

T A L I S E

Talise Spa is a space for self-discovery, where each moment invites guests to reconnect with themselves, discovering their full potential, and explore a deeper sense of inner balance & harmony.

Blending ancient techniques with modern therapies, we create a unique mind-body experience designed for gratification of rest, cultivate inner peace, and foster a sense of equilibrium. Our highly skilled practitioners bring profound expertise to enhance physical vitality, while also delivering treatments that nurture the mind-body connection and promote overall well-being.

Whether guests seek relaxation, performance, or a deeper connection to their inner self, our thoughtfully designed treatments are inspired by the surrounding nature of the Tramuntana mountain range. Our treatments leave guests feeling empowered, renewed, and equipped with the tools to continue personal journeys of self-discovery and well-being

## High Performance *Body Massage*

### **Muscle Recovery**

*90min - from 290 EUR*

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 for a refreshed and restored feeling.

## FITNESS

### **Exclusive one to one session**

*60min - from 100 EUR*

Choose from Personal training, Yoga, Pilates.

## Talise *Advanced Massages*

### **The Wandering**

*120min - from 330 EUR*

**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 & Ears with Marble Stone & Gua Sha Massage Techniques.

### **The Cleansing Ritual**

*90min - from 270 EUR*

**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**

*90min - from 280 EUR*

**Ideal for Insomnia & Physical Fatigue**

This ritual was especially developed to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to encourage deeper breathing and invite rest in.

## Women's *Health Support*

### **The Balancing Ritual**

*90min or 120min – from 270 EUR*

#### **Empowering Through Perimenopause**

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each treatment commences with an aromatherapy foot bath and breath work and uses Cold Stone Massage Therapy, Gua Sha, Reflexology and Lymphatic Drainage helping to soothe the body during hormone fluctuations.

## The Signature *Facial Treatment*

### **The Biome**

*90min - from 280 EUR*

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

## Talise *Signature Massages*

### **The Grounding Ritual**

*90min - from 270 EUR*

Soothing Mental Anxiety & Stress.

This specialized massage treatment creates the perfect space to connect with your body's natural ability to self-repair and re-align. Experience a deep sense of replenishment and grounding, leaving you restored and in harmony with your body

### **The Restorative Ritual**

*90min - from 270 EUR*

Ease Tension in the Face, Neck, Head & Scalp.

This restorative treatment combines a nurturing facial massage with gentle Gua Sha techniques, offering a slow, flowing experience that works to reconnect mind and body. Focusing on the face, neck, décolleté, and scalp, it eases tension and promotes deep relaxation.

### **Jumeirah Mallorca Signature Massage**

*90min - from 270 EUR*

Experience a deeply personalized 90-minute massage tailored to your body's unique needs. Your expert therapist will work intuitively, using a blend of techniques to release tension, restore balance, and enhance overall wellbeing. This immersive treatment adapts in the moment, ensuring a truly restorative and nurturing experience.

## Talise *Signature Rituals*

### **Holistic Harmony**

*120 min – from 650 EUR for **couple***

Immerse yourselves in a beauty and relaxation ritual in our exclusive couple's treatment room. Begin with a soothing cleansing ritual, followed by an exfoliation and a hydrating wrap. Next, unwind with a 60-minute relaxing massage. Conclude your experience with two glasses of champagne and a selection of sweet treats, making this a truly intimate and rejuvenating escape.

### **Damask Rose Ritual**

*150 min – from 690 EUR for **couple***

Indulge in a unique and exclusive experience designed for couples seeking a memorable escape. Begin your journey with a luxurious body exfoliation, setting the stage for relaxation. Then, enjoy a soothing 90-minute massage infused with the enchanting essence of Damask Rose, enveloping you both in indescribable aromas. This treatment promises a truly unique and intimate experience. Conclude your time together with two glasses of champagne and a selection of sweet treats, making it a perfect way to connect and unwind. This is more than just a treatment; it's a shared moment of bliss and rejuvenation.

### **Deeply Grounded Ritual**

*120min – from 450 EUR*

#### **The Absolute in Skin & Body Wellness**

Surrender in full to our signature Grounding Ritual to relieve stress and anxiety, followed by the Face Ritual to restore skin wellness and repair the delicate barrier. This is more than just a treatment, it is a journey to rejuvenation and rebalance.



## Talise *Signature Body Treatment*

### **Rest and Restore**

*90min - from 290 EUR*

This ritual serves a key purpose - to guide the mind and body into deep relaxation. Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and absolute of jasmine. Feel the body lulled into a deep sense of relaxation while receiving a gentle foot massage followed by a calming shoulder and scalp massage to invite rest into mind and body.

## Enhancements

30 minutes express treatments to add to 90minute treatments

### **Scalp Therapy**

*90 EUR*

An intensive warm almond oil-based acupressure scalp treatment, with a focus on your scalp and spine. Working directly to calm the mind and stimulate circulation at hair roots, this traditional technique also provides deep nourishment to the hair and scalp while improving mind body balance and supporting restful sleep.

### **Foot Reflexology**

*90 EUR*

Using time-honored foot massage techniques, we provide you a much-needed focus on your feet and legs to open the chi energy flow in your body. This treatment is highly effective in helping the entire body to relax and release excessive tension.

### **Body Polish**

*120 EUR*

This invigorating all over body exfoliation refines skin texture and increases lustre. Improving circulation & aiding the absorption of the potent essential oils, this treatment includes the double action of gently removing dead skin cells with salt & the healing effects of the potent essential oils.

### **Hands and Feet Ritual**

*90 EUR*

This deeply grounding ritual includes aromatherapy and application of a gel to clay mask to the feet, the treatment continues with a restorative massage, focusing on the hands and feet to release tension and restore balance.

## Thermal *Circuit*

Even if you are not a hotel guest or member of Talise Spa, you always have the opportunity to enjoy our outstanding thermal facilities, which boast with bio sauna, two steam rooms, an ice fountain, a salt room, a relaxation area, and our luxurious vitality pool with a panoramic view of the Serra of Tramuntana

Thermal Circuit | 120 minutes - From 65 EUR

Day Pass Thermal Circuit - From 120 EUR

## Memberships

Talise SPA and Wellness is delighted to offer exclusive membership programs where our clients could be part of our incredible community and unbeatable benefits in a unique enclave. All our clients are welcome to be involved at the home of wellness, where you will acquire the best customer service and develop healthy habits to fit your lifestyle.

For more information, please call at 971 637 810 or send an e-mail to [jptalise@jumeirah.com](mailto:jptalise@jumeirah.com)

## Talise Spa *Etiquette*

### ***Opening hours***

Talise Spa is open daily from 10:00 AM to 7:00 PM

Treatments are available from 11:00 AM to 7:00 PM

Fitness Area has 24 hour access for Hotel guests and access for Members from 9:00 AM to 8:00 PM

### ***Bookings and arrival***

We recommend advance bookings for your treatments to make sure your preferred date, therapist, and time are available. We encourage you to arrive about 30 minutes before your scheduled appointment to be immersed in the calming Well-Being atmosphere.

Kindly note, late arrivals will not receive an extension of the scheduled treatment time.

### ***Cancellation policy***

24-hour notice is required to cancel or modify your booking/s in order to avoid a full charge.

### ***Minors***

Children under 16 years old are not allowed in the spa and wellness area. Nevertheless, some treatments may be provided as long as they are supervised by a relative or tutor authorization.

## Talise Spa *Etiquette*

### ***Dress code***

If you want to bring a bathrobe, you will find one in your room. But if you prefer to come dressed, you can take a bathrobe from a locker located in our changing rooms. Wearing a swimsuit is required in the Thermal Area. Slippers are also provided.

### ***Meals, alcohol and smoking***

You should not eat immediately before a spa treatment because food needs some time to be digested. Eating in the thermal area is not permitted.

Drinking alcohol before any treatment is highly discouraged, and its consumption is not allowed inside our facilities.

Smoking is not permitted in any of Talise Spa and Fitness areas.

### ***Health***

Upon arrival, you will get a health questionnaire to complete with information that will be useful to our therapists. It is essential that you inform our therapists of any medical conditions, allergies, medical treatments, medications, or any other relevant information. Talise Spa reserves the right not to provide treatment if the therapist considers it inappropriate for the guest.

In case any client feels unwell with the following symptoms: cough, fever, or shortness of breath, it is recommended to postpone your booking and seek medical assistance.

### ***Pregnancy***

Our expert team has specially created a treatment for expectant mothers after the first trimester and prior to the last month of pregnancy. Allow us to assist you in selecting suitable treatments for this special time. We ask you to consult your physician prior to booking any spa services.

## Talise Spa *Etiquette*

### ***Digital detox***

To maximize your journey at Talise Spa, we encourage you not to bring mobile phones, tablets, or similar, which might distract you from creating meaningful moments for your physical, mental, and emotional well-being.

During the treatment, we encourage you to switch off or flight mode of your mobile phone to avoid possible disturbances which might affect your experience.

### ***Personal belongings***

Please do not bring jewelry into the spa and wellness area; otherwise, we will provide you with a locker for your valuables. However, the hotel does not assume the liability for the loss or theft of any personal belongings.

### ***Pricing***

Prices of the products, treatments, and promotions are subject to change without previous notice flexible pricing policy is applied. Please check our website or call us to inform us about the latest prices, promotions and hotel offers.

### ***Reservations***

Call +34 971 637 810

From your room call 37810

Book at [jumeirah.com/Mallorca](https://jumeirah.com/Mallorca)

Email [jpstalise@jumeirah.com](mailto:jpstalise@jumeirah.com)

### ***Location***

Talise Spa is located on Level 3. Non-hotel guests can access directly via the main lobby and elevator.

## CONTACT

[jpstalise@jumeirah.com](mailto:jpstalise@jumeirah.com)

+34 971 637 810

[jumeirah.com/mallorca](http://jumeirah.com/mallorca)

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