

# T A L I S E

MENU

# Talise Spa & *Well-being*

Talise Spa is a sanctuary for self-discovery, where every moment encourages you to reconnect with your inner self, unveil your full potential, and cultivate a deeper sense of inner balance and harmony.

Blending ancient techniques with modern therapies, we create a unique mind-body experience designed to promote restful gratification, cultivate inner peace, and foster a sense of equilibrium.

Whether you seek relaxation, enhanced performance, or a profound connection with your inner self, our thoughtfully designed treatments are tailored to your unique needs, ensuring you depart feeling empowered, renewed, and equipped with the tools to navigate your ongoing journey of self-discovery and well-being.

## PERFORMANCE

### High Performance Facials

#### Deep Cleanse Restructure Facial

75 minutes | Starting from AED 1,100

A targeted facial combining deep peeling, extraction, and a signature massage to release tension, smooth signs of ageing, and improve tone. Suitable for all skin types seeking a clear, refreshed finish.

#### Signature Soul Facial

90 minutes | Starting from AED 1,300

A calming, age-defying treatment designed for sensitive skin, combining Nescens cosmeceuticals with a personalised massage. Beginning with a thorough cleanse and skin analysis, the ritual continues with gentle peeling, targeted care for the eye and lip areas, and concludes with layered serums, a multi-mask, and a restorative massage.

## PERFORMANCE

### High Performance Facials

#### Better Aging Rehab Facial

90 minutes | Starting from AED 1,500

A science-led, results-driven facial designed to eliminate toxins associated with ageing. Detoxifying techniques and a double cleanse help soften the effects of time, leaving skin feeling refreshed and visibly radiant. The experience is completed with the glow-enhancing power of Celluma light therapy.

#### Gentlemen's Facial

75 minutes | Starting from AED 1,100

A deep-cleansing and exfoliating facial that balances the skin's natural oils, soothes irritation, and helps to prevent ingrown hairs.

## PERFORMANCE

### High Performance Body Treatments

#### Remodelling Therapy

120 minutes | Starting from AED 1,500

*Detox Dome, Body Exfoliation & Body Massage*

Unveil the full potential of skin and body with this effective remodelling treatment, beginning with the Detox Dome to stimulate circulation and eliminate toxins. A dynamic body exfoliation follows, preparing the skin for a comprehensive full-body massage. The treatment concludes with the Anti-Skin Slacking Complex, promoting firmness and radiance for a visibly revitalised result.

#### Hybrid Face & Body Treatment

90 minutes | Starting from AED 1,300

*Body Massage & Facial*

Through a fusion of meridian and deep massage techniques, this unique face and body experience supports rest and release. Working along key meridians - such as the gallbladder, liver, and heart - tension and discomfort are eased, while abdominal focus encourages deep calm and gentle detoxification. From shoulders to face, the treatment promotes muscle relaxation, improved circulation, and a refreshed, radiant complexion.

## PERFORMANCE

### High Performance Body Treatments

#### The Cellu-Lite by Legology

75 minutes | Starting from AED 800

This signature Legology treatment targets areas of concern using specialised massage techniques to help release blockages and ease fluid retention. It begins with a refreshing lemon foot soak, followed by a stimulating leg exfoliation to boost circulation, enhance suppleness, and reduce the appearance of cellulite.

### High Performance Body Massage

#### Muscle Recovery

90 minutes | Starting from AED 930

Recharge and reclaim your energy. Meticulously crafted for active guests seeking to reduce recovery time after intense activity or soothe an overworked mind and body. Focused deep muscle work releases tightness caused by poor posture or long-haul travel, boosts circulation, detoxifies the muscles, and supports recovery - restoring energy levels and inner strength.

Enhance the benefits of the Muscle Recovery Massage and elevate your wellness journey further by pairing it with the detoxifying far infrared iDome for AED 600.

## PERFORMANCE

### High Performance Advance Therapy

#### Satori Wellness Lounger

Starting from 30 minutes | Starting from AED 350

An innovative treatment that aids sleep and inspires a state of calm. Vibroacoustic therapy is clinically shown to support behavioural change in those recovering from sleep disorders, stress, anxiety, and addiction. It is also suitable for anyone seeking to reduce stress symptoms and cultivate a calmer state of being. This completely natural vibrational and binaural sound treatment is designed to synchronise body and mind.

#### Detox Dome

60 minutes | Starting from AED 600

A comprehensive detoxification treatment that integrates three effective methods in one, combining far infrared technology to support visible skin renewal and detoxification. It also aids sports recovery and promotes overall well-being.

## PERFORMANCE

### High Performance Movement

#### Reformer Pilates

Unlock the power of the mind-body connection with Neuro Pilates at Talise Spa, led by a certified instructor. This innovative practice combines the principles of Pilates with neuroscience to enhance physical strength, mental focus, and overall well-being.

#### Reformer Pilates Private Class

45 minutes | Starting from AED 500

#### Reformer Pilates Group Class

45 minutes | Starting from AED 250



## INTENTION

### Facial Treatments

#### Self Discovery Radiance Facial

75 minutes | Starting from AED 1,100

This skin-specific organic facial is deeply detoxifying, revitalising, and helps to even skin tone and enhance clarity. A relaxing facial massage supports lymphatic flow, releasing build-up and restoring natural radiance.

Each facial is tailored by VOYA to your skin's unique needs. In the comfort of the treatment room, we begin with a thorough skin analysis before selecting products to address your individual concerns. Using a combination of gentle exfoliators, serums, and masks, this facial leaves skin feeling purified, nourished, and beautifully balanced.

#### Restorative Facial

75 minutes | Starting from AED 1,100

This restorative facial is crafted using VOYA's finest organic ingredients, combined with antioxidant-rich algae complexes and a calming blend of aromatherapy oils.

An infusion of seaweed and botanical actives helps to support collagen production, leaving skin feeling naturally firmer and more radiant.

## INTENTION

### Body Massage

#### Inner Calm

90 minutes | Starting from AED 930

Designed for those seeking inner peace and deep relaxation. This signature massage, based on myofascial release techniques, helps relieve muscle fatigue, musculoskeletal tension, and congestion around the spine - encouraging a deeply relaxed state and supporting overall mind-body balance. Ideal for those looking to build physical resilience and ease stress to improve sleep and cultivate inner calm.

For AED 350, pair with Satori Lounger to elevate and deepen your relaxation experience.

#### Mindful Dream

75 minutes | Starting from AED 1,100

Mindful Dream is a deeply relaxing treatment designed to calm the body and quiet the mind, creating the ideal conditions for deep rest. Let stress and tension melt away in this soothing ritual, developed to encourage a peaceful night's sleep. The treatment combines products chosen for their calming properties with sleep-enhancing massage and meditation techniques. Focused on well-being, it promotes instant tranquillity and a lasting sense of inner calm.

## INTENTION

### Body Treatment

#### Detox Cocoon

120 minutes | Starting from AED 1,500

*Detox Dome, Body Exfoliation & Body Wrap*

Unlike any other VOYA seaweed treatment, this grounding therapy begins with the Detox Dome to gently warm the body and stimulate circulation. Fresh organic seaweed leaves are then used to exfoliate and wrap the body. Starting with a Bladderwrack Body Buff, the treatment continues with a Laminaria seaweed wrap, leaving skin bright, smooth, and silky soft and the body feeling deeply revitalised.

### Wellness Service

#### Sound Meditation

45 minutes | Starting from AED 350

A full-body listening experience using therapeutic singing bowl vibrations to release tension and guide both mind and body into a restorative state.

## INTENTION

### Mother-to-Be

#### Prenatal Voyager

90 minutes | Starting from AED 1,400

*Body Exfoliation, Body Massage, Face & Scalp Massage*

This relaxing organic well-being ritual promotes a deep sense of calm while hydrating and nourishing the skin. A full-body exfoliation gently buffs the skin, leaving it radiant and renewed. A soothing top-to-toe massage follows, using nourishing Mama Oil across the body, face, and scalp to ease tension and support both body and mind. Melt away the aches and discomforts of pregnancy and feel comfortably cocooned, supported, and restored.

#### Precious Moments

60 minutes | Starting from AED 830

*Mask, Feet, Face, Hand & Arm Massage*

This nurturing treatment is designed especially for a mother and her growing bump. A specialised mask is applied to the bump to support connective tissue and help prevent stretch marks. Meanwhile, the feet are wrapped in Laminaria Digitata seaweed leaves to boost circulation, encourage lymphatic flow, and ease fluid retention. As the organic masks hydrate and nourish, enjoy a calming face, hand, and arm massage. A revitalising ritual to support the

## Facial Treatment

### Age Embrace Facial

75 minutes | Starting from AED 1,100

*Refreshing & Hydrating*

Using four specially designed massage techniques, this facial leaves the skin deeply hydrated and refreshed from within, resulting in a radiant, more youthful-looking complexion.

### Collagen Renewal Facial

90 minutes | Starting from AED 1,300

*Hydrating & Smoothing*

This intensive hydration treatment is designed to smooth fine lines, support elasticity, and encourage collagen production - leaving skin feeling supple and nourished.

### Illuminating Stem Cell Facial

90 minutes | Starting from AED 1,300

*Brightening & Stimulating*

Powered by stem cell active ingredients, this treatment delivers an immediate radiant glow, stimulates cellular renewal, deeply hydrates, and helps restore elasticity.

## Body Massage

### Bespoke Aroma Deep Tissue Massage

60/90 minutes | Starting from AED 730/930

Enjoy a full-body massage tailored to your needs, soothing tired muscles and relieving tension, whilst using your preferred choice of aromatherapy oils.

### Thai Massage

75 minutes | Starting from AED 780

A dynamic massage combining acupressure, stretching and pulling to leave you feeling grounded and energised. The massage does not use any oil, whilst soft Thai pyjamas are provided for the treatment.

### Voyager Massage

90 minutes | Starting from AED 930

A treatment to inspire relaxation from top-to-toe. Incorporating a scalp massage, face massage, stretches and a body massage, echoing the movements of the sea whilst combining both gentle and stimulating rhythms.

## Body Treatment

### Nourish Tide - Skin

150 minutes | Starting from AED 1,600

Menopause can bring a variety of changes to the skin. As oestrogen levels drop and the body reduces its production of collagen, the skin may become drier, more sensitive, and in need of deeper hydration. Incorporating antioxidant-rich foods can also help to nourish the skin from the inside out.

Your journey includes:

- A welcome fennel tea
- A relaxing walk around the grounds, including a breathwork session
- A thermal spa experience to boost your skin receptors
- The VOYA Nourishing Cocoon treatment

To conclude, a special VOYA gift will be waiting for you at the end of your journey, inviting you to recreate the experience at home.

## Body Treatment

### Fortify Tide - Body

180 minutes | Starting from AED 1,800

Movement is a powerful way to help manage menopausal symptoms. Regular exercise, such as swimming or walking, is often recommended over high-impact but infrequent activity.

Massage treatments can stimulate the lymphatic, circulatory, and hormonal systems, while also regulating blood pressure, easing pain, and improving mobility and coordination. In addition to reducing cortisol levels, massage can also boost immunity by increasing white blood cell production.

Your journey includes:

- A welcome peppermint tea
- A yoga stretch experience to relieve aching muscles and joints
- A Detox Dome Session
- A VOYA Fortify Face and Body treatment

To conclude, a special candle will be waiting for you at the end of your journey, inviting you to recreate the experience at home.



## Hammam Collection

### Traditional Hammam Ritual

60 minutes | Starting from AED 800

A ritual that begins with black soap to deeply cleanse and purify the skin, followed by a full-body exfoliation using a kessa glove and Miel d'Ambre products. A gentle facial exfoliation is also included, before a traditional stretching ritual concludes the experience, leaving you feeling completely revitalised.

### Signature Hammam Ritual

90 minutes | Starting from AED 1,100

A ritual incorporating black soap to deeply cleanse and purify, followed by a full-body exfoliation using both a kessa glove and Miel d'Ambre products. The treatment also includes a gentle exfoliation and purifying mask for the face, followed by a scalp massage, hair wash and mask application. To conclude the experience, a traditional stretching ritual leaves you feeling cleansed and relaxed from head-to-toe, whilst a final cocooning application of body moisturiser rehydrates the skin.

## SUITE EXPERIENCE

### Suite Experience

#### Gift of Time

150 minutes | Starting from AED 2,800

Enjoy a moment of calm in our private spa suite, whilst sipping on a refreshing beverage with our compliments. Complete the experience with a deeply harmonising full-body, face and scalp massage.

#### Wellness Moment

180 minutes | Starting from AED 3,100

Begin your well-being journey with a heart opening chakra session, fostering harmony and synergy, before enjoying exclusive access to our private spa suite with steam and jacuzzi facilities. Conclude the experience with a relaxing full-body massage.

## WELLNESS THERAPY

### Sound Meditation

45 minutes | Starting from AED 350

An immersive, full-body listening experience that utilises the therapeutic vibrations of singing bowls to release unwanted tension and restore the mind and body to a healing state.

### Satori Wellness Lounger

Starting from 30 minutes | Starting from AED 350

An innovative treatment to aid sleep and inspire a sense of calm. Vibroacoustic therapy is clinically proven to promote behavioural change in individuals recovering from sleeping disorders, stress, anxiety, and addiction. It is also recommended for those seeking to reduce the symptoms of stress and embrace a deeper sense of calm. Using natural vibrations and binaural sounds, this treatment is designed to synchronise the mind and body.

## WELLNESS THERAPY

### Detox Dome

60 minutes | Starting from AED 600

A complete detoxification treatment integrating three highly effective methods, combining far infrared technology, plasma, and light therapy. Skin appears visibly revitalised and detoxified, with added benefits for physical recovery and overall well-being.

### Lymphatic Flow Therapy

60 minutes | Starting from AED 1,700

This deep tissue therapy activates the body's natural detox pathways, helping to reduce inflammation while boosting skin radiance and overall energy. Ideal for those seeking to improve their health and vitality.

## WELLNESS THERAPY

### Chi Nei Tsang

60 minutes | Starting from AED 1,600

Chi Nei Tsang therapy is a healing abdominal massage designed to detoxify and cleanse the internal organs. This ancient technique helps release tension and blockages, allowing vital energy, known as chi, to flow freely, restoring physical, mental, and emotional equilibrium.

### Aura Reading

60 minutes | Starting from AED 1,700

A technique that taps into your energy wheels, or chakras, to help you better understand your emotions, thoughts, and personality. Offering clarity and greater focus, the reading encourages forward movement by easing compulsive worry and mental blocks, guiding you toward a more intentional and fulfilling future.

## WELLNESS THERAPY

### **Bach Flower**

60 minutes | Starting from AED 1,600

Utilising the vibrational energy of wildflowers and trees, this therapy is ideal for those experiencing emotional imbalance, stress, or low self-esteem. It helps restore a sense of inner calm and equilibrium, while also supporting improved sleep.

### **Kinesiology**

30 minutes | Starting from AED 1,500

A holistic therapy grounded in an understanding of the mind-body connection, rooted in neuroscience and chiropractic principles. Our practitioners access your body's innate wisdom to identify areas of stress, energy blockage and underlying factors contributing to your well-being through precise muscle testing. A treatment tailored to you, designed to restore your natural balance and promote harmony within.

## ENHANCEMENT

### Cabana Treatment

#### Massage

30/45/60 minutes | AED 350/500/630

Experience a personalised body massage blending expert techniques to ease muscle tension and restore balance.

#### Foot Reviver

30 minutes | AED 350

A treatment to relieve tired feet and legs, leaving you feeling lighter and more relaxed. The massage focuses on the feet and lower legs.

### Enhancement Collection

#### Foot Reviver Massage

30 minutes | AED 350

#### Organic Lavender and Seaweed Sugar Glow

30 minutes | AED 350

#### Scalp Massage

30 minutes | AED 350

#### Organic Stimulating Seaweed Body Buff

30 minutes | AED 350

#### Scalp Treatment

45 minutes | AED 450

#### Back, Neck, Shoulder Massage

30 minutes | AED 350

#### Express Facial

30 minutes | AED 400

#### Talise Spa Signature Facial Massage

45 minutes | AED 450

#### Hot Stone

AED 300

#### Celluluma Light

AED 250

## MOVEMENT

### Yoga Class

#### Private Yoga Class

60 minutes | AED 400

#### Group Yoga Class

10 Sessions

60 minutes/class | AED 855

#### Duet Yoga Class

60 minutes | AED 600

#### Private Yoga Class Package

10 Sessions

60 minutes | AED 3,600

#### Group Yoga Class

60 minutes | AED 95

#### Unlimited Group Yoga Class

60 minutes/class | AED 1,100

1 month validity

#### Five Element Full Moon Yoga

75 minutes | AED 120

Takes place monthly

### Pilate Reformer Class

#### Private Reformer Class

45 minutes | AED 500

#### Group Reformer Class

45 minutes | AED 250



## Talise Spa Etiquette

### Reservations & Arrival

Arrival is advised at least 30 minutes prior to your treatment to allow for a smooth check-in and to enjoy our facilities. Guests are encouraged to use the sauna, steam room, and plunge pool to promote muscle relaxation before treatment. We provide guests with a comfortable robe, bath towels and slippers, and request that swimwear be worn during the spa facility use.

For facial treatments, it is recommended not to shave prior to the treatment and, remove your contact lenses.

Please note that the full treatment cost will apply for late arrivals, which may also reduce the treatment time.

Credit card details or pre-payment are required to guarantee treatment bookings.

For bespoke and corporate bookings, please email [mjtalise@jumeirah.com](mailto:mjtalise@jumeirah.com)

### Cancellation Policy

If you need to cancel or change your appointment, please inform us at least 12 hours prior to your scheduled appointment time. Otherwise, the full treatment fee will be applied.

## Talise Spa Etiquette

### Age Regulation

Guests aged 12 to 16 are welcome to enjoy spa treatments such as massages and facials, provided they are accompanied by a parent or guardian. The same age requirement and supervision apply when using spa facilities, including the pools, sauna, and steam rooms.

### Gratuity

In appreciation of outstanding service, gratuity may be given at your discretion.

### Health

Please advise us if you suffer from any medical conditions, injuries and allergies when booking your treatment.

### In-house Treatments

Spa service requested in resort guest rooms will incur an add-on fee of 100% of the treatment value.

### Pregnancy

We offer bespoke treatments specially curated for mothers-to-be between 12 to 32 weeks of pregnancy. Please notify us during reservation and we will be happy to assist you in selecting suitable treatments for this special time.

## **Talise Spa Etiquette**

### **Gift Certificates**

Talise Spa offers gift certificates that are perfect for special occasions. Please speak to one of our team at Talise Spa reception, or call us for more information.

### **Ambiance and Privacy**

To fully benefit from a transformative and tranquil experience at Talise Spa, all electronic devices must be turned on silent mode. In keeping with local cultural values, we ask that guests show modesty when using changing areas. To respect the privacy of others, no photographs, video or other social media recordings are permitted. Please be advised that Talise Spa is strictly a non-smoking facility.

### **Valuables & Jewellery**

Jumeirah group does not take responsibility for the loss of valuables brought onto the spa premises. We therefore ask that guests do not bring valuables with them, and if they choose to do so, the loss of valuables will be at their own risk.

# JUMEIRAH

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