



TALISE
OTTOMAN SPA

Experience true majesty and grandeur

On the West Crescent of Palm Jumeirah lies Jumeirah Zabeel Saray, a magnificent tribute to the ancient palaces of the Ottoman era. Within this spectacular palace, behind immense and ornately carved doors, awaits Dubai's best-kept secret, Talise Ottoman Spa.

At the heart of this palatial spa is an authentic and spectacular Turkish spa and hammam. Throughout the centuries, the hammam was not only a place for bathing; it was a cultural tradition revered as a focal point for relaxing, meeting friends, associates and celebrating special events. Today, this timeless tradition continues.

Begin a journey of wellbeing which combines the ancient healing philosophies of the Ottomans with unique therapies and luxury. The voyage begins the moment you enter. Following your private consultation, embark on a personal experience that fuses the ancient healing philosophies of the Ottomans with the finest products and unique therapies.

Meander along hushed spa walkways infused with the scent of exotic oils, marvel at the elaborate interiors, the crafted marble, the ornate mosaics and the stunning murals. Enjoy aromatic Arabian teas and spa beverages while you unwind or socialise in the relaxation areas. Within your reach are the finest facilities and dining experiences, providing you with all the benefits of Dubai's most opulent resort.

Our delightful offerings

Talise Ottoman Spa is a world-class spa where we are serious about your experience. In creating our menu of indulgences, we searched far and wide to uncover rare and precious healing ingredients that provide authentic results and benefits.

We sought only products with the highest level of quality and purity and brought back Rose Damascena from the Himalayas, plant extracts and of course, natural ingredients from Arabia that have been inspiring beauty regimes for centuries.

We have assembled a menu that harnesses the power of nature, providing luxurious treatments that are indigenous and result-oriented. Each one calms your senses and provides vital energy. We are the spa of self discovery, a unique destination where you can soothe mind, body and soul.

Talise Signature

Explore a medley of indulgences that have been created for your relaxation and wellbeing. Discover pampering offerings that are deeply steeped in spa tradition, each uniquely imaginative and exhilarating. Thoughtful and generous, culturally connected and exclusive to Jumeirah Zabeel Saray, these signature selections draw upon the healing powers of nature and ancient philosophies. We are confident that you will be delighted with our collection of treatments, carefully chosen for the ultimate experience.

Talise Hammam

A journey into the magnificent

Experience the grandeur and majesty of our Turkish hammam, as you revisit a tradition that has been cherished for centuries. Your journey begins in the magnificent Royal Majlis and upon entering the hammam you will feel the glow of the gentle heat from the marble 'goebektas' as it softens your skin and relaxes your muscles. Wander over to one of the many marble 'kurnas' as our therapist assists you to rinse and prepare yourself for the hammam ritual. This is just the beginning.

Traditional Turkish | 45 minutes - AED 590

Cultural tradition

Begin this authentic body cleansing ceremony in the tranquil ambience of the hammam. Relax and unwind as the gentle heat softens your skin, preparing you for a body exfoliation with a «kese» mitt on our heated stone bed, followed by soap cleansing with hand made olive oil soap.

Coffee Peeling | 60 minutes - AED 645

Your body's 'wake up call'

This is an innovative hammam treatment utilising Turkish coffee which refines and smoothes the skin, leaving it firm and toned. Based on the traditional hammam sequence of exfoliation and olive soap cleansing, the ritual finishes with a full-body coffee peeling to awaken the senses, benefiting the skin and mind.

Royal Ottoman - Talise Signature | 60 minutes - AED 730

Turkish splendour

Relax in the splendour of the hammam as the heat and delicate aromas prepare you for the traditional 'kese' mitt body polish and foam massage. Savour the warm glow from the marble as your hair is shampooed and your scalp is massaged, followed by a moisturising conditioner. Your body then is enveloped in a honey mask to revitalise and moisturise your complexion.

Arabian Rose or Gold Mask Hammam | 60 minutes - AED 645

Ancient tradition

Relive the majestic customs of a traditional Turkish hammam with this deeply cleansing indulgent experience. Begin your journey of self discovery with a 'kese' mitt exfoliation and olive soap cleansing. Drift away on ripples of endless bliss as you experience a purifying rose or gold body mask. Close your eyes and enjoy the nutrients from the mask that start to work their magic and revive your skin. You will be radiantly refreshed with delicate perfume of the Orient.

Talise Facials

Elixir Facial Therapy | 90 minutes - AED 925

A beauty cure by Natura Bisse

Luxuriate in this facial ritual specially created for those looking for a deep cleanse, detox, and purification. Perfect for re-enforcing oxygen and clarity to the skin, leaving it with a radiant, smooth and revitalised appearance. It is the perfect combination between the sense of beauty and restoration.

Margy's Brightness Revealing Facial | 60 minutes - AED 645

Radiance and freshness

This unique facial will help your skin to breathe by moisturising the deeper layer of the epidermis with the Extra Rich Firming Mask and stimulating blood circulation. Your skin will be re-oxygenated with the detoxifying Algae face patches that are massaged into the skin, leaving it refreshed from the inside out with an immediate radiance boost and a natural glow.

The Tailored Experience | 60 minutes - AED 790

The choice is yours by Natura Bisse

Enjoy a tailor made facial ritual, specially created for those looking for all rounded care and well-being. A perfect combination of age defying Mediterranean ingredients, collagen, vitamins and anti-oxidants are carefully chosen to suit your individual requirements. Exclusive massage techniques and nano stimuli will settle the ingredients within the deeper layers of the skin to thoroughly rejuvenate and nurture it. As a result we obtain a more luminous, radiant and firmer skin.

*You can choose between Essential Shock, C+C Vitamin or NB Ceutical Facial.

Life Infusion Ritual* | 90 minutes - AED 1,415

The Ultimate face care by Natura Bisse

Harnessing the science of Skin Age Biomarker, coupled with targeted massage techniques, this skin treatment is a journey of indulgent rejuvenation. It includes the innovative Chromo-Rejuvenating Mask and the ground breaking Magnet Massager which is the ultimate youth elixir. This intensive facial ritual ensures a brighter, firmer and younger-looking skin after only one treatment. These results are achieved by gently restoring the skin's youthful definition, facial contours and reducing the appearance of fine lines and wrinkles.

*Booking must be made with 2 days in advance.

Margy's Stem Cell Illuminating Facial | 90 minutes - AED 1,300

The Ultimate face care by Margy's

The highly concentrated and active ingredients of the Stem Cells Illuminating Facial will stimulate cellular renewal and the circulation, minimizing fine lines and imperfections, brightening the skin and leaving it radiant. The quality of the skin is improved, complexion brighter and pores minimized, leaving the skin nourished, luminous and revitalized.

Talise Massage

Sultan's Massage - Talise Signature | 60/90 minutes - AED 675 / AED 845

Techniques from around the world

Unwind with a thoroughly indulgent massage fit for royalty. This soothing and deeply healing treatment carefully stretches muscles and relieves pressure points. The lingering scent of aromatic elixirs will cleanse your body, mind and soul.

Thai Massage | 60/90 minutes - AED 615 / AED 835

Practiced for centuries

Experts in ancient Thai healing philosophies, our therapists use their hands and feet with yoga stretches, compressions and gentle rocking. Performed on a Thai mat, this dry massage's external stimulation and torque added to the muscular-skeletal system will leave you with increased flexibility and mobility.

Reflexology | 60 minutes - AED 635

Traditional techniques

It is an ancient Chinese pressure point massage of the feet to target reflex zones that correspond to organs within the body. Reflexology stimulates energy meridians, which relax and promote a sense of balanced and reawakened energy.

De-Stress Massage | 90 minutes - AED 825

Allow our therapists to work their magic and ease tension in your muscles with this deeply penetrating results oriented massage. The inclusion of stress alleviating elixirs are used to ensure the effective penetration of the powerful essential oils.

Balinese Massage - Deep Tissue | 60/90 minutes - AED 690 / AED 925

Muscle release

Traditional Balinese massage is a seamless blend of acupressure, skin rolling and firm, smooth strokes that stimulate energy flow and circulation, whilst creating a deep sense of relaxation. An oil blend of energizing elixirs is applied to achieve maximum results.

Mother To Be Massage | 60 minutes - AED 675

Expectant mothers (three months and above)

Give yourself a moment to appreciate the joys of motherhood and allow the stresses and tension to melt away. A safely formulated range of oils will be used to nourish and care for your skin. The massage will relieve and ease the heavy feeling that comes with pregnancy, alleviating an aching back. Finally, end your treatment with a relaxing, rejuvenating scalp and facial massage.

Hot Stone Therapy | 60/90 minutes - AED 685 / AED 925

Ultra-deep relaxation

This ancient healing massage provides the body with ultra-deep relaxation and a renewed sense of vitality. Your therapist will use a sensory blend of essential oils and smooth heated stones to massage away muscle and joint pain, melting away tension and stress. This massage treatment is perfectly designed to promote deep muscle and tissue relaxation, increase metabolism, improve the flow of energy and calm the psyche by alleviating stress and insomnia. You will leave feeling transported to a state of pure bliss.

Bride-To-Be Package | 180 minutes - AED 1,985

The ultimate bridal indulgence

Prepare for your special day with our exquisite Bride-To-Be Spa Package, a harmonious blend of relaxation and rejuvenation. Begin your journey to bridal bliss with a traditional Hammam session, a timeless ritual that cleanses and revitalizes your skin, leaving it radiant and soft.

Next, melt away stress and tension with a soothing massage tailored to your preferences, ensuring you are feeling your absolute best. Our experienced therapists will use their expert touch to ease away any pre-wedding stress, leaving you calm and centered.

Your skin deserves to be its absolute best on your wedding day, which is why we have included a luxurious facial. This treatment will nourish, hydrate, and illuminate your complexion, so you will have that bridal glow that everyone will envy.

But it is not just about pampering your body; we also prioritize nourishing your soul. Our healthy food selection, carefully curated for brides, provides a delightful gastronomic experience that is both nutritious and delicious. We believe that feeling good starts from the inside, and our culinary offerings reflect that philosophy.

Whether you are looking to unwind, revitalize, or simply indulge in some pre-wedding self-care, our Bride-To-Be Spa Package is the ultimate choice. Let us help you look and feel your best as you embark on this beautiful journey to forever.

Luxury Body Treatments

Diamond and Rose Ritual by Natura Bisse | 90 minutes - AED 995

Embark on an exquisite multi-sensory journey with the Diamond and Rose Ritual. The treatment commences with a delicately exfoliating massage, revealing subtle notes of rose, harnessing the benefits of essential oils with powerful regenerating and restorative qualities. Once the massage is completed, the skin is pampered with the application of a finishing product with a smooth, velvety touch, revealing skin that is smoother, softer and more youthful in appearance. This luxurious experience imbues one with a sense of timeless well-being.

Sun Soother by Natura Bisse | 90 minutes - AED 750

The Sun Soother ritual provides the body with a boost of pure Vitamin C. The treatment commences with an exfoliation process which primes the body's skin for optimal absorption of nutrients and minerals. This is followed by the application of a powerful citrus concentrate with age-defying, antioxidant properties, as well as a sumptuous body wrap which provides intense hydration to counteract the effects of sun damaged skin. Finally, the skin receives an additional barrier to protect from dehydration and premature ageing. The result is a rejuvenated, nourished and firm appearance, even from the very first session.

Talise VIP Spa

Rediscover the meaning of togetherness with our spa facility with Sauna, Jacuzzi, Steam Bath and Relaxation Lounge as you take in the stunning view of the soothing marina. Select from our range of packages and unique paired experiences within private suites.

Couples Thai Massage | 90 minutes - AED 1,745

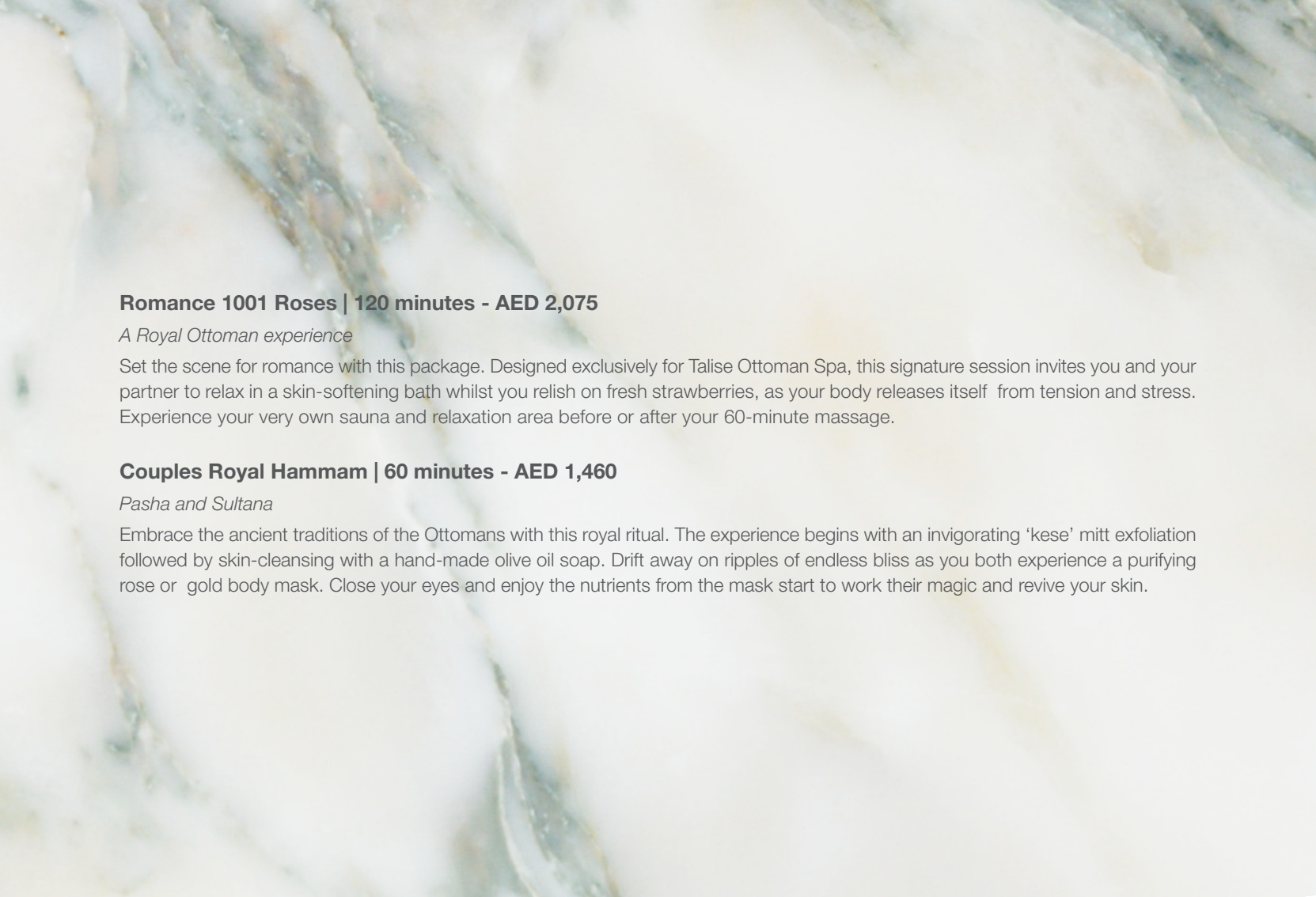
Thai Bodywork - the art of healing

Our expert therapists will use this art of healing, leaving you with extraordinary flexibility and deeply relaxed muscles.

Couples Massage | 60/90 minutes - AED 1,375 / AED 1,745

A luxurious necessity

Relax together and enjoy a side-by-side massage within your own private spa suite.



Romance 1001 Roses | 120 minutes - AED 2,075

A Royal Ottoman experience

Set the scene for romance with this package. Designed exclusively for Talise Ottoman Spa, this signature session invites you and your partner to relax in a skin-softening bath whilst you relish on fresh strawberries, as your body releases itself from tension and stress. Experience your very own sauna and relaxation area before or after your 60-minute massage.

Couples Royal Hammam | 60 minutes - AED 1,460

Pasha and Sultana

Embrace the ancient traditions of the Ottomans with this royal ritual. The experience begins with an invigorating 'kese' mitt exfoliation followed by skin-cleansing with a hand-made olive oil soap. Drift away on ripples of endless bliss as you both experience a purifying rose or gold body mask. Close your eyes and enjoy the nutrients from the mask start to work their magic and revive your skin.

Family Revitalizing Retreat

Unwind as you introduce your little one to world of aromatic scents, healing crystals and a relaxing experience at Talise Ottoman Spa. Enjoy a spa bonding and memorable moments with us as you and your precious one choose from our exclusive selection of treatments that will release tension and rejuvenate the body.

Tranquility moments with Mom or Dad | 45 minutes - AED 880

Soothing freestyle massage uses Lavender oil that can assist in relaxation, channeling of emotions, energy and eases muscular pain and tension.

Radiance Facial by Sodashi with Mum or Dad | 45 minutes - AED 880

Using chemical free products from Australia, this gentle facial entails cleansing, light exfoliation and a relaxing face massage that naturally hydrates and brings back the skin's radiance and glow.

Wellness Rituals & Therapies

Ottoman Opulence | 150 minutes | Wellness Ritual - AED 1,390

An experience that blends Oud, Frankincense and Rose complimented by authentic techniques to relieve stress.

Holistic Healing | 135 minutes | Wellness Ritual - AED 1,150

Deeply meditative treatment, which aligns the body's seven main Chakras through a mindful body exfoliation, fluid combination of massage, specific essential oil blends and healing crystals.

East Meets West Rejuvenation Ritual | 135 minutes | Wellness Ritual - AED 1,150

A sensory experience designed to influence the mind, body and spirit using ancient healing massage techniques from Thailand, Indonesia and Australian healing stones and crystals.

Soothing Chakra Body Treatment by Sodashi | 80 minutes | Wellness Therapy - AED 750

Focusing on the 7 Chakra energy points in our body, the soothing body treatment incorporates ancient long fluid massage techniques, healing benefits of crystals and the aromatic calming effects of essential oils that focuses on balancing the energy and body.

Relaxing Crystal Massage by Sodashi | 80 minutes | Wellness Therapy - AED 750

An indulgent full body massage that uses Australian palm stones and plant essences with specialised massage techniques focusing on releasing tension and stress to help the body achieve harmony and balance.

Rosequartz by Sodashi | 80 minutes | Wellness Therapy - AED 830

Tailored to individual's skin needs; hydrating facial deeply cleanse, nourish and tone the skin by using 100% natural products with an intensive boost of nature's most potent vitamins and minerals. It incorporates an exclusive Rosequartz crystal face massage and warm thermal face mask to soothe, replenish and give the skin nature's natural lift.

Spa combination packages for you

Discover an enriching menu designed to enhance your personal journey with us.

Foot Massage | 30 minutes - AED 345

Pamper dry skin with an exfoliation and nutritive cream massage application.

Scalp Massage | 30 minutes - AED 365

A therapeutic treatment, helping to release stress and tension, improving sleep, stimulating and improving hair growth

Back, Neck, & Shoulder Massage | 30 minutes - AED 395

Drive stress and tension out of your busy life with a 30-minute massage that focuses on the tissues and muscles in your back, neck, shoulders and scalp.

Margy's Initiation Facial | 30 minutes - AED 395

Bring back your skin's natural glow with a concentrated and reinvigorating facial inclusive of a cleanse, gentle exfoliation and a relaxing face massage.

Talise Enhancements

Enjoy your treatments with additional features of your choice: Deep Conditioning Hair Mask AED 65 and Margy's Face Lift Collagen Mask Face AED 245.

*Terms and conditions: Discounts not applicable. Treatments cannot be substituted.

Operating Hours

Fitness Centre: 6.00am - 10.30pm | Spa: 9.00am - 9.30pm

Arrival

To ensure your time with us is an enjoyable and seamless experience, we ask you to arrive at Talise Ottoman Spa a minimum of 30 minutes ahead of your scheduled time. If you wish to take advantage of our extensive facilities we invite you to arrive one to two hours prior to your appointment.

Late arrival

As a courtesy to other Guests, late arrivals will result in reduced treatment duration.

Cancellation policy

If you need to reschedule or cancel your spa appointment, please notify the spa at least 6 hours in advance to avoid being charged for the service. Cancellation of a package, group booking or ritual requires 24 hours prior notice. Late notice or 'no show' is subject to 50% cancellation fee from total treatment price.

Reservations

Advance bookings are always recommended to guarantee your preferred treatment and time. The spa policy requires providing valid credit card details or cash deposit to secure any of your appointments with us. Reservations will not be secured if such are not provided.

Valuables

We strongly urge guests to keep all valuables at home as Jumeirah Zabeel Saray, Talise Ottoman Spa and Jumeirah Group will not be held responsible for any missing items.

Medical concerns

Please notify the spa reservation team before booking any treatment if you have any physical ailments, allergies or disabilities, or are taking any medication and in case of pregnancy.

Pregnancy

Hamмам is not advisable for expectant mothers. Kindly mention if you are expecting when making your reservations as an alternative treatment such as Mother-to-be will be advised to ensure the health & wellbeing of both mother and child.

Spa attire

Your modesty will be respected at all times. Disposable underwear is available if desired. Loose clothing is provided for Thai massages, as are robes, slippers and peshtemals for your comfort. Please bring your own bathing suit if you wish to use the Thalassotherapy pool or any of our extensive facilities.

Spa ambience

Talise Ottoman Spa is a tranquil environment for everyone to enjoy. As a courtesy to our other guests, speak in a hushed tone and place your phone on silent within the spa and its surrounding areas.

Age requirements

All spa guests must be 16 years of age and above.

Gift certificates

Gift certificates are available from our Spa Concierge team and can be personalised to monetary or treatment value. They are the perfect gift for any occasion.

**All prices are inclusive of 10% PCFC fees, 10% service charge and 5% Value Added Tax.

Talise Retail

A vital part of the spa experience is the opportunity to re-create a spa regime at home. Our retail space provides all of the high-end professional spa products used during your treatment. Our spa specialists will discuss your homecare wellness needs following your spa journey..

In addition our retail space offers a wide range of spa amenities, candles and gift sets.

We welcome you to visit Talise Retail today.

Private Personal Training

Our fitness professionals will curate a one-on-one exercise program individualised for you, beginning with an individual goal assessment and warm up. The session continues with a combination of resistance and cardiovascular training using the latest techniques, with an emphasis on proper technique and form. Our goal is to instil a greater understanding of how to attain your health and fitness goals safely and effectively.

Private Couples Personal Training

All the attention and uniqueness of private personal training designed for two people. Great for couples looking to work out together with the assistance of our fitness professional.

Private Group Personal Training

Group of 4

Group of 8

Private group exercise classes are a unique opportunity for your group to receive personal exercise instruction in any of the classes offered at our centre. They must be pre-booked to meet your schedule requirement. Great for families or friends traveling together.



Jumeirah

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