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Soul Seed Travel Guide: The hottest Spa and boutique hotels in Paris for 2018

by Cheryl+ on [December 29, 2016](#) in [Travel](#), [Travel reviews](#), [Wellness In the City](#)

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Soul Seed Travel have taken frequent trips to Paris to discover the best boutique and spa hotels to stay in to keep you fit, healthy and happy. We love to share with our collection of the hottest recommendations for 2018 in the City of love and light.



Best for: Maintaining your fitness regime whilst staying in luxury

Finally, a brand new spanking five star spa hotel that is completely dedicated to fitness and wellbeing without compromising on luxury and style. Located at the heart of the 9th district of Paris, between Montmartre and Pigalle, the Parister opened its doors in September 2017. Expect beautifully designed rooms, a huge king size bed with velvet pink and blue cushions, Nespresso coffee machine, Marshall bluetooth speaker, and heated mirrors and environmentally conscious products from Zenology in the aquamarine coloured bathroom.

In the basement of the hotel there is a proper gym and swimming pool, in collaboration with [CYD](#) (conquer your day) you choose from a daily schedule of fitness, yoga and bootcamp classes starting from 7am and taught in small groups. For a post work-out treat, luckily there's the spa to relax in and have a stress busting massage, choose from the signature Parister – an awakening of a psychocorporeal consciousness, deep tissue, ayurvedic or shiatsu. We personally recommend the tried and tested ayurvedic massage to help calm the mind as well as nourish the body. [Read the latest reviews on Tripadvisor.](#)

Location:

19 Rue Saulnier
75009