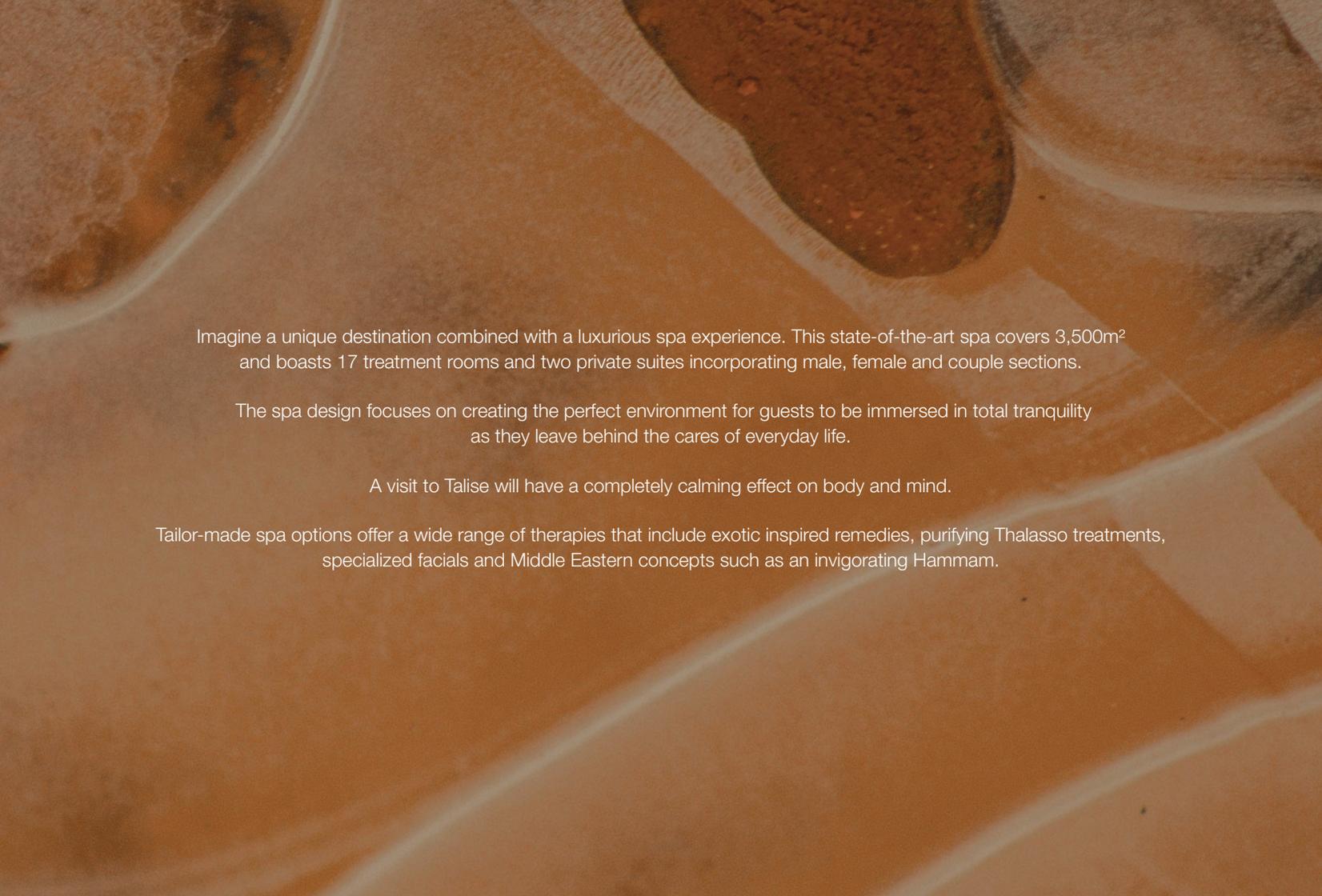




TALISE  
SPA



Imagine a unique destination combined with a luxurious spa experience. This state-of-the-art spa covers 3,500m<sup>2</sup> and boasts 17 treatment rooms and two private suites incorporating male, female and couple sections.

The spa design focuses on creating the perfect environment for guests to be immersed in total tranquility as they leave behind the cares of everyday life.

A visit to Talise will have a completely calming effect on body and mind.

Tailor-made spa options offer a wide range of therapies that include exotic inspired remedies, purifying Thalasso treatments, specialized facials and Middle Eastern concepts such as an invigorating Hammam.

# Talise Signature Experiences

## **Revive Escape | 2 hours 50 minutes**

Enjoy an intense Aromatherapy Associates Experience to bring both physical and emotional benefit to your body, mind and soul. These treatments starts with an all over body exfoliation followed by an application of gels, oils and cream to moisturise, nourish and hydrate. Once the body is enveloped, special attention is given to the scalp, face and foot reflexes. Treatment is extended with a facial and a massage.

## **Ultimate Pampering | 2 hours 50 minutes**

This ritual begins with Hammam Indulgence followed by a traditional Ku Nye Tibetan massage, a traditional massage that restores energy and balance. The ritual continues with a facial tailored to every unique skin type which is filled with natural ingredients.

## **Head-To-Toe Ritual | 2 hours 50 minutes**

Invalidate yourself with an exfoliating salt body scrub sourced from the Dead Sea. Followed by a Dead Sea Salt Mud body wrap, full body relaxing massage and a facial that are selected to suit each skin type.

# Talise Body Rituals

## **Royal Citrus Experience | 90 minutes**

This exquisite ritual revitalizes skin, face and body, through all the benefits of Vitamin C. With powerful antioxidants and firming, active ingredients which restore density and smooth fine lines, this innovative treatment will leave skin radiant and even-toned.

## **Diamond Ritual | 2 hours 20 minutes**

Skin regains all its beauty from a smoothing and nourishing total body exfoliation, followed by a lotion rich in essential oils. Using special active ingredients, this deluxe facial treatment results in firmer, luminous and visibly younger looking skin.

## **Amra 24kt Golden Opulence | 90 minutes**

The ultimate in opulence and splendor, this ritual engulfs the senses and engages the mind to the most enigmatic experience. Relax and unwind with the aroma of sumptuous elegance of rich amber top notes of effervescent citrus on a sumptuous heart of aromatic herbs, perfectly nestling on a base of rich woods and musk's. After a full body exfoliation the body will be drizzled with pure 24kt Gold Body Oil and massaged with AMRA 24kt Gold Hot stones.

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# Talise Body Rituals

## **Diamond Rose Body Indulgence | 90 minutes**

A delicate exfoliation with a scrub that includes Damask rose and diamond dust to leave skin renewed and supple, while a massage and the finishing products will reveal vibrant, silky and supple skin.

## **Bio Energizing Body Wrap | 90 / 120 minutes**

The energising and detoxifying scrub is intensified by the addition of a body wrap to draw deep toxins from the cells. Revitalising the skin and lymphatic system, the wrap physically detoxifies and cleanses the body.

## **Pearl and Jasmine Scrub with Amethyst Wrap | 90 / 120 minutes**

This amazing Himalayan salt crystal scrub infused with pearl and jasmine has the immediate effect of restoring vitality and energy levels, aiding mental clarity, wellbeing and strength. The amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.

# Massages

## **The Ultimate Aromatherapy Experience | 60 / 90 minutes**

This balancing treatment starts with a consultation to find match emotional and physical needs. From that, we select the most suitable aromatherapy oils for you. Our signature oils to choose are formulated with natural plant and flower essences with wonderful exotic scents and powerful therapeutic benefits for body and mind.

## **Intensive Muscle Release | 60 / 90 minutes**

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

## **Neom Sleep Treatment | 60 / 90 minutes**

Enter your treatment room, beautifully scented in tranquility. An extraordinary blend of 19 of the purest essential oils including English lavender, sweet basil and jasmine which was blended with one purpose: to induce deep sleep. Your treatment begins with peaceful meditation music, reflexology and breathing techniques. Throughout, we drizzle the intensive skin treatment candle oil over your body, including key stress relieving points on your head, face, neck and back, using the very best techniques of shiatsu, cranio, Thai massage and trigger point work. Prepare to be lost in a blissful state, ready for a deep night's sleep.

# Massages

## **Neom De-Stress Treatment | 60 / 90 minutes**

The complex blend of 24 of the purest essential oils including lavender, jasmine & Brazilian rosewood creates a de-stressing environment the moment you enter your room, with peaceful meditation music, reflexology and breathing techniques. Throughout we drizzle the intensive skin treatment candle oil over your body and provide specialist massage to key stress relieving points of your head, face, neck and back. We harness the very best techniques of shiatsu, cranio, Thai massage and trigger point work. The treatment allows tension to drift away and for a calm new you to be uncovered.

## **Neom Energize | 60 / 90 minutes**

Indulge in this deeply relaxing massage starting with a head-to-toe body scrub followed by the NEOM energizing cream clay wrap massage and end with a relaxing face and scalp point massage. This treatment allows you to stop, unplug and then reboot. Your senses will be awakened and your body and mind will be given a boost of natural energy.

## **Indian Head Massage | 60 minutes**

Combining both gentle and stimulating techniques to the upper back, shoulders, neck and scalp, this experience helps to improve blood flow and nourish the scalp, inducing a sense of calm.

## **Balinese Massage | 60 / 90 minutes**

A seamless blend of acupressure, skin rolling and firm smooth strokes that will stimulate energy flow and circulation whilst creating a deep sense of relaxation and helps in balancing the metabolism.

# Massages

## **Hot Stone Massage | 60 / 90 minutes**

Stone therapy has been used since ancient times as a soothing and healing treatment. This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

## **Thai Massage | 60 / 90 minutes**

Practiced for centuries in Thailand, Thai Massage is highly therapeutic, focusing on the pressure points, energy lines, breath and basic body forces. This unique experience applies smooth guiding motions creating energy and releasing blockages. Guests are provided with traditional Thai pyjamas for use during the treatment. Thai herbs compress can be used to treat muscle tension and aches, upon request.

## **Reflexology | 60 / 90 minutes**

Reflexology, a pressure point therapy performed on the sole of the foot to activate reflex points and remove energy blockages. It helps to relax the whole body as well as tired feet and is very effective in relieving jetlag. In the 90-minute treatment, enjoy a head and hand massage while a mask hydrates and rejuvenates tired feet.

## **Swedish Massage | 60 / 90 minutes**

A variety of massage and stretching techniques with deep, thorough strokes are applied to ensure muscles bounce back. This therapeutic massage aids in promoting strengthening to avoid injury or painful muscles in the future.

# Massages

## **Sports Massage | 60 / 90 minutes**

A form of bodywork geared toward participants in athletics. This massage therapy is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries.

## **Mother To Be | 60 / 90 minutes**

This nourishing and gentle treatment combines a body renewal that stimulates the lymphatic system, aiding rapid elimination of toxins from the cells and stimulating circulation. Himalayan herb poultices are gently massaged into mama and meridian points to relieve aches and pains. Anxiety is lifted, while dry skin is replenished and supported in the fight against stretch marks. In the 90 minute treatment enjoy body exfoliation.

## **AMRA 24K Gold Hot Stone Massage | 60 minutes**

Pure 24 carat gold eases away tension and inspires rejuvenation by strengthening energy levels from within.

# Facials

## **The O2 Relax | 60 minutes**

*Purifies · Brightens · Balances*

This facial is suited to every skin type, and especially beneficial for dull or dehydrated complexions. Pure oxygen molecules are released into the skin which energize cells and eliminate toxins accumulated in pores, achieving a state of total purity and relaxation for the skin.

## **The Citrus Essence | 60 minutes**

*Revitalizes · Stimulates · Firms*

This zesty treatment is recommended for anyone seeking to recapture skin's luminosity and firmness through a relaxing citrus aromatherapy experience. Extraordinary anti-oxidant action repairs even the most tired skin, unveiling a completely hydrated, revitalized complexion.

## **The Skin Comfort | 60 minutes**

*Soothes · Comforts · Calms*

This avant-garde cosmetic repair treatment is the answer for sensitive and reactive skin types with problem areas, red spots, dilated capillaries or inflammation. This treatment combines ingredients that repair and decongest, thanks to ultra-softening botanical ingredients.

# Facials

## **The Cure | 75 minutes**

*Detoxifies · Restores · Hydrates*

A new concept that deep-cleans and detoxifies skin while relieving stress. This meticulous cleansing process is based on thermo-active enzymatic detoxification: heat is used to open and soften pores, and botanical freshness is applied to close and purify.

## **3D Collagen Shock | 90 minutes**

*Lifts · Fills · Relaxes*

This powerful new treatment is the answer to visibly reduce wrinkles and expression lines. The procedure includes an effective sono-lifting technique using a tuning fork. A micro-massage stimulates production of fibres responsible for keeping skin smooth and firm. With an exceptional combination of filler components, this treatment results in visibly reduced lines and a defined facial contour.

## **Diamond Multi Sensorial | 90 minutes**

*Firms · Tightens · Revitalizes*

Powerful active ingredients and innovative massage techniques firm the skin, visibly reducing wrinkles and expression lines. This exclusive treatment reinforces skin's natural defense system, preserving long-lasting hydration and improving elasticity.

# Head-to-Toe Indulgences

## **Essential Eyes | 30 minutes**

Infuse skin with all the benefits of marine algae. A treatment that relieves puffiness and dehydration around the eye contour area with a cocktail of nourishing and decongesting ingredients.

## **Express Facial | 30 minutes**

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce a state of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

## **Targeted Massage | 30 minutes**

Typically reserved for guests with a limited amount of time or who only desire work on specific areas such as the back, neck and shoulders, feet or scalp. A thirty minute massage is a great way to be introduced to the benefits of massage therapy.

## **Vitamin C Body Scrub | 30 minutes**

Energizing body polish with antioxidants, skin is left hydrated, smooth and revitalised. The power of vitamin C effectively repairs damage, revealing smooth and supple skin.

## **Nourishing Hair Treatment | 30 minutes**

Richly scented essential oils are massaged into the hair and scalp, releasing muscle tension, conditioning the scalp, and leaving the hair shiny, glossy and nourished.

# Hammam Rituals

## **Caviar Hydrating Hammam | 2 hours**

Encompassing the world's most opulent ingredients; Pearl, Caviar, Gold, Diamond, Platinum are used in our precious caviar hydrating hammam. Caviar eliminates all the impurities whilst the active technology helps to fight free radicals and retain water loss from the skin. Relax and unwind in regal splendor.

## **Gold Rejuvenating Hammam | 2 hours**

Relax and unwind with the aroma of sumptuous elegance of rich amber top notes of effervescent citrus on a sumptuous heart of aromatic herbs, perfectly nestling on a base of rich woods and musk's. Our Gold Rejuvenating hammam removes all the impurities whilst our active ingredients help fight free radicals, nourish, firm and hydrate the skin. This treatment aroma is so decadent it engulfs the olfactory system to create memories of opulence and relaxation.

## **Diamond Illuminating Hammam | 2 hours**

Experience the world's most opulent ingredients; Pearl, Caviar, Gold, Diamond and Platinum. Our Diamond Illuminating treatment encapsulates the body to strengthen, hydrate and naturally brighten. Leaving your skin radiant and you captivated.

## **Men's Hammam | 2 hours**

Designed and engineered to work directly on the requirements of the modern man. Platinum, Meteorite and Volcanic Rock engulf the body in this traditional cleansing ritual, with an olfactory splendor of the powerful woody amber notes, draped with soft leather accords and exotic oud, which is incorporated into every product in this treatment journey.

# Hammam Rituals

## **Zest Uplifting Hammam | 50 minutes**

Citrus trees grow in abundance and the orange and yellow tones of the fruit compliment the backdrop of the Moroccan blue skies. Carefully harvested for their anti-oxidant properties this zest hammam will uplift and remove impurities.

## **Oud & Silk Hammam | 50 minutes**

Take a journey back in time to the rituals of the past with this traditional Moroccan hammam. Experience the texture of nature, as the ingredients harvested are used to perfect the skin. Sumptuous oud aroma makes this a traditional but luxury hammam.

# Spa Suites

Designed with total privacy in mind, our luxurious Spa Suites offer a truly unique personal haven. These stunning spaces have been designed to allow couples or friends to experience treatments together in a beautiful, private setting. Guests can choose from the expansive treatment list to create a tailored, truly luxurious, pampering experience.

## **Himalayan Suite**

This suite has access to a private Himalayan Salt Room and a Steam Room. It offers guests a luxurious, unique and tranquil spa experience.

## **Oriental Suite**

Inspired by the serenity of the Far East, this spacious suite is equipped with a jacuzzi, hammam and two marble scrub tables, allowing guests the option of combining several treatments.

*Suites are interconnected and designed to offer the opportunity for guests to enjoy both suites and an ultimate spa experience.*

# Spa Etiquette

## **Arrival**

We recommend that you arrive 30 to 60 minutes before your scheduled appointment, to give yourself time to register, relax and enjoy the facilities.

## **Late arrival**

Your treatment time may be reduced.

## **Age requirements**

All spa guests must be 16 years of age or above.

## **Spa attire**

The spa will provide robes, towels, slippers and disposable underwear, where applicable, for your use. Undergarments should be worn to ensure your complete privacy and modesty throughout your time with us.

## **Valuables**

Please do not bring valuables to the spa. Lockers are provided however, Talise Spa, Jumeirah Messilah Beach Hotel & Spa and Jumeirah Group cannot assume any responsibility for lost or stolen items.

# Spa Experiences

Healing through water therapy is a concept carried from ancient times and has shaped the future of spas and treatments.

At Talise Spa, we offer you the unique experience using various treatment areas in a journey of the senses to leave body, mind and soul in total harmony.

Facilities include:

- ❖ Himalayan Salt Room
- ❖ Snow Cabin
- ❖ Sauna
- ❖ Steam Room
- ❖ Experience Showers
- ❖ Hydro pool Hammam
- ❖ Colour Therapy Room (female area)
- ❖ Relaxation Area
- ❖ Separate changing areas with lockers



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