



## Dubai's Must-visit Hammams

Beauty baths for any budget.

Popular since the 14th century, and also known as Turkish baths, hammams were originally a social activity to be undertaken en masse to deep-clean before prayer. Seeing their potential as an exciting and effective addition to a desert-dweller's beauty routine, spas and salons in Dubai have reinvented the ritual to become a super-charged skin detoxing and smoothing treatment.

While they may all have in common the familiar cycle of being scrubbed, rinsed, and then scrubbed again, the hammams below each have something special that makes the local devotees' regular return visits completely worth it.

### One&Only Oriental Hammam

Those looking for the royal treatment need look no further than the One&Only Royal Mirage's stand-alone hammam spa, complete with individual and group treatments, all beneath a stunning mosaic stained-glass ceiling. It may be one of the more high-end options, frequented by both local and international celebrities, but that doesn't stop your therapist from getting downright vigorous in scrubbing every last inch of exposed skin. It's a marathon session, featuring multiple trips to the steam room and a surplus of scrubs, rinses and eucalyptus-scented clay treatments, plus a creamed honey face and hair mask that smells good enough to eat, but the smooth, glowing skin that follows is undoubtably worth it.

*Jumeirah Beach Road, Dubai*  
*+971 4 399 9999*

### Tips & Toes

With five different hammam options, the Tips & Toes spa menu traverses from the tried and tested Moroccan hammam, using the traditional black soap and intense exfoliation and starting from just 300 dihras, to the luxe Imperial Ritual, which incorporates a heavy-handed application of honey to further the purification process, while leaving skin soft and smooth. While the salon doesn't have all

the bells and whistles of a big hotel's spa facilities, the smiling staff and prettily tiled hammam room are fully up to scratch and perfect for beginners looking to get an affordable taste of the famed Arabic treatment.

*Various locations across Dubai*  
*+971 4 399 0550*

### **Saray Spa**

Deep within the world's tallest hotel, the JW Marriott Marquis, hides a wonderfully secluded and instantly relaxing spa, with its traditional-style hammam at the heart. With five options to select from, the Saray Golden Hammam sets the bar for luxury treatments, combining a thorough black soap cleansing with a gold clay and myrtle body wrap, a golden Arabian honey facial mask and a slow and purposeful massage using 24 carat gold-infused oil. It's not as rough and tumble as other hammams, instead clients are gently scrubbed, rolled and stretched with a tender touch for a refreshing change of pace.

*JW Marriott Marquis Dubai, Sheikh Zayed Road*  
*+971 4 414 6754*

### **Talise Ottoman Spa**

Looking for a full day spa experience? We wouldn't be lying if we said half the appeal of Talise Spa is the luxurious relaxation area and facilities, featuring idyllic water features, a gorgeous pool area with private seating areas for small groups, and an all-encompassing sense of calm. The hammam treatments are also a cut above. The exclusive Coffee Peeling treatment uses Turkish coffee for extra body-pumping exfoliation, and will leave you feeling toned and taut, floating back to The Palm in a blissful (but perky!) haze.

*Jumeirah Zabeel Saray, Palm Jumeirah*  
*+971 4 453 0456*

### **Al Asalla Spa**

Housed in Dubai Ladies Club, Al Asalla offers an authentic hammam experience, right down to the unique Arabic rasul therapeutic mud treatment optional add-on. With three Moroccan tiled bath chambers and eight different rituals – each tackling a different skin concern, this women's only hammam is an everyday treat for Emiratis and expats alike.

*Dubai Ladies Club, Jumeirah Beach Road*  
*+971 4 3449445*

### **Abeer Beauty Spa**

An Ottoman-style hammam, female guests will enjoy their own private marble-topped 'bathing slab' and a more traditional sequence of the steam, cleanse, scrub ritual, with attendants pouring warm water from brass jugs directly over your head to wash away scrubbed off dead skin. The usual African black soap is swapped for an herbal-scented Turkish bar in this cheap, but cheerful 90 minute treatment.

*Utamah Villa*  
*+971 4 380 8703*