

TALISE
SPA

Spa menu

DISCOVER YOUR INNER SELF



Welcome

Imagine a unique destination combined with luxurious spa experiences. Set on the mountainside before the UNESCO World Heritage Tramuntana Mountains, Talise Spa at Jumeirah Port Soller is a true oasis of relaxation and rejuvenation.

All treatments are personalised to cater to your individual needs, transforming the mind, body and soul on your journey to self-discovery.

Comprising over 2,200sqm with stunning views from every corner, Talise Spa features ten spacious treatment rooms, an extensive thermal area including a range of saunas, a Hammam suite, and a heated outdoor Hydropool that overlooks the breathtaking mountain scenery.

The luxurious spa uses premium spa products from Natura Bisse to complete our treatments that instil relaxation deep below the surface. Combining modern techniques with the traditional use of natural local products such as olives, lemons, oranges and almonds, you will feel an awakening sense of wellbeing and relaxation.



DISCOVER YOUR INNER SELF

RELAX MIND, BODY AND SOUL.

A journey of inner and outer wellbeing, in the heart of Jumeirah Port Soller Hotel & Spa

Your Personal Guide to Talise Spa

Talise Spa is the awarded spa brand of Jumeirah Hotels. It is focused on offering customers unforgettable encounters. Our expert staff will ensure that guests feel good and have an authentic, holistic experience.

Check-in at Talise Spa

BOOKINGS

We recommend advance bookings for your treatments, to make sure your preferred date and time is available. We encourage you to arrive about 30 minutes before your appointment time so that you can enjoy our different areas and take some time to relax.

ACCESS

Children under 16 years old are not allowed in the spa.

DRESS CODE

If you want to bring a bathrobe, you will find one in your room. If you would prefer to come dressed in your own clothes, you can take a bathrobe from a locker in the changing room. We can also provide you with slippers. Please be aware that a swimsuit is required.

MEALS AND ALCOHOL

You should not eat immediately before a spa session because food needs some time to be digested. Drinking alcohol before any treatment is highly discouraged.

MOBILE PHONES

We respectfully request that you leave your mobile in your room or that you turn it off. The spa offers a relaxing environment, and we want you to enjoy all our services free of distractions.

POLICY

Smoking is not permitted in any of the areas of Talise Spa. Alcohol is not permitted in the Spa. Food is not permitted at the thermal area.

During your treatment at Talise Spa

PERSONAL BELONGINGS

Please do not bring jewellery into the spa. If you are wearing jewellery or bring valuables into the spa we will provide you with a safe place to leave them, although we do not accept liability for the loss or theft of any personal belongings.

HEALTH QUESTIONNAIRE

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 taken or any other relevant information. Talise Spa reserves the right not to provide a treatment should the therapist consider it inappropriate for the guest.

SPA ETIQUETTE

Talise Spa is a peaceful and relaxing place. Your cooperation in creating a quiet environment and being respectful of other guests' privacy is greatly appreciated.

PREGNANCY

Please inform us if you are or think you may be pregnant. We will thus be able to recommend the best treatments for you.

COMFORT

To make the most of your spa experience, please tell your therapist whether the room temperature is good for you and whether you feel comfortable with the music volume and the light. It is important to us that you enjoy your experience in Talise Spa.

After your treatment at Talise Spa

Following some treatments like body exfoliation, facials, etc., you should avoid sun exposure for 2-12 hours. Your therapist will recommend an adequate sun protection product that you will find in our Talise Spa boutique.

WATER

Please remember to drink water before and after treatments to help your body release toxins.

FACIAL AND BODY CARE

Our experts are on hand to advise you on the best facial and body care products for your skin type. All the products are available at Talise Spa's boutique.

GIFTS

Gifts and treatment products are available at Talise's Spa boutique. Please ask our experts.

COMMENTS

We want all our customers to feel comfortable on their visit to Talise Spa. If you have comments or want to give feedback on our services or facilities, please tell your therapist or the spa manager and we will do our best to take your opinion into account.

Talise Massages

Talise Signature

60 | 90 minutes

This therapeutic massage exclusive to Talise Spa uses a variety of techniques from the best treatments in the world. The unique combination of pressure points, stretches, and a series of massage sequences using essential oils delivers a truly unforgettable experience.

3 Aromas

60 | 90 minutes

An extraordinary combination of massage techniques and 3 essential oils that are personalised to cater your individual needs. Warm towels enhance the absorption of oils. It is a relaxing and toning treatment that stimulates blood circulation and lymph flow while balancing the body.

LaStone Therapy

60 minutes

This exclusive treatment uses soft hot stones that are applied on special pressure points to relieve tension in muscles, alongside cold marble to bring your energy back into balance. The hot stone treatment eases muscle pain and brings harmony, peace and balance to your body and soul.

Lymphatic drainage

60 | 90 minutes

With a technique designed to encourage the natural circulation of the lymph through the body and face to help eliminate toxins, its movements are very soft and never painful. This treatment is ideal for fluid retention, heavy legs, post-operative care, eye bags and cellulite.

Deep tissue

60 minutes

Treatment focused on alleviating muscle tension and reducing body stress through the therapeutic manipulation of muscle fibres.

Reflexology

45 minutes

An ancient Chinese massage on pressure points in the feet, where reflex zones reflect an image of the body's organs. Reflexology stimulates energy meridians, opens up blocked energy pathways, strengthens the immune system and restores your body's natural balance.

Cervico – cranial

45 minutes

A special treatment that relieves physical and emotional tension using different stretching techniques on the neck, face and head. It provides a feeling of complete relaxation and wellbeing.

Partial

45 minutes

Therapeutic massage performed specifically on the desired body area.

Talise Oriental Therapies

Thai

60 minutes

Massage influenced by a set of bodily techniques that primarily focus on regulating the physique and energy of the individual through acupressure and stretching techniques aiming to unlock certain areas of our body that do not hold the right energy.

Shiatsu

60 minutes

A Japanese tatami massage applied using the thumb and fingers to bring your body and energy back to balance. It activates the self-healing power within you.

Champi

45 minutes

This is an Indian Ayurvedic technique based on warm oils. Focusing on the upper back, shoulder, neck, scalp and face and which leaves you deeply relaxed.

Ayurvedic

90 minutes

An ancient Indian technique based on the holistic system that combines different warm oils, adapted to different dosha types. The pressure on the marmas or energy points promotes balance and harmony of mind, body and soul.

Ayurvedic + Shirodara

45 minutes

This is one of the most powerful holistic therapies in India. It is based on the continuous flow of oil poured over the forehead as a part of a unique technique that relieves mind tension and favours peace of mind.

Udvardana

90 minutes

This is a gentle scrub based on minerals extracts, herbs and healing spices with exfoliating properties, ideal for eliminating impurities and activating skin metabolism. Especially recommended for those with blood circulation problems, cellulite, water retention and obesity. The final massage leaves your skin looking smoother and more luminous.



Talise Body Treatments

Olive seeds Scrub

30 minutes

This treatment helps exfoliate and moisturise the skin with nourishing olive seeds which have antioxidant and regenerative properties.

Orange extracts Scrub

30 minutes

Skin exfoliation and moisturising through a massage using orange extracts. The detoxifying, toning properties help rejuvenate cells and increase skin elasticity and vitality. A serene experience deeply connected to the island.

Aloe Vera Body Wrap

90 minutes

Complete dermal regeneration treatment offering all the properties and benefits of aloe vera. Through the exfoliation, wrapping and the subsequent hydrating massage, your body will renew and regenerate itself.

Mediterranean Body Wrap

90 minutes

Revitalising ritual which includes exfoliation, wrapping and massage with orange essence. With a refreshing and lively citrus aroma, it brings your body back into balance.

Anti-ageing Body Wrap

90 minutes

A body treatment that, thanks to the use of organic products, helps strengthen the regenerating processes across your body's top layers. A top treatment that has been created and developed exclusively by our team of experts.



Talise Facials

Aromatic moisturising

60 minutes

Let your own light shine with our personalised facial following a special skin diagnosis. With a selection of our wide array of products, you can get spectacular results leaving with smooth, radiant skin.

Anti-stress for men

60 minutes

Designed to meet the specific needs of a man's complexion. The result is hydrated skin that gains flexibility and vitality. It helps release tension and soothes the tired body, increasing energy and comfort.

Anti - ageing

60 | 90 minutes

This stimulating and rejuvenating treatment leaves your face radiant and has deeply hydrating effects. Through our carefully selected products and intense massage, we can improve the structure and quality of your skin and tone your facial muscles.

Vitamin C

60 minutes

Refreshing treatment enriched with vitamin C that revitalises and adds light to the face, neck and chest using the active ingredients in citrus fruit. Recommended for all types of complexion, including sensitive skin.

Facial Hygiene

60 | 90 minutes

This treatment is a cell strengthener due to its deep cleansing which eliminates accumulated impurities. Enjoy a facial that will regenerate your skin and make it shine. Ideal for him and her.

Sensitive Skin

60 minutes

Specific treatment for highly sensitive skin. Through the use of handpicked, adequate products, we will look after your skin as it truly deserves. Enjoy a facial that will leave your skin smooth, hydrated and relaxed.

Eye Contour

20 minutes

The ideal complement to any facial treatment, since we will focus all our attention and efforts on improving the aspect, texture and quality of the skin around the eyes. Make your eyes truly shine through!



Talise Rituals

Ritual components cannot be altered nor shared with another person. All treatments must be enjoyed the same day.

Hammam Experience (for couples) 120 minutes

A beauty and relaxation ritual that will take place at our exclusive double cabin. The treatment will start with a cleansing ritual followed by an exfoliation and a hydrating wrap at our Hammam suite. The treatment will finish with a 60 minute relaxing massage. Pure Ottoman perfection.

Romantic Experience (for couples) 150 minutes

Designed for couples who want to simultaneously enjoy an ideal combination of treatments, this experience starts off with a body exfoliation at our Hammam, followed by a relaxing 90 minute massage with Damask Rose essence. The combination of indescribable aromas makes this treatment a unique experience, even more so when our double cabin is expressly reserved for you. Following the treatment, you will be able to enjoy two glasses of Champagne and a selection of sweet treats.

Specially for her 120 minutes

A perfect and ideal combination to feel completely rejuvenated. This ritual consisting of a body exfoliation, a personalized facial and a personalised massage adapted to your needs, will provide you with a deep feeling of overall balance and wellbeing.

Specially for him 120 minutes

The perfect combination of treatments that will make you look your best any time of the year. It includes a special manicure for men, a specific facial treatment for men's skin and a localised massage to relax the muscles of the back, neck and head.

Intense Relaxation 90 minutes

Enjoy feeling deeply relaxed. This ritual starts with a body exfoliation using lemon grass and geranium, followed by private use of the sauna. All this helps eliminate toxins and release body tensions. To conclude and achieve complete relaxation you will enjoy a 60 minute four hand body massage.

Detox Feel 120 minutes

As if an ensemble of specific detox treatments was not enough, add to it the ideal product; purifying the body in order to unearth a deep sense of wellbeing. It starts with a body wrap and is followed by a massage, both focused on detoxing.

Day Spa Rituals

Enjoy a perfect day with the ideal combination of relaxing moments at Talise Spa together with a selection of the most authentic local gastronomy.

Sunset in Mallorca 3 hours

Take in the views from our Sunset Sushi Lounge while enjoying a glass of Champagne and chocolate-dipped fruits. All this, after having enjoyed a relaxing thermal circuit, a citrus exfoliation and an aroma massage, each one of them 30 minutes duration.

Essences of Mallorca 4'5 hours

Let us surprise you! This ritual will adapt and offer you the best of the time of the year. It includes the use of all the facilities within the thermal area, followed by a relaxing massage of 60 minutes using a specific essential oil that varies depending on the season. To end this ritual, you can enjoy a sumptuous meal prepared by our colleagues from Cap Roig Brasserie with delicious Mediterranean suggestions.

Be Beauty Ritual 6 hours

This ritual is ideal for those who want to enjoy a day of full relaxation and pampering. It includes the use of all the facilities within the thermal area, a luxury manicure and pedicure, and a 90 minute orange extract body treatment. To round off this relaxation session we invite you to enjoy a Mediterranean menu including suggestions that our colleagues at Cap Roig Brasserie have prepared for you.



Talise Spa Beauty

Deluxe manicure

A manicure can be a fine experience at the spa. Exfoliation, massage, mask... A complete treatment for that special part of your body.

Deluxe pedicure

Find out our novel foot spa treatment. A pleasant foot hydrating treatment in one relaxing hour.

Manicure for him

Pedicure for him

Paraffin Supplement

Nail polishing

Shellac removal

Shellac Manicure

Shellac pedicure

Hair salon

Please contact our spa reception for more information.

Hair detox treatment

60 minutes

Treatment intended to free the scalp from any accumulated toxins, giving it the energy it needs to nurture the hair.

* Hairdressing services are not included in this treatment.

Hair nourishing treatment

60 minutes

An ideal treatment fit for any season of the year and any type of hair. Thanks to the products we employ, which have a huge concentration of nourishing components, this treatment is perfect for one to come out flaunting healthy and radiant hair.

* Hairdressing services are not included in this treatment.



Talise Spa Fitness

The impressive fitness centre is the central space of our Members Club. Exclusively outfitted with both cardiovascular and weighted Technogym machines, alongside freeweights, there are also regular exercises classes and an expert personal trainer on hand to enhance your fitness journey.

The natural light that floods into the fitness centre and the spacious and fully equipped changing rooms turn your daily routine into a bright experience.



Booking and Cancellation Policy

We encourage you to arrive about 30 minutes before your appointment time so that you can enjoy our different areas. If you arrive early, you will be able to use our thermal area before your spa treatment begins.

If you arrive late, in consideration of other guests, you will receive your treatment within the remaining time of your appointment.

If you need to cancel or modify a reservation, please inform us 24 hours in advance, otherwise a full charge will apply.

For reservations, please call extension "37810" or phone number 971 637 810.

All our prices are in Euros (VAT included).

If you have a reservation for a treatment in Talise Spa, you can use the thermal area for 120 minutes at no cost.

In-room spa services are offered, with an additional cost of €60.







Talise Spa

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