

TALISE

THE MENU



Talise Spa & *Wellbeing*

Welcome to Talise, the iconic destination where opulence meets self-discovery with every moment that invites you to reconnect with your inner self and explore a deeper sense of balance, harmony and comfort.

Drawing upon ancient traditions and elevating them through modern therapies, Talise offers a distinctive mind-body experience that restores a profound sense of equilibrium, inner peace and restful gratification. Talise embraces a comprehensive approach to well-being and whether you seek deep relaxation, enhanced performance or a meaningful journey of self-connection, our purposefully curated experiences are tailored with precision to your individual needs to provide a transformative, all-encompassing journey to wellness.

Each visit leave you feeling empowered, renewed, embraced by an enduring sense of opulence and harnessed with the resources 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*

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L'elixir de Glaciers Majestic Treatment

90 minutes

Nourishing, sculpting and remodeling treatment for the face and chest. This exclusive treatment combines three different massage protocols with the powerful essence of Gold Sturgeon DNA to stimulate cell regeneration: Stress vanishes thanks to re-mineralizing massage. A lifting, nourishing massage inspired by surgical lifting techniques targets the muscles of the face for toning action that smooths facial lines. The treatment includes a youth massage inspired by the Japanese Kobido massage technique - a traditional art of rejuvenation for Japanese women.

Add on: L'Elisir Des Glaciers Majestic hand treatment 30 min

Firmness of the Hills

90 minutes

This treatment improves the firmness and brings back the bounce to reveal a younger looking face with more defined volume. The ingredients are incredibly potent with voluptuous textures to offer a full 360 approach to skin ageing. A blend of time honored and state of the art ingredients that work together to restore density of the dermis. The collagen mask plumps the tissues and redefines the contours of the face- a true biological facelift!

High Performance *Facials*

Sublime Youth Infusion

105 minutes

This endogenous de-aging protocol is designed to increase the skin's natural collagen production, instantly plumping the skin while filling-in lines and wrinkles.

A comprehensive skincare ritual is further elevated by encompassing the principles of high-tech Human Tecar methodology which features a face-lifting massage with radiofrequency technology, that strengthens the underlying structure of skin, resulting in firmer, lifted, contoured and sculpted skin with reduced signs of ageing, puffiness, inflammation, fine lines, and furthermore in synergy with the powerful LED therapy to restore the original skin radiance.

Le Grand Pure Collagen

105 minutes

A comprehensive skin-transforming treatment delivering results comparable to non-invasive aesthetic procedures. It harnesses 92% pure native collagen, marine collagen, peptide technologies, and pure silk and plant-based growth factors to rejuvenate skin. Complexion will appear fuller, firmer, and radiant. The experience is enriched with the application of an infusion of pure serums through oxygen therapy and the LED light therapy. For stressed, dull and aging skin.

High Performance *Body Treatments*

Burj Al Arab Golden Journey

150 minutes

The ultimate luxury opulence experience combines precious plant stem-cells with colloidal gold to promote DNA repair, while positively affecting the expression of the skin's own sirtuins that regulate the skin's cellular metabolism and aging. A comprehensive fusion of principles encompassing Human Tecar methodology with radiofrequency, powerful LED therapy, synchronized massage movements and techniques, shimmery notes of glossy 24K mist that will leave your skin smooth and revitalized with a sublime glowing luminosity during a 75 minutes facial experience and 75 minutes body massage.

Facial | Massage *Featured by Swissline Clinic LeManic

Anti Cellulite Contouring

60 minutes

This revolutionary treatment helps reduce fat and the size of fat cell precursors known as pre-adipocytes. Furthermore, it activates collagen, fibroblast cells and elastin, tightening and softening the skin.

High Performance *Body Treatments*

Burj Al Arab Renaissance

120 minutes

RF Lymphatic Massage

Retreat with an opulent, detoxifying ritual for an intense therapeutic transformation. This wellness trademark of Burj al Arab involves a lymphatic massage with radiofrequency. This activates your metabolism, stimulates blood flow and helps achieve a flawless anti-aging effect.

Swiss Silhouette

90 minutes

Sculpting and Firming Maderotherapy

Awaken your senses and sculpt your body's contours with this very special treatment. It unites the ancient healing tradition of maderotherapy, a holistic technique utilizing specially crafted wooden tools, together with mindful massage movements expertly linked to Cell Shock Body products. It will firm, shape and sculpt your arms, legs and stomach while instilling within you a feeling of wellbeing.

High Performance *Body Massages*

Muscle Recovery

90 minutes

Repair and Recovery

Flowing, rhythmical and firm, this massage was created to assist in releasing the overworked muscles of the body from their tense and tightened state. Helping to alleviate aches and stiffness while also improving circulation, this deeply relaxing massage will aid in restoring balance, improving quality of movement and renewing energy levels.

Secret River of Health

90 minutes

Soothing Lymphatic Support Ritual

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

Gentle techniques to stretch and massage the skin to support lymph flow, mindful breathwork and the therapeutic benefits of aromatherapy combined to create this unique ritual.

Wellbeing *Remedies*

Reset Lounge

45 minutes

Time for recovery

This ritual combines pulsed electromagnetic field therapy for reducing chronic pain and inflammation, enhancing bone healing and boosting immune function with infrared therapy to prolong youth and beauty of your skin and with lymphatic drainage

- PEMF Lounger
- Far Infra Red or PEMF Face Mask
- Lymphatic pneumatic compression Boots

Sleep well | Mind Spa

30 minutes

Time for meditation

Discover an extraordinary wellbeing journey with new sound technology for deep immersive meditation that will lead to increased focus and balanced moods, while allowing you to deal with stress and take a step back and relax.

IV Infusion Therapy

60 minutes

Personalized IV Therapy treatments designed to restore longevity and wellbeing. IV infusion therapy options help support cellular health, boost energy, and maintain overall wellness while helping you to replenish, recharge, rehydrate, and give your body the vitamins and minerals it needs to perform at its best. We offer a variety of drip therapy appointments for all kinds of needs, including:

- Immunity Booster
- Jet Lag Relief
- Healthy Gut
- Hangover recovery
- NAD+

Fitness Centre

Personal Training

Complement your existing fitness regime with one-to-one sessions with our health and wellbeing specialists in our workout center. Ground yourself in an outdoor session or engage in a refreshing workshop in our fitness studio, which has inspiring vistas of the Arabian Gulf. Available for in-house guests and members.

Personal Training Session

60 minutes

Our certified Personal Trainers will assess your needs and design a bespoke program to keep you motivated and accountable so that you can achieve your fitness objectives and set even more challenging ones.

Body Composition Assessment

30 minutes

The body is composed of minerals, water, fat and protein. Our body composition analysis helps provide a more precise description of weight than body mass index (bmi) as it reliably detects changes in muscle and fat mass and your overall body fat percentage – ultimately helping you to achieve your physical and wellness goals.

Fitness Centre

Personal Training

Yoga | Private And Group Classes
60 Minutes

A unique blend of luxury and transformative yoga practices incorporating elements of art and biophilia for an unparalleled wellness experience.

Pilates Reformer | Private And Group Classes
60 minutes

Reformer pilates is a full-body exercise that will help you create a strong core, tone a range of main muscle groups, develop flexibility and joint mobility.

Therabody Recoveryair
30 minutes

Advanced compression boots, made with trugrade technology, provide safe and precise application of pressure, boost circulation and reduce muscle fatigue in the lower legs.

Membership

For the city's ultimate health and wellbeing programs, take advantage of our exclusive selection of memberships to suit your needs. These include:

- Elite Members Club
- Fitness Membership

For more information, please contact our well-being ambassadors in Talise Spa.

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*

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Luminosity of Ice

75 minutes

This Valmont radiance ritual refines the skin's texture and calls forth the glow of a unified complexion. The skin is softer, smoother and altogether radiant, with fewer irregularities and gives the skin a more youthful glow. The collagen mask plumps the tissues and redefines the contours of the face- a true biological facelift!

Vitality of the Glaciers

75 minutes

This ritual is essential against the first signs of ageing caused by fatigue, stress and pollution. Using major scientific innovation, it can be for all ages, all genders and all skin types that are looking for a more plumped, energized, invigorated, fresh and radiant healthy skin.

Talise Advanced *Facials*

Swiss Recovery

75 minutes

A deeply calming and strengthening treatment for fragile skin. Revolving around Swissline's signature Virtual Mask, this treatment boosts skin cell regeneration and cell turnover. Pre and Probiotics help to strengthen the skin barrier and the modulate the skin's own immune system.

Swiss Absolute Purity

75 minutes

This "detox" facial features a professional mask with a high concentration of keratolytic enzymes to clear the skin while calming irritation and visible redness. A purifying and balancing treatment that includes a deep cleansing with ultrasonic spatula exfoliation and LED therapy to reduce breakouts and prevent future blemishes. For younger skin, sebaceous and adult blemish-prone skin.

Talise Advanced *Massages*

The Sleep Ritual

90 minutes

Ideal for insomnia and physical fatigue

The Sleep Ritual is specially designed to guide the mind and body into deep slumber. Soothing, flowing massage techniques and targeted pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in.

The Cleansing Ritual

90 minutes

To encourage gut harmony

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. Massage techniques are used to release stagnated energy and emotions from the abdominal area while acupressure points on the face and feet are worked on to further promote digestion and metabolism.

The Wandering Ritual

120 minutes

Vagus Nerve Support - Ideal for burnout

Experience the profound benefits of this Vagus Nerve focused ritual to understand the important connection between our gut and brain and how stress & hormonal fluctuations can leave the mind & body feeling out of balance. This full body massage treatment incorporates deep focus on the abdomen to cleanse and invigorate and a soothing combination of face, neck and ear massage with chilled marble stone and Guasha technique.

Talise Advanced *Body Treatments*

The Comforting Ritual

60 minutes | 90 minutes

Relief for the 2nd and 3rd trimester

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. 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 through pregnancy.

The Leg School

60 minutes | Pack of 4 sessions

To eliminate cellulite and water retention

After the luxurious Capri Palace Jumeirah, we are the only location in the Middle East to provide The Leg School™ to our guests, which is renowned for its ability to prevent and help eliminate cellulite, water retention and vascular leg problems. This three-step therapy restores vitality while improving vascular and lymphatic tone.

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*

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The Biome Facial

90 minutes

Soothing and Supporting Skin Barrier

Designed to reinforce barrier strength and skin longevity by honoring the skin's natural ecosystem and supercharging the microbiome. The Biome Facial uses probiotic-rich plant nutrition, lymphatic drainage, and therapeutic massage techniques to calm inflammation, reinforce the skin barrier, and promote long-term healthy skin.

Gentlemen's Awakening

75 minutes

Well-being for men's skin. Using a selection of specific massage techniques and the Vitality line, this ritual has an anti-fatigue and stress relief action on the skin alongside calming any irritation and pore cleansing, whilst restoring the freshness of the eyes with the anti-ageing results from our Collagen.

Talise Signature *Facial Treatments*

Swiss Smart

75 minutes

This fully personalized treatment features pharmaceutically graded ingredients to enhance skin resiliency and address specific skincare concerns such as oil control, pigmentation, sensitivity or dehydration. Using Swissline's Cell Shock Age Intelligence Boosters, the treatment offers skin an instant "de- stress". It's a smart and fast way to look your best. For skin showing the very first signs of aging or an ideal choice for teens seeking clear and healthy skin.

Talise Signature

Massages

Burj Al Arab Gold Massage

90 minutes

Power of 24-karat gold

Discover an opulent rejuvenating experience and awaken your skin's radiance with the precious touch of gold and expertly crafted massage techniques. Swiss-enriched gold oil, a brightening 24-karat face mask, and a dusting of ultra-brilliant gold hair mist will leave your skin feeling silky, smooth, radiant and nourished, while releasing tension and promoting deep relaxation.

The Grounding Ritual

90 minutes

Soothing mental anxiety and stress

This treatment will relieve tightness and tension, create a deep sense of re-connection between mind and body while encouraging an overall sense of harmony and peace. Long, flowing movements working the full length of the body including special attention to reflex points in the feet and complemented by scalp and facial Gua Sha massage.

Talise Signature *Massages*

Nuat Phaen Boran

90 minutes

Energize and relieve muscle tension

This therapeutic ancient Thai technique is based on the concept that the body's energy runs along predictable lines or routes known as sens. Your wellness practitioners will move your body into yoga-like poses, rocking and stretching you to promote the flow of energy. The ideal therapy to reduce headaches and energize your body.

Balance Flow

90 minutes

Relaxation and improved circulation

Warm stones transmit heat deep into your muscles in this ancient therapy, which reduces muscle tension, enhances blood circulation and boosts the flow of energy. We particularly recommend it for those looking to improve their flexibility and range of motion.

Talise Signature *Body Treatments*

Vitality of the body

90 minutes

This treatment stimulates and energizes tired skin and sore muscles, letting you feel energized with the skin firmer & hydrated to perfection! Start with an all over the body exfoliating and purifying ritual with a refining scrub which helps eliminate impurities combined with a luxurious rose oil allowing your skin to return to soft and silky feel. The journey continues with a highly energizing and anti-aging treatment for the body which includes an original full body massage technique that is relaxing and invigorating.

*Body exfoliation | Massage * Featured by Valmont*

Deeply Grounded Ritual

120 minutes

Skin and Body Wellness

Surrender in full to our Grounding Ritual to relieve stress and anxiety, followed by the signature Biome Facial to restore skin wellness and repair the delicate barrier. This specialized massage treatment will provide you with the space and time to tap into your body ability to self-repair and re-align and will leave you feeling replenished and grounded in your body.

*Massage | Facial * Featured by Ground Wellbeing*

Talise Signature *Body Treatments*

Perfect Decollete

90 minutes

Firming and lifting

A treatment focusing on drainage and tension release, including an enzymatic exfoliation, nourishing mask and concentrated ampoule to improve skin tonicity and reveal a firmer, smoother for a perfect decollete.

Romantic Moonlight Swim

Four Hours

A promising evening of sheer luxury takes place in the serene environment of Talise Spa, 150m in the sky. This four-hour journey commences with a 90-minute massage to promote a deep state of calm and relaxation. After the massage you'll enjoy a breathtaking moment overlooking sweeping views of Dubai and the Arabian Gulf in our indoor pool, which will be adorned with floating petals.

Kids and Teens Wellness

My First Facial

60 minutes

A delightful experience specially crafted for kids and teens, designed to introduce them to the world of skincare with pampering and care.

Cuddly Cloud Massage

60 minutes

Treat your little one to a hands and feet massage, designed to provide gentle relaxation and comfort.

In-Suite Services

We re-create the Talise Spa massage and facial experiences in the comfort and privacy of your suite.

Enhancements

Express experiences to enhance your
Talise journey.

Talise Signature

Add Ons

Enhance your spa experience with our signature add-on treatments, designed to target your specific well-being needs. Only available to be added on to a minimum of 60 minutes Talise Spa treatment.

Swiss Express Facial

Intense hydration, nourishment,
and epic glow

Swiss Collagen Eye

Pure collagen for the perfect eye contour

Reflexology

Provide immediate relief to fatigued feet
and to reduce inflammation

Purifying Body Exfoliation

Unveiling a layer of radiance
and smoothness

Hair Ritual Golden Opulence

Deep hydration and anti-ageing for
normal-to-thick hair

Talise Signature

Add Ons

Face Mask 111Skin

Brightening | Regenerating | Purifying
De-puffing | Lifting

Eye Mask 111Skin

Lifting | Illuminating | De-puffing

LED Red Light Therapy

Improve collagen production, target fine lines

PEMF Face Mask

Pulsed Electro Magnetic Field therapy to
prolong youth and beauty of your skin

PEMF Pro Mat

Pulsed Electro Magnetic Field for reducing
chronic pain and inflammation

All prices are quoted in UAE Dirhams and are inclusive of 7% municipality fee, 10% service charge and 5% VAT where applicable. Prices are subject to change without prior notice.

Talise Spa

Etiquette

Opening Hours

Talise Spa is open from 08:00 AM to 10:00 PM daily.
Spa bookings can be scheduled between 10:00PM to 10:00PM.
The final appointment can be booked at 8:30PM, allowing for a 90-minute treatment.

Reservations

- Press 'Spa' on your guestroom phone
- Call **04 3017365** or **04 3017553**
- Book online at **Talise Spa | Jumeirah Burj Al Arab**
- Email: **baata@jumeirah.com**

*Please note: A valid credit card is required to hold your reservation.
Prices are subject to change without prior notice.*

Location

Talise Spa is located at Level 18 of the hotel building.
Non-hotel guests can access Talise Spa directly via the main hotel lobby.

- **Level 18:** Ladies and Gentlemen floor | Swimming pool
- **Level 18M:** Fitness Centre | Studio

Talise Spa

Etiquette

Arrival

We encourage you to please arrive 30 minutes prior to your appointment to prepare for your spa experience. Appointments begin promptly at the time scheduled. If you arrive late, your appointment will be shortened so that the therapist will be on time for the next session.

Consultation

All Talise Spa guests will enjoy a personalized 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 24 hours in advance. Late cancellations and no-shows will incur the full treatment rate charge. Late arrivals will result in a shortened appointment or require rescheduling, which may also include additional charges.

Spa Attire

Talise Spa will provide you with robes, towels 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.

Talise Spa

Etiquette

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. We promote a tranquil environment and as a courtesy to other guests please refrain from using your mobile phone at all times 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 and we can recommend bespoke-designed treatments for mothers-to-be.

Gift Vouchers

Gift vouchers are available to craft a personalized spa experience. For more information, please visit our Spa reception or contact our team directly.

Talise Spa

Etiquette

Adult Facility | Children policy

Talise Spa is an adult facility only starting from 12:00pm to ensure a serene atmosphere.

Infinity Pool Access: Children aged 5 and above can enjoy the infinity pools from 08:00am to 12:00pm under adult supervision. Please note that children under 5 are not permitted at the infinity pools.

Spa Treatments: Children aged between 6-18 are invited to enjoy our specially curated treatments and a parent's liability waiver is required while a parent or guardian must be present in the treatment room.

Gratuities

In appreciation of outstanding service, 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, which can be accessed at jumeirah.com/privacy-policy or upon request at the Talise reception.

