

T A L I S E

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 gratifying rest, 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.

Performance

We believe that you have limitless potential.
At Talise, we combine the expertise of
our specialists with the latest technology
to enhance your bio-cellular performance
resulting in the optimal you.

High Performance *Body Massage*

Muscle Recovery Ritual

90 minutes Full Body | Starting from BHD 85

Repair & Recovery

Flowing, rhythmical and firm, this back of body massage was created to assist in releasing the overworked muscles of the body from their tense and tightened position. Helping to alleviate aches and stiffness while also improving circulation.

Fitness Centre

Personal Training

The Society invites you to a five-star wellbeing experience designed to help you reconnect with both mind and body. Our expert personal trainers are available upon request, offering tailored guidance to elevate your fitness journey and bring you closer to your goals. Framed by beautiful scenery, the gym features state-of-the-art equipment from one of the most esteemed brands in the industry, ensuring every workout is as inspiring as it is rewarding.

Personalised Training

60 minutes

1 Session	Starting from BHD 30
5 Sessions	Starting from BHD 135
10 Sessions	Starting from BHD 250
20 Sessions	Starting from BHD 400

Book 20 sessions and receive a complimentary one-month membership.

Empower

We believe in creating an environment where you can feel empowered. By blending intuitive healing techniques with powerful natural formulations, our practitioners will help reconnect you with your sense of self and guide you on a path toward renewed strength and vitality.

Talise Advanced *Massages*

The Wandering Ritual

120 minutes | Starting from BHD 100

Vagus Nerve Support-Ideal for Burnout

Reconnect deeply with the wanderer within, the Vagus Nerve, our inner source of sincere wellbeing. This holistic approach to hands on massage creates a safe space to attune to our innate gut intuition and create a renewed connection to our inner self. Includes Abdomen, Face, Neck and Ears with Marble Stone & Gua Sha Massage Techniques.

The Cleansing Ritual

90 minutes | Starting from BHD 85

To Encourage Gut Harmony

With the intention to move our system into the state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs.

The Sleep Ritual

90 minutes | Starting from BHD 85

Ideal for Insomnia & Physical Fatigue

This deeply restorative ritual is thoughtfully designed to guide both mind and body into a state of deep slumber. Gentle, flowing massage techniques and targeted pressure points are harmonised with mindful breathwork, encouraging deeper breathing and inviting true rest to settle in.

Women's Health *Support*

The Balancing Ritual

90 minutes | Starting from BHD 85

Empowering Through Menopause

Thoughtfully designed for women, this hands-on approach to wellbeing is truly holistic during every stage of menopause. Each session begins with an aromatherapy foot bath and guided breathwork, followed by a nurturing blend of Cold Stone Massage Therapy, Gua Sha, Reflexology, and Lymphatic Drainage, all working in harmony to soothe the body and ease the effects of hormonal fluctuations.

Intention

We believe you deserve intentional rest. Our treatments are customised to your individual needs so you can find joy in moments of inner stillness. This harmonious form of self-care is the perfect way to balance body and mind while finding gratification within.

Talise Signature *Facial Treatments*

The Biome Facial

90 minutes | Starting from BHD 85

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.

Talise Signature *Massages*

The Grounding Ritual

90 minutes | Starting from BHD 85

Soothing Mental Anxiety & Stress

This specialized massage invites you to reconnect with your body's natural ability to self-repair and realign. Feel a profound sense of replenishment and grounding, leaving you restored, balanced, and deeply in tune with your body.

The Restorative Ritual

90 minutes | Starting from BHD 85

Ease Tension in the Face, Neck, Head & Scalp

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on releasing tension in the face, neck, décolleté and scalp.

Talise Signature *Body Treatments*

Talise Signature Hammam

60 minutes | Starting from BHD 70

75 minutes | Starting from BHD 80 (including express facial)

Embark on a serene Hammam journey where Moroccan charm meets Turkish elegance, inspired by the timeless rituals of both cultures. Immerse yourself in a sanctuary shaped by expert spa techniques and artisanal craftsmanship. This indulgent ritual features a purifying black soap exfoliation, nourishing coconut hair oil treatment, a soothing bubble massage, and a restorative body mask.

A refined, complete experience designed to honour tradition while cleansing deeply, relaxing fully, and rejuvenating the senses.

Family *Services*

Little Ladies Manicure or Pedicure (For girls aged 6 - 12 years old)

Starting from BHD 15

Mini mani/pedi, filing, cuticle care, massage and varnish.

Teen Massage (For teens aged 16 - 18 years old)

60 minutes | Starting from BHD 50

Designed specifically for teenagers, our Teen Massage provides a relaxing experience. Parents are requested to be present in the treatment room throughout the session.

Teen Serenity Escape (For teens aged 13 - 18 years old)

60 minutes | Starting from BHD 50

Tailored for teens, this treatment includes a 30 minute cleansing facial and 30 minute massage. Parents are required to be present in the treatment room during the session.

Mum & Kids (For children aged 6 - 12 years old)

60 minutes | Starting from BHD 85

Savour precious moments with your little ones as you unwind together. While mothers enjoy a deeply soothing 60-minute massage, children are treated to a delightful 30-minute bubble bath enhanced with a fragrant bath bomb, followed by a nurturing 30-minute massage.

For children aged 6-18 years old, a parent or guardian must accompany the child inside the treatment room.

Enhancements

Express experiences to enhance your
Talise journey.

Talise Signature

Add Ons

Scalp Therapy

30 minutes | Starting from BHD 35

An intensive acupressure 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 BHD 35

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 9.00 PM daily.
The final appointment can be booked at 7.30 PM, allowing for a 90 minute treatment.

Reservations

To make a reservation at Talise Spa, please:

- Press 'Spa' on your guest room phone
- Call: +973 3366 3486
- Book online at jumeirah.com/bahrain/
- Email: JgbSpa@jumeirah.com

Location

Talise Spa & Fitness Centre are located on B2 of the main hotel building.

Non-hotel guests can access Talise Spa & Fitness Centre directly via the golden guest elevator on B2 floor.

Talise Spa

Etiquette

Your Appointment

For maximum convenience and flexibility, we recommend to schedule 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 sent to guarantee bookings.

Kindly be informed that prices are based on occupancy and are subject to dynamic rates. No-shows and cancellations made less than 12 hours before the scheduled time will be charged at full treatment rate.

Arrival

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

Spa Attire

Talise Spa will provide 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. Talise is a non-smoking facility. Please 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 and safety, please inform us at the time of booking of any allergies, injuries, or areas of concern. If you are pregnant, kindly let us know, as some treatments may not be appropriate for you at this time.

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/Kids Access

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, changing room. Kids from 6 years old can have a treatment with the presence of an adult in the same room.

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.

