
Through
the
looking
glass...

THERE IS SOMETHING
YOU HAVE NEVER YET SEEN,
NEVER YET EXPERIENCED.
LET YOUR SPIRIT SOAR,
YOUR BODY BECOME LIGHT AND FREE.
A WHOLE NEW WORLD
OF SENSATIONS TO ENJOY,
A FOURTH DIMENSION OF PLEASURE.
THROUGH THE LOOKING GLASS
LIES A NEW WONDERLAND,
AN ADVENTURE OF PERSONAL DISCOVERY,
IN A TIME OUT OF TIME.

STEP THROUGH THE LOOKING GLASS
AT THE HOTEL LE ROYAL MONCEAU-RAFFLES PARIS,
TO FIND THE SPA MY BLEND BY CLARINS...

SPA
my BLEND
BY CLARINS



Entering a white paradise

“A spa is quintessentially a feminine world. I wanted to explore the architectural possibilities of the female subconscious. Women’s thoughts flow openly and fluidly, unhindered by macho aggressiveness and force. I wanted to create a world that was not defined by horizontal and vertical lines, a world without limits, without gravity, monolithic, monochromatic... A world of white: the ethereal white of dreams, of clouds. A world where walls disappear behind the gentle folds of a curtain... A labyrinthine world where guests could lose themselves, the better to find themselves again; a fantasy world where reflections are more substantial than reality; a new and watery world where even the sun shines through a veil of water. The Spa’s timeless elegance does not come from its architectural design or decoration, but from the best we humans have to offer: our feminine side.”

Philippe Starck

At the base of a large, warm-toned wood and mirror-clad staircase, a door opens to reveal a dazzling world of pure white. The “ethereal white of dreams, of clouds”, says Philippe Starck. Welcome to the “white paradise” spa he has designed for Le Royal Monceau. It is infused with the same luxurious simplicity that effortlessly pervades the whole establishment, itself the epitome of the luxury Parisian hotel. There is no need to question its style, its roots or its ambitions... Everything is so original, yet simply perfect.

Water and light

The centrepiece consists of an eye-catching 28-metre swimming pool, the largest in any Parisian hotel. Or is it a mirage, its image infinitely perpetuated by a wall-length mirror? And above... Skylight, and more water. The ceiling incorporates the glass tiles that form the base of the pond in the Hotel gardens. The result is an aquatic, underwater world bathed in daylight. By the swimming pool, the Spa Lounge equipped with comfortable white sofas delivers an invitation to slow down and relax.

Space

The entire 1500m² area is designed to resemble a labyrinth where guests can lose themselves, the better to find themselves again. To the left, She can be pampered in rooms of pure white, with a feminine hint of translucent pink.

To the right, His area can be accessed through a large stainless steel hall. Water and steam, heat and cold...

Men and women can mingle around the swimming pool, in the fitness room and at the Spa Bar.

Harmony

Bright white glass, walls that are mirrored or veiled, shining steel surfaces, pink-tinted glass consoles, and the dark warmth of wood...

Lines and materials combine to create a magical environment. However, the real wonder of this world is intangible, its ability to “soothe the body and mind”.

Back

to the heart
of things

FIND YOUR OWN PERSONAL SOURCE OF PLEASURE
AND EXPERIENCE NEW AND NURTURING SENSATIONS
AND EMOTIONS, ACCOMPANIED AND GUIDED
BY BEAUTY AND FITNESS EXPERTS...

THOSE WHO KNOW PARIS AND ITS HEDONISTIC
MICROCOSMS BEST HAVE ALREADY CALLED
THE ROYAL MONCEAU SPA AN EGEOLOGICAL
PARADISE, A NEW WAY OF LOOKING AFTER YOURSELF
AND FINDING THE PERFECT BALANCE BETWEEN
YOURSELF AND THE WORLD AROUND YOU.

AWAY FROM THE STRESS AND BUSTLE OF INCESSANT
DEMANDS, TIGHT DEADLINES AND OTHER ATTACKS
ON YOUR PERSONAL BALANCE, COME BACK
TO THE HEART OF THINGS, TO YOURSELF.
DON'T YOU WISH YOU COULD DO THAT MORE OFTEN?



*Le Royal Monceau
has chosen My Blend,
My Blend has chosen
Le Royal Monceau*

Dr Olivier Courtin,
Managing Director of Clarins
and creator of My Blend

“The Hotel Le Royal Monceau wanted the very best for its Spa. And I had created the My Blend brand to provide the very best tailored skin treatments. It is a premium, confidential brand. It deserves an exceptional showcase. The Hotel Le Royal Monceau is the perfect venue.

My Blend, a radically
new skincare line

We have created exclusive new protocols for Le Royal Monceau. Women are enveloped in a soft cocoon that provides more than simple comfort and well-being; they feel attended to, cosseted. Unique application techniques enhance the receptiveness of the skin to My Blend’s active ingredients, with exceptional results.

Customisation is our watchword
Cleopatra was pampered with treatments that were designed specially for her. Why should today’s women not enjoy the same privilege? With My Blend, the blend, texture and application techniques are selected specifically for each one of them. And every woman leaves the Spa with her own package of products, combined according to the needs and nature of her skin, providing for two weeks of continued, tailored treatment. Each beauty therapist is a true Beauty Coach, providing every guest with guidance and support to reveal her essential beauty.

Essential Clarins

For devotees of the Clarins Method, the Spa also offers the essential Clarins treatments, justly renowned for their excellence, as well as several exclusive creations. Clarins products are continually enhanced, and the brand remains Europe's number one for cosmetics. Application techniques have likewise been developed and perfected over time.

Men no longer need to be persuaded of the importance of skincare in reinforcing their general well-being and youthful appearance. The ClarinsMen line, designed specifically for male skincare needs, comprises an extensive range of high-performance facial and body care products. However, let this not prevent men from enjoying the unique My Blend skincare experience.

Seeking perfection

A climate of white serenity reigns in the Spa, where you feel as if floating on a cloud. Every detail has been carefully thought out, from the width of the massage tables to the degree of pressure applied by the Beauty Coach at each stage in the treatment process...

Why have we sought such perfection? *I believe in pleasure.* It triggers a response in the brain, and thus has an immense influence on the body. And pleasure is a truly multi-faceted phenomenon, where every detail counts: the decor, a smiling welcome, the expertise, efficiency and generosity, and above all... an attentive ear."



My team: *of experts*

Clarins wanted to create a quality of welcome and treatment worthy of Le Royal Monceau. Every guest who enters the Spa immediately feels the reassuring presence of skilled and attentive experts; experts who are sincere and passionate about what they do, with that special Clarins touch; experts who are skilled and generous in sharing their balance and energy. My pleasure!

My Beauty Coach:

Clarins has trained twelve Beauty Coaches specifically for this Spa. They 'listen' to and understand your skin's needs, soothe it and then restore its natural balance with charmed fingers and precious advice.

My Pool Coach:

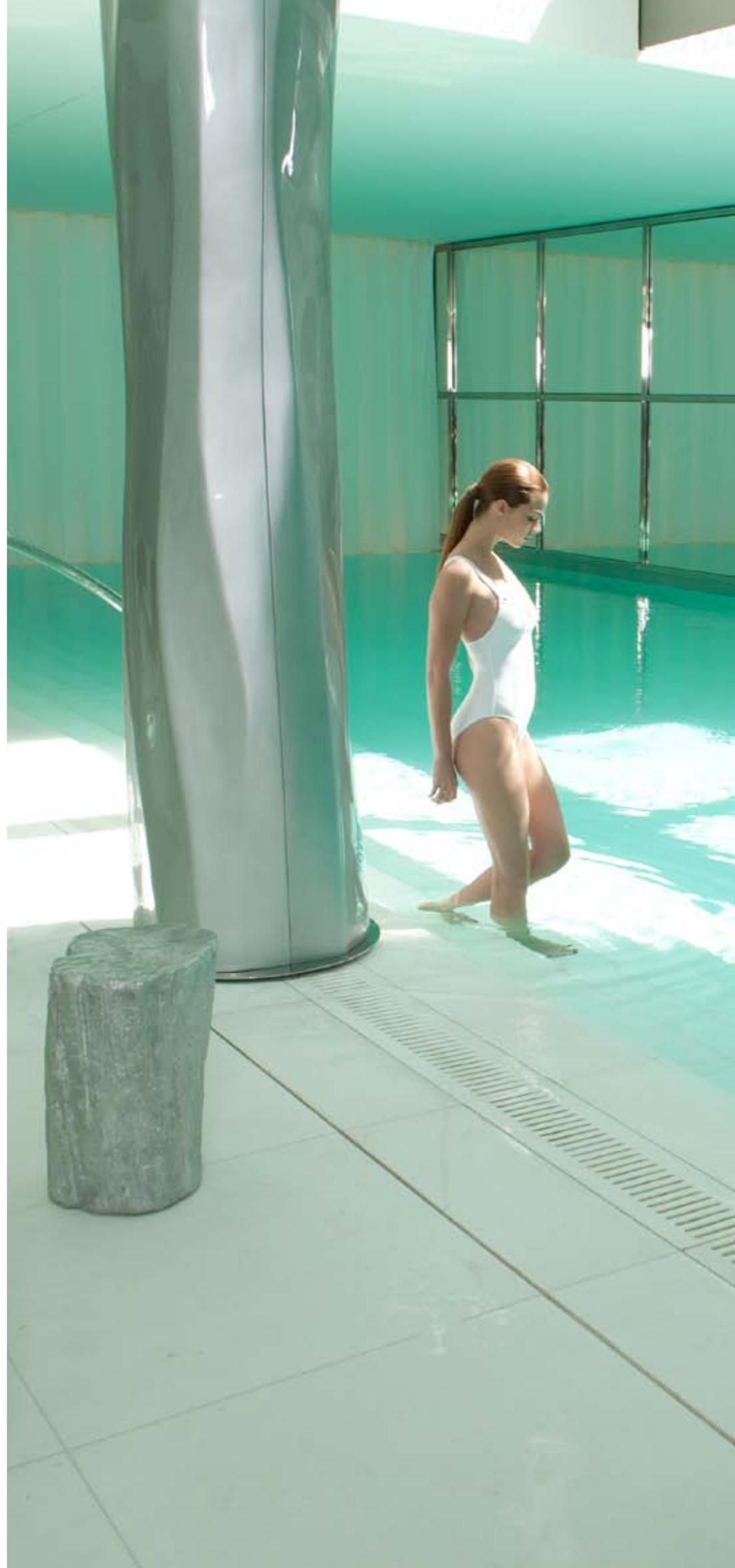
The pool superintendant and swim coach specialise in aqua gym and other water sports, helping you make the most of this white paradise pool.

My Body Coach:

Twelve personal trainers are available to help you define your fitness priorities, select the right approach and equipment, motivate you and monitor your progress... at your side, every step of the way. Each Body Coach specialises in a particular area: fitness, body building, Pilates, yoga...

My Spa Concierge:

Hotel residents and Club members can use the services of this special contact person to manage their appointments. Club members also have round-the-clock access via their Smartphone application.



My Blend: high-definition, tailored care

“Life changes. Change the life of your skin”, with My Blend, a unique range of fully customisable facial care products, created by Dr Olivier Courtin. This revolutionary new concept consists in combining the *Essentials*, designed for different skin types, with ultra-precise *Emergency Boosters*. These are provided in syringes, for easy injection into the *Essentials* selected for a highly personalised two-week treatment. With more than 200 possible combinations, My Blend provides a perfectly tailored response to the changing and individual needs of every skin type, at any age.

The scientific core of My Blend

Each of the *Essentials* leverages *Cell Synergy Complex*®, a cutting-edge development in neuro-cosmetic technology. Neuro-cosmetics affect delicate nerve endings in the skin and this influence its nervous system. *Cell Synergy Complex*® constitutes a powerful neuro-active combination of three exclusive peptides that reduce stress on the skin, protect it against premature cellular damage, and help repair skin tissue. The peptides operate like cellular messengers, helping to repair damaged skin and stimulate the cellular regeneration process.

Emergency Boosters are pure, ultra-concentrated, doses of active agents. They are extraordinarily powerful and act in very specific domains.

Specific products can then be selected to complement a skin-care programme: cleansers, eye contour care products, etc.

Rejuvenate your skin *without surgery!*

Cell Synergy Complex® technology constitutes a real alternative to surgery or injections. My Blend provides a revolutionary, science-based solution to skin ageing: the cellular metabolism is stimulated *in its entirety*, helping your skin recover its youthful elasticity, whatever your age. Manual application techniques developed for the Spa My Blend by Clarins optimise these effects by gentle yet deep physical stimulation of the skin tissue and supporting fibres.

My Blend Diagnosis: *cutting-edge technology and communication*

At the Spa My Blend by Clarins, customised treatment protocols are enhanced by a specifically developed *skin analysis method*.

First, sensors analyse your skin in detail and feed the information into a computer. Readings point out three main parameters: skin hydration, sebum, and elasticity.

Signs of skin ageing are scanned with a minute camera that assesses two further criteria: pigmentation (skin blemishes), wrinkles and expression lines (length, width and depth).

Second, the Beauty Coach will invite you to talk about your lifestyle and habits. Smoking, stress, biological changes and general lifestyle patterns directly affect skin behaviour, and must therefore be taken into account when determining the treatment.

After a 20-minute analysis, the results will be presented in easy-to-read diagrams. You may be pleasantly surprised: the biological age of your skin may be lower than your actual age! Your Beauty Coach will explain the findings in greater detail. The Special Spa My Blend analysis is uniquely effective in ensuring that your skin is understood and selecting a treatment that is perfectly suited to its needs.

My Blend treatment, *dispensed by smart hands*

Based on this detailed understanding of your skin, the Beauty Coach can select the My Blend product that is best suited to your skin, and apply it in a way that optimises its effect. As My Blend associates skincare with complete relaxation, the first few minutes will be spent evacuating tension, your feet lapped by warm water, resting on a bed of pebbles. A symbolic return to nature.

Then the treatment itself will begin. Endowed with the magical power of Clarins expertise, your My Blend Beauty Coach will first “undress” your skin, gently cleansing it, then let her hands “make contact”. This is a wonderful moment: you become infused with calm, your tensions wash away. Using a harmonious blend of massage techniques to repair and rejuvenate your skin, she will erase all signs of daily stress.

The Beauty Coach will use her hands to help the My Blend active agents to work deeply and release their energy, stimulating micro-level circulation, drainage, and cell renewal... It works like a charm!

Sensations *and emotions*

Indeed, it is enchanting for all the senses. The unique beauty of the Spa, the exquisite texture of the products and their delicate fragrance (although products formulated for sensitive skin are fragrance-free), the gently enfolding massage... a truly multi-sensorial paradise.

My *beauty* brief

The Beauty Coach will then use the Clarins make-up range to set your new-found beauty off to perfection.

And lastly, she will advise you about your home beauty routine. No-one leaves without their own customised package of *My Blend Day and Night Essentials*, with the appropriate *Emergency Booster*.

As you sip a fruit cocktail or a glass of champagne, your Beauty Coach will give you professional tips on how to continue your treatment at home in a way that best suits the unique personality of your skin. The results of your skin analysis will be emailed to you, and a copy kept on file as a reference for continuing care in the future.

My new me...

Cast a glance at the mirror: your face has been transformed, its lines smoothed out, its contours redefined. Your complexion is radiant. Feel the delightful and lasting sensation of inner harmony and balance, a new source of inner strength.

The treatment lasts 80 minutes: time flies in paradise...



My Clarins facial care: constantly enhanced expertise

Clarins skincare products have many devotees who will be eager to discover them again in Le Royal Monceau's white paradise.

The Clarins brand pioneered beauty treatments 50 years ago, and it remains a true pioneer today. Clarins relentlessly pursues innovation in both its products and techniques. Concentrated blends of plant extracts and essential oils have proven their effectiveness in nourishing the skin and maintaining its physiological balance. Moreover, research conducted by Clarins is constantly enhancing their performances, generating longer lasting, yet immediately visible results.

Clarins application techniques correspond to specific objectives, relaxing, draining, stimulating, toning, and remodelling the skin... All techniques respect the fundamental need to use gentle, fluid movements and apply regular pressure, to avoid the risk of permanently displacing the skin tissue and preserve its youthful elasticity.

The Clarins "Facial Beauty" menu includes a selection of emblematic treatments that aim to rejuvenate the skin and enhance its radiance, balance and purity. It now also includes a unique, specially developed protocol: a plant-based anti-ageing treatment associated with application techniques that enhance the effectiveness of active agents in combating the signs of ageing.



My body *with Clarins*

At Le Royal Monceau Spa, the Clarins 'power of touch' reigns supreme. Clarins has developed massage techniques inspired by the best of the cultures experienced in the 150 countries where it operates.

Based on the five fundamental contact points (palm, thumb, edge of the hand, forearm and elbow), Clarins leverages long-standing traditions to find the 'perfect touch'. Indeed, some Ancient Egyptian bas-reliefs depict foot massages and one hieroglyphic caption states "don't hurt me"!

Treatment or massage? *Two ways to achieve harmony between body and mind*

Treatment works from the outside in: as your skin becomes firmer and your figure regains its youthful fluidity, your self-assurance and confidence grow.

Massage works from the inside out: when you feel in harmony with yourself, relaxed and toned, your body responds to match this change.

In both cases, the resulting changes in physical appearance and psychological well-being are closely linked, although the connection is different.

Body treatments in the white paradise

Whatever your precise objective (figure shaping, body firming, muscle toning...), Clarins treatments offer targeted responses that leverage alchemical synergies between natural active ingredients and specific application techniques.

Are you ready for the ultimate pampering experience? the menu is rich in promise: *Tonifying or Relaxing Fruit & Salt Scrub*, *Green Clay Body Wraps*... and a Royal Monceau exclusive that simply must be tried: breathe in the aromatic benefits of a *Royal Bath* in essential oils.

Massages in the white paradise

At Le Royal Monceau, a wide range of massages are on offer, from the highly specific to the sublimely holistic. Their names speak for themselves: an *Unwinding Feet, Hands and Scalp* massage for immediate stress relief, the marvellously *Relaxing Face and Back massage* (a Royal Monceau exclusive), or a *Chill Out Massage*, one hour on a cloud of well-being, and you will be born anew.

And what about this for a dream massage... *A Melting Massage with Hot Stones* of white marble and black slate shaped like teardrops, hearts, circles and diamonds. Marble and slate both have their own innate vibrations that combine with the manual massage to generate a feeling of infinite well-being, amplified by the sweetness of warm honey.

Did you say paradise?

ClarinsMen: my treatment for men

Naturally, men are as welcome as women to enjoy My Blend and Clarins treatments and massages that best correspond to their needs and desires. However, the ClarinsMen offering includes additional services designed specifically for men.

Try these new ClarinsMen Royal Monceau exclusives: *the Anti Jet Lag Skin Blitzer Facial*, for immediate and long-lasting recovery, or the *Royal Abs and Back Firmer*, for treating those particularly masculine curves.

“Great Moments”

Clarins has devised several treatment and massage packages exclusively for the *white paradise*, creating an effective and delightful oasis of calm.

For example, how about the *Parisian Radiance*, a package that kicks off with a *Milky-Soft Foot Spa* and culminates in a *Melting Massage with Hot Stones*... Approximately two hours of pure delight. Irresistible!

The *My Day Spa* discovery pass constitutes the ultimate in tailored treatments and fitness programmes. *My Day* starts with three 15-minute *diagnoses* with resident experts: the Spa Director, Lead Coach and Treatment Manager. The results of these analyses will be used to compile a uniquely personal programme:

- Customised My Blend facial - 1 hr 20 mins
- Clarins Body treatment or massage - 1 hr
- Fitness session with a personal trainer (water exercises or cardiovascular workout) - 1 hr

The pass also includes free access to the pool and other water fitness areas (sauna, Turkish bath, laconium...).

My perfection: beautiful hands, feet and hair

You are so close to perfection, all you need is the finishing touch: a manicure, pedicure, or simple application of nail polish.

Clarins has chosen the Leonor Greyl brand for its haircare booth, notably because its expert, tailored approach fully complies with its own facial and body care ethos. All the active ingredients are captured from natural sources: plant extracts and oils that revitalise the hair and give it a spectacular shine. Of particular note are its renowned Wheatgerm Oil treatments, with their in-depth action on the scalp, and the sublimely sensual Palm Oil applied prior to all Leonor Greyl treatments.



My fitness, my health, my body

The Spa My Blend by Clarins is wholly dedicated to beauty, youth and general well-being. Physical exercise goes hand in hand with cosmetic care, and can also be tailored to your requirements, with advice and support from a team of specialised coaches.

Personal rediscovery means learning to listen to your body and feel it change... Whether you need a relaxing break in exceptional surroundings or a workout that tones up your muscles or drives you towards specific endurance objectives, the Spa My Blend by Clarins can offer effective - and enjoyable - responses your needs.

My Spa Programme: *a new exercise programme each week*

The extensive range of possibilities, cutting-edge facilities and top quality support available at the Spa are leveraged to tailor a personal, weekly training programme. In addition to their scheduled activities, Hotel residents and Spa Club members receive a weekly My Spa Programme with suggested exercises for maintaining fitness and keeping motivated (Club Members may receive this programme via a Smartphone application).

Water fitness

- This includes the 28-metre pool, for simply unwinding or benefitting from individual training sessions to work on one's swimming strokes. Or trying out aqua running (on an underwater treadmill) or aqua gym, with one's own personal coach. The weekly *My Programme* promotes a Royal Monceau exclusive: a combined swim session and aqua workout compiled by Camille Lacourt, European swimmer of the year 2010 and winner of three gold medals at the European Championships in Budapest. Camille Lacourt has been a Clarins Ambassador since early 2011 and fully connects with the brand's values.
- There is also the Watsu pool—a water-based deep relaxation therapy developed from the Japanese principles of shiatsu. All Watsu sessions are individual and take place in a safe and reassuring environment with an experienced Master. The pool, heated to 31°C, offers the perfect setting.
- Or guests can tailor their own individual "shower experience", selecting their favourite music and chromatherapy colours, defining the power and direction of water jets, and choosing which essential oils to add to the water... Settings include *Caribbean Rain and Siberian Nights...*

Heat and steam...

- Turkish baths and aspen-wood saunas offer comfortable areas where the temperature and humidity are kept at optimum levels.
- Laconiums are a relatively rare feature of hotel Spas. They are humid areas where the temperature increases gradually, making them an ideal introduction to the more searing heat of the Turkish bath or sauna. Designed to be aesthetic as well as promoting well-being, the large white-tiled loungers are gently curved and infinitely comfortable.
- The ice fountain provides welcome cool relief after the heat of the sauna or Turkish bath. Ice cascades to the floor and can be rubbed over the body, as Scandinavian sauna users do with snow.

Cardiovascular workouts, fitness and balance

With a large fitness room and four individual training rooms, the Spa always has something for everyone.

The fitness room is large in size and houses the latest Technogym facilities. Vario cardiovascular training machines have six settings, and Jogg treadmills have a specially designed rubber running surface to go easy on backs and knee joints.

The Ciclotte exercise bike provides for an exciting and unprecedented workout, accurately reproducing the feel of a real racing bike and thereby giving users all the excitement of a competitive sport as well as a deep muscular workout. The four individual coaching rooms can be used for a wide range of activities.

- One room is dedicated to Pilates and equipped with the latest Peak machines: Reformer, Cadillac and MVe Chair, all highly appreciated by Pilates connoisseurs.
- Aesthetic and ergonomically designed Kinesis facilities are housed in a sky-lit room. They offer more than 200 different muscle toning exercises, and the coaches are fully trained to maximise the potential of this wonderful machine.
- Core Training stimulates deep lying muscles and shapes the figure. Appropriate equipment is provided, including 'aero' cushions.
- The muscle-building range combines training for specific sports (skiing, golf, surfing...) with more light-hearted activities like exercise ball workouts.
- Three forms of Yoga can be practised: Hatha, Vinyasa and Ashtanga. Expert coaches are available in all disciplines, so as to fulfill every individual need.



Me and My coach: always at your side

The Royal Monceau Spa ensures that a personal coach is available within the hour. Although the Spa is stocked with ultra-high performance equipment, “the body is the best work-out machine” as the *lead coach* says. Rather than taking lessons with an *instructor*, Spa guests enjoy a special relationship with their coach, developing an affinity that enables them to break with convention and erase every last bit of tension.

The coach understands, motivates and surprises with exercises that are never quite the same, keeping guests alert and interested. Gradually, as they practise and maintain an ongoing dialogue with experts who listen to and understand their needs, their relationship with their body will change.

In addition to toning their muscles and shaping their figure, their very personality will attain a level of greater harmony, confidence, balance and self acceptance. That is the fundamental purpose of the Spa My Blend by Clarins...

My time out at the Spa Bar

The *white paradise* is perfect for losing track of time, indulging one’s whims, rediscovering oneself and discovering others...

The Spa Bar offers a selection of fresh fruit and drinks, including fruit juice and tea from the samovar... and if indulgence is the order of the day, guests can treat themselves to a selection of macaroons and other delicacies prepared by Pierre Hermé.

Spa My Blend by Clarins membership options

The Spa My Blend by Clarins is open to:

- Residents of the Hotel Le Royal Monceau-Raffles Paris
- Spa My Blend by Clarins Club Members
- Members of the public, by appointment, for treatments and massages. Guests who book a My Blend treatment are also welcome to use the pool and other *water fitness* areas (sauna, Turkish bath, laconium, shower experience). A €50 supplement is required for other bookings.

My Club membership

Three membership options give full access to the Spa:

- **My Solo** - Individual membership:
€1,500 admission fee + €4,500 per year membership
- **My Duo** - Membership for two persons:
€1,500 admission fee + €8,000 per year membership
- **My Corporate** - Enables three members of one company to access the Spa at different times:
€1,500 admission fee + €9,500 per year membership.

My Privilèges

In addition to permanent access to the Spa, a Club Card grants members the following privileges:

- **My Coach:** available within the hour for an individual workout
- **My Guest(s):** Club members may invite guests to the Spa (by appointment), under the following conditions:
 - My Solo: 1 guest per month
 - My Duo: 2 guests per month
 - My Corporate: 2 guests per week
- **My Spa Programme:** a new workout proposal every week (water sports and fitness)
- **My Spa Concierge:** a contact person for answering requests for information and managing appointments, and a Smart Phone application for receiving the weekly My Spa Programme and up-to-date information on special offers (My Valentine, My Brunch etc.)
- **My Special Price:** 20% discounts available on all treatments, and special rates for coaching sessions.
- **My Day:** all new Club members are given their own Great Moment: a customised four-hour introduction to the best the Spa has to offer
- **My Spa Bag:** everything necessary to enjoy the Spa experience: 1 bath robe, travel face pack, 1 swimwear bag, etc.
- **My Valet Parking,** in front of the Hotel.



My *memo*

Opening hours:

Monday to Saturday: 6.30am - 10pm

Sunday: 6.30am - 8.30pm

Treatment, massage and individual training:

9am - 9pm (last appointment: 8pm)

Water fitness:

- Sunlit pool - 28-metre long
- Watsu pool

Treatment and massage:

- 7 booths, including 1 double, 1 massage with hydra-jet and 1 massage with affusion shower

Relaxation:

- The following can be found in both the ladies' and gentlemen's areas: Sauna, Turkish bath, laconium, shower experience, ice fountain
- In the ladies' area: cool pool

Health and fitness:

- Fitness room
- 4 individual training rooms,
1 of which is dedicated to Pilates

And more...

- Haircare booth
- Boutique stocked with My Blend and Clarins products
- Spa Bar



SPA
my Blend
BY CLARINS

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