

The image features a light green background with several long, slender, dark green tropical leaves hanging from the top left. The leaves cast soft, elongated shadows onto the background, creating a rhythmic pattern of light and dark green. The overall aesthetic is clean, minimalist, and evocative of a tropical spa environment.

TALISE  
SPA



Set amidst the tranquil waterways and tropical landscapes of Jumeirah Al Qasr, we invite you to indulge in the most luxurious spa experiences catering to your individual needs.

Our team of skilled therapists are dedicated to delivering genuine results through specialised treatments, leaving you with a feeling of pure renewal and revitalisation.

## SIGNATURE COLLECTION

Revitalising Massage	90 minutes	AED 930
De-Stress Massage	90 minutes	930

## WELLBEING RITUALS

Sensory Awakening Ritual	120 minutes	1,250
Vitality Ritual	120 minutes	1,250
Serenity Ritual	120 minutes	1,250
Purifying Body Detox	90 minutes	980

## FIACIAL COLLECTION

### 111SKIN

The Original Dramatic Healing Facial <i>Soothing - Plumping</i>	75 Minutes	1,100
Celestial Black Diamond Non-Surgical Face Lift <i>Contouring - Firming</i>	90 minutes	1,300
Cryo Energy Facial <i>Revitalising - Oxygenating</i>	90 minutes	1,300

### MARGY'S MONTE CARLO

Age Embrace Facial <i>Refreshing - Hydrating</i>	75 minutes	1,100
Collagen Renewal Facial <i>Hydrating - Smoothing</i>	90 minutes	1,300
Illuminating Stem Cell Facial <i>Brightening - Stimulating</i>	90 minutes	1,300

### SODASHI

Gentleman's Facial <i>Deep Cleansing - Balancing</i>	75 minutes	1,100
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## MASSAGE COLLECTION

Bespoke Aroma Deep Tissue Massage	60/90 minutes	730/930
Balinese Massage	60/90 minutes	730/930
Tension Release Massage	60 minutes	730
Mother-to-be treatment	60 minutes	730
Thai Massage	60/75 minutes	730/780
The Cellu-Lite by Legology (Ladies only)	75 minutes	800
Sensory Awakening Candle Massage	90 minutes	930

## HAMMAM COLLECTION

Traditional Hammam Ritual	60 minutes	AED 800
Signature Hammam Ritual	90 minutes	1,100

## DOUBLE SUITE EXPERIENCE

Gift of Time	150 minutes	2,800
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## ENHANCEMENT COLLECTION

Foot Reviver Massage	30 minutes	350
Scalp Massage	30 minutes	350
Body Balance Salt Scrub	30 minutes	350
Back, Neck, Shoulder Massage	30 minutes	350
Express Facial Reviver	30 minutes	400
Hot Sea Shell		150

## WELLNESS THERAPIES

### Private

Private Yoga	60 minutes	400
Duet Yoga	60 minutes	600
Yoga Package - 10 sessions	60 minutes/class	3,600

### Group

Group Yoga	60 minutes	95
Five Elements Full Moon Yoga	75 minutes	120
Yoga Package - 10 sessions	60 minutes/class	855
Unlimited Package	60 minutes/class	1,100


### Healing

Sound Meditation0	45 minutes	350
Sound Package - 10 sessions	45 minutes/class	3,000

## CABANA TREATMENT

Body Massage	30/45/50 minutes	380/500/630
Foot Reviver Massage	30 minutes	350

All treatments are priced in UAE Dirhams and inclusive of 10% service charge and 7% Municipality fees and Value Added Tax.  
\*In room Treatment Upon Request. In-room spa services are subject to an add-on fee of 100% of the treatment value.  
Beach and Pool Treatments are available between October and May.



**JUMEIRAH SIGNATURE**

**AED**

**Revitalising Massage | 90 minutes**

**930**

*Energising – Deep tissue*


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

**De-Stress Massage | 90 minutes**

**930**

*Soothing – Stress relief*

Feel your tension melt away with this top-to-toe massage, which includes combination of evolving techniques such as stretching, wringing, kneading of muscles and your choice of pure aroma oils to promote overall wellbeing.





## WELLBEING RITUALS

AED

### **Sensory Awakening Ritual | 120 minutes**

1,250

This sensory awakening ritual inspired on ancient Moroccan secrets to heal the body and relax the spirit. Designed to promote relaxation, this treatment indulges in an overall feeling of wellbeing as the skin is smoothed and buffed with an aromatic full-body exfoliation, followed by a warmed candle massage, melting the oil to release the amber, vanilla and musk oils that work to invigorate and calm with every massage stroke. A Maroc signature.

### **Vitality Ritual | 120 minutes**

1,250

Restore your vitality with this full body revitalizing massage, with focused acupressure points, and gentle stretching, whilst also getting a glow on your face with an express energizing face treatment that reduces puffiness, minimises dark circles and enliven dull and lifeless looking skin. Ideal if you are feeling lethargic or low in energy. A 111SKIN signature.

### **Serenity Ritual | 120 minutes**

1,250


Using ancient Australian healing stones to work into muscular tension and crystals to work on the Chakra's. Through the power of massage and intention, the vibrations of the Australian plant essences and crystals resonate deeply with our beings, bringing about total relaxation, rejuvenation and harmony. Restore your facial glow with an express facial to complete this serene journey. A Sodashi Signature.

### **Purifying Body Detox | 90 minutes**

980

*Detoxifying - Purifying*

Invigorating body exfoliation to soften the skin and stimulate circulation, followed by a purifying body mask, to relieve sluggishness and congestion and help to remove unwanted toxins. A Sodashi Signature.





## FACIAL COLLECTION

AED

### 111SKIN

#### **The Original Dramatic Healing Facial | 75 minutes**

**1,100**

##### *Soothing – Plumping*

A soothing and intensive treatment, this reparative facial will enhance the skin's natural ability to repair and re-strengthen itself. Using anti-ageing ingredients, the deeply hydrating facial will calm and repair the complexion while plumping out expression lines.

#### **Celestial Black Diamond Non-Surgical Face Lift | 90 minutes**

**1,300**

##### *Contouring – Firming*


The intensive Celestial Black Diamond Facial is most suitable for mature, dry skins with expression lines. Powerful active ingredients work synergistically to alleviate age spots and pigmentation. Dubbed the 'non-surgical facelift', this is the perfect treatment to target signs of ageing on a multi-dimensional level


#### **Cryo Energy Facial | 90 minutes**

**1,300**

##### *Revitalising – Oxygenating*

This regenerative facial will awaken your complexion with a combination of cryoglobes and Cryotherapy-inspired skincare. The energising treatment reduces puffiness, minimises dark circles and enlivens dull and lifeless looking skin. Ideal for city-dwellers or frequent travellers.





## FACIAL COLLECTION

AED

### MARGY'S MONTE CARLO

#### **Age Embrace Facial | 75 minutes**

**1,100**

*Refreshing - Hydrating*

With four special designed massage techniques, this facial will leave the skin hydrated and refreshed from inside out. The result is a radiant, much younger looking complexion.

#### **Collagen Renewal Facial | 90 minutes**

**1,300**

*Hydrating - Smoothing*

An intensive hydration treatment, this luxurious facial is designed to smooth wrinkles, increase elasticity and boost collagen.

#### **Illuminating Stem Cell Facial | 90 minutes**

**1,300**

*Brightening - Stimulating*

Stem Cell active ingredients provide immediate radiant glow, stimulate the cellular renewal process, deeply moisturize and restore elasticity.


### SODASHI

#### **Gentleman's Facial | 75 minutes**

**1,100**

*Deep Cleansing – Balancing*

A deep cleansing and exfoliating facial balances the skin's natural oils, soothing irritation and preventing ingrown hairs. Includes a Sodashi salt therapy back massage to ease stress and reduce tension in the mind and body.





## MASSAGE COLLECTION

AED

### **Bespoke Aroma Deep Tissue Massage | 60/90 minutes**

730/930

Enjoy a tailored full body massage to soothe tired muscles and relieve tension with your preferred aroma oil blend.

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

730/930

The medium pressure Balinese massage uses a variety of techniques including skin rolling, kneading, gentle stretching. The overall result is improved circulation and harmony of the mind, body and soul.

### **Tension Release Massage | 60 minutes**

730

This specialized full body massage has been created to work deep into the muscles, to help release tension, stimulate circulation and remove accumulated toxins. A Sodashi signature.

### **Mother-to-be Treatment | 60 minutes**

730

Perfect treatment for the mother to be using techniques to help relax, reduce water retention and improve overall circulation.







## MASSAGE COLLECTION

AED

### **Thai Massage I 60/75 minutes**

730/780

Dynamic massage with acupressure, stretching and pulling to leave you grounded and energized. This is a massage that does not include any oil, and soft Thai pyjamas are worn by the guest.

### **The Cellu-Lite by Legology I 75 minutes**

800

#### *Female Leg Treatment*


This signature Legology treatment targets problem areas and uses a range of specific massage techniques to optimise the delivery and performance of each product in the range. The treatment begins with a lemon foot soak, followed by a stimulating leg exfoliation. Dry brushes exfoliate the skin, increase circulation and suppleness, and lessen the appearance of cellulite by brushing upward and toward the heart while concentrating on cellulite-prone areas. The massage works deep into the dermis, treating fatty deposits with heat and manipulation to release blockages and fluid retention which is then eliminated naturally.

### **Sensory Awakening Candle Massage I 90 minutes**

930

#### *De-Stressing - Cocooning*

This sensory awakening massage inspires on ancient Moroccan secrets to heal the body and relax the spirit. Designed to promote relaxation, this treatment indulges in an overall feeling of wellbeing as the warmed candle melts to oil releasing the amber, vanilla and musk oils that work to invigorate and calm with every massage stroke.





## HAMMAM COLLECTION

AED

### **Traditional Hammam Ritual | 60 minutes**


**800**

A ritual that includes a black soap application to deeply cleanse and purify, followed by a full body exfoliation with both a kessa glove and Miel d'Ambre. The treatment also includes an exfoliation for the face to then conclude the experience you will receive a traditional stretching ritual leaving you feeling completely revitalised.

### **Signature Hammam Ritual | 90 minutes**

**1,100**

A ritual that includes a black soap application to deeply cleanse and purify, followed by a full body exfoliation with both a kessa glove and Miel d'Ambre. The treatment also includes an exfoliation and a purifying face mask for the face followed by a scalp massage, hair washing ritual and application of hair mask. To conclude your signature experience a traditional stretching ritual will leave you feeling cleansed from top to toe, this will then be followed by a cocooning application of body moisturiser to re-hydrate the skin.





## SUITE EXPERIENCE

AED

*A luxurious way to enhance your visit when celebrating a special occasion with your loved one, or simply wanting to enrich your quality time with another.*

### **Gift of Time | 150 minutes**

**2,800**

Enjoy your moment in the private Spa suite facilities, whilst sipping on a glass of sparkling wine with refreshing amenity. A deeply harmonizing full body, face and scalp massage will top off this moment.

*Add-on:* Heart Opening Yoga at an additional cost to complete this holistic journey.





**ENHANCEMENT COLLECTION**

**AED**

Foot Reviver Massage | 30 minutes

350

Scalp Massage | 30 minutes

350

Body Balance Salt Scrub | 30 minutes

350

Back, Neck, Shoulder Massage | 30 minutes

350

Express Facial Reviver | 30 minutes

400

Hot Sea Shell

150





## WELLNESS THERAPIES

AED

### Private

Private Yoga   60 minutes	400
Duet Yoga   60 minutes	600
Private Yoga Package 10 sessions	3,600
	3 month validity

### Group

Group Yoga Class   60 minutes	95
Five Elements Full Moon Yoga   75 minutes	120
Group Yoga Class 10 Sessions   60 minutes/class	855
	3 months validity
Unlimited Group Yoga class   60 minutes/class	1,100
	1 month validity

### Healing

Sound Meditation   45 minutes	350
Sound Meditation 10 sessions   45 minutes	3,000
	3 months validity





## **CABANA TREATMENT**

**AED**

### **Body Massage | 30/45/50 minutes**

**380/500/630**

Delight in a tailored body massage that uses a variety of techniques to release your muscle tensions.

### **Foot Reviver Massage | 30 minutes**

**350**

Treatment focused to relief overworked feet and leg and induce a lighter feeling. Massage is applied on your feet and the lower half of legs.

Beach cabana treatments are available between October and May. To book a treatment, approach one of the Talise Spa therapists at the beach or contact +971 4 366 6818.





## **TALISE SPA ETIQUETTE**

Spread across the tranquil waterways and tropical landscapes of Madinat Jumeirah, Talise Spa consists of 26 spa villas inclusive of three couple's suites. Our spa journey takes you through the lush gardens and intricate pathways, with a few small steps up to your private spa treatment room. Talise Spa offers a variety of massages, body treatments, facials and spa rituals to provide you with an ultimate, personalised spa experience with utmost attention to your comfort.


The indoor facilities consist of private male and female changing areas, equipped with sauna and steam rooms, plunge pools and private relaxation areas. Talise Spa at Madinat Jumeirah has its own secluded outdoor pool for both men and woman.

### **Location**

Non-hotel guests can find the spa at the entrance of the Jumeirah Al Qasr, turning left before the golden horses, leading to private parking. Hotel guests may choose to travel to the spa by abra boat, by buggy, or by a relaxing walk through our resort. (Recommended time for walking 15 to 20 minutes).

### **Hours of Operation**

Daily from 10:00 to 21:00





## **Reservations & Arrivals**

Arrival is advised at least 30 minutes prior to your treatment to allow for a smooth check-in and to enjoy our luxurious facilities. We kindly request that guests shower before their treatments and usage of Talise Spa facilities. Guests are encouraged to use the sauna, steam room and plunge pool to help relax the muscles before treatment. We provide all 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 that male guests shave prior to the treatment. Please note that full treatment cost will apply for late arrival and will reduce the time of treatment.

Credit card details or prepayment is required to guarantee treatment bookings. Talise Spa guests that are not staying at Madinat Jumeirah can enjoy our Talise Spa facilities at their leisure for 120 minutes with their reservation.

For Bespoke and Corporate Group bookings, please email Talise Spa, Madinat Jumeirah.

## **Cancellation Policy**


If you need to cancel or change your treatment, please inform us four hours prior to your scheduled treatment, otherwise the full treatment fee will be applied.

## **Age Regulation**

For Talise Spa treatments including massages and facials, we require a minimum age of 12 years. For Talise Spa facility use including pools, sauna and steam rooms, we require a minimum age of 12 to 16 years, with parental supervision.

## **Gratuity**

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.

## **Pregnancy**

We have designed bespoke treatments for all our mothers-to-be. Please notify us during reservation and we will be happy to assist you in selecting suitable treatments for this special time.

## **In-House Treatments**

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

## **Gift Certificates**

Talise Spa offers gift certificates that are perfect for special occasions. Please speak to one of our team at reception, or telephone 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 to Silent Mode. In keeping with local cultural values, we ask that guests show modesty when using the changing areas. To respect the privacy of others, no photographs, videos or other social media recordings are permitted.

Please be advised that Talise Spa is strictly a non-smoking facility.

## **Valuables & Jewelry**

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

AL QASR

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