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The best wellness spots and spas in Amsterdam

These are the best places for a pick-me-up in the Netherlands' capital

BY AMY LAWRENSON
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Dany Diop

Dany Diop, Oud Zuid

Looking for the ultimate facial in Amsterdam? Those in the know head to Dany Diop, who was trained by the renowned epidemiologist Joëlle Ciocco and Dr Philippe Allouche of Biologique Recherche (a brand he uses and stocks, alongside Augustinus Bader, Osmosis and more). Dany takes a holistic approach to treatments, looking at the skin and lifestyle factors that could be affecting the complexion. As you enter the reception, the glass cabinets lined with perfume bottles and luxurious skincare give the space a charming feel, a little like a beauty enthusiast's living room or modern apothecary. Every treatment starts with an in-depth 45-60 minute skin analysis before Dany creates a bespoke treatment to support the general health of your complexion rather than being harsh or invasive. He mixes ingredients like medical-grade retinol, niacinamide, vitamin C and peptides depending on the skin's needs. Each facial includes sculpting massage on the skin and inside the mouth to release tension, giving a visible lift to the face.

Must buy: A bespoke facial with Dany costs €280 (around £247) for two hours. Dany also recommends the Osmosis Rescue Serum, €130 (around £114), which does it all from soothing acne, rosacea and sun damage while restoring the skin and protecting skin against blue light.

Address: Jacob Obrechtstraat 14, 1071 KL Amsterdam

Website: danydiop.com