



# paris post

For the latest on the City of Lights, we turn to Kasia Dietz, our resident Parisian correspondent, who spills the tea on all the hotspots in the host city of this year's Summer Olympics.

BY ANETTA NOWOSIELSKA



**EXERCISE** / A former African art museum in the 16th arrondissement dating back to 1855 has recently transformed into a boutique fitness club, where works by contemporary female artists from Africa continue to adorn the walls. Launched by human rights activist, model, and best-selling author Waris Dirie, HEIMAT ticks all the boxes for personalized fitness classes, including pilates, yoga, and barre, plus a state-of-the-art gym. After admiring the female-led art curated by ARTNESS, escape into the relaxation room and find refuge within the dry sauna and whirlpool. A full-day pass will put you back on the fitness track.

CYRIL MZIN ON UNSPLASH; ROMAIN RICARD; FRANÇOIS GOIZÉ; ILVA KAGAN; COURTESY OF LE SPA AT FOUR SEASONS HOTEL GEORGE V; CAROLINE DUTREY







**STAY/** Bed down in the latest 5-star address where Belle Époque sophistication mingles with Japanese minimalism. Just steps away from the elegant Opéra Garnier, every one of the 26 keys at Hotel Hana invites you into a poetic portal dedicated to the French art de vivre. The story unfolds through the mindful curation of interior designer Laura Gonzalez and fashion aficionado Olivier Leone, where iroko wood, straw coverings, and marble accentuate the artisanal details. Following a meal at Hanabi restaurant, helmed by chef Shirley Garrier, a holistic treatment by Lymfea will deepen your zen state.

**SELF CARE /** For an unrivaled facial that naturally plumps the skin while leaving it glowing for days, book a regimen created by Dr. Burgener at Le Spa at Four Seasons Hotel George V. Following a personalized skin analysis, the luxurious Haute Couture Treatment, uniquely adapted to every visage, applies advanced anti-aging technologies to stimulate cellular regeneration, reduce wrinkles and fine lines, and boost radiance. Whether it's a glycolic peel, diamond microdermabrasion, a cavitation peel, or collagen creams and masks, this 105-minute ceremony dedicated to reversing aging is precisely what the doctor ordered.



**SHOP /** Join Parisians in the know at HALO PARIS, the hottest new concept store cum restaurant, where a cocktail bar lures you below ground for a late-night rendezvous. Beyond the mod curation of emerging designers' clothing and accessories, step into the airy glass-roofed dining room for a taste of rising chef Victor Blanchet's cuisine. Honoring the Basque Country and Marseille, signature dishes include txistorra ravioli and mullet carpaccio, with the inventive menu changing seasonally. After sipping wines selected by sommelier Irène Jaubert, catch a glimpse of mixologist Rémi Massai concocting libations at the downstairs bar. And don't miss the private dining room lit with a halo.

**DINE /** An unforgettable foray into Japanese cuisine awaits in the skilled hands of chef Takuya Watanabe and pastry chef Maxime Frédéric. The newly opened restaurant Hakuba is set within Cheval Blanc Paris under the guidance of culinary master Arnaud Donckele, who also helms the three-Michelin-starred Plénitude. The Omakase menus—meaning “leave it to the chef”—do exactly that, with each perfectly plated dish composed of broths, sushi, and soba, adding to the theatrical dining experience. Just add a sake pairing, and voilà!



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