

EAT WELL, STRESS LESS WITH FOOD DELIVERY SERVICES

DENVER LIFE[®]

CULTURE | ADVENTURE | STYLE

THE
WELLNESS
ISSUE

relax & refresh

Start 2016 off right with our guide to Colorado's best treatments, workouts, products and more

JANUARY 2016

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DENVERLIFEMAGAZINE.COM

plus

Bliss out at the day spa * Try a juice detox * Revamp your diet with healthy kitchen gadgets * Shape up with at-home workouts * Escape to Aspen's epic winter wonderland * Get cozy with snow day styles



Take time for a quiet moment before your treatment at a space like the lounge at Littleton's Woodhouse Day Spa.

New year, New you!

HIT THE SPA, DETOX YOUR BODY AND EMBRACE WELLNESS IN 2016

After over-indulging the past few months, January is the perfect time to recharge your mind, body and spirit. From a look at some of the state's top day spas to great local products that make every day a spa day, bliss is within your reach. And, for those hoping to obliterate those unwanted eggnog-induced pounds that seem to show up this time of year, we've tried out local fitness and detox programs that will help you feel refreshed and recharged—in a healthy way. Are you ready, 2016? Let's do this!

get your **Spa** on

BLAST STRESS, REBOOT & FEEL GREAT IN THE NEW YEAR WITH REVITALIZING TREATMENTS

After a busy and indulgent past few months, January is the perfect time to recharge your mind, body and spirit. Lucky for you, Colorado is home to top-notch spas ready to help you do just that.

Spas are not just about luxury; advocates say they shouldn't be considered optional—but rather an essential part of whole-body wellness. Stress, after all, has been tied to more ailments than we can list, and one of the main missions for most spas is to drop those dangerous cortisol levels.

“In that, it does a lot to help with immunity,” says Kaitlin Stafford, with New York-based Spa Week Media Group. “Massage can

WOODHOUSE DAY SPA

Four locations in Colorado
woodhousespas.com

The Woodhouse franchise has a reputation for luxury with a New Orleans spin, and the Colorado branches exceed even that standing. Woodhouse opened its fourth Colorado branch in Littleton last fall, and has plans to open more this year in Golden and Durango.

The Littleton spa is a total urban oasis, tucked away in the SouthPark neighborhood. The 7,500-square-foot facility is serene and charming, with antique furniture, a repurposed Art Deco bar from a Chicago speakeasy, six treatment rooms, a Vichy shower, two couples' massage rooms, four custom-made pedicure chairs and a soaking tub. But it's the high-

caliber therapists and customer service that makes Woodhouse special. Bonus: Because the Littleton spa has a liquor license, guests can accent their treatments with a bespoke cocktail or champagne.

“This is a place where you truly can renew your spirit,” says Carmel Scopelliti, spokesperson for the Colorado properties.

❖ **BOOK THIS IN 2016:** Woodhouse offers a variety of seaweed-based treatments, including an 80-minute seaweed leaf pedicure, complete with a warm volcanic stone massage and seaweed foot mask; and an 80-minute Minkyti seaweed facial, whereby seaweed leaves are placed on the face over a warm poultice.

The seaweed is harvested from the coast of Ireland, dehydrated and then rehydrated and added to the treatment mix. Guests can take their food-grade seaweed

also stimulate your lymph nodes, so your body has better natural defenses, especially if you're talking about January: cold and flu season.”

The Mayo Clinic echoes the health benefits of spas, reporting that massage may reduce pain, stress and anxiety, and improve digestive issues, headaches, insomnia, sports injuries and more. If you're looking for a way to help start the new year off on the right well-pedicured foot, here are six of our favorite day spas across the state. Now, isn't setting regular spa appointments a resolution we can all get behind?

home after the treatment and put it in the bath a few times before composting it, Scopelliti says, adding that seaweed will detoxify, soften and moisturize the skin.

THE DRAGONTREE HOLISTIC DAY SPA

Boulder
303.219.1444, thedragontree.com

The moment you step inside the Dragontree Spa, you're transported to another time and space. A dim, candlelit hallway brings you to cozy treatment rooms or the Sangha Room, a community area where you can get a foot bath while sinking into a luxurious couch and sipping fine tea.

Dragontree features treatments from around the world, including Ayurvedic offerings and acupuncture. The spa uses its own apothecary, too, with a custom


line of herbal tinctures, including one for cold and flu.

❖ **BOOK THIS IN 2016:** For a new kind of massage, try the Abhyangha, a rhythmic, warm oil rub-down that will carry you into deep relaxation, while also getting a lot of oil into the skin. “Since it's so dry here, it's one of the treatments that we recommend the most,” founder Briana Borten says.

The spa describes this as a “dance of hands over the body,” using a choreography of patterns. Oils are chosen based on each individual's needs. To take it to the next level, request two therapists; four hands are better than two.

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 Himalayan salt rocks are used in Woodhouse Day Spas's hot stone massage.



CAVING IN

Refresh with a few shakes...of salt

By Kendall Kostelic

So, the whole exercising through the holidays plan didn't work out. The moment the decision was made to ignore Runkeeper's reminders that you hadn't been on a jaunt in five days was an elated one. Now, though, you're back at work, your body appears to be on strike, and, we hate to break it to you, but constantly checking the break room for those holiday treats isn't going to make them magically reappear.

We've all been there, but the start of a new year is the perfect time to remember that, to stay healthy, you have to give your body some attention. And, with 5 Star Salt Caves, a new Wash Park wellness center that gives Denver its first Himalayan salt cave, you can bounce your body back to normal during your lunch break.

"You can take some time to sit, breathe, relax and not rush right to the next thing," says CFO Markus Bohunovsky. And by sit, Bohunovsky literally means sit. To partake in salt therapy, also known as halotherapy, simply sit in a room filled with pure, all-natural salt and breathe.

A Himalayan salt cave is what it sounds like: a cave-like room covered in pink Himalayan salt. The walls and ceiling are made from rocks and cubes of the stuff, while the floor is covered in tiny pieces that feel like sand under your feet. Lounge chairs cover the circumference of the room and the ambiance is calm with dim lights and soft music. "We want this to feel like a retreat center," says CEO Stephanie Pham.

And while it is a simple relaxation avenue, there are health benefits, too. Halotherapy is said to treat various respiratory diseases, and research has shown it can help in the rehabilitation of patients with lung diseases such as asthma and bronchitis.

Health benefits are actually what got Pham and Bohunovsky into the business. They first heard about the caves from Bohunovsky's parents, whom the couple was visiting in Vienna. He had begun to get a scratchy throat and, owning a software company at the time, couldn't afford to be sick. So, even though they thought it sounded strange, Pham and Bohunovsky booked a session.

"His mom said there were a ton of health benefits, and described it as having the feeling of being at the ocean for three days," Pham says. After three visits, Bohunovsky's symptoms disappeared.

The salt works because of its anti-bacterial properties. The key is using completely pure, all-natural salt. "As you breathe the salt in and out, it draws out toxins through your lungs," Bohunovsky says. "The salt attracts toxins both through the anti-bacterial properties of the salt and through negative ions the tiny salt particles put into the air."

Other spa treatments available at 5 Star Salt Caves include infrared sauna, ionic detox footbath, energy healing, chiropractic adjustments and aromatherapy. "De-stressing is the big factor here," Pham says.

5 STAR SALT CAVES

722 S. Pearl St. / 855.578.2725 / 5starsaltcaves.com
Open Tuesday-Friday, 11 a.m.-7 p.m.; Saturday-Sunday, 11 a.m.-5 p.m.
Each salt cave session is 50 minutes long, at \$35 per visit.

TRUE NATURE HEALING ARTS

Carbondale

970.963.9900, truenaturehealingarts.com

True Nature Healing Arts redefines and expands the concept of a day spa. In addition to Ayurvedic-inspired treatments, you'll find personal retreats adding yoga and raw food that's healthy and vegan into the whole-body package.

The grounds are carefully curated by a feng shui expert and accented by ancient furniture from around the world, while the spa features 25 treatments, plus a peace garden and reflexology pathway. Unwind with a cold-pressed juice and raw chocolate.

"The majority of people regard bodywork and spa treatments as a luxury because of the cost," says Sheryl Rosenbloom, True Nature's spa director. "However, in our stressful, fast-paced world, bodywork is a real necessity to release stress, heal injuries and traumas and nurture and rejuvenate ourselves."

❖ BOOK THIS IN 2016: True Nature is one of a handful of spas in Colorado that offers traditional Ayurvedic treatments, including Shirodhara. Imagine a continuous flow of warm oil cascading over your forehead and crown. Dubbed the "crown jewel" of Ayurvedic treatments by the spa, it's designed to anoint the head and dissolve tension.

"People have been doing these practices for thousands of years in India because they have significant health benefits, like reducing stress and anxiety, calming the mind, relieving insomnia, increasing longevity and just making people feel good," Rosenbloom says.

BLUE CREEK

Stapleton

303.573.7484, bluecreekhealth.com

In the heart of Stapleton's shopping district, Blue Creek calls itself a "therapeutic health spa," setting it apart from other spas

in Denver. Offering acupuncture, skin care, massage and more, every treatment is customized. "We work to treat the inside and outside," says Megan Moon Long, co-owner and acupuncturist.

Acupuncture can help with facials, skin issues, back pain, stress and overall health, she says. But Blue Creek isn't just a clinic. A luxurious spa with high-end sheets on the warmed beds and upcycled wood details throughout (an attempt to bring nature into the city), the stunning lobby is lined with Colorado aspen trees that were knocked down in a storm. Added bonus: Treatments end with chocolates.

"We even have a woody smell, so you can escape the hecticness of the city," Moon Long says.

❖ BOOK THIS IN 2016: Moon Long is one of a small number of practitioners in the state offering acupuncture injections using a homeopathic, plant-based, botanical shot that works like a natural cortizone. She says she often incorporates it with massage to aid with headaches, back pain, muscle spasms or digestive issues. If injections aren't your thing, try the hot stone therapeutic facial, a unique treatment that is popular in the colder months.

SANCTUARY DAY SPA

Cherry Creek

303.388.3735, sanctuarydayspadenver.com

A treasure tucked inside the Cherry Creek Athletic Club, voted Denver's best gym multiple times, the spa boasts several awards, too.

Before your treatment, sip fresh tea or fruit-infused water and visit the sauna, steam room or whirlpool's cascading waterfall. This cheerful space is the perfect retreat from shopping in Cherry Creek, and a great follow-up after a workout in the club.

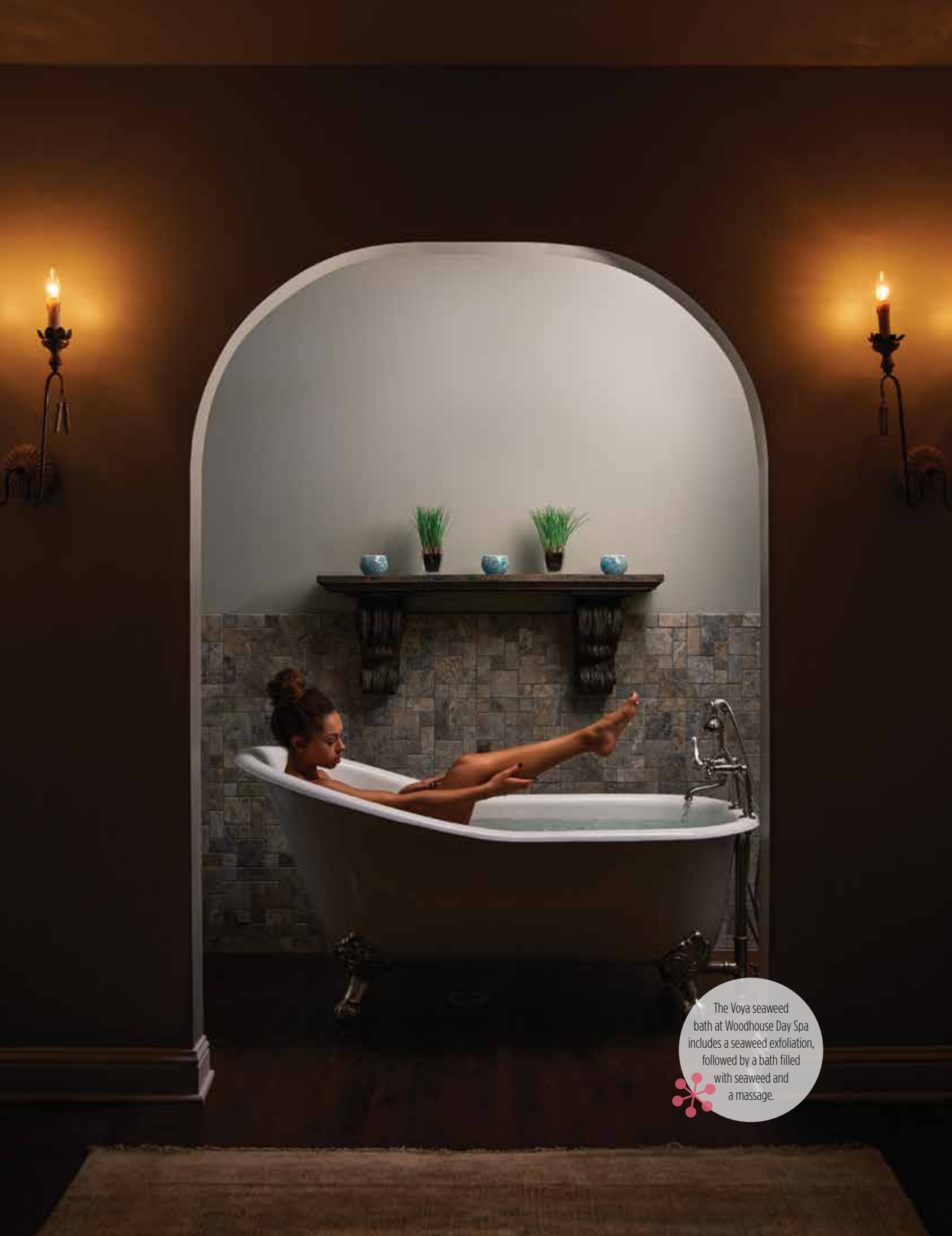
Gold Members get their own

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The Vichy rainfall shower at Woodhouse Spa promotes relaxation.





The Voya seaweed bath at Woodhouse Day Spa includes a seaweed exfoliation, followed by a bath filled with seaweed and a massage.





SANITAS: Boulder-made Sanitas aims to promote healthy skin both topically and internally. Its products are made with active, biogenic ingredients in high concentrations—no parabens or preservatives. Pick a product to match your skin type, but we love the cleansers. The Glycolic Citrus Cleanser, \$31, not only cleans the skin, but also stimulates and exfoliates it. sanitas-skincare.com

MINERAL FUSION: This Denver-based company started as a mineral cosmetics brand in 2007, and can be found in area Whole Foods, Sprout's and Vitamin Cottage stores. Formulated for sensitive skin types, the skincare offerings include everything from hydrating primers to purifying cleansers to brightening moisturizers. We like the Revitalizing Eye Treatment, a wrinkle-fighter made to smooth out fine lines, \$22. mineraalfusion.com



LEMONGRASS SPA: This Pine-based direct-marketing company has made huge headway nationally by specializing in simple, natural products that are healthy even for children. Lemongrass recently started selling essential oils, too. Healing Elements, \$22 (6-ounce jar), one of the brand's most beloved products, is a multi-use, natural salve that can heal cracked skin, diaper rash, minor burns, insect bites—you name it. lemongrassspa.com

Home-Grown Bliss

Keep that fresh-from-the-spa feeling alive between treatments by stocking up on Colorado's best locally made bath and body products. From organic oils to hydrating lotions to eco-friendly creams, you'll be saying *aah* every single day.

BY AIMEE HECKEL



PANGEA ORGANICS: This Boulder-based line creates organic bath products, but goes the extra mile to use a sustainable manufacturing process to make, distribute and market its line, too. Try the Himalayan Geranium and Pomegranate Balancing Oil, \$60, a unique combo of organic oils that are rich in antioxidants and vitamins. Don't worry about the word "oil." This product is for all skin types, especially in dry Colorado. pangeaorganics.com



MYCHELLE DERMACEUTICALS: MyChelle is a natural beauty company based in Louisville that uses anti-aging peptides and plant stem cells. The bioactive products are natural, yet progressive, eco-friendly and ethical. Oh, and they work. Try the Pumpkin Renew Cream, \$28, a lightweight face cream for all skin types. The pumpkin seed oil is antioxidant-rich, cloudberry extract protects cellular health, peptides promote cell renewal and collagen production and other ingredients neutralize free radicals and hydrate. mychelle.com

ZENTS: Found in luxury spa boutiques around Colorado, this Denver-made collection features an assortment of different gentle scents—none too stimulating, and all peaceful and healing in different ways. Try the hydrating Petal lotion, \$30, made with organic shea butter, antioxidant green tea, vitamin E and sodium PCA, a natural humectant. zents.com



REBEL WITH A CAUSE

The PUSH Fitness REBEL series kicks training into high gear

By Meg McIntyre

It's early on a snowy Saturday morning, but already the troops are gathering at the gym. Two skylights illuminate a large gold Mandala painted on one wall, while another is lined with a daunting array of punching bags, resistance bands, battle ropes and Bosu balls.

I may be in trouble. This is PUSH Fitness, a South Broadway studio specializing in high-intensity interval training (HIIT) and unique combination classes such as Cycle Barre and Motor Box—a combination of weight training and kickboxing. It's a place known for its REBEL series, a constantly changing program of HIIT classes that aims to strengthen every muscle group in the body. I'll be trying a REBEL class for the first time, and as someone who has been known to fall behind on my workout schedule? Well, I'm admittedly nervous.

Co-owner Melissa Levy walks in, greeting regulars and giving us newcomers a quick tour.

And then the workout begins.

It's a whirlwind of jumping, squatting, lifting, crunching and every movement in between. We move quickly and fluidly from one exercise to the next, pausing for a quick gulp of water and directions from our trainer, Levy's husband, Ryan Lien. But he's not the stern, barking personal trainer I've come to fear from popular weight loss shows. He watches each person intently, correcting form when necessary and occasionally shouting words of encouragement.

At the end of the 50-minute session I find myself out of breath and sweaty, but feeling incredibly accomplished, as well as acutely aware of how sore I'm going to be the next morning.

As I sit with Levy in the yoga studio, recovering while the next class begins, she tells me about the PUSH Fitness philosophy.



High-intensity interval training classes at PUSH Fitness in Denver can include everything from rope drills to planks to box jumps.

"Working out can be really boring for people," she says. "A lot of people think of it as, 'I have to go do this.' We want to remove that. We want it to be more of come have fun with us; come play, let's sweat together, let's dance and hang out."

Community and personalization are an integral part of the PUSH program. New clients are offered a complimentary consultation before joining, where they can discuss their fitness goals, previous experience and concerns. Levy then recommends nutrition programs created by in-studio nutritionists, classes and personal trainers.

According to Levy, individuality is one of the studio's biggest core values, which is where the name for the REBEL series came from.

"People always think of a rebel as someone hard—you're breaking the rules—but that's not what a rebel is," she says. "A rebel is truly someone who is marching to the beat of their own drum and not afraid to speak up for what they believe in. That's our concept here. We do what we do."

And, recharged, as I march back outside into the snow, I can already feel the soreness in my legs.

PUSH FITNESS

324 S. Broadway, 720.822.9212
pushfitnesscolorado.com



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private locker room and can leave clothes to be laundered overnight. Small groups can book all four treatment rooms and feel like they have the spa wing to themselves. Also, nearly half of the spa's staff has worked there for more than seven years, attesting to the positive atmosphere and family-like feeling. Sanctuary is ideal for spa-goers who want top-notch treatments in an un-intimidating environment.

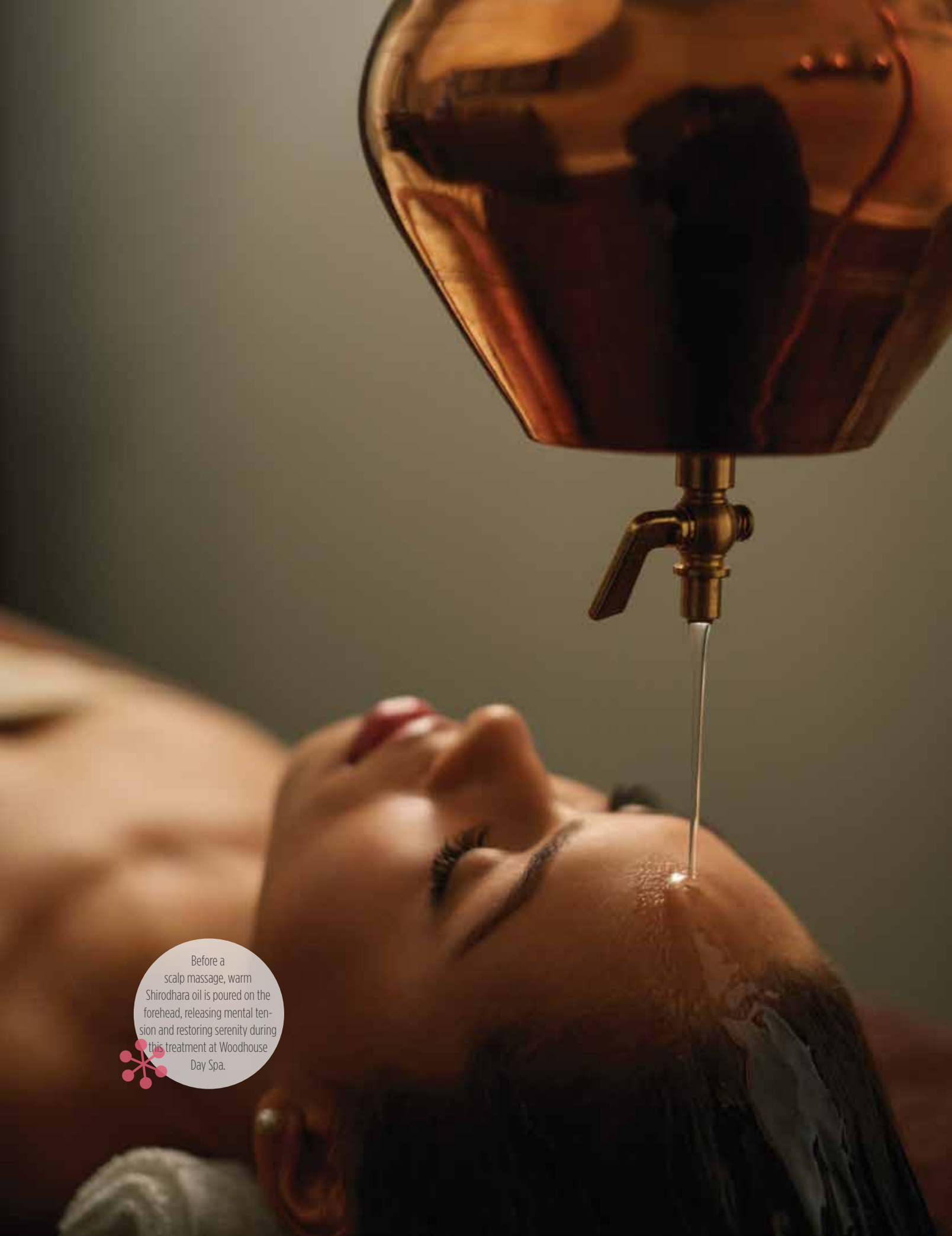
❁ **BOOK THIS IN 2016:** The 45-minute O2 Lift Facial is the kind of facial you can get right before an event. After infusing oxygen, plant-derived stem cells, enzymatic botanicals and peptides into your skin, you'll be glowing. It's ideal for high altitude weather.

YAMPAH SPA AND SALON

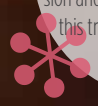
Glenwood Springs
970.945.0667, yampahspa.com

Along the Colorado River, tucked into steaming rock caves, is one of Colorado's best day spas, which opened as an Aveda salon in 1994, and is a perfect fusion of nature's finest and Aveda's high standards. This full-service spa centers around hot spring mineral water, naturally high in therapeutic minerals such as sulphur, zinc and nitrate. Combine classic treatments, including reflexology or an herbal body wrap, with a steam treatment in the mysterious caves, a geothermal mineral bath or a rest on the marble slab benches tucked in the dim, stone alcoves.

❁ **BOOK THIS IN 2016:** Try an herbal soak in a private hot mineral tub. A special, healthy blend of herbs will be selected for you to soak in. Then head to the solarium to fully unwind, before finishing with a massage or facial. The mineral water is said to cleanse your body of toxins and relieve muscle aches, making it a great way to kick off the new year. For a romantic spin, book an herbal bath for you and your partner. **DLM**



Before a scalp massage, warm Shirodhara oil is poured on the forehead, releasing mental tension and restoring serenity during this treatment at Woodhouse Day Spa.



Cleanse!

WE NEEDED SOME EXTRA JUICE, SO WE TRIED A DETOX—HERE'S WHAT HAPPENED.

By Lesley Kennedy and Tom Visocchi ✱ Photography by Annette Slade



Cleanses have been around for ages. Beyoncé supposedly ingested nothing but a drink made with lemons, cayenne pepper and maple syrup to drop 20 pounds for “Dreamgirls.” Gwyneth Paltrow writes on Goop, her lifestyle site, that she likes to fast or cleanse a few times a year. Matthew McConaughey went on an all-liquid diet to get skeletal for “Dallas Buyers Club.” “It’s a bit of a spiritual cleanse, mental cleanse,” he told Larry King.

Well, we guess that’s one way to look at it. Another way? As a challenge. Although we both have attempted all sorts of diets (low carb, low fat, Whole 30, Paleo—how exhausting!), neither of us had ever tried a juice cleanse, and, like a schoolyard dare, suddenly the inter-office battle was on. We settled on the seven-day cleanse from Flow Juice Bar, which opened last year in Governor’s Park and offers a menu filled with healthy smoothies and snacks and, naturally, fresh juices.

“Cleansing is a great way to reset after a fun weekend or holiday where you just get carried away,” says Talybra Hollins, Flow’s project development director. “Cleansing has great benefits for skin care, digestive health and reduction in inflammation. It’s a system clean up that will spark your energy.”

And, boy, were we in need of some sparked energy. But we were nervous, too. Hollins says giving up the thing people love to eat most—think coffee, donuts, candy, bread—is the hardest part of the cleanse. “Kicking that sugar habit is tough because your body is used to being fueled that way,” she says.

But, she promises, it’s worth it.

“Great weight loss results happen, but mostly the energy people get has been a great benefit that is consistent from every cleanser,” Hollins adds.

So, no sugar. Lots of vitamins. And you get to eat a real meal? How bad could it be? We were about to find out.



THE FLOW JUICE BAR 7-DAY CLEANSE DAILY REGIMEN

- ✱ One Ginger Mint Lemonade, an anti-inflammatory tonic, to start the day.
- ✱ Two detox protein shakes for liver clearance (Flow provides the powder, you add almond or coconut milk and frozen fruit; recipes provided).
- ✱ Two cold-pressed juices full of nutrients and antioxidants (think Pearrific with pineapple, pear, organic cucumber and mint; Green Machine with organic

spinach, kale, celery, bell pepper and apple, plus lemon, ginger and cilantro; or We Got the Beet with organic apple, beet parsley, jalapeño, lemon, ginger and Himalayan sea salt).

- ✱ One healthy meal—choose a large salad with lean protein or a broth-based soup for lunch; recipes provided.

LESLEY

DAY 1: I'm not gonna lie. I drank two martinis last night. (OK, a glass of wine, too. Hey, it was a party!) So, I would have loved to start Sunday with waffles and a cup of coffee bigger than my head, but what's a cleanser to do? I spend the day playing Uber driver to my kids, so I don't have time to wallow in my headache that is growing seriously bigger by the hour. Was it the vodka or the lack of caffeine? Either way, green tea (which is allowed) and Advil are my new BFFs.

DAY 2: I peel myself out of bed for my 6 a.m. bootcamp class. The folks at Flow say it's fine to continue normal workout routines and I feel good after class, but blanch at trading my coffee for Ginger Mint Lemonade. I drink my smoothie—a tasty blend of detox powder, almond milk, peaches, ice and cinnamon, enjoy my I Dream of Ginger juice (grapefruit, organic apple, carrot, lemon and ginger) and eat every bit of my giant salad crammed with veggies, chicken breast, half an avocado and almonds. I don't even need the optional snack before my evening juice and smoothie.

DAY 3: Is it my imagination, or is it easier to wake up today? Either way, I feel slightly lightheaded during bootcamp (this certainly could be blamed on a copious amount of burpees), and, later, try to pretend green tea is coffee. It doesn't work. Green Machine and Perrific juices are good; so far I can barely taste the celery. Did I mention I despise celery? I know. I'm weird. I swap chicken for wild salmon on my huge salad and it is delicious. Why aren't I eating salads every day?

DAY 4: I have an early meeting, and order green tea instead of a cappuccino. Check out my will power! I'm more than half way through the cleanse and still have a headache, but I'm not really hungry.

DAY 5: I rock those burpees today. Well, maybe "rock" is a little strong, but I don't embarrass myself. I decide I could drink Bounce Back every day with its organic cucumber, apple, kale and spinach, plus pineapple, turmeric and mint. No celery! At lunch, I wonder what kind of person eats salad every day and curse the greens in front of me. I have an apple with almond butter as a snack and it's delightful. I tell myself this as I watch my family eat Chipotle burritos for dinner.

DAY 6: I'm so close, I can taste the coffee. And, to be honest, I feel like I could—and will—totally do this cleanse again. It stinks to avoid hanging out with friends on a Friday night because I would have to sip a pineapple smoothie while they drink Dry Dock and eat pizza. I try not to scowl at my husband and kids as they eat ice cream.

DAY 7: I wake up proud of myself for not cheating even once on this cleanse. No wine. No stolen french fries. No Diet Coke. No coffee. I've come to really like the smoothies, and plan to swap one for dinner occasionally. The juices—well, the ones that don't feature celery or beets (no, I don't like those, either)—are good and filling, and I will add cold-pressed juices to my diet regularly. Salad? I hope I never lift another piece of lettuce to my lips again. As I hoist my final smoothie, I toast to a healthy week, the knowledge that will power does exist in my psyche and that of all the restricted foods and drinks on this cleanse, there is one that stands above all others: Coffee, I can't wait to see you in the morning.

FINAL THOUGHTS: Over seven days, I dropped five and a half pounds—a true feat, considering I have been trying to drop five pounds for something like 11 years (thanks, kids!). My no caffeine-induced headache never really went away, but I generally felt good, slept like

a baby, didn't ever feel hungry and just felt leaner while my clothes fit a little looser. Did the weight come back on? Some of it, but now I know what to do if my jeans are feeling tight. Would I do it again? Absolutely. Although we should really talk about replacing the lemonade with Starbucks.

TOM

DAY 1: Going into this cleanse, I thought, I can do this; it's just about getting myself into the right state of mind. The day starts off fine—the Ginger Mint Lemonade is tasty and my Berry Delight Shake with detox powder hit the spot. The Bounce Back juice isn't as good as my first two drinks, but I still like it. By lunch, however, the detox truck has hit me head-on. Is it the protein powder or am I missing my daily three cups of coffee already? A big salad with chicken helps, but I spend the rest of the day on the couch wondering what I've gotten myself into. I limp through the afternoon and am in bed before sunset, thanking my stars today wasn't a work day.

DAY 2: I wake up feeling a little better, start the day with the lemonade and look forward to my shake with peaches, a banana, almond milk, cinnamon and the detox powder that I'm afraid will keep me on the couch all week. I'm used to going from zero to 60 on Monday mornings, but today I feel like I'm driving through a school zone. This cleanse has really reduced my energy and mental capacity. My favorite juice of the day: I Dream of Ginger, a mix of carrot, grapefruit, apple, lemon and ginger. Great combination.

DAY 3: It's Tuesday morning and I'm getting used to the daily juices, smoothies (which I love) and a salad. I'm still functioning at half speed, but the headaches aren't as bad and I make it through work a little easier. My favorite juice today? Perrific,

which includes pineapple, pear, organic cucumber and mint.

DAY 4: Yeehaw! I'm half way through the cleanse—although I know the finish line is still far away. I'm finally feeling better, have no headache and I've come to accept my (mostly) liquid diet. I step on the scale and find I've lost almost four unwanted pounds! This definitely helps me get through the day.

DAY 5: I wake up feeling fine, although I would like a cup of coffee, please. My mind and body are getting back to normal. I hate to say it, but this Whole Shebang juice is not my favorite; even though I know it's healthy, I don't like to drink all my veggies.

DAY 6: I wake today knowing the end is near and I'm glad I did this cleanse, but am *sooooo* looking forward to tomorrow. I drink my juices and smoothies and eat a big salad. (I'm going to cheat today and eat a whole avocado instead of half. So sue me.)

DAY 7: Dang! I made it and I'm happy I did the cleanse, but I'm also grateful today is the last day. The first thing I think about is grocery shopping and what a privilege it's going to be to buy and eat whatever I want. However, this cleanse has made me think about what I *should* be eating. Plus, I can't wait to step on the scale to see how much weight I've lost—but I'm going to wait until tomorrow for complete results.

FINAL THOUGHTS: I lost 10 pounds! *Ten!* It wasn't easy, but it was definitely worth it. I feel great. My mind is clear. And, as I push my cart down the aisle, I feel like a kid in a candy store at King Soopers.

FLOW JUICE BAR

208 E. Seventh Ave. / 720.639.9690
flowjuicebar.com

Juice cleanses include one (\$65), three (\$165), and seven day options (\$199).