

THE SPA UNCOMMON

*Spa My Blend by Clarins,
St. Barths*

BY JEFF SOBEL



If you're not careful, you might accidentally pass the spa, strolling down the lush pathway of villas leading to the sea. The unassuming entrance of two tranquil fountains bubbling amongst the sound of birds chirping on the sunny trail of Le Guanahani Resort reminds me I'm in the Caribbean. Upon stepping inside, it feels like being transported away to a serene landscape that looks as though France and Bali have converged.

I'm cooled from the hot day by the shade and twirling fan of the mahogany ceiling above, welcoming me into this tranquil hideaway. Beyond the open lobby I see a pathway back outside over a koi pond leading to an aqua blue pool, white wooden relaxation hut,

solarium, and all the way beyond to the green mountainside and the sea.

"Bonjour!" the manager Claire wakes me out of my trance. With effervescent energy she happily takes me on a full tour, starting with the chic My Brand and Clare shop that seems to have been plucked right off of the Champs-Élysées. She introduces me to the Expressément My Blend facial process and I learn that this is one of only nine spas in the world, and the only one in the Caribbean, that offers My Blend. A unique process in which clients can completely personalize their treatment by their skin profile, in depth skin analysis by age and even lifestyle.



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The spa is so high-tech that there are three machines for the My Blend facial for regeneration and circulation. In addition to My Blend is Claris for aromatherapy and a Body Bliss bar for personalization created by a guest's energy and feeling. The spa is St. Barths' only destination for transformative Intracutaneous skincare services consisting of non-invasive treatments that use the powerful synergy between oxygen and a range of specific serums with hyaluronic acid to ensure long-term skin regeneration.

Beyond the shop we view the salon by Frédéric Fekkai with products that typically cannot even be found in Paris. Claire laughs innocently,

admitting that many repeat guests come to stock up while they can. Several private ultra-lux rooms adjoin the salon for manicures, pedicures and the numerous spa treatments. Back outside in the afternoon sun we stroll past the peaceful pond, sparkling calm pool and to the other side of the courtyard for the treatment rooms. Each is perfectly cool with tranquil brightly painted walls and sheer curtains leading outside to a private shower once your treatment is complete. The steam room is yet another chic amenity with twinkling star lights on the ceiling which leads to more outdoor showers, blending the inside/outside feel that one can only truly enjoy here in the islands.



For the consummate spa connoisseur, hidden above the courtyard rests a private wellness suite. The only suite located inside the spa, this exclusive room allows whoever is staying unlimited access to the spa and its private pool courtyard, even after the spa closes! Regrettably the suite is currently occupied, so I'll have to take a peek on my next visit.

After a full tour I venture off to the men's changing room where I'm provided with a large locker, terrycloth robe and even fluffy slippers

that feel like decadent sandals in the Caribbean heat. I stroll under the shade of the wooden pathway alongside the pond where I'm greeted by my masseuse who guides me to a private bungalow-style room. I lie down and turn off my mind, listening to the soft music in the dimly lit oasis as my masseuse melts my stress away with an hour and half deep tissue massage. By the end I feel new again, ready to continue following this bliss at the pool where a fresh juice and chocolate macaron wait for me – how beautifully French!

 **JEFF SOBEL**

