




TALISE

SPA

MENU





TALISE SPA AT BURJ AL ARAB JUMEIRAH ACHIEVE A SENSE OF BALANCE

Perched 150m above the Arabian Gulf, Talise Spa is the ultimate destination in which to unwind. Each experience has been carefully crafted and exclusively developed using the world's most luxurious products to leave you utterly indulged.

Located on the 18th floor, our haven of beauty and relaxation embraces Arabic traditions while bringing new heights of luxury and wellbeing for an intimate getaway or a boost of energy after a long trip.

Our group of wellness specialists deliver our renowned spa treatments which combine ancient knowledge, contemporary techniques, the world's best beauty products and cutting-edge technology.

Improve your immune system with personalised training in our state-of-the-art fitness centre. Alternatively, elevate your mindset with a practice of resilience in Diwania, a library compiled of more than 100 literary jewels published in various languages.

SPA ETIQUETTE

Talise Spa aims to help each of our guests to reach the highest levels of relaxation. In this tranquil environment we ask that all our guests respect the privacy and tranquillity of the spa. Our services have been designed to ease what ails you, guiding you to a state of wellbeing.

HOURS OF OPERATION

Talise Spa is open from 08:00 to 21:00. In-house guests may enjoy our complimentary spa facilities including indoor swimming pools, a sauna, herbal steam room and cold plunge.

YOUR APPOINTMENT

For maximum convenience and flexibility, we recommend that you schedule your spa treatments in advance. All appointments from hotel guests can be guaranteed with a room number. For local guests, a pre-payment link request will be emailed to you to guarantee your booking.

We reserve your spa appointment time especially for you. Therefore, we ask that you give us 12 hours' notice if you need to change or cancel your appointment. No-shows and cancellations made fewer than 12 hours before the scheduled time will be charged at the full treatment rate.

Bookings can be scheduled between 09:00 to 21:00, with the last booking accepted at 20:00.

SPA ARRIVAL

We encourage you to arrive at the spa one hour prior to your scheduled appointment, providing you with sufficient time to change and make use of the spa facilities; robes, slippers, disposable underwear and a locker will be provided upon your arrival. Feel free to dress down to your comfort level for any spa service, as our team of professionals are skilled in proper draping techniques to ensure your complete comfort and privacy.

YOUR HEALTH

Please advise us of any health conditions, allergies or injuries. If in doubt, please discuss it with our spa professionals as some treatments will not be suitable for certain medical conditions.

PERSONAL BELONGINGS

Remove any jewellery and other valuables prior to your spa visit. You can secure them in the security box located in your suite.

GIFT VOUCHER

A spa gift voucher is the ideal gift for that special someone. Browse through our treatment menu to make your selection. Spa gift vouchers may be purchased from our spa Concierge Team or through www.jumeirahgifts.com.

FITNESS FACILITIES

Our fitness facilities are available for our in-house guests and members from 06:00 to 22:00, seven days a week. Please contact our spa to enquire about private training sessions. To use the facilities, visitors should be at least 16 years old. Proper athletic attire is required. If you would like to develop your own personal training programme during your stay, a team of fitness professionals will be always on hand to assist.

SPA ATTIRE

Talise 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.

SPA AMBIENCE

Talise Spa promotes a tranquil environment. As a courtesy to our other guests, please turn off all mobile devices or place them on silent mode. Any sound or music equipment must only be used with headphones.

EATING IN THE SPA

We do not allow eating in the pool area or locker rooms. Our Talise Spa menu follows the seasons, with fresh, balanced dishes that are nutritious and joyful to the eyes and palate.

CHILDREN'S SPA GUIDELINES:

Spa Access: After 12:00, the spa is for adults only to ensure a serene atmosphere.

Infinity Pool Access: Children aged 5 and above can enjoy the infinity pools from 08:00 to 12:00 under adult supervision. Please note that children under 5 are not permitted in the infinity pools.

Spa Facilities: Guests aged 12 and above are welcome to enjoy the spa facilities. Boys over 4 are kindly asked to avoid designated ladies' areas.

Spa Treatments: Massage and facial services are curated for guests aged 16 and above. For guests under 16, a treatment waiver signed by a parent or guardian is required. Young guests often share a treatment room with their supervising adult for comfort.



FACIAL EXPERIENCES

Discover the world's best skincare and beauty professionals and have a treatment that will leave you feeling years younger. Our spa uses state-of-the-art anti-aging technology and unique ingredients that can replicate in-clinic treatments.

HAUTE CUSTOM BEAUTY

90 MINUTES / AED 1,150

This medi-cosmetic treatment includes a QMS triple mask ritual and face lift massage, enriched with the application of pure oxygen infusion into your skin to ensure that you appear rested and effortlessly youthful.

ULTIMATE PURE-DETOX FACIAL

60 MINUTES / AED 1,050

Known as one of the world's best and most relaxing facials, this treatment includes a deep cleanse with ultrasonic exfoliation and LED light therapy, in combination with the most effective ingredients.

BESPOKE OXYGEN FACIAL

60 MINUTES / AED 1,050

Our intraceutical treatment is designed to improve blood circulation and promote collagen production. A bath of 95% pure oxygen combined with high density molecular hyaluronic acid and LED therapy will leave your skin cells fully oxygenated for glowing, younger-looking skin.

Swissline, are skincare experts with a passion for skin biology and beauty. Award-winning formulas embrace natural bioactive ingredients, with a focus on skin-identical such as collagen, mimetic growth factors, clinically tested peptides and many others.

Founded in Switzerland more than 30 years ago, Swissline is one of the few brands who can trace its origins into cellular therapy and continuously remain at the heart of biotechnological innovation and development to this day. Since 2002, original animal-based materials originated in cellular therapy have been completely replaced with plant-based alternatives.

Your skincare assessment will be essential to define your current skin needs, optimal desired outcome and course of treatment therefore we will ensure a thorough skin analysis will be conducted with the Observe X520 Skin Analyzing System.

CLINIC LÉMANIC SUBLIME YOUTH INFUSION

90 MINUTES / AED 1,950

Inspired by Clinic Lémanic's signature practices in the field of stem-cell autologous transplants, but using only plant-based stem cell cultures, this treatment was created exclusively for the Burj Al Arab. This endogenous de-aging protocol is designed to increase the skin's natural collagen production, instantly plumping the skin while filling-in lines and wrinkles. Charged with precious plant stem-cells, and colloidal gold, the treatment promotes DNA repair, while positively affecting the expression of the skin's own sirtuins that regulate the skin's cellular metabolism and aging.

This comprehensive skincare ritual is further elevated by encompassing the principles of high-tech Human Tecar methodology which features a face-lifting massage with radiofrequency technology, that strengthens the underlying structure of skin, resulting in firmer, lifted, contoured and sculpted skin with reduced signs of ageing, puffiness, inflammation, fine lines, and furthermore in synergy with the powerful LED therapy to restore the original skin radiance.

LE GRAND PURE COLLAGEN

90 MINUTES / AED 1,600

A comprehensive skin-transforming treatment delivering results comparable to non-invasive aesthetic procedures. It harnesses pure native collagen, marine collagen, peptide technologies, and pure silk and plant-based growth factors to rejuvenate skin. Complexion will appear fuller, firmer, and radiant. The experience is enriched with the application of an infusion of pure serums and the LED light therapy. For stressed, dull and aging skin.

SWISS LIFT INFUSION

75 MINUTES / AED 1,300

A comprehensive skin care ritual, for the face, neck and décolleté, that helps to plump and fill-in fine lines and wrinkles. Fortified with a highly concentrated combination of marine collagen and hyaluronic acid, the treatment increases moisture retention, plumps, and firms the skin. For tired skin lacking elasticity and showing signs of aging.

SWISS BRIGHT RADIANCE

75 MINUTES / AED 1,300

Powerful brightening and de-aging actives help to address and prevent an uneven skin complexion. Decreasing melanin deep in the skin, the treatment provides an unsurpassed brightening, glowing and toning effect. The treatment is enriched by the gentle mist of application of pure serum infusions into your skin for intense hydration, nourishment and absolute glow. For skin in need of brightening, pigmentation reduction and evenness.

SWISS ESSENTIAL RENEWAL

75 MINUTES / AED 1,300

A deeply calming and strengthening treatment for fragile skin. Revolving around Swissline's signature Virtual Mask, this treatment boosts skin cell regeneration and cell turnover. Pre and Probiotics help to strengthen the skin barrier and modulate the skin's own immune system.

This is an ideal treatment before and/or after any aesthetic procedures or the use of a professional devices, such as lasers, abrasions and fillers. It is also beneficial after excessive sun exposure. In synergy with the powerful LED therapy will restore the original skin radiance. For tired-looking and stressed skin.

SWISS ABSOLUTE PURITY

75 MINUTES / AED 1,300

This "detox" facial features a professional mask with a high concentration of keratolytic enzymes to clear the skin while calming irritation and visible redness.

A purifying and balancing treatment that includes a deep cleansing with ultrasonic spatula exfoliation and LED therapy to reduce breakouts and prevent future blemishes. For younger skin, sebaceous and adult blemish-prone skin.

SWISS SMART

60 MINUTES / AED 1,100

This fully personalized treatment features pharmaceutically graded ingredients to enhance skin resiliency and address specific skincare concerns. Using Swissline's Cell Shock Age Intelligence Boosters, the treatment offers skin an instant "de- stress". It is a smart and fast way to look your best. For skin showing the first signs of aging.

SWISS COLLAGEN EYE SPECIALIST

30 MINUTES / AED 600

Using pure collagen, this treatment recreates the perfect eye contour. Wrinkles are smoothed away while the density of delicate skin of the eye contour is quickly transformed.

SWISS EXPRESS FACIAL THERAPY

45 MINUTES / AED 650

For those with limited time, this express version of Swissline experience will soothe the senses and quench the skin leaving your skin renewed and revitalized with a healthy glow and a calm radiant appearance.

BODY TREATMENTS

Feel like you are floating on air as you choose from our wide range of individualised body treatments.

BURJ AL ARAB RENAISSANCE

120 MINUTES / AED 1,800

Retreat with an opulent, detoxifying ritual for an intense therapeutic transformation. This wellness trademark of Burj al Arab involves a lymphatic massage with radiofrequency. This activates your metabolism, stimulates blood flow and helps achieve a flawless anti-aging effect.

HEAVY LEGS

90 MINUTES / AED 1,200

This deep, comprehensive massage promotes blood and lymphatic circulation, reducing inflammation caused by sitting too long during a flight – making it a must-have treatment after check-in.

THE LEG SCHOOL™

90 MINUTES / AED 950
PACK OF 4 SESSIONS / AED 3,300

After the luxurious Capri Palace Jumeirah, we are the only location in the Middle East to provide The Leg School™ to our guests, which is renowned for its ability to prevent and help eliminate cellulite, water retention and vascular leg problems. This three-step therapy restores vitality while improving vascular and lymphatic tone.

ANTI-CELLULITE CONTOURING

60 MINUTES / AED 800

This revolutionary treatment helps reduce fat and the size of fat cell precursors known as pre-adipocytes. Furthermore, it activates collagen, fibroblast cells and elastin, tightening and softening the skin.

DETOX BODY TREATMENT

60 MINUTES / AED 800

A favourite treatment among restless travellers. Through the healing hands of Burj Al Arab's wellness practitioners and proionic action, this ritual flushes out toxins, detoxifies the body and enriches body tissue with oxygen. A boosted circulation allows cells to obtain the nutrients they need to rebalance the body.

BURJ AL ARAB RITUALS

GOLDEN AMBER JOURNEY

120 MINUTES / AED 2,000

This two-hour ceremony, designed as an authentic tribute to Arabian wellness traditions, begins with a 60-minute customised massage with golden amber oil. The Arabic element is known for soothing lower muscular and joint pain, decreasing anxiety and healing fatigue. It's followed by a purifying and stimulating facial with a red clay mask that can decrease puffiness and recover your skin's natural glow.

ROYAL ROSE JOURNEY

120 MINUTES / AED 1,950

A luxurious experience of purification, relaxation and sensorial awakening from head to toe. We begin with an organic 30-minute body scrub to eliminate impurities and give your skin a silky touch, followed by a relaxing 60-minute massage with our Arab signature oil infused with sandalwood, argan and macadamia. This massage will melt away tension and help your mind to switch off. A soothing facial with acacia and damask rose creates a plumping effect and a gorgeous dewy glow - the perfect ending.

ROMANTIC MOONLIGHT SWIM

FOUR HOURS / AED 8,800 - AED 18,000

A promising evening of sheer luxury takes place in the serene environment of Talise Spa, 150m in the sky. This four-hour retreat commences with a 90-minute massage to promote a deep state of calm and relaxation. After the massage you will enjoy a breathtaking moment overlooking sweeping views of Dubai and the Arabian Gulf in our indoor pool, which will be adorned with floating petals.



MASSAGES

Our list of massage treatments are crafted to offer inner balance and a feeling of relaxation.

BURJ AL ARAB SIGNATURE MASSAGE

90 MINUTES / AED 1,150

Although travelling and attending glitzy events sounds fun, it comes with the drawback of affecting the body's circadian rhythms or natural body clock. This rejuvenating experience – a combination of Swedish, Balinese, Thai and shiatsu massage – helps regulate sleep by focusing on distinct points of tension in the body.

REVITALISING MASSAGE JUMEIRAH™

60 AND 90 MINUTES / AED 950 - AED 1,150

Considered the jewel of the house, this experience brings together a wide selection of body work techniques. Deep, flowing strokes, acupressure and light stretching help relieve tension from the deepest layers of your muscles and connective tissues to leave you feeling fully restored.

DE-STRESS MASSAGE JUMEIRAH™

60 AND 90 MINUTES / AED 950 - AED 1,150

Synchronised movements and techniques such as stretching and kneading with relaxing essential oils relieve the body and mind of all tension and stress, leaving you feeling deeply calm and creating a tranquil body and mind.

MIND AND BODY RESET

90 MINUTES / AED 1,200

Improve your performance and decrease the downtime after a heavy workout session with our specialised sports massage, which merges the healing hands of our wellness practitioners with cutting edge radiofrequency. With this massage we will dissolve tight knots and decrease muscle pain, gradually improving your range of motion.

BALANCE FLOW

90 MINUTES / AED 1,150

Warm stones transmit heat deep into your muscles in this ancient therapy, which reduces muscle tension, enhances blood circulation and boosts the flow of energy. We particularly recommend it for those looking to improve their flexibility and range of motion.

NUAT PHAEN BORAN

90 MINUTES / AED 1,150

This therapeutic ancient Thai technique is based on the concept that the body's energy runs along predictable lines or routes known as sens. Your wellness practitioners will move your body into yoga-like poses, rocking and stretching you to promote the flow of energy. The ideal therapy to reduce headaches and energise your body.

FOOT REFLEXOLOGY

60 MINUTES / AED 950

This relaxing treatment begins with a magnesium foot soak with precious stones, and is followed by rhythmic reflexology and a leg massage to provide immediate relief to fatigued feet and to reduce inflammation



SPA WELLNESS PETITE ENTRÉE

Spa wellness enhancements for those who desire to experience a more luxurious treatment or simply to improve and maximize the results of their skincare routine.

Please select the best available option for you from the menu below:

SWISS EXPRESS FACIAL

Intense hydration, nourishment, and epic glow.

30 MINUTES / AED 650

SWISS COLLAGEN EYE

Pure collagen for the perfect eye contour.

30 MINUTES / AED 600

PURIFYING BODY EXFOLIATION

Unveiling a layer of radiance and smoothness.

30 MINUTES / AED 450

BACK, NECK AND SHOULDER MASSAGE

De-stress and relieve tension.

30 MINUTES / AED 500

FOOT MASSAGE

Improve circulation and instant relief.

30 MINUTES / AED 450

HAIR RITUAL DIAMOND DECADENCE

Rejuvenating and relaxing for normal to fine hair.

30 MINUTES / AED 450

HAIR RITUAL GOLDEN OPULENCE

Deep hydration and anti-ageing for normal-to-thick hair.

30 MINUTES / AED 450

OBSERVE X520 FACIAL SKYN ANALYSIS

Comprehensive diagnostic for optimal course of treatment

30 MINUTES / AED 250

FOUNTAIN OF YOUTH IV DRIP THERAPY

Bespoke IV Drips.

60 MINUTES / FROM AED 755

OXYGEN THERAPY

Only available as add-on for the IV Drips.

AED 455

LED LIGHT THERAPY

Improve collagen production, target fine lines

AED 250

FACE MASK 111SKIN ROSE GOLD

Brightening and glowing Mask.

AED 200

FACE MASK 111SKIN Y-THEOREM

Regenerating and hydrating Mask.

AED 200

FACE MASK 111SKIN PURIFYING

Anti-blemish and purifying mask.

AED 200

FACE MASK 111SKIN CRYO ENERGY

De-puffing and tightening Mask.

AED 200

FACE MASK 111SKIN BLACK DIAMOND

Lifting and anti-ageing mask

AED 250

EYE MASK 111SKIN BLACK DIAMOND

Lifting and hydrating mask

AED 180

EYE MASK 111SKIN ROSE GOLD

Illuminating and brightening Mask

AED 150

EYE MASK 111SKIN CRYO DE-PUFFING

Lifting and hydrating mask

AED 150



WELLBEING AND BEAUTY PROGRAMS

RUNWAY LEGS

FIVE DAYS / AED 3,600

This five-day programme combines The Leg School™ treatment with Human-Tecar methodology to get the perfect legs.

180 BODY SHAPING PROGRAMME

15 DAYS / AED 15,800

Reshape your body and burn excess fat from problem areas during this 15-day perfect bundle, which stimulates the release of excess fat cells to banish excess weight, boost metabolism and increase muscle mass. The programme includes:

- 10 personal training sessions
- 9 Human-Tecar contouring sessions
- 5 stretching classes
- 4 The Leg School™ sessions
- 1 body analysis
- 1 Human-Tecar detox session

MEMBERSHIPS

For the city's ultimate health and wellbeing programmes, take advantage of our exclusive selection of memberships to suit your needs. These include:

- Elite Members Club
- Fitness Membership

For more information, please contact our wellbeing ambassadors in Talise Spa.

FITNESS CENTRE

Complement your existing fitness regime with one-to-one sessions with our health and wellbeing specialists in our workout centre. Ground yourself in an outdoor session or engage in a refreshing workshop in our fitness studio, which has inspiring vistas of the Arabian Gulf. Available for in-house guests and members.

INDOOR PERSONAL TRAINING SESSION

30 MIN AED 350 / 60 MIN AED 600

Our certified Personal Trainers will assess your needs and design a bespoke programme to keep you motivated and accountable so that you can achieve your fitness objectives and set even more challenging ones.

OUTDOOR PERSONAL TRAINING SESSION

30 MIN AED 375 / 60 MIN AED 625

Sunlight boosts vitamin D so take advantage of Dubai's abundant rays by training by the Arabian Gulf and replenish your mental and physical energy.

INBODY TEST

AED 250

The body is composed of minerals, water, fat and protein. Our body composition analysis helps provide a more precise description of weight than body mass index (BMI) as it reliably detects changes in muscle and fat mass and your overall body fat percentage – ultimately helping you to achieve your physical and wellness goals.





BURJ AL ARAB®
Jumeirah

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