



# TALISE

SPA

JUMEIRAH  
BALI



## Welcome to Talise Spa The Healing Garden of Jumeirah Bali

Imagine a mystic destination combining luxurious spa experiences with authentic healing traditions inspired by Negara Kertagama - a sacred 14<sup>th</sup> century Javanese text in which the collective wisdom of centuries maps out a path to achieving a balanced and harmonious life. Centred on the concept of "Satyam, Siwam, Sundaram" (Truth, Consciousness, Bliss) and created at the height of Majapahit Empire, Negara Kertagama teaches that it is through finding true beauty and striving for purity that we can achieve eternal peace.

### Sensorial-Divine-Serene

Inspired by the great Majapahit Empire, Talise Spa at Jumeirah Bali recreates the kingdom's delightful sanctuaries of solitude where beauty of form merges with elements of nature to offer a truly indulgent and soul-enriching spa experience that is divine, sensorial and serene.

Elements of personalisation are embedded in every ritual, with various massage oils, techniques and therapies selected according to your date of birth and determined by the state of your prana. We curate holistic experiences, spaces and rituals that bring your body, mind and soul into harmony.

Feel reconnected with your inner self in a luxurious sanctuary where Balinese traditions, Arabic therapies and European expertise come together to help you on your journey to transcendence.

### Our Products

"Beauty in the age of Wellness". Boost your wellness naturally with eco-conscious products and intuitive service. At Talise Spa, the healing garden of Jumeirah Bali, we are committed to protecting the future of our planet through green practices and selecting skincare products that are good for both you and the environment.

#### EMINENCE

Enhance your inner radiance with an award-winning skincare line that delivers visible results. Formulated with organic ingredients, Eminence products protect, rejuvenate and deeply hydrate your skin without harsh chemicals or parabens. Eminence addresses a variety of skin concerns such as premature ageing and wrinkling, sun damage and acne, as well as loss of vitality, tone and radiance. For best results, choose a customised Eminence facial and let the active ingredients derived from herbs, seeds and fruit pulp impart a lasting, healthy glow.

## THALGO

A world leader in marine skincare, Thalgo draws on the healing power of the ocean combined with the highest levels of technical expertise to deliver high-performance products that activate sensory cells to enhance wellbeing as well as beauty. Highly effective and result-oriented, Thalgo treatments harness the riches of the sea so you can benefit from the powerful healing, revitalising and re-balancing properties vital for your health and wellbeing.

### Sensorial Signature Hammam Treatments

Inspired by the elaborate beauty and wellness routine of the wife of Majapahit's King Brawijaya V, Princess Campa, who introduced Bali's elite to the bathhouse concept, our signature ritual seamlessly blends timeless beauty traditions passed down generations and impeccable Talise service to help you find inner peace through purification.

Talise Spa at Jumeirah Bali is proud to house Bali's first authentic hammam with decadent cleansing rituals helping you transcend into a pure state of bliss as you rest on a heated marble slab. Our hammam services create a therapeutic journey, delivering a memorable sensory experience that has cleansed and nourished the body for centuries.

#### ❖ Royal Campa | 120 minutes

Formulated with luxurious ingredients harnessing the healing power of the sea, a soothing organic soap is used for a thorough body cleanse with an exfoliating kessa glove. The therapist then applies a mixture of Arctic salt flakes and marine clay to the whole body, letting the active ingredients to be fully absorbed before concluding the purifying and softening ritual with a soothing moisturiser.

#### ❖ Royal Dwara | 90 minutes

A deeply nourishing and intensely cleansing ritual that draws on Bali's wellness traditions, the experience rejuvenates, eliminates toxins and stimulates circulation. The ritual involves light stretching to help warm up the muscles and soften the skin in preparation for the traditional kessa and soap massage carried out on a heated marble table within the hammam.

## Divine Rituals

The noble and graceful culture of Majapahit Empire, with its majestic palaces filled with priceless art and books, as well as purifying rituals favoured by the nobility inspired our collection of Divine Rituals to help bring out your inner radiance and outer glow.

### ❖ Bodhi Awakening | 180 minutes

Nothing is more restorative than a divine bath with Balinese lagoon pebbles in the privacy of your Royal Spa villa, followed by Talise Spa's signature stress release massage and a rejuvenating facial with Arctic berry, citrus and kale. Leave with youthful, glowing skin and a newfound sense of peace.

### ❖ Prana Tattwa | 150 minutes

Focusing on vital life force and mindfulness, the ritual starts with a breathing meditation followed by a detoxifying body scrub with sea salt and brown sugar to eliminate toxins and tension. Afterwards, a revitalising Mount Agung volcanic clay mask with local spices and flowers is applied, before proceeding to a private Vichy shower room to complete your transformation with an exquisite waterfall massage.

### ❖ Damar Wulan | 120 minutes

Immerse yourself in the Balinese culture with a detoxification ritual inspired by the mythical powers of the Moon. Scheduled in accordance with the moon calendar, it includes a mineral sea salt scrub and a crystal facial for deep purification, while introducing you to the powerful connection the locals feel with the Moon and its divine powers.

## Serene Organic Facials, by Eminence

Enhance your inner radiance with an award-winning skincare line that delivers visible results. Formulated with organic ingredients, Eminence products protect, rejuvenate and deeply hydrate your skin without harsh chemicals or parabens. Eminence addresses a variety of skin concerns such as premature ageing and wrinkling, sun damage and acne, as well as loss of vitality, tone and radiance. For best results, choose a customised Eminence facial and let the active ingredients derived from herbs, seeds and fruit pulp impart a lasting, healthy glow.

### ❖ Healing Facial | 90 minutes

Soothing - Plumping

Achieve deep hydration with Botanical Hyaluronic Acid enriched with vitamins sourced from the marshmallow plant, strawberry and rhubarb for baby-soft, plump and smooth complexion. Delight your senses and feel tension melt away as natural ingredients nurture your skin for a deep, long-lasting hydration. This facial is ideal for dry and dehydrated skin and will leave your complexion looking refreshed, revitalised, hydrated and inflammation-free.

### ❖ Age Corrective Facial | 75 minutes

Firming - Lifting - Oxygenating

Get a natural lift with an organic facial that leaves skin instantly refreshed, tightened and smooth. This divinely-scented facial utilises exotic neroli and monoi oils, hydrating coconut and strengthening bamboo to visibly improve the appearance of wrinkles and fine lines. Your skin will feel plump, firm and youthful as clinically-proven Natural Retinol Alternative boosts collagen and Swiss Green Apple Stem Cells replenish the epidermis.

### ❖ Collagen Boost Facial | 75 minutes

Collagen - Anti Ageing

Plump, hydrate and smooth your skin with botanical peptides, collagen-boosting actives and innovative, globally-sourced algae extracts. This facial will help reduce fine lines and wrinkles, recalibrating your collagen synthesis to encourage the formation of high-quality Smart Collagen. Ideal for all skin types, this treatment is an anti-ageing powerhouse that will leave your complexion feeling pleasantly youthful and radiant.

### ❖ AfterSun Facial | 75 minutes

Regenerative - Calming

Treat, calm and repair your sun-exposed skin with the organic Eminence's Repair & Protect facial that nourishes and soothes your skin. This facial utilises Natural Repair Complex, a powerful active blend that promotes cell regeneration to help treat damaged, sensitised skin.

### ❖ **MicroGreens Detox Facial for Men | 60 minutes**

Soothing - Hydrating - Detoxifying

Counter the effects of pollution and discover revitalised, radiant skin with help from nutrient-rich microgreens. This invigorating facial cleanses and exfoliates with skin-brightening stone crop before gently removing toxins and impurities. A relaxing facial massage and detoxifying treatment will leave your skin feeling rejuvenated and protected from environmental elements.

### ❖ **Youth Glow Facial | 60 minutes**

Hydrating Apricot Oil Facial Massage (15 minutes)

Brightening - Dark Spot Targeting

Discover a glowing, luminous complexion with this decadent facial that utilises potent Arctic berry to deeply exfoliate and improve the appearance of fine lines and uneven skin. Deep exfoliation combined with a botanical peptide infusion delivers an instantly younger-looking, glowing appearance while the Natural Hydroquinone Alternative, bearberry, liquorice root and stone crop lighten up dark spots and hyperpigmentation.



## Jumeirah Massages

At Talise Spa, we curated a range of personalised massages using Arabian, European and Asian techniques that are selected according to your date of birth and based on the state of your prana. Enhance your Balinese journey with a unique massage experience deeply rooted in local culture.

### ❖ Signature De-Stress Massage | 90 minutes

Melt away any deep-seated tension with a combination of massage techniques including stretching, kneading and pressure point stimulation. Your therapist will customise an aroma oil blend based on your dominant chakra and birth elements to help relax muscles, balance your chakra energy and promote overall wellbeing.

### ❖ Signature Revitalising Massage | 90 minutes

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

### ❖ Herbal Poultice Massage | 90 minutes

A warm herbal compress filled with organic herbs is steamed and applied directly to the body with a variety of specialised techniques. The heat releases active ingredients in the herbs that are absorbed by the body reducing aches and pains, increasing lymphatic drainage and conditioning the skin.

### ❖ Balinese Massage | 60/90 minutes

Balinese Massage uses a variety of techniques that are passed down through the generations. Thumb pressure and gentle stretching are used to release tense tissue, while long massage strokes and skin rolling techniques relieve stress and unknot tense muscles. The overall result is improved circulation and harmony of mind, body and soul.

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

Be lulled into a state of deep relaxation with our hot stone massage as smooth heated stones glide over your body as an extension of your therapist's hands. The heat of the stones and their healing energy penetrate the deeper layers of your muscles allowing you to experience new dimensions of relaxation, health and wellbeing.

### ❖ Jawah Massage | 60/90 minutes

Experience a multi-sensory journey that is exclusive to Jumeirah Bali. Give yourself to jawah, or warm rain, as it gently falls from the suspended Vichy shower, enveloping you and your therapist in an exquisite mist for the ultimate massage treatment.

#### ❖ **Bunda-Dari Massage | 60/90 minutes**

This nourishing and harmonising treatment combines a herbal poultice massage with virgin coconut oil infused with extracts of lavender, chamomile and rosemary to replenish dry skin, remove excess fluid and gently relieve aches and pains.

Suitable for expectant mothers after the 1st trimester.

#### ❖ **Jagaraga Massage | 90 minutes**

Reclaim peaceful sleep and joyful dreams with this full kundalini body massage built around the power of sound resonance of the singing bowl and designed to calm the nervous system. A unique blend of signature oils used in this rhythmic massage, which incorporates ancient light techniques and heated volcano stones placed on your back, helps you switch off and supports cellular repair, allowing you to fully experience a sensory reboot.

### **Skin & Body Enhancements**

Discover an enriching menu designed to enhance your personal journey with us.

- Hydrating Apricot Oil Facial Massage | 15 minutes
- Express Organic Facial | 30 minutes
- Organic Cucumber Wrap | 30 minutes
- Specialised Face Mask | 30 minutes
- Scalp Massage | 30 minutes
- Foot Massage | 30 minutes
- Head and Shoulders Massage | 30 minutes
- Mud Revitalisation | 30 minutes
- Mud Enrichment | 30 minutes
- Balinese Boreh | 30 minutes
- Ice Bath | 30 minutes



## Trowulan Wellness & Healing Programmes

Through an in-depth understanding of traditional Balinese practices and ancient rituals, our therapists will help you experience a sense of serenity to gently rebalance your soul, body and mind. Taking place at Talise Spa's Trowulan area, these holistic therapies carry the essence of the Balinese healing wisdom.

### ❖ Bhumi Blessings | 180 minutes

There is nothing more magical than starting your day with a sunrise meditation session on a beach in Bali. After studying your dominant energy code, resort priest Pak Mangku will guide you through the suci meditation practice that incorporates a traditional Melukat water purification ceremony to leave you with a blissful memory for life. Conclude this spiritual journey with a healing sound therapy followed by a waterfall massage in a private Vichy shower room. The experience is designed to be enjoyed solo, as a couple or in a group setting.

### Sound Healing Therapy | 75 minutes

A deeply relaxing therapy that uses therapeutic grade, seven-metal healing bowls, the experience brings the receiver's brain wave frequency into theta state within minutes. Be healed on a cellular level as vibrations stimulate the chakra energy centres to reinstate health and wellbeing by restoring the natural frequencies in the body.

### ❖ Tirta Gending Therapy | 75 minutes

Sound is energy. We are energy. The universe is energy. Sound and vibrations connect us all. Experience ancient healing techniques based on aquatic therapy and designed to harness the vibratory energy of every cell in the body as you float in the warm Vitality Pool. Achieve the optimal resonant frequency with a meditative practice known as Sound Bath, which soothes the body and eases the mind.

### ❖ Bayu Suci - Balinese Tai Chi | 75 minutes

Harness the healing power of Bali's nature and commune with your inner source during a private martial arts session. Designed for active and motivated people, Balinese Tai Chi experience awakens self-healing powers of the body and mind with dynamic postures, moving meditation, Qi breathing and healing.

### ❖ Banyu Raga | 75 minutes

This gentle aqua programme utilises a pool noodle to transition sedentary people into movement, improving joint ROM, managing pain and promoting a better quality of life.

❖ **Private Yoga | 60 minutes**

Personalised yoga sessions suitable for newbies and experienced yogis.

❖ **Private Fitness Training | 30/60 minutes**

A targeted training session with a personal trainer will help you achieve your wellness and fitness goals faster.

❖ **Grace & Grooming**

Exquisite experiences to help you feel and look your best

Nail Services – CND and SHELLAC GEL

## Manicure

❖ **Spa Manicure | 60 minutes**

This luxurious manicure includes a coconut exfoliation, a nourishing massage, nail shaping, buffing, cuticle treatment and nail polish application.

❖ **Express Manicure | 45 minutes**

Simple and straightforward: a soak, massage, nail and cuticle clean-up and buffing.

## Pedicure

❖ **Spa Pedicure | 75 minutes**

Begin with a soothing coconut soak and a gentle coconut exfoliation. An antioxidant-rich mask is then applied to revive the legs and feet, while a relaxing foot massage relieves tension before the polish application.

❖ **Express Pedicure | 45 minutes**

In this polish-free treatment, our expert technicians will buff and sculpt your toes leaving them healthy and happy.

❖ **Shellac add-on | 30 minutes**

Enhance your manicure or pedicure with an application of Shellac nail polish – a high-resistance polish that can last for up to two weeks with no cracking, peeling or chipping.

❖ **Removal of gel or Shellac nails | 30 minutes**

## Hair Bar - NATURICA

Experience nourishing treatments for refreshed, revitalised hair and scalp

### Hair Pampering Treatments

#### ❖ Traditional Balinese Coconut Hair Bath | 60 minutes

An indulgent warm coconut cream bath for all hair types, the experience includes a hot steam towel wrap and a scalp and shoulders massage for ultimate relaxation and divine softness.

#### ❖ Deeply Revitalising Head and Scalp Treatment | 60 minutes

This delightful hair treatment begins with acupressure to beat fatigue and release neck and head tension, while nourishing the hair with vital minerals and oils. A refreshing menthol and mud mask application on the scalp is followed by a stimulating scalp massage.

Waxing, hair styling, makeup and barber services are available on request and require an advance booking





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