

Inside Cannes' Most Luxurious Dining Experience



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I write about the pulse of a person, place or thing through travel. [FULL BIO](#) ✓

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“A little explosion wakes our senses with a jolt and causes our primary senses to arise in search of taste, which is the very essence of pleasure in body and spirit.” No, this was not a poetic opening to a new read, but rather, Executive Chef Christian Sinicropi love letter to food. His message, elegantly packaged with a ribbon and presented to the table, was an auspicious welcome, beckoning us on a journey of the senses during a gorgeous afternoon in Cannes. Summertime in the French Riviera lives up to all of its applause. The glistening sea is matched by even shinier cars and clothing decorating the streets. But Cannes is also a place of ease, where fine dining and simplicity combine to create the joys of Mediterranean living. No place better epitomizes this than [La Palme D’or](#), where a lunch experience by the sea changed my entire perspective on just how food “wakes our senses with a jolt.”



Food and cinema come to life at La Palme D'Or with this dedication to the film Mad Max.

La Palme, located on La Croisette in the [Grand Hyatt Cannes Hotel Martinez](#), is the only 2-Michelin Star restaurant in Cannes. Opened in 1985 by Christian Willer, the property overlooks the Bay of Cannes and was designed by Sybille de Margerie. Headed by Chef Sinicropi, the restaurant pays homage to the local, rustic flavors of Mediterranean cuisine and handicrafts that celebrate regional aesthetic. From the very design of the plate to the placement of the food, one cannot help but feel as though they are diving their fork into a painting come to life. Tuna is surrounded by flower petals etched into a white ceramic plate. Cinematic scenes come to life with 3-d figurines and paintings of dialogue straight from a script.



The combination of art and philosophy are ever-present, from the verbiage of the menu to the ceramics that Sinicropi and his wife curate for the restaurant. And, of course, one cannot be in Cannes and not feel the presence of cinema. At La Palme D'or, a motion picture wheel unravels from the lobby to the dining room. Black and white photos with gold framing of the Cannes Film Festival line the walls. During the Festival's Jury dinner, Sinicropi created dishes dedicated to film and actors.



One of the menus, titled The Movement, is described as, “A dimension of emotion, sharing, explosion putting our senses on the alert, highlighting our primary instinct of taste.” If it sounds hyperbolic, let it go and let the food speak for itself. It is indeed, a sensory journey which offers the same product in three different styles of preparation. Oysters, tomatoes, lamb, all prepared to highlight their different textures, natural flavors and diversity. Each dish is as beautiful to look at it as it is to eat. For my main course, a shoulder of lamb that was preserved for 72 hours and roasted– was so tender that it could barely stay on my fork. The property’s sommelier is also a master at wine pairing. The notes of each selection truly emphasize the rustic flavors of each dish.

After an afternoon full of sensory fulfillment, Grand Hyatt Cannes Hotel Martinez’s new [L.Raphael Spa](#) should not be missed. Opened in 2012, the intimate spa is a sanctuary with a holistic approach to relaxation. My deep tissue massage alleviated years of tension in my neck and shoulders in a soothing ambiance.



The Beauty Spa L.RAPHAEL at Grand Hyatt Cannes Hotel Martinez by Romero.

The philosophy of L.RAPHAEL Genève is based on the 7 Foundations of Beauty that incorporate medical, nutrition, physical activity, aesthetics, age management, stress management and leisure. Hollywood is in love, too. For the Cannes Festival 2016, L.Raphael created the Ultra Power C Lift. The treatment was developed to rejuvenate the skin with a gentle electrical pulse and antioxidants. If that doesn’t get you ready for a night out in the Côte d’Azur, what will?