



TALISE  
SPA



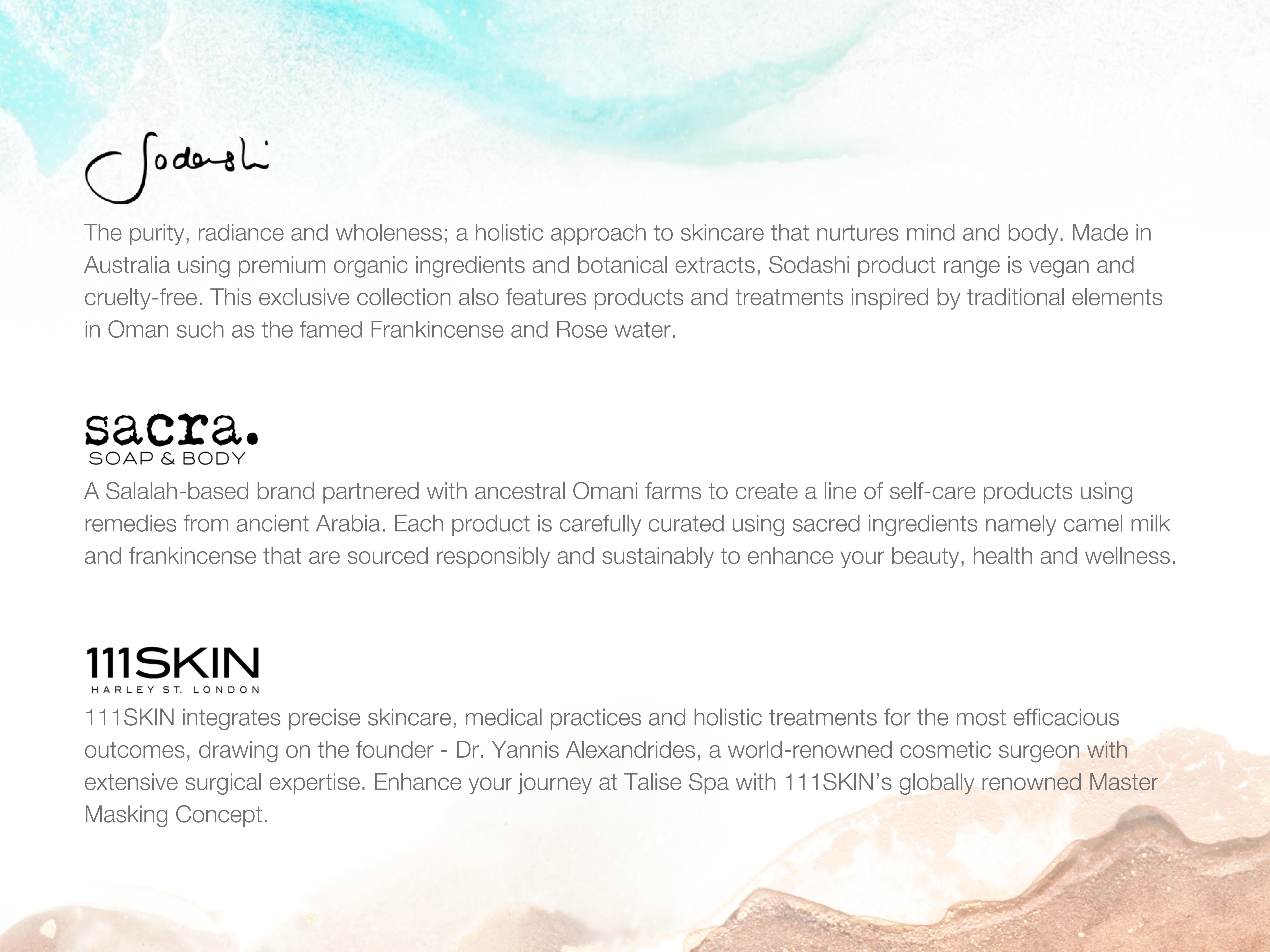
RELAX. RECOVER. RECHARGE



## A SENSORY JOURNEY OF WELLBEING

Nestled amidst the tranquil blue waters and the vast Al Hajar Mountains, Talise Spa at Jumeirah Muscat Bay invites you to immerse yourself in a sensory journey that combines one of the world's oldest healing philosophies with world renowned luxury.

We bring you revered rituals to enhance your vital energy using indigenous elixirs and trusted techniques with a fusion of our Talise Spa signature therapies leaving you with a sensation of pure renewal and revitalisation.



# Sodashi

The purity, radiance and wholeness; a holistic approach to skincare that nurtures mind and body. Made in Australia using premium organic ingredients and botanical extracts, Sodashi product range is vegan and cruelty-free. This exclusive collection also features products and treatments inspired by traditional elements in Oman such as the famed Frankincense and Rose water.

## **sacra.**

SOAP & BODY

A Salalah-based brand partnered with ancestral Omani farms to create a line of self-care products using remedies from ancient Arabia. Each product is carefully curated using sacred ingredients namely camel milk and frankincense that are sourced responsibly and sustainably to enhance your beauty, health and wellness.

## **111SKIN**

HARLEY ST. LONDON

111SKIN integrates precise skincare, medical practices and holistic treatments for the most efficacious outcomes, drawing on the founder - Dr. Yannis Alexandrides, a world-renowned cosmetic surgeon with extensive surgical expertise. Enhance your journey at Talise Spa with 111SKIN's globally renowned Master Masking Concept.

# marocMAROC

marocMAROC reinterprets ancestral beauty customs through modern formulas, incorporating the majestic aura of the hammam and the richness of natural wellness resources. A fresh take on Hammam rituals using the essence of Mediterranean flora with carefully chosen ingredients and unforgettable textures.



The award-winning PEDI:MANI:CURE Studio by Bastien Gonzalez's philosophy of well-being is internationally famed for his unique approach to pedicure and manicure treatments. With his professional, medical expertise and experience as a chiropodist, he devised and developed exclusive treatments for feet, nails and hands where its originality resides in the fusion of French chiropody, wellbeing and beauty.



## SIGNATURE COLLECTION

### JUMEIRAH REVITALISING MASSAGE | 60 MINUTES | 90 MINUTES

Experience our Jumeirah signature full body, deep tissue massage, featuring ancient therapeutic techniques, deep flowing movements, acupressure point stimulation and mild stretching to reawaken your vitality.

### ESSENCE OF OMAN | 60 MINUTES | 90 MINUTES

#### *De-stressing - Revitalising*

A spa journey, which evokes a true sense of place. Discover the power of Oman's nature with medicinal frankincense from the earth and sea salt from the ocean. Prepare your skin with an exfoliation followed by an indulgent full body massage with therapeutic Frankincense oil.

\*Exfoliation included in 90 minutes treatment only



## SPA JOURNEY COLLECTION

ARABIAN OUD EXPERIENCE | 90-MINUTES | 120 MINUTES

*Revitalising - Relaxing*

This luxurious spa journey treats both face and body, providing a total head-to-toe experience with immense benefits for muscle relaxation, digestion, detoxification and skin radiance. The perfect revitalising therapy to alleviate tiredness and stress, which deeply calms and soothes the nervous system evoking a deep sense of relaxation.

PRECIOUS MOMENTS FOR TWO | 90-MINUTES | 120 MINUTES

Experience a moment of serenity together in our couples' suite. A fusion of treatments tailored to your personal needs. Your journey begins with a soothing foot ritual to reconnect you side-by-side, followed by a customised treatment leaving you feeling connected more than ever.

The background features a soft watercolor wash. The top portion is dominated by shades of teal and light blue, which gradually blend into a pale, warm yellow and cream color towards the bottom. The bottom edge of the image shows darker, more saturated orange and brown tones, suggesting a sunset or a warm, textured surface like sand or a candle. The overall effect is serene and calming.

## MASSAGE COLLECTION

### TENSION RELEASE MASSAGE | 60 MINUTES | 90 MINUTES

Experience a combination of deep tissue, Swedish, lymphatic drainage and acupressure points massage techniques. This specialised full body massage is intended to alleviate deep-seated tension in the muscles, to help promote circulation and remove accumulated toxins with a purifying oil blend.

### BESPOKE AROMA MASSAGE | 60 MINUTES | 90 MINUTES

Indulge in a tailor-made full body massage with your preferred aroma oil blend. Rebalance yourself with a firm therapeutic massage, designed to soothe fatigued muscles, relieve stress, and re-energise your body.

### SENSORY AWAKENING MASSAGE | 60 MINUTES

This sensory awakening massage is inspired by Arabian secrets to heal the body and relax the soul. As the lit candle melts into an oil, releasing the amber, vanilla and musk essential oils that work to revitalise and soothe your body and mind. A luxurious therapy that indulges in an overall feeling of wellbeing.

### BALINESE MASSAGE | 60 MINUTES | 90 MINUTES

Traditional Balinese massage is a seamless blend of acupressure, skin rolling and firm-smooth movements that stimulate energy flow and circulation, whilst creating a deep sense of relaxation.





## MASSAGE COLLECTION

### HOT STONE MASSAGE | 75 MINUTES

Intensely soothing and healing, this massage is perfect for sore and stressed muscles. The use of aromatherapy oils and warmed lava stones are combined with traditional massage techniques to relieve muscle tension.

### PRE NATAL AND POST NATAL | 60 MINUTES

A moment to appreciate the joy of motherhood and to nurture yourself. This massage will relieve and ease the heavy feeling that occurs with pre and post pregnancy using a safely formulated range of oils.

## HAMMAM COLLECTION

### HAMMAM CLEANSING RITUAL | 60 MINUTES

A contemporary Hammam treatment that includes a black soap application while you rest on a heated marble slab. This treatment includes a full-body exfoliation with a Kessa glove and Miel d'Ambre to deeply cleanse and purify your skin. Conclude your journey with a stretching ritual that leaves you feeling rejuvenated.

### SIGNATURE HAMMAM RITUAL | 90 MINUTES

An enhancement to the Hammam Cleansing Ritual. This journey takes you through an additional facial exfoliation followed by a scalp massage, a hair washing ritual and application of purifying face mask and hair mask.



## BODY COLLECTION

### BODY BALANCE SALT GLOW | 45 MINUTES

*Detoxifying - Remineralising*

This treatment begins with warm soothing oils rubbed onto the skin, followed by a Himalayan salt exfoliation. Designed to relieve stress and fatigue following extensive travel or strenuous exercise to improve circulation and reduce water retention.

### PURIFYING BODY BOOST | 90 MINUTES

*Detoxifying - Purifying*

An invigorating Himalayan salt exfoliation that leaves the skin feeling smooth and rejuvenated. This treatment concludes with a purifying body mask to relieve slackness and congestion which aids to eliminate unwanted toxins.

### VANILLA BODY BLISS | 60 MINUTES

*Soothing – Calming*

This highly aromatic, gentle full body exfoliation soothes and polishes away dry skin while the essential ingredient sandalwood eases fatigued muscles. An application of vanilla body butter hydrates your skin while providing an overall relaxing and aromatic experience.



## SKINCARE COLLECTION

### PURE RADIANCE FACIAL | 60 MINUTES

#### *Purifying - Hydrating*

This treatment begins with an aromatic warm facial compress to soften and exfoliate the skin, followed by a nourishing face mask rich in herbal extracts to purify and hydrate the skin. The facial can be tailored to individual skin needs to leave the skin revitalised and fresh.

### MARINE MINERAL FACIAL | 75 MINUTES

#### *Oxygenating - Toning*

Using the extract of marine plants, this facial restores radiance and glow to your complexion. This treatment will oxygenate, tone and revitalise your skin. Recommended for a dull or uneven complexion and for those concerned with visible signs of ageing.

### THERMAL INFUSING FACIAL | 90 MINUTES

#### *Lifting - Nourishing*

This facial incorporates an exclusive thermal mask to maximise penetration of essential ingredients into the deeper layers of the skin. This indulgent treatment is tailored to individual skin needs: to purify, deeply cleanse and to nourish. It leaves the skin hydrated and toned, restoring elasticity and radiance.



## SKINCARE COLLECTION

### MANKIND FACIAL | 60 MINUTES

#### *Deep Cleansing - Balancing*

The Mankind treatment is especially formulated for men. This journey begins with a relaxing back exfoliation with Himalayan salt to ease stress and reduce tension. A deep cleansing facial balances the skin's natural oils, soothes irritation and prevents ingrown hairs. The treatment ends with a relaxing facial massage that will tone and firm the muscles, leaving you looking fresh and revitalised.

## ENHANCEMENT COLLECTION

Compliment your experience by adding one or more of the following options to your treatment.

### BACK, NECK & SHOULDER MASSAGE | 30 MINUTES | 45 MINUTES

Eases tension in stiff muscles with this fast-acting de-stress treatment. Tailored to your unique needs, targeted massage with pure aromatherapy relaxes tense muscles, re-energises your body, and calms your mind.

### SCALP REVIVER | 30 MINUTES

Richly scented essential oils are massaged into the hair, releasin

## ENHANCEMENT COLLECTION

Compliment your experience by adding one or more of the following options to your treatment.

### CLEANSE & BALANCE BACK TREATMENT | 45 MINUTES

Soothe upper body tension and treat the skin with this deeply relaxing and cleansing treatment for the back.

### EXPRESS FACIAL | 30 MINUTES

Enhance any massage or body treatment with a facial treatment suitable for all skin types. This express facial treatment boosts the skin complexion with a facial cleanse, exfoliation, aromatic mist and application of a firming gel mask. The treatment concludes with an application of nutrient-rich moisturisers for the face, neck, eyes and lip areas.

### 111SKIN MASTER MASKING - MULTI-MASKING BASED ON YOUR SKIN CONCERNS

Enhance any massage, body or facial treatment with 111SKIN's globally renowned Master Masking Concept for face and eyes:

- Celestial Black Diamond Lifting & Firming Mask
- Rose Gold Brightening Treatment Mask
- Anti-Blemish Bio Cellulose Facial Mask
- Sub Zero De-Puffing Eye Mask
- Celestial Black Diamond Eye Mask.

## PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

### BASTIEN'S DUO | 75 MINUTES

This synchronised four hands treatment focuses on your feet, legs, hands and arms including a soothing massage. It combines the medical expertise of a Podiatrist and the exceptional touch of a talented manicurist offering total relaxation.

### BASTIEN'S PEDICURE | 60 MINUTES

*Performed by a Podiatrist*

A complete pedicure including a nail treatment (gentle buffing to restore the beauty of the nails, resulting in a healthy natural shine) performed by a Podiatrist; followed by a skin treatment to eliminate hard skin and dryness; complimented by a massage from the toes up to the knees, relieving any muscle tension and heaviness.

### NAIL BRIGHTNESS | 45 MINUTES

A foot treatment focusing on the beauty of nails, cuticles and light smoothing of dry skin. Nails are reshaped and buffed with chamois leather and a pearly buffing cream. The nails are restored to health with their natural beauty and shine. Includes a relaxing foot massage.

## PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

### BASTIEN'S MANICURE | 45 MINUTES

An exceptional manicure in 3 steps: a cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands, and fingers. An unforgettable experience!

### FOOT REFOUNDATION | 35 MINUTES

#### *Foot Massage*

A treatment designed for the total wellbeing of the feet and legs. Ideal for relieving heavy legs, tired after long flights, this truly relaxing toes-to-knees massage focuses on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub facilitates the absorption of the cream used during the massage, optimizing the effects of its active ingredients.

### GLOBAL MASSAGE REFOUNDATION | 35 MINUTES

#### *Foot and Hand Massage*

A completely soothing massage: from the toes up to the knees, from the fingers up to the elbows, this four-hand synchronised massage creates a sensation of lightness to the whole body, relieving any muscle tension or heaviness in the legs and arms. The result is improved skin elasticity and optimum mobility.

### SPECIAL TOUCH BY BASTIEN GONZALEZ

Add one of these nourishing treatments to enhance your Bastien Gonzalez treatment.



## PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

### PARAFFIN TOUCH | 20 MINUTES

Intensify any Bastien Gonzalez treatments by adding the paraffin touch. The warmth of this silky wax aids the absorption of the moisturisers into the skin for deeper hydration, enhancing relaxation and easing tension in the joints and muscles.

### COLOUR TOUCH | 20 MINUTES

Select your preferred colour from a range of varnishes. Includes nail reshaping.

### BLACK DIAMOND SCRUB TOUCH | 10 MINUTES

Elevate your pedicure or manicure by adding on the Black Diamond Touch. This mineral foaming scrub provides a vigorous natural exfoliation, aiding the removal of dead cells and leaving skin smooth and silky. Essential oils of thyme and sage contribute to maintaining healthy and elegant hands and feet.



## TALISE SPA ETIQUETTE

### SPA FACILITIES

Spa premises include generous changing facilities with private lockers, sauna, steam room, experience showers and an ice fountain. All guests are required to reserve a minimum of 60-minute treatment in order to enjoy the spa facilities.

### AGE REGULATION

Talise Spa treatments including massages and facials: minimum age of 12 years with parental supervision.  
Spa facilities access: minimum age of 16 years with parental supervision.

### HEALTH

Please notify the Talise Spa team of any health conditions, allergies or injuries that could affect your treatment or use of the Spa facilities. Guests who are pregnant or breastfeeding must advise the spa team while making the reservation as some treatments might not be suitable to be performed.

### ARRIVAL

To make the most of your Talise Spa experience, we recommend that you arrive at least 30 minutes prior to your appointment to enjoy the Spa facilities. Please be informed that a late arrival will not be afforded with an extension of scheduled treatments. Treatments will be rendered only for the remainder of the scheduled appointment and charged at full value.

## TALISE SPA ETIQUETTE

### RESERVATIONS AND CANCELLATIONS

In order to secure the most suitable reservation time for you, we recommend that you reserve your treatments by making an advance reservation. Credit card details or pre-payment are required for any external guests to secure the reservation. Should you need to cancel or reschedule your spa treatment, kindly inform us 4 hours in advance for individual treatments. For couples or group reservations, kindly inform us 24 hours in advance of the scheduled time. Without proper notification or in case of non-arrival, the full treatment fee will be charged.

### SPA ENVIRONMENT

To fully benefit from a transformative and tranquil experience at Talise Spa, we kindly ask you to speak in a gentle tone and to keep your mobile phones in silent mode. In keeping with local cultural values, we request that guests show modesty when using the changing areas. To respect the privacy of others, no photographs, videos or other social media recordings are permitted. Please be advised that Talise Spa is strictly a non-smoking facility.

### VALUABLES AND PERSONAL BELONGINGS

Whilst the Spa provides lockers, it is recommended that you leave valuables in your guest room or at home. A jewellery tray for safekeeping of valuables is provided in the treatment room but we recommend not to wear any jewellery at the Spa. Talise Spa at Jumeirah Muscat Bay does not assume liability for lost or damaged valuables.



## TALISE SPA ETIQUETTE

### GIFT CERTIFICATES

The perfect gift for anyone, Talise Spa offers gift certificates which can be purchased at Spa reception or on the website for either a specific service, package or an amount.

A watercolor-style background with soft, blended colors. The top features a teal and light blue wash, transitioning into a large white area. The bottom edge shows a brown, sandy wash that resembles a coastline or mountains meeting the sea.

#WhereTheMountainsMeetTheSea

 JumeirahMuscatBay



Jumeirah  
MUSCAT BAY