

Maryam rises at 6am to sneak in a workout before her family gets up



FITNESS, FASHION & FAMILY

Fitness guru Maryam Fattahi Salaam opens the doors to her contemporary family home

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Maryam home embraces clean lines and neutral colours

“With beautiful, modern interiors and a central location, we’ve found the perfect urban experience.”

MARYAM FATTAHI SALAAM



Maryam loves the blend of vintage and modern accents in her home



Maryam’s family iPhone snaps taken with the Hipstamatic app



The Saarinen oval marble-top dining table is the heart of the home

When Maryam Fattahi Salaam is at home, you’ll usually find her sitting at one of the chic black Eames armchairs that are dotted around the huge Saarinen oval marble-top table in her dining room. It’s here where the busy mother-of-two snatches rare family time over lovingly prepared meals, and it’s the veritable heart of her sprawling open-plan home in Rolex Tower on Sheikh Zayed Road.

“My day officially begins when my husband and my boys Ali, 5, and Rashid, 2, sit down for my newly-created family tradition: our ‘family breakfast.’ With two young children and busy work schedules, it doesn’t last too long but I cherish those fifteen minutes when the four of us start our day together,” says Maryam. The beloved table is also where Maryam’s day ends, over a home-cooked meal discussing the day’s events with her husband Talal, 31. “Life goes by fast and you need to take a little down time like enjoying a delicious home-cooked meal in great company,” she says.

It’s a thoroughly modern family dynamic for the former lawyer-turned-fitness-enthusiast, who is set to open Physique 57 fitness suite in Dubai, but one that is firmly rooted in ►



Maryam's husband's photographs adorn the walls of the family home



Maryam's tastes are inspired by summers spent in France



Both Maryam and her husband are photography enthusiasts



Her children's baby books are among Maryam's most treasured books



Maryam's antique wooden chairs were passed down from her grandfather

tradition. And it's this unique blend of contemporary functionality and traditional family values that first attracted Maryam to this stunning 42nd floor apartment. When she moved back to her Dubai birthplace, the former New Yorker was in search of an urban family dwelling that could provide a big city feel with the functionality of a suburban home. She found it in this Rolex Tower apartment – designed by Skidmore, Owings & Merrill of Burj Khalifa fame – which she describes as “my family's beautiful yet functional haven.”

“My husband and I were in search of the same urban experience we had in the US when we moved back to Dubai. Rolex Tower was the perfect answer with its beautiful modern interiors and central location,” says the 30-year-old. “I have always wanted a home where children can live happily and grow, and we have found that here. With a light and open

layout, and gorgeous views of the Arabian Gulf and Jumeirah, where my husband and I were raised, the boys truly feel on top of the world.”

Despite the modern layout and design, Maryam infuses her home with accents of historical and cultural significance. “The style of our home is warm and modern, with clean lines, and neutral colours like taupe and cream, with infusions of prints and colour in blues and greys,” she says. “But I love the depth and history antique pieces bring, so you'll find many vintage elements, too.”

This depth and history permeates the living space: the green Lalique Bucolique vase Maryam's grandmother gifted the couple for their first home; a set of wooden antique chairs bought by her grandfather when he was a student in England and bespoke carpets commissioned from her native Iran. A fierce patriot, Maryam's Iranian heritage can be seen

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throughout, but never more so than her collection of unique Iranian artwork.

A favourite piece is a painting of a young Iranian woman on the streets of Tehran, by Iranian artist Daryoush Gharahzad – the first artwork Maryam acquired with her husband at a Christie’s auction. “I connected with this piece when I laid eyes on it,” says Maryam. “With her hair covered and her modest dress, this young woman’s heavily made-up face is the only part of her body on show; the only thing she has to use as an outward form of expression. The message is a powerful one – nothing can or will stop the youth of Iran.”

And Maryam is a case in point. With a burgeoning fitness career (and a perfectly toned body, thanks to 6am workouts), an envy-inducing home and a picture-perfect family, she is a truly remarkable woman. But, she says, it’s her husband Talal, a photographer whose works adorn the walls of the family home, who inspires her. “I am in awe of his photography talents and so proud of his works.” We’re sure the feeling is mutual. ■

Maryam’s apartment is on the 42nd floor of Rolex Tower