

LOOKING GLASS

BEAUTY GPS

THIS MONTH'S DESTINATION:

MADRID

THE SPANISH CAPITAL IS HOME TO OLD-SCHOOL COLOGNE AND NEW-AGE DETOX.

By Daniel Scheffler



THE SPA

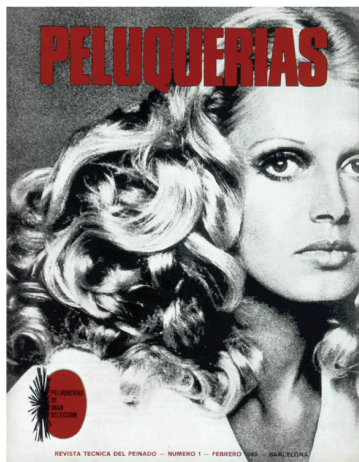
Hotel Urso

Situated inside a 20th-century palace centrally located between the Chamberí, Tribunal, and Chueca neighborhoods, the Hotel Urso is a small and serene refuge. The urban spa, a discreet honey-colored wooden hideaway, has only three treatment rooms, with Barcelona-based skincare brand Natura Bissé stocking the shelves, as well as a Turkish hammam and pool. The service to get is the Diamond Sublime (\$276), a sculpting treatment for the face and body that uses the Diamond Body Cream (\$225, NATURABISSE.COM). HOTELURSO.COM

THE HOUSE CALL

Casa de Madrid

At the discreet seven-bedroom boutique hotel Casa de Madrid, a favorite of Carolina Herrera Jr., makeup artists and hairstylists from the Llongueras salon are on call for in-room services. The family-owned business, which has locations around the country, is named for its founder, Luis Llongueras, who is the Vidal Sassoon of Spain and was Salvador Dalí's barber. \$100 PER HOUR, LLONGUERAS.COM



DECEMBER 2016/JANUARY 2017



THE TREATMENT

The Lab Room

For 15 years the Lab Room has been the go-to spot for the city's cosmopolitan posse, including Penélope and Monica Cruz, as well as such visiting celebrities as Jennifer Lopez, Gwyneth Paltrow, and Natalie Portman. While most come to stock up on skincare (FROM \$28), locals opt for the Relax Total (\$169), a facial followed by a foot and body massage that incorporates essential oils and reflexology. THELABROOM.COM



THE PERFUME

Alvarez Gómez

The fragrance house Alvarez Gómez, which was established in 1899 at 2 Sevilla Street by three cousins, is one of Spain's oldest perfumers. Its most recognizable export—Agua de Colonia Concentrada Alvarez Gómez—came along in 1912, and it has long been worn by Madrid's politicians, actors, and bullfighters. The unisex scent, which is beloved for its bracing, clean aroma, is a mix of Spanish lemon, geranium, and herbs including eucalyptus and thyme. \$70, SOAPKINGS.COM



THE QUICKIE

Esenza by SHA

The SHA Wellness Clinic in Alicante has become the detox destination du jour among titled Londoners and jetsetters looking for rejuvenation, with the added benefits of organic meals, exercise, and a luxurious setting. But for those who can't make it to the clinic for a week, there's a fly-by outpost called Esenza by SHA in terminal 4 of Adolfo Suárez Madrid-Barajas Airport. Aimed at the health-conscious traveler, this concept spa offers 10- to 60-minute treatments, plus hairstyling services, macrobiotic food to go, and vitamins (FROM \$50) for your carry-on. SHAWELLNESSCLINIC.COM

