

The background is an abstract composition of thick, expressive brushstrokes. The top half features a mix of white and light grey strokes, with a prominent horizontal band of shimmering gold. Below this, the colors transition into various shades of blue, from pale and misty to deep, saturated cerulean and navy tones. The overall texture is rich and painterly, suggesting a sense of movement and depth.

# TALISE

SPA

MENU



JUMEIRAH BURJ AL ARAB

## TALISE SPA AT JUMEIRAH BURJ AL ARAB ACHIEVE A SENSE OF BALANCE

Perched 150m above the Arabian Gulf, Talise Spa is the ultimate destination in which to unwind. Each experience has been carefully crafted and exclusively developed using the world's most luxurious products to leave you utterly indulged.

Located on the 18th floor, our haven of beauty and relaxation embraces Arabic traditions while bringing new heights of luxury and wellbeing for an intimate getaway or a boost of energy after a long trip.

Our group of wellness specialists deliver our renowned spa treatments which combine ancient knowledge, contemporary techniques, the world's best beauty products and cutting-edge technology.

Improve your immune system with personalised training in our state-of-the-art fitness centre. Alternatively, elevate your mindset with a practice of resilience in Diwania, a library compiled of more than 100 literary jewels published in various languages.

## SPA ETIQUETTE

Talise Spa aims to help each of our guests to reach the highest levels of relaxation. In this tranquil environment we ask that all our guests respect the privacy and tranquillity of the spa. Our services have been designed to ease what ails you, guiding you to a state of wellbeing.

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### HOURS OF OPERATION

Talise Spa is open from 08:00 to 21:00. In-house guests may enjoy our complimentary spa facilities including indoor swimming pools, a sauna, herbal steam room and cold plunge.

### YOUR APPOINTMENT

For maximum convenience and flexibility, we recommend that you schedule your spa treatments in advance. All appointments from hotel guests can be guaranteed with a room number. For local guests, a pre-payment link request will be emailed to you to guarantee your booking.

We reserve your spa appointment time especially for you. Therefore, we ask that you give us 12 hours' notice if you need to change or cancel your appointment. No-shows and cancellations made fewer than 12 hours before the scheduled time will be charged at the full treatment rate.

Bookings can be scheduled between 09:00 to 21:00, with the last booking accepted at 20:00.

### SPA ARRIVAL

We encourage you to arrive at the spa one hour prior to your scheduled appointment, providing you with sufficient time to change and make use of the spa facilities; robes, slippers, disposable underwear and a locker will be provided upon your arrival. Feel free to dress down to your comfort level for any spa service, as our team of professionals are skilled in proper draping techniques to ensure your complete comfort and privacy.

### YOUR HEALTH

Please advise us of any health conditions, allergies or injuries. If in doubt, please discuss it with our spa professionals as some treatments will not be suitable for certain medical conditions.

### PERSONAL BELONGINGS

Remove any jewellery and other valuables prior to your spa visit. You can secure them in the security box located in your suite.

## **GIFT VOUCHER**

A spa gift voucher is the ideal gift for that special someone. Browse through our treatment menu to make your selection. Spa gift vouchers may be purchased from our spa Concierge Team or through [www.jumeirahgifts.com](http://www.jumeirahgifts.com).

## **FITNESS FACILITIES**

Our fitness facilities are available for our in-house guests and members from 06:00 to 22:00, seven days a week. Please contact our spa to enquire about private training sessions. To use the facilities, visitors should be at least 16 years old. Proper athletic attire is required. If you would like to develop your own personal training programme during your stay, a team of fitness professionals will be always on hand to assist.

## **SPA ATTIRE**

Talise Spa will provide robes, towels, slippers and disposable underwear where applicable for your use. Undergarments should be worn to ensure your complete privacy and modesty throughout your time with us.

## **SPA AMBIENCE**

Talise Spa promotes a tranquil environment. As a courtesy to our other guests, please turn off all mobile devices or place them on silent mode. Any sound or music equipment must only be used with headphones.

## **EATING IN THE SPA**

We do not allow eating in the pool area or locker rooms. Our Talise Spa menu follows the seasons, with fresh, balanced dishes that are nutritious and joyful to the eyes and palate.

## **CHILDREN'S SPA GUIDELINES:**

Spa Access: After 12:00, the spa is for adults only to ensure a serene atmosphere.

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

Spa Facilities: Guests aged 12 and above are welcome to enjoy the spa facilities. Boys over 4 are kindly asked to avoid designated ladies' areas.

Spa Treatments: Massage and facial services are curated for guests aged 16 and above. For guests under 16, a treatment waiver signed by a parent or guardian is required. Young guests often share a treatment room with their supervising adult for comfort.



# VALMONT

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Inspired by the prestigious medical legacy of the Valmont Clinic, these professional treatments embody the epitome of beauty and wellness. With over 40 years of expertise in cellular and tissue rejuvenation, each treatment unveils a harmonious blend of potent extracts, meticulously designed to mimic the skin's natural composition. Enhanced by specialised modelling techniques, they unveil a transformative experience, showcasing the unmistakable touch of Valmont excellence.

## L'ELIXIR DES GLACIERS MAJESTIC

**90 MINUTES / AED 2,000**

Indulge in a luxurious facial and chest treatment that nourishes, sculpts, and rejuvenates. This exclusive session combines three specialized massage protocols: a stress-relieving re-mineralizing massage, a lifting and toning massage inspired by surgical techniques, and a youth-enhancing massage rooted in Japanese Kobido tradition. Experience the ultimate in relaxation and emerge with a refreshed, sculpted, and radiant complexion.

## ADD ON: L'ELIXIR DES GLACIERS MAJESTIC HAND TREATMENT

**30 MINUTES / AED 450**

## LUMINOSITY OF ICE

**60 MINUTES / AED 1,500**

This treatment refines the skin's texture, unveiling a unified complexion glowing with radiance. Experience softer, smoother skin with diminished irregularities for a youthful appearance. The collagen mask enhances tissue plumpness, reshaping facial contours for a revitalized, lifted effect—a rejuvenating biological facelift experience.

## FIRMNESS OF THE HILLS

**75 MINUTES / AED 1,600**

This treatment enhances firmness and restores bounce, unveiling a younger-looking face with defined volume. Formulated with potent ingredients and luxurious textures, it offers a comprehensive approach to skin aging. A blend of time-honored and state-of-the-art ingredients works synergistically to restore dermal density. The collagen mask further plumps tissues and reshapes facial contours, delivering a rejuvenating biological facelift experience.

## **FRESH AND PEEL BODY PROGRAM**

**90 MINUTES / AED 1,600**

### **BISSES PURITY**

This exfoliating and purifying treatment is ideal for achieving soft, silky skin across the body. A refining scrub, designed to eliminate impurities, is combined with luxurious rose oil, offering a comprehensive exfoliating ritual for the entire body.

### **VITALITY OF THE BODY**

A highly energizing and anti-aging treatment that rejuvenates tired skin and muscles. This session features an original full-body massage technique, delivering both relaxation and invigoration. Suitable for both men and women, the treatment leaves clients energized while firming and hydrating the skin to perfection.

## **KIDS' TREATMENTS BY VALMONT**

### **PETITE VALMONT FACIAL**

**60 MINUTES / AED 950**

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 / AED 750**

Treat your little one to a hand and foot massage, designed to provide gentle relaxation and comfort.

## FACIAL EXPERIENCES BY SWISSLINE CLINIC LÉMANIC

Discover the world's best skincare and beauty professionals and have a treatment that will leave you feeling years younger. Our spa uses state-of-the-art anti-aging technology and unique ingredients that can replicate in-clinic treatments.

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Swissline, are skincare experts with a passion for skin biology and beauty. Award-winning formulas embrace natural bioactive ingredients, with a focus on skin-identical such as collagen, mimetic growth factors, clinically tested peptides and many others.

Founded in Switzerland more than 30 years ago, Swissline is one of the few brands who can trace its origins into cellular therapy and continuously remain at the heart of biotechnological innovation and development to this day. Since 2002, original animal-based materials originated in cellular therapy have been completely replaced with plant-based alternatives.

Your skincare assessment will be essential to define your current skin needs, optimal desired outcome and course of treatment therefore we will ensure a thorough skin analysis will be conducted with the Observe X520 Skin Analyzing System.

### CLINIC LÉMANIC SUBLIME YOUTH INFUSION

90 MINUTES / AED 1,950

Inspired by Clinic Lémanic's signature practices in the field of stem-cell autologous transplants, but using only plant-based stem cell cultures, this treatment was created exclusively for Jumeirah Burj Al Arab. 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. Charged with precious plant stem-cells, and colloidal gold, the treatment promotes DNA repair, while positively affecting the expression of the skin's own sirtuins that regulate the skin's cellular metabolism and aging.

This 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**

**90 MINUTES / AED 1,600**

A comprehensive skin-transforming treatment delivering results comparable to non-invasive aesthetic procedures. It harnesses 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 and the LED light therapy. For stressed, dull and aging skin.

### **SWISS ABSOLUTE PURITY**

**75 MINUTES / AED 1,300**

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.

### **SWISS SMART**

**60 MINUTES / AED 1,100**

This fully personalized treatment features pharmaceutically graded ingredients to enhance skin resiliency and address specific skincare concerns. Using Swissline's Cell Shock Age Intelligence Boosters, the treatment offers skin an instant "de-stress". It is a smart and fast way to look your best. For skin showing the first signs of aging.

### **SWISS COLLAGEN EYE SPECIALIST**

**30 MINUTES / AED 600**

Using pure collagen, this treatment recreates the perfect eye contour. Wrinkles are smoothed away while the density of delicate skin of the eye contour is quickly transformed.

### **SWISS EXPRESS FACIAL THERAPY**

**45 MINUTES / AED 650**

For those with limited time, this express version of Swissline experience will soothe the senses and quench the skin leaving your skin renewed and revitalized with a healthy glow and a calm radiant appearance.

## BODY TREATMENTS

Feel like you are floating on air as you choose from our wide range of individualised body treatments.

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### JUMEIRAH BURJ AL ARAB RENAISSANCE

120 MINUTES / AED 1,800

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

### HEAVY LEGS

90 MINUTES / AED 1,200

This deep, comprehensive massage promotes blood and lymphatic circulation, reducing inflammation caused by sitting too long during a flight - making it a must-have treatment after check-in.

### THE LEG SCHOOL™

90 MINUTES / AED 950

PACK OF 4 SESSIONS / AED 3,300

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.

### ANTI-CELLULITE CONTOURING

60 MINUTES / AED 800

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.

### DETOX BODY TREATMENT

60 MINUTES / AED 800

A favourite treatment among restless travellers. Through the healing hands of Jumeirah Burj Al Arab's wellness practitioners and proionic action, this ritual flushes out toxins, detoxifies the body and enriches body tissue with oxygen. A boosted circulation allows cells to obtain the nutrients they need to rebalance the body.

## JUMEIRAH BURJ AL ARAB RITUALS

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### JUMEIRAH BURJ AL ARAB GOLDEN JOURNEY

150 MINUTES / AED 2,700

This ultimate opulent experience combines precious plant stem cells with colloidal gold to promote DNA repair and enhance the skin's vitality. Through a comprehensive fusion of techniques including Human Tecar methodology, radiofrequency, LED therapy, and synchronized massage movements, your skin will be left smooth, revitalized, and glowing with luminosity. Delight in a 75-minute facial followed by a 75-minute body massage, meticulously curated by Swissline Clinic Lémanic.

### VITALITY OF THE BODY

90 MINUTES / AED 1,600

This invigorating experience stimulates tired skin and muscles, leaving you feeling energized with firmer, hydrated skin. Begin with an all-over body exfoliation and purifying ritual, followed by a luxurious rose oil treatment. The journey continues with an energizing and anti-aging full-body massage, featured by Valmont.

### ESSENTIALLY BEAUTIFUL

120 MINUTES / AED 2,000

Indulge in exotic fragrances and soft shades of incense and myrrh as you undergo a revitalizing body exfoliation and cocoon treatment. Let the signature oriental massage with heated volcanic stones restore energy and relieve tension, complemented by a nourishing facial treatment. Featured by Alqvimia, this ritual rejuvenates your skin to its natural youthful state.

### **OASIS OF SERENITY**

**90 MINUTES / AED 1,400**

Embark on a true well-being ritual for the body with Alqvimia's transformative experience. Promoting circulation and cellular renewal, this ritual begins with a delightful body exfoliation, followed by an energizing massage with warm oil. Designed holistically, it aims to alleviate stress, reduce fatigue, and stimulate the entire body, leaving you rejuvenated and refreshed.

### **MOTHER TO BE**

**90 MINUTES / AED 1,500**

This experience of beauty and relaxation comprises a gentle massage with unscented oils, followed by a soothing facial to rejuvenate the skin. Featured by Alqvimia, this ritual leaves you with a radiant glow and a sense of calm during your special moment.

### **ROMANTIC MOONLIGHT SWIM**

**FOUR HOURS / AED 8,800 - AED 18,000**

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



## MASSAGES

Our list of massage treatments are crafted to offer inner balance and a feeling of relaxation.

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### **JUMEIRAH BURJ AL ARAB SIGNATURE MASSAGE**

**90 MINUTES / AED 1,150**

Although travelling and attending glitzy events sounds fun, it comes with the drawback of affecting the body's circadian rhythms or natural body clock. This rejuvenating experience - a combination of Swedish, Balinese, Thai and shiatsu massage - helps regulate sleep by focusing on distinct points of tension in the body.

### **REVITALISING MASSAGE JUMEIRAH™**

**60 AND 90 MINUTES / AED 950 - AED 1,150**

Considered the jewel of the house, this experience brings together a wide selection of body work techniques. Deep, flowing strokes, acupressure and light stretching help relieve tension from the deepest layers of your muscles and connective tissues to leave you feeling fully restored.

### **DE-STRESS MASSAGE JUMEIRAH™**

**60 AND 90 MINUTES / AED 950 - AED 1,150**

Synchronised movements and techniques such as stretching and kneading with relaxing essential oils relieve the body and mind of all tension and stress, leaving you feeling deeply calm and creating a tranquil body and mind.



### **BALANCE FLOW**

**90 MINUTES / AED 1,150**

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.

### **NUAT PHAEN BORAN**

**90 MINUTES / AED 1,150**

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 energise your body.

### **FOOT REFLEXOLOGY**

**60 MINUTES / AED 950**

This relaxing treatment begins with a magnesium foot soak with precious stones, and is followed by rhythmic reflexology and a leg massage to provide immediate relief to fatigued feet and to reduce inflammation



## SPA WELLNESS PETITE ENTRÉE

Spa wellness enhancements for those who desire to experience a more luxurious treatment or simply to improve and maximize the results of their skincare routine.

Please select the best available option for you from the menu below:

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### SWISS EXPRESS FACIAL

Intense hydration, nourishment, and epic glow.

30 MINUTES / AED 650

### SWISS COLLAGEN EYE

Pure collagen for the perfect eye contour.

30 MINUTES / AED 600

### PURIFYING BODY EXFOLIATION

Unveiling a layer of radiance and smoothness.

30 MINUTES / AED 450

### BACK, NECK AND SHOULDER MASSAGE

De-stress and relieve tension.

30 MINUTES / AED 500

### FOOT MASSAGE

Improve circulation and instant relief.

30 MINUTES / AED 450

### HAIR RITUAL DIAMOND DECADENCE

Rejuvenating and relaxing for normal to fine hair.

30 MINUTES / AED 450

### HAIR RITUAL GOLDEN OPULENCE

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

30 MINUTES / AED 450

### OBSERVE X520 FACIAL SKYN ANALYSIS

Comprehensive diagnostic for optimal course of treatment

30 MINUTES / AED 250

### FOUNTAIN OF YOUTH IV DRIP THERAPY

Bespoke IV Drips.

60 MINUTES / FROM AED 755

**OXYGEN THERAPY**

Only available as add-on for the IV Drips.

AED 455

**LED LIGHT THERAPY**

Improve collagen production, target fine lines

AED 250

**FACE MASK 111SKIN ROSE GOLD**

Brightening and glowing Mask.

AED 200

**FACE MASK 111SKIN Y-THEOREM**

Regenerating and hydrating Mask.

AED 200

**FACE MASK 111SKIN PURIFYING**

Anti-blemish and purifying mask.

AED 200

**FACE MASK 111SKIN CRYO ENERGY**

De-puffing and tightening Mask.

AED 200

**FACE MASK 111SKIN BLACK DIAMOND**

Lifting and anti-ageing mask

AED 250

**EYE MASK 111SKIN BLACK DIAMOND**

Lifting and hydrating mask

AED 180

**EYE MASK 111SKIN ROSE GOLD**

Illuminating and brightening Mask

AED 150

**EYE MASK 111SKIN CRYO DE-PUFFING**

Lifting and hydrating mask

AED 150



## MEMBERSHIPS

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For the city's ultimate health and wellbeing programmes, 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 wellbeing ambassadors in Talise Spa.

## FITNESS CENTRE

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Complement your existing fitness regime with one-to-one sessions with our health and wellbeing specialists in our workout centre. 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.

### INDOOR PERSONAL TRAINING SESSION

**30 MIN AED 350 / 60 MIN AED 600**

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

### OUTDOOR PERSONAL TRAINING SESSION

**30 MIN AED 375 / 60 MIN AED 625**

Sunlight boosts vitamin D so take advantage of Dubai's abundant rays by training by the Arabian Gulf and replenish your mental and physical energy.

### INBODY TEST

**AED 250**

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.



# JUMEIRAH

BURJ AL ARAB

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