

# PALM SPRING TO PARIS

## *The Ultimate Beauty Road Trip*



BLUE LAGOON CLINIC HOTEL

Is it just us or do vacations often end in exhaustion? While winter getaways are more than necessary, we're suggesting everyone take a less chaotic approach to travel this season. We've put together a global guide to help you plan *the ultimate beauty and wellness road trip*. Whether you opt for the relaxed glamour of Palm Springs or the thermal pools in of-the-moment Iceland, we've got you covered for where to spa, dine, and eat.

By Megan West

## ICELAND

### *Escape from Reality*

#### SPA

If what you need is a complete escape from reality, the **Blue Lagoon Geothermal Spa** is your place! Situated in a lava field, it's made up of both fresh water and seawater combining at a temperature of about 38°C. The water is packed with silica, algae, and minerals making it an unbelievably relaxing and rejuvenating experience. Treat yourself to an in-water Pure Salt Glow Massage, which uses mineral salts to exfoliate and renew the skin. This Icelandic experience will leave you with healthier and more radiant skin.

#### DINE

We love the concept behind **The Grill Market**. The chefs (some of the most highly regarded in Iceland) collaborate with local farmers who provide advice on how to best use their produce. This relationship results in unexpected dishes (both vegetarian and non-veggie options are available), often cooked using smoke, fire, wood, and coal to enhance the experience. The décor is contemporary meets traditional, featuring natural wood juxtaposed with industrial finishes. The

ambiance is fit for a fashion crowd, yet still relaxed and inviting.

#### STAY

Iceland is known for its abundance of cozy, chic, and centrally located bed and breakfasts. But if you want the full spa experience, book yourself a room at the **Blue Lagoon Clinic Hotel**. Space is super limited, so be sure to book in advance! You'll have an extraordinary view of the lava fields and access to a private geothermal lagoon and specially designed rooms to relax in after bathing. Needless to say, Iceland takes relaxation to a whole new level.



BLUE LAGOON



THE GRILL MARKET © BJÖRN ÁRNASON

## PALM SPRINGS

### *Date Facials and Detoxing*

#### SPA

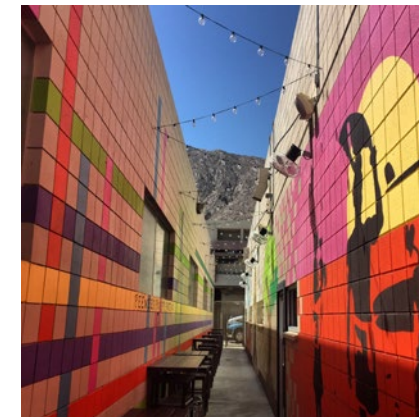
If you've been to Palm Springs then you know dates are the quintessential fruit of the desert. It just so happens that they play double-duty as both a snack and wildly effective ingredient in the **Palm Springs Peel** at The Spa at **The Colony Palms Hotel**. The best peels are derived from fruit acids, and this one uses organic Medjool dates, which exfoliate and resurface the skin, while feeding and nourishing it. Malic and citric acids remove dull skin, while increasing oxygen and circulation of the blood to the surface of the skin tissue. Skin is refined, sun damage is reduced, and wrinkles are minimized up to 35%. Finally, Nopal cactus hydrates the skin with a cooling gel, making for an extremely effective facial that's 100% Palm Springs.

#### DINE

Eating healthy while on vacation can be a constant struggle, but it's not particularly hard in this city. Lunch dreams come true at **Palm Greens Café**, which is an absolute must for anyone looking for unique smoothies (date and walnut, anyone?) or detox tonics and juices. There's also an extensive variety of vegan, vegetarian, and gluten-free options, as well as healthy, yet delicious snacks. We promise you'll leave feeling satisfied, energized, and ready for a day hiking the canyons or lounging poolside. A lunch or brunch here is the perfect complement to a morning at the spa.

#### STAY

One of the best things about Palm Springs is that it feels like home right from the start. This is most certainly the case at **Sparrows Lodge**, which offers rooms that are a mix of rustic and modern décor. The restored 1950s retreat (which welcomes you with an adorable hand-painted roadside sign) will help you re-connect with nature. The grounds feature a communal bar, outdoor fire pit, and vegetable garden. The 20 guestrooms feature exposed beam ceilings, concrete floors, and some even have horse troughs as bathtubs. A peaceful environment is a priority; thus, quiet grounds are expected at all times. In fact, all rooms are void of telephones and televisions. A stay here is a complete detox from the outside world—one that allows you to disconnect and regroup.



Paris: For a Getaway with the Girls

**SPA:** Hammam spas are popular around Paris because they provide an escape from hectic city life. Unlike traditional spas, Hammams combine solitary relaxation with moments of socializing with close friends. Reserved exclusively for women, Hammam Pacha Paris is one of the best in the city and is known for both its luxurious facilities and traditional treatments. Treat yourself to the Beauty Package, which includes the necessary wardrobe, an exfoliation treatment, a massage with your choice of oils, and a post-treatment meal.

**DINE:** Café Pinson is impossibly chic with its quintessentially Parisian décor, and it's the perfect option for anyone prioritising health and wellness. Organic meals, with plenty of vegan, vegetarian, and gluten-free options, are prepared in small batches each day to ensure freshness. If keywords like kale, cacao, and chia seeds get you excited, this will be your new favourite hangout. It's also the perfect option for a quick juice or smoothie while out shopping.

**STAY:** Hotel Crayon may not be the most conventionally relaxing hotel, but if you're inspired by art and creative energy, this will be your happy place. Julie Gauthron, an artist with a penchant for clashing colours and patterned wallpaper, is the creative genius behind the space. The aesthetically stimulating environment will leave you clear-headed and ready to return to real life with new ideas and inspiration. It's located close to the luxury boutiques along Champs-Élysées Avenue, so you can spend your days perusing the latest in high-end beauty and skincare.