

# T A L I S E

SUMMER MENU

# Talise Spa & *Well-being*

Talise Spa is a sanctuary for self-discovery, where every moment encourages you to reconnect with your inner self, unveil your full potential, and cultivate a deeper sense of inner balance and harmony.

Blending ancient techniques with modern therapies, we create a unique mind-body experience designed to promote restful gratification, cultivate inner peace, and foster a sense of equilibrium.

Whether you seek relaxation, enhanced performance, or a profound connection with your inner self, our thoughtfully designed treatments are tailored to your unique needs, ensuring you depart feeling empowered, renewed, and equipped with the tools to navigate your ongoing journey of self-discovery and well-being.

## PERFORMANCE

### High Performance Facials

#### Deep Cleanse Restructure Facial

75 minutes | Starting from AED 880

A targeted facial combining deep peeling, extraction, and a signature massage to release tension, smooth signs of ageing, and improve tone. Suitable for all skin types seeking a clear, refreshed finish.

#### Signature Soul Facial

90 minutes | Starting from AED 1,040

A calming, age-defying treatment designed for sensitive skin, combining Nescens cosmeceuticals with a personalised massage. Beginning with a thorough cleanse and skin analysis, the ritual continues with gentle peeling, targeted care for the eye and lip areas, and concludes with layered serums, a multi-mask, and a restorative massage.

## PERFORMANCE

### High Performance Facials

#### Better Aging Rehab Facial

90 minutes | Starting from AED 1,200

A science-led, results-driven facial designed to eliminate toxins associated with ageing. Detoxifying techniques and a double cleanse help soften the effects of time, leaving skin feeling refreshed and visibly radiant. The experience is completed with the glow-enhancing power of Celluma light therapy.

#### Gentlemen's Facial

75 minutes | Starting from AED 880

A deep-cleansing and exfoliating facial that balances the skin's natural oils, soothes irritation, and helps to prevent ingrown hairs.

## PERFORMANCE

### High Performance Body Treatments

#### Remodelling Therapy

120 minutes | Starting from AED 1,200

*Detox Dome, Body Exfoliation & Body Massage*

Unveil the full potential of skin and body with this effective remodelling treatment, beginning with the Detox Dome to stimulate circulation and eliminate toxins. A dynamic body exfoliation follows, preparing the skin for a comprehensive full-body massage. The treatment concludes with the Anti-Skin Slacking Complex, promoting firmness and radiance for a visibly revitalised result.

#### Hybrid Face & Body Treatment

90 minutes | Starting from AED 1,040

*Body Massage & Facial*

Through a fusion of meridian and deep massage techniques, this unique face and body experience supports rest and release. Working along key meridians - such as the gallbladder, liver, and heart - tension and discomfort are eased, while abdominal focus encourages deep calm and gentle detoxification. From shoulders to face, the treatment promotes muscle relaxation, improved circulation, and a refreshed, radiant complexion.

## PERFORMANCE

### High Performance Body Treatments

#### The Cellu-Lite by Legology

75 minutes | Starting from AED 640

This signature Legology treatment targets areas of concern using specialised massage techniques to help release blockages and ease fluid retention. It begins with a refreshing lemon foot soak, followed by a stimulating leg exfoliation to boost circulation, enhance suppleness, and reduce the appearance of cellulite.

### High Performance Body Massage

#### Muscle Recovery

90 minutes | Starting from AED 744

Recharge and reclaim your energy. Meticulously crafted for active guests seeking to reduce recovery time after intense activity or soothe an overworked mind and body. Focused deep muscle work releases tightness caused by poor posture or long-haul travel, boosts circulation, detoxifies the muscles, and supports recovery - restoring energy levels and inner strength.

Enhance the benefits of the Muscle Recovery Massage and elevate your wellness journey further by pairing it with the detoxifying far infrared iDome for AED 600.

## INTENTION

### Facial Treatments

#### Self Discovery Radiance Facial

75 minutes | Starting from AED 880

This skin-specific organic facial is deeply detoxifying, revitalising, and helps to even skin tone and enhance clarity. A relaxing facial massage supports lymphatic flow, releasing build-up and restoring natural radiance.

Each facial is tailored by VOYA to your skin's unique needs. In the comfort of the treatment room, we begin with a thorough skin analysis before selecting products to address your individual concerns. Using a combination of gentle exfoliators, serums, and masks, this facial leaves skin feeling purified, nourished, and beautifully balanced.

#### Restorative Facial

75 minutes | Starting from AED 880

This restorative facial is crafted using VOYA's finest organic ingredients, combined with antioxidant-rich algae complexes and a calming blend of aromatherapy oils.

An infusion of seaweed and botanical actives helps to support collagen production, leaving skin feeling naturally firmer and more radiant.

## INTENTION

### Body Massage

#### Inner Calm

90 minutes | Starting from AED 744

Designed for those seeking inner peace and deep relaxation. This signature massage, based on myofascial release techniques, helps relieve muscle fatigue, musculoskeletal tension, and congestion around the spine - encouraging a deeply relaxed state and supporting overall mind-body balance. Ideal for those looking to build physical resilience and ease stress to improve sleep and cultivate inner calm.

For AED 350, pair with Satori Lounger to elevate and deepen your relaxation experience.

#### Mindful Dream

75 minutes | Starting from AED 880

Mindful Dream is a deeply relaxing treatment designed to calm the body and quiet the mind, creating the ideal conditions for deep rest. Let stress and tension melt away in this soothing ritual, developed to encourage a peaceful night's sleep. The treatment combines products chosen for their calming properties with sleep-enhancing massage and meditation techniques. Focused on well-being, it promotes instant tranquillity and a lasting sense of inner calm.



## INTENTION

### Body Treatment

#### Detox Cocoon

120 minutes | Starting from AED 1,200

*Detox Dome, Body Exfoliation & Body Wrap*

Unlike any other VOYA seaweed treatment, this grounding therapy begins with the Detox Dome to gently warm the body and stimulate circulation. Fresh organic seaweed leaves are then used to exfoliate and wrap the body. Starting with a Bladderwrack Body Buff, the treatment continues with a Laminaria seaweed wrap, leaving skin bright, smooth, and silky soft and the body feeling deeply revitalised.

## INTENTION

### Mother-to-Be

#### Prenatal Voyager

90 minutes | Starting from AED 1,120

*Body Exfoliation, Body Massage, Face & Scalp Massage*

This relaxing organic well-being ritual promotes a deep sense of calm while hydrating and nourishing the skin. A full-body exfoliation gently buffs the skin, leaving it radiant and renewed. A soothing top-to-toe massage follows, using nourishing Mama Oil across the body, face, and scalp to ease tension and support both body and mind. Melt away the aches and discomforts of pregnancy and feel comfortably cocooned, supported, and restored.

#### Precious Moments

60 minutes | Starting from AED 664

*Mask, Feet, Face, Hand & Arm Massage*

This nurturing treatment is designed especially for a mother and her growing bump. A specialised mask is applied to the bump to support connective tissue and help prevent stretch marks. Meanwhile, the feet are wrapped in Laminaria Digitata seaweed leaves to boost circulation, encourage lymphatic flow, and ease fluid retention. As the organic masks hydrate and nourish, enjoy a calming face, hand, and arm massage. A revitalising ritual to support the beautiful journey into motherhood.

## Facial Treatment

### Age Embrace Facial

75 minutes | Starting from AED 880

*Refreshing & Hydrating*

Using four specially designed massage techniques, this facial leaves the skin deeply hydrated and refreshed from within, resulting in a radiant, more youthful-looking complexion.

### Collagen Renewal Facial

90 minutes | Starting from AED 1,040

*Hydrating & Smoothing*

This intensive hydration treatment is designed to smooth fine lines, support elasticity, and encourage collagen production - leaving skin feeling supple and nourished.

### Illuminating Stem Cell Facial

90 minutes | Starting from AED 1,040

*Brightening & Stimulating*

Powered by stem cell active ingredients, this treatment delivers an immediate radiant glow, stimulates cellular renewal, deeply hydrates, and helps restore elasticity.

## Body Massage

### Bespoke Aroma Deep Tissue Massage

60/90 minutes | Starting from AED 584/744

Enjoy a full-body massage tailored to your needs, soothing tired muscles and relieving tension, whilst using your preferred choice of aromatherapy oils.

### Thai Massage

75 minutes | Starting from AED 624

A dynamic massage combining acupressure, stretching and pulling to leave you feeling grounded and energised. The massage does not use any oil, whilst soft Thai pyjamas are provided for the treatment.

### Voyager Massage

90 minutes | Starting from AED 744

A treatment to inspire relaxation from top-to-toe. Incorporating a scalp massage, face massage, stretches and a body massage, echoing the movements of the sea whilst combining both gentle and stimulating rhythms.

## Talise Spa Etiquette

### Terms and Conditions

This offer is subject to availability.

Please note that no further discounts can be applied to this summer menu.

Jumeirah reserves the right to change the terms and conditions without prior notice.

### Reservations & Arrival

Arrival is advised at least 30 minutes prior to your treatment to allow for a smooth check-in and to enjoy our facilities.

Guests are encouraged to use the sauna, steam room, and plunge pool to promote muscle relaxation before treatment. We provide guests with a comfortable robe, bath towels and slippers, and request that swimwear be worn during the spa facility use.

For facial treatments, it is recommended not to shave prior to the treatment and, remove your contact lenses.

Please note that the full treatment cost will apply for late arrivals, which may also reduce the treatment time.

Credit card details or pre-payment are required to guarantee treatment bookings.

For bespoke and corporate bookings, please email [mjtalise@jumeirah.com](mailto:mjtalise@jumeirah.com)

## **Talise Spa Etiquette**

### **Cancellation Policy**

If you need to cancel or change your appointment, please inform us at least 12 hours prior to your scheduled appointment time. Otherwise, the full treatment fee will be applied.

### **Age Regulation**

Guests aged 12 to 16 are welcome to enjoy spa treatments such as massages and facials, provided they are accompanied by a parent or guardian. The same age requirement and supervision apply when using spa facilities, including the pools, sauna, and steam rooms.

### **Gratuities**

In appreciation of outstanding service, gratuity may be given at your discretion.

### **Health**

Please advise us if you suffer from any medical conditions, injuries and allergies when booking your treatment.

### **In-house Treatments**

Spa service requested in resort guest rooms will incur an add-on fee of 100% of the treatment value.

## **Talise Spa Etiquette**

### **Pregnancy**

We offer bespoke treatments specially curated for mothers-to-be between 12 to 32 weeks of pregnancy. Please notify us during reservation and we will be happy to assist you in selecting suitable treatments for this special time.

### **Gift Certificates**

Talise Spa offers gift certificates that are perfect for special occasions. Please speak to one of our team at Talise Spa reception, or call us for more information.

### **Ambiance and Privacy**

To fully benefit from a transformative and tranquil experience at Talise Spa, all electronic devices must be turned on silent mode. In keeping with local cultural values, we ask that guests show modesty when using changing areas. To respect the privacy of others, no photographs, video or other social media recordings are permitted. Please be advised that Talise Spa is strictly a non-smoking facility.

### **Valuables & Jewellery**

Jumeirah group does not take responsibility for the loss of valuables brought onto the spa premises. We therefore ask that guests do not bring valuables with them, and if they choose to do so, the loss of valuables will be at their own risk.

# JUMEIRAH

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