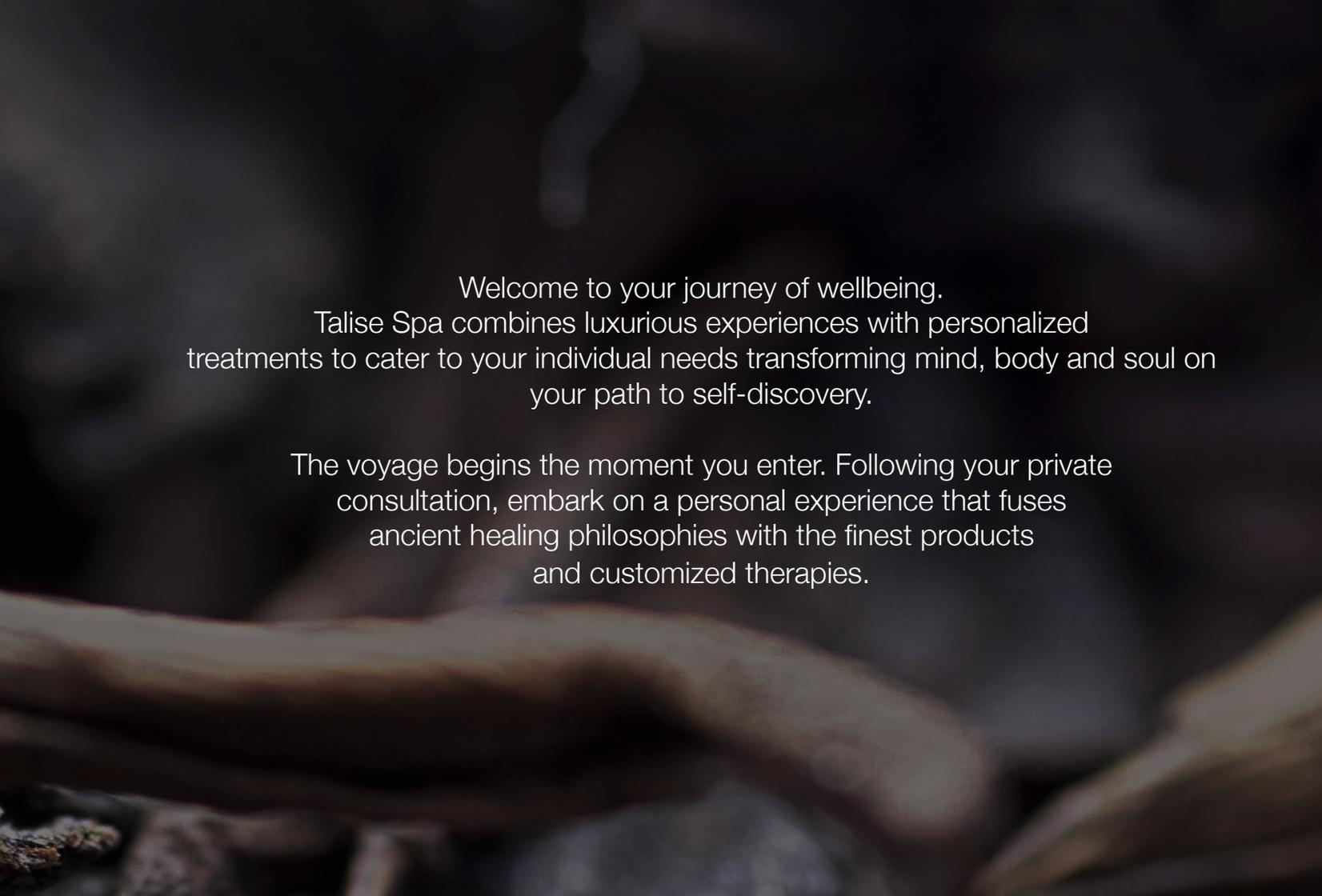




TALISE
SPA



Welcome to your journey of wellbeing.
Talise Spa combines luxurious experiences with personalized treatments to cater to your individual needs transforming mind, body and soul on your path to self-discovery.

The voyage begins the moment you enter. Following your private consultation, embark on a personal experience that fuses ancient healing philosophies with the finest products and customized therapies.

Massages

Jumeirah Signature Massage | 60/90 minutes

This therapeutic massage, exclusive for Talise Spa, uses a unique combination of pressure points stretches and a series of massage sequences using essential oils. It delivers a truly nourishing and revitalizing experience.

Jumeirah De-Stress Massage | 75 minutes

A head to toe massage with a combination of evolving techniques; stretching, wringing and kneading muscles. Your choice of pure aroma oils will relax muscles and stimulate overall wellbeing.

Asian-European Body Massage | 60/90 minutes

Developed to bring back your flexibility and balance body and mind, this treatment combines the healing power of Asian effects with unique European techniques. Medium to strong movements will increase lymphatic circulation, balance the energy flow in your body and enhance elasticity of your facial net. The synergy of exceptional massage techniques and natural plant oils and essences will nourish your skin and relieve emotional and physical tension.

Crystalus Body Massage | 90 minutes

A sensory experience designed to influence mind, body and spirit using ancient Australian healing stones and crystals. The Tiger Iron massage stones work deeply in the muscles to relieve physical tension. The powerful combination of massage, plant essences and crystals bring deep relaxation, rejuvenation and harmony.

5 Senses | 60 minutes

Close your eyes and imagine yourself in a deserted island; breathing fresh air, listening to the relaxing sound of the waves breaking and smelling the Mediterranean breeze. Exclusively designed by our expert therapists using special pampering techniques, this treatment will leave you with a sense of peace.

LaStone Therapy | 60 minutes

Enjoy the exclusive benefits of this treatment that uses soft flat hot stones applied with a firm and relaxing pressure to relieve muscle tensions and pains. Relax your body and mind with this experience that provides harmony, balance and peace.

Deep Tissue | 60 minutes

A treatment focused on alleviating muscle tension and reducing body stress through the therapeutic manipulation of muscle fibres through firm pressure and slow strokes to reach deeper layers of muscle. Perfect for relieving contracted areas.

Reflexology | 45 minutes

A traditional massaging of pressure points in the feet, where reflex zones reflect an image of the body organs. Reflexology stimulates energy pathways, strengthens the immune system and restores the body's natural balance.

Cervico-cranial | 45 minutes

Cervico-cranial treatment designed to relieve physical and emotional tension using different techniques on the neck, back, face and head. It provides a feeling of complete relaxation and wellbeing.

Oriental Therapies

Thai | 60 minutes

Traditional healing treatment influenced by traditional healing body techniques that primarily focus on regulating physique and energy through acupressure and stretching techniques. This therapy unlocks areas of the body replacing existing tensions with positive energy.

Shiatsu | 60 minutes

A massage originated in Japan and delivered on a tatami that applies a thump and finger pressure to bring your body and energy back to balance using kneading, pressing, soothing and stretching techniques. It activates the self-healing power within you.

Champi | 45 minutes

The techniques used during this massage originate from India. Focusing on the upper back, shoulder, neck scalp and face. The massage has a healing effect, releasing tensions, stimulating blood circulation and enhances the immune system leaving a deeply relaxing sensation.

Udvaartana | 90 minutes

This treatment is based on the use of extracts of minerals, spices and medicinal herbs with exfoliating properties. It is ideal for eliminating impurities, cleansing and reactivating skin metabolism. The final massage at the end of the treatment brings brightness to the skin as well as a smoother texture.

Ayurvedic | 90 minutes

Based on the ancient Hindu medicine that starts with an internal purification process using holistic techniques adapted to your Dosha (metabolism) type. On top of applying pressure on the Marmas or energy points that promote balance and harmony of body, mind and soul.

Ayurvedic + Shirodhara | 90 minutes

Holistic Hindu therapy based on the continuous flow of oil poured over the forehead as a part of a unique technique that relieves mind tension and favours peace of mind.

Body Treatments

Contouring Marine Body Wrap | 90 minutes

Beginning with an invigorating exfoliation that combines finely ground pumice and volcanic clay, followed by a comforting body wrap with a mask rich in carefully selected marine extracts and plant essence that will activate the lymphatic system and stimulate the removal of accumulated toxins that are a common cause of cellulite.

Lymphatic drainage | 60 minutes

Technique designed to improve the performance of the lymphatic system and eliminate both facial and body toxins. These massaging movements are soft, with a pumping effect. This treatment is ideal for fluid retention, heavy legs, post-operative care, eye bags and cellulite.

Aloe Vera Hydrating Body Wrap | 90 minutes

Complete dermal regeneration treatment offering all the properties and benefits of Aloe vera. Through the exfoliation, wrapping and the subsequent hydrating massage, your body will renew and regenerate itself.

Exfoliating Massage with Salts or Jojoba | 60 minutes

A treatment that will balance your body with the application of warm soothing oils, followed by a massage with mineral salts and plant essences. As a finishing touch the application of a richly scented moisturizer or body oil will leave your skin vibrant and replenished.

Choose your favourite:

Body Balance Salt Therapy Exfoliant

This deeply relaxing salt therapy exfoliant rebalances and revitalises body and mind as well as helping to relieve stress and fatigue.

Organic Green Tea Salt Exfoliant

The combination of the organic green tea salt and mineral-rich Himalayan crystal salts deeply stimulates circulation and relieves stress and fatigue. It cleanses and exfoliates your skin.

Jojoba Body Polish

A gentle all over body exfoliation using Jojoba Beads rich in the aromas of plant essence synergy. This treatment removes dead skin cells, whilst oxygenating the skin and is suitable for the most sensitive skins.

Facial Treatments

Samadara Ultimate Age-Defying Facial | 90 minutes

Anti-aging techniques rooted in Ayurvedic healing traditions designed to reawaken skin's natural healing energies. This intensely hydrating and nourishing treatment increases firmness and elasticity, diminishes the appearance of fine lines and restores a youthful glow. A Rose Quartz Crystal facial massage enables the powerful Samadara age-defying products to deeply penetrate into the skin resulting in a maximized benefit.

Brightening Marine Mineral | 60/90 minutes

Using the intelligence of marine plants this facial is rich in spirulina and focus extracts that bring radiance and glow to your complexion. Tailored to your unique skin type, it is the perfect treatment to oxygenate, tone and revitalize the skin for a fresh and younger appearance.

Pure Radiance | 60/90 minutes

This facial experience is personalized to your skins needs and enhanced with the Facial Gemstone Massage and facial masks that will leave your skin revitalized, nourished and refreshed.

Men's Special | 60/90 minutes

Enjoy a deep face cleansing and exfoliation that balance the skin's natural oils and reduces the appearance of ingrown hairs. Our soothing mists will desensitize your skin and a relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalized.

Deep facial cleansing | 60 minutes

This treatment is a cell strengthener which due to the deep cleansing eliminates accumulated impurities. Enjoy a facial that will regenerate your skin and make it shine. Ideal for both men and women.

Eye treatment | 20 minutes

This is a perfect complement to any facial treatment, since all the attention and efforts go into improving the aspect, texture and quality of the skin around the eyes. Or the perfect pick me up solution on its own enhances the appearance of the eye contour area.

RITUALS

Oriental Experience | 120 minutes

A beauty and relaxation ritual that will take place at our exclusive couple's treatment room. The treatment will start with a cleansing ritual followed by an exfoliation and a hydrating wrap. The treatment will follow with a 60-minute relaxing massage.

Jumeirah Signature Couples Treatment, Romantic Experience | 150min

Designed for couples who want to simultaneously enjoy an ideal combination of treatments, this experience starts off with a body exfoliation, followed by a relaxing 90-minute massage with Damask Rose essence. The combination of indescribable aromas makes this treatment a unique experience. When the treatment is over, you will be able to enjoy two glasses of champagne and a selection of sweet treats.

Face & Body Harmony Retreat | 120 min

Find harmony in your body with the application of warm soothing oils, followed by a massage with mineral salt and plant essence. Warm compresses relieve tension and balance body and mind. The massage with our Aromatherapy Body Oils will leave your skin nourished and smooth. As a finishing touch you can indulge in an express facial treatment that is tailored to your individual skin needs.

Head to Toe Revival | 150 min

Perfect for guests in need of an energy boost, this journey begins with a delicious green tea and peppermint salt massage to stimulate the system and enliven the skin. Tension is then melted away with a full body massage using one of our finest body oil blends. Before completing this head to toe, uplifting experience guests delight in a hydrating and cleansing facial, leaving their entire being revived.



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