

# T A L I S E

THE MENU

# Talise Spa & Wellbeing

Welcome to Talise Spa at Jumeirah Carlton Tower, 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 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 *Facial*

## Pro Recovery

75 minutes | Starting from £215

An anti-ageing "go-to" treatment whenever skin feels aggressed or challenged. Perfect before or after anaesthetic procedures or devices, using Cell Shock Age intelligence product range.

## The Platinum HydraFacial Experience

75 minutes | Starting from £285

A transformative experience designed for those seeking total skin rejuvenation and renewal. This performance-driven treatment begins with Lymphatic Therapy to sculpt, lift, and gently detoxify the skin, enhancing circulation and definition.

A meticulous deep cleanse, gentle exfoliating peel, and targeted extractions prepare the complexion for optimal absorption of an infusion of intense hydration.

A bespoke booster is selected to address your unique skin concerns, from dullness to congestion or uneven tone.

To complete your experience, professional-grade LED Light Therapy is applied to visibly soften fine lines, reduce inflammation, and restore a radiant, youthful glow.

# High Performance *Facial*

## **The Deluxe Hydrafacial Experience**

50 minutes | Starting from £215

Designed for those seeking effective solutions to specific skin concerns, this treatment delivers visible results. Begin with a thorough deep cleanse, followed by a gentle exfoliating peel and precise extractions to refine and renew the skin.

An infusion of intense hydration restores moisture, leaving the complexion soft and refreshed.

A customized booster is carefully selected to address your individual skin needs, whether targeting congestion, uneven tone, or signs of aging.

To enhance the effects, professional-strength LED Light Therapy is used to smooth fine lines, reduce inflammation, and promote a radiant, rejuvenated appearance.

## **Blue Diamond Facial with Cooling Derma Globe Eye Treatment**

90 minutes | Starting from £250

This firming and brightening treatment helps revitalise dull, lacklustre skin. Diamond peptides prolong the life of healthy skin cells, restore skin fitness essential to the youthful behaviour of skin cells and help repair for a stronger, healthier and more vibrant complexion. This traditional Hungarian facial massage will accelerate the oxygenation of the skin to re-energise and lift.

# High Performance *Body Massage*

## Bamboo

90 minutes | Starting from £250

The bamboo massage is an ancient technique that weaves together the power of touch with the soothing rhythm of nature. It effortlessly releases muscular tension and harmonises the lymphatic system, guiding you toward a perfect balance of relaxation and detoxification. Beyond its physical benefits, this massage gently calms the mind, inviting a deep sense of mental serenity, carrying you into a meditative state of pure bliss.

## Muscle Recovery Ritual

90 minutes | Starting from £250

Flowing, rhythmical and firm; this back of 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.

## The Salt Stone Ritual

90 minutes | Starting from £250

A deeply relaxing full body massage enhanced with Mineral rich Himalayan salt stones, aiding our body's natural detoxification process, reduce inflammation and pain while also emitting negative ions that work to create a sense of peace & deep relaxation and support overall wellbeing.

# High Performance *Body Treatment*

## Swiss Silhouette

90 minutes | Starting from £255

Immerse yourself in the revolutionary Swissline Cell Shock treatment, where cutting-edge technology seamlessly integrates with the science of Maderotherapy. This treatment stimulates circulation and enhances connective tissue integrity to deliver exceptional results, whether you're seeking body sculpting, cellulite reduction or enhanced lymphatic drainage. Maderotherapy, utilizing specially crafted wooden tools, together with sculpting massage movements, expertly firm, shape and sculpt your arms, legs and stomach while instilling a feeling of wellbeing.

## Lymphatic Support Ritual

90 minutes | Starting from £265

Designed to have a deeply relaxing, sedating impact, this rhythmic full body ritual works to encourage and support lymphatic flow while including a state of rest and renewal.

## Osteopathy

30 minutes | Starting from £110

45 minutes | Starting from £140

60 minutes | Starting from £170

90 minutes | Starting from £240

This treatment emphasises physical manipulation of the body's muscle tissue, joints and bones, using techniques called palpation; the gentle massaging and movement of muscles.

# High Performance *Body Treatment*

## Acupuncture

30 minutes | Starting from £110  
45 minutes | Starting from £140  
60 minutes | Starting from £170  
90 minutes | Starting from £240

A form of alternative medicine and a key component of traditional Chinese medicine in which thin needles are inserted into the body to stimulate the central nervous system. This, in turn, stimulates the body's natural healing abilities and promotes physical and emotional well-being.

## Craniosacral Therapy

30 minutes | Starting from £110  
45 minutes | Starting from £140  
60 minutes | Starting from £170  
90 minutes | Starting from £240

A bodywork therapy that relieves compression in the bones of the head, sacrum and spine using a gentle touch on the membranes and movement of fluids in and around the central nervous system. It is the perfect therapy to treat and sooth a variety of health conditions.

# High Performance *Body Treatment*

## Sports Massage

60 minutes | Starting from £210

Designed to support your body's natural healing and boost overall performance, this specialized treatment blends deep pressure techniques with targeted stretching to effectively release muscle tension and stiffness. By focusing on key muscle groups, it helps to improve flexibility, enhance range of motion, and speed up recovery from physical activity or stress. Perfectly suited for athletes, fitness enthusiasts, or anyone with an active lifestyle, this treatment promotes long-lasting relief and renewed mobility. Experience the balance of deep therapeutic touch and gentle stretching, tailored to your body's needs, leaving you feeling revitalized, relaxed

# 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 *Facial*

## **The Biome Facial**

90 minutes | Starting from £245

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

## **Gold Hydrating Facial with Rose Quartz**

90 minutes | Starting from £245

This repairing and hydrating treatment starts with a double application of Hungarian Moor Mud, to cleanse, exfoliate and peel. A rose scented gold mask then deploys hyaluronic acid in three different forms to plump and nourish the skin while bio-available gold repairs micro-damage to strengthen the skin. A sparkling of gold shimmer oil adds a subtle sparkle to arms and décolleté.

## **The Queen**

75 minutes | Starting from £225

Discover the perfect remedy for sensitive, dry, or reactive skin with Omorovicza's soothing treatment. A traditional Hungarian facial massage lifts, firms and renews, while Queen Oil deeply re-plumps the skin. Calming ingredients like calendula, linseed and borage oils soothe and restore, leaving your complexion nourished and protected by a healing antioxidant shield.

# Talise Advanced *Massage*

## **The Wandering Ritual**

120 minutes | Starting from £315

Reconnect deeply with the wanderer within, the Vagus Nerve, our inner source of sincere wellbeing. This holistic approach to hands on massage creates a safe space to attune to our innate gut intuition and create a renewed connection to our inner self. Includes abdomen, face, neck and ears with Marble Stone & Gua Sha Massage Techniques.

## **The Cleansing Ritual**

90 minutes | Starting from £245

With the intention to move our system into the state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs.

## **The Sleep Ritual**

90 minutes | Starting from £250

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.

# Talise Advanced *Massage*

## **The Comforting Ritual**

90 minutes | Starting from £245

Relieve pain, improve sleep and induce a 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.

## **Jet Lag Ritual**

Whether arriving at the start of a busy day or winding down after a long journey, our dedicated jet lag massage ritual is designed to align the body's rhythms and restore energy and balance.

## **Awaken & Rebalance**

90 minutes | Starting from £250

Ideal for rebalancing mind and body, this uplifting ritual begins with aromatic breathwork followed by a restorative upper body massage targeting the abdomen, back, shoulders, and neck. Designed to support circulation and digestion, it promotes a grounded sense of wellbeing, perfect for helping travellers adjust and recharge.

## **Deep Slumber**

90 minutes | Starting from £250

Soothe the effects of travel and fatigue with a deeply calming full-body massage. Using flowing movements, acupressure, and guided breathwork, this evening ritual eases tension, quiets the mind, and promotes restful, restorative sleep.

# Oncology *Support*

## **Barrog Full Body Massage**

90 minutes | Starting from £230

This massage is developed to not only bring comfort and a specific relief to compromised skin in a safe way, but to also support wellbeing, encouraging calm and rest at a time where care and minding is needed most.

# 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 Treatment*

## **Sublime Youth Infusion**

100 minutes | Starting from £350

This treatment includes the Swissline Signature Face Sculpt Massage, an extremely innovative, original and technical facial massage using manual techniques to strengthen and smooth wrinkles, while using Le CLINIC LÉMANIC L'Extrait products.

## **Le Grand Soin au Collagene Pur**

100 minutes | Starting from £305

This comprehensive skin transforming treatment harnesses highly acclaimed ingredients and technologies comparable to non-invasive aesthetic procedures. It features the application of our 92% pure collagen mask. The treatment includes the Swissline Signature Face Sculpt Massage.

## **Swiss Lifting**

75 minutes | Starting from £245

Experience the ultimate in skin rejuvenation with our Swiss Lifting treatment, powered by the advanced Cell Shock range from Swissline. This intensive firming facial targets the face, neck, and décolleté, delivering visible lifting, contouring, and revitalization. Ideal for those seeking to reduce signs of aging, this treatment boosts collagen production, improves skin elasticity, and leaves your complexion glowing with renewed youthfulness.

# Talise Signature *Facial Treatment*

## Swiss Bright

75 minutes | Starting from £235

A Brightening + Global De-Aging facial. addressing an uneven complexion and dark spots, this treatment helps achieve glowing, youthful skin using Cell Shock White product range.

## Deep Cleansing Facial

75 minutes | Starting from £215

The application of a fragrant Moor Mud mask follows a thorough cleansing and exfoliation using the iconic Moor Mud Cleansing Balm, as well as tropical fruit extracts, which treat sensitive skin and reduce pore size. A classic Hungarian facial massage that instantly lifts and firms the skin.

# Talise Signature *Wellbeing Ritual*

## **The Golden Ritual**

120 minutes | Starting from £305

Experience Omorovicza's indulgent face and body treatment, beginning with a revitalising body scrub to awaken your skin. A golden oil massage follows, infused with ylang-ylang's enchanting aroma. The journey continues with the Hydralifting facial, featuring Hungarian Moor Mud for deep cleansing and a rose-scented gold mask with hyaluronic acid to plump and nourish. Finished with a traditional Hungarian facial massage for a lifted, radiant glow.

## **Decollete & Bust Beautifier**

60 minutes | Starting from £260

A targeted treatment for the décolleté and bust with specific massage movements that work on posture, toxicity, and drainage. The décolleté and neck are among the first areas to show signs of aging due to thinner skin and frequent sun exposure. This treatment focuses on these often-neglected areas, using a nourishing mask and ampoule to improve tonicity and encourage drainage. The result is firmer, smoother, and more retexturized skin

# Talise Signature *Wellbeing Ritual*

## Reflexology

60 minutes | Starting from £195

Experience a deeply relaxing foot therapy that expertly stimulates specific reflex points linked to various organs and systems throughout the body. This gentle yet powerful treatment encourages natural balance and wellbeing, helping to ease tension and improve circulation. Designed to provide a profound sense of calm, reflexology acts as a quiet reset for both body and mind, leaving you feeling refreshed, grounded, and deeply restored. Ideal for those seeking stress relief, enhanced vitality, or simply a moment of peaceful indulgence.

## Reiki / Energy Healing

60 minutes | Starting from £225

90 minutes | Starting from £325

Allow your body, mind, and spirit to return to harmony through this intuitive energy healing session. Working just above the body's main energy centres (chakras), our Reiki healer, channels healing energy to support deep relaxation, emotional release, and energetic balance. There is no physical contact unless light touch is welcomed on areas such as the shoulders or feet. The session flows intuitively, guided by your body's unique energetic needs. This sacred space invites stillness, stress relief, and inner peace. Energy healing can be especially supportive during times of emotional challenge, physical illness, or spiritual transition. You'll be gently guided back to full awareness, with time to share reflections or insights that may arise. All sessions are held in complete confidentiality.

# Talise Signature *Massage*

## **The Restorative Ritual**

90 minutes | Starting from £245

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 the face, neck, décolleté and scalp.

## **The Grounding Ritual**

90 minutes | Starting from £245

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

## **The Balancing Ritual**

90 minutes | Starting from £250

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each treatment commences with an aromatherapy foot bath and breathwork and uses Cold Stone Massage Therapy, Gua Sha, Reflexology and Lymphatic Drainage helping to soothe the body during hormone fluctuations.

# Talise Signature *Manicure & Pedicure*

## **Manicure**

60 minutes | Starting from £95

Nail reshape, cuticle attention, and a relaxing hands, wrist, and forearm massage; everything will be done with the utmost precision and care. This specialist treatment will leave your nails with a wonderful shine and will release all the tension accumulated from day-to-day life.

## **Pedicure**

60 minutes | Starting from £145

Using only the best medical tools to improve your feet's health long term, during this specialist treatment your nails, cuticles and hard skin are treated in the most efficient but gentle way. Ending with a wonderful knee to toes massage, you will discover a new way to see your feet.

## **Posturology Assessment**

60 minutes | Starting from £260

Posturology is a specialised assessment that examines how your body maintains posture and balance by analysing the connection between sensory input, muscular activity, and neural responses. When this system is out of sync, it can lead to chronic pain and biomechanical imbalances. Led by our specialist Pierre, the session includes a series of research-backed tests to identify dysfunctions and determine the most effective approach to restore optimal alignment and movement.

# Enhancements

Express experiences to enhance  
your Talise journey.

# Talise Signature *Add On*

Upgrade your experience by adding the following options to your treatment.

## **The Signature HydraFacial experience**

30 minutes | Starting from £135

Perfect for clients with healthy, low-maintenance skin, this refined treatment focuses on maintaining a radiant, balanced complexion. It begins with a thorough deep cleanse, followed by a gentle exfoliating peel to refresh and renew.

Targeted extractions are performed to ensure a smooth, clear surface, and intense hydration is infused to restore natural moisture, leaving the skin glowing and refreshed.

## **Swiss Eye Specialist**

30 minutes | Starting from £85

Designed to rejuvenate the delicate skin around the eyes, this treatment focuses on reducing puffiness, softening fine lines, and brightening tired eyes.

## **Foot Specialist Massage**

30 minutes | Starting from £95

The ultimate foot massage, done by a foot specialist. From the toes all the way up to the knees, this fully customise massage will target every muscle and will be tailored to your needs, weather if just full relaxation, or more in-dept muscle tension release. A specialist treatment that includes a foot scrub, to leave will leave you fully regenerated.

# Talise Signature *Add On*

## **Facial Reviver**

30 minutes | Starting from £90

The ideal way to extend your massage experience. An effective mini facial using Omorovicza skin care, includes cleansing, exfoliation and massage, complete with the application of the moisturiser most suitable for your skin.

## **Back Massage**

30 minutes | Starting from £85

This efficient massage is the perfect addition to any facial treatment, the massage is designed to melt away muscle tension in the back, neck, and shoulders.

## **Lymphatic**

15 minutes | Starting from £65

The Lymphatic element designed to detoxify the skin, reduce puffiness, and boost circulation through gentle lymphatic drainage techniques.

# Talise Signature

## *Add On*

### **Cell Return Light Therapy**

20 minutes | Starting from £50

Using NASA LED technology, this state-of-the-art face mask will be used to stimulate collagen production into the skin via its infrared light. Blue light is selected to help with acne prone skins, whilst pink light works for sensitive skin. A combination of the three lights can also be selected.

### **Perk Eye**

15 minutes | Starting from £45

The perfect addition to a hydra facial. The Perk eye is a non-invasive treatment that focuses on brightening, hydrating, and de-puffing the delicate under-eye area.

### **Perk Lip**

15 minutes | Starting from £45

The ideal add on to any hydra facial. The Perk Lip treatment is a quick, non-invasive service designed to exfoliate, plump, and deeply hydrate the lips.

# George Vallossian

## *The Hamptons Beauty*

Recently opened on the second floor, George Vallossian and The Hamptons Beauty offer a luxurious experience for all your beauty needs, specialising in hair, nails, brows and makeup.

### For bookings and more information

Please dial 7927 on your in-room telephone  
or scan the QR code below:

