

THE WELLNESS SCOOP PARIS

SOPHISTICATION IS A GIVEN IN THE FRENCH CAPITAL. BUT A FLURRY OF HOLISTIC HANGOUTS HAS BOOSTED ITS ALLURE BY TREATING MIND AND SPIRIT AS WELL AS BODY. BY KASIA DIETZ

THE ZEN SPACE

This temple to Japanese beauty and wellbeing is like a delicious jewel box. The forest-green-lacquered Saint-Germain storefront of En Salon nods to the rows of matcha and green tea, sourced from Yakushima Island, that line the stone walls inside. Architectural firm Archiee had a field day with the ground floor and subterranean space, creating ethereal gilded curves that wrap around treatment cabins, *pictured*, and essence-blending rooms, as well as polished-brass light fittings, to reflect the meaning of the word 'en' (circle). Facials are what to book in for, here combining the best of both Asian and French skincare techniques. Bespoke from the get-go, they start with gently probing questions about lifestyle and diet, in order for the therapist to whip up a highly personalised selection of

cleansing balms, gels and oils, mixed with organic plant extracts. Top it off with one of the especially good signature body massages or some on-point reflexology. Continue the journey by buying Sea Mud from Okinawa or Hot Spring Lotion from the Tateyama Mountains. 7 rue de Condé; *en-spa.fr*

THE FACIALIST

A visit to acupuncturist Elaine Huntzinger – if you can score one – feels like catching up with an old friend, one who happens to know how to balance the body while taking what appears to be years off the face. A favourite of the global style set, she has a loyal following that includes Eva Chen and Gucci Westman. They come for treatments that are better than Botox.

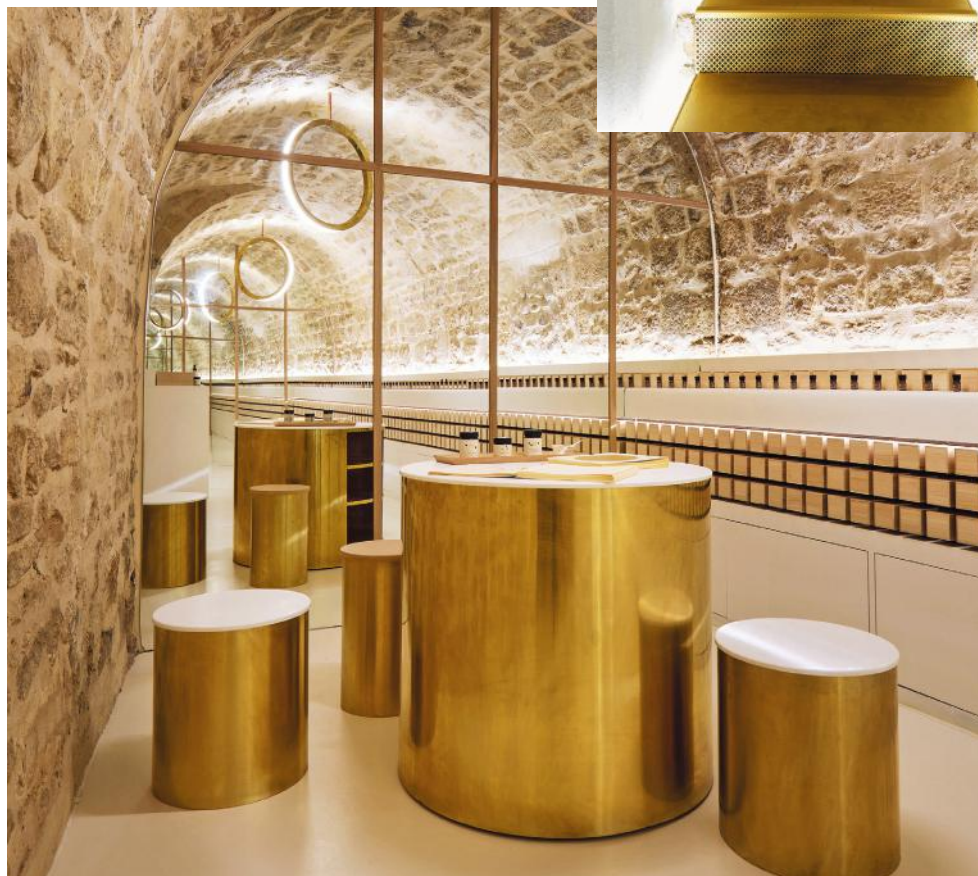
Huntzinger is a devotee of *gua sha* (a type of facial massage) and her kit is laden with crystals and healing stones, jade rollers and rose-quartz tools. Just watch her fascinating how-to videos on Instagram. A practitioner of Chinese medicine for more than 15 years, she continues to expand her menu. The recent addition of LED light has gone down a storm, and her latest wizardry involves seven tuning forks that correspond with the seven chakras. ‘The chakras are energy valves or pumps found in the body. I have had clients who see their colours during our treatments. In conjunction with the acupuncture and crystals, the forks add another dimension to the energetic aspect of the therapy.’ A rare facialist. 12 rue de Crussol; *elainehuntzinger.com*

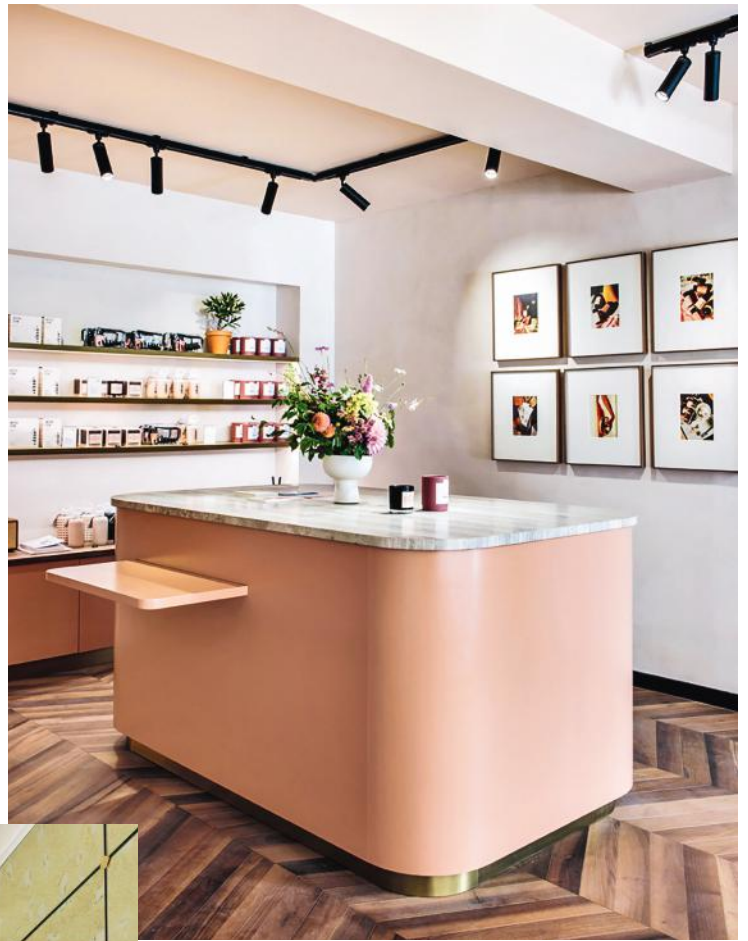
THE HIGH-END RETREAT

It’s a long way from Tata Harper’s 1,200-acre organic farm in Vermont, but this pretty little corner of Le Bristol hotel, one of the grandest dames in Paris, somehow feels like a fitting home. This is the beauty expert’s first Europe-based spa offering, where the floral styling, a nod to her hand-harvested, all-natural ingredients, is the work of local architectural duo Yann Le Coadic and Alessandro Scotto. Treatments focus on the face – the sculpting facial is an extraordinary exercise in skin gymnastics, while the Hydration Booster iteration, which uses vitamin-rich raw honey to smoothe and hyaluronic acid to moisturise, leaves skin brilliantly supple. The end result is a properly radiant glow, thanks not only to the deft therapist, but also to Harper’s mantra that ‘the future of luxury is 100 per cent natural and non-toxic’. For the top-to-toe experience there are also liquid-gold body massages and refreshing scrubs, plus lunches in the revamped garden. 112 rue du Faubourg Saint-Honoré; *oetkercollection.com*

THE CULT BEAUTY LINE

Supplements brand Aime is on a mission to purify skin from the inside out, starting with the gut. Mathilde Lacombe, co-founder of Birchbox, and partner François Morrier set up the company with the belief that ‘dietary supplements and a skincare routine go hand

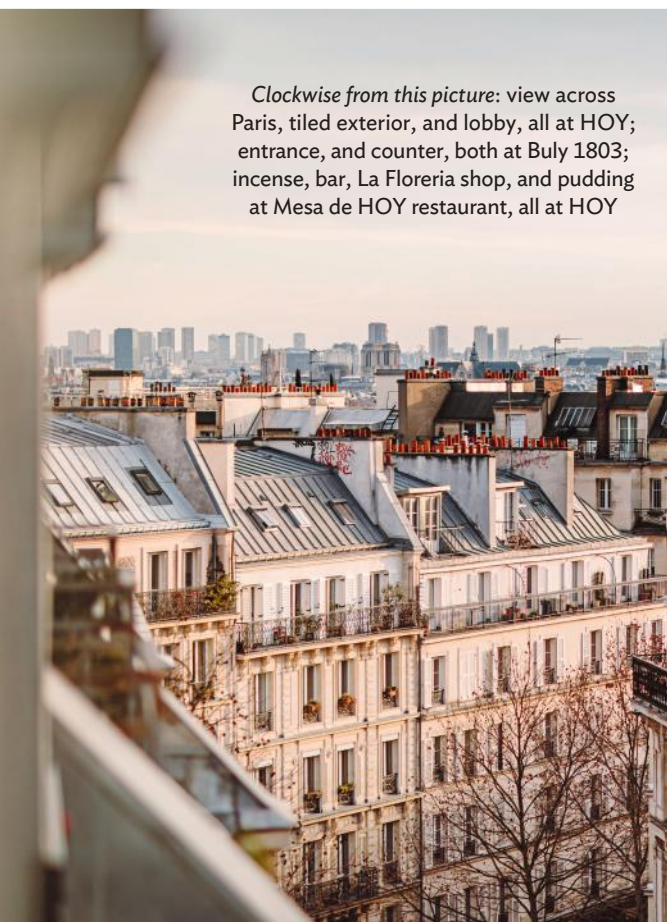




Clockwise from below: interior details, and relaxation area of the Tata Harper space within Le Bristol's spa; seating, skincare products, façade, and stairs, all at En Salon; stone tools for gua sha facial massage at Elaine Huntzinger's atelier; Aime shop



Clockwise from this picture: view across Paris, tiled exterior, and lobby, all at HOY; entrance, and counter, both at Buly 1803; incense, bar, La Floreria shop, and pudding at Mesa de HOY restaurant, all at HOY





in hand'. So what you have are French-made face, body and hair products that are all vegan, gluten- and allergen-free. The unpretentious Simple Skin range consists of only the essentials – cleanser, serum and face cream. The latter contains bakuchiol, a seed-derived alternative to retinol, for smoothing and plumping complexions. A dose of Matcha Glow, infused with the tea as well as collagen and aloe vera, will also do the trick. Created in collaboration with nutritionist and pharmacist Valérie Espinasse, Aime's capsules pack a regenerative punch. It's no wonder the Pure Glow supplements are said to have a 4,000-person waitlist. Better to stop at the North Marais store and Glow Studio spa to pick them up in person. 3 rue du Pont aux Choux; aime.co

THE MINDFUL HOTEL

Short for House of Yoga, HOY is far less gimmicky than it sounds. The bustle of the ninth arrondissement instantly disappears upon ducking inside here. La Floreria flower shop sets the tone with its dried and seasonal blooms, while the aroma of *palo santo* guarantees good vibes. The 22 minimalist bedrooms are kitted out with wellbeing at the fore – no televisions, no coffee machine; instead charcoal-laced bottles to mineralise drinking water, a hi-tech air-purification system and a barre for morning stretching. The place feels as if it's a deep retreat in the heart of the city, with daily hot yoga at in-house Yuj studio, treatments including Kobido facials and Chi Nei Tsang massages, creative workshops and a plant-based restaurant, Mesa de HOY. Exactly what Franco-Mexican owner Charlotte Gomez de Orozco intended when drawing up the plans. 68 rue des Martyrs; hoyparis.com

THE ORIGINAL APOTHECARY

A couple of years after opening their second outpost of beauty emporium Buly 1803 in the Haut Marais neighbourhood, husband and wife Ramdane Touhami and Victoire de Taillac added a bijou treatment room. It feels like old-school pampering, with oils, lotions and soaps plucked from their 700-product apothecary. The new lymphatic-drainage facial uses Japanese brushes handmade in Hiroshima and a tuning fork to return balance and harmony to the body, while the freshly prepared, moisturising marshmallow-root-powder face mask and wild honey applied to lips are both soothing and spoiling. The hour-long rejuvenating session ends with a sip of orange-blossom water at the shop's Grand Café Tortoni and a whiff of the latest Eau Triple spritz, which lingers long after leaving the store. 45 rue de Saintonge; buly1803.com

THE PERFUMERY

Imagine a gallery in which bespoke fragrances and products replace artwork, and that goes some way to explaining the Dover Street Parfums Market. Just a few minutes' walk from the Picasso Museum, it was launched last year by Comme des Garçons, coinciding with the



PHOTOGRAPHS: SOPHIA VAN DEN HOEK

25th anniversary of the fashion house's original scent. Since that first creation appeared in 1994, dozens of unisex CdG perfumes have taken the anti-fashion spotlight, including Odeur du Théâtre du Châtelet and the newest one, Rouge. Designer Rei Kawakubo playfully curated both the offering and logo-free minimalist space, with egg-shaped pillars shipped from Japan. Sculptural vials illuminate the shelves and range from artisanal labels Byredo and Ormaie to legendary names Helmut Lang and Nina Ricci. The vast beauty section has Gucci's latest foray into cosmetics alongside sustainable and organic hair and skincare brands from around the globe. For hard-to-find Amazonian oils and charcoal toothpaste, this is the spot. 11 bis rue Elzévir; doverstreetparfumsmarket.com

THE EASTERN OFFSHOOT

The Japanification of Paris is in full effect, especially when it comes to wellness. Translating to daffodil – a welcome sign of spring – Maison Suisen feels like a *ryokan* in the heart of the Marais and is owner Sandra Kasparian's love letter to the country. Organic tatami mats were flown in from Japan, and the skilled therapists are dressed in traditional *jinbei* attire. Book the shiatsu with aromatic oils or dive deeper with a stomach massage. The belief here is that the abdomen is the centre of intuition – it's where gut feelings come from, after all – and this treatment restores the circulation of energy throughout the body in order to calm and clear the mind. Green tea, once used medicinally, is poured as a post-massage elixir. Options including *sencha*, *houjicha* and matcha are all produced in Kakegawa near Mount Fuji and served with a macaron. Those who would like to take home their chosen blend can pick up a bag along with teapots from Japan on the way out. 7 rue de Thorigny; suisen.fr

THE WORKOUT

Skip the bar and head to a barre class at The Studio, where Julie Granger will lift both glutes and energy levels. Unable to find a New York-style fitness centre in Paris, the former ballerina decided to open her own, and now offers signature lessons including Brooklyn Flow, Brooklyn Barre and Ballerina Body. Her upbeat soundtracks keep workout disciples in the zone. The swish, well-equipped studio was designed by Granger herself: 'It is the exact reflection of the vision I had for it, my little dream come true.' She also invites equally dynamic instructors to lead yoga and HIIT sessions. Star pupils include the Paris Opera Ballet's *danseuse étoile* Léonore Baulac and fashion mavens Sabina Socol and Parysatis Peymani. And any 'Juju squad' members who can't make it in person should look out for the live online classes. 42 rue Notre Dame de Nazareth; thestudioparis.com



Clockwise from right: massage room, tea and wagashi snack, and façade, all at Maison Suisen; Dover Street Parfums Market; Maison Suisen

PHOTOGRAPH: KARL HAB