



# Five of the Best: Paris Spas for Fashion Week

All fashioned out? Time for a spa reboot

BY SUSAN WARD DAVIES SEP 30, 2014



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## Le Boudoir des Cocottes



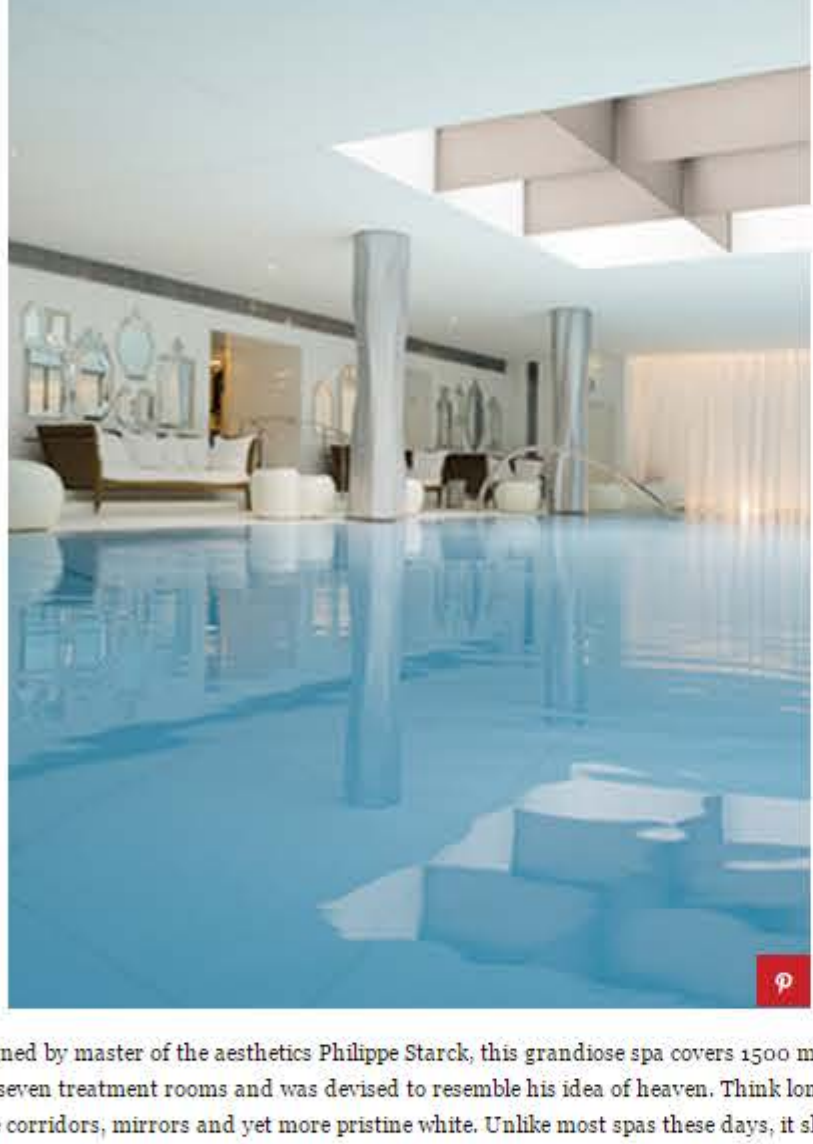
A novel concept, this is Parisian beauty's answer to the food truck. A Barbie-pink, classic French, 70's Renault 'Estafette' van, complete with lashes on the headlights, now tours the city offering quick beauty fixes for those in need of emergency help.

Whether it's a manicure, or a quick makeup job, or even a last minute hairstyling session, the two owners, Ingrid and Estelle are on hand with affordable, quick smart solutions to the Parisiennes beauty needs as well as girly gossip too.

Regularly parking near office blocks and at events all over the city, the pink van is becoming a daily sight and sanctuary for the local ladies in dire need of beautifying. Inside it's a girly girl's boudoir dream come true, all pink and pretty. Girly Genius!

Le Boudoir des Cocottes, Paris. 00 33 (0) 6 69 703 777, [leboudoirdescocottes.eu](http://leboudoirdescocottes.eu). Treatments from around £4.

## My Blend Clarins, Royal Monceau Raffles



Designed by master of the aesthetics Philippe Starck, this grandiose spa covers 1500 m2 with seven treatment rooms and was devised to resemble his idea of heaven. Think long white corridors, mirrors and yet more pristine white. Unlike most spas these days, it shuns the low-lit ambience in favour of plenty of light, embracing "bright". It works.

With the largest pool in Paris (and delightful daylight), attentive staff and the sheer fact that it's a haven of pampering, it's blissful indeed. And the real scoop is that you might well rub bathrobes with some of the world's most famous faces here (Kim and Kanye were here in PFW).

The MyBlend Clarins menu covers everything from their renowned facial, complete with skin analysis and customised products to jetlag treatments, massages or shiatsu. Feeling low? Try the Royal Detox programme that includes a detox breakfast or lunch at the Michelin-starred La Cuisine restaurant, a private Pilates class (with the lovely Alexis), a cool cleansing wrap (we recommend the energising carrot and cinnamon) and a day pass for the pool and gym.

Le Royal Monceau - Raffles Paris, 37 Avenue Hoche, Paris, 00 33 1 42 99 88 00, [raffles.com/paris](http://raffles.com/paris). Treatments start from around £70, Royal Detox day from around £164.

## La Sultane de Saba



Tucked away in a quiet street in the stylish 16th arrondissement, a few minutes walk from the Arc de Triomphe, the La Sultane de Saba is an oriental spa specialising in exotic treatments and hammam sessions. The spa's atmosphere is cosy, dark and intimate, with a relaxation room so beautifully decorated you'd think you're in Marrakech.

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The aromas of musk and vanilla are deliciously enveloping, and transport you even further away, while sipping the intense home-made mint tea. The spa's speciality is the hammam, which involves a menthol steam room, followed by natural lotions and potions including a gentle honey scrub and a moisturising Shea butter wrap, before an essential rose oil Ayurvedic-inspired shower.

The other must for total relaxation is the 'Voyage dans les Iles' treatment with its hot shell massage. Want an insider tip? Our favourite therapist is the lovely Audrey.

La Sultane de Saba, 78 Rue Boissière, 75116 Paris, France, 0033 1 45 00 00 40, [lasultanedesaba.com](http://lasultanedesaba.com). Treatments from around £30.

## Le Spa, Park Hyatt Paris-Vendôme



One of only two Crème de la Mer spas in France, the Park Hyatt Paris Vendôme's "Le Spa" is a regular for Paris' famous faces, including supermodels and the occasional rock star, who come to benefit from the legendary brand's sea kelp treatments.

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A small spa at 250m2, it's petite but perfect, all sleek mahogany and Paris stone, with space for a steam room, sauna and Jacuzzi and four treatment booths, each one a dark and cosy cocoon.

The Crème de la Mer signature facial includes a series of massages, re-energising hand magnet therapy, a relaxing facial cleansing and soft scrub followed by seriously moisturising face and eye contour creams and finally the legendary Miracle Broth™ applied as a serum - all while snuggled under a thick duvet. The ultimate in pampering... The changing rooms are possibly the chicest in Paris too.

Crème de la Mer at the Hyatt Vendome, 5 Rue de la Paix, Paris, France, 00 33 1 58 71 12 34, [parkhyattparis.com](http://parkhyattparis.com). Treatments from around £117.

## Carita at the Pavillon de la Reine



Set on the gorgeous Place des Vosges, the very smart Pavillon de la Reine hotel is home to a bijou basement spa, which offers lovely Carita facials. All grey slate, louche lighting and fluffy bathrobes, it's relatively small but still comes with a little hammam and jacuzzi to dip into, as well as a fitness room if you need a workout.

The Carita facial consists of a cleansing ritual, scrub made from sunflower seeds marinated in spicy cloves, thyme and citrus, followed by the application of serum and moisturisers, leaving the skin with an effective fresh glow.

The menu also offers everything from waxing to sculpting, lifting or anti ageing treatments and a fabulously relaxing hot stone massage. The insider tip? This one is a favourite with the fashion crowd including Christian Lacroix, Jean Paul Gauthier, Agnès B, Paul Smith and Eva Herzigova, the hotel is always sold out in PFW so book early or just drop into the spa.

Carita Spa at Le Pavillon de la Reine, 28 Place des Vosges, Paris 75003, 00 33 (0) 1 40 29 19 19, [pavillondelareine.com](http://pavillondelareine.com). Facials start from around £102.

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