

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 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.

# Our Delightful Offerings

Talise Ottoman Spa is a sanctuary of serenity and self-discovery, an immersive space where every moment is an invitation to reconnect with your inner self, awaken your potential, and experience a profound sense of balance and harmony.

Rooted in ancient wisdom and refined with modern therapeutic techniques, our nourishing treatments offer a deeply restorative mind-body journey. Each experience is thoughtfully crafted to calm the senses, and cultivate inner peace.

Our expert practitioners bring a depth of knowledge and intuitive care, guiding guests toward renewed physical vitality while nurturing emotional and well-being. Every touch, every detail, is attuned to the unique needs of each individual, leaving feeling empowered, energized and inspired.

# 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.

# Hammam



# Talise Hammam

## **A journey into the magnificent**

Experience the grandeur and majesty of our 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 - Starting From 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 body exfoliation with a «kese» mitt on our heated stone bed, followed by soap cleansing with handmade olive oil soap.

## **Royal Ottoman - Talise Signature | 60 minutes - Starting From 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 is then enveloped in a honey mask to revitalise and moisturise your complexion.

## **Couples Royal Hammam | 60 minutes - Starting from 1460**

### *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.



# Performance

We believe that you have limitless potential.

At Talise, we combine the expertise of our specialists with the latest technology to enhance your bio-cellular performance resulting in the optimal you.



# High Performance *Facial*

## **Luminance Facial | 90 minutes - Starting From AED 1,300**

Discover our latest personalised facial treatment, designed to revitalize and intensely moisturise your skin. The customised elixir, rich in precious active ingredients to stimulate cell regeneration and deeply moisturise, firm, and illuminate the skin. The collagen mask will be applied to enhance skin firmness and smoothness, harnessing collagen's well-known anti-aging properties diminish fine lines wrinkles.

## **Margy's Stem Cell Illuminating Facial | 90 minutes - Starting From 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 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.

# High Performance *Massage*

## **Reflexology | 60 minutes - Starting From AED 640**

### *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.

## **Balinese Massage - Deep Tissue | 60/90 minutes - Starting From AED 690 / AED 930**

### *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.



# Intention

We believe you deserve intentional rest. Our treatments are customized to your individual needs so you can find joy in moments of inner stillness. This harmonious form of self-care is the perfect way to balance body and mind while finding gratification within.

# Intention

## *Massage*

### **Sultan's Massage - Talise Signature | 60/90 minutes - Starting From AED 680 / AED 850**

*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.

### **Mother To Be Massage | 60 minutes - Starting From AED 680**

*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.

### **De-Stress Massage | 90 minutes - Starting From AED 830**

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 is used to ensure the effective penetration of the powerful essential oils.

### **Couples Massage | 60/90 minutes - Starting From AED 1,380 / AED 1,750**

*A luxurious necessity*

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

# Intention

## *Wellness Rituals & Therapies*

Immerse yourself in a mindful journey with our intimate group classes, limited to just 10 participants for more personalised and focused experience. Guided by our certified and highly experienced yoga instructors, each session takes place in a serene, spa-exclusive indoor studio designed to cultivate inner balance and holistic well-being. Advanced booking is required to ensure your space and allow us to tailor the experience to your needs.

### **Yin Yoga | 60 minutes - AED 125**

A slow meditative practice where poses are held for several minutes to stretch deep tissue and promote relaxation.

### **Sound Healing | 60 minutes - AED 125**

A deeply relaxing experience that uses soothing vibrations from instruments like singing bowls to calm the mind, release tension, and restore inner balance

### **Vinyasa Yoga | 60 minutes - AED 125**

A dynamic practice that links breath with movement, flowing smoothly from one pose to the next to build strength, flexibility, and focus.

### **Meditation Yoga | 60 minutes - AED 125**

Combines gentle movement with mindfulness and breathwork to quiet the mind, reduce stress, and promote inner peace.

### **Personalised Yoga Session | 60 minutes - AED 400 for Individual | AED 600 for Couple**

Reconnect with yourself through personalised one-on-one sessions in Yin Yoga, Sound Healing, Vinyasa Yoga, or Meditation Yoga. Designed to meet your unique needs and deepen your wellness journey.

### **Spa Facilities | AED 350**

Extend your wellness ritual with full access to our restorative spa facilities, including the steam room, sauna, Jacuzzi, snow room, and our signature Thalassotherapy pool. Designed to elevate your relaxation and rejuvenation.





# Empower

We believe in creating an environment where you can feel empowered. By blending intuitive healing techniques with powerful natural formulations, our practitioners will help reconnect you with your sense of self and guide you on a path toward renewed strength and vitality

# Empower

## *Facial*

**Margy's Stem Cell Illuminating Facial | 90 minutes - Starting From 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 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.

## *Massage*

**Thai Massage | 60/90 minutes - Starting From AED 620 / AED 840**

*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.

**Ancient Hot Stone Therapy | 60/90 minutes - Starting From AED 690 / AED 930**

*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.



# Enhancement

Express experiences to enhance your  
Talise journey.

# Enhancement

## **Ice Bath | 15 minutes - AED 175**

Revitalize your body and mind with an ice bath, a powerful cold therapy that boosts recovery, enhances circulation, and leaves you feeling refreshed and energized. Required to book 24 hours in advance.

## **Foot Massage | 30 minutes - Starting From AED 350**

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

## **Scalp Massage | 30 minutes - Starting From AED 370**

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

## **Back, Neck, & Shoulder Massage | 30 minutes - Starting From AED 400**

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 - Starting From AED 400**

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

## **Deep Conditioning Hair Mask Starting From AED 65**

# Talise Couple

Rediscover the meaning of togetherness with our spa facility including 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 Massage | 60/90 minutes - Starting From AED 1,380 / AED 1,750**

*A luxurious necessity*

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

## **Romance 1001 Roses | 120 minutes - Starting From 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 - Starting From 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.

# 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.

## **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 require 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 recommend to arrive one to two hours prior to your appointment.

## **Late Arrival**

To ensure a serene and uninterrupted experience for all our guests, we kindly advise that late arrivals may shorten your treatment time.

## **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.

## **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**

# JUMEIRAH

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