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Your Guide To Physical,

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* WOW! Roasted Veggie Dosa from Nest at Nurture. pg. 62

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Alternative wellness

By Katie Shapiro

According to *Rolling Stone* magazine, CBD sales will reach \$22 billion by 2022; so it's no surprise that an increasing number of luxury brands are putting CBD front and center on their bottles. Here's an overview of CBD in Colorado—from upscale spas to new treatments to luxury beauty boutiques.

The future of CBD

Beyond glowing customer reviews and testimonials for new CBD skin care products, there is still a lack of medical research (and FDA approval, which hinges on federal legalization) when it comes to the efficacy and benefits of cannabidiol. But CBD brands are now starting to turn to medical experts as a way to legitimize the formulas they are developing. Antedotum, a CBD skin care company based in Aspen, recently appointed Shawn Demehri, MD, PhD, as its chief medical advisor.

"CBD use for skin care is a fast-emerging field. Understanding how CBD affects skin health at the cellular level will enable the optimal use of CBD in skin care products to promote rejuvenation and prevent aging, cancer and inflammation," shared Dehmehri, who is a principal investigator in the Department of Dermatology at Massachusetts General Hospital and a faculty member at Harvard Medical School.

"There is great potential for cannabinoids to treat a wide range of skin conditions, but the existing evidence is largely pre-clinical, meaning that large-scale, higher-quality controlled studies of their efficacy are lacking," added Torunn Sivesind, MD, a dermatology research fellow at the University of Colorado School of Medicine. "Given the increasing legalization and decriminalization of cannabinoid products, it is reasonable to expect that research into their effects will likewise continue to increase."

Here's hoping cannabis legalization laws continue to progress so that the plant's powerful potential is truly revealed.



SHAWN DEMEHRI, MD, PhD



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CBD luxury spa profile

While CBD has taken over the world of wellness in recent years, Denver finally has its own one-stop-spa dedicated to the miracle molecule. Opening this month, the Wellness Center is the new home to Color Up, a CBD company founded in 2015. Their product line is put into practice in 10 treatment rooms for spa services including facials, massage, brows, lashes, nails, waxing, and microblading. Additionally, a schedule of socially distanced classes covering yoga, breathwork, personal training, journaling, and art are also available.

The Wellness Center's expansive outdoor area offers a refuge within the city that's home to a garden where fresh herbs are cultivated and used in teas and treatments. "Color Up's Life Line collection is targeted towards those who may be dipping their toes in the water of healthy skincare, such as teenagers. Or, men and women who want to maintain and protect their skin, though don't want a complicated, time-consuming regimen," explains Color Up COO Shauna Blanch. The licensed massage therapist, certified reiki master, and yoga teacher, alongside co-founders Bryce Conley and Will Parker, led Color Up in expanding from oils and supplements into skincare in 2018. All three have backgrounds in science and product formulation.

Color Up's signature three-step regimen features the Wash Up Facial Cleanser, Level Up Facial Serum and Drink Up Facial Moisturizer. To soothe dry, winter-worn skin, seasonal spa specials include the Pumpkin Pie Gua Sha Facial and Pumpkin Pie Nano Infusion Treatment. All Color Up products, which also include those for body and pets, are cruelty-free, all-natural, and gluten-free.

COLOR UP WELLNESS CENTER
1448 W. Cedar Ave. | 720.420.1734 | colorupco.com



SHAUNA BLANCH



The Ultimate 5280 at The Ritz-Carlton Spa, Denver

Utilizing potent CBD-rich oil by Aspen's That's Natural, this full-body experience is the ultimate head-to-toe indulgence—a full-body exfoliation, massage, foot rejuvenation, and to top it off, scalp and hair renewal that's sure to transport you to a state of tranquility.

80 minutes, \$285. ritzcarlton.com



CBD Massage at Spa Anjali at The Westin Riverfront Resort & Spa, Avon

This massage uses CBD hemp oil from Frisco's Splish Naturals designed to hydrate and rejuvenate your skin while easing the inevitable aches and pains of an active lifestyle. Muscle specific work focuses on problem areas including tension, pain, injuries, and chronic ailments.

50 minutes, \$190. spaanjali.com



Rose CBD Spectrum Facial at The Oxford Club, Spa & Salon, Denver

Choose between microdermabrasion and dermaplaning for an exfoliating facial for a fresh face that's soothed with CBD-infused after-care from Lyons-based company Lacuna Botanicals. Its hydrating product line helps address inflammation and hyperpigmentation while promoting overall relaxation. 50 minutes, \$155. theoxfordhotel.com

CBD Restorative Facial at Remede at The St. Regis Aspen Resort

Also using That's Natural! products, this effective CBD facial can address your concerns from acne to aging, with the goal of creating balance and harmony for your skin type with a glowing result. 60 minutes, \$250. stregisaspen.com

ALTERNATIVE TREATMENTS

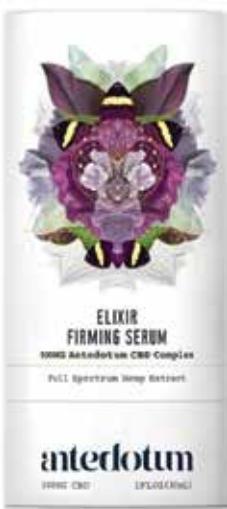
We've pulled together some of the best spa treatments in and around Colorado for all of your alternative beauty needs.

Colorado Bliss CBD Classic Massage at Spa at St. Julien, Boulder

The calming, soothing effects of CBD Massage Oil and Body Butter by Cause + Medic, which recently opened a flagship spa in Buena Vista, work in unison with massage techniques designed to quiet the mind and relax the body. Essential oils of lavender and sage enhance relaxation, which makes for a blissful escape. 50 minutes, \$160. stjulien.com

CBD Enhancement at The Woodhouse Day Spa, four metro Denver locations

Upgrade any massage treatment with the ultra-rich, highly-concentrated Deep Rub from Evergreen-based Ambary Gardens as an add-on, which in addition to addressing hydration, is also specifically formulated for muscle recovery and pain relief. \$22. woodhousespas.com



Antedotum (Aspen) Elixir Firming Serum

This rejuvenating nectar is designed to aid collagen restoration and leave skin firm, denser to the touch, and exceptionally hydrated. 500mg, \$125, antedotum.com

HOME-GROWN LUXURY PRODUCTS

Some of the best brands to emerge in the CBD beauty and wellness space were born right here in Colorado. From gourmet chocolates to tasty tinctures to splendid serums, here are our top product picks.

DALWHINNIE FARMS, a boutique dispensary in Downtown Aspen, carries more than just cannabis. The design marries lavish luxury with a western aesthetic to create a welcoming experience for customers. dalwhinnie.com



Ridgway Hemp Co. (Ridgway) Muscle Love

Soothe sore ski legs with this highly concentrated salve, conveniently packaged as a stick to take on any adventure. 50mg, \$25 ridgwayhemp.com



Lost Range (Steamboat Springs) Skin Salve

Made in small batches by hand with 12 active ingredients, this super salve cures dry, cracked, sun/wind burned and damaged skin. 1000mg, \$59 lostrangecbd.com



Sopris Health & Wellness (Carbondale)

Full Spectrum Gel Caps

Sourced from naturally grown Colorado hemp, extracted using organic coconut oil and a patented extraction method, this daily vitamin-like supplement offers healing from the inside out. 25mg, \$64 soprishealthandwellness.com



Two Cranes (Denver)

Attune Full Spectrum CBD Oil

Taken under the tongue, this daily tincture boosts mental clarity and combats inflammation, pain, and imbalance in the body. 725mg, \$89 twocranes.co



Common Ground (Aurora)

Bergamot Body Creme

A secret weapon for dry skin to keep you moisturized all winter long. 500mg, \$50 commonground-health.com



Moksha Chocolate (Boulder)

White Chocolate Matcha Green Tea CBD Isolate Bar

Vegan white cacao is blended with matcha green tea powder in this indulgent treat packed with health benefits. 100mg, \$16 mokshachocolate.com