



# THE PEAK

FITNESS CLUB & SPA

TALISE  
SPA

SPA MENU

TALISE SPA AT THE PEAK SHOULD BE SEEN AS A HOME AWAY FROM HOME. ONE THAT CREATES A WORLD-CLASS WELLBEING EXPERIENCE IN A FIVE-STAR SETTING AT THE HEART OF THE TRANSFORMED CARLTON TOWER JUMEIRAH HOTEL.

THE SPA OFFERS A LUXURIOUS HOMAGE TO HEALTH AND WELLBEING WHERE FIRST-CLASS FACILITIES ARE COMPLEMENTED BY EXQUISITE DESIGN, HOLISTIC TREATMENTS AND UNIQUE EXPERTISE.

PREFERRED PARTNERS' PRODUCTS AND TREATMENTS ARE UNDERPINNED BY A PHILOSOPHY THAT WELLNESS IS CONSIDERED HOLISTICALLY. LET OUR TEAM OF EXPERTS TAKE YOU THROUGH A UNIQUE JOURNEY OF RELAXATION, RENEWAL AND REVITALISATION.





OUR PREFERRED  
WELLNESS PARTNERS

**111SKIN**  
HARLEY ST. LONDON

Founded by cosmetic surgeon Dr. Yannis Alexandrides, the aim of the brand is to bring clinically-inspired skincare that addresses real-life concerns. In collaboration with renowned aromatherapist Michelle Roques-O'Neil, they have created Aromatics: a calming, clarifying and entirely luxurious body experience.

## GROWN ALCHEMIST

HEALTH = FUNCTION = BEAUTY

A premium Australian skincare brand with laboratories and cosmetic chemists scattered across the world that offers optimum skincare health through a combination of scientific formulations and natural ingredients.

Improve the health of skin cells, enhance their function and release your true inner beauty without the need for any synthetic chemicals, thanks to the organic formulations of their products.



**Omorovicza,**  
BUDAPEST

The core element of Omorovicza skincare lies in the remarkable healing properties of thermal waters. The unique geological features of Budapest are characterised by thinner earth's crust, so waters absorb beneficial minerals more effectively as they journey to the surface. The Healing Concentrate™ is a uniquely developed and patented complex that has made it possible to deliver these therapeutic minerals from the thermal water, directly to the deepest layers of the skin.



Seed to Skin Tuscany goes beyond the trend of purely natural, combining the power of nature's curative properties with the results-driven efficiency of advanced science. They call it Green Molecular Science, and the result is rejuvenated, supple and fully hydrated skin that is visibly lit from within, making you feel beautiful from the inside out. Restoring the eco-balance of the land and maintaining soil integrity are guiding principles on their 270-acre farm and estate in Italy.

TALISE  
WELLNESS



# SIGNATURE COLLECTION

## JUMEIRAH REVITALISING MASSAGE

*60 minutes - £180 | 90 - minutes £205*

Feel your energy awaken with this full body, deep tissue massage, featuring ancient therapeutic techniques, deep flowing movements, acupuncture point stimulation and progressive stretching.

## WARMING MASSAGE

*60 minutes £180 / 90 minutes £210*

This indulgent and truly pampering full body massage combines the warmth of the Lava Shells with deeply relaxing massage techniques, creating a sense of balance to the entire body. During the treatment, the warm shells are worked all over the body in slow deep moves to warm, de-stress, and ease away all tensions. An unforgettable and sublime experience.

## METROPOLITAN ESCAPE

*120 minutes - £260*

The perfect escape in the heart of the city. A top-to-toe treatment that includes the unique Metropolitan body massage and a facial treatment using ice-cool derma globes to instantly awaken the skin, provide a tightening effect, help boost elasticity and maintain skin firmness. The full body experience you need to combat the hectic London life.

# DOUBLE SUITE EXPERIENCE

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

## RE-ENERGISING TIME FOR TWO

*120 minutes - £500*

Starting with a full body exfoliation to prepare your skin and stimulate the lymphatic and blood circulation, the aim of this experience is to relieve tensions from the deepest layers of your muscles and help you feel re-energised. The treatment will end with a bespoke percussive massage using the Theragun system.

## RELAXING TIME FOR TWO

*120 minutes - £500*

The perfect stress relieving experience, this treatment is ideal to alleviate fatigue and allow the body to reach a tranquil, calm state. Comprising a combination of slow and relaxing massage techniques and the power of heated herbal compresses pressed over the entire body, the experience completes with careful attention paid to pressure points on the face and a warm scalp massage.

## CELEBRATION OF LOVE

*120 minutes - £500*

This personalised full body massage releases the tension between the shoulders and incorporates a rose quartz palm stone, the healing crystal of unconditional love. The stone is said to open the heart chakra, promoting a balanced energy flow and is also used at the end of the ritual in a harmonising rose quartz face massage.







# SEED TO SKIN COLLECTION

## THE COCOON

*90 minutes - £255*

This exceptional head-to-toe treatment delivers a multi-sensory experience. The journey starts with a gentle body brush exfoliation to stimulate the lymphatic system. This ritual continues with a tension-melting warm candle massage & skin restoring body wrap rich in argan oil, shea butter, and pure extracts of vanilla rose and precious oud wood. While being cocooned, the signature mini-facial ritual will stimulate cellular regeneration and promote lasting pleasant sensation of well-being..

## SKIN DEVOTION

*45 minutes - £120*

Skin renewing body treatment that harnesses the power of mineral-rich raw sea salt and an extraordinary blend of spirulina, shea butter, and essential oils designed to stimulate circulation, detoxify, and slough away dead skin cells. Personalized application of warm, deeply restorative probiotic body balm which will further release tension, soothe the senses, and nourish the skin. This ritual leaves the skin refined and as soft as silk.

## THE RECHARGING

*60 minutes - £170 | 90 minutes - £230*

This detoxifying ritual starts with gentle body brushing to invigorate the senses, boost the circulation and stimulate the lymphatic system. After a thermal mud is applied on the back, relieving tension, and recharging the body with marine minerals. Followed by a luxurious and relaxing body massage. Both energizing and relaxing, this ritual leaves the whole body, mind and spirit completely balanced.

## THE CANDLE MASSAGE

**60 minutes - £185 | 90 minutes - £255**

An exhilarating experience, our signature massage with a warm massage candle is profoundly relaxing. The massage candle, rich in skin conditioning ingredients including argan oil, coconut extract, and shea butter, and infused with the essence of oud wood and vanilla, is delicately poured onto the skin and massaged with slow sweeping movements.

## LADY IN WAITING

**60 minutes - £170 | 90 minutes - £230**

Our Mother-to-be ritual begins with a relaxing back massage, customized to individual needs. Gentle skin brushing of the legs will buff away dry skin cells and stimulate blood circulation. Then followed by an uplifting foot & legs massage with our restorative body oil. The “Belly Facial” will focus on the expanding abdomen area to help soften skin, reduce itching, that can occur during pregnancy, and contribute to the prevention of stretch marks.

The ritual can be enhanced with a Seed to Skin Tuscany facial, tailored to meet the needs of Mother-to-be’s skin. A soothing regenerative treatment for a complete state of wellbeing and calm.

## THE GOLDEN DEW

**60 minutes - £190 | 90 minutes - £265**

This made-to-measure skin ritual promotes visible resurfacing, intense hydration, detoxification, and oxygen boost. Seed to Skin Tuscany’s handcrafted formulas are blending the power of nature’s curative properties with the results-driven efficiency of advanced science. The state-of-the-art molecular delivery system penetrates deep into the skin to stimulate cell regeneration. Advanced massage techniques with jade rollers will restore the skin’s radiance and an undeniable glow.

## SIDE BY SIDE

**120 minutes - £600**

This ultimate couple experience starts with a gentle full body brushing to stimulate the lymphatic system and gently exfoliate the skin. The ritual continues with a warm candle massage, designed to melt all the muscle tensions, and leave the skin rejuvenated thanks to the body wrap rich in argan oil, shea butter, and pure extracts of vanilla rose and precious oud wood. The journey includes a luxurious customised facial, designed to ensure concerns and conditions are individually treated, and leave you with an amazing sensation of overall wellbeing.

# MASSAGE COLLECTION

## 111 SPA / CLINIC MESSAGES

With the perfect combination of holistic oils, healing scents and the brand's signature massage techniques, the mind and body will feel rested and restored, to leave you with complete wellness.

### METROPOLITAN

**60 minutes - £180 | 90 minutes - £240**

With the powerful properties of frankincense, patchouli and rose geranium to elicit confidence and strength, this full body experience involves deep tissue techniques, stretching and spinal work to release and reset the body. Designed to combat the strains of cosmopolitan life in London, this massage is deep and powerful.

### PERFORMANCE

**60 minutes - £160 | 90 minutes - £210**

The ideal experience for any level of athlete, this awakening massage combines cryotherapy-inspired aromatic oils such as tangerine, eucalyptus and may chang, with their stimulating and tension-relieving properties. This treatment will leave you feeling rested, restored and in complete control of your body.

### VITALITY

**60 minutes - £180 | 90 minutes - £240**

With a sophisticated blend of bergamot, clementine and juniper berry oils, and invigorating massage techniques, this is the perfect treatment to purify and re-energise the entire body.

### SERENITY

**60 minutes - £160 | 90 minutes - £205**

With the healing properties of jasmine, tuberose and ylang ylang, this treatment is designed to alleviate emotional stress and create a tranquil energy in both body and mind. The massage combines soothing and calming techniques, with the powerful benefits of rose quartz in addition.

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Improve the health of skin cells, enhance their function and release your true inner beauty without the need for any synthetic chemicals, thanks to the organic formulations of their products.

## REGENERATOR FACIAL

*60 minutes - £190*

Decelerate signs of ageing with this total skin reboot. Potent Triple-Weight Hyaluronic Acid and Peptides 3 + 8 are used to encourage collagen production and improve firmness. These actives are combined with specific application techniques and tools, including lymphatic drainage and cryotherapy for instant results. This customized treatment is based your skin concerns, such as loss of plumpness, uneven tone and texture, fine lines, and wrinkles.

## REJUVENATING BODY MASSAGE

*60 minutes - £160 | 90 minutes - £205*

Rejuvenate and rebalance with this full-body massage. Neurolymphatic reflex pressure points help stimulate the lymphatic system, and myofascial trigger points release key muscle groups. Firm pressure creates space within the body, helping improve posture and flexibility, as well as supporting gut health through abdominal and foot work. Detoxification is encouraged throughout this treatment, so you leave lighter and more balanced.

# FACIAL COLLECTION

OMOROVICZA

## GOLD HYDRALIFTING FACIAL WITH ROSE QUARTZ

*90 minutes - £220*

This repairing and hydrating treatment starts with a double application of Hungarian Moor Mud, to cleanse, exfoliate and peel. A rose scented gold mask then deploys hyaluronic acid in three different forms to plump and nourish the skin while bio-available gold repairs micro-damage to strengthen the skin. A sparkling of gold shimmer oil adds a subtle sparkle to arms and décolleté.

## BLUE DIAMOND FACIAL WITH COOLING DERMA GLOBE EYE TREATMENT

*75 minutes - £195*

This firming and brightening treatment helps revitalise dull, lacklustre skin. Diamond peptides prolong the life of healthy skin cells, restore skin fitness essential to the youthful behaviour of skin cells and help repair for a stronger, healthier and more vibrant complexion. This traditional Hungarian facial massage will accelerate the oxygenation of the skin to re-energise and lift.

## DEEP CLEANSING FACIAL

*75 minutes - £195*

The application of a fragrant Moor Mud mask follows a thorough cleansing and exfoliation using the iconic Moor Mud Cleansing Balm, as well as tropical fruit extracts, which treat sensitive skin and reduce pore size. A classic Hungarian facial massage that instantly lifts and firms the skin.



# WELLBEING JOURNEYS

## GIFT OF TIME

*120 minutes - £300 | 180 minutes - £410*

Give yourself the gift of time. This journey will allow your therapist to create a totally personalised experience for you. Together you will select the ideal combination of treatments to address your individual needs.

## HERBAL WARMER

*120 minutes - £280*

This treatment will transport you to a state of deep relaxation and consists of a combination of massage techniques and the power of heated herbal compresses pressed over the entire body to alleviate and soothe muscle tension. The experience ends with a delicate facial pressure point and warm scalp massage.

## INDULGENT COCOON JOURNEY

*2 hours - £280*

This full body experience begins with a dry body brush to gently exfoliate and prepare the skin to the Candle Massage, a treatment using a unique Seed to Skin's handcrafted blend of shea butter, coconut extract, and essence of oud wood.

This massage incorporates slow sweeping movements that will leave you profoundly relaxed. The treatment continues with a fully personalised Golden Dew facial, which include a facial massage with Jade rollers to stimulate circulation and creates an undeniable glow.

## THE REJUVENATING RITUAL

*2 hours - £280*

Experience a sense of total rejuvenation with this tip to toe ritual. Starting with a full body massage using firm pressure and myofascial trigger points to help release tension and improve posture and flexibility, the treatment continues with a fully customised facial using Grown Alchemist products. The use of tools such as cryotherapy and lymphatic drainage for the face massage will leave you feeling fully regenerated!



# ONCOLOGY CARE

## ONCOLOGY TOUCH MASSAGE

*60 minutes - £180 | 90 minutes - £220*

A beautiful bespoke massage that offers a nurturing and restorative experience for those who are currently undergoing treatment for or are recovering from cancer.

Every treatment is adapted to ensure that your needs are being taken care of at whatever stage of your treatment or recovery. Using our beautiful Seed to Skin range, we begin with relaxation holds, lymphatic support movements, followed by a gentle, soothing full body massage, that has been specifically adapted for your own unique requirements, and based on your current medical status.

This treatment is also highly adaptable and therefore suitable for those who have limited movement or prefer a gentler nurturing experience.

## ONCOLOGY TOUCH FACIAL

*90 minutes - £250*

A relaxing and restorative experience that can be adapted to your own unique requirements if you are recovering from treatment for cancer and have compromised skin.

Our beautiful Omorovicza range will be gentle and kind to skin, coupled with our own unique relaxation holds, lymphatic support movements and gentle, adapted neck and shoulder massage, this is the perfect experience for anybody who loves facials, but needs that little extra support during or after cancer treatment.

## ONCOLOGY TOUCH BODY & FACE

*120 minutes - £310*

This is the ultimate relaxing experience for anyone currently undergoing treatment or are recovering from cancer.

This is a bespoke combination of a face and body treatment. To begin, your therapist will introduce a nurturing and restorative massage with relaxation holds, lymphatic support movements, and gentle but soothing massage techniques. Followed by a facial which is adapted to your own unique requirements or skin needs.



# ENHANCEMENT COLLECTION

*Upgrade your experience by adding the following options to your treatment.*

## HIMALAYAN SALT SCRUB

**30 minutes - £70**

This full body exfoliation is the perfect preparation to any massage. The Himalayan salt will help to remove dead skin cells, leaving your skin refreshed, brightened and soft.

## BACK MASSAGE

**30 minutes - £70**

The perfect addition to any facial treatment. A massage designed to release tensions and to help relax the muscles of your back, neck and shoulders.

## FACIAL REVIVER

**30 minutes - £75**

The ideal way to extend your massage experience. A short but effective mini facial treatment that includes cleansing, exfoliation and massage, complete with the application of the moisturiser most suitable for your skin.

## FOOT REVIVER

**30 minutes - £65**

Starting with a re-energising exfoliation, your feet and lower legs are then massaged using techniques that help release tension in the muscle and stimulate the lymphatic system. This treatment will leave your feet feeling light and reinvigorated.

## THERAFACIAL

**45 minutes - £110**

TheraFace PRO goes where no facial device has gone before! From skin-toning microcurrent to rejuvenation light therapy, this treatment will reduce tension and relax your facial muscles, all with one device! True facial health therapy.

## THERAGUN PERCUSSIVE THERAPY

**15 minutes - £40**

An efficient and scientifically beneficial addition to your massage. The Theragun utilises percussive therapy to increase blood flow and decrease tension deeply within the muscle.

## THERAFACE PERCUSSIVE THERAPY

**15 minutes - £35**

A relaxing and yet deep face massage meets the facial you love, bringing Therabody's renowned technology behind percussive therapy to the face to reduce tension, relax facial muscles, and care for it at the deepest level – The perfect enhancement to any Facial treatment.

## COOLING DERMA GLOBE EYE MASSAGE

**15 minutes - £50**

The ice-cool globes are rolled around the eye area to instantly awaken the skin, reducing puffiness and inflammation. Providing a tightening effect, the globes also help to boost elasticity and maintain skin firmness.

## CELL RETURN LIGHT THERAPY

**20 minutes - £50**

Using NASA LED technology, this state-of-the-art face mask will be used to stimulate collagen production into the skin via its Infrared light. Blue light is selected to help with acne prone skins, whilst pink light works for sensitive skin. A combination of the three lights can also be selected.



# WELLNESS THERAPIES

## OSTEOPATHY

**30 minutes - £100 | 45 minutes - £130**

**60 minutes - £165 | 90 minutes - £230**

This treatment emphasises physical manipulation of the body's muscle tissue, joints and bones, using techniques called palpation; the gentle massaging and movement of muscles.

## ACUPUNCTURE

**30 minutes - £100 | 45 minutes - £130**

**60 minutes - £165 | 90 minutes - £230**

A form of alternative medicine and a key component of traditional Chinese medicine in which thin needles are inserted into the body to stimulate the central nervous system. This, in turn, stimulates the body's natural healing abilities and promotes physical and emotional well-being.

## CRANIOSACRAL THERAPY

**30 minutes - £100 | 45 minutes - £130**

**60 minutes - £165 | 90 minutes - £230**

A bodywork therapy that relieves compression in the bones of the head, sacrum and spine using a gentle touch on the membranes and movement of fluids in and around the central nervous system. It is the perfect therapy to treat and sooth a variety of health conditions.

# SPECIALIST MANICURE & PEDICURE

## PEDICURE

**60 minutes - £145**

Using only the best medical tools to improve your feet's health long term, during this specialist treatment your nails, cuticles and hard skin are treated in the most efficient but gentle way.

Ending with a wonderful knee to toes massage, you will discover a new way to see your feet.

***Colour available as an add-on***

## MANICURE

**60 minutes - £95**

Nail reshape, cuticle attention, and a relaxing hands, wrist, and forearm massage; everything will be done with the utmost precision and care.

This specialist treatment will leave your nails with a wonderful shine and will release all the tension accumulated from day-to-day life.

***Colour available as an add-on***

## FOOT SPECIALIST MASSAGE

**30 minutes - £95**

The ultimate foot massage, done by a foot specialist. From the toes all the way up to the knees, this fully customise massage will target every muscle and will be tailored to your needs, weather if just full relaxation, or more in-dept muscle tension release. A specialist treatment that includes a foot scrub, to leave will leave you fully regenerated.



# SPA ETIQUETTE

## SPA OPENING HOURS

### SPA FACILITIES

Monday - Friday: 6.15am to 10pm  
Saturday - Sunday: 7am to 9pm

### SPA TREATMENTS

Monday - Friday: 9am to 9pm  
Saturday - Sunday: 9am to 8pm

## YOUR ARRIVAL

For the perfect Spa experience we recommend that you arrive at least 30 minutes prior to your scheduled appointment. You will be asked to complete a health questionnaire and will then be able to enjoy the facilities and prepare body and mind for what is to follow. You will be provided with a bathrobe and slippers for your use whilst inside the Spa.

## SPA ENVIRONMENT

Our Spa environment is one of tranquillity and relaxation. We kindly ask you to keep your voice lowered, keep mobile phones on silent mode and avoid making calls in order to respect your fellow guests' enjoyment for the facilities.

## FULL FACILITY ACCESS

Please note that access to the full Spa facilities including swimming pool and thermal areas is limited to hotel guests, Club members and external guests who have booked a Spa treatment on the following basis: Mondays to Thursdays access is granted on bookings of 90 minutes or more, and Friday to Sunday of two hours or more. The minimum booking time does not apply to members and hotel guests as well as Wellness Therapies.

## IN-ROOM TREATMENTS

Please note that hotel guests are invited to enjoy a selection of treatments from our massage collection in the privacy and comfort of their own guest room. A surcharge will apply, please enquire at the Spa reception for more information.

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the Spa facilities.

## PREGNANCY

We have specially-designed treatments for expectant women or nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable during this special time. Massages and body treatments are highly discouraged during the first trimester.

## RESERVATION AND CANCELLATION POLICY

Making an advance appointment is highly recommended and credit card details or pre-payment are required unless you are staying in the hotel.

Should you need to cancel or rebook your Spa treatment, we request a minimum of 24 hours' notice to avoid a full charge.

Please note that unfortunately a late arrival will not guarantee the extension of the treatment time and the appointment will be charged at full value.

## VALUABLES AND PERSONAL BELONGINGS

Whilst the Spa provides lockers, it is recommended that you leave valuables in your guest room or at home. A jewellery tray for safekeeping of valuables is provided in the treatment room but we recommend that no jewellery be worn at the Spa.

The Spa does not assume liability for any valuables.

## CHILD POLICY

General access to the Spa is restricted for guests under the age of 18 years. We are delighted to welcome children of hotel guests and members if accompanied by an adult, between the hours of 8am to 10am and 3pm to 5pm, Monday to Sunday.

Treatments can be scheduled and Spa access available for guests from 16 years of age, providing a waiver form is signed by an adult.

## GIFT CERTIFICATES

We offer gift certificates which can be purchased on our website for either a specific treatment, package or monetary amount.



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[peakfitnessclubandspa.com](http://peakfitnessclubandspa.com)