

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 & 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'll leave feeling empowered, renewed, and equipped with the tools to continue your personal journey of self-discovery and 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*

Activ' Age Facial Treatment

75 minutes | Starting from AED 725

Our re-densifying youth sublimating treatment is specifically developed to respond to the needs of mature skin. It combines high-performance professional products with 100% manual massage techniques for visible results from the very first treatment. At its heart: aesthetic lymphatic drainage and petrissage movements which gives proven result. This treatment reveals younger looking skin, reduces the appearance of the wrinkles and makes the skin feel firmer. Specifically develop to respond to the needs of mature skin.

Mosaic Modelling Method

90 minutes | Starting from AED 825

Our ultra-personalised signature anti-aging treatment treats your skin zone by zone with high-potential products and unique lifting and modeling techniques. A special sequence of manual movements, combined with the sculpting properties of our exclusive self-warming mask, offers firmer, smoother, and more energized skin. Indulge in 90 minutes of pure pleasure and experience our signature and anti-aging treatments, with smooth textures and active ingredients that rapidly penetrate the skin. The result is a spectacular lifting effect.

High Performance *Body Massages*

Muscle Recovery Ritual

60 or 90 minutes | Starting from AED 550 or AED 650

Repair and recovery

Flowing, rhythmical and firm; this back body massage was created to assist in releasing the overworked muscles of the body from their tense and tightened position. Helping to alleviate aches and stiffness while also improving circulation.

Performance Reboot Thai Therapy

60 minutes | Starting from AED 450

Inspired by the ancient healing arts of Thailand, this dynamic full-body ritual is designed to enhance physical performance, flexibility, and recovery. Guided stretches, deep acupressure, and rhythmic compression techniques are combined to release muscle tension, improve mobility, and stimulate energy flow throughout the body.

Ideal for active individuals or those seeking to recharge after exertion, the treatment helps optimise range of motion, restore balance, and awaken vitality. Expect to leave feeling re-energised, aligned, and ready to perform at your peak—both physically and mentally.

High Performance *Body Massages*

The Salt Stone Ritual

60 or 90 minutes | Starting from AED 625 or AED 725

Support and restoration for mind, body and muscles

Experience the healing power of hand-carved Himalayan salt stones, naturally mineral-rich, to relax muscles and soothe the nervous system. This warming full body massage combines therapeutic massage with the detoxifying, exfoliating, and energy-balancing properties of the salt stones, promoting muscle relaxation, easing tension and improving circulation.

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*

Detox Facial Treatment

60 minutes | Starting from AED 525

Deep cleansing. Pure glow index. Receiving the New Skin Detox treatment once under dermatological conditions. Average from the individual result regarding skin appearing more radiant, imperfections appearing reduced, and skin feeling purified and as if it is detoxified.

Hydra Global Facial Treatment

60 minutes | Starting from AED 675

A deeply hydrating treatment designed specifically for moisturizing, toning and treating dry and dehydrated skin. This refreshing treatment is perfect for skin exposed to extremes of weather including a rough ride by the sun or cold, instantly restores a feeling of comfort and hydration.

Talise Advanced *Body Massages*

The Sleep Ritual

90 minutes | Starting from AED 600

Ideal for insomnia and physical fatigue

This ritual was especially developed to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in.

The Comforting Ritual

60 or 90 minutes | Starting from AED 550 or AED 650

Relief for the second or third trimester

Relieve pain, improve sleep and induce profound sense of calm with this deeply comforting ritual. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows throughout pregnancy.

Talise Advanced *Body Massages*

Empower Flow Balinese Massage

60 minutes | Starting from AED 450

Emerge renewed with this deeply restorative Balinese ritual, designed to help the body and spirit rediscover their natural strength after a period of physical or emotional challenge. Gentle yet purposeful massage techniques from Bali—combining acupressure, stretching, and rhythmic palm movements—encourage circulation, release fatigue, and awaken inner vitality. Warm aromatic oils infused with grounding botanicals nurture both body and mind, while guided breathing invites calm resilience.

More than a massage, this experience celebrates recovery and self-empowerment—helping you reconnect with your energy, restore confidence in your body, and embrace your renewed sense of 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*

The Biome Repair Facial

60 or 90 minutes | Starting from AED 675 or AED 850

Restoring and supporting 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.

The Biome Calm Facial

60 or 90 minutes | Starting from AED 675 or AED 850

Soothing and cooling for sensitive, hormonal skin. Supports your skin's natural ability to soothe and heal with this deeply relaxing facial that will comfort the skin and calm the mind. Designed to nourish the skin blending bio-identical ingredients, plant lipids, calming massage & face reflexology techniques to restore, replenish and soothe the skin.

Talise Signature *Massages*

The Restorative Ritual

60 minutes | Starting from AED 550

Ease Tension in the Face, Neck, Head and Scalp. Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on releasing tension in the face, neck, décolleté and scalp.

The Grounding Ritual

60 or 90 minutes | Starting from AED 550 or AED 650

Soothing Mental Anxiety and Stress

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and realign and will leave you feeling replenished and grounded in your body.

Foot Reflexology

60 minutes | Starting from AED 450

This traditional treatment helps in reducing stress and bringing balance to the body, energy, and mind, aiding digestion, and promoting sound sleep.

Talise Signature *Body Treatments*

Deeply Grounded Face and Body Ritual

120 minutes | Starting from AED 1125

The Absolute in Skin and Body Wellness (Includes grounding ritual and biome bespoke facial). Surrender in full to our signature Grounding Ritual to relieve stress and anxiety, followed by chosen GROUND Face Ritual to restore skin wellness and repair the delicate barrier.

Enhancements

Express experiences to enhance your
Talise journey.

Talise Signature

Add Ons

Refreshing Express Facial

30 minutes | Starting from AED 350

A revitalising treatment designed to cleanse, hydrate and illuminate your skin's natural vitality. Using gentle yet effective techniques, this facial restores balance and radiance, leaving your complexion soft, smooth and refreshed with a healthy glow that lingers long after your spa experience.

Body Scrub

30 minutes | Starting from AED 350

Renew your body and senses with our invigorating Body Scrub. Expertly blended exfoliants smooth and refine your skin's texture, gently buffing away impurities to reveal a luminous, silky finish. This rejuvenating ritual enhances circulation and prepares your skin to absorb nourishing moisture, leaving you feeling revitalised and beautifully renewed.

Foot Massage

30 minutes | Starting from AED 350

Using time-honoured foot massage techniques, this treatment provides a much-needed focus on your feet and legs to open the chi energy flow in your body. It is highly effective in promoting deep relaxation and relieving excessive tension.

Talise Signature

Add Ons

Stress Relief Back Massage

30 minutes | Starting from AED 350

A focused treatment that combines rhythmic pressure and calming techniques to ease muscle stiffness specifically on your shoulders and back to restore inner balance. Ideal for relieving fatigue and encouraging deep relaxation, this restorative experience leaves you feeling light, centred and completely at ease.

Scalp Therapy

30 minutes | Starting from AED 350

An intensive acupressure scalp treatment using warm almond oil and focusing on the scalp and spine. This traditional technique calms the mind, stimulates circulation at the hair roots, and deeply nourishes the scalp and hair. It also promotes mind-body balance, supporting restful sleep and overall wellbeing.

Talise Spa

Etiquette

Opening Hours

Talise Spa is open from 9:00 to 21:00 daily. The final appointment can be booked at 20:00, allowing for a 60-minute treatment.

Reservations

To make a reservation at Talise Spa:

Call +971 4 319 8181 or email jettalise@jumeirah.com

Location

Talise Spa is located on Lower Level of the hotel. Non-hotel guests can access Talise Spa directly from the hotel lobby's lift.

Arrival

Please arrive 15 minutes prior to your appointment to prepare for your spa experience. Appointments begin promptly at the time scheduled. If you arrive late, your appointment may be shortened.

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 three 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.

Talise Spa

Etiquette

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.

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 always 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.

Talise Spa

Etiquette

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.

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 sauna.

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.