



# Autumn break idea: Paris

**W**HETHER you want to escape for a romantic break, embrace the culture, or simply to shop till you drop in the stylish boutiques and vintage shops of Paris, there's more ways than one to have fun in the French capital. Here's some of the best things to see and do from 'not to be missed' fashion events to cultural happenings and the best places to shop.

## For fashion victims

The new Yves Saint Laurent Museum opens this month

at 5 rue Marceau, the historical home of the eponymous fashion house. The inaugural exhibition will include 50 designs and accessories recreating some of Yves Saint Laurent's most iconic looks. Visitors will get the chance to see some of the original sketches, prototypes, warehouse records and retailing books giving an exclusive insight into the inner workings of this renowned fashion house.

## Where to shop

**Luxury brands** - Paris' haute couture tradition remains vibrant, especially in the area from La Porte Maillot to the Champs Elysees known as the 'Triangle d'Or' where visitors can find high-end boutiques including Chanel, Gucci, Givenchy and Dior to name but a few. Nearby, Rue du Faubourg Saint Honore houses the likes of Hermes, Lanvin and Saint Laurent and Place Vendome is the place to go and buy jewellery from Cartier, Van Cleef and Arpels or Boucheron.



**Department stores** - The Haussmann-Opera area is renowned for the famous Galeries Lafayette and Le Printemps Haussmann while the Rive gauche is where you will find the iconic Le Bon Marche, home to some of the most exciting French brands including Sezane and Jerome Dreyfuss.

**The best of the high street** - The revamped Forum des Halles which reopened in 2016 featuring a stunning metal canopy, houses 35 different shops making it one of the capital's best one stop shop for essential purchases before heading home. Two restaurants are also not to be missed - Alain Ducasse's La Brasserie Champeaux and Philippe Starck's Café-Restaurant ZA. With brands such as Armani, Burberry, Karl Lagerfeld but also the likes of Apple Store, Aesop and French high street favourites Stefanel, Loft Design By or Kookai the area around Saint Germain des Pres, Sevres-Babylone and rue de Rennes is another good bet for a spot of shopping.

**Trendy and independent boutiques** - For something a bit more alternative, head to So-Pi (South Pigalle). This up-and-coming area of Paris is a haven of vintage emporiums and quirky shops including Place A, Zac & Sam et Retro Chic but also some food outlets offering tantalising specialities including madeines at Mesdemoiselles Madeines or ice creams at Glazed. Le Marais is also

still a bit of a mecca for those after trendy boutiques where Vanessa Bruno, Isabelle Marant and Lemaire are all present.



## For the culture vultures - cultural events not to miss

**The Paris Autumn Festival** (Until 31 December 2017)

Featuring shows over the whole season, this is an inclusive platform dedicated to contemporary arts and featuring theatre, music, and dance shows but also exhibitions and film viewings.

**Picasso 1932 - Musee National Picasso**

(10 October - 11 February 2018). This exhibition recounts a year in the life of the painter through a chronological presentation of his work and archives. Featuring some of his most famous masterpieces including Le Reve (The Dream), the exhibition takes visitors back to a time referred by many as Picasso's 'Year of Wonders.'

**Le Musee d'Orsay**

The unmissable museum is home to the most extensive collection of impressionist art and showcases the famous Nuit Etoilee by Van Gogh. In the Jardin des Tuileries, the Musee de L'Orangerie is home to eight of the famous Nymphs paintings by Monet while the Musee Marmottan has inherited the largest Monet collection in the world with over 100 works but also shows paintings by Manet, Renoir, Pissarro and Caillebotte.

For more information and ideas visit: [www.france.fr](http://www.france.fr)



## Afternoon Tea just one of many treats at LITTLE CHANNELS

ENJOY the quintessentially British tradition of afternoon tea in the most beautiful of settings. The Bistro at Little Channels sets the scene perfectly for an afternoon of both sweet and savoury treats.

Whether dining inside the beautifully restored barn full of character with its exposed beams or alfresco in the newly refurbished courtyard with decking and spacious heated undercover area - whatever your choice a relaxing afternoon is guaranteed.



This culinary adventure is the brainchild of Katie Squire and her catering team who were behind the successful new restaurant venture at Channels Bar & Brasserie on the Channels Estate in Little Waltham.

The Bistro's traditional afternoon tea is brimming with deliciousness - freshly baked fruit scones, a selection of finger sandwiches and mini homemade quiche. For those looking for an extra treat, the venue also offers afternoon tea with bubbles, including a glass of prosecco and bite size dessert in addition to the refreshments offered in the traditional option.

And it's good news for kids too, as the afternoon tea at Little Channels isn't just for grown-ups.



Children (under-14) can tuck into two truly scrumptious offerings with such delights as chocolate brownie and homemade milkshake of the day.

The Bistro is situated on the edge of the Channels Estate in the village of Little Waltham, a 10-minute journey from Chelmsford city centre. The Estate caters for a variety of occasions, from weddings to children's parties, charity events to Christmas celebrations as well as offering 9-hole and 18-hole golf courses.

Afternoon Tea at Little Channels Bistro served Monday to Saturday from 2pm-5pm.

For bookings call 01245 362210 or visit [www.channelsestate.co.uk](http://www.channelsestate.co.uk)



**Traditional Afternoon Tea £14.95pp**  
(minimum 2 people)  
Unlimited Tea of coffee  
Selection of traditional finger sandwiches  
Mini homemade quiche and savoury bite  
Fruit scone with Chantilly cream and Tiptree Jam  
Cupcake of the day  
Macaroon  
Homemade milkshake of the day

**Afternoon Tea & Bubbles £19.95pp**  
(minimum 2 people)  
Unlimited Tea or coffee  
Glass of Prosecco  
Selection of luxury finger sandwiches  
Mini homemade quiche and savoury bite  
Fruit scone with Chantilly cream and Tiptree Jam  
Cupcake of the day  
Bite size dessert • Macaroon  
Homemade milkshake of the day

**Kiddies Traditional Afternoon Tea £9.95pp**  
(14 years and under)  
Unlimited Tea or Hot Chocolate  
Selection of finger sandwiches  
Homemade sausage roll  
Homemade Cupcake Macaroon  
Homemade plain scone with jam and cream  
Mini chocolate brownie  
Homemade milkshake of the day

**Kiddies Luxury Afternoon Tea £11.95pp** (14 years and under)  
Unlimited Tea or Hot Chocolate  
Bottle of appletiser  
Selection of finger sandwiches  
Homemade sausage roll  
Homemade Cupcake Macaroon  
Homemade plain scone with jam and cream  
Mini chocolate brownie  
Homemade milkshake of the day

## Essex's very own Oktoberfest

THIS October, experience a traditional Oktoberfest as Chelmsford is being transformed for one weekend into a traditional Bavarian bash with authentic Oktoberfest steins! Top up your stein of beer and step inside the huge Beer tent and prepare to be entertained - Bavarian style!

From traditional folk to Oompa music expect foot stomping, dancing and hearty singing galore. Grab some traditional German grub - from Bratwurst and Schnitzel to Pretzel from the outdoor food court and get into the spirit of this unique event.



And don't forget... dress to impress in dirndl and lederhosen, Oktoberfest style and soak up the culture.

Oktoberfest Essex takes place in Central Park, Chelmsford, Essex on Thursday 5 October to Saturday 7 October.

For more details and to buy tickets visit: [www.oktoberfestessex.co.uk](http://www.oktoberfestessex.co.uk)

## Beauty product of the week: Nourish and rejuvenate your skin with khadi face and body oils

Beauty

KHADI face and body oils are a great addition to your skincare regime. The Ayurvedic range is designed to nourish and rejuvenate your skin and packed full of Aromatherapeutic properties

### Colonic Hydrotherapy

Can help with  
Lazy Bowel • Constipation • Diarrhoea  
IBS • Candida • Eczema • Psoriasis  
Bloating • Low Metabolism  
Weight Problems • Food Intolerances  
Fluid Retention • Diverticulitis  
Colitis • Acid Reflex

**£45 Colonic x1 £95 Lipo course x3**  
**OCTOBER SPECIAL**

Broomfield Clinic (Wickford)  
Call 01268 561301 / 07483 355897  
[www.broomfieldtherapycentre.co.uk](http://www.broomfieldtherapycentre.co.uk)

which will also soothe and calm your mind.

There's an oil for every skin type, from glowing skin, for dry and mature skin to sensitive, combination and normal. We've picked our favourites...

### khadi Rose Face Oil for Anti-Ageing and Glowing Skin

*Aromatherapeutic properties: The scent of Rose eases stress and helps to balance emotions*

This daily oil improves the overall appearance of the complexion by reducing the appearance of scars, pigmentation and sun spots. Not only is Rose nourishing but it also has anti-inflammatory and soothing qualities. Fortified with Flax Seed oil to make skin soft and prevent wrinkles.

### khadi White Lily Face Oil for Dry and Mature Skin

*Aromatherapeutic properties: Patchouli is considered a great balancer, relaxing yet stimulating. Myrrh enhances spirituality; it is comforting and calms*

the senses. Fennel eases nervous tension and stress.

This face oil helps to restore moisture to dry skin and reduce the signs of ageing. White Lily has cooling and anti-inflammatory properties which prevents the skin from becoming dry and irritated. Added Amla gives a glow to the skin and prevents wrinkles. Myrrh acts as a balm on chapped skin and improves circulation by generating warmth.

### khadi Viola Face Oil for Normal Skin

*Aromatherapeutic properties: Vanilla uplifts mood, whilst Devadaru calms and soothes nerves. Ylang Ylang helps to elevate depression.*



Designed to benefit all skin types, this oil is packed full of Violet which has fantastic moisturising properties and leaves the skin feeling incredibly soft. It's great for those who have sensitive or problem prone skin too, Shatavari (Asparagus) has cooling properties soothing any

discomfort in the skin while Anantmoool reduces inflammation and prevents rashes.

The khadi daily Face and Body oil range, £11.90 (per product) is available from independent health stores and online: [www.khadihair.co.uk](http://www.khadihair.co.uk)

**Ayurveda is an ancient system of natural healing that has been practiced in India for millennia and promotes a holistic view of beauty and wellness which is key to the khadi brand - a beauty routine that incorporates the healing powers of herbs, oils and plants to achieve a more beautiful body.**

### WIN! WIN! WIN! WIN! WIN!

We have 3 khadi Viola oils (which suit all skin types) to give away. To win one simply send your name and contact details by email, along with subject header 'khadi Viola Comp' to: [admin@theenquirer.co.uk](mailto:admin@theenquirer.co.uk) or to the usual Enquirer address (see p2).

Closing date 5 October 2017.