

To Paris With *Love*

After a full-on festive season of social occasions and family gatherings, sometimes you just need to get out of town and recharge. *ROWENA CARR-ALLINSON* hops on the Eurostar and heads to Paris for some pampering à la française

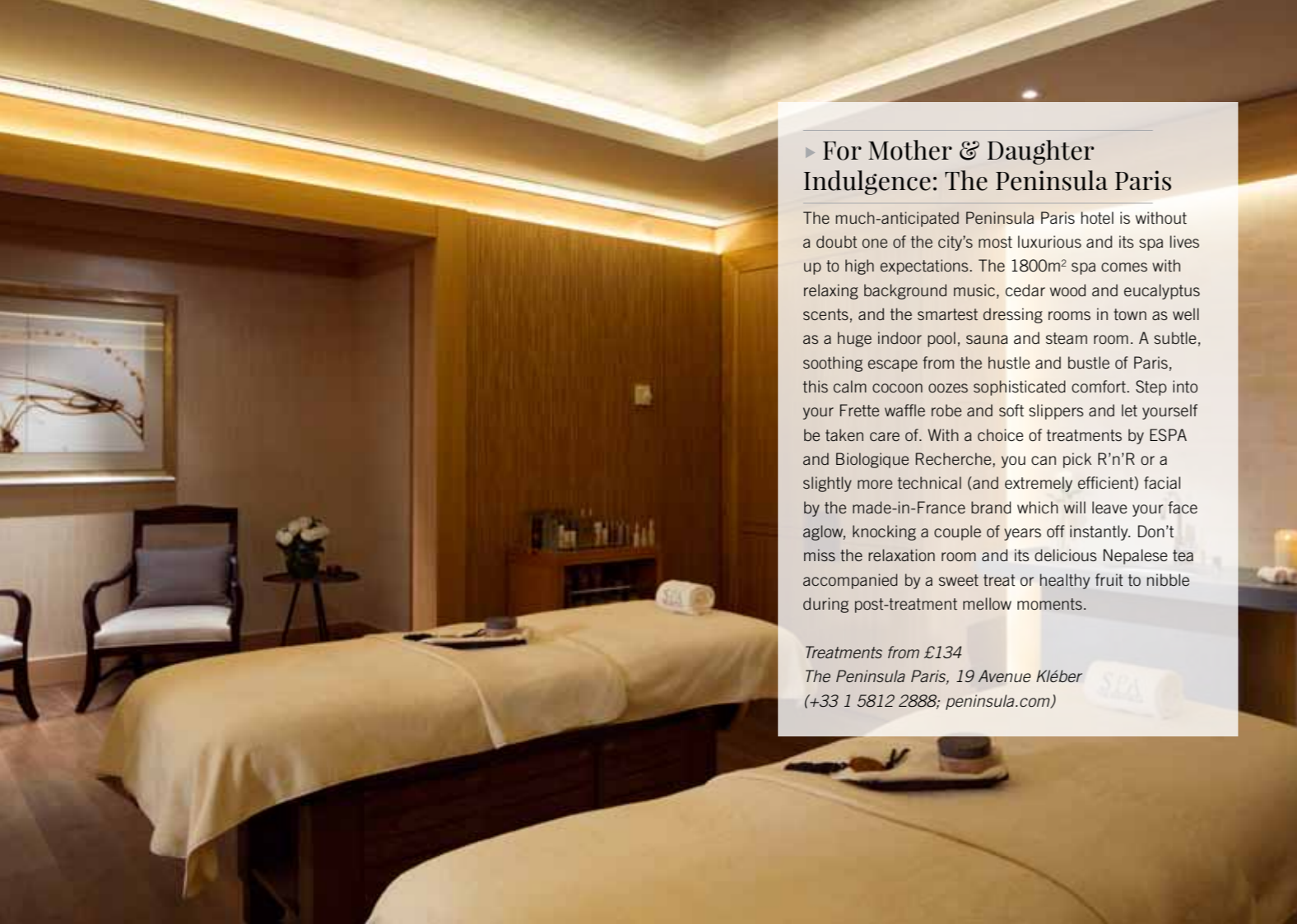
SOMETIMES, WHEN YOU'VE seen the sights, shopped until you dropped and negotiated walking over cobblestones for hours, you need a little Parisian pampering to revive you before you return home. Thanks to a spate of new hotel openings and revamps, the French capital has a wealth of hideaways which are all about rest, indulgence and relaxation; whether you want a quick fix, an exotic Oriental escape or a high-end deluxe experience, the City of Lights could in fact be renamed the City of Delights. Here's our pick of the best spa destinations.

For Famous Faces: MyBlend Clarins

Design connoisseurs will appreciate the all-white creation that is the MyBlend Clarins spa at the très chic Le Royal Monceau. The 1500m² spa has seven treatment rooms and was designed by Philippe Starck with the aim of looking like heaven. The maze of white corridors achieves this, mostly thanks to bright lighting, blissful treatments and very charming staff. The spa menu offers everything from jet lag fixes and private Pilates classes to a rainbow of delicious-sounding massages and facials, plus all the latest gym gear is on offer. Its claim to fame, aside from its glitzy guest list, is the longest pool in Paris, with natural light to boot. Although the hotel can't divulge its most well-known clients' names, it's no secret Kim Kardashian, Beyoncé and Rihanna have all stayed here and these are girls who are certainly no stranger to a little pampering. So keep your eyes peeled as you never know who might be sitting in the fluffy bathrobe next door. ▶

Treatments from approx. £70
Le Royal Monceau – Raffles Paris, 37 Avenue Hoche
(+33 1 42 99 88 00; raffles.com/paris)





► **For Mother & Daughter Indulgence: The Peninsula Paris**

The much-anticipated Peninsula Paris hotel is without a doubt one of the city's most luxurious and its spa lives up to high expectations. The 1800m² spa comes with relaxing background music, cedar wood and eucalyptus scents, and the smartest dressing rooms in town as well as a huge indoor pool, sauna and steam room. A subtle, soothing escape from the hustle and bustle of Paris, this calm cocoon oozes sophisticated comfort. Step into your Frette waffle robe and soft slippers and let yourself be taken care of. With a choice of treatments by ESPA and Biologique Recherche, you can pick R'n'R or a slightly more technical (and extremely efficient) facial by the made-in-France brand which will leave your face aglow, knocking a couple of years off instantly. Don't miss the relaxation room and its delicious Nepalese tea accompanied by a sweet treat or healthy fruit to nibble during post-treatment mellow moments.

*Treatments from £134
The Peninsula Paris, 19 Avenue Kléber
(+33 1 5812 2888; peninsula.com)*



For Couples' Time Out: Clarins

The brand new Clarins spa at the newly refurbished Hotel Molitor is worth the detour. Set in the chic 16th arrondissement, near the Porte d'Auteuil, this former public pool had the toughest of times, including a stint



as a derelict artists' squat, but it has been reborn as one of the city's hippest and most beautifully restored Art Deco treasures. Book a session for two in the beautiful Clarins couple's suite, which comes with its own Jacuzzi, electric blue sauna and matching massage tables. Indulge in some of the specialist face care treatments or in the utterly relaxing Grand Modelage Molitor all-over body massage. Soak up the atmosphere and take time for a spot of lunch,

a swim in the legendary pool or head up to the top floor for a sundown cocktail with an Eiffel Tower view. Très romantique.

*Treatments from around £100
Clarins Spa at MGallery, Hotel Molitor Paris, 13 Rue Nungesser et Coli (+33 1 56 07 08 50; mgallery.com)*

Girly Getaways: La Sultane de Saba

This discreet Oriental spa specialising in exotic treatments and hammam sessions is tucked away in a quiet street in the stylish 16th arrondissement; a breath of fresh air, or rather, a perfect escape in this traditionally chic neighbourhood. Choose from a menu of tempting treats, from the efficient (and not as painful as it sounds) Oriental waxing or the Voyage dans les Iles treatment with hot shell massage. The classic hammam session starts in a menthol steam room, followed by a gentle honey scrub, a deliciously fragrant and moisture-rich Shea butter wrap, and an Ayurvedic-inspired rose oil shower that leaves skin baby-soft. On a girls' weekend? Make the most of the relaxation den, a fabulously decorated room with Moroccan-style furniture and giant low-lit chandeliers, twinkling tea lights and the rich aroma of vanilla and musk. Just the place to recline on the cosy sofas, sip some delicious fresh mint tea and while time away.

*Treatments from around £30
La Sultane de Saba, 78 Rue Boissière
(+33 1 45 00 00 40; lasultanedesaba.com)*



For Me Time: Crème de la Mer

With only two Crème de la Mer spas in France (the other is in La Réserve in Ramatuelle near St Tropez) the Park Hyatt Paris Vendôme has become a must-visit on the Parisian spa circuit. It might be small (at 250m²), but it's perfectly formed and rather glam, thanks to warm mahogany and glossy stone finishes. There's a steam room, sauna and Jacuzzi, as well as four cosy treatment booths. The star attraction is Crème de la Mer's sea kelp product, famously devised by an astrophysicist seeking to heal his own burn-damaged skin; the legendary Miracle Broth™ hydrating serum has been used all over the world. The signature facial includes magical massages, a deep cleanse and soft scrub, re-energising hand magnet therapy and intense moisturising masks and creams. Good enough for them? Good enough for us. ■

Treatments from £117. Park Hyatt Paris Vendôme, 5 Rue de la Paix (+33 1 5871 12 34, parkhyattparis.com)

