

T A L I S E  
O T T O M A N S P A

MENU

# Talise Ottoman Spa & Wellbeing

Welcome to Talise Ottoman Spa, a place to 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 well-being 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.

# Talise Hammam

Step into the heart of luxury with our beautifully designed Ottoman-inspired Hammam at Talise Ottoman Spa, where intricate architectural details and tranquil surroundings come together to create a holistic experience of renewal and relaxation.

## Royal Ottoman - Talise Signature

60 minutes | Starting from AED 780

### *Turkish Elegance*

Relax in the elegance 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 hydrate your complexion.

## Traditional Turkish

45 minutes | Starting from AED 650

### *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 and a hair shampooing and moisturising ritual.

# Talise *Hammam*

## **Orange Blossom**

45 minutes | Starting from AED 610

### *Fruity and Detoxifying*

Experience the detoxifying benefits of the citrus Hammam, using a triple exfoliation with Kese Mitt oriental technic. Featuring an invigorating orange and pineapple scrub. Designed for enjoyment in the shared hammam space.

## **Tropical Bloom Scrub**

45 minutes | Starting from AED 550

### *Suitable for younger audience, 12yrs and above*

Designed for younger skin, this gentle treatment offers a refreshing twist on the traditional hammam. A pineapple exfoliation smooths and brightens without the use of a Kese Mitt glove - ensuring a soft, soothing experience. Perfect for a natural, healthy glow.

# High Performance

## *Massage*

### **Swiss Silhouette**

Full body 90 min - One zone 30 min (series available) | From AED 1,200

### *Shaping*

Awaken your senses and sculpt your body's contours with this very special treatment. It unites the ancient healing tradition of maderotherapy, a holistic technique utilizing specially crafted wooden tools, together with mindful massage movements expertly linked to Cell Shock Body products. It will firm, shape and sculpt your arms, legs and stomach while instilling within you a feeling of wellbeing.

### **Muscle Recovery Ritual**

90 minutes | Starting from AED 950

### *Body Repair & Recovery*

Flowing, rhythmical and firm; this back of body massage was created to assist in releasing the overworked muscles of the body from their tense & tightened position. Helping to alleviate aches & stiffness while also improving circulation.

# Empower

## *Facial*

### **Margy's Brightness Revealing Facial**

60 minutes | Starting from AED 850

#### *Glow 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.

### **Luminance Margy's Facial**

75 minutes | Starting from AED 1,300

#### *Longevity and Lifting*

Discover our latest personalized facial treatment, designed to revitalize and intensely moisturize your skin.

The customized elixir, rich in precious active ingredients to stimulate cell regeneration and deeply moisturize, 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 to diminish fine lines and wrinkles.

### **Sublime Youth Infusion**

120 minutes | Starting from AED 1,700

#### *Complete Skin Renewal*

Treat mature skin to a well-deserved cellular refresh and a sensorial delight. Harnessing the power of plant stem cells and fermented Swiss honey, the treatment taps into epigenetics to activate sirtuins, also known as "longevity proteins." Promoting DNA repair and providing balance to counter hormonal fluctuation during menopause, it essentially fends-off the signs of aging.

In concert with our Signature Face Sculpt Massage, the treatment will have a complete renewal effect.

# Talise Advanced *Massage*

## **The Restorative Ritual**

90 minutes | Starting from AED 920

*For the Face, Neck, Head & Scalp*

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on releasing tension in the face, neck, décolleté and scalp.

## **The Cleansing Ritual**

90 minutes | Starting from AED 920

*To Encourage Gut Harmony*

With the intention to move our system into the state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs.

# Talise Advanced

## *Massage*

### **The Wandering Ritual**

120 minutes | Starting from AED 1,100

*Ideal for Burnout - Includes Abdomen, Face, Neck & Ears with Marble Stone & Gua Sha Massage Techniques*

Reconnect deeply with the wanderer within, the Vagus Nerve, our inner source of sincere wellbeing. This holistic approach to hands on massage creates a safe space to attune to our innate gut intuition and create a renewed connection to our inner self.

# Talise advanced *Women's Health*

## **The Comforting Ritual**

60 minutes and 90 minutes with face Gua Sha and scalp massage

Starting from AED 720 / AED 920

## *Mother-To-Be Ritual*

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows throughout pregnancy.

## **Perfect Décolleté**

60 minutes | Starting from AED 950

## *Firming and Lifting*

Designed to give your décolleté a feeling of renewed firmness and vitality, this treatment combines draining and lifting movements to stimulate blood and lymph circulation and help eliminate accumulated toxins and tension.

# Talise Signature *Facial*

## **The Biome Facial**

60 minutes Ground | Starting from AED 800

*Soothing and supporting Skin Barrier (suitable for teens 12yo and above)*

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

## **Swiss Smart**

90 minutes | Starting from AED 1,100

*Tailored Treatment, first sign of aging.*

The ultimate self-care option: this is all about you, and only you. Fully personalized, it is a smart and fast way to look your individual best. Whether you are concerned about oil control, pigmentation, sensitivity, dehydration, your priorities will be skilfully addressed thanks to an entire menu of boosters and masking options.

## **Pro-Recovery Treatment**

90 minutes | Starting from AED 1,100

*Healing & Repairing*

This barrier-boosting treatment is designed for sensitive, stressed skin and those preparing for or recovering from aesthetic procedures. Infused with multi-peptides and bio-activated Aloe vera, it supports faster recovery and enhances results. By addressing inflammation, glycation, and cellular health, it elevates your skincare routine to a restorative experience.

# Talise Signature *Massage*

## **The Grounding Ritual**

90 minutes | Starting from AED 920

*Soothing Mental Anxiety and Stress*

This specialized massage treatment creates the perfect space to connect with your body's natural ability to self-repair and re-align. Experience a deep sense of replenishment and grounding, leaving you restored and in harmony with your body.

## **The Sleep Ritual**

90 minutes | Starting from AED 920

*Ideal for Insomnia & Physical fatigue*

This ritual was especially developed to guide the mind and body into deep slumber.

Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in.

# *Couple*

## **Romance 1001 roses**

120 minutes | Starting from AED 2,080

### *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 1,330

### *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 Signature

## *The Add-ons*

### **Eye Focus**

+30 minutes | AED 400

#### *Smooth and Decongest*

Complete your treatment with a focus on the orbital eye area. Refresh, renew and rejuvenate your eye contour to reveal a brighter.

### **Scalp Massage**

+20 minutes | AED 250

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

### **Body Polish**

+30 minutes | AED 380

A revitalizing Himalayan salt body polish, expertly performed prior to your chosen treatment. This luxurious exfoliation gently removes dead skin cells, stimulates circulation, and leaves the skin silky-smooth and radiant.

### **Ice bath**

+15 minutes | AED 175

Experience the rejuvenating power of cold therapy. This treatment reduces muscle tension, speeds up recovery, and revitalizes your body and mind for a fresh, energized feeling. Perfect after exercise or anytime you need a refreshing reset.

# Wellbeing

## **Fitness & Membership**

Discover a refined wellness experience on the iconic Palm Jumeirah with our exclusive Lifestyle Memberships, designed to suit every stage of your wellness journey.

Choose from our Silver, Gold, Platinum, and Diamond tiers, each offering a carefully curated selection of privileges. These include premium gym access, rejuvenating spa experiences, private Pool and Beach access, and personalised wellness services.

*For enquiries or to arrange a personalised consultation,  
please contact +971 55 871 3503 and our Membership Team will be  
delighted to assist you.*

## **Fitness & Yoga Experiences**

Elevate your wellness journey with personalised training led by our expert coaches. Each session is thoughtfully designed to support your goals while delivering results in a sophisticated setting.

Individual Personal Training – AED 350

Couples Personal Training – AED 500

Group Classes – From AED 125

Where fitness meets elegance, and wellness becomes a lifestyle.

# Talise Spa

## *Etiquette*

### **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.

# Talise Spa

## *Etiquette*

### **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 to use facilities.

### **Gift Certificates**

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