



Your Personal Guide to Spa Etiquette at Talise Spa

Arriving at Talise Spa

We recommend that you arrive 15 minutes before your scheduled appointment, to give yourself time to relax.

Preparation for spa treatments

It is advisable to shower prior to all body treatments. It is recommended that men shave a few hours before their facial appointments, rather than just before.

What to wear

Please feel free to wear whatever makes you comfortable. We will provide a bathrobe, disposable underwear and slippers, or you may arrive in your robe and slippers from your room. In the treatment room, we provide any special clothing needed for your treatment.

Valuables and jewellery

We recommend that no jewellery be worn during spa treatments. If you bring valuables and jewellery with you, a place will be provided for their safekeeping, but please note that we cannot be held responsible for them.

Mobile phones and pagers

We kindly ask that you turn your mobile phone or pager to silent mode when you arrive to allow you and our other guests to relax.

Spa etiquette

The spa environment is one of tranquility and relaxation. Please respect our peaceful ambience as well as the privacy of other guests.

Smoking

We ask all our guests to help conserve the spa tranquility by not smoking.

Consultation and health conditions

There will be a consultation with a qualified spa practitioner before your treatment, where any health concerns or special needs can be addressed. Please advise us if you suffer from any medical conditions, injuries and allergies or if you have any special requests when making your booking, as some treatments may not be safe or suitable to be carried out.

Pregnant

Please advise us if you are pregnant or breastfeeding when making your booking as some treatments may not be safe or suitable to be carried out.

Your comfort

To ensure your comfort please let our therapists know whether the pressure applied is suitable for your needs, to ensure that you relax and receive the perfect spa experience.

Aftercare

It is recommended after some treatments, i.e. exfoliation, that you avoid sunbathing for at least 2-3 hours. Your therapist will recommend sun protection products which can be purchased at the Hotel Gift Shop.

Water

We recommend you drink water before and after the treatment to help flush toxins from the body.

Food and Alcohol

Please allow sufficient time before your treatment to digest after eating. Consumption of alcohol is prohibited prior to any treatment. We also provide our healthy eating menu at Bodhi.

Reservations

We would recommend booking your treatment well in advance to avoid disappointment. Credit card details or pre-payment are required to make and confirm any booking.

Gift Certificates

Can be purchased for a specific service, package or amount at the spa reception.

Home Care

Professional recommendations and prescriptions are available from our treatment specialists and can be purchased at Talise Spa.

Feedback

We want all our guests to feel comfortable during their visit to Talise Spa. If you have any concerns or queries regarding your treatment or the facilities, please speak with your therapist or Assistant Spa Manager/Director who will endeavour to ensure that you have the best possible experience.

Local Laws

In adherence to UAE Law, female guests will be attended to by female therapists and male guests will be attended to by male therapists.

Talise massage treatments

ENDORPHINS BY TALISE SPA

Released endorphins are like waves of euphoria. A happy rush.

Talise massage treatments

Talise Signature Massage

60 / 90 minutes

With your personal wellbeing in mind, this signature therapeutic massage uses a range of techniques borrowed from the best massages around the world. A unique combination of pressure points and medicated oil massage sequences create a truly amazing massage experience.

Swedish Massage

60 / 90 minutes

Enjoy this Scandinavian treatment to help increase oxygen flow in the blood and release toxins from the muscles. This massage shortens recovery time from muscular strain by flushing the tissues of metabolic wastes, stimulating the skin, soothing the nerves and reducing stress.

Sport Massage

60 / 90 minutes

The most intensive physical massage, focusing on areas that bear the most stress and strain in work and sports including spine, neck, shoulder and foot reflex points. Layers of ginger, rosemary and black pepper stimulate, invigorate and fill you with untapped energy. Especially recommended for sportsmen and gym enthusiasts.

Aromatherapy Massage

60 / 90 minutes

Utilising a combination of massage techniques to manipulate the muscles with pure aromatherapy oils customised for your desired results, this therapeutic treatment is both relaxing and invigorating, and can assist the circulatory lymphatic nervous systems and balance the body.

Balinese Massage

60 / 90 minutes

Traditional Balinese massage is a seamless blend of acupressure, skin rolling and firm, smooth strokes that stimulate energy flow and circulation whilst creating a deep sense of relaxation. Performed using aromatic oils specific to your body type with results that assist your personal wellbeing.

Hot Stone Massage

60 minutes

Enjoy the deeply relaxing benefits of this unique treatment, which uses smooth, heated stones, placed on specific acupressure points on the body to melt away knots, tension and stress. The hot stone experience relieves pain, and promotes harmony, balance and peace.

Foot Reflexology

60 minutes

An ancient Chinese pressure point massage of the feet that targets reflex zones that reflect organs within the body. Reflexology stimulates energy meridians which relax and promote a sense of balanced and re-awakened energy.



Talise body treatments



Talise body treatments

Four Tea Body Scrub

30 minutes

A superb body polishing treatment, using a combination of apricot oil, shea butter, bamboo powder and four tea elixir to gently exfoliate and remineralise the skin, your skin will be soft and glowing.

Sandalwood Body Scrub

60 minutes

This highly fragrant and gentle all over body exfoliation will soothe and calm the mind and body while revitalising and hydrating the skin. Containing the active ingredient of sandalwood powder, this treatment is the perfect tonic to relieve tired aching muscles. Following this fragrant experience you will delight in the aromas of vanilla and coconut infused in your skin. This treatment is safe and effective before, during and after pregnancy.

Detoxifying Body Wrap

90 minutes

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. Lay back and enjoy an exfoliation with organic green tea salt therapy that will leave your skin soft and enlivened. A warm marine body mask is then applied before you are cocooned in a comforting wrap. Rest and restore as you enjoy a soothing scalp massage for complete comfort and total relaxation. To finish, a luscious lotion leaves the whole body rejuvenated.

Contouring Body Treatment

90 minutes

After the slimming massage, an envelopment in green tea and kelp is applied for 30 minutes. This activates the cells' metabolism leading to a visible and measurable loss after a few sessions. Coupled with foot and scalp massages, maximum relaxation enables the skin to rediscover its suppleness and firmness.



Talise hammam treatments

Talise hammam treatments

The hammam experience is an ancient ritual used to cleanse and rejuvenate the body. In the hammam, you leave your daily life outside. Inside the hammam the steam assists the muscles in relaxing and heats the body allowing the skin to soften in preparation for the exfoliation, cleansing and massage techniques provided by your specialised hammam therapist. A range of natural ingredients are used to cleanse, detoxify and nourish the skin leaving you feeling completely revitalised.

Royal Oriental Hammam

60 minutes

Sheer bliss for both body and mind. After deep cleansing, steam and exfoliation, a full body mask rich in minerals and trace elements is applied. Leaving your skin breathtakingly soft and silky, your mind totally relaxed and your spirit tranquil and serene.

Royal Etihad Hammam

90 minutes

This treatment involves a full body mask of natural honey and royal jelly to nourish and delight the skin, before which a full cleanse and peel is performed to prepare the skin for this splendid mask. Your skin is left wonderfully soft and glossy.

Royal Hammam Ritual

2 hours 45 minutes

Begin your hammam experience with a cleansing ritual using Moroccan black soap that purifies and brightens the skin. Your skin will then be exfoliated using a traditional hammam mitt which will leave your skin feeling silky smooth and soft. Followed by a nourishing body mask which will leave your skin revitalised. Your treatment is finished with a one hour massage of your choice that will relax every muscle in your body.

Package experiences:

Welcome Ritual

Royal Etihad Hammam

60 minute massage of your choice

Talise facials

Eye Zone

30 minutes

A great addition to any facial. The mineral rich mask gently warms to enhance the absorption of plant essences into the deeper layers of the skin. These essences are rich in the nutrients vital for the health and repair of our skin. It will work to restore tone and elasticity and remove tension from the eye area, reducing any puffiness, dark circles and fine ageing lines.

Refreshing Facial

30 minutes

A 30-minute express facial tailored to suit all skin types. This facial begins with a deep cleanse and gentle exfoliation. Followed with a clay mask to complete the treatment, leaving you with lucent glow and soft, healthy skin.

Deep Moisturising Facial

60 minutes

Tired, distressed skin of urban women will love this delicate facial which starts with stretching movements of the neck. After cleansing and exfoliating, a mask is then applied to hydrate the skin. This treatment incorporates shiatsu massage movements and the traditional ridokis equipment to create deep relaxation and tone the facial muscles. Your skin will be intensely hydrated and revitalised.

Pure Radiance Facial

60 minutes

We will take your skin on a journey of total renewal. You can deeply relax as you enjoy aromatic warm facial compresses that soften and exfoliate, and a nurturing face mask, rich in herbal extracts to purify and hydrate the skin. This facial experience is tailored to your skin's needs and is enhanced with the facial massage. The luxurious plant essence synergies will leave your skin revitalised and fresh.

Purifying Facial

90 minutes

This facial focuses on deep cleansing and purifying the skin. After cleansing and exfoliating, the skin is steamed and softened before any necessary extractions are performed. A purifying mask is then used to detoxify and tone, leaving your skin feeling fresh, clean and with a healthy glow.

Rejuvenating Facial

90 minutes

This anti-ageing facial helps to efficiently combat wrinkles, loss of elasticity and the appearance of pigment spots. After in-depth cleansing of the skin with a peeling helping cell renewal, a face massage which removes fatigue and reshapes the face is performed and the signs of ageing are reduced. The treatment ends with the application of a plumping mask, while massaging arms and legs.

Talise facials





Talise bath rituals

Royal Golden Bath

15 minutes

Be bathed in Gold! A luxurious and delightful escape; immerse yourself in a sumptuous blend of golden enriched minerals, artemisia, passion flowers and pure argan oil which will leave your body wonderfully moisturised and silky soft. A true royal experience.

Rose and Milk Bath

15 minutes

Surround yourself with the fragrant rose petals as you soften and hydrate the skin, and soothe the spirit. A luxurious milk bath filled with rose petals and essential oils, enjoyed in the romance of scented candlelight.

Floral Bath

15 minutes

Surround yourself with exotic blossoms as you soften and hydrate the skin, and soothe the spirit. A luxurious bubble bath filled with seasonal flowers and essential oils.

Aromatic Steam

15 minutes

Refresh your body in this gentle cloud of steam infused with aromatic fragrance. Ideal before a massage, or anytime to cleanse the skin, clear the lungs, promote the circulation and invigorate the body.

Talise
bath rituals

Talise rituals

Jewel of Paris

1 hr 30 minutes

This complete treatment combines body massage with a facial for head to toe well-being. After the welcome ritual, back and scalp are deeply massaged. A facial is performed with various sequences, alternating stimulation, relaxation and smoothing. Mask is applied while legs are massaged. The complexion is fresh and rested; the body feels lighter.

Package experiences:

Welcome Ritual

Back and Scalp Massage

Deep Moisturising Facial

Tranquility Ritual

2 hours 30 minutes

One of our most popular packages! Your treatment begins with a welcome ritual and floral bath, followed by a one hour massage and facial of your choice which provides the perfect pampering experience.

Package experiences:

Welcome Ritual

Floral Bath

60 minute Massage of your choice

60 minute Facial of your choice

Revitalising Journey

3 hours

Our ultimate package, combining treatments rich in minerals for those seeking a fresh experience with detoxifying and anti-ageing properties. Your relaxation begins with a welcome ritual and floral bath, followed by a detoxifying body wrap which includes an invigorating body scrub. Your ritual finishes with a one hour massage of your choice.

Package experiences:

Welcome Ritual

Floral Bath

Detoxifying Body Treatment (Scrub and Body Wrap)

60 minute Massage of your choice





Talise rituals

Talise Exceptional Ritual

5 hours

Start your day with a welcome ritual while your therapist takes you through a consultation to ascertain your concerns for the duration of your treatment. Following the floral bath, you will be taken to your treatment bed where you will relax and enjoy a full body exfoliation using organic green tea sea salt to remove any dead skin cells. Application of mask containing seaweed and algae will enrich the skin with all the essential elements to assist in cleansing the body and nurturing the skin.

Take time to rest and enjoy light spa cuisine that complements your treatment and optimise your experience at Talise Spa. Continue your day with a tailored full body massage while using designed oils to cater to your concerns indicated during your consultation. This full day experience ends with a facial that will ensure the skin is feeling fresh and nurtured to its individual need.

Package experiences:

Welcome Ritual

Floral Bath

Detoxifying Body Treatment (Scrub and Body Wrap)

Lunch

60 minute Massage of your choice

60 minute Facial of your choice

Here Comes the Bride

6 hours

Spend a day before your wedding in complete relaxation. This package includes a rose and milk bath, traditional hammam treatment, one hour massage and facial of your choice, classic manicure and classic pedicure.

Package experiences:

Welcome Ritual

Rose & Milk Bath

Royal Etihad Hammam

60 minute Massage of your choice

60 minute Facial of your choice

Classic Manicure

Classic Pedicure

Here Comes the Groom

6 hours

Spend a day before your wedding in complete relaxation. This package includes an aromatic steam, traditional hammam treatment, one hour massage and facial of your choice, as well as classic manicure and classic pedicure.

Package experiences:

Welcome Ritual

Aromatic Steam

Royal Etihad Hammam

60 minute Massage of your choice

60 minute Facial of your choice

Classic Manicure

Classic Pedicure

Talise rituals

A Couple's Oasis

2 hours 45 minutes

Share a candlelit floral bath filled with flowers petals and essential oils as a prelude to a relaxing Swedish massage. An ultimate facial provides the final touch.

Package experiences:

Welcome Ritual

Floral Bath

Salurium

60 minute Swedish Massage

60 minute Facial of your choice

Oriental Ritual

4 hours

Our ultimate package for couples, which combines the best of Arabic tradition and western pampering. Begin your journey with a rose and milk bath, followed by the four tea body scrub and a rasual mud treatment. A Swedish massage then relaxes every muscle, while a rejuvenating facial completes the treatment.

Package experiences:

Welcome Ritual

Rose & Milk Bath

Four Tea Body Scrub

Rasual Treatment

60 minute Swedish Massage

Rejuvenating Facial

Couples ritual



Reservations

To ensure we have a true understanding of your needs and to make your time with us as pleasurable as possible, we ask you to arrive 15 minutes ahead of time. Unfortunately if you are late, we may need to cut your time a little short to accommodate our next guest.

If you must cancel your appointment with us, please try to give us at least 24 hours notice. Less than 12 hours notice may lead to 50% of your treatment being charged to you. If treatments are cancelled only 6 hours before, 100% will be charged.

All prices are in UAE dirhams and inclusive of 6% Tourism Fee and 10% Service Charge.

Talise Spa is open for treatments from 9.00am to 9.00pm. If you have any enquiries or for reservations, please call Talise Spa on +971 2 811 5858 or call extension 5858.