

Metropolitan

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BARCELONA **BE PART OF IT**



PADDY O'CONNELL STREET ARTISTS ABSINTHE

LLAMBER PEN CATALÀ MERCAT PRINCESA

PLUS SUMMER FESTIVALS BUGS FREE CINEMA TICKETS

TAKE A BREAK

It's August and you find yourself in Barcelona. You may feel like one of the few residents still around while the rest of the locals have hit the road, leaving the city in the tourists' grip. But don't despair. We have a range of relaxing options for you to enjoy this month, whether you need a lunchtime break from the office or inspiration for fun at the beach.

HOT LUNCH

Le Méridien Hotel

La Rambla 111

conciERGE.barcelona@lemeridien.com

Tel. 93 318 6200

Le Méridien's Explore Spa Studio is a great place to catch your breath during a busy summer day in the city. Their new, light and healthy Sunbathing Lunch menu (served in the spa) comes with two hours of access to the sixth-floor rooftop sun terrace and 'vitality baths' (above right)—that's plenty of time to recharge your batteries, fill your belly and soak up some sun before returning to the crowded streets below. The spa also offers a steam room and sauna, and services including a Mediterranean massage and beauty treatments.

Lunch from €15—includes two hours of sun terrace access and a 20 percent discount on any other spa services.



BATH AND BEYOND

Aire de Barcelona

Passeig de Picasso 22

www.airedebarcelona.com

Arab baths were common throughout the Iberian peninsula during the Islamic period, although the Romans who preceded the Muslims had already brought the concept of relaxing and revitalising baths with them to the area. Centuries later, these baths are still a good option when looking for a way to escape your daily routine. Hidden away in a former medieval washhouse in Born is Aire de Barcelona (above). With thermal baths, a marble relaxation room, jacuzzi, salt bath and massages, this may be the ultimate hideout from the stress of modern city life. Check out their webpage for summer specials.

Open Sunday to Thursday from 10am-midnight; Fridays and Saturdays from 10am-2am.

BEACH SERVICE

Biblioplatja

Platja Somorrostro, Passeig Marítim Barceloneta 25 (between Port Olímpic and Barceloneta)

www.bcn.cat/platges

On the beach with nothing to do? Well, that's kind of the point. But if you're looking for a magazine to browse or want to do some light exercise, under the awning that runs along the beachfront of the Passeig Marítim sits a small but useful centre where you can borrow reading material and sports equipment for the day. They offer the daily press and magazines in Castilian and Catalan, plus a small selection of books in English and other languages, a section for comic book lovers and books for kids. You'll need a card but they're easy to get; you just need to bring a legal form of identification (DNI, residency permit, passport) and you can sign up. Then take a look through the shelves for some summer reading or a volleyball to toss around.

Open Tuesday to Sunday, from 10am to 7pm until September 30th.

NAP TIME

Masajes a Mil

Mallorca 233

www.masajesamil.com

Everyone knows that Spain isn't really a country of *siestas* any more, but that doesn't mean that we don't all fancy laying our heads down for a quick rest in the afternoons, especially with this heat. If you really can't resist a bit of shut-eye, head to Masajes a Mil, which offers the chance for a 30-minute siesta in exchange for just one of their vouchers, ie. €4.70.

Open every day, from 9am to 10pm

KEEP SAFE IN THE SUN. Don't forget to put on your sunscreen at this time of year, whether you're planning to sunbathe or will just be out and about. Check our our guide to safe summer skin online at www.barcelona-metropolitan.com/safeskin

BARCELONA COOKING

PISTACHIO FINANCIERS

Ingredients

100g butter

50g sugar

80g ground almonds

20g flour

30g pistachio paste

140g egg whites



Method

Preheat the oven to 190°C. Place the butter in a pot and leave on a medium heat to melt. The butter should bubble to a nice brown colour, but be careful not to let it burn.

In a large bowl, mix together the sugar, almonds and flour, then add the pistachio paste to the mixture. Stir in the egg whites gradually. Once everything is well mixed, add the butter—be careful as it will still be hot! Stir until you have a nice smooth mixture.

Place some small paper cases into two mini muffin trays (these will stop the financiers from sticking). If you don't want to use cases, then grease the tin well. Pour in the mixture, then bake in the oven for around 10 to 15 minutes until golden brown. Once cooked, leave to cool on a wire rack.

Helen Vass is a British baker based in Barcelona. She is self-taught and has been producing delicious cakes, cookies and cupcakes for 20 years. As well as writing recipes and sharing her passion on the web through her popular blog, www.thediaryofacakemaker.com, Helen teaches baking classes in various locations throughout Barcelona.

RETIREMENT HOME BY THE BEACH

If your parents are in need of special care in their later years you may want to consider inviting them out to the beautiful Catalan coast to come and enjoy the comfort of El Manantial care home, where they can benefit from more regular contact with you and enjoy the warm Mediterranean climate.

The home is situated in a beautiful location close to Castelldefels beach and El Manantial offers all residents very welcoming rooms with fantastic views of the natural surroundings. Rooms are well equipped with toilets, television, telephone, heating, air conditioning, music and a personal emergency system.

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