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.