

TALISE

SEASONAL 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 gratifying rest, 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 will 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 Smart Facial

90 minutes | Starting from AED 1,350

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.

High Performance *Body Massages*

Muscle Recovery

90 minutes | Starting from AED 930

A bespoke aromatherapy massage designed for muscle recovery, targeting overworked areas to release tension, reduce stiffness, and boost circulation, leaving you feeling refreshed, restored, and re-energised.

Lymphatic Support

90 minutes | Starting from AED 930

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.

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*

Comforting Ritual

90 minutes | Starting from AED 930

Gentle relief for the second and third trimesters

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 *Treatments*

Ground Barrog Full Body Massage

60 minutes | Starting from AED 800

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.

Advanced *Massages*

The Sleep Ritual

90 minutes | Starting from AED 930

Ideal for easing insomnia and 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.

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.

INTENTION

Talise Signature *Facial Treatments*

Ground Biome Facial

60 minutes | Starting from AED 850

Soothes and strengthens the skin barrier

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe and repair the skin's natural barrier, helping to reduce inflammation, and increase natural skin function.

Talise Signature *Massage*

The Grounding Ritual

90 minutes | Starting from AED 930

Eases mental anxiety and relieves 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

60 minutes | Starting from AED 800

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.

Enhancements

Express experiences to enhance your
Talise journey.

Talise Spa

Enhancements

Talise Signature Face Massage

30 minutes | Starting from AED 400

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

30 minutes | Starting from AED 400

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 Spa

Enhancements

Back, Neck and Shoulder Massage

30 minutes | Starting from AED 400

Targeted, fast-acting relief that releases tension exactly where you need it most. Tailored to your needs, this targeted massage with essential oil blends eases tight muscles, revitalizes the body, and calms the mind.

Swissline Face Mask Application

Starting from AED 200

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

LED Light Therapy

Starting from AED 200

A gentle add-on that targets concerns like acne, signs of aging, and dullness, boosting collagen, reducing inflammation, and enhancing overall skin clarity.

Etiquette

Talise Spa

Etiquette

Opening Hours

Talise Spa is open from 11:00 to 20:00 daily.

The final appointment is available at 18:30, allowing for a 90-minute treatment in a relaxing 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/JumeirahBeachHotel

Please note: A valid credit card is required to secure your reservation and prices are subject to change without prior notice

Location

Villa 1, Al Bahar Villas

External guests may access Talise Spa via a short buggy ride from the Lobby or J Club entrance.

Talise Spa

Etiquette

Cancellation

If you need to cancel, please provide at least 24 hours' notice. Late cancellations and no-shows will be charged in full. Late arrivals may result in a shortened treatment or require rescheduling, and 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 socialmedia recording is permitted.

Health Considerations

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

Spa Attire

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

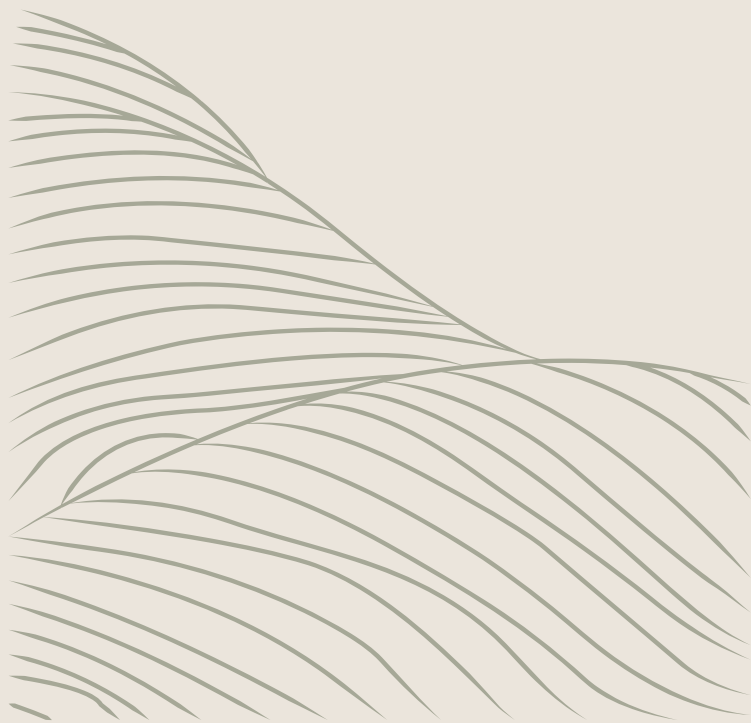
We value the privacy and confidentiality of your information. Your details are handled in accordance with the Jumeirah Privacy Policy for Guests, available at jumeirah.com/privacy-policy or on request at Spa Reception.

In-Room Treatments

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



T A L I S E