



TALISE

SPA

An aerial photograph of ocean waves, showing white foam and deep blue water, serves as the background for the entire page. A semi-transparent teal rectangle is centered over the image, containing the text.

Welcome to your journey of wellbeing.

Talise Spa combines luxurious experiences with personalized treatments to cater to your individual needs transforming mind, body, and soul on your path to self-discovery.

The voyage begins the moment you enter. Following your private consultation, embark on a personal experience that fuses ancient healing philosophies with the finest products and customized therapies.

Sodashi

Sodashi is the specialist brand in skin care and spa treatments that we have in our facilities. Sodashi supplies the best luxury spas in 25 countries around the world, including ours. All their products are 100% natural and vegan. The Sodashi facial and body treatments that we offer at our Talise Spa are luxurious and geared for incredible results.

MASSAGES

Jumeirah Signature Massage | 60 / 90 minutes

€ 150 / € 220

This therapeutic massage, exclusive for Talise Spa, uses a unique combination of pressure points stretches and a series of massage sequences using essential oils. It delivers a truly nourishing and revitalizing experience.

Jumeirah De-Stress Massage | 75 minutes

€ 180

A head to toe massage with a combination of evolving techniques; stretching, wringing, and kneading muscles. Your choice of pure aroma oils will relax muscles and stimulate overall wellbeing.

Jade Stone Therapy | 60 / 90 minutes

€ 160 / € 220

Jade is an ancient, protective stone known for having healing properties which relax the nervous system and aid in the removal of toxins. Not only does it strengthen the body's natural defenses, but it also slows the aging process as well. These rare stones combined with our hands-on massage techniques will give you a one-of-a-kind experience, designed to relax tight muscles, relieve joint pain, and melt away stress and tension. The ocean polished stones work together with our finest essential oils to assist your body's natural healing. Embark on an unforgettable journey of mind, body, and spirit.

Personalized Massage | 60 / 90 minutes

€ 150 / € 220

One massage does not fit all. With your input, we create a personalized massage session that addresses your specific need; incorporating a variety of modalities and types of massage techniques, to ensure the best-individualized treatment to each guest.

Asian-European Body Massage | 60 / 90 minutes

€ 160 / € 220

Developed to bring back your flexibility and balance body and mind, this treatment combines the healing power of Asian effects with unique European techniques. Medium to strong movements will increase lymphatic circulation, balance the energy flow in your body and enhance elasticity of your facial net. The synergy of exceptional massage techniques and natural plant oils and essences will nourish your skin and relieve emotional and physical tension.

Crystalus Body Massage | 90 minutes

€ 220

A sensory experience designed to influence mind, body and spirit using ancient Australian healing stones and crystals. The Tiger Iron massage stones work deeply in the muscles to relieve physical tension. The powerful combination of massage, plant essences and crystals bring deep relaxation, rejuvenation, and harmony.

5 Senses | 60 minutes

€ 180

Close your eyes and imagine yourself in a deserted island; breathing fresh air, listening to the relaxing sound of the waves. Exclusively designed by our expert therapists using special pampering techniques, this treatment will leave you with a sense of peace.

LaStone Therapy | 60 minutes

€ 160

Enjoy the exclusive benefits of this treatment that uses soft flat hot stones applied with a firm and relaxing pressure to relieve muscle tensions and pains. Relax your body and mind with this experience that provides harmony, balance, and peace.

Deep Tissue | 60 minutes

€ 160 / € 220

A treatment focused on alleviating muscle tension and reducing body stress through the therapeutic manipulation of muscle fibers through firm pressure and slow strokes to reach deeper layers of muscle. Perfect for relieving contracted areas.

Reflexology | 45 minutes

€ 150

A traditional massaging of pressure points in the feet, where reflex zones reflect an image of the body organs. Reflexology stimulates energy pathways, strengthens the immune system, and restores the body's natural balance.

Cervico-cranial | 45 minutes

€ 120

Cervico-cranial treatment designed to relieve physical and emotional tension using different techniques on the neck, back, face and head. It provides a feeling of complete relaxation and wellbeing

FACIAL TREATMENTS

Samadara Ultimate Age-Defying Facial | 90 minutes

€ 240

Anti-aging techniques rooted in Ayurvedic healing traditions designed to reawaken skin's natural healing energies. This intensely hydrating and nourishing treatment increases firmness and elasticity, diminishes the appearance of fine lines, and restores a youthful glow. A Rose Quartz Crystal facial massage enables the powerful Samadara age-defying products to deeply penetrate the skin resulting in a maximized benefit.

Brightening Marine Mineral | 60/90 minutes

€ 160 / € 200

Using the intelligence of marine plants this facial is rich in spirulina and focus extracts that bring radiance and glow to your complexion. Tailored to your unique skin type, it is the perfect treatment to oxygenate, tone and revitalize the skin for a fresh and younger appearance.

Pure Radiance | 60/90 minutes

€ 160 / € 220

This facial experience is personalized to your skin's needs and enhanced with the Facial Gemstone Massage and facial masks that will leave your skin revitalized, nourished, and refreshed.

Men's Special | 60/90 minutes

€ 160 / € 200

Enjoy a deep face cleansing and exfoliation that balance the skin's natural oils and reduces the appearance of ingrown hairs. Our soothing mists will desensitize your skin and a relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalized.

Deep facial cleansing | 75 minutes

€ 150

This treatment is a cell strengthener which due to the deep cleansing eliminates accumulated impurities. Enjoy a facial that will regenerate your skin and make it shine. Ideal for both men and women.

Personalized facial | 60 minutes

€ 170

This treatment will be fully adjusted to your personal needs.

ADD ON'S

Powerful mini treatments to be added to more complete services for optimum results. These treatments have been specially designed by Talise Spa and will introduce you to unexperienced techniques from the most fabled spa cultures around the world.

Face mask application | included in the duration of the treatment

€ 18

Light legs | 20 minutes

€ 70

Eye revival | 20 minutes

€ 50

Express facial | 30 minutes

€ 80

Paraffin hands or feet | included in the duration of the treatment

€ 60

BODY TREATMENTS

Contouring Marine Body Wrap | 90 minutes

€ 220

Beginning with an invigorating exfoliation that combines finely ground pumice and volcanic clay, followed by a comforting body wrap with a mask rich in carefully selected marine extracts and plant essence that will activate the lymphatic system and stimulate the removal of accumulated toxins that are a common cause of cellulite.

Lymphatic drainage | 60 minutes

€ 150

Technique designed to improve the performance of the lymphatic system and eliminate both facial and body toxins. These massaging movements are soft, with a pumping effect. This treatment is ideal for fluid retention, heavy legs, post-operative care, eye bags and cellulite.

Aloe Vera Hydrating Body Wrap | 90 minutes

€ 220

Complete dermal regeneration treatment offering all the properties and benefits of Aloe vera. Through the exfoliation, wrapping and the subsequent hydrating massage, your body will renew and regenerate itself.

Exfoliating Massage with Salts or Jojoba | 60 minutes

€ 160

A treatment that will balance your body with the application of warm soothing oils, followed by a massage with mineral salts and plant essences. As a finishing touch the application of a richly scented moisturizer or body oil will leave your skin vibrant and replenished.

Choose your favorite:

Body Balance Salt Therapy Exfoliant

This deeply relaxing salt therapy exfoliant rebalances and revitalizes body and mind as well as helping to relieve stress and fatigue.

Organic Green Tea Salt Exfoliant

The combination of the organic green tea salt and mineral-rich Himalayan crystal salts deeply stimulates circulation and relieves stress and fatigue. It cleanses and exfoliates your skin.

Jojoba Body Polish

A gentle all over body exfoliation using Jojoba Beads rich in the aromas of plant essence synergy. This treatment removes dead skin cells, whilst oxygenating the skin and is suitable for the most sensitive skins.

ORIENTAL THERAPIES

Thai | 60 minutes

€ 160

Traditional healing treatment influenced by traditional healing body techniques that primarily focus on regulating physique and energy through acupressure and stretching techniques. This therapy unlocks areas of the body replacing existing tensions with positive energy.

Shiatsu | 60 minutes

€ 160

A massage originated in Japan and delivered on a tatami that applies a thump and finger pressure to bring your body and energy back to balance using kneading, pressing, soothing, and stretching techniques. It activates the self-healing power within you.

Champi | 45 minutes

€ 120

The techniques used during this massage originate from India. Focusing on the upper back, shoulder, neck scalp and face. The massage has a healing effect, releasing tensions, stimulating blood circulation and enhances the immune system leaving a deeply relaxing sensation.

Udvartana | 90 minutes

€ 220

This treatment is based on the use of extracts of minerals, spices, and medicinal herbs with exfoliating properties. It is ideal for eliminating impurities, cleansing, and reactivating skin metabolism. The final massage at the end of the treatment brings brightness to the skin as well as a smoother texture.

Ayurvedic | 90 minutes

€ 220

Based on the ancient Hindu medicine that starts with an internal purification process using holistic techniques adapted to your Dosha (metabolism) type. On top of applying pressure on the Marmas or energy points that promote balance and harmony of body, mind, and soul.

Ayurvedic + Shirodhara | 90 minutes

€ 240

Holistic Hindu therapy based on the continuous flow of oil poured over the forehead as a part of a unique technique that relieves mind tension and favors peace of mind.

RITUALS

Oriental Experience | 120 minute

€ 450

A beauty and relaxation ritual that will take place at our exclusive couple's treatment room. The treatment will start with a cleansing ritual followed by an exfoliation and a hydrating wrap. The treatment will follow with a 60-minute relaxing massage.

Jumeirah Signature Couples Treatment, Romantic Experience | 150 minutes

€ 550

Designed for couples who want to simultaneously enjoy an ideal combination of treatments, this experience starts off with a body exfoliation, followed by a relaxing 90-minute massage with Damask Rose essence. The combination of indescribable aromas makes this treatment a unique experience. When the treatment is over, you will be able to enjoy two glasses of champagne and a selection of sweet treats.

Face & Body Harmony Retreat | 120 minutes

€ 280

Find harmony in your body with the application of warm soothing oils, followed by a massage with mineral salt and plant essence. Warm compresses relieve tension and balance body and mind. The massage with our Aromatherapy Body Oils will leave your skin nourished and smooth. As a finishing touch you can indulge in an express facial treatment that is tailored to your individual skin needs.

Head to Toe Revival | 150 minutes

€ 340

Perfect for guests in need of an energy boost, this journey begins with a delicious green tea and peppermint salt massage to stimulate the system and enliven the skin. Tension is then melted away with a full body massage using one of our finest body oil blends. Before completing this head to toe, uplifting experience guests delight in a hydrating and cleansing facial, leaving their entire being revived.

BEAUTY SALON

Polish Manicure 60 minutes	€ 65
Polish Pedicure 60 minutes	€ 75
Gent's Manicure 30 minutes	€ 40
Gent's Pedicure 45 minutes	€ 55
Paraffin supplement 30 minutes	€ 60
Nail polishing 30 minutes	€ 40
Shellac removal 45 minutes	€ 40
Shellac manicure 60 minutes	€ 85
Shellac pedicure 60 minutes	€ 96

HAIR SALON & WAXING

Please contact our Spa reception.

TALISE FITNESS

Open twenty-four hours a day, the state-of-the-art gym at Jumeirah Port Soller is fitted exclusively with Technogym equipment, including treadmills, exercise bikes, weight modules, rowing machine, elliptical, chest press and leg press, among others. On request, personal trainers are available for consultations and training sessions so every visitor can maintain their best during their stay.

Personal Training Session | 60 minutes

€ 120

GROUP ACITIVITIES

There is a multitude of exercise classes held outside and in the yoga studio. Upon arrival at Talise Spa, we will inform you about group activities included during your stay.

An aerial, high-contrast photograph of a turbulent ocean surface. The water is a deep, dark teal color, with white foam and spray from breaking waves creating a complex, swirling pattern. The lighting is dramatic, highlighting the texture of the water and the intensity of the movement.

Jumeirah

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