

TALISE

WINTER 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 wellbeing.

Signature *Journeys*

The Grounding Full Body Ritual

60 minutes AED 1,000 | 90 minutes AED 1,175

Inspired by the soothing rhythm of nature, this flowing full-body massage is complemented with a scalp and facial massage to ease tension, reconnect body and mind, and create a lasting sense of balance and wellbeing.

The Balancing Back Ritual

60 minutes AED 1,000 | 90 minutes AED 1,175

A Gua Sha facial massage, therapeutic foot massage and cold stone back massage work in harmony to ease muscle tension and quiet the nervous system, leaving the body feeling balanced, lighter and relaxed.

Deep Sleep Journey

90 minutes | AED 600

A complete sleep ritual designed to prepare the body and mind for deep rest, beginning with a therapeutic foot massage in the zero-gravity Satori Lounge Chair. A flowing full-body massage follows, blending calming movements, pressure point therapy and mindful breathwork to calm the nervous system and encourage profound relaxation.

Satori Mind Reset and Foot Massage

30 minutes | AED 400

A therapeutic foot massage designed to release tension and restore balance, experienced while immersed in the zero-gravity Satori Lounge Chair. A personalised Satori journey is selected based on your individual needs.

Massage *Treatments*

Deep Muscle Recovery

60 minutes AED 1,000 | 90 minutes AED 1,175

A targeted massage designed to release muscular tension, improve circulation and support physical recovery.

Energy Flow Stretch Massage

75 minutes | AED 1,000

Inspired by Thai techniques, this treatment combines assisted stretching and pressure point therapy to improve mobility and enhance energy flow.

Lymphatic Drainage

60 minutes | AED 1,700

A detoxifying massage to reduce water retention, stimulate circulation and restore a feeling of lightness to the body.

Facials & Skin *Health*

Swiss Smart Facial

60 minutes | AED 1,500

A personalised facial targeting hydration, sensitivity, pigmentation or oil control for radiant, balanced skin.

Swiss Lifting Facial

60 minutes | AED 1,400

An advanced lifting treatment designed to improve firmness, elasticity and visible skin tone.

Icoone Full Face

60 minutes | AED 700

Advanced facial micro stimulation designed to lift, firm and restore skin vitality for a refined, radiant complexion.

Margy's Age Embrace Facial

75 minutes | AED 1,400

A sculpting facial using specialised massage techniques to deeply hydrate and revitalise the complexion.

Margy's Collagen Renewal

90 minutes | AED 1,650

An intensive hydrating facial to smooth fine lines and restore skin vitality.

Add Ons:

Swiss Eye Specialist

25 minutes | AED 575

A mini facial and refreshing eye treatment designed to reduce puffiness, brighten and awaken tired eyes.

Facials & Skin *Health*

Pro-Recovery Mask

30 minutes | AED 150

Ideal for sensitive, sunburned or problematic skin, as well as deep hydration. Recommended for guests aged 16 and over.

Pro-Vitality Mask

30 minutes | AED 150

Anti-ageing, nourishing for dry skin, mature skin, collagen and elastin enhancing. Recommended for guests aged over 30.

LED UNICSKIN Face Mask

20 minutes | AED 200

Harness the transformative power of light with an advanced 20-minute facial combining LED and Near Infrared Light technology. With 528 optimised LEDs across seven colours and eight wavelengths, it supports collagen and elastin production while helping to reduce wrinkles, acne and blemishes for firmer, smoother, more radiant skin. Suitable for all ages.

LED UNICSKIN Neck and Chin Mask

20 minutes | AED 200

An advanced LED therapy designed to redefine the neck and chin, enhancing firmness, smoothing the skin and refining contours for a more toned, sculpted appearance.

Body *Rituals*

Signature Hammam Ritual

90 minutes | AED 1,000

A traditional cleansing ritual combining steam, black soap exfoliation, and nourishing mask with aromatic oils for soft, radiant skin.

Cooling Peppermint Hammam

60 minutes | AED 600

An invigorating summer ritual designed to refresh, detoxify and restore energy. A mint-infused rhassoul mask delivers a subtle cooling effect to tone and revitalise, while argan-based nourishment hydrates hair and skin.

Swiss Silhouette

90 minutes | AED 1,650

A contouring body treatment combining Madero therapy and advanced formulations to tone, sculpt and revitalise the body.

Stress Relief Ritual

90 minutes | AED 1,115

A revitalising full-body exfoliation followed by a deeply personalised massage designed to dissolve physical fatigue, calm mental overwhelm and enhance total relaxation. The ultimate reset for body and mind.

Sun Soother

45 minutes | AED 600

A cooling after-sun treatment with aloe vera and argan that hydrates, calms and restores sun-exposed skin.

Recovery & *Wellness*

Sleep Recovery with Icoone

60 minutes | AED 700

For those experiencing restless nights and sleep imbalances, this targeted treatment combines the precision of icoone® micro stimulation with slow, rhythmical techniques to calm and support nervous system regulation. Developed in Italy, icoone's patented Roboderm® technology delivers over 21,000 micro-stimulations per minute, preparing the body for deeper, more restorative rest.

Cortisol Recovery with Icoone

60 minutes | AED 700

Advanced micro stimulation combined with grounding massage techniques to reduce stress, release tension and restore emotional equilibrium.

Deep Body Reset with Icoone

60 minutes | AED 700

For times of burnout or physical fatigue, this treatment blends micro stimulation technology with slow, intentional massage techniques, improving circulation, easing tension and returning a sense of lightness to the body.

iDome Recovery Therapy

45 minutes | AED 600

A touchless infrared and LED recovery experience designed to detoxify, reduce inflammation and restore energy levels.

Holistic *Therapies*

Chi Nei Tsang

60 minutes | AED 1,600

A therapeutic abdominal massage supporting detoxification, energy flow and emotional wellbeing.

Assisted Stretching

60 minutes | AED 595

A guided flexibility session designed to improve mobility and reduce muscular tension.

Physiotherapy

60 minutes | AED 595

Hands-on therapy supporting recovery, mobility and muscular function.

Body and Face Duo

90 minutes | AED 1,180

A complete face and body experience combining a personalised full-body massage with a radiance-boosting express facial. The perfect treatment to restore relaxation, glow and overall wellbeing.

Sound Healing

45 minutes | AED 480

Therapeutic sound vibrations guide the body and mind into a deeply meditative and restorative state.

Clinical *Wellness*

Biohacking Consultation

60 minutes | AED 1,050

A personalised wellness consultation exploring lifestyle, nutrition and innovative recovery strategies designed to optimise energy, support longevity and enhance wellbeing.

Chiropractic Therapy

60 minutes | AED 800

Focused spinal and joint adjustments to improve alignment and release tension.

EBOO Therapy Level 1

AED 10,500

A restorative ozone blood filtration therapy designed to support the body's natural detoxification processes, promote healthy circulation and restore a sense of overall wellbeing.

EBOO Therapy Level 2

AED 12,600

An advanced EBOO therapy offering deeper regenerative support to promote recovery, restore vitality and encourage cellular renewal.

Clinical *Wellness*

Peptide Therapy

Starting at AED 1,575

Targeted peptide treatments designed to support recovery, vitality, healthy ageing and overall physical wellbeing.

Ozone Therapy

60 minutes | AED 2,100

Medical-grade ozone therapy designed to support detoxification, immune function, circulation and cellular regeneration.

Cryotherapy

AED 400

Advanced cold therapy designed to reduce inflammation, support recovery, boost circulation and restore energy levels.

Red-Light Bed Therapy

40 minutes | AED 400

Soothing red light awakens cellular repair, eases inflammation and balances from within. Excellent for sleep and circadian rhythm, it promotes skin renewal, muscle recovery, better sleep and longevity.

IV Therapy

(Rate varies according to IV infusion)

Personalised wellness infusions thoughtfully formulated to hydrate, restore energy and support overall wellbeing. A curated selection of IV therapies is available to complement your individual wellness needs, upon request.

Movement

Reconnect with your body through mindful movement. Our highly trained instructors offer a range of movement and mindfulness modalities, thoughtfully adapted to your individual needs, experience and level.

Private Yoga and Meditation

A personalised session combining mindful movement, breathwork and meditation to support flexibility, balance, strength and a deeper sense of calm.

Private Reformer Pilates

A focused, instructor-led session on the Reformer, designed to build strength, enhance posture, improve mobility and deepen body awareness. Thoughtfully tailored to suit all experience levels.

Private Mat Pilates

A personalised mat-based Pilates session designed to build core strength, improve alignment and flexibility, and encourage controlled movement. Suitable for all levels.

AED 300 per person

Private sessions for upto 1 to 3 guests

Talise Spa

Etiquette

Opening Hours

Daily from 11:00 to 21:00

Reservations

For bookings, please contact: +971 4 366 6818 or mjtalise@jumeirah.com

Location

Talise Spa Madinat Jumeirah is located adjacent to Jumeirah Al Qasr and can be accessed via buggy or traditional abra.

Arrival

We recommend arriving 10 minutes prior to your appointment time for a smooth check-in experience. Late arrival may result in reduced treatment time while the full fee remains applicable. Credit card details or pre-payment may be required to secure bookings.

Cancellation Policy

Please inform us at least 12 hours in advance of any cancellation or amendment. Otherwise, the full treatment fee will apply.

Health and Pregnancy

Please provide details of any medical conditions, injuries, allergies, or pregnancy at the time of booking so we may guide you towards suitable treatments.

Age Requirement

Guests must be 12 years and above to receive treatments, with parental supervision required for minors.

In-Room Treatments

Spa services conducted in hotel rooms or suites are available subject to availability and will incur an additional charge.

Ambiance and Privacy

To preserve the tranquil environment of Talise Spa, we kindly ask guests to keep electronic devices on silent mode. Photography, video, and smoking are not permitted within the spa.

Valuables

Jumeirah is not responsible for the loss of valuables brought onto the premises. We kindly recommend leaving valuables in your room or personal safe.