



TALISE  
SPA

## Talise Spa & Wellness

Welcome to your Well-being sanctuary, where you will experience an unforgettable sensory journey in a unique destination surrounded by the Serra of Tramuntana, awarded World Heritage Status by UNESCO and bathed by the Mediterranean Sea.

Inspired by Mallorca's local tradition, Talise SPA and Wellness at Jumeirah Mallorca is located in a stunning clifftop with panoramic views encompassing more than 2.200 square meters with a Fitness Center, studio for personal and group activities, a complete Thermal Circuit with breathtaking views of Tramuntana mountains and several treatment rooms wholly equipped.

Our Well-being Artisans will foster a positive change on your physical, mental, and emotional levels. Each treatment has been designed in a very detailed manner, taking the consciousness of avoiding a negative impact on our ecosystem and planet, combining the highest quality of products and ancient healing techniques in a supreme luxury ambiance.

## Sodashi

Sodashi is the specialist brand in skin care and spa treatments that we have in our facilities. Sodashi supplies the best luxury spas in 25 countries around the world, including ours. All their products are 100% natural and vegan. The Sodashi facial and body treatments that we offer at our Talise Spa are luxurious and geared for incredible results.

## MASSAGES

### **Jumeirah Signature Massage | 60 | 90 minutes | Package 3 Sessions 60 minutes**

€ 165 | € 235 | € 390

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 | Package 3 Sessions 75 minutes**

€ 180 | € 430

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.

### **Jade Stone Therapy | 60 | 90 minutes**

€ 160 | € 230

Jade is an ancient, protective stone known for having healing properties which relax the nervous system and aid in the removal of toxins. Not only does it strengthen the body's natural defenses, but it also slows the aging process as well. These rare stones combined with our hands-on massage techniques will give you a one-of-a-kind experience, designed to relax tight muscles, relieve joint pain, and melt away stress and tension. The ocean polished stones work together with our finest essential oils to assist your body's natural healing. Embark on an unforgettable journey of mind, body, and spirit.

### **Personalized Massage | 60 | 90 minutes | Package 3 Sessions 60 minutes**

€ 165 | € 235 | € 390

One massage does not fit all. With your input, we create a personalized massage session that addresses your specific need; incorporating a variety of modalities and types of massage techniques, to ensure the best-individualized treatment to each guest.

### **Asian-European Body Massage | 60 | 90 minutes**

€ 160 | € 230

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**

€ 220

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**

€ 180

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

### **LaStone Therapy | 60 minutes**

€ 160

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 | 90 minutes | Package 3 Sessions 60 minutes**

€ 180 | € 250 | € 430

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

**Reflexology | 45 minutes**

€ 150

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 | Package 3 Sessions 45 minutes**

€ 120 | € 290

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.

**Pregnancy | 60 minutes**

€ 150

During pregnancy, the woman's body needs to adapt gradually in order to embrace one of the most memorable moments in life. For this reason, Talise SPA tailored this massage to address the specific needs of the mum-to-be to recover skin comfort and body balance.

**Lymphatic Drainage | 60 minutes**

€ 150

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.

## FACIAL TREATMENTS

Samalara Ultimate Age-Defying Facial | 90 minutes

€ 240

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 Samalara age-defying products to deeply penetrate the skin resulting in a maximized benefit.

Brightening Marine Mineral | 60 | 90 minutes

€ 160 | € 200

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

€ 160 | € 200

This facial experience is personalized to your skin's 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

€ 160 | € 200

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 | 75 minutes**

€ 170

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.

### **Personalized Facial | 60 minutes**

€ 170

This treatment will be fully adjusted to your personal needs.

## **ADD ON'S**

Powerful mini treatments to be added to more complete services for optimum results. These treatments have been specially designed by Talise Spa and will introduce you to unexperienced techniques from the most fabled spa cultures around the world.

Face mask application | included in the duration of the treatment

€ 18

Eye mask application | included in the duration of the treatment

€ 18

Light legs | 20 minutes

€ 50

Eye revival | 20 minutes

€ 50

Express facial | 30 minutes

€ 80



## BODY TREATMENTS

### **Contouring Marine Body Wrap | 90 minutes**

€ 220

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.

### **Aloe Vera Hydrating Body Wrap | 90 minutes**

€ 220

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**

€ 160

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 favorite:

#### **Body Balance Salt Therapy Exfoliant**

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

#### **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.

## ORIENTAL THERAPIES

### **Thai | 60 minutes | Package 3 Sessions 60 minutes**

€ 160 / € 405

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 | Package 3 Sessions 60 minutes**

€ 160 | € 405

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**

€ 120

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**

€ 220

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**

€ 220

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**

€ 240

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 favors peace of mind.

# RITUALS

## **Oriental Experience Couples Treatment | 120 minute**

€ 450

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 | 150 minutes**

€ 550

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 minutes**

€ 280

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 minutes**

€ 340

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.

## HAIRDRESSER

Male Haircut	€ 70
Women Haircut	€ 110
Children Haircut (to 12y/o)	€ 52
Blow & Dry Short and Medium Length	€ 95
Blow & Dry Large Length	€ 115
*Add-On Blow and Dry Capilar Hydration	€ 25
Permanent and Semipermanent Color   Roots	€ 140
Permanent and Semipermanent Color   Full head	€ 150
Collected/Bun	€ 140
*includes blow dry	€ 280
Permanent Straightening with Keratin Treatment	€ 150
*includes blow dry	
Permanent Straightening with Nanoplasty/Hair Botox/Stem Cells	
*includes blow dry	
Hydration with Keratin all Length	
Color Bain	€ 150
Cutting & Styling- Medium Short	€170
Cutting & Styling- Long and Extra Long	€190

## HAIRDRESSER

Permanent Straightening	€400
Highlights / Balayage *includes blow dry	€230
Ceremony Day Bride:	
Trial Bride - Make up	€ 150
Trial Bride - Styling	€ 170
*includes blow dry	
Make-up	€ 200
Styling	€ 210
*includes blow dry	
Ceremony Day Guest:	
Make-up	€ 100
Styling	€ 140
*includes blow dry	
Make-up (up to 12 years old)	€ 80
Styling (up to 12 years old)	€ 90
*includes blow dry	
Additional Charge for Out of Schedule Service Monday - Friday   10AM - 6PM Saturday   9AM - 2PM.	100€

## BEAUTY SERVICES

Polish Manicure   60 minutes	€ 65
Polish Pedicure   60 minutes	€ 75
Gent's Manicure   30 minutes	€ 40
Gent's Pedicure   45 minutes	€ 55
Nail Polishing   30 minutes	€ 40
Shellac Removal   45 minutes	€ 40
Shellac Manicure   60 minutes	€ 85
Shellac Pedicure   60 minutes	€ 95

## STYLIST AND WAXING SERVICES

Please refer to our spa reception for further information on our Stylist and Waxing Services.

## THERMAL CIRCUIT

Even if you are not a hotel guest or member of Talise SPA y Wellness, you always have the opportunity to enjoy our outstanding thermal facilities, which boast with bio sauna, two steam rooms, an ice fountain, a salt room, a relaxation area, and our luxurious vitality pool with a panoramic view of the Serra of Tramuntana

Thermal Circuit | 120 minutes

€ 50

Day Pass Thermal Circuit

€ 120

## MEMBERSHIPS

Talise SPA and Wellness is delighted to offer exclusive membership programs where our clients could be part of our incredible community and unbeatable benefits in a unique enclave. All our clients are welcome to be involved at the home of wellness, where you will acquire the best customer service and develop healthy habits to fit your lifestyle.

For more information, please call at 971 637 810 or send an e-mail to [jptalise@jumeirah.com](mailto:jptalise@jumeirah.com)



## TALISE FITNESS

Open twenty-four hours a day, the state-of-the-art gym at Jumeirah Mallorca is fitted exclusively with Technogym equipment, including treadmills, exercise bikes, weight modules, rowing machine, elliptical, chest press and leg press, among others. On request, personal trainers are available for consultations and training sessions so every visitor can maintain their best during their stay.

Personal Training Session | 60 minutes | package of 3 sessions € 100 | €240

Yoga Class | 60 minutes | package of 3 sessions € 100 | €240

Fitness | 120 minutes € 50

private sessions per one additional person € 50

## GROUP ACTIVITIES

Do not hesitate to ask about the different group activities that we put at your disposal, so that you can enjoy an unforgettable stay in the hands of our experts.

## TALISE SPA & WELLNESS ETIQUETTE

To maintain and promote a harmonious ambiance of healing and well-being is necessary to read carefully each of the Talise SPA and Wellness policies stated below:

### *Opening hours*

Hydrotherapy Circuit: 10:00 am to 7:00 pm

SPA and Wellness Treatments: 11:00 am to 07:00 pm

Fitness Area: 24 hours for Hotel Guests

External guest and Membership: 9:00 am to 8:00 pm

### *Bookings and arrival*

We recommend advance bookings for your treatments to make sure your preferred date, therapist, and time are available. We encourage you to arrive about 30 minutes before your scheduled appointment to be immersed in the calming Well-Being atmosphere.

Kindly note, late arrivals will not receive an extension of the scheduled treatment time.

### *Cancellation policy*

24-hour notice is required to cancel or modify your booking/s in order to avoid a full charge.

### *Minors*

Children under 16 years old are not allowed in the spa and wellness area. Nevertheless, some treatments may be provided as long as they are supervised by a relative or tutor authorization.

## TALISE SPA & WELLNESS ETIQUETTE

### *Dress code*

If you want to bring a bathrobe, you will find one in your room. But if you prefer to come dressed, you can take a bathrobe from a locker located in our changing rooms. Wearing a swimsuit is required in the Thermal Area. Slippers are also provided.

### *Meals, alcohol and smoke*

You should not eat immediately before a spa treatment because food needs some time to be digested. Eating in the thermal area is not permitted.

Drinking alcohol before any treatment is highly discouraged, and its consumption is not allowed inside our facilities.

Smoking is not permitted in any of Talise Spa and Wellness areas.

### *Health*

Upon arrival, you will get a health questionnaire to complete with information that will be useful to our therapists. It is essential that you inform our therapists of any medical conditions, allergies, medical treatments, medications, or any other relevant information. Talise Spa reserves the right not to provide treatment if the therapist considers it inappropriate for the guest.

In case any client feels unwell with the following symptoms: cough, fever, or shortness of breath, it is recommended to postpone your booking and seek medical assistance.

### *Pregnancy*

Our expert team has specially created a treatment for expectant mothers after the first trimester and prior to the last month of pregnancy. Allow us to assist you in selecting suitable treatments for this special time. We ask you to consult your physician prior to booking any spa services.

## TALISE SPA & WELLNESS ETIQUETTE

### *Digital detox*

To maximize your journey at Talise SPA and Wellness, we encourage you not to bring mobile phones, tablets, or similar, which might distract you from creating meaningful moments for your physical, mental, and emotional Well-Being.

During the treatment, we encourage you to switch off or flight mode of your mobile phone to avoid possible disturbances which might affect your experience.

### *Personal belongings*

Please do not bring jewelry into the spa and wellness area; otherwise, we will provide you with a locker for your valuables. However, the hotel does not assume the liability for the loss or theft of any personal belongings.

### *Pricing*

Prices of the products, treatments, and promotions are subject to change without previous notice. Please check our website or call us to inform us about the latest prices, promotions, and hotel offerings at 971 637 810 or e-mail at [jptalise@jumeirah.com](mailto:jptalise@jumeirah.com).

### *Packages*

Additional discounts cannot be applied due to the special price already included.

## NUTRITIONAL CONSULTANCY SERVICE

We offer a nutritional consultancy service tailored to your needs, designed to help you achieve your wellness goals. Our process begins with a detailed nutritional consultation, followed by an analysis of your daily routine.

Based on the information gathered, we will design a personalised diet that addresses your specific macronutrient needs (proteins, carbohydrates, and fats), adjusting quantities according to your daily energy expenditure, age, and metabolism.

We apply a careful and personalised approach to each consultation, ensuring that you achieve your health goals in an effective and sustainable manner.

The personalised diet will be provided in digital format and sent to you as a PDF file.

We look forward to embarking on this journey towards a better version of you!

**Initial consultation: 1 hour - €120**

**Follow-up consultation: 1 hour - €70**

## Clifftop Retreat

1 WEEK 150€

## Orange Blossom

1 MONTH €390

## Sóller Escape

3 MONTHS €990

## Balearic Bliss

SEASON PASS €2,290

### BENEFITS

- Unlimited access to Talise SPA facilities
- Unlimited access to Fitness facilities
- Access to Talise group activities
- Use of the designated Lockers
- Valid 7 days from the activation time.

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- Unlimited access to Fitness facilities
- Access to Talise group activities
- Use of the designated Lockers
- Hotel parking
- Kids Club Access (1 child)
- Talise SPA Day Use (for 3) for accompanying friend or family (Excluding holidays, valid for duration of membership)

- Unlimited access to SPA facilities
- Unlimited access to Fitness
- Access to Talise group activities
- Use of the designated Lockers
- Hotel parking
- Kids Club Access (1 child)
- Personal Training session of Yoga and Pilates (for 2)
- 60 min SPA Treatment of choice (for 2)
- Talise SPA Day Use (for 6) for accompanying friend or family (Excluding holidays, valid for duration of membership)

### DISCOUNTS

- 10% off Talise SPA treatments
- 10% off on Talise SPA treatments for accompanying guest
- 15% off on Talise Spa Retail products
- 20% off on F&B excluding outside catering and banquets

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- 10% off on Talise SPA treatments for accompanying guest
- 15% off on Talise Spa Retail products
- 20% off on F&B excluding outside catering and banquets

- 15% off SPA treatments
- 10% off on treatments for accompanying guest
- 15% off Talise Spa Retail products
- 15% off Personal Training session of
- Yoga and Pilates
- 20% off on F&B excluding catering and banquets
- 20% off on Room stay with breakfast included

- 20% off Spa treatments
- 10% off on SPA treatments for accompanying guest
- 15% off Talise Spa Retail products
- 15% off Personal Training session of Yoga and Pilates
- 20% off on F&B excluding catering and banquets
- 20% off on Room stay with breakfast included

For more information please call 971 637 810 or send an e-mail to [jpstalise@jumeirah.com](mailto:jpstalise@jumeirah.com).



CONTACT

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