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The Perfect
Escape

Sohum Wellness Sanctuary welcomes TAAMA restaurant

📅 Mar 25, 2025



Boss Moves. Bold Flavours.

VIDA

Located in Al Qouz, TAAMA offers a mindful focused menu.

TAAMA restaurant has opened in [Sohum Wellness Sanctuary](#), and prides itself on offering mindful eating. Located in Al Qouz, Dubai, it is a serene spot in the heart of the city.

TAAMA aims to fill your stomachs as well as your souls. Founded by holistic expert, Tanya Mansotra, the restaurant has been created with passion and dedication. The

concept celebrates nature and aims to encourage relaxation.

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At TAAMA, guests can enjoy plant-based dining, which is rooted in wellness at its core. Executive Chef Fabienne Saroufim is behind the menu, which draws inspiration from her studies of molecular gastronomy. She has approached food as both a science and an art form, and uses an open-flame approach.

Artichoke Spread comes with spices, mutabbal, hibachi grilled skewer and lime. Lion’s Mane is slow-roasted over the open fire to create a smoky richness. The non-alcoholic cocktails have been created with Lyre’s. The list includes Al Cozy, a nod to the Al Quoz location, and Crown Bliss, a butterfly pea tea. Plus, the ingredients span Ayurvedic properties and have wellness attributes.

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In 2024, Sohum Wellness Sanctuary opened. The centre combines ancient wisdom and spiritual practices. Drawing inspiration from



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Indian spirituality, the concept is based on the Sanskrit mantra Sohum. The team's mission is to help guests find balance in their body, mind, and spirit.

Sohum Wellness Sanctuary offers a range of treatments, which include bespoke offerings that cater to the unique needs of guests. Plus, the venue will be home to world-class amenities including state-of-the-art therapy rooms, wellness rituals, and a shop with exclusive products.

TAAMA is open now.

Check in with FACT for the best things to do in Dubai.

GO:

Visit <https://sohumwellness.ae> for more information.

What's your reaction?



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HAPPY

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SILLY

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Kohinoor Sahota - Editor

A sucker for a good story, if you invite Kohinoor to a gallery, comedy night, new restaurant, hiking trip, cycle ride, pool day or just about any activity, she'll probably say yes – that is if she isn't busy planning her next adventure.



Food

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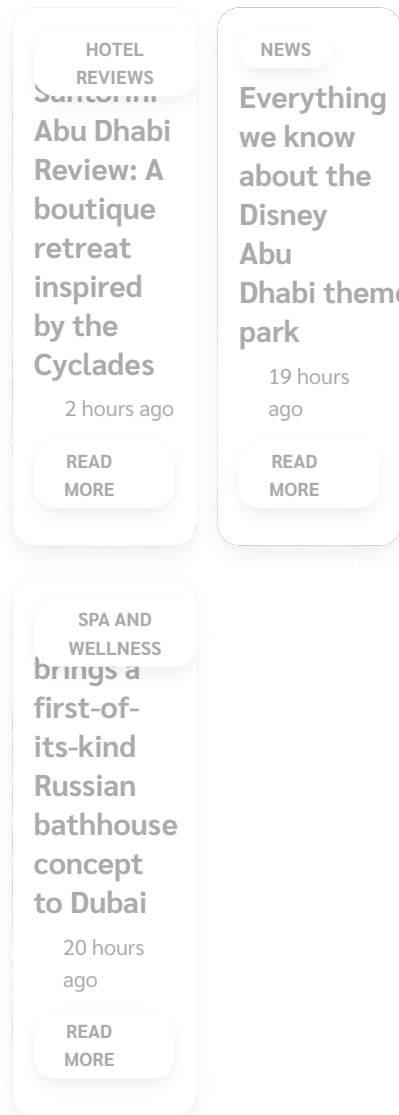
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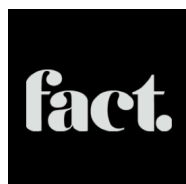
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