

WELL BEING



INSOLENT AND INTOXICATING

"Fuel for Life Unlimited", the new elixir from Diesel, is decidedly feminine and unashamedly sensual... Lemons from Calabria, mandarin, pear and guava comprise the head notes while the core fragrance unfurls the tastiness of liquorice, hints of white flowers and violets. In the background, suave musks blend with labdanum resin. A sexy perfume, captured in a bottle protected by fishnet in brown and gold thread with a delightfully chic detail: a gilded metal chain. On sale from perfumeries and approved Diesel perfume stockists. www.diesel-parfums.fr

FACE-SAVERS

ANAKAE, on sale from L'Atelier, 30 rue Hoche, Cannes (04 93 38 35 18). THEMIS, on sale from La Pharmacie du Festival, 7 rue d'Antibes, Cannes (04 93 39 02 05). TRADITIONS D'ORIENT, on sale from Art Esthetic, 54 rue Saint-Sébastien, Biot (04 93 65 08 84). LES 3 CHÊNES, on sale from pharmacies and parapharmacies. PLANTE SYSTEM, on sale from pharmacies and parapharmacies. BALLOT-FLURIN, on sale from Biocoop Azur, 59 Blvd. Delfino, Nice (04 93 56 69 42). PURITY HERBS, on sale from Santal, Les Ateliers du Corps, 1 allée des Pins, Saint-Cyr-sur-Mer (06 66 17 40 14). DR. HAUSCHKA, on sale from pharmacies and parapharmacies. LA RÉSERVE DE BEAULIEU, 5 Blvd. Leclerc, Beaulieu-sur-Mer (04 93 04 36 50). CHÂTEAU SAINT-MARTIN & SPA, ave. des Templiers, Vence (04 93 58 40 80). HÔTEL BYBLOS, ave. Paul Signac, Saint-Tropez (04 94 56 68 00). HÔTEL LE CLUB DE CAVALIERE & SPA, Le Lavandou (04 98 04 34 34). LE MAS DE PIERRE, Route des Serres, Saint-Paul de Vence (04 93 59 00 10). INSTITUT SIMONE MAHLER, 9 rue Blacas, Nice (04 93 85 00 31). MAISON DE BEAUTÉ CARITA, 23 rue des Etats-Unis, Cannes (04 93 38 29 99). LES THERMES MARINS DE MONTE-CARLO, 2 ave. de Monte-Carlo, Monaco (00 377 98 06 69 00). MIRAMAR BEACH HOTEL, 47 ave. de Miramar, Théoule-sur-Mer (04 93 75 01 28).



At the Carita Institute, enjoy the Soin Révélation

tive by proposing a protective, moisturizing daytime formula called Oaskin, a nourishing and regenerating version for use before going to bed at night, and a product to soothe tiredness and wrinkles in the delicate area around the eyes.

Orchids or hibiscus? Plante System lets you choose with *Extreme Lift* and *Emulsion Anti-âge et Eclat*, two essential products developed to resist the harmful effects of passing time. A touch of honey for tonicity, anti-oxidant propolis, free anti-radicals and an apian elixir, *Bois de Ruche* is a cream from L'Apicultrice, an anti-aging product from Ballot-Flurin's Apicosmétique® range. From Iceland, Purity Herbs offer several products, 100% natural, including the amazing *Crème Réparatrice Ultime* which contains herbs that act on rosacea and burns. Finally, let's not forget the great classic, Dr. Hauschka's rose cream, which helps all types of skin to combat a variety of adversities.

ENTRUSTING YOUR FACE TO A PROFESSIONAL

Hotel spas, institutes and thalassotherapy centres compete in terms of the top-notch treatments they propose. At La Réserve de Beaulieu, which has opted for Maria Galland, the *Soin Art de Peau* promises total luxury: caviar, gold and rare oils work in harmony to ensure a powerful anti-aging action (90 mins., 135 €). Sisley also aims for a youthful complexion, proposing its *Soin Global Anti-âge d'Exception* at the Byblos Hotel's spa in Saint-Tropez:

the "Sisleya" treatment lasts 90 minutes (240 €), provides in-depth massaging, smoothes and invigorates. Exclusively at the spa at the Club de Cavalière, the prestigious Swiss brand Valmont has perfected an *Elixir des Glaciers*, a divine treatment containing active ingredients of extreme freshness such as collagen. It is accompanied by a massage of the scalp and/or hands and/or legs and feet (240 €). At Le Mas de Pierre, the Payot brand proposes a choice of highly effective treatments (90 mins., 150 €) for complexions which are greasy (essential oils, green coffee), mature (soya, wheat protein, vitamin A), dehydrated (orange sap and *imperata cylindrica*) or showing the first signs of aging (seaweed and vegetable extracts). In its brand new spa, the Château Saint-Martin has decided to invite La Prairie as its prestigious partner. Its *Soin Radiance Or Pur* gives a fantastic glow and lift (90 mins., 180 €).

If you're used to beauty institutes, place your trust in Simone Mahler's *Soin Prestige* (90 €). Entirely manual, this treatment based on exclusive massage techniques incorporates facial reflexology manoeuvres. The beautician devotes herself to her client for 1 hr 30 non-stop, stimulating specific relaxation points and extending the massage to the back, hands and feet. At the Carita institute, entrust yourself to expert hands while enjoying the *Soin Révélation*, an innovative massage which focuses on the body's energy centres to restore the balance between body and mind (75 mins., 115 €). In an approach even closer to therapy, Les Thermes Marins de Monte-Carlo invite you to discover *facialthérapie*, a method that eliminates stress and helps you to stock up on energy. Totally relaxed, the face feels perfectly soothed (45 mins., 100 €). And then, why not test phyto-biodermics? At the Miramar Beach Hotel in Théoule, you'll find Europe's first thalasso-energy centre dispensing personalized treatments based on essential oils, clays, seaweed and minerals. These treatments observe the law of the five elements (wood for greasy skin, fire for sensitive skin, earth for skin with an overdose of toxins, metal for skin which lacks minerals, and water for dehydrated and wrinkled skin (90 mins., 80 €).