



TALISE

SPA

TREATMENTS

Talise Signature Massage

De-Stress Massage | 85 minutes | AED 600

Your tension will melt away with this massage which is a combination of refreshing techniques, such as kneading, muscle wringing, stretching and pressure points, combined with your choice of pure aroma oils to relax the muscles and promote overall well-being.

Revitalizing Massage | 60 minutes | AED 450

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

Traditional Treatments

Thai Massage | 60mins | AED 450

Dynamic massage with acupressure, stretching and pulling to leave you grounded and energized. This is a massage that does not include any oil.

Therapeutic Massage | 60 mins | AED 400

This innovative and results-oriented approach uses precise techniques and light pressures to relax and enhance muscle recovery.

Indian Head Massage | 60 mins | AED 400

Massaging the head encourages the supply of oxygen to the brain which is one of the best ways of reducing anxiety and of lifting one's mood. Helps prevent migraines, headaches, and back pain.

Balinese Massage | 60 mins | AED 400

The medium pressure Balinese massage uses a variety of techniques including skin rolling, kneading and gentle stretching.

Hot Stone Massage | 75/60 mins | AED 600/450

Heated stones help you relax and eases the tense muscles in the body and extremely good at increasing the blood flow to the affected area. It also helps reduce any sort of muscle spasms and increases the body's flexibility.

Foot Reflexology | 60 mins | AED 400

These traditional treatments help in reducing stress and bringing balance to the body, energy, and mind, aiding digestion, and promoting sound sleep.

Talise Facial Treatments

Detox Facial Treatment | **60 minutes** | **AED 525**

Deep cleansing; Pure glow Index: Receiving the NEW SKIN D -TOX treatment once under dermatological conditions. Average from the individual result regarding skin appearing more radiant, imperfections appearing reduced, and skin feeling purified and as if it is detoxified.

Hydra Global Facial Treatment | **60 minutes** | **AED 675**

A deeply hydrating treatment designed specifically for moisturizing, toning and treating dry and dehydrated skin. This refreshing treatment is perfect for skin exposed to extremes of weather including a rough ride by the sun or cold, instantly restore a feeling of comfort and hydration.

Activ'Age Facial Treatment | **75 minutes** | **AED 725**

Our re-densifying youth sublimating treatment is specifically developed to responds to the needs of mature skin. It combines high-performance professional products with 100% manual massage techniques for visible result from the very first treatment. At its heart: esthetic lymphatic drainage and petrissage movements which gives proven result. This treatment reveals younger looking skin, reduce the appearance of the wrinkles and the skin feels firmer. Specifically develop to responds to the needs of mature skin.

Mosaic Modeling Method | **90 minutes** | **AED 825**

Our ultra-personalize signature anti-aging treatment treats your skin zone by zone with high-potential products and unique lifting and modeling technique. A special sequence of manual movements, combined with the sculpting properties of our exclusive self-warming mask, offer firmer, smoother, and more energized skin. Indulge in 90 minutes of pure pleasure and experience our signature and anti-aging treatments, with smooth textures and active ingredients that rapidly penetrate the skin. Result is a spectacular lifting effect.

Talise Refreshing Treatments

Stress Relief Massage | 30 mins | AED 280

Nourishing Body Scrub | 30 mins | AED 280

Neck and Head Massage | 30 mins | AED 280

Foot Reflexology | 30 mins | AED 280

Refreshing Facial | 30 mins | AED 280

Talise Wellness Experience

Slimming Treatments

Shrinking Violet is a revolutionary method to remove unwanted fat. It works by Lipolysis where fat is removed without effort or discomfort. Average loss is between two and four inches of pure fat after the first treatment. Unwanted fat in difficult areas such as the stomach, bottom, thighs, hips, and upper arms. Combine Shrinking Violet with exercise and healthy eating for optimum results.

Red Carpet Ready | 90 minutes | AED 864

Little black dress obsessed.

A quick fix for any special occasion. One off treatment to squeeze into that little black dress or new suit in style.

Accelerated Results | Two Treatments for 90 minutes | AED 1,611

New slimmer you.

Two treatments in **72** hours, intensive power boost to get "beach body" ready or kick start a fitness or lifestyle regime.

A Lifestyle Change | Five Treatments for 90 minutes | AED 3,420

For a new you.

A course of five treatments that will change your lifestyle and that includes professional detox advice to receive maximum results and shrink the fat cells for good.

Talise Treatment Packages

Recovery Package | AED 750

Nourishing Body Scrub | 30 mins

De-Stress Massage | 85 minutes

Rejuvenation Package | AED 650

Stress Relief Massage | 30 mins

Detox Facial Treatment | 60 mins

Vibrant Package | AED 1200

Nourishing Body Scrub | 30 mins

Stress Relief Massage | 30 mins

Activ'Age Facial Treatment | 75mins

Waxing

For Him

Chest and Abdomen | AED **125**

Back and Shoulders | AED **125**

Arms | AED **125**

Legs | AED **150**

For Her

Full Arms | AED **125**

Underarm | AED **85**

Forearm | AED **85**

Full Legs | AED **150**

Bikini Line | AED **85**

Half Leg | AED **100**



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