

WELL-BEING

SPAS Paradise in Paris

Need a little rest and recovery to bolster your defenses before winter arrives? Try our selection of central Paris spas for yourself or as a gift. s.c.

My Blend by Clarins

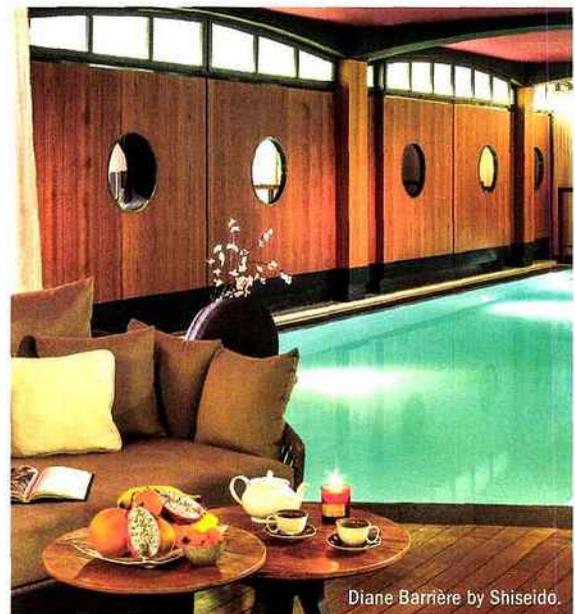
MY BLEND BY CLARINS *Personal skin service*

Home to the city's largest palace hotel swimming pool (23 meters long!), My Blend by Clarins Spa at the Royal Monceau-Raffles Paris is a white paradise of dazzling mirrors designed by Philippe Starck where dreams come true, and luxury is synonymous with intense pleasure. Along with saunas and Turkish baths, a bar and seven treatment cabins, this 1,500 sq.m. spa benefits from a fitness space with high-tech equipment plus a personal coach service. Each treatment from Clarins and My Blend – the cosmetics range founded by Olivier Courtin in 2007 – delivers targeted action for your physical and emotional well-being. A blend of creams produced on site and tailored to each client's specific skin needs, "My Blend, My Beauty", available exclusively at Royal Monceau, is an ultra-personalized facial treatment made according to the My Blend protocol. The ultimate in personal skin care.

■ Spa My Blend By Clarins. Le Royal Monceau-Raffles Paris. 37, avenue Hoche, 8th. Tel. 01 42 99 88 99. www.leroyalmonceau.com

DIANE BARRIÈRE BY SHISEIDO *Qi with a high IQ*

One revolutionized modern hotel services by creating the first French resorts; the other tapped into research and pharmacopoeia to transform Japanese cosmetics. Both have a shared affection for boldness and perfection. So how could the offspring of the Hôtel Barrière- Le Fouquet's and Shiseido be anything but excellent? Méthode Qi is exclusively available at 46, avenue George V, in the Diane Barrière spa by Shiseido. Inspired by Shiatsu massage, in which finger pressure



Diane Barrière by Shiseido.

is applied to balance the body's energy, the Qi Shiseido method combines these age-old practices with perfumed products and warm, moist towels. After a 30- or 120-minute session for the body or face, tension and fatigue melt away, leaving you feeling totally refreshed.

■ Spa Diane Barrière by Shiseido - Hôtel Barrière Le Fouquets. 46, avenue George V, 8th. Tel. 01 40 69 60 00. www.hotelsbarriere.com



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Spa Nolinski by La Colline.

SPA NOLINSKI BY LA COLLINE

Swiss expertise in Paris

The Hôtel Nolinski, a former town house that opened in the middle of summer, close to the Palais Royal, enjoys as charming a setting as you could wish for. Its spa – a cozy boudoir equipped with three treatment cabins, swimming pool, Turkish bath and sauna – fits snugly into its surroundings. Partnered with the Swiss brand La Colline, it offers an artful mix of technical prowess and relaxation for pampering perfection. To celebrate this alliance, Nolinski and La Colline have developed a two-hour-twenty-minute “Rituel Signature” which includes an infusion and footbath, sauna, back-sculpting, volcanic hot stone treatment and hand and feet reflexology. A new space to discover without delay!

■ **Spa Nolinski by La Colline. 16, avenue de l’Opéra, 1^{er}.**
Tel. 01 42 86 10 10. www.nolinskiparis.com

AQUAMOON

Lunar luxury

An enchanting spa, Aquamoon is devoted to honing your beauty and enhancing your well-being. Equipped with ten cabins, plunge pools, sauna and Turkish bath, it offers massages with irresistible names including “Voyage Merveilleux” (Wonderful Journey), a thirty-minute sculpting treatment in a multi-sensory immersion cabin complete with images of earthly paradises projected onto a giant screen. These well-being services are matched by a wealth of figure-tweaking programs, from the LPG Cellu M6 treatment to Softmesology, four original sessions over three days combining serum action with SoftmesoLab light therapy. A unique experience in Paris.

■ **Aquamoon. 19, place Vendôme, 1^{er}.** Tél. 01 42 86 10 00. www.aquamoon.fr

LE SPA 28

Nature in central Paris

Hidden away at the heart of Saint Germain des Prés in the vaulted cellars of an 18th-century building, Spa 28 is a mysterious but highly sought-after address. Here, water has truly therapeutic properties and each treatment is preceded by a relaxation session in the swimming pool, which also benefits from a Jacuzzi, Turkish bath, jet showers and counter-flow swimming lane. At Spa 28, where the customer is king, you can choose how long your care session and massage lasts, whether it is gentle, draining, muscle-smoothing or energizing, and which flower essence you use: Tahitian flower, Red Berries or Orange Blossom. Because nature and well-being are inseparable here, the Corps Spa 28 by Origine treatment mingles flower extracts, active ingredients from thousand-year-old trees and essential oils. A breath of fresh air in Paris.

■ **Spa 28. 28, rue Monsieur Le Prince, 6th.** Tél. 01 56 24 12 77. www.spa28.fr



Le SPA 28.