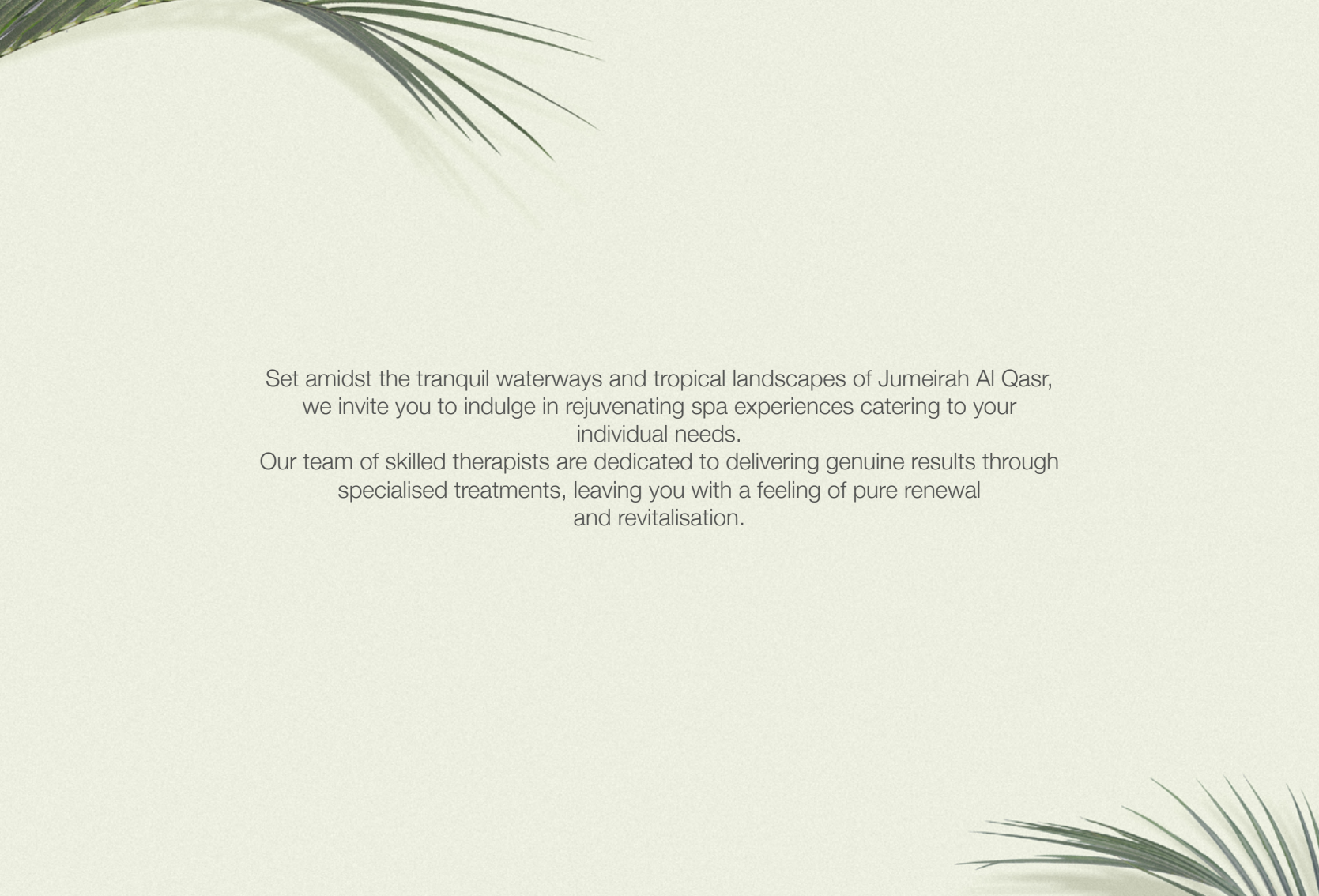


The image features a light green background with several long, slender, dark green tropical leaves hanging from the top left. The leaves cast soft, elongated shadows onto the background, creating a sense of depth and texture. The overall aesthetic is clean, minimalist, and evocative of a tropical spa environment.

TALISE
SPA



Set amidst the tranquil waterways and tropical landscapes of Jumeirah Al Qasr,
we invite you to indulge in rejuvenating spa experiences catering to your
individual needs.

Our team of skilled therapists are dedicated to delivering genuine results through
specialised treatments, leaving you with a feeling of pure renewal
and revitalisation.



JUMEIRAH SIGNATURE

STARTING FROM | AED

Rooted in science and inspired by therapeutic wisdom, our results driven Jumeirah Signature Massages are specially curated to achieve total mind-body recovery and foster inner calm.

Inner Calm | 90 minutes

930

Designed for those seeking inner peace and deep relaxation. Our signature massage based on myofascial release technique relieves muscle fatigue and musculo-skeletal pain as well as congestion around the spine to induce a deep state of relaxation and optimise mind-body balance. Ideal for those who need to reinforce physical resilience and destress to enhance sleep and inner calm.


Enhance the benefits of Inner Calm massage and boost your wellness goal one step further by pairing with Satori Lounge.

Muscle Recovery | 90 minutes

930

Recharge and reclaim your energy. Meticulously crafted for active guests looking to reduce the recovery time after an intense activity or to soothe an overworked mind and body. Focused deep muscle techniques release tightness caused by poor posture or long-haul travel, boosting circulation, detoxifying the muscles offering perfect recovery, restoring energy levels and inner strength.

Enhance the benefits of Muscle Recovery massage and boost your wellness goal one step further by pairing with detoxifying far infra-red iDome.





MASSAGE COLLECTION

STARTING FROM | AED

Bespoke Aroma Deep Tissue Massage | 90 minutes

930

Enjoy a tailored full body massage to sooth tired muscles and relieve tension with your preferred aroma oil blend.

Thai Massage | 75 minutes

780

Dynamic massage with acupressure, stretching and pulling to leave you grounded and energised. This is a massage that does not include any oil and soft Thai pajamas are worn by the guest.

Voyager Massage | 90 minutes


930

A complete top-to-toe relaxation journey incorporating scalp massage, face massage, stretches and body massage that echoes the movement of the sea combining both gentle and stimulating movements. This is the ultimate luxury treatment to relieve aches and pains, tailored to individual needs.

The Cellu-lite by Legology | 75 minutes

800

This signature Legology treatment targets concerned areas and uses a variety of specific massage techniques to release blockages and fluid retention. The treatment begins with a lemon foot soak, followed by a stimulating leg exfoliation that increases circulation, enhances suppleness, and reduces the appearance of cellulite.





WELL-BEING RITUALS

STARTING FROM | AED

SLEEP

Mindful Dream | 75 minutes

1,100

Mindful Dreams is a relaxation treatment that offers comfort in an incomparable sleep encouraging experience. Be ready to have all stresses and strains melt away in this ultimate sensory treat help you achieve the perfect night's sleep. Incorporating products especially chosen for their soothing properties alongside sleep inducing cultural massage and meditation techniques. This well-being focused treatment induces instant tranquility and fosters inner calmness.


DETOX

Detox Cocoon | 120 minutes

1,500

Detox Dome - Body exfoliation - Body Wrap

Unlike any other VOYA seaweed treatment, this truly grounding therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a Bladderwrack Body Buff, the whole body is then covered in Laminaria Seaweed leaving you feeling truly revitalized and your skin will appear bright, smooth and silky soft.



WELL-BEING RITUALS

STARTING FROM | AED

BETTER-AGING

Remodeling Therapy | 120 minutes

1,500

Detox Dome - Body Exfoliation - Body Massage

Unveil the best in skin and body with our effective remodeling treatment, featuring active peeling and a better aging massage. Begin with a dynamic scrub, followed by a comprehensive ageless massage. Conclude with the Anti-skin Slackening Complex for the ultimate anti-aging body treatment. Experience a new you with restored youth markers and enhanced radiance.

Hybrid Face & Body Treatment | 90 minutes

1,300

Body Massage - Facial

Through a fusion of meridian and deep massage techniques, discover a unique body and face experience. Key meridians like gallbladder, liver, and heart induce relaxation, while addressing tension and pain. Targeting the abdomen, we ensure deep relaxation and toxin drainage. From shoulders to face, our approach promotes muscle relaxation, blood circulation, and a radiant, rejuvenated skin tone.



WELLNESS THERAPIES

STARTING FROM | AED

Sound Meditation | 45 minutes

350

A full body listening experience. It uses singing bowl vibrations therapeutically to release unwanted tension and restore mind and body to a healing state.

Satori Wellness Lounger | From 30 minutes

350

An innovative treatment that aids sleep and inspires a state of calm, this vibroacoustic treatment is clinically proven to induce behavioral changes in individuals recovering from sleeping disorder, stress, anxiety, and addiction. It is also beneficial for those seeking to reduce stress symptoms and achieve a calmer state of mind. This comprehensive natural vibrational and binaural sound treatment is designed to fully synchronise the body and mind.

Detox Dome | 60 minutes

600

The ultimate detoxification treatment integrates three highly effective detox methods into one by combining far-infrared technology, which provides visible skin rejuvenation and detoxification. It will also aid sports recovery and general well-being.

Lymphatic Flow Therapy | 60 minutes


1,700

This deep tissue therapy activates your body's natural detox pathway, eliminating inflammation and boosting your skin's radiance and overall energy. Perfect for those seeking to enhance your health and vitality.

Chi Nei Tsang | 60 minutes

1,600

A therapy offering a manual healing touch massage focused on the abdominal region that detoxifies and cleanses internal organs.



WELLNESS THERAPIES

STARTING FROM | AED

Aura Reading | 60 minutes

1,700

A technique of tapping into your energy wheels (Chakras) and energy field to discern your emotions, thoughts and personality. It provides clarity and focus to move forward in life reducing compulsive worry and mental blocks to assist you in designing a better future.

Bach Flower | 60 minutes

1,600

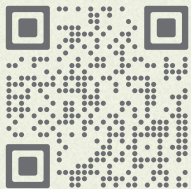
This therapy harness the vibrant energy of wildflowers and trees, offering solace to those grappling with emotional imbalances, stress, or low self-esteem. Ideal for instilling a sense of calm, fostering happiness, restoring balance, and promoting restful sleep.

Kinesiology | 30 minutes

1,500

Holistic therapy, grounded in an understanding of the body-mind connection rooted in Neuroscience and Chiropractic principles. Practitioner can tap into the body's innate wisdom to identify areas of stress, energy blockage and underlying factors contributing to health concerns through muscle testing. This approach restores balance and harmony within the body's energy system.

Scan the QR code to discover various wellness therapies under our Talise Wellness Programmes.



MOTHER-TO-BE

STARTING FROM | AED

This ritual has been crafted with calming, supportive, and deeply nurturing treatment experiences to soothe the senses while encouraging the practice of taking a moment and to prepare your mind and skin for new journey. Each experience begins with breathwork to unite the body and mind, welcoming a new-found sense of comfort and reassurance.

The journey includes:

Pre-natal Voyager | 90 minutes

1,400

Body Exfoliation - Body Massage - Face and Sculp Massage

A relaxing organic wellbeing ritual promotes relaxation and a sense of tranquility while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top-to-toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

Precious Moments | 60 minutes

830

Mask - Feet, Face, Hand & Arm Massage

This treatment is tailored specially to Mum and her growing bump. The growing bump is enveloped in a specialized mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.



WOMEN SUPPORT

STARTING FROM | AED

While every woman goes through menopause, their journey is highly individual. There is a growing body of evidence that suggests having a healthy diet and lifestyle, along with regular exercise and finding time for relaxation and rest, can help relieve menopausal symptoms.

Talise Spa aims to provide accessible treatments to women and know that those experiencing hormonal changes are often looking for more than just physical help as the emotional challenges can be very draining as well.

We have curated three journeys for women to take a moment and choose an experience for their new tide in their life.

Fortify Tide - Body | 180 minutes


1,800

Exercise is one of the cornerstones of managing menopausal symptoms. A regularly sustained exercise like swimming or walking is generally recommended rather than infrequent, high impact exercise.

A relaxing massage can stimulate the lymphatic, circulatory and hormonal systems. Additionally, it is also can regulate blood pressure and ease pain, as well as improve your mobility, range of motion and coordination. A massage can increase white blood cell activity, while reducing cortisol levels.

The journey includes a welcome peppermint tea, a yoga stretch session for aching muscle and joints, a Detox Dome session and a VOYA Fortify Face and Body treatment.

A special Immune candle will be waiting for you at the end of your journey to re-create the experience at home.





WOMEN SUPPORT

STARTING FROM | AED

Nourish Tide - Skin | 150 minutes

1,600

Menopause causes many changes to your skin, your body stops making as much collagen so your skin gets drier and more sensitive so your skin especially can benefit from extra moisture at this time. As your oestrogen levels drop, so does the collagen in your skin, therefore eating foods with antioxidants may help make your skin stronger from the inside out.

The journey includes a welcome fennel tea, a relaxing walk sound the grounds with a breathwork session, a thermal experience to boost skin receptors and a VOYA Nourishing Cocoon treatment.

A special VOYA gift will be waiting for you at the end of your journey to re-create experience at home.


Grounding Tide - Mind | 120 minutes

1,400

The journey has been created with sleep, relaxation, and tools to calm the mind, to ultimately encourage the best quality sleep. One of the most reported symptoms during menopause is sleeping trouble, affecting 84% of women.

The journey includes a welcome chamomile tea, a sound bathing session, a wet area experience, a VOYA Grounding Sleep Session and a stroll around the spa landscaping to place your seaweed into the earthen soil, planting your intention for the week or even your year of fruition.

A special VOYA sleep gift waiting for your at the end of your journey to re-create the experience at home.





FACIAL COLLECTION

STARTING FROM | AED

NESCENS

Deep Cleanse Restructure Facial | 75 minutes

1,100

The most advanced facial combining deep peeling, extraction and a signature facial massage to release tension, smooth signs of aging and increase tonality. Effective on all skin types needing a super clean and polished effect.

Signature Soul Facial | 90 minutes

1,300

Embark on a soothing aging treatment for sensitive skin, blending Nescens cosmeceuticals with a personalised massage. Begin with cleansing and skin diagnosis, followed by a gentle peeling process. Targeting eye contours and lips, it concludes with serums, a multi-mask, and effective massage.

Better Aging Re-Hab Facial | 90 minutes


1,500

A science led, result driven facial to eliminate the toxins causing aging. Detoxifying and double cleansing reverse the effects of time, leaving skin fresher and younger-looking. Enhance your glow with the Celuma lite rehab.

Gentlemen's Facial | 75 minutes

1,100

A deep cleansing and exfoliating facial balances the skin's natural oils, soothing irritation and preventing ingrown hairs.





FACIAL COLLECTION

STARTING FROM | AED

MARGY'S

Age Embrace Facial | 75 minutes

1,100

Refreshing - Hydrating

With four special designed massage techniques, this facial will leave the skin hydrated and refreshed from inside out. The result is a radiant, much younger looking complexion.

Collagen Renewal Facial | 90 minutes

1,300

Hydrating - Smoothing


An intensive hydration treatment, this luxurious facial is designed to smooth wrinkles, increase elasticity and boost collagen.

Illuminating Stem Cell Facial | 90 minutes

1,300

Brightening - Stimulating

Stem cell active ingredients provide immediate radiant glow, stimulate the cellular renewal process, deeply moisturise and restore elasticity.





FACIAL COLLECTION

STARTING FROM | AED

VOYA

Self Discovery Radiance Facial | 75 minutes


1,100

This incredible skin specific organic facial is deeply detoxifying, throughout revitalising, and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion. Allow VOYA to tailor your facial specifically to your skin's unique needs. In the comfort of the treatment room, we will go through a comprehensive skin analysis and choose specific facial products to target your particular skin concerns. Using a combination of gentle exfoliators, serums and masks. This facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.

Restorative Facial | 75 minutes

1,100

This restorative facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes and restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production. The result is instantly firmed and tightened skin with a natural and more radiant glow.





HAMMAM COLLECTION

STARTING FROM | AED

Traditional Hammam Ritual | 60 minutes


800

A ritual that includes a black soap application to deeply cleanse and purify, followed by a full body exfoliation with both a kessa glove and Miel d'Ambre. The treatment also includes an exfoliation for the face to then conclude the experience you will receive a traditional stretching ritual leaving you feeling completely revitalized.

Signature Hammam Ritual | 90 minutes

1,100

A ritual that includes a black soap application to deeply cleanse and purify, followed by a full body exfoliation with both a kessa glove and Miel d'Ambre. The treatment also includes an exfoliation and a purifying face mask followed by a scalp massage, hair washing ritual and application of hair mask. To conclude your signature experience a traditional stretching ritual will leave you feeling cleansed from top-to-toe, this will then be followed by a cocooning application of body moisturiser to re-hydrate the skin.





SUITE EXPERIENCE

STARTING FROM | AED

Gift of Time | 150 minutes


2,800

Enjoy your moment in the private spa suite facilities, whilst sipping on a glass of sparkling wine with refreshing amenities. A deeply harmonising full body, face and scalp massage will top off this moment.

Wellness Moments | 180 minutes

3,100

Begin your journey with heart opening Charka session, fostering harmony and synergy followed by exclusive access to our private Spa suite featuring steam and jacuzzi facilities. Conclude your experience with a deeply relaxing full-body massage.





ENHANCEMENT COLLECTION

AED

Foot Reviver Massage 30 minutes	350
Scalp Massage 30 minutes	350
Scalp Treatment 45 minutes	450
Organic Lavender and Seaweed Sugar Glow 30 minutes	350
Organic Stimulating Seaweed Body Buff 30 minutes	350
Back, Neck, Shoulder Massage 30 minutes	350
Express Facial 30 minutes	400
Talise Spa Signature Facial Massage 45 minutes	450
Celluma Light	250

CABANA TREATMENT

Massage | 30/45/60 minutes

350/500/630


Delight in a tailored body massage that uses a variety of techniques to release your muscle tensions.

Foot Reviver | 30 minutes

350

Focused on relieving tired feet and legs, this treatment helps you feel lighter and more relaxed. Massage is applied on your feet and the lower half of legs.

Beach cabana treatments are available between October and May. To book a treatment, approach one of the Talise Spa therapist at the beach or contact +971 4 366 6818.
of legs.



YOGA

AED

Private

Private Yoga 60 minutes	400
Duet Yoga 60 minutes	600
Private Yoga Package 10 sessions 60 minutes/class	3,600

Group

Group Yoga Class 60 minutes	95
Five Elements Full Moon Yoga 75 minutes	120
Group Yoga Class 10 sessions 60 minutes/class	855
	3 months validity
Unlimited Group Yoga class 60 minutes/class	1,100
	1 month validity

Pilates Reformer

Private Reformer Class 45 minutes	500
Group Reformer Class 45 minutes	250

Five Element Full Moon Yoga is scheduled monthly.

All treatments are priced in UAE Dirhams and inclusive of 10% service charge and 7% Municipality fees and Value Added Tax.

*In-room treatment upon request. In-room spa services are subject to an add-on fee of 100% of the treatment value.



TALISE SPA ETIQUETTE

Reservations & Arrivals

Arrival is advised at least 30 minutes prior to your treatment to allow for a smooth check-in and to enjoy our facilities. Guests are encouraged to use the sauna, steam room and plunge pool to help relax the muscles before treatment. We provide guests with a comfortable robe, bath towels and slippers, and request that swimwear be worn during the spa facility use.

For facial treatments, it is recommended not to shave prior to the treatment and to remove contact lenses.

Please note that full treatment cost will apply for late arrival and will reduce the time of treatment.

Credit card details or pre-payment is required to guarantee treatment bookings.

For Bespoke and Corporate Group bookings, please email mjtalise@jumeirah.com.

Cancellation Policy

If you need to cancel or change your treatment, please inform us four hours prior to your scheduled treatment. Otherwise the full treatment fee will be applied.

Age Regulation

For Talise Spa treatments including massages and facials, we require a minimum age of 12 years and up to 16 years with parental supervision.


For Talise Spa facility use including pools, sauna and steam rooms, we require a minimum age of 12 years and up to 16 years with parental supervision.

Gratuity

In appreciation of outstanding service, gratuity maybe given at your discretion.

Health

Please advise us if you suffer from any medical conditions, injuries and allergies when booking your treatment.





TALISE SPA ETIQUETTE

Pregnancy

We have designed bespoke treatments for all our mothers-to-be. Please notify us during reservation and we will be happy to assist you in selecting suitable treatments for this special time.

In-House Treatments

Spa service requested in resort guest rooms will incur an add-on fee of 100% of the treatment value.

Gift Certificates

Talise Spa offers gift certificates that are perfect for special occasions. Please speak to one of our team at Spa reception, or call us for more information.


Ambiance and Privacy

To fully benefit from a transformative and tranquil experience at Talise Spa, all electronic devices must be turned to silent mode. In keeping with local cultural values, we ask that guests show modesty when using changing areas. To respect the privacy of others, no photographs, video or other social media recordings are permitted.

Please be advised that Talise Spa is strictly a non-smoking facility.

Valuable & Jewelry

Jumeirah Group does not take responsibility for the loss of valuables brought onto the spa premises. We therefore ask that guests do not bring valuables with them, and if they choose to do so, the loss of valuables will be at their own risk.





JUMEIRAH
MADINAT JUMEIRAH

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