

# TATLER®

A woman with dark skin is the central figure, wearing a vibrant green turban and large, textured red earrings. She is positioned by a swimming pool, with her hand resting near her face. The background features lush green foliage and a pool with floating orange petals. The overall aesthetic is tropical and sophisticated.

## *Spa Guide 2022*

IN ASSOCIATION WITH  
Healing  Holidays



## GREAT ESCAPE

For a break from the buzz of Paris, head to the Loire Valley, home to châteaux and *sauvignon blanc*



## THE BEST PARIS PRACTITIONERS

### MR AO

To step into the ineffably romantic and perfumed world of *Officine Universelle Buly* on Rue de Saintonge in Le Marais is to be time-warped back to Napoleon's heyday. Nymphs inspired by classical Roman architecture parade across the mouldings that adorn the walls of a tiny but perfectly formed café serving rose tea and other tisanes. (Not to mention the chic cabinets that overflow with soaps, specialised oils and even incense from Mount Athos, as well as plenty of perfumes and Japanese combs at which to marvel.) So after former boxing masseur Mr Ao has come out to greet you, it's something of a

surprise when he guides you to the hidden treatment room that's covered in Majorelle blue tiles, paying homage to those found in Moroccan bath houses. Here, the striped pyjamas you are given to wear are beyond elegant, as is the antique 19th-century gym mattress you lie on. But be warned: Mr Ao is not as serene as his space. He can't be, when he's delivering the best shiatsu and energetic massages in the world, manipulating and digging his elbow into areas of the body you never imagined needed to be relaxed. Find solace in his sage advice, his impeccable manners – and his realignment technique, which quickly activates the dormant



After an energetic massage from Mr Ao, stop into the *Officine Universelle Buly* shop for perfumes, candles and scented soaps

energy in your body. Then recover with one of Buly's more gentle face massages – based on the Japanese Miho method, this employs little brushes to stimulate the energy meridians – and have lacklustre skin restored by the application of ionised water and natural hyaluronic acid. [buly1803.com](http://buly1803.com)

### CLÉMENCE PREISS

Whether you need to kickstart a healthy lifestyle, or are in need of a super-efficient reset, Clémence Preiss – who splits her time between Paris and Morocco – blends massage and bodywork, and some deliciously smelling rose oil, in her signature healing. And it detoxifies your whole system (mind and spirit, too). Warm, charming and exceptionally kind, Preiss cares deeply about her clients and their results. She possesses a rare ability to listen, empathise, and to get to the crux of what's going on, making those who sit in her apartment in Saint-Germain-des-Prés feel understood. She is also spookily telepathic and can read your energy in the most amazing way. Make sure you stock up on the *Ev jeuneuse éternelle* damask rose oil that she makes and distils herself at her eco-laboratory

in Morocco – it's like gold dust and not only works quickly to open your heart chakra but, on a more superficial level, does wonders for your skin. After using her signature rose scrub and oil, you will honestly say your skin has never looked so good: tight, smooth and clear as day. For more information, contact [saeadaheari@outlook.com](mailto:saeadaheari@outlook.com).

### SOPHIE CARBONARI

Cool, calm and collected, Sophie Carbonari is famed for her skilled and magical hands at Les Bains Guerbois spa in Paris or The Standard in London. She can work miracles on your jawline and cheekbones – and plump your skin to perfection – while tackling visible tiredness and other forlorn-looking aspects of your face. So impressive are her results, she has garnered a devout following of fashion editors and power players on both sides of the Channel. They can't get enough of her secret mix of naturopathic oils – she's working on a skincare line – and her Kobido massage technique. Stimulating lymphatic drainage, this treatment eliminates wrinkles and bestows youthful dewiness without the need for surgery. [sophiecarbonari.com](http://sophiecarbonari.com) □