditional Kessa exfoliation and aromatic body scrub. A final soothing moisturiser leaves skin renewed, soft and beautifully clean.

Signature Hammam Ritual

A majestic Arabian-inspired journey that includes the full Traditional Oriental Hammam Ritual: purifying black soap and a detoxifying full-body Kessa exfoliation. The experience continues with facial exfoliation, a nourishing shampoo and enriching hair mask with a soothing washing ritual. It concludes with an aromatic back massage to ease knots and restore lasting comfort.

The Restorative Ritual

A deeply renewing ritual that begins with an intensive full-body exfoliation to boost circulation and revive tired, dull-looking skin. A purifying body wrap then helps draw out impurities, reduce water retention and improve skin tone. The experience concludes with a focused back and shoulder massage to release tension, leaving the body restored and the mind at ease.

Talise Signature *Packages*

Deeply Grounded Ritual

Unwind with our signature Grounding Ritual to ease stress and anxiety, then follow with your chosen Biome Facial to restore skin wellness and repair the delicate barrier.

Your Spa Time for Two

Begin your journey in the Deluxe Private Spa Suite, with 30 minutes to enjoy your private sauna, steam shower and jacuzzi. Continue with a 60 minutes traditional hammam to refresh and smooth the skin, before concluding with a 90 minutes massage of your choice for complete relaxation.

Enhancements

Express experiences to enhance your
Talise journey.

Talise Signature *Enhancements*

Talise Signature Face Massage

Our signature sculpting and lifting facial massage releases tension, promotes relaxation and supports detoxification through targeted lymphatic drainage. Deep myofascial manipulation is paired with specially selected serums to lift, define and reduce puffiness, leaving skin toned, refreshed and visibly rejuvenated.

Foot Reflexology

Rooted in traditional Indian and Chinese practices, this targeted reflexology therapy uses thumb and finger pressure on mapped reflex points of the feet to stimulate corresponding organs and areas of the body. It helps ease tension, support the body's natural balance and promote overall wellbeing.

Talise Signature Scalp Massage

A specialised scalp therapy combining acupressure with a nourishing conditioning cream. Targets key points to ease tension, boost circulation and support healthy hair and scalp.

Perfect Decollete

Designed to renew firmness and vitality across the décolleté. Draining and lifting movements stimulate blood flow and lymphatic circulation, helping to release built-up tension and toxins, and leave the area smooth and toned.

Talise Signature *Enhancements*

Cryo Energy Cellulite

Targeted cryotherapy stimulates microcirculation and lymphatic flow to help improve the appearance of cellulite. Eases tired legs and aching muscles while contouring the silhouette, a quick fix treatment.

Deluxe Double Suite

Enhance any treatment with time in our exclusive, private Deluxe Double Suite. Enjoy a customised bath and beverage ritual perfect for marking a special occasion.

Swissline Face Mask Application

Choose a Swissline mask suited to your skin's needs.

LED Light Therapy

A gentle add-on that helps your concerns such as; treat acne, signs of aging, and dullness by boosting collagen, reducing inflammation, and improving overall skin clarity.

Mini Moments *By Talise*

Shared Serenity

This gentle ritual begins with a warm soak infused with Cúram Bath Salts by Ground Wellbeing, a soothing blend of chamomile, mandarin and neroli to ease tension and support deeper relaxation. The bath creates a moment of shared calm between parent and child, guiding both into a more restful state.

The journey continues with a 30 minutes calming ritual of your choice:

- *Face & Scalp Ritual* - focusing on delicate facial areas to encourage stillness and peace
- *Hand & Foot Ritual* - nurturing comfort and grounding the body through gentle touch

Performed side by side in our private couple's suite, this experience leaves your child feeling safe, emotionally settled and deeply connected to the present moment.

Essence of Connection

This nurturing ritual combines Ground Wellbeing's Face & Scalp Ritual with the Hand & Foot Ritual to create a complete relaxation journey. Spanning 60 minutes, gentle massage techniques, guided breathwork and subtle aromatherapy blends work in harmony to ease tension, instill calm and encourage emotional balance. Designed to deepen the bond between parent and child, the session leaves both feeling restored, reconnected and renewed.

Glowing Ritual

This nurturing ritual combines Ground Wellbeing's Face & Scalp Ritual with the Hand & Foot Ritual to create a complete relaxation journey. Spanning 60 minutes, gentle massage techniques, guided breathwork and subtle aromatherapy blends work in harmony to ease tension, instill calm and encourage emotional balance. Designed to deepen the bond between parent and child, the session leaves both feeling restored, reconnected and renewed.

Beach
Cabana

Back, Neck and Shoulder massage

Release tension exactly where you need it with this fast-acting de-stress treatment. Personalized to your needs, targeted massage with essential oil blends soothes tight muscles, revitalizes the body and calms the mind.

Foot Massage

Give your feet a moment of pure bliss with a revitalising massage that releases tension and rejuvenates tired soles. Using soothing oils and gentle techniques, our expert therapist promotes relaxation and boosts circulation, leaving you refreshed and revitalised.

Full Body Massage

Ease body, mind, and spirit with a balanced blend of Eastern and Western techniques. Targeted pressures and Swedish and neuromuscular methods release tension, calm the nervous system, and promote deep relaxation and overall well-being.

Beach cabana treatments are available from October to May. To reserve your experience, please call Talise Spa +971 4 406 8821 or visit our website for more information jumeirah.com/jbh

Talise Spa
Etiquette

Opening Hours

Talise Spa is open from 10:00 to 21:00 daily. The final appointment can be booked at 19:30, allowing for a 90-minute treatment Spa Environment

Reservations

To make a reservation at Talise Spa:

- Press '8821' on your guestroom phone
- Call +971 4 4068821
- Email jbhtalisespa@jumeirah.com
- Book online at jumeirah.com/jbh

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 1 of the main hotel building.
Non-resident guests may access Talise Spa via the Lobby and
J Club entrance.

Talise Spa
Etiquette

Cancellation

If you need to cancel, please let us know at least 24 hours in advance. Late cancellations and no-shows incur the full treatment charge. Late arrivals may result in a shortened appointment or require rescheduling; charges may apply.

Arrival

Please arrive 30 minutes before your appointment to prepare for your experience. Appointments begin promptly at the scheduled time; late arrival will shorten your treatment to respect the next guest.

Consultation

All Talise Spa guests enjoy a personalised consultation before their treatment, allowing our therapists to curate the most suitable experience and programme.

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 do not take responsibility for the loss of valuables or misplaced items brought onto Spa premises.

Talise Spa
Etiquette

Spa Environment

We aim to provide a comforting experience from arrival to departure. Kindly note this is a non-smoking facility. Please refrain from using mobile phones while on the premises. Your cooperation in maintaining a quiet environment is greatly appreciated.

Cultural Awareness

In keeping with local cultural values, please show modesty in the lockers and changing areas. To respect guest privacy, no photography, video or social-media recording is permitted.

Health Considerations

For your comfort, please advise at the time of booking of any allergies, injuries or areas of concern. If you are pregnant, some services may not be appropriate at this time; our team will be happy to guide you.

Talise Spa
Etiquette

Pregnancy or Other Health Conditions

We offer bespoke treatments for mothers-to-be and guests with specific health considerations, such as menopause or oncology care. Please notify us when reserving, and we will assist you in selecting the most suitable treatment.

Gift Certificates

Gift certificates are available to create a personalised Spa experience. For more information, please visit our Spa reception or contact our team.

Adult Facility

Talise Spa is an adult facility, open to men and women aged 16 and above. Guests under 16 are not permitted to use the steam room or sauna.

Gratuities

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

Talise Spa
Etiquette

Information Privacy

We value the privacy and confidentiality of your information. Your details are handled in accordance with the Jumeirah Privacy Policy for Guests, available at jumeirah.com/privacy-policy or on request at Spa Reception.

In-Room Treatments

A selection of in-room treatments is available from our massage collection; a surcharge applies. Please enquire at Spa Reception
or details.

Valuables And Personal Belongings

While lockers are provided, we recommend leaving valuables in your guest room or at home. A jewellery tray is provided in the treatment room for safekeeping; however, we advise that no jewellery is worn at the Spa.

Price *List*

Performance	Duration (Minutes)	Price (AED)
Facial		
Swiss Smart Facial	90	1,500
The Geneo Sculp & Firm Facial	90	1,600
Body Treatment		
Recovery Cryo Treatment	90	1,080
Fluid Release Treatment	90	1,080
Body Massage		
Muscle Recovery	90	1,080
Lymphatic Flow	90	1,080
Deep Renewal	60	880
Empower		
Women Health Support		
Balancing Ritual	90	1,080
Comforting Ritual	90	1,080
Cancer Care Treatments		
Ground Barrog Full Body Massage	60	880
Advanced Massage		
The Sleep Ritual	90	1,080
Soothing Salt Stone Ritual	90	1,080
Facial		
Pro Recovery Facial	90	1,400
Swiss Lifting	90	1,400

Price *List*

Intention	Duration (Minutes)	Price (AED)
Body Massage		
Grounding Ritual	90	1,080
Inner Calm Massage	90	1,080
Body Treatment		
Traditional Hammam Ritual	60	980
Traditional Hammam Ritual (For Two)	60	1,650
Signature Hammam Ritual	90	1,300
Signature Hammam Ritual (For Two)	90	2,100
The Restorative Ritual	105	1,200
Facial		
Ground Biome Facial	60	950
Swiss Bright	90	1,400
Packages		
Deeply Grounded Ritual	120	1,400
Your Spa Time (Per Person)	180	1,950

Enhancements		
Talise Signature Face Massage	30	500
Foot Reflexology	30	400
Talise Signature Scalp Massage	30	400
Perfect Decollete	30	500
Cryo Energy Cellulite	30	400
Deluxe Double Suite	30	400
Swissline Face Mask Application		200
LED Light Therapy		200