

Last year, I was lucky enough to be in Paris with my family for the holidays. But I just had to make time to visit the spa of one of my favorite skin-care brands, <u>Biologique Recherche</u>. <u>Biologique</u> <u>Recherche's Ambassade de la Beauté</u> is the brand's only day spa, and it's in Paris, bien sûr!

When I arrived at the Ambassade, which feels very plush—beige with gold accents, and luxe in a boutique-like way—Madame Josette Allouche, who started the brand with her late husband, Ivan Allouche, and their business partner's son, Paul Schmidt, who also works for the brand, were kind enough to greet me with coffee and croissant. The good doctor of Biologique Recherche, Philippe Allouche, wasn't able to be there (he was stuck back in the States due to the epic snowstorm on the East Coast). However, he recommended that I try two treatments in particular:

The Lissant Treatment:

This facial begins with a preparatory phase: cleansing of the face and neck with the oxygenating milk Lait Oxygenant VIPo2 and exfoliation/moisturization by the application of Lotion P50 with gentle pressure. The rebalanced skin is then ready for the application of the Complexe Restructurant et Lissant, which is completed by a modulating massage. The treatment refreshes, smoothes, and tones the skin, and provides instant radiance and long-lasting moisturization.

The Bio Marine Vector Treatment:

This is an intensive revitalizing treatment that combines the benefits of three rituals: Le Soin Restructurant et Lissant + Remodeling Face + Soin Bio Vecteur Marin. Fine leaves made of algae extracts, custom-cut to fit the structure of your face, are applied to the skin and moistened with l'Eauxygenante fluid. To speed up the action and optimize the effects of the marine oligo-elements and minerals, a cold algae mask is applied on top. The toning effect is immediate and long-lasting: deep wrinkles are visibly smoothed, facial contours firmed, and the skin is rejuvenated, with the stresses of everyday life erased.

Well, the combined results of these two treatments helped shave at least five years off my face. But there was no surprise there, as that's the norm for me after a Biologique Recherche treatment (I usually visit the incomparable Aida Bicaj, who uses Biologique Recherche products). Not to sound like a preacher, but Biologique Recherche treatments and products really work. When I'm using the line at home, this regimen really works for me: