



Talise Spa

Imagine a unique destination combined with a luxurious spa experience. This state-of-the-art spa covers 3,500m² and boasts 17 treatment rooms and two private suites incorporating male, female and couple sections. The spa design focuses on creating the perfect environment for guests to be immersed in total tranquility as they leave behind the cares of everyday life.

A visit to Talise will have a completely calming effect on body and mind. Tailor-made spa options offer a wide range of therapies that include exotic inspired remedies, purifying Thalasso treatments, specialized facials and Middle Eastern concepts such as an invigorating Hammam.

DISCOVER YOUR INNER SELF



Signature Experiences

Jumeirah Experience | 110 minutes

Through careful consultation, the therapist will tailor the massage to individual needs selecting from a variety of relaxation techniques for the best possible outcome and good health. This experience includes an express facial.

Talise Spa Signature Massage | 110 minutes

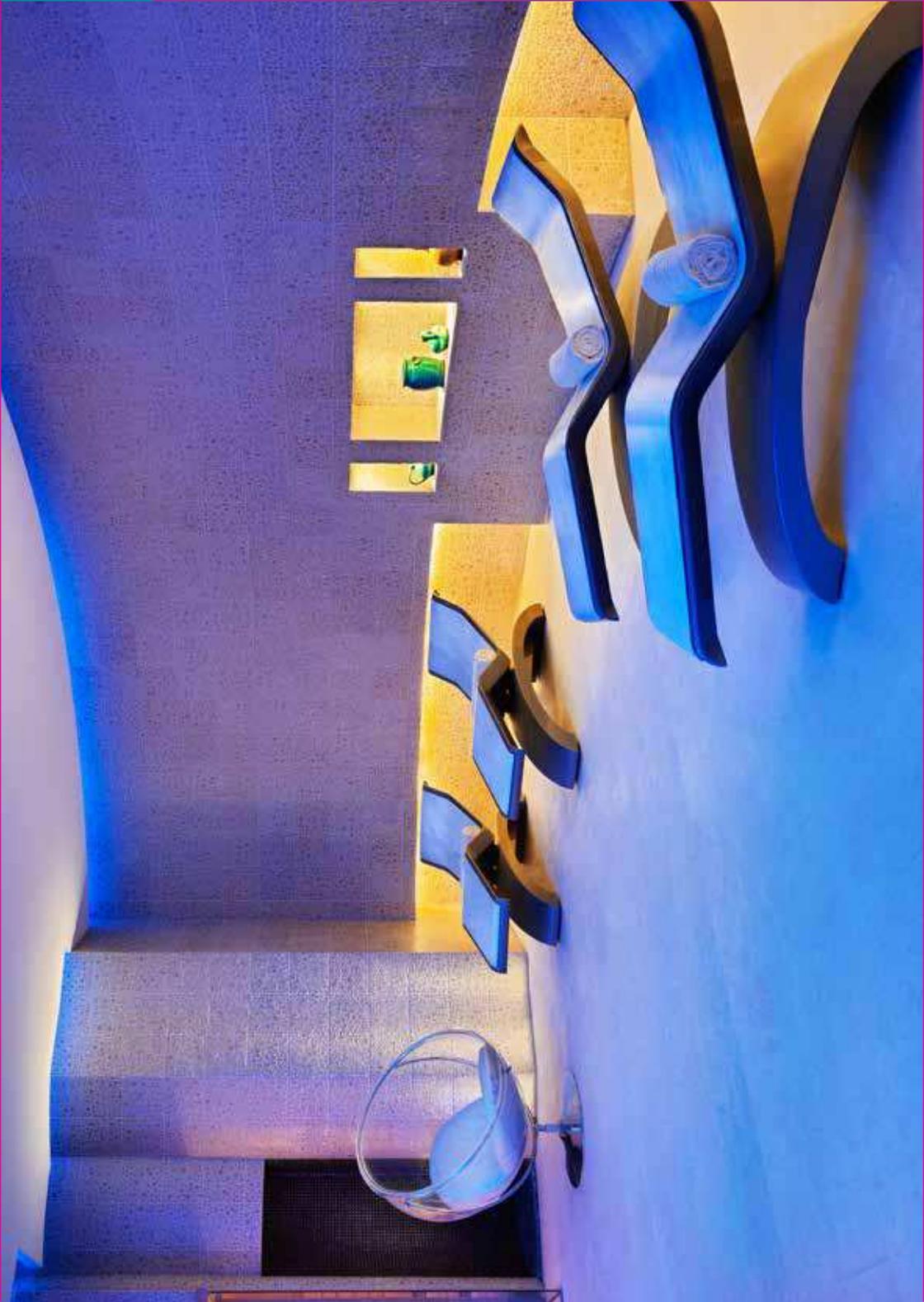
From the serenity of the Himalayas, this soothing sound massage leaves behind the hectic pace of everyday life and leads to inner peace. Special “singing bowls” of various sizes each with a unique frequency are placed on the clothed body. The vibrations reverberate through every muscle to ease physical and emotional tension.

Head-To-Toe Ritual | 2 hours 50 minutes

Invigorate yourself with an exfoliating salt body scrub sourced from the Dead Sea. Followed by a Dead Sea Salt Mud body wrap, full body relaxing massage and a facial that are selected to suit each skin type.

Ultimate Pampering | 2 hours 50 minutes

This ritual begins with Hammam Indulgence followed by a traditional Ku Nye Tibetan massage, a traditional massage that restores energy and balance. The ritual continues with a facial tailored to every unique skin type which is filled with natural ingredients.



Talise Rituals

ILA Chakra Wellbeing I 120 minutes

This holistic treatment works on the muscles, and the lymphatic and nervous systems. Based around seven blends of chakra-balancing essential oils, this unique ritual involves deep relaxation, intense lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the “Third Eye” to relax every sense.

Pearl and Jasmine Scrub with Amethyst Wrap I 90 / 120 minutes

This amazing Himalayan salt crystal scrub infused with pearl and jasmine has the immediate effect of restoring vitality and energy levels, aiding mental clarity, wellbeing and strength. The amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.

Body Wrap for Bio-Energising I 90 / 120 minutes

The energising and detoxifying scrub is intensified by the addition of a body wrap to draw deep toxins from the cells. Revitalising the skin and lymphatic system, the wrap physically detoxifies and cleanses the body.

Royal Citrus Experience I 90 minutes

This exquisite ritual revitalizes skin, face and body, through all the benefits of Vitamin C. With powerful antioxidants and firming, active ingredients which restore density and smooth fine lines, this innovative treatment will leave skin radiant and even-toned.

Diamond Ritual I 2 hours 20 minutes

Skin regains all its beauty from a smoothing and nourishing total body exfoliation, followed by a lotion rich in essential oils. Using special active ingredients, this deluxe facial treatment results in firmer, luminous and visibly younger looking skin.



Massages

The Ultimate Aromatherapy Experience | 60 / 90 minutes

This balancing treatment starts with a consultation to find match emotional and physical needs. From that, we select the most suitable aromatherapy oils for you. Our signature oils to choose are formulated with natural plant and flower essences with wonderful exotic scents and powerful therapeutic benefits for body and mind.

Muscle De-stress Massage | 60 / 90 minutes

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

Ku Nye Massage “for head-to-toe healing” | 90 minutes

This Tibetan body massage balances the five elements to restore a harmonious flow of energy and vitality. A blend of essential oils work together to stabilise the five sensory organs.

Kundalini Back Treatment “for soul nurturing” | 60 / 75 minutes

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinarily restorative effect on the nervous system to lift tension and expel negative energy. Balance, calm and relaxation is the result.

Harmony Healing Massage | 90 minutes

This luxuriously peaceful massage was inspired by traditional Ayurvedic philosophy. Aromatic lemongrass and ginger infused poultices are dipped in warm oil and applied. This is followed by a soothing massage featuring long, flowing movements with light to medium pressure.

Indian Head Massage | 60 minutes

Combining both gentle and stimulating techniques to the upper back, shoulders, neck and scalp, this experience helps to improve blood flow and nourish the scalp, inducing a sense of calm.

Balinese Massage | 60 / 90 minutes

A seamless blend of acupressure, skin rolling and firm smooth strokes that will stimulate energy flow and circulation whilst creating a deep sense of relaxation and helps in balancing the metabolism.

Hot Stone Massage | 90 minutes

Stone therapy has been used since ancient times as a soothing and healing treatment. This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

Thai Massage | 90 minutes

Practiced for centuries in Thailand, Thai Massage is highly therapeutic, focusing on the pressure points, energy lines, breath and basic body forces. This unique experience applies smooth guiding motions creating energy and releasing blockages. Guests are provided with traditional Thai pyjamas for use during the treatment. Thai herbs compress can be used to treat muscle tension and aches, upon request.

Reflexology | 60 / 90 minutes

Reflexology, a pressure point therapy performed on the sole of the foot to activate reflex points and remove energy blockages. It helps to relax the whole body as well as tired feet and is very effective in relieving jetlag. In the 90-minute treatment, enjoy a head and hand massage while a mask hydrates and rejuvenates tired feet.

Swedish Massage | 60 / 90 minutes

Swedish massage relieves stress, tension and muscle aches leaving you feeling radiant and relaxed. This light to medium pressure massage uses long gliding strokes and kneading to induce a deep state of tranquility, while improving circulation and flexibility.

Sports Massage | 60 / 90 minutes

A variety of massage and stretching techniques with deep, thorough strokes are applied to ensure muscles bounce back. This therapeutic massage aids in promoting strengthening to avoid injury or painful muscles in the future.

Lymphatic Drainage | 60 minutes

This restorative and invigorating treatment uses smooth and fluid strokes to relax external muscles and stimulate the body's natural ability to cleanse.

Anti-Cellulite Massage | 60 minutes

This massage helps to tone in the aim for a perfect body. Techniques include kneading, lymphatic drainage and vigorous strokes to move toxins away from the tissues and reduce water retention in connected tissues.

Mother To Be | 60 / 90 minutes

This nourishing and gentle treatment combines a body renewal that stimulates the lymphatic system, aiding rapid elimination of toxins from the cells and stimulating circulation. Himalayan herb poultices are gently massaged into marma and meridian points to relieve aches and pains. Anxiety is lifted, while dry skin is replenished and supported in the fight against stretch marks. In the 90 minute treatment enjoy body exfoliation.



Facials

Ananda Face Therapy “The Blissful Facial” | 60 minutes

Illuminating · Calming · Profound

A divine therapy that restores natural luminance by increasing blood circulation and stimulating the free-flow of energy to facial cells. The result is that skin glows with radiance.

The Citrus Essence | 60 minutes

Revitalizes · Stimulates · Firms

This zesty treatment is recommended for anyone seeking to recapture skin's luminosity and firmness through a relaxing citrus aromatherapy experience. Extraordinary anti-oxidant action repairs even the most tired skin, unveiling a completely hydrated, revitalized complexion.

Facelift Optimizer | 90 minutes

Lifts · Fills · Relaxes

This powerful new treatment is the answer to visibly reduce wrinkles and expression lines. The procedure includes an effective sono-lifting technique using a tuning fork. A micro-massage stimulates production of fibres responsible for keeping skin smooth and firm. With an exceptional combination of filler components, this treatment results in visibly reduced lines and a defined facial contour.

Diamond Multi Sensorial | 90 minutes

Firms · Tightens · Revitalizes

Powerful active ingredients and innovative massage techniques firm the skin, visibly reducing wrinkles and expression lines. This exclusive treatment reinforces skin's natural defense system, preserving long-lasting hydration and improving elasticity.

The O2 Relax | 60 minutes

Purifies · Brightens · Balances

This facial is suited to every skin type, and especially beneficial for dull or dehydrated complexions. Pure oxygen molecules are released into the skin which energize cells and eliminate toxins accumulated in pores, achieving a state of total purity and relaxation for the skin.

The Skin Comfort | 60 minutes

Soothes · Comforts · Calms

This avant-garde cosmetic repair treatment is the answer for sensitive and reactive skin types with problem areas, red spots, dilated capillaries or inflammation. This treatment combines ingredients that repair and decongest, thanks to ultra-softening botanical ingredients.

The Cure | 75 minutes

Detoxifies · Restores · Hydrates

A new concept that deep-cleans and detoxifies skin while relieving stress. This meticulous cleansing process is based on thermo-active enzymatic detoxification: heat is used to open and soften pores, and botanical freshness is applied to close and purify.

The Acne Solution | 75 minutes

Imperfections out, beautiful skin in!

Ingredients include active botanical concentrates that balance and regulate to prevent the proliferation of bacteria and control excess oil secretion in skin. Reduces congestion and inflammation, resulting in skin that is free of impurities, blackheads and blemishes. Skin instantly appears purified and healthy, with no shine or redness.

Men's Treatments

Men's Revitalising Face Therapy "The Invigorating Facial" | 60 minutes

Purifying · Anti-bacterial · Enlivening

A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises prior to a marma point massage with anti-bacterial vetivert and healing damascena rose otto. To end, a mineral rich clay mask purifies and nourishes, leaving skin supple and strengthened.

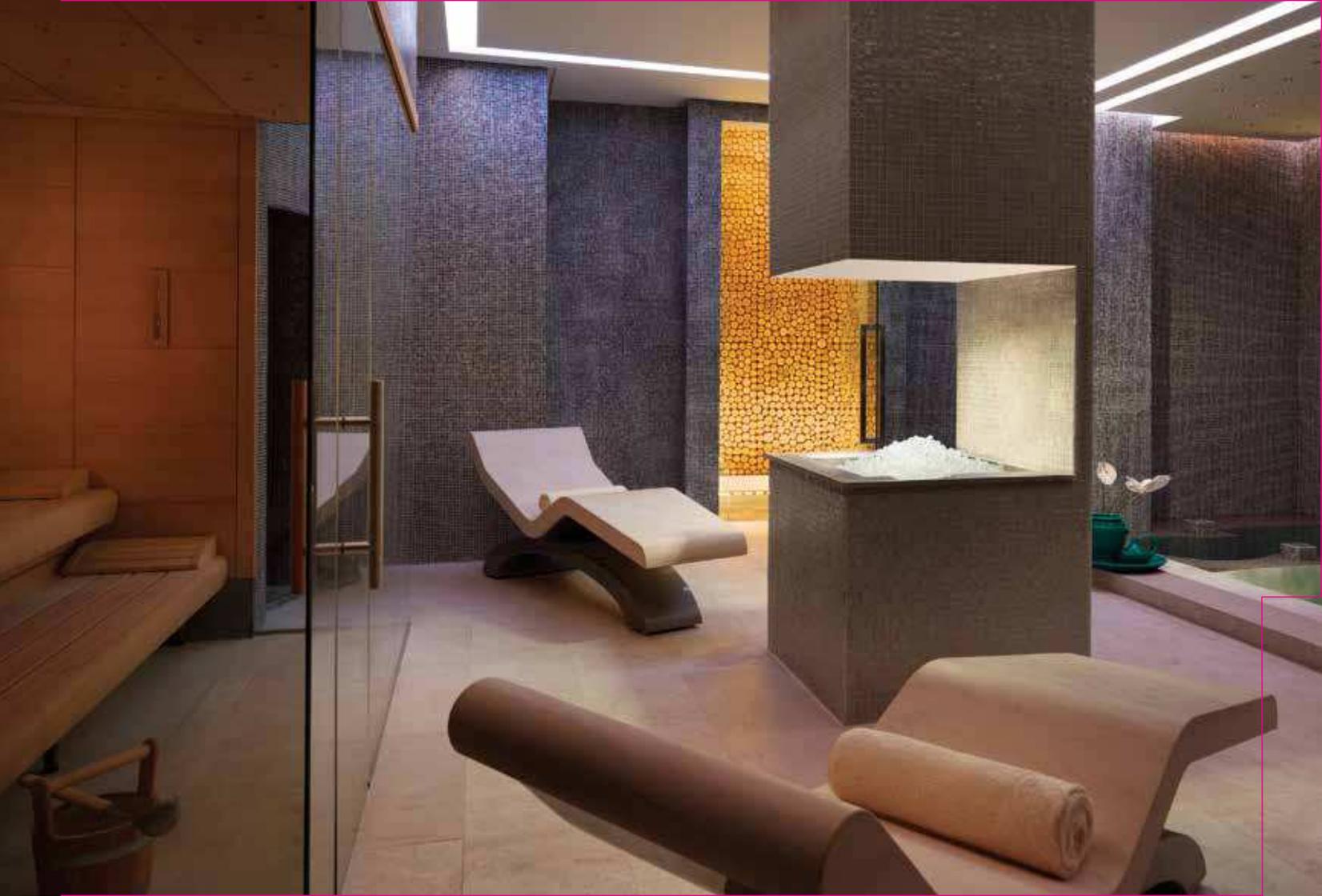
Gent's Facial | 75 minutes

Time for men skincare

Restore vitality and comfort lost due to stress and the harshness of daily shaving. Inspired by the techniques used by traditional barbers, this treatment incorporates a face-stimulating massage to give skin a clean, fresh, youthful appearance.

Perfect Back | 60 minutes

A skin conditioning treatment and back massage all rolled into one. Designed for backs prone to blemishes and oiliness, this treatment restores the skin on the back, leaving it smooth, glowing and flawless. Essential oils work together to cleanse, eliminate toxins and rebalance while an exfoliating scrub and freshwater mud mask draw out impurities and soften. While the mask does its work, your therapist will release tension with a relaxing foot massage.



Body Treatments

Diamond Rose Body Indulgence | 90 minutes

A delicate exfoliation with a scrub that includes Damask rose and diamond dust to leave skin renewed and supple, while a massage and the finishing products will reveal vibrant, silky and supple skin.

Energising & Detoxifying Body Renewal | 60 minutes

Using the ionising properties of Himalayan Salt Crystals, this is ideal for cellulite, stress and exhaustion. The physical results include a rapid elimination of tension and increased warmth and energy in the body; stimulation of circulation and toxin elimination; reduction of cellulite and brightening of the skin.

Blissful Body Renewal | 60 minutes

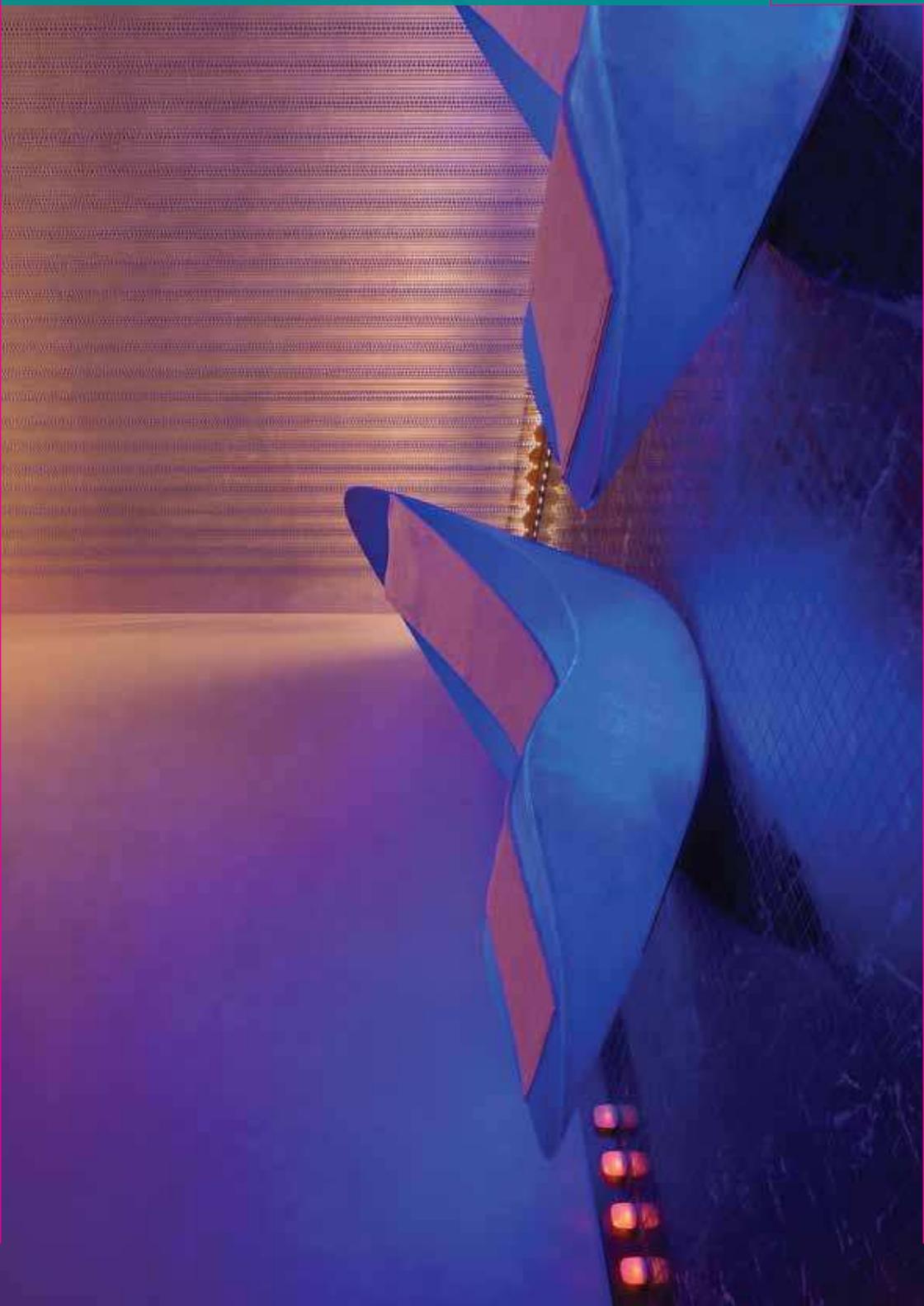
Drawing on the healing properties of Himalayan Salt Crystals, pure essential oils of damascene, rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

Hamam Ritual | 50 minutes

Indulge with this exotic, ritual steam bath, a traditional soaping, exfoliation and rinse in perfumed waters. This treatment will leave mind and body feeling cleansed, relaxed and energized.

Dead Sea Mud Experience | 50 minutes

Detox and rejuvenate with a full body wrap of Dead Sea Secrets, an ancient experience of minerals that leaves skin renewed and silky smooth.



Hydrotherapy

ILA Bathing Experience | 30 minutes

Serenity / Awakening / Rose Bliss

Bathing offers many physiological benefits, from dilating blood vessels and lowering stress-induced blood pressure to relaxing the adrenal glands and nervous system.

ILA's Express Bathing Ritual combines exquisitely nourishing in-bath and on-skin products to support the body's natural healing abilities and infuse a renewed sense of wellbeing in just half an hour.

Dry Floatation Experience | 40 minutes

Relax in our heated dry float bed and experience the almost weightless state known as "passive immersion". This incredible experience induces complete relaxation and relieves stress on joints and muscles.

The Affusion Renewal | 50 minutes

Having a massage under the effusion shower will stimulate the lymphatic system, improve the metabolism and help to eliminate toxins, rejuvenate and relax the mind and body.

The Water Ritual | 90 minutes

A pure indulgence that combines a traditional scrub with hydro massage, to leave skin, muscles and joints healthier.



Head-to-Toe Indulgences

Intensely Nourishing Hair Treatment | 30 minutes

Richly scented essential oils are massaged into the hair, releasing tension, conditioning the scalp and leaving hair soft and nourished.

Essential Eyes | 30 minutes

Infuse skin with all the benefits of marine algae. A treatment that relieves puffiness and dehydration around the eye contour area with a cocktail of nourishing and decongesting ingredients.

ILA Express Bliss Face Therapy | 30 minutes

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce a state of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

ILA Back and Shoulder Recovery | 30 minutes

Using a unique blend of jasmine, patchouli and cardamom, this Tibetan-style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

ILA Instantly Detoxifying Scrub | 30 minutes

This energising full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirit.

ILA Instantly Blissful Scrub | 30 min

Using the healing properties of Himalayan Salt Crystals, this soothing all-over scrub restores and relaxes the nervous system, leaving skin glowing and the body infused with a sense of enhanced wellbeing.

Vitamin C Body Scrub | 30 minutes

Energizing body polish with antioxidants, skin is left hydrated, smooth and revitalised. The power of vitamin C effectively repairs damage, revealing smooth and supple skin.

Traditional Dead Sea Body Scrub | 20 minutes

This aromatic blend of herbs and Dead Sea Salts will stimulate the senses as this scrub softens dry skin. The treatment improves circulation as well as providing a gentle exfoliation. Skin will be left soft and glowing.



Spa Suites

Designed with total privacy in mind, our luxurious Spa Suites offer a truly unique personal haven. These stunning spaces have been designed to allow couples or friends to experience treatments together in a beautiful, private setting. Guests can choose from the expansive treatment list to create a tailored, truly luxurious, pampering experience.

Himalayan Suite

This suite has access to a private Himalayan Salt Room and a Steam Room. It offers guests a luxurious, unique and tranquil spa experience.

Oriental Suite

Inspired by the serenity of the Far East, this spacious suite is equipped with a jacuzzi, hammam and two marble scrub tables, allowing guests the option of combining several treatments.

Suites are interconnected and designed to offer the opportunity for guests to enjoy both suites and an ultimate spa experience.



Spa Experiences

Healing through water therapy is a concept carried from ancient times and has shaped the future of spas and treatments. At Talise Spa, we offer you the unique experience using various treatment areas in a journey of the senses to leave body, mind and soul in total harmony.

Facilities include:

- ❖ Himalayan Salt Room
- ❖ Snow Cabin / Ice Fountain
- ❖ Sauna
- ❖ Steam Room
- ❖ Experience Showers
- ❖ Hydro pool / Hammam
- ❖ Colour Therapy Room (female area)
- ❖ Relaxation Area
- ❖ Separate changing areas with lockers

Spa Etiquette

Arrival

We recommend that you arrive 30 to 60 minutes before your scheduled appointment, to give yourself time to register, relax and enjoy the facilities.

Late arrival

Your treatment time may be reduced.

Age requirements

All spa guests must be 16 years of age or above.

Spa attire

The spa will provide robes, towels, slippers and disposable underwear, where applicable, for your use. Undergarments should be worn to ensure your complete privacy and modesty throughout your time with us.

Valuables

Please do not bring valuables to the spa. Lockers are provided however, Talise Spa, Jumeirah Messilah Beach Hotel & Spa and Jumeirah Group cannot assume any responsibility for lost or stolen items.

Mobile phones

Kindly turn your mobile phone to silent mode and place in the locker when you arrive to allow you and our other guests to relax.

Photography

Photography using mobile phones, cameras or other devices is strictly prohibited inside the spa.

Medical concerns

At the time of reservation, please advise if you are using skin medication, have allergies, have recently undergone cosmetic surgery or are pregnant. Acknowledging these conditions will allow us to make the relevant arrangements and help to select the right treatment.

