

Rio's iconic Ipanema Beach is also home to the teeny-tiny bikini

## WHAT TO PACK

- 1. Best Bronze Self-tanning Spray**, US\$54.99 (£37); visit [bestbronze.com](http://bestbronze.com). Brazil's best-selling self-tanner, as found backstage at the Victoria's Secret lingerie shows
  - 2. Novex Brazilian Keratin Hair Mask**, £24.99, from [beautybyzara.com](http://beautybyzara.com). The secret to Gisele Bündchen-style waves and shine
- **Beautyin Beauty Drinks**, £3.50, from Selfridges. Nutritional drinks aimed at improving skin, hair and nails, from Brazilian beauty guru Cristiana Arcangeli



Brazilian supermodel Gisele Bündchen shows off her bikini body

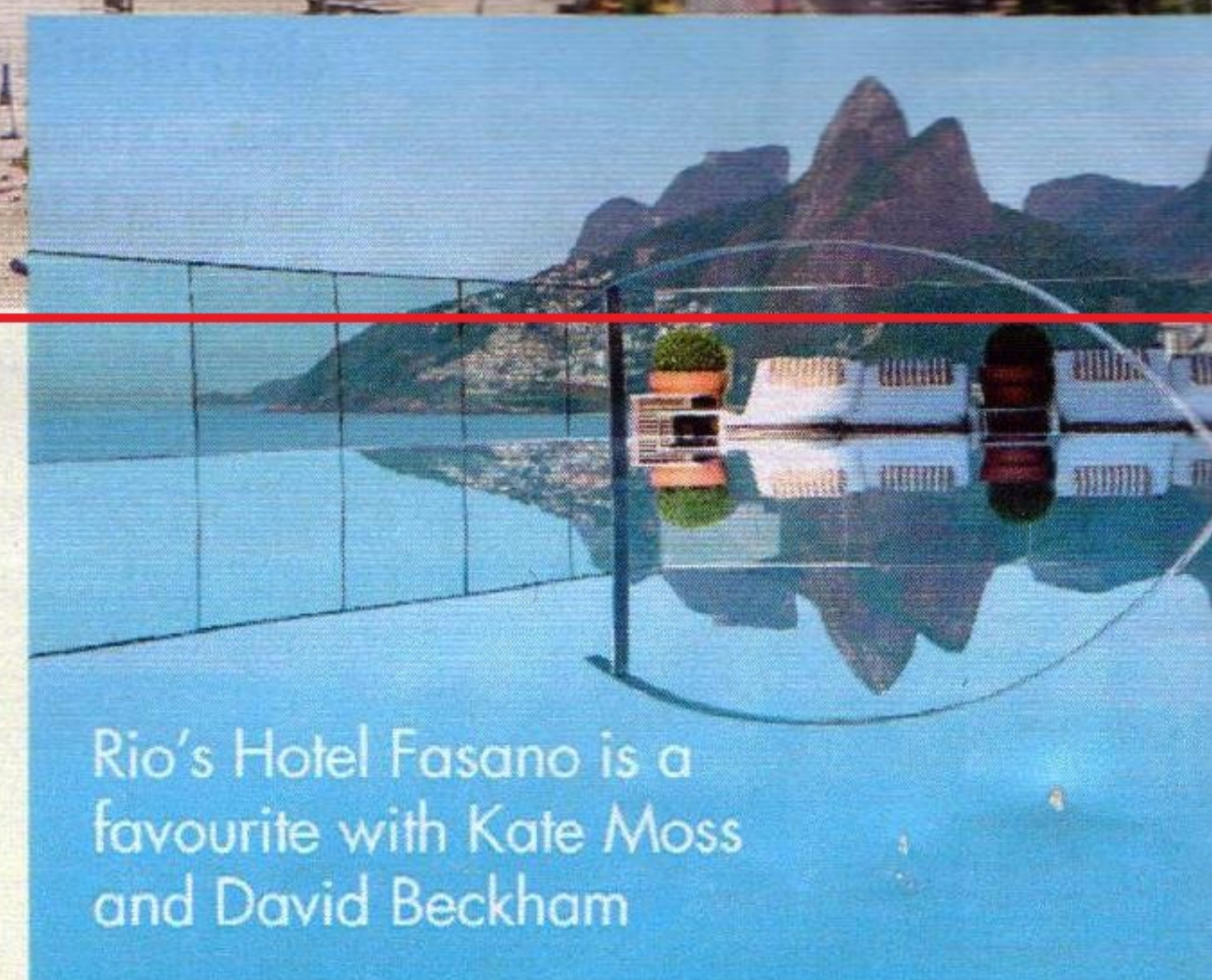


## BEST OF BRAZIL

**Where to go** For Brazilian beauty, it has to be Rio. Stay at the Fasano overlooking Ipanema Beach and you'll be in good company – Kate Moss, One Direction and David Beckham have all been seen on the hotel's balconies.

**Who to see** No visit to Rio is complete without a trip to Dr Ariel Haus, who's based in Ipanema and oversees the gorgeous complexions of Brazil's A-listers. He's famous for his peels and his work with VelaShape, a cellulite-busting machine that lifts and shapes your bum so it can squeeze into the tiny thong bikini bottoms worn by women of all sizes in Brazil; visit [drhausdermatology.com](http://drhausdermatology.com).

*'No visit to Rio is complete without a visit to Dr Haus. He uses VelaShape to lift and shape your bum'*

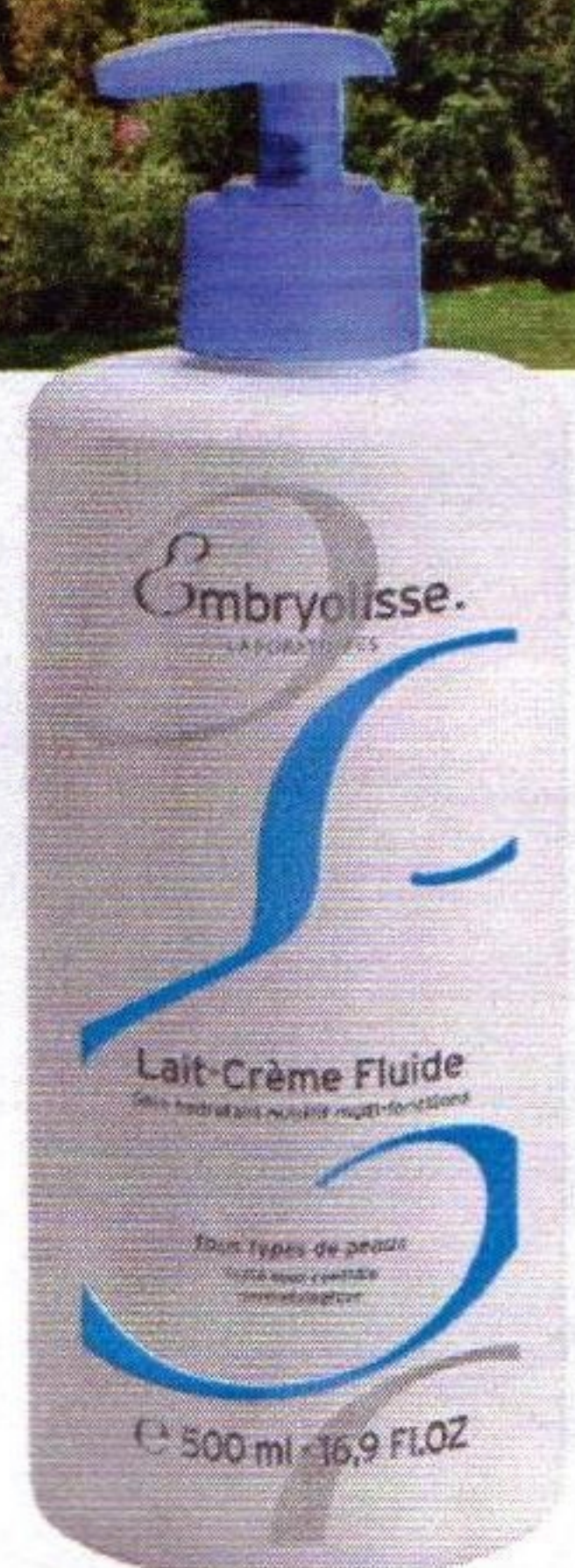
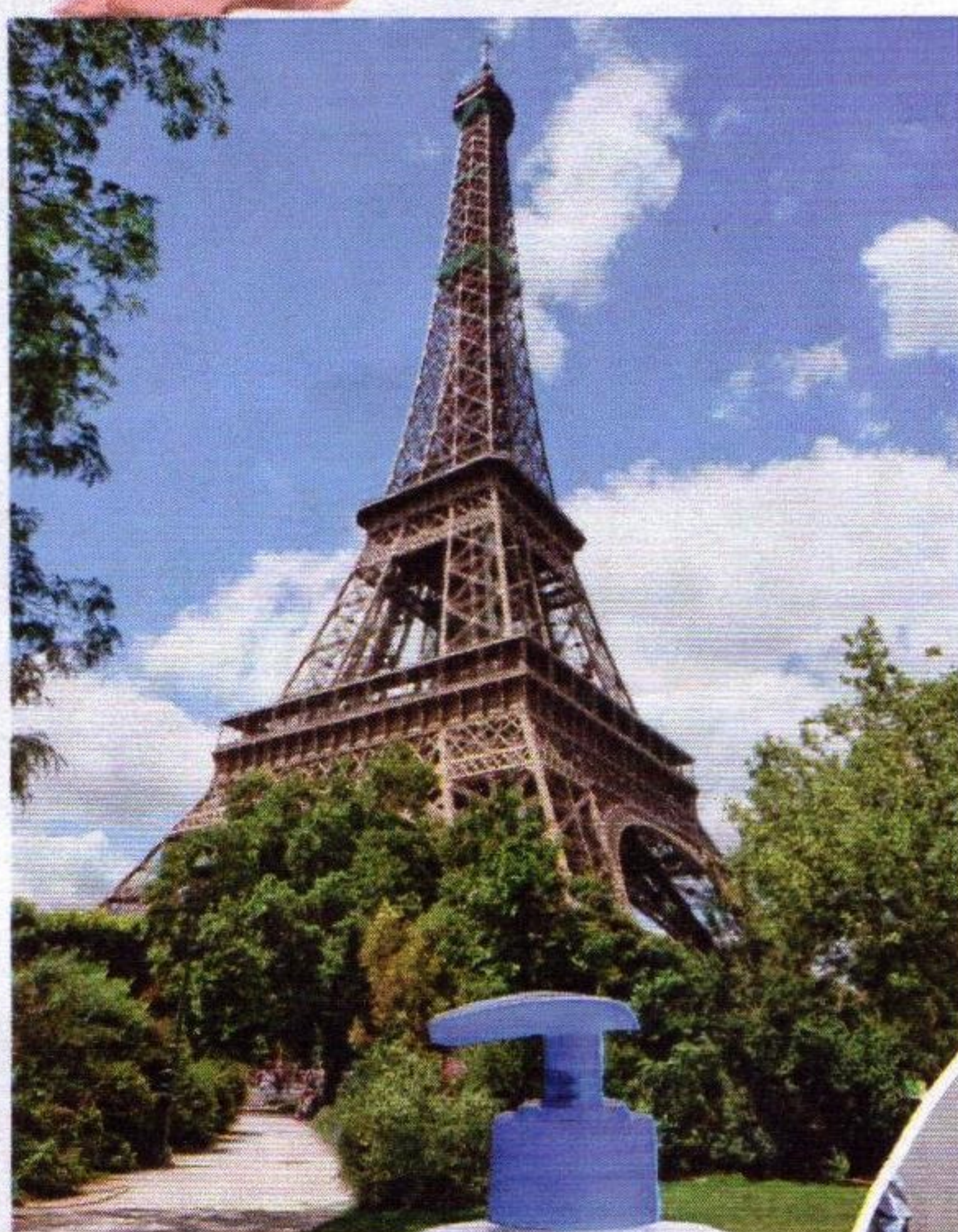


Rio's Hotel Fasano is a favourite with Kate Moss and David Beckham

## FRENCH POLISH

**Where to go** Paris, *naturellement*, and where better to stay than the Four Seasons Hotel George V, which is slap-bang in the designer-clothing heart of the city? It's Kate Moss's favourite place to stay when she's in town.

**Who to see** No beauty break in Paris is complete without a facial, so be sure to snuggle down into a warm towelling robe and reclining bed at the Dior Institut at the Hôtel Plaza Athénée on avenue Montaigne while one of the facialists gets to work. Then pop down to Maison Guerlain at 68 Champs-Élysées to sniff out the very best scents. If your budget allows, you can even create your own bespoke fragrance.



## WHAT TO PACK

Trawl the world's best pharmacies for brands such as Embryolisse.

- 1. Dior L'Or de Vie L'Extrait**, £315, from Selfridges
  - 2. Embryolisse Lait-Crème Fluide**, £28, from [cultbeauty.co.uk](http://cultbeauty.co.uk)
- **Guerlain Mitsouko Eau de Parfum**, £77.50, from John Lewis. Quite simply, it's a classic



Paris match: The glamorous Kate Moss leaves the equally stylish Four Seasons George V

