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## Talise Spa

Relax both body and mind at this wellness centre in Madinat Jumeirah



**Special offer**  
30% off on  
Chinese Medicine  
treatments until  
March 2011.



Talise is more than a spa. It is a destination providing out of this world spa and wellness experiences for the mind, body and soul. A wide collection of relaxing and pampering spa treatments are complemented by our advanced and bespoke science, medicine and evidence based therapies, paired with an onsite pathology lab. All treatments are administered by an expert team of leading traditional and alternative practitioners who are focused on restoring you to the perfect balance. From conventional to homeopathic medicine, from health and nutritional programmes to ayurvedic medicine, and from innovative diagnostics to Chinese medicine – this is all provided in a tranquil, relaxing and luxurious environment at Madinat Jumeirah in Dubai.

### Signature treatment

#### Optimal Wellness Health Assessment

The Optimal Wellness Health Assessment aims to pinpoint exactly how your body is functioning, to help you prevent illness before having to cure it. This features a consultation, blood analysis,

wellness body scan, iridology and diet and menu plan. The Optimal Wellness Health Assessment at Talise (04 366 6818) takes around three hours and costs Dhs599.

#### Spa menu

Talise has a huge range of treatments on offer from massages to therapeutic baths, body wraps and scrubs, facials, full body rituals and concentrated session for hands and feet.

Talise massage treatments start at Dhs495 for an hour, body treatments from Dhs550 for an hour and facials from Dhs495 an hour.

#### What else is on offer?

Talise has a dedicated ladies and men's area complete with:

- ✱ Deluxe double treatment rooms
- ✱ Private personal training gymnasium
- ✱ Yoga studio
- ✱ Hot and cold plunge pool
- ✱ Sauna and steam rooms
- ✱ Showers
- ✱ Wet relaxation area
- ✱ Dry retreat pool

- ✱ International majlis and two ladies semi-private majlis staffed by women
- ✱ Valet parking
- ✱ Vegetarian restaurant
- ✱ Colonic hydrotherapy room
- ✱ Manicure and pedicure rooms
- ✱ Hammam rooms
- ✱ Consultation rooms

### Yoga

Talise, The Spa for Self Discovery, is the perfect place to start practicing yoga. Yoga is therapeutic. It helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment.

Open every day from 9.00am-10.00pm. Talise Spa, Madinat Jumeirah  
To book an appointment call 04 366 6818