TALISE

TALISE FITNESS



Fitness
Memberships



Longevity *Essential*

Elevate daily vitality

36000 AED

Duration
3 months

Benefits
Unlimited usage of Spa & Fitness Facility (Steam, Sauna, Experience Shower, Indoor Pool, Jacuzzi, Gym)

Membership Coverage
1 Adult Person

The Longevity Essential program is a premium, three-month wellness blueprint designed to optimize your healthspan, accelerate physical recovery, and elevate your daily vitality. Tailored for one adult, this immersive membership combines state-of-the-art conditioning with advanced thermal therapies. It provides an exclusive, unrestricted sanctuary to systematically lower systemic inflammation, manage stress, and build long-term biological resilience.

Ultimate *Longevity*

Unlock peak performance

56000 AED

Duration
3 months

Benefits
12 customized sessions of Longevity Remedy Therapy (Hyperbaric Oxygen Therapy, Cryotherapy, Idome Therapy , Chromo Space Therapy, Neuro - stimulation Therapy)
7 Customised Spa Treatments,
24 Customized Personal Fitness Classes/Fitness Assessments,
Unlimited usage of Spa & Fitness Facility (Steam, Sauna, Experience Shower, Indoor Pool, Jacuzzi, Gym)

Membership Coverage
1 Adult Person

The Ultimate Longevity program is an elite, three-month cellular regeneration and high-performance blueprint engineered for ultimate bio-optimization. Spanning 12 comprehensive weeks, this hyper-customized membership merges cutting-edge longevity science with bespoke physical conditioning and restorative therapies. Tailored for one adult, it targets biological aging at the cellular level - accelerating physical recovery, sharpening neural performance, and profoundly extending your active healthspan.

TALISE

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All prices are in UAE Dirhams and are inclusive of a 10% service charge, 5% VAT and subject to 7% Municipality fees.

