


Health & Wellness

MAGAZINE

Vol. 12 • Issue 6 • February 2015

A young woman with blonde hair tied back, wearing a yellow headband and a pink halter-neck top, smiles warmly at the camera. Her hands are positioned in front of her chest, with her fingers interlaced to form a heart shape. The background is a soft-focus outdoor setting with green foliage and white flowers.

**Striving
for a
HEALTHY
Heart**



My One and Only: Top Picks for Valentine's Day

By Annette Racond, Staff Writer

Valentine's Day is a great time to celebrate self-love and rejoice in your authentic self. Sure, it's always fun to get dolled up for your significant other, but it's also important to take care of yourself. Check out these alluring *Top Picks for Valentine's Day* and let yourself go – and glow!

This Is It! *Kat Burki's Trellis Eau de Parfum* is a Valentine's Day must – as well as a must-wear for every day thereafter. This alluring and refreshing fragrance celebrates subtle elegance with its joyful bouquet of jasmine, roses, and violet. What could be more romantic than this blend of sheer heaven? So, go ahead and spoil yourself – and everybody surrounding you – this February 14. You're well worth it! (www.katburki.com)

Rejoice & Rejuvenate: *Giovanni's Ultra-Repair Collection* boasts seven products for hair & body that's sure to put you in a romantic mood. Among these products are a Blackberry & Coconut Milk *Ultra-Replenishing Body Lotion, Body Wash, and Ultra-Repair Intensive Hair Mask.*

So, rejoice and rejuvenate in luxury. (www.giovannicosmetics.com)

That Rose Glow: *Clairvoyant Beauty's Rose Glycolic Mask* boasts a refreshing blend of fruit acids and Rose Damascus to help your skin breathe and show off its natural glow. Glycolic acid helps transform dull, lifeless complexions into vibrant looking skin. The line also offers a soothing *Hydrating Roses Cream* that's another great Valentine's Day pick. (www.clairvoyantbeauty.com)

No Lightweight: *John Masters' Rose & Apricot Antioxidant Day Crème* is a light but effective crème that's infused with apricot oil and peach/rice extract to help reduce wrinkles and promote cellular turnover. High in Omega-6, this calming crème hydrates and protects the skin. So, keep your skin in tiptop shape every day of the week. (www.johnmasters.com)

Wash and Roll: *Dr. Hauschka's Rose Nurturing Body Wash* evokes feelings of being comforted, protected, and even coddled after a long winter's day. This gentle, soap-free cleanser is formulated with botanical oil to help nurture and balance skin. Rose flower oil offers toning properties, while promoting a deep sense of relaxation. Sunflower seed oil calms and refreshes your body, mind, and spirit. Shower power! (www.dr.hauschka.com)

Spritz Bliss: *Aubrey's Almond Bliss Spritzer* delights with warm notes of baked almond and caramel. One

spray and you'll crave another one soon after. What better way to spice up your day – and night. Makes a great travel companion, too. (www.aubrey-organics.com)

Do Your Curls: Put a sexy bounce into your curls with *Marula Curl Therapy Diffusing & Styling Lotion* by Carol's Daughter. It's packed with marula – a rich oil harvested in Madagascar that helps restore and soften curls. There's also jojoba, shea butter, and sweet almond oil. So, add some shine and body to your curls just in time for Valentine's Day. (www.carolsdaughter.com)

Butter Me Up: *Kiehl's Crème de Corps Soy Milk & Honey Whipped Body Butter* is light on the skin, yet heavy on hydration. This luxurious and moisturizing whipped body butter is air-whipped for instant penetration to restore, protect, and soften skin. No parabens, glycols, or silicones. Kiehl's is rolling out the red carpet for you – and your skin! (www.kiehls.com)

About the Author

Annette Racond is a Certified Health Coach who has had her work published in *The New York Times, The Miami Herald, Chicago Sun-Times, and Newsday, along with other major publications.*



FIRST SHOT FREE

Bring in this ad for a complimentary **POWER HOUR** boxing or kickboxing fitness workout for you and a friend. VALID FOR FIRST VISIT ONLY

Eight high-intensity rounds, three days a week, is all it takes to kick your workout up a notch; to throw your life into overdrive; to take your self-esteem to new heights. Break free of the going-nowhere workout routines and rise to a new challenge. That's how you earn your TITLE.

171 W. Lowry Lane / Regency Centre
Lexington / KY 40503
859.26.TITLE (268.4853)

TITLE
BOXING CLUB
TITLEBoxingClub.com