

CANADA <

# ELLE

DECEMBER 2016

**ULTRA  
COOL  
PARTY  
LOOKS**

IT'S TIME TO  
RETIRE THAT LBD

**PERFECT  
PRESENTS**  
**PLUS**  
ENTERTAIN  
AND BE  
MERRY  
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**MIRANDA  
KERR'S**  
FRESH START

STOP IN  
THE NAME  
OF LOVE  
COULD MARRIAGE  
RUIN YOUR  
RELATIONSHIP?

**CRUSH ON  
VELVET**  
WEAR HEAD-  
TO-TOE PINK  
LUXE UP  
YOUR  
MAKEUP

# EASY GLAM



# BLISS LIST

*Haute international spas  
with high-level results.*



## THE MAGIC FACIAL AT **THE EXHALE SPA** **RITZ-CARLTON**, BAL HARBOUR, FLA.

The Exhale Spa, located in the Ritz-Carlton Bal Harbour, Miami, is a luxury waterfront sanctuary.

When I arrive at the Ritz-Carlton Bal Harbour, Miami, on a bright afternoon, the sea is sparkling as if it were covered in Chopard diamonds. (There is, *bien entendu*, a Chopard Boutique at the six-hectare alfresco mall, The Shops at Bal Harbour, which is just a platinum card's throw away.) In the pillared lobby, which is washed in various shades of tanned brown, children in Young Versace high-tops gambol about as a Ritz resident, bronzed enough to make a Vuitton valise look pallid, pushes her Havanese in a Bugaboo stroller. The dog, by the way, is wearing the hell out of a JLo-style top-knot. "She has hair, not fur," the woman tells me. Feeling less soignée than the local canines, I check myself into the hotel's 929-square-metre Exhale Spa for a Magic Facial. My facialist quickly appraises my skin and deems it dehydrated and tired. What follows is a fragrant hour-and-a-half parade of pampering. After washing my face with a warming honey cleanser and applying a vitamin-C serum, she uses a Bio-Therapeutic ultrasonic device (with a high-speed oscillating blade) for deep exfoliation and then infrared Coolbeam technology to stimulate collagen and elastin production. The memorable finale is the "Z-peel," powered with Mucor Miehei Japanese-mushroom enzymes that plump, brighten and soften fine (and, alas, not-so-fine) lines. I float out of the spa feeling as polished as a Chopard bauble and as cosseted as a South Beach-dwelling Havanese. I do believe in magic.

**OLIVIA STREN**

