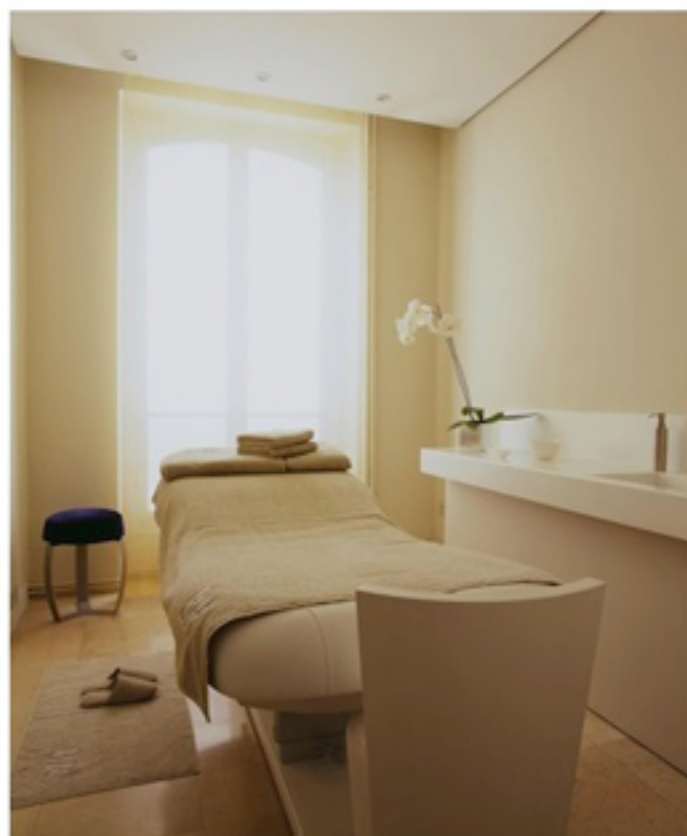


# BEAUTY Counter *blog*

BLACKBOOK PARIS

## Treat Yo Self

March 5, 2014 11:01pm



With fashion month coming to a close, there's no better way to celebrate (and unwind) than with a treatment before takeoff. A former colleague of mine closed out the menswear shows with a massage and said he didn't even mind that his flight was delayed a few hours when he arrived at the airport—all of the stress and tension had completely disappeared before he even whipped out his passport at check-in. Here, two spots worth hitting up before you say bon voyage:

**Where:** Spa My Blend by Clarins, Le Royal Monceau, 37, avenue Hoche, 01.42.99.88.99

**What to get:** Ask for the Anti-Jet Lag Stopover Massage for Face & Body because, let's face it, you're probably still jet-lagged. This rubdown refreshes and moisturizes dehydrated skin after weeks of vacillating between espresso and champagne. It also claims to relieve tiredness, insomnia, upset stomach, headache, and irritability. (If you're anything like me, you've ticked off all five boxes and already made an appointment.)

**Where:** Biologique Recherche Ambassade de la Beauté, 32, avenue des Champs-Élysées, 01.41.18.96.84

**What to get:** Sign yourself up for the *Soin Minceur*, stat! This "modeling massage" helps drain toxins (of which you've probably stockpiled) and leaves you feeling toned and rejuvenated. A textured rubber mitt is used to work essential oils into the skin, leaving you soft, glowing, and ready for the long haul ahead.

—Amber Kallor

**tags:** Biologique Recherche Ambassade de la Beauté, Biologique Recherche, Clarins, massage, Paris, Spa My Blend by Clarins, Spa Treatments

### recent posts

Shu Uemura Makes Beauty Magic With Mika Ninagawa

Karl Lagerfeld Is Like Enterprise: He'll Pick You Up; Reasons to Stop Wiping Away Makeup and Just Wash Your Face; and More

Hair Trick Worth Trying: Emma Watson's Mixed Metal Bobbies

Easter Comes Early for One Catwalker

Beauty 411: Ariana Mouyiaris of MAKE

### departments

Backstage Reviews

Beauty And The Beat

Beauty Insider

Behind The Tear Sheet

Blackbook

Celebrity Looks

Industry News

Ingredients Deciphered

London

Los Angeles

Moscow

Natural Beauty

New York

Nose Candy

Paris

Street Beauty