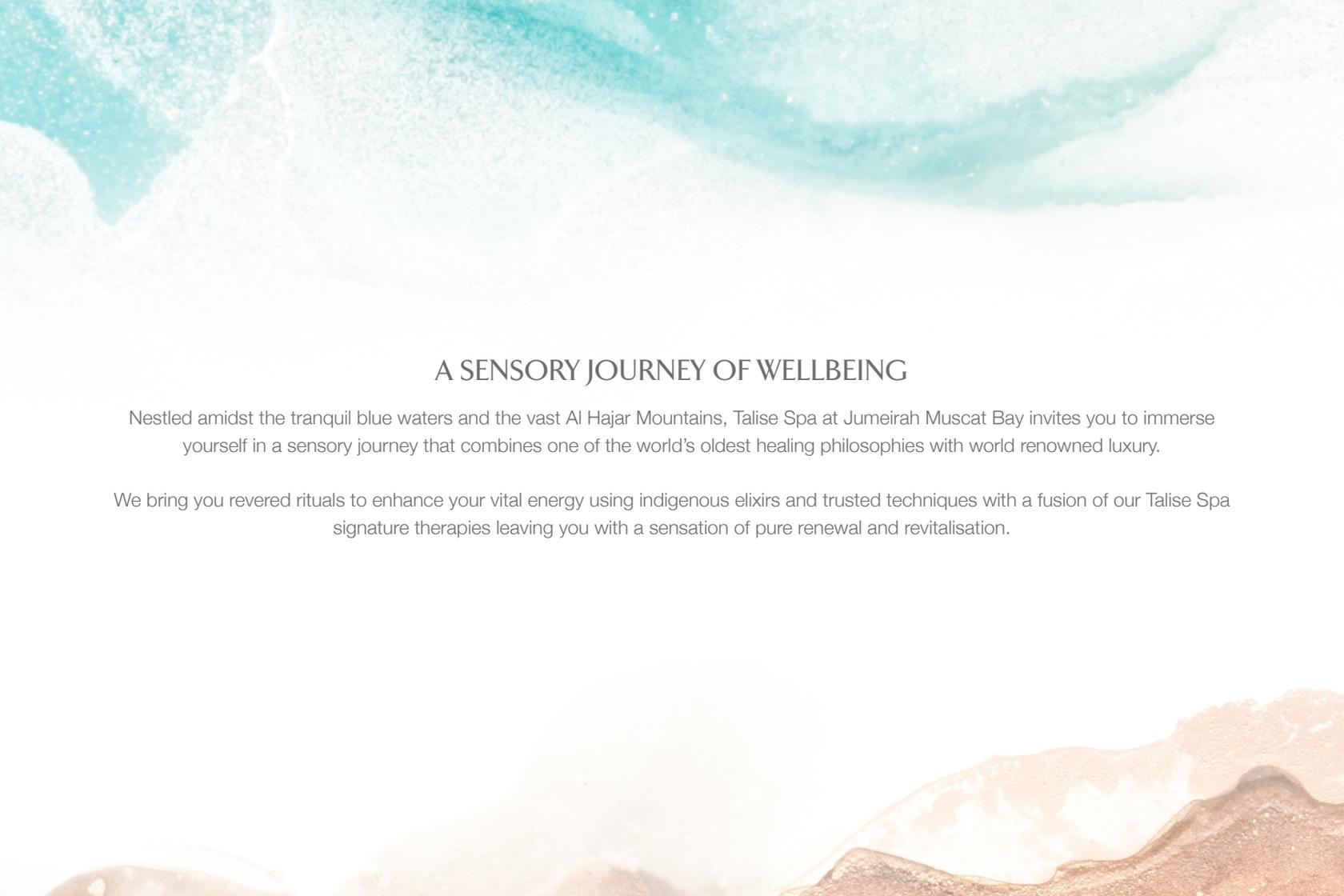


An aerial photograph of a spa pool. The pool's water is a vibrant turquoise blue, contrasting with the surrounding brown, textured earth. The earth has a marbled, organic appearance with various shades of brown and tan. The text 'TALISE SPA' is centered over the image.

TALISE  
SPA

The background is an abstract watercolor composition. The top portion features soft, blended washes of teal and light green, with some darker teal streaks. The middle section is a clean, bright white space. The bottom portion is dominated by warm, earthy tones, including shades of beige, light brown, and dark brown, with some darker, more saturated brown areas. The overall effect is soft, textured, and calming.

RELAX. RECOVER. RECHARGE

The background is a soft watercolor illustration. The top half features a teal and light blue wash, while the bottom half transitions into a warm, golden-brown and tan wash, suggesting a landscape or sky. The overall texture is soft and painterly.

## 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.

## SIGNATURE COLLECTION

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

*Re-energising - Revitalising*

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

*Balancing - Sense of Place*

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 | FULL-BODY MASSAGE AND EXFOLIATION INCLUDED

### ARABIAN OUD EXPERIENCE | 120 MINUTES | FULL-BODY MASSAGE AND FACIAL INCLUDED

*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.

## SPA JOURNEY COLLECTION

PRECIOUS MOMENTS FOR TWO | 90 MINUTES | FULL-BODY MASSAGE AND EXPRESS FACIAL INCLUDED

PRECIOUS MOMENTS FOR TWO ||20 MINUTES | CUSTOMISED TREATMENT

*Pampering - Relaxing*

Experience a moment of serenity together. 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.

## MASSAGE COLLECTION

TENSION RELEASE MASSAGE | 60 MINUTES | 90 MINUTES

*Customised - Uplifting*

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

*Comforting - Sensorial*

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.

## MASSAGE COLLECTION

### SENSORY AWAKENING MASSAGE | 60 MINUTES

*Gentle - Delightful*

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

*Invigorating - De-stress*

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.

### HOT STONE MASSAGE | 75 MINUTES

*Grounding - Rejuvenating*

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

*Nuturing - Calming*

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 | 60MINUTES

*Purifying - Invigorating*

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

*Wholesome - Indulgent*

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.

### 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

*Enhancement to be paired with 60 minute treatment and longer*

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, releasing the tension, conditioning the scalp and leaving the hair super shiny.

### CLEANSER & 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.

## PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

### 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.

### 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.

## **SPECIAL TOUCH BY BASTIEN GONZALEZ**

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

### **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.

### 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.

## 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.



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.

maroc**M**aroc

maroc**M**AROC 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.

**PEDI:MANI:CURE STUDIO**  
by Bastien Gonzalez **B**

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.





#WhereTheMountainsMeetTheSea

 JumeirahMuscatBay

JUMEIRAH

MUSCAT BAY