

TALISE
SPA

Spa menu

DISCOVER YOUR INNER SELF





Welcome

Imagine a unique destination combined with luxurious spa experiences. Set amidst the Mediterranean landscapes of Jumeirah Port Soller Hotel & Spa, Talise Spa 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.

The luxurious Talise Spa, comprising over 2,200 sqm, features a state of the art gym, an outdoor heated relaxation Hydropool, an extensive thermal area and ten spacious treatment rooms including a Hamman Suite with stunning views over the UNESCO Heritage Tramuntana mountain range.

Combining modern techniques with the traditional use of local natural products such as olive oil, lemons, oranges and almonds, you will feel an integral 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 at Talise Spa

Talise Spa is the brand of Jumeirah hotel spas. It is aimed at offering customers an unforgettable experience. All our therapists are specialised in spa services and are focused to make sure you enjoy an authentic holistic experience for your wellbeing.

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. Nevertheless, some treatments may be provided as long as they are provided under the supervision of a relative or tutor.

DRESS CODE

If you want to bring a bathrobe, you will find one in your room. But if you prefer to come dressed with your own clothes, you can take a bathrobe from a locker in the changing room. Slippers are also provided. Wearing 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. Healthy menus are available at our restaurants.

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.

POLICY

Smoking is not permitted in any of the areas of Talise Spa. Alcohol consumption is not permitted in the Spa. Food is not permitted in 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 as 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

After some treatments like body exfoliation, facials, etc., you should avoid sun exposure for 12 hours. Your therapist will recommend an adequate sun protection product that you will be able to find at 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

Gift products and treatments 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 any comment 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

Designed around your personal wellbeing, 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, deliver a truly unforgettable experience.

5 Senses

60 minutes

Close your eyes and imagine yourself in a deserted island; breathing the fresh air from the sea, listening to the relaxing sound of the waves breaking and smelling the Mediterranean breeze. Exclusively designed by our expert therapists using a special forearms technique, this treatment will leave you utterly relaxed.

3 Aromas

60 | 90 minutes

Extraordinary combination of massage techniques and 3 essential oils that are personalised to cater to your individual needs combined with the use of warm towels. It is a relaxing and toning treatment that stimulates blood circulation well as the nervous and lymphatic flow, while balancing the body.

LaStone Therapy

60 minutes

Enjoy the exclusive benefits of this unique treatment that uses soft hot stones that are applied on special acupressure points to relieve stress, muscle tensions and contractions. This experience with hot stones mitigates pain and provides harmony, balance and peace.

Lymphatic drainage

60 | 90 minutes

Technique designed to improve the performance of the lymphatic system and to help eliminating facial and body toxins. The movements of this technique are soft, with a pumping effect. 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 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

Cervico-cranial treatment designed to relieve physical and emotional tension using different 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 massage originated in Japan and delivered on a tatami applying thumb and finger pressure to bring your body and energy back to balance. It activates the self-healing power within you.

Champi

45 minutes

Technique originated in India based in the Ayurveda culture that is based on the properties of different warm oils. Focusing on the upper back, shoulder, neck scalp and face, it leaves you deeply relaxed.

Ayurvedic

90 minutes

Technique based on the ancient Hindu culture that uses the holistic system and combines different warm oils adapted to your dosha type (type of person / body build). On top of applying pressure on the marmas or energy points, this Therapy promotes balance and harmony of body mind and soul.

Ayurvedic + Shirodara

90 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 treatment is based on the use of extracts made of minerals, spices and medicinal herbs with exfoliating properties. It is ideal for eliminating impurities, cleansing and reactivating skin metabolism. Especially recommended for those with blood circulation problems, cellulite, fluid retention and obesity. The final massage at the end of the treatment makes your skin look better, more luminous and smoother.



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 using orange extracts. Detoxifying, toning properties help rejuvenate cells and increase skin elasticity and vitality.

Mediterranean Body Wrap

90 minutes

Revitalising ritual which includes exfoliation, wrapping and massage with orange essence. With a refreshing and lively citrus aroma, bringing your body back to balance. A unique experience on 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.

Anti-ageing Body Wrap

90 minutes

Body treatment that, thanks to the use of organic products, will help strengthen the regenerating process of our organism from the inside out. A top treatment that has been created and developed exclusively by our team of experts - you simply cannot miss out on it.



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 your skin look smooth and radiant.

Anti-stress for men

60 minutes

Designed to meet the specific needs of men'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 as well hydrating effects. Through our carefully selected products an intense massage, we can improve the structure and quality of your skin and tone your facial muscles.

Vitamine 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 skins.

Facial Hygiene

60 | 90 minutes

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

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 look truly shine through!



Talise Rituals

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

Hamman 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 Hamman 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 Hamman, 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. When the treatment is over, 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 really make you feel completely renovated. This ritual consisting of a body exfoliation, a personalized facial and, to finish off, a personalised massage adapted to your needs, will provide you with a deep feeling of overall balance and wellbeing.

Specially for him 120 minutes

A perfect combination of treatments that will make you look at your best at 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 back, neck and head.

Intense Relaxation 90 minutes

Enjoy feeling deeply relaxed by liberating your body and mind. This ritual starts with a body exfoliation using lemon grass and geranium, followed by the 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; the result cannot be other than purifying our organism so that our body recovers the necessary wellbeing. It kicks off 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 aromatic massage, each one of them of 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 in which you visit us. 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 nice meal prepared by our colleagues from Cap Roig restaurant with delicious Mediterranean suggestions.

Be Beauty Ritual 6 hours

This ritual is ideal for those who want to enjoy a day of full of relaxation and pampering. It includes the use 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 restaurant 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 with our spa reception.

Hair detox treatment

60 minutes

Treatment intended to free our scalp from any accumulated toxins and give it the energy it needs to shine vigorously.

* 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 fitness centre is the central space of our Members Club. It has state-of-the-art Technogym equipment and offers yoga, Pilates or zumba, indoor and outdoor classes, with or without a personal trainer.

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 Euro (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.

Spa service in rooms has an additional cost of €60. All in-room spa services are provided by our male staff.







Talise Spa

Tel +34 971 637 810

Email jpstalise@jumeirah.com

jumeirah.com/talise

Jumeirah Port Soller Mallorca, S.L. Reg. Merc. Mallorca: Tomo 2,474, Folio 210, Hoja PM-68300,
Domicilio social: c/ Bélgica 91, apartamento 17, Puerto de Sóller, 07108, Sóller, Mallorca y NIF B- 85498111

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