



The New York Times Style Magazine

T's Wellness Guide to Paris

A shortlist of places to find gua sha facials, adaptogen-fuelled lattes — and, yes, even natural wines.

Judy

The Left Bank has been a little slow on the wellness uptake, but this sunlit corner cafe, with its joyful yellow-and-white-striped awnings, has one of the city's most inspiring organic menus around. Created by the Australian naturopath Dominique Gassin, Judy offers the usual breakfast and lunch lineup of cold-pressed juices, superfood smoothies concocted with housemade almond milk, and an array of vegetarian-friendly dishes, but there's also a daily option of fresh fish and Paleo-friendly meat dishes for the less pure among us. *18 Rue de Fleurus, 75006, judy-paris.com.*