

INSIDER'S GUIDE TO  
**SPAS**

**HOTELS**

## 5 Posh Parisian Hotel Spas

BY IRVINA LEW

### Hotel Bel Ami

Not every five-star hotel with a spa is within a grand palace hotel; in fact, family-owned Hôtel Bel-Ami had a decidedly modest former life as a book factory; the building was chosen for its prime location in the heart of Saint-Germain-des-Près, a destination “quartier” on the left bank with shops, boutiques and legendary cafes, including the nearby Café de Flore and Les Deux Magots. This oh-so-stylish 108-room boutique hotel boasts a vibrant mid-century modern décor. The subterranean spa, an intimate and contemporary well-being space complete with a fitness room, a relaxation lounge, sauna and two treatment *cabines*, pays tribute to Parisian alchemist Nicolas Flamel. Restorative Maison Flamel facials are a mix of scientific innovation and magical scents and textures and the oxygen treatments are welcoming for the tired traveler. Spa style cuisine is well represented at “Les Mots Passants,” where Chef Simon Suzineau brings the garden to the plate with vegetarian options and an organic Sunday brunch.



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Irvina Lew is an award-winning freelance contributor to a variety of travel books, lifestyle magazines, and websites. As a dedicated spa aficionado, the Long Island, New York native has been introducing readers to the world's best spa venues and experiences for decades. A Travel Classic alumnus, Lew is a member of the American Society of Journalists and Authors and the Society of American Travel Writers. Readers can find many of her published pieces posted on her website: [irvinalew.com](http://irvinalew.com) and by following [@sipsupstayspa](https://twitter.com/sipsupstayspa).

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