

TALISE

# Wellness rate card

THE SPA FOR SELF DISCOVERY

Talise consultations	AED
1 Talise Wellness Signature Integrated Consultation	599
Individual practitioner consultations	
2 Integrative Medical Consultation	399
3 Naturopathic Consultation	399
4 Psychology Consultation	499
5 Executive Health Consultation	2,495
6 Life Coaching	499

## Talise spa & fitness

### Therapeutic physical therapies

7 Therapeutic Spa Treatments	
Medicated Massage	495
Acupuncture	295 / 495
Indian Abyamgam Medicated Massage	495
Shirodara	495
Hydrotherapy Treatment	150
8 Colonic Hydrotherapy	495

### Fitness

9 Personal Training	
Personal Gym Training Session	200
Personal Yoga and Stretching Session	385
Power Plate	145 / 200
10 Group Fitness classes	
Beach Fitness, Ocean Water Aerobics	80
Boxercise	80
Yoga Classes / Different Styles and Levels	80
YOGAFIT	80
Breathing and Meditation Classes	80

All prices are in UAE Dirhams and inclusive of 10% Municipality fees and 10% service charge

# TALISE

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Wellness services by Talise Wellness LLC, a limited liability company incorporated in accordance with the laws of the Emirates of Dubai, United Arab Emirates with a share capital of AED 300,000 which is fully paid up of PO Box 73137, Dubai, UAE and which is registered with the Government of Dubai Department of Economic Development with Commercial Registration Number 614101.

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