



## PRESS RELEASE



## FROM RUSSIA WITH... SPA TREATMENTS

Le Bristol Paris expands  
Russian spa offering due to  
increased popularity of  
treatments and therapies

From vodka-soaked wraps to  
ingredients sourced from the  
Siberian wilderness and  
'beatings' of the body with  
birch branches soaked in  
essential oils, Russian  
treatments are taking the  
spa world by storm

Following an increase in demand by Le Bristol's international clientele, Spa Le Bristol by La Prairie has increased its offering of Russian inspired treatments. The only hotel in the city to offer a 'Baniya' – a traditional Russian wet room - it is now expanding its range of body care with a new ritual inspired by Russian tradition.

Launched in 2011 as part of a €150million refurbishment of Hotel Le Bristol, Spa Le Bristol by La Prairie is one of the finest spas in Paris. The unique treatments offered in the spa's Russian Room use the exclusive products of 'Russie Blanche', which have been selected for their performance, combining the Russian Tradition with French refinement.

Inspired by ancestral Russian Baniya, the Russian Room offers guests total relaxation with its heated marble table, Vichy shower and private steam room, as well as a range of treatments and products utilising Russian ingredients known for their anti-stress and detoxifying properties.

Russian Baniya treatments marry hot and cold with the aim of fortifying the body's natural resistance against external aggressions, with traditional "veniks"; comprised of bundles of birch branches, used to invigorate the body. Following a steam bath, veniks soaked in steaming hot water are used in the **Venik Treatment** in combination with traditional massage techniques such as stroking, lashing and rubbing the skin, leaving guests in a state of well being, while stimulating circulation, exfoliating and purifying the skin leaving it soft to the touch.

From September, a purifying **new Russian Baniya Ritual** will



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be introduced to the range, expanding on the existing venik treatments. Based on the beneficial properties of hot and cold, guests will begin by relaxing in the heated hammam before a vigorous exfoliation using a raw sponge made with natural lime tree fibres permeated with a natural soap, giving the sponge antiseptic and anti-oxidant virtues. After friction with crushed ice in the heat of the hammam, infused veniks are used to stimulate circulation, with the beating and compression of the hot venik boosting immune defence. The ritual ends with a natural honey body wrap, nourishing the skin. The ritual takes two hours and 40 minutes.

Vodka is no longer reserved for sipping in a White Russian, with the spa's signature Russian treatments including the **Vodka Body Scrub**, pairing vodka with lime, ocean salt, sesame seeds and grapefruit essential oils which are methodically massaged into the skin to tighten pores and remove dead cells. Russian Vodka is again a key ingredient in the **Russian Massage**, with vodka soaked hot towels applied to cleanse and purify the body before a full therapeutic massage performed with Siberian golden roots and essential oils of Juniper, Siberian pine and mandarin to give the body a tonic boost.

Used to promote weight loss and remove toxins, the **Baniya Detox Wrap** combines the detoxifying assets of birch, ginseng of Siberia and green tea with the wraps thermostatic properties. This treatment is best combined with the **Traditional Siberian Body Polish**, a stimulating treatment that purifies and softens skin with a mixture of Siberian golden root, Pink Orphin, salt and 100% pure and natural essential oils of eucalyptus and Siberian pine.

For a truly luxurious Russian experience, guests can try the **'From Russia with Love' package**, incorporating the Traditional Siberian Body Polish, Baniya Detox Body Wrap, Russian Stimulating Body Massage and a La Prairie Caviar Firming Facial. This lavish 4 hour 30 minute long treatment includes exclusive use of a VIP room and private terrace, where guests can relax and indulge in a Russian Vodka Cocktail and Caviar canapés.

FOR MORE INFORMATION VISIT:

[www.lebristolparis.com](http://www.lebristolparis.com)

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