



THE PEAK

FITNESS CLUB & SPA

TALISE
SPA

SPA MENU

TALISE SPA AT THE PEAK INVITES YOU TO AN
EXTRAORDINARY RETREAT WITHIN THE REFINED
ELEGANCE OF THE JUMEIRAH CARLTON TOWER.

This five-star sanctuary offers a premier wellness experience, where every detail is designed to evoke a sense of serene sophistication and indulgence.

Discover a realm where luxury is defined by excellence. Talise Spa features stunning design, world-class facilities and holistic treatments that create an environment of supreme comfort and relaxation. Every element is meticulously curated to offer a harmonious blend of elegance and tranquility.

Let our expert team guide you through a holistic journey of renewal and revitalisation. Here, each experience is thoughtfully crafted to deliver an unparalleled escape into a world of luxury and refined serenity.

OUR PREFERRED WELLNESS PARTNERS

111SKIN
HARLEY ST. LONDON

Founded by cosmetic surgeon Dr. Yannis Alexandrides, the aim of the brand is to bring clinically-inspired skincare that addresses real-life concerns.

In collaboration with renowned aromatherapist Michelle Roques-O'Neil, they have created Aromatics: a calming, clarifying and entirely luxurious body experience.



The core element of Omorovicza skincare lies in the remarkable healing properties of thermal waters.

The unique geological features of Budapest are characterised by thinner earth's crust, so waters absorb beneficial minerals more effectively as they journey to the surface. The Healing Concentrate™ is a uniquely developed and patented complex that has made it possible to deliver these therapeutic minerals from the thermal water, directly to the deepest layers of the skin.



Seed to Skin Tuscany goes beyond the trend of purely natural, combining the power of nature's curative properties with the results-driven efficiency of advanced science.

They call it Green Molecular Science, and the result is supple and fully hydrated skin that is visibly lit from within, making you feel beautiful from the inside and out. Restoring the eco-balance of the land and maintaining soil integrity are guiding principles on their 270-acre farm and estate in Italy.



SIGNATURE MESSAGE COLLECTION

SIGNATURE MESSAGE

90 minutes - from £225

Feel your energy awaken with this full body, deep tissue massage, featuring ancient therapeutic techniques, deep flowing movements, acupressure point stimulation and progressive stretching.

WARMING MESSAGE

60 minutes - from £190 / 90 minutes - from £220

This indulgent and truly pampering full body massage combines the warmth of the Lava Shells with deeply relaxing massage techniques, creating a sense of balance to the entire body. During the treatment, the warm shells are worked all over the body in slow deep moves to warm, de-stress, and ease away all tensions. An unforgettable and sublime experience.

MASSAGE COLLECTION

METROPOLITAN

60 minutes - from £190 | 90 minutes - from £250

With the powerful properties of frankincense, patchouli and rose geranium to elicit confidence and strength, this full body experience involves deep tissue techniques, stretching and spinal work to release and reset the body. Designed to combat the strains of cosmopolitan life in London, this massage is deep and powerful.

BAMBOO

60 minutes - from £195

The bamboo massage is an ancient technique that weaves together the power of touch with the soothing rhythm of nature. It effortlessly releases muscular tension and harmonises the lymphatic system, guiding you toward a perfect balance of relaxation and detoxification. Beyond its physical benefits, this massage gently calms the mind, inviting a deep sense of mental serenity, carrying you into a meditative state of pure bliss.

SERENITY

60 minutes - from £180 | 90 minutes - from £220

With the healing properties of jasmine, tuberose and ylang ylang, this treatment is designed to alleviate emotional stress and create a tranquil energy in both body and mind. The massage combines soothing and calming techniques, with the powerful benefits of rose quartz.

THE CANDLE MASSAGE

60 minutes - from £185 | 90 minutes - from £255

An exhilarating experience, our signature massage with a warm massage candle is profoundly relaxing. The massage candle, rich in skin conditioning ingredients including argan oil, coconut extract, shea butter and infused with the essence of oud wood and vanilla, is delicately poured onto the skin and massaged with slow sweeping movements.



FACIAL COLLECTION



THE QUEEN

60 minutes - from £195

Discover the perfect remedy for sensitive, dry, or reactive skin with Omorovicza's soothing treatment. A traditional Hungarian facial massage lifts, firms and renews, while Queen Oil deeply re-plumps the skin. Calming ingredients like calendula, linseed and borage oils soothe and restore, leaving your complexion nourished and protected by a healing antioxidant shield.

GOLD HYDRALIFTING FACIAL WITH ROSE QUARTZ

90 minutes - from £220

This repairing and hydrating treatment starts with a double application of Hungarian Moor Mud, to cleanse, exfoliate and peel. A rose scented gold mask then deploys hyaluronic acid in three different forms to plump and nourish the skin while bio-available gold repairs micro-damage to strengthen the skin. A sparkling of gold shimmer oil adds a subtle sparkle to arms and décolleté.

BLUE DIAMOND FACIAL WITH COOLING DERMA GLOBE EYE TREATMENT

75 minutes - from £195

This firming and brightening treatment helps revitalise dull, lacklustre skin. Diamond peptides prolong the life of healthy skin cells, restore skin fitness essential to the youthful behaviour of skin cells and help repair for a stronger, healthier and more vibrant complexion. This traditional Hungarian facial massage will accelerate the oxygenation of the skin to re-energise and lift.

DEEP CLEANSING FACIAL

75 minutes - from £195

The application of a fragrant Moor Mud mask follows a thorough cleansing and exfoliation using the iconic Moor Mud Cleansing Balm, as well as tropical fruit extracts, which treat sensitive skin and reduce pore size. A classic Hungarian facial massage that instantly lifts and firms the skin.

THE GOLDEN DEW

60 minutes - from £190 | 90 minutes - from £265

This made-to-measure skin ritual promotes visible resurfacing, intense hydration, detoxification, and oxygen boost. Seed to Skin Tuscany's handcrafted formulas are blending the power of nature's curative properties with the results-driven efficiency of advanced science. The state-of-the-art molecular delivery system penetrates deep into the skin to stimulate cell regeneration. Advanced massage techniques with jade rollers will restore the skin's radiance and an undeniable glow.

MEN'S COLLECTION



MEN'S ESSENTIAL

60 minutes - from £215

This dual treatment, crafted specifically for men, is designed to ease daily stress while thoroughly cleansing and hydrating the skin. The Men's Clarifying Facial, powered by cutting-edge scientific formulas, delivers a deep cleanse, immediate hydration, and a smoother complexion. It pairs seamlessly with a tension-relieving back, neck, and shoulder massage.

MUSCULAR WELLBEING

60 minutes - from £190 | 90 minutes - from £250

Ideal for those seeking relief from tension and muscular imbalances, this treatment starts with the application of deep heat mud to the back, aimed at soothing tension and revitalising the body. Next, a warm oil massage targets key areas with slow, deep strokes that reach the deeper layers of muscles and tissues. A body treatment that not only energises and relaxes the body but also fosters a sense of balance in both mind and body.

THE DEEPLY HYDRATING FACIAL

60 minutes - from £200

A highly restorative treatment with our advanced molecular formulas to promote visible hydration, volume and skin brightness. Drawing upon our deep cleansing active ingredients to protract impurities, boost the skin's collagen production and improve skin elasticity. Targeted application of our potent Signature Masks addresses specific skin concerns, powered by our signature sculpting and toning techniques to lift, drain and tighten the skin. Our Hydration Complex is rich in hyaluronic acids, vitamin complexes and Octa Peptides for a stronger, resilient, and hydrated skin.

WELLBEING RITUALS



THE GOLDEN RITUAL

120 minutes - from £295

Immerse yourself in Omorovicza's face and body treatment, where indulgence begins with a revitalising body scrub that awakens and renews your skin. Following a transcendent massage, as golden oil infused with the enchanting aroma of ylang-ylang caresses your body. The journey continues with the Hydralifting facial, starting with Hungarian Moor Mud to deeply cleanse and exfoliate. A lavish rose-scented gold mask then envelops your skin, delivering a trifecta of hyaluronic acid to plump, nourish and soothe. Finished with a traditional Hungarian facial massage that lifts and firms, leaving your skin glowing with newfound radiance and youthful vitality.

NATURE'S BOUNTY

60 minutes - from £195 / 90 minutes - from £220

Designed to nourish dry and dull skin. Begin with a mineral-rich Sicilian sea salt exfoliation infused with shea butter and essential oils, restoring a radiant complexion. Then, a deeply relaxing back, neck and shoulder massage or full-body massage to ease tension and promote relaxation.

THE COCOON

90 minutes - from £255

This exceptional head-to-toe treatment delivers a multi-sensory experience. The journey starts with a gentle body brush exfoliation to stimulate the lymphatic system. This ritual continues with a tension-melting warm candle massage & skin restoring body wrap rich in argan oil, shea butter, and pure extracts of vanilla rose and precious oud wood. While being cocooned, the signature mini-facial ritual will stimulate cellular regeneration and promote lasting pleasant sensation of well-being..

MOTHER TO BE COLLECTION



LADY IN WAITING

60 minutes - from £185 | 90 minutes - from £230

This nourishing and restorative treatment combines relaxing techniques to nurture the mother-to-be in a time of change. Easing away tension with a back massage tailored to individual needs, using a restorative oil that is instantly absorbed, rich in vitamins, minerals and fatty acids. Gentle skin brushing of the legs buff away dead skin cells and stimulate blood circulation. The "Bump Facial" focuses on the expanding abdomen area to help soften the skin, reduce itchiness and help with the prevention of stretch marks. The ritual includes a Seed to Skin Tuscany facial, personalised to meet the needs of a mother-to-be skin. A soothing, regenerative treatment for a complete state of well-being and calm.

ONCOLOGY COLLECTION

ONCOLOGY TOUCH MASSAGE

60 minutes - from £180 | 90 minutes - from £220

A beautiful bespoke massage that offers a nurturing and restorative experience for those who are currently undergoing treatment for or are recovering from cancer.

Every treatment is adapted to ensure that your needs are being taken care of at whatever stage of your treatment or recovery. Using our beautiful Seed to Skin range, we begin with relaxation holds, lymphatic support movements, followed by a gentle, soothing full body massage, that has been specifically adapted for your own unique requirements, and based on your current medical status.

This treatment is also highly adaptable and therefore suitable for those who have limited movement or prefer a gentler nurturing experience.

ONCOLOGY TOUCH FACIAL

90 minutes - from £250

A relaxing and restorative experience that can be adapted to your own unique requirements if you are recovering from treatment for cancer and have compromised skin.

Our beautiful Omorovicza range will be gentle and kind to skin, coupled with our own unique relaxation holds, lymphatic support movements and gentle, adapted neck and shoulder massage, this is the perfect experience for anybody who loves facials, but needs that little extra support during or after cancer treatment.

ONCOLOGY TOUCH BODY & FACE

120 minutes - from £310

This is the ultimate relaxing experience for anyone currently undergoing treatment or are recovering from cancer.

This is a bespoke combination of a face and body treatment. To begin, your therapist will introduce a nurturing and restorative massage with relaxation holds, lymphatic support movements, and gentle but soothing massage techniques. Followed by a facial which is adapted to your own unique requirements or skin needs.



ENHANCEMENT COLLECTION



Upgrade your experience by adding the following options to your treatment.

BACK MASSAGE

30 minutes - from £80

The perfect addition to any facial treatment. A massage designed to release tensions and to help relax the muscles of your back, neck and shoulders.

FACIAL REVIVER

30 minutes - from £85

The ideal way to extend your massage experience. A short but effective mini facial treatment that includes cleansing, exfoliation and massage, complete with the application of the moisturiser most suitable for your skin.

CELL RETURN LIGHT THERAPY

20 minutes - from £50

Using NASA LED technology, this state-of-the-art face mask will be used to stimulate collagen production into the skin via its infrared light. Blue light is selected to help with acne prone skins, whilst pink light works for sensitive skin. A combination of the three lights can also be selected.

WELLNESS THERAPIES

OSTEOPATHY

*30 minutes - from £110 | 45 minutes - from £140
60 minutes - from £170 | 90 minutes - from £240*

This treatment emphasises physical manipulation of the body's muscle tissue, joints and bones, using techniques called palpation; the gentle massaging and movement of muscles.

ACUPUNCTURE

*30 minutes - from £110 | 45 minutes - from £140
60 minutes - from £170 | 90 minutes - from £240*

A form of alternative medicine and a key component of traditional Chinese medicine in which thin needles are inserted into the body to stimulate the central nervous system. This, in turn, stimulates the body's natural healing abilities and promotes physical and emotional well-being.

CRANIOSACRAL THERAPY

*30 minutes - from £110 | 45 minutes - from £140
60 minutes - from £170 | 90 minutes - from £240*

A bodywork therapy that relieves compression in the bones of the head, sacrum and spine using a gentle touch on the membranes and movement of fluids in and around the central nervous system. It is the perfect therapy to treat and sooth a variety of health conditions.

SPECIALIST MANICURE & PEDICURE



PEDICURE

60 minutes - from £145

Using only the best medical tools to improve your feet's health long term, during this specialist treatment your nails, cuticles and hard skin are treated in the most efficient but gentle way.

Ending with a wonderful knee to toes massage, you will discover a new way to see your feet.

Colour available as an add-on

MANICURE

60 minutes - from £95

Nail reshape, cuticle attention, and a relaxing hands, wrist, and forearm massage; everything will be done with the utmost precision and care. This specialist treatment will leave your nails with a wonderful shine and will release all the tension accumulated from day-to-day life.

Colour available as an add-on

FOOT SPECIALIST MASSAGE

30 minutes - from £95

The ultimate foot massage, done by a foot specialist. From the toes all the way up to the knees, this fully customise massage will target every muscle and will be tailored to your needs, weather if just full relaxation, or more in-dept muscle tension release. A specialist treatment that includes a foot scrub, to leave will leave you fully regenerated.

GEORGE VALLOSSIAN

THE HAMPTONS BEAUTY

Recently opened on the second floor, George Vallossian and The Hamptons Beauty offer a luxurious experience for all your beauty needs, specialising in hair, nails, brows and makeup.

For bookings and more information

Please dial 7927 on your in-room telephone or scan the QR code below:

