

TALISE

THE MENU

Talise Spa & *Wellbeing*

Welcome to Talise, a place for self-discovery where every moment invites you to reconnect with yourself and explore a deeper sense of inner balance & harmony.

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

Whether you seek relaxation, enhanced performance, or a deeper connection to your inner self, our thoughtfully designed treatments are tailored to your individual needs. You'll leave feeling empowered, renewed, and equipped with the tools to continue your personal journey of self-discovery and well-being.

High Performance *Facials*

The Signature 360° Extreme Beauty Ceremony by Evidens De Beauté

105 minutes | Starting from AED 2,200

This treatment is meticulously developed to enhance your skin's natural beauty by targeting the most sensitive areas of the face. Designed for mature, dehydrated, tired, or dull skin, it provides an intensive solution to combat the visible signs of aging. Featuring an eight-step skincare ritual to support recovery, a specialized bio-collagen treatment mask, and the exclusive Japanese lifting signature massage by Evidens De Beauté, this is the ultimate pro-aging and lifting solution for radiant, revitalized skin.

Cryo Firm

90 minutes | AED 1,400

Experience the power of cryo therapy with the Cryo Firm Facial, where science meets beauty for stunning, age-defying results. Designed specifically to define and sculpt your jawline and cheeks through targeted cryotherapy, this cutting-edge treatment uses controlled cooling to tighten and tone the skin, giving you a sharper, more contoured look without the need for invasive procedures. Ideal for those seeking a refined, more sculpted appearance, the Cryo Firm Facial delivers targeted cooling to define your features, leaving you with a fresh, lifted look.

High Performance *Facials*

Cryo Intense Sculpt

90 minutes | AED Starting from 1,600

This advanced treatment is perfect for addressing facial wrinkles and expression lines. Combining cutting-edge cryotherapy technology alongside the EviDenS de Beauté cryogenic “The Special Mask” and a Japanese Lifting Massage, it works to reverse premature aging while enhancing skin tone and elasticity. Ultra-cold temperatures stimulate collagen and elastin production deep within the dermal layers, leaving the skin visibly sculpted, firm, and glowing with youthful vitality

Oxygeneo™ X

90 minutes | Starting from AED 1,500

Experience the pinnacle of skin rejuvenation with our OxyGeneo™ X Facial, a cutting-edge treatment that combines oxygenation, exfoliation, radiofrequency, and ultrasound. This all-in-one super facial addresses a range of skin concerns, leaving your complexion smoother, brighter, and revitalized. Perfect for those seeking an instant lift, long-term anti-aging results, or an overall boost to skin health. Ideal before special events or as a regular addition to your skincare routine.

Tailored Solutions for Every Skin Type – Choose from targeted formulas designed to address your unique concerns:

Hydrate: For plumping and hydration

Brighten: For evening skin tone and boosting glow

Revitalize: For anti-aging, firmness, and wrinkle reduction

Clear: For calming and balancing acne-prone skin

High Performance *Facials*

Geneo TriPollar Lift

90 minutes | Starting from AED 1,500

Reimagine youthful skin with TriPollar's fastest-acting Radio Frequency technology. This innovative procedure uses radiofrequency waves to immediately tighten, lift, and smooth the skin. Non-invasive and effective, it stimulates the deeper layers to enhance collagen production, resulting in a firmer, more sculpted look over time. Perfect for those seeking a noticeable lift with no downtime, whether for a special occasion or as part of an ongoing pro-aging regimen.

High Performance *Body Treatments*

Swiss Silhouette

90 minutes | Starting from AED 1,600

Experience the revolutionary Swissline Cell Shock treatment, where advanced technology meets the science of Maderotherapy. Developed by Swissline, this innovative treatment stimulates micro-cellular circulation and strengthens connective tissue, delivering exceptional results for body sculpting, cellulite reduction, and improved lymphatic drainage. Maderotherapy combines the use of precision-crafted wooden tools with a sculpting “gold oil” massage to skilfully tone, shape, and sculpt your arms, legs, and stomach, all while promoting a profound sense of well-being.

Cryo Tone

90 minutes | Starting from AED 1,450

Unlock the power of Cryotherapy, a revolutionary body sculpting treatment designed to reduce cellulite, tone muscles, and improve skin elasticity. Using cutting-edge fat freezing technology, Cryo Tone therapy enhances circulation and stimulates lymphatic drainage, providing a comprehensive approach to body contouring. Ideal for those seeking effective cellulite reduction and long-lasting results, this non-invasive treatment helps you achieve a smoother, more sculpted appearance.

High Performance *Body Treatments*

Cryo Shape

90 minutes | Starting from AED 1,450

Discover the power of Cryo Shape, a state-of-the-art treatment designed to target stubborn fat, tone muscles, and tighten skin. Perfect for reshaping, reducing water retention, and easing inflammation, this advanced therapy uses cold technology to safely and effectively eliminate fat cells, firm tissues, and smooth out imperfections. Whether your goal is to slim down or enhance your natural contours, Cryo Shape delivers remarkable results in just a few sessions.

High Performance *Body Massage*

Lymphatic Support

90 minutes | Starting from AED 1,100

Soothing Lymphatic Flow

Designed to deliver a deeply relaxing and soothing experience, this rhythmic full-body ritual promotes lymphatic flow while fostering a sense of rest and renewal.

Muscle Recovery

90 minutes | Starting from AED 1,100

Repair & Recovery

Flowing, rhythmic, and firm, this bespoke aromatherapy massage is designed to release overworked muscles from their tense and tightened state. It help alleviate aches and stiffness while improving circulation for a refreshed and restored feeling.

The Remedy *Suite*

Expertly curated programs, grounded in the clinical evidence of Touchless Wellness Technologies, and designed to optimize the body's natural ability to heal and restore itself.

Neuro Calm

75 minutes | Starting from AED 950

Discover the future of relaxation with our innovative touchless wellness program, a sanctuary designed to melt away stress and enhance your overall well-being. Infuse your body with 35% more oxygen to accelerate the healing process, restore calm and sharpen mental clarity.

The Calm Mind Program Features:

- Hyperbaric Oxygen Therapy
- Chromo Space

The Remedy *Suite*

Pain Relief

75 minutes | Starting from AED 900

Tailored for those experiencing joint discomfort and inflammation, our Pain Relief program is your solution for both post-workout soreness and everyday aches. Alleviate pain, restore vitality, and enjoy lasting comfort as you return to a pain-free, active lifestyle.

The Pain Relief Program features:

- Far Infra Red idome
- Cryochamber
- Chromo Space

Circadian Rebalance

90 minutes | Starting from AED 1,100

Recover from the effects of jet lag and long-haul travel with our advanced Post-Flight Recovery therapy. Using state-of-the-art wellness technology, this program is specifically designed to combat the physical and mental fatigue caused by jet lag, helping you adjust more quickly and reset your internal clock to reduce exhaustion and restore your energy. The Post Flight.

Program features:

- Far Infra Red iDome
- Lymphatic Compression boots
- Hyperbaric Oxygen Therapy

The Remedy *Suite*

Vital Detox

75 minutes | Starting from AED 950

A cutting-edge holistic wellness optimization program designed to detoxify, stimulate bio-cellular metabolism whilst restoring strength and inner vitality. Combat oxidative stress, enhance mitochondrial activity, and reverse internal stress while supporting the body's natural detoxification process. This carefully crafted experience combines innovative light therapy and contrast therapies to guide you towards achieving true holistic balance.

The Detox and Optimal Weight Program features:

- Far Infra Red iDome
- Cryochamber
- Lymphatic Compression Boots

Athletic Recovery

75 minutes | Starting from AED 850

Unlock your full athletic potential with our enhanced performance therapy, specifically designed for sports recovery. This innovative treatment addresses the unique needs of athletes, promoting faster recovery, boosting muscle efficiency, and enhancing overall performance.

The Athletic Recovery Program features:

- Far Infra Red iDome
- Hyperbaric Oxygen Therapy
- Cryochamber

The Mindfulness *Lounge*

A serene space equipped with cutting-edge wellness technologies designed to promote mindfulness, inner calm and emotional equilibrium.

Sleep Well

45 minutes | Starting from AED 450

The essential powernap for even the busiest minds. Discover the path to restorative sleep with our Sleep Well program, an immersive journey designed to promote deep, rejuvenating sleep leaving you refreshed and ready to embrace the day with renewed energy and vitality. Zero gravity positioning, gentle sleep-inducing audio frequencies along with ultra low electromagnetic waves mimic natural circadian rhythms and bio-physiology to align brain activity with deep relaxation and restorative sleep cycles.

The Sleep Well Program features:

- Satori Lounge by Ghareini

Anxiety & Stress Relief

45 minutes | Starting from AED 450

A program designed to balance mood and reduce mental stress. Our state-of-the-art Vibroacoustic Satori lounge combines music, gentle binaural sound waves and highly efficient vibration aligned with the body's energy chakras, leaving you in the ultimate state of relaxation. Experience improved circulation, deep relaxation enhanced mental clarity, reduced anxiety, and an overall sense of well-being.

The Anxiety and Stress Relief Program features:

- Satori Lounge by Ghareini

Fitness Centre

Personal Training

Exclusive One to One sessions

Our team of highly qualified trainers, each with extensive expertise in fitness and wellness, will provide personalised attention and tailored workout programs.

Assessing your individual needs, they will craft routines that challenge and motivate you to reach your goals

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|-----------------------------|----------------------|
| Personal Training | 60 minutes AED 500 |
| Mat Pilates Sculpt and Tone | 60 minutes AED 550 |
| Yoga | 60 minutes AED 550 |
| Flexibility Focus | 60 minutes AED 700 |
| Kick Boxing | 60 minutes AED 500 |

Talise Advanced *Facials*

Essential Skin Care Beauty Ceremony

90 minutes | Starting from AED 1,800

Our essential skincare ceremonies are tailored to address your unique needs and skin conditions. Whether you're seeking hydration and softness, refreshing toning, detoxification, brightening, spot reduction, or a rejuvenating youthful glow, we ensure your expectations are met. Each experience is thoughtfully customised to deliver a truly personalised skincare journey.

Skin Radiance Beauty Ceremony

90 minutes | Starting from AED 1,800

Achieve a luminous, even-toned and velvety complexion that is free from hyperpigmentation and blemishes. The elevated concentration of spot-correcting AHA active ingredients targets your skin with precision, providing cumulative results and preventing the imbalances in pigmentation that can age your skin. This glow activating treatment stimulates cell turnover whilst rebuilding the structure of your skin to restore its radiance, moisture & luminosity.

Talise Advanced *Massages*

The Wandering

120 minutes | Starting from AED 1,750

Vagus Nerve Support- Ideal for Burnout

Reconnect deeply with the wanderer within, the Vagus Nerve, our inner source of true wellbeing. This holistic massage technique creates a safe space to attune to our innate gut intuition and creates a renewed connection to our inner self. The treatment includes a soothing combination of abdomen, face, neck, and ear massage, enhanced with marble stone and Gua Sha techniques.

The Cleansing Ritual

90 minutes | Starting from AED 1,100

To Encourage Gut Harmony

Designed to guide the body into a state of rest and digest, this abdominal massage treatment encourages a deep connection between the gut and the body. Its gentle approach stimulates the circulation of energy, lymph, and fresh blood flow to the digestive organs, promoting overall vitality and well-being.

The Sleep Ritual

90 minutes | Starting from AED 1,100

Ideal for Insomnia & Physical Fatigue

This ritual is specially designed to guide the mind and body into a state of deep slumber. Gentle, flowing massage techniques, targeted pressure points, and mindful breathwork harmonize to encourage deeper breathing.

Oncology *Support*

The Calming Ritual

90 minutes | Starting from AED 1,100

Gentle & Comforting Care

This nourishing, relaxing ritual was created for dry and delicate scalp and skin. It promotes healthy hair growth by nourishing the hair follicles and revitalizing the scalp.

The Restful Ritual

90 minutes | Starting from AED 1,100

Full body Lymphatic Support

This ritual focuses on supporting the lymphatic system & soothing the nervous system through a combination of breathwork and mindful massage techniques. Focusing on the décolleté and abdomen, it gently guides the body into a more restful state.

Women's Health

Support

The Comforting Ritual

90 minutes | Starting from AED 1,100

Relief for the 2nd or 3rd Trimester

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. This intuitive and grounding massage is tailored to soothe and release tension in tired muscles, focusing on the shoulders, back, hips, and lower legs, offering essential support as the body grows during pregnancy

The Balancing Ritual

90 minutes | Starting from AED 1,100

Empowering Through Menopause

Thoughtfully designed for women, this holistic hands-on well-being experience begins with an aromatic foot bath and calming breathwork. Incorporating Cold Stone Massage Therapy, Gua Sha, Reflexology, and Lymphatic Drainage, it provides soothing relief and balance, especially during periods of hormonal fluctuation.

Talise Signature *Facial Treatments*

The Biome Facial

90 minutes | Starting from AED 1,250

Soothing & Supporting Skin Barrier

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe and repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

Sublime Youth Infusion

105 minutes | Starting from AED 1,950

A cellular revival facial designed to treat dry and mature skin. Harnessing the power of plant stem cells and fermented Swiss honey, the treatment taps into epigenetics to activate sirtuins, also known as "longevity proteins". Promoting DNA repair and providing balance to counter hormonal fluctuation during menopause, it fends-off the signs of aging. Combined with our Signature Face Sculpt Massage, this facial offers a comprehensive solution to boost the integrity of skin.

Le Grand Soir Au Collagen Pur

105 minutes | Starting from AED 1,950

Suitable for all skin types, this pure collagen facial deeply replenishes moisture and strengthens the skin's natural barrier. Featuring 92% pure collagen face films, it is paired with our Signature Face Sculpt Massage, developed by World Face Massage Champion, Anna Tsankova. The massage techniques manipulate the facial fascia to stimulate lymphatic drainage and circulation, promoting collagen production to repair damaged skin, resculpt the face, and support overall regeneration.

Talise Signature *Facial Treatments*

Swiss Lifting

90 minutes | Starting from AED 1,650

This treatment targets loss of elasticity, fine lines, wrinkles, sunspots, dehydration, and dullness. Combining an exclusive Swissline active lifting massage with the Cell Shock patented formula, it features serums and ampoules enriched with Growth Factors and Peptides to transform the face, neck, and décolleté while strengthening the skin's structure. By activating skin longevity and enhancing youthful effects, it boosts moisture retention, promotes fullness, exercises muscle fibres, and tones the skin. Ideal for clients experiencing muscle weakness from long-term botulinum injections.

Swiss Bright

90 minutes | Starting from AED 1,650

Designed to repair and restore skin radiance, this treatment is designed to activate powerful brightening and anti-aging ingredients to address dullness, sun damage, and hyperpigmentation, while preventing future discoloration. A gentle exfoliation removes lifeless skin cells, using plant-based hydroxy active acids to reveal a replenished, plump, and dewy complexion.

Swiss Smart

90 minutes | Starting from AED 1,400

Fully personalised to address your unique skin concerns—whether it's oil control, pigmentation, sensitivity, or dehydration—it offers a smart and efficient way to achieve your best look. Featuring a mattifying mask to rebalance skin and minimize pores and blackheads, this customised facial includes a range of boosters and masking options tailored to your needs. An ideal choice for teens seeking clear and healthy skin.

Talise Signature *Massages*

The Grounding Ritual

90 minutes | Starting from AED 1,150

Soothing Mental Anxiety & Stress

This specialized massage treatment creates the perfect space to connect with your body's natural ability to self-repair and re-align. Experience a deep sense of replenishment and grounding, leaving you restored and in harmony with your body.

The Restorative Ritual

90 minutes | Starting from AED 1,100

Ease Tension in the Face, Neck, Head & Scalp

This restorative treatment combines a nurturing facial massage with gentle Gua Sha techniques, offering a slow, flowing experience that works to reconnect mind and body. Focusing on the face, neck, décolleté, and scalp, it eases tension and promotes deep relaxation.

Talise Signature *Body Treatments*

Décolleté Beautifier

90 minutes | Starting from AED 1,350

Firming + Lifting

Often referred to as “age tellers”, the décolleté and neck are among the first areas to show signs of aging due to thinner skin and frequent sun exposure. This treatment focuses on these often-neglected areas, using a nourishing mask and ampoule to improve tonicity and encourage drainage. The result is firmer, smoother, and more retexturized skin.

Royal Desert Glow

90 minutes | Starting from AED 1,300

A traditional Arabian ritual thoughtfully designed to enhance both your physical and emotional wellbeing. The ritual begins with a meditative inhalation of a Frankincense and Myrrh blend, followed by a mineral-rich clay and sea salt scrub infused with crushed date seeds for gentle exfoliation and detoxification. A nourishing body wrap of pomegranate and saffron oils is then applied, promoting a radiant glow, deep hydration, and the restoration of skin suppleness.

Talise Signature *Body Treatments*

Talise Signature Hammam

90 minutes | Starting from AED 1,350

A deep cleansing experience that begins with a gentle steam to open pores, followed by a traditional black soap cleanse to exfoliate and nourish your skin. A natural Hammam mask is then applied to enrich the body, while the meridian lines of your feet and head are massaged using our signature oil. The treatment concludes with a relaxing massage using rich Vanilla and Frankincense oils, followed by a revitalizing rinse with warm water. Feel tensions melt away as the soothing heat of the hammam and healing hands bring balance to your mind and body.

Traditional Hammam

60 minutes | Starting from AED 950

A ritualistic bathing experience rooted in ancient practices of purification and relaxation, our traditional hammam provides a place for deep cleansing and detoxifying for the body and mind. Our Hammam experience begins with an invigorating `Kese` body scrub, followed by a steam bath and relaxing massage to calm and nourish the mind, body and soul.

Talise Signature *Add Ons*

Enhance your spa experience with our signature add-on treatments, designed to target your specific Wellness needs. Only available to be added on to a minimum 90 minutes Talise Spa treatment

Swiss Eye Specialist

30 minutes | Starting from AED 650

This revitalizing beauty treatment instantly erases signs of fatigue, with a special focus on the delicate eye area. Renew and rejuvenate the eye contour, unveiling a brighter, more radiant appearance.

Face Sculpting Massage

30 minutes | Starting from AED 550

Our signature face sculpting and lifting massage is designed to release tension, promote deep relaxation, and enhance detoxification through targeted lymphatic drainage. This treatment combines deep myofascial manipulation techniques with specially formulated skincare serums, delivering instant results by sculpting, lifting, and reducing puffiness for a toned, rejuvenated appearance.

Talise Signature

Add Ons

Scalp Therapy

30 minutes | Starting from AED 450

An intensive acupuncture scalp treatment using warm almond oil and focusing on the scalp and spine. This traditional technique calms the mind, stimulates circulation at the hair roots, and deeply nourishes the scalp and hair. It also promotes mind-body balance, supporting restful sleep and overall well-being.

Foot Massage

30 minutes | Starting from AED 450

Using time-honoured foot massage techniques from the region, this treatment provides a much needed focus on your feet and legs to open the chi energy flow in your body. It is highly effective in promoting deep relaxation and relieving excessive tension.

Talise Spa

Etiquette

Opening Hours

Talise Spa is open from 10:00 AM to 10:00 PM daily. The final appointment can be booked at 8:30PM, allowing for a 90-minute treatment.

Reservations

Reservations

To make a reservation at Talise Spa:

- Press 'Spa' on your guestroom phone
- Call 045408774
- Book online at www.jumeirah.com/MarsaAlArab/
- Email maatalise@jumeirah.com

Please note: A valid credit card is required to hold your reservation. Prices are subject to change without prior notice.

Location

Talise Spa is located on Level 4 of the main hotel building. Non-hotel guests can access Talise Spa directly via the left lobby vestibule elevator;

- Level 3: Ladies only floor
- Level 4: Couples treatments + Gentlemen
- Level 5: Fitness Centre

Talise Spa

Etiquette

Arrival

Please arrive 30 minutes prior to your appointment to prepare for your spa experience. Appointments begin promptly at the time scheduled. If you arrive late, your appointment will be shortened so that the therapist will be on time for the next session.

Consultation

All Talise Spa guests will enjoy a personalised consultation before their treatment, allowing our therapists to curate the best experience and program.

Cancellation

If you need to cancel an appointment, please notify us at least 24 hours in advance. Late cancellations and no-shows will incur the full treatment charge. Late arrivals will result in a shortened appointment or require rescheduling, which may also include additional charges.

Spa Attire

Talise Spa will provide you with a robe and slippers for your comfort. A secured change closet will be available for your personal belongings. Talise Spa and Jumeirah Group does not take responsibility for the loss of valuables or misplaced items brought onto the spa premises.

Talise Spa

Etiquette

Spa Environment

At Talise, we strive to provide you with the most comforting spa experience from the moment you arrive to the moment you leave. Kindly note this is a non-smoking facility. Please also refrain from using your mobile phone at all times while on the premises. Your cooperation in providing a quiet environment is greatly appreciated.

Cultural Awareness

In keeping with local cultural values, we ask that guests show modesty when using the lockers and changing areas. To respect the privacy of others, no photographs, video or other social media recordings are permitted.

Health Considerations

For your comfort, please advise upon booking of any allergies, injuries or concern areas. Please advise especially if you are pregnant, as some services may not be appropriate for you at this time.

Pregnancy or other health conditions

We have designed bespoke treatments for mothers-to-be and guests experiencing specific health concerns such as menopause or oncology treatments. Please notify us during your reservation, and we will gladly assist you in selecting the most suitable treatment for your needs.

Talise Spa

Etiquette

Gift Certificates

Gift certificates are available to craft a personalized spa experience. For more information, please visit our Spa reception or contact our team directly.

Adult Facility

Talise Spa is an adult facility, open to men and women aged 16 and above. Guests under the age of 16 are not permitted to use the steam room, sauna, or indoor pool facilities.

Gratuities

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

Information Privacy

We value the privacy and confidentiality of your information. Your details are handled in accordance with the Jumeirah Privacy Policy for Guests, which can be accessed at jumeirah.com/privacy-policy or upon request at the Talise reception.