

# Love Potions

Valentine's Day is all about pampering your sweetie—and yourself—so we scouted out some local goodies to help you look great, smell fresh, and feel delicious.



## » Feed Your Skin

Body scrub flavors like coffee-orange and almond-ginger make Boulder-based skincare line **Naya Organics** sound good enough to eat. Owner Kelsey Riley grows the herbs for her handmade batches, and teaches body-care classes on how to make your own beauty products from ingredients at the grocery store. This month, check out Chocolate and Wine for the Skin—Riley will show you how to blend organic Colorado wines with chocolatey goodness to create some “sweet” salves—at the Seasoned Chef cooking school (February 8, 6:30–9 p.m., \$65). » **Try it:** [www.nayaorganics.com](http://www.nayaorganics.com). Look for simple home recipes for facial cleansers, masks, and more on Riley's blog, [nayaorganics.blogspot.com](http://nayaorganics.blogspot.com). —LAUREN KANE

## » Beauty is Pain?

We recently happened upon a less excruciating way to, uh, maintain the bikini line—which, let's be honest, is a pre-Valentine's Day priority. According to a recent article in the *Journal of Sexual Medicine*, more than 50 percent of American women between 18 and 39 have waxed or lasered where the sun don't shine in the last month. Enter Dr. Edna Ma and her **BareEase & Cream**. An anesthesiologist by training, Denver native Dr. Ma devised an easy-to-use pre-waxing kit with Lidocaine-laced lotion and pink latex undies. Apply 40 minutes before your wax appointment and let the anesthetizing begin. And guys, the doc's got you covered: Numb Nuts cream—yes, really—became available last month. » **Try it:** [www.bareease.com](http://www.bareease.com). —LINDSEY B. KOEHLER

## » Have Another

We never say no to mojitos and red wine—and with **Bath Nation**, we can say yes even in the tub. The Golden-based skincare company whips up luxurious lotions and balms with a boozy twist, such as the aromatic mojito salt rub and Cabernet crush silk skin conditioner. We could go on about Bath Nation's “Intelligent Organic Skincare” philosophy or the exotically sourced ingredients...but really, we like the stuff because it's sinfully yummy. Go ahead. Indulge. We'll fill you in on the responsible info later. » **Try it:** [www.bathnation.com](http://www.bathnation.com). —JD



## JOINT EFFORT

Next time you're in Vail or Aspen, check out the ski staff: they're rocking new performance-enhancing ski tights. Sport apparel company Alignmed ([www.alignmed.com](http://www.alignmed.com)) collaborated with the prestigious Steadman Philippon Research Institute in Vail to design a supportive base layer that reduces muscle exhaustion and joint wear-and-tear. For \$190 a pair, we're sold. —JAYME OTTO



**1»** The nonstretchable Neuro-Band is strategically anchored at the hip, knee, and ankle to maintain the leg's natural alignment. This counteracts strain to the iliotibial band (IT band) and the anterior cruciate ligament (ACL)—notorious hotspots for sports injuries.

**2»** A separate band encircling the knee acts as a hammock, cradling the knee to support the quadriceps muscle and balance the joint's compressive load. Research shows that the tights decrease muscle fatigue by 32 percent and reduce knee pressure by 16 percent. Translation: longer, more enjoyable ski days.

**3»** The breathable, four-way stretch fabric hugs the skin and increases proprioception—awareness of your body in space. This sharpens your senses, quickens your reaction times, and allows for more efficient muscle use to avoid obstacles. Next stop: terrain park.

FROM TOP LEFT: COURTESY OF NAYA ORGANICS; COURTESY OF ALIGNMED; COURTESY OF BAREEASE; COURTESY OF BATH NATION