

» SPAS

Our 6 Top Pampering Pleasures

Looking for a moment of pure relaxation? We share with you our wish list of spa treatments.

BY SANDRA ISKANDER

1. AFTER THE RAIN

Hotel St James & Albany,
202 rue de Rivoli (1st)
Tel: 01 44 58 43 77

Treatment: Honey and Silk Signature Body Wrap. The wrap will regenerate and hydrate the body using honey and silk oil. During your wrap you will be treated to a head massage with the masseur or masseuse performing shiatsu on your facial points.
Duration: 45 mins

2. CINQ MONDES

6 square de l'Opéra Louis Jovet (9th)
Tel: 01 42 66 00 60

Treatment: Ayurvedic Body Massage. Using hot sesame oil, this Indian ritual is a tonic and muscular massage, using a combination of deep tissue and light strokes to penetrate your points of tension to reenergise your body.

Duration: 1/1½ hours

3. ESPACE PAYOT

62 rue Pierre Charron (8th)
Tel: 01 45 61 42 08

Treatment: Back Massage. A moment of relaxation aimed to relieve all tension accumulated around your shoulders.
Duration: 30 mins

4. I-SPA

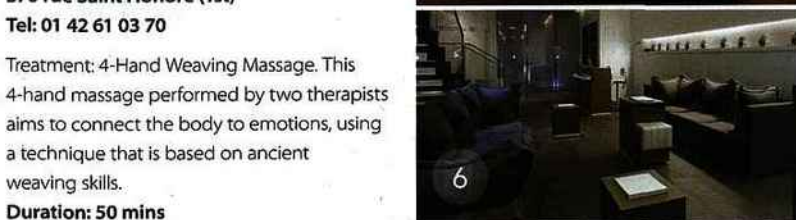
Grand Hotel Intercontinental Paris, 2 rue Scribe (9th)
Tel: 01 40 07 36 96

Treatment: Foot Reflexology. This therapeutic technique focuses on your reflex areas on your feet with the masseur or masseuse applying pressure with his or her thumbs.

Duration: 40 mins

5. LE BRISTOL BY LA PRAIRIE

Bristol Hotel,



112 rue du Faubourg Saint Honoré (8th)
Tel: 01 53 43 41 67

Treatment: Swiss Cellular Anti-Aging Facial. Using La Prairie's Anti-Aging Intervention technology, the treatment aims to delay the signs of premature aging while renewing the skin's surface as it smooths the appearance of fine lines and reduces visible pores.

Duration: 80 mins

6. ANNE FONTAINE SPA

370 rue Saint Honoré (1st)
Tel: 01 42 61 03 70

Treatment: 4-Hand Weaving Massage. This 4-hand massage performed by two therapists aims to connect the body to emotions, using a technique that is based on ancient weaving skills.

Duration: 50 mins