



# TALISE DUBAI

An oasis of wellness in a bustling city

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So often in today's fast-paced world of corporate meetings, business lunches, and constant smart phone availability, do we forget the one element of vital importance: our physical and mental health and wellbeing. Fortunately, amid the frantic life of Dubai, the Jumeirah group has created the Talise Spa, a welcomed oasis of repose and tranquility.

Located in the prestigious Madinat Jumeirah property, the Talise Spa—designed as twenty-six distinct rooms in island clusters—offers its guests the definitive solution to wellness. From pampering spa treatments, to health programs and physical therapies, to a new fully integrated medical center complete with cutting-edge diagnostics, within Talise's extensive menu you can be sure to find your ideal remedy.

Central to the Talise philosophy is that no single branch of medicine has all the solutions, but combined and customized to the individual, they encourage holistic wellbeing. This is why practitioners cover both alternative and conventional medical practices, including naturopathy, iridology, psychology, live blood analysis, genetic profiling, and

many more. With the latest state-of-the-art diagnostic tools at their disposal, therapists give preventative guidance as well as treat existing conditions. At Talise, nature and science seamlessly merge to deliver inner harmony.

And if it's true that you are what you eat, then a panacea exists alongside the Talise Spa. Magnolia—the spa-side restaurant serving nutritionally balanced, organic, vegetarian cuisine—offers guests the perfect dietary complement to their spa and wellness experience. Should you need a quick snack before beginning your chosen treatment or a satisfying meal after your intense workout, Magnolia provides an abundant choice of healthy food and beverages.

Ultimately, taking into account the real-life pressures and demands of career, family, and their associated time constraints, the Talise Spa aims to help their guests achieve a lifestyle that optimizes their health and performance both mentally and physically.

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## PERFECT BALANCE ▸ ULTIMATE WELLNESS RETREAT

Beginning in October, the Jumeirah group will offer guests a chance to completely revitalize their lives. Conceived as The Ultimate Wellness Retreat in Dubai, Jumeirah's Bab Al Shams Desert Resort and Spa has partnered with PTX Dubai—the region's leading exclusive personal training service—to create a rigorous seven-day program aimed to renew, rejuvenate, and encourage positive change in the lives of its participants.

This unique retreat will be hosted in the sanctuary of the desert, away from the bustling city, and will combine the best in performance training and physical fitness instruction, healthy dining, pampering, and personal mentoring. PTX, who boasts professional athletes as employees, will manage the course's physical education, while Jumeirah's Bab Al Shams Resort will tend to the pampering and relaxation in five-star fashion.