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will go to help
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*See page 2 for details.

time to shop



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* Offer valid through December 31st, 2014 until 11:59PM EST but may end at any time. Not valid on prior orders and not combinable with other promotions. Not valid on already discounted products. Free shipping is valid on orders of \$49 or more in the continental contiguous US only. Other restrictions apply. ** timetospa will pledge \$1 of all orders between now and December 31st to help efforts in controlling the spread of Ebola. We will donate this money to UNICEFUSA. We also invite our guests to pledge directly by going to unicefusa.org. We will donate when you order online or by phone. Thanks for your support.

timetospa

VIRTUAL SPA. REAL INSPIRATION.



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Dear **timetospa** readers,

Wow. We are already at the end of yet another year! This will mark **timetospa** magazine's 9th consecutive publication year. We know that some of you reading this have been on a journey of well-being with us since our very first publication in 2005. Of course, many others have been more recently introduced to **timetospa** and our affiliate brands of premium skincare: Elemis, Bliss and La Thérapie. All of you are important to us and we would like to convey a huge, hearty thank you for your continued readership and allowing **timetospa** to keep your face, body and hair, healthy and glowing.

It's such a poignant time of the year because so many people of all different religions and cultures celebrate and participate in what I would describe as 'super-connectedness.' For a moment, the barriers that often divide fall away and when this happens, a wonderful feeling of soft, fuzzy love occurs. There is a collective understanding of renewal and hope in the air and so it is a time when we reflect on the past and look to the unknown future with anticipation: "what will it bring?" Well, all of us at **timetospa** wish all our readers (and non-readers) all over the world only good things, without ignoring the fact that right now there are tragic situations where people, through no fault of their own are suffering from the ravages of war, terrorism or disease. As a gesture and to show our empathy, **timetospa** will give \$1 of every order to UNICEFUSA, specifically to help with the Ebola crisis in African countries. We are truly sorry for those suffering. Please see pages 2 and 30 for more details.

The best way to give thanks and honor the year is to show those you love that you do. And while you don't need to give a physical gift to say thank you, we believe that the gifts we have available help you to say it really, really well!

And in your end of year moments of gratitude, don't forget yourself. You deserve some great stuff too.

Happy holidays.

Sarah Jacob

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The **timetospa** call center is open Monday through Friday 8:30am to 5:30pm EST. Call 1-888-880-5814 to speak to a spa consultant and order your products. Or, login to timetospa.com, 24 hours a day, 7 days a week.

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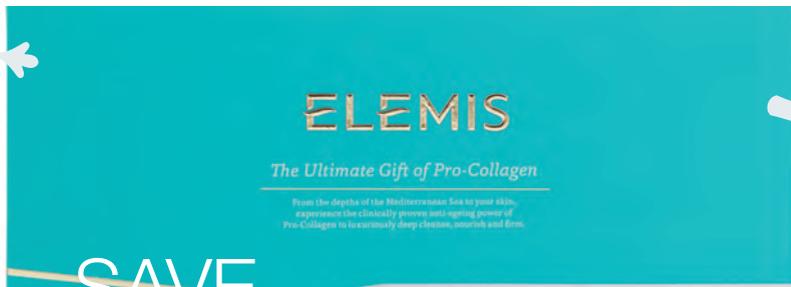


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Giving love.
Giving hope.
Giving wishes.
Giving thanks.

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Giving is what it's all about.





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\$129.50 (\$212 value) Save \$82.50!

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For: 25+ smooth operators **Interesting fact:** This gift includes purple orchid, noni and acai fruit, all powerful anti-oxidants to keep skin young and radiant.

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- Pro-Radiance Illuminating Flash Balm 50ml FULL SIZE
- NEW Hydra-Nourish Night Cream 20ml

\$68 (\$109 value) Save \$41!



Beauty Wonders



For: All faces, all ages but choose your skin type.

Interesting fact: These new moisturizers are packed with exotic, sensuous ingredients such as Persian silk tree extract, star flower extract, geranium, ylang ylang and other wonderful aromatic vegetable geniuses.

Normal/Dry contains:

- Pro-Radiance Cream Cleanser 30ml
- Balancing Lavender Toner 50ml
- NEW Hydra-Balance Day Cream 50ml FULL SIZE
- NEW Hydra-Nourish Night Cream 20ml

\$76 (\$109 value) Save \$33!

Normal/Combination contains:

- Pro-Collagen Cleansing Balm 20g
- Rehydrating Ginseng Toner 50ml
- NEW Hydra-Boost Day Cream 50ml FULL SIZE

\$76 (\$123 value) Save \$47!



Pure Rose Indulgence

For: Cleopatra types who love to bathe or environmentalists who love bees. Or both. **Interesting fact:** The Pro-Collagen Cleansing Balm uses the flowers from bee friendly farms. Using this gift will give you a buzz. Get it?

- NEW Jasmine & Rose Milk Bath 60ml
- Pro-Collagen Cleansing Balm 20g
- Gentle Rose Exfoliator 15ml
- Cellular Recovery Skin Bliss Caps 14 day

\$55 (\$98 value) Save \$43!

Top to Toe Treats

For: The face and body that is thirsty for hydration!

Interesting fact: Jasmine and rose are both believed to be aphrodisiacs. Then again being naked together in a bath is also an aphrodisiac. This is the perfect gift for lovers of the bathing experience!

- NEW Jasmine & Rose Milk Bath 60ml
- Fruit Active Rejuvenating Mask 20ml
- NEW Hydra-Boost Day Cream 20ml
- Lime and Ginger Hand & Body Wash 100ml
- Lime and Ginger Hand & Body Lotion 50ml

\$53 (\$66 value) Save \$13!



12 Days of Beauty

For: Just about everyone you think of.

Interesting fact: Don't tell anyone, but actually this will last you way beyond the 12 days of Christmas.

And with all the anti aging properties in these products you will also gain some extra time!

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- Pro-Collagen Marine Cream 15ml
- Pro-Collagen Oxygenating Night Cream 15ml
- Pro-Radiance Illuminating Flash Balm 7ml
- Papaya Enzyme Peel 15ml
- Cellular Recovery Skin Bliss Capsules 14 caps
- Revitalising Babassu Facial Wipes 4 sachets
- Frangipani Monoi Shower Cream 50ml
- Frangipani Monoi Body Oil 35ml
- Skin Nourishing Shower Cream 50ml
- Pro-Radiance Hand & Nail Cream
- Treat your feet foot cream 20ml

\$113.50 (\$210 value) Save \$96.50!



Frangipani Body Indulgence

For: Lovers of travel who have to stay here!

Interesting fact: Monoi is the opulent outcome of the alchemy of coconut coprah oil and tiare blossoms when macerated in darkness for 15 days. It's rich, fragrant and a delight to use on the hair and body.

- Frangipani Monoi Body Oil 100ml FULL SIZE
- NEW Frangipani Monoi Body Cream 100ml EXCLUSIVE SIZE
- Frangipani Monoi Shower Cream 100ml EXCLUSIVE SIZE

\$68.50 (\$95 value) Save \$26.50!



Body Bathing Brilliance

For: Bathing beauties. **Interesting fact:** Bathing in milk could help exfoliate dry skin and at the same time nourish it with fats and lipids. Rather than milking approximately 200 cows, we recommend the milk proteins in Elemis Skin Nourishing Milk Bath.

- Skin Nourishing Milk Bath 60ml
- Skin Nourishing Body Scrub 50ml
- Skin Nourishing Body Lotion 50ml
- Skin Nourishing Shower Cream 100ml

\$41 (\$46 value) Save \$5!





Grooming Solutions

For: The many varieties of the species homo masculinas skepticalus. **Interesting fact:** Men's facial skin is about 15% thicker than women's. So next time you call him thick skinned, you know that this is backed by fact.

- TFM Ice Cool Foaming Shave Gel 200ml FULL SIZE
- TFM Deep Cleanse Facial Wash 200ml FULL SIZE

\$47.50 (\$66.50 value) Save \$19!

Multi-Active Men's Collection

For: The action man (homo masculinas activus). **Interesting fact:** Even if he's an old fashioned active type and denies wanting to languish in a hot aromatic bath, we guarantee* once you draw the bath and the aroma wafts into his unwilling nostrils, he will turn into Valentino, start speaking French and use those muscles to scoop you up and dive in the bath with you in his arms.

**we actually don't guarantee this at all, the author was just having a fantasy.*

- TFM Daily Moisture Boost 50ml FULL SIZE
- Instant Refreshing Gel 20ml
- Revitalise Me Shower Gel 200ml FULL SIZE
- Aching Muscle Super Soak 125ml

\$75.50 (\$106.50 value) Save \$31!



Spa Light Candle

For: Every one who loves the smell of home. **Interesting fact:** The essence of vanilla, orange and cinnamon are renowned for uplifting the spirits. Breathe in the holiday season! Yay.

- 40 hour burn time

\$47.50



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“You Yourself are the water, You Yourself are the fish, and You Yourself are the net.
You Yourself cast the net, and You Yourself are the bait.
You Yourself are the lotus, unaffected and still brightly-colored.”

Sri Guru Granth Sahib

the gift of peace

The idea of peace is often akin with the quest for eternal youth: unattainable. It is like a dangling golden ball that teases you in the distance; that draws you in with promises and then vanishes. Is peace possible? In the following special holiday feature, Nikki Moustaki unearths what it takes to have a peaceful life. It involves chaos.

Unconditional Acceptance

If achieving inner peace were as easy as turning a key, we'd all be singing Kumbaya in harmony and holding hands with smiling strangers around an eternal campfire (unless we lost our keys, which happens to the best of us, and they're definitely going to be in the last place you look). According to Brenden Dilley, author of *Still Breathing: The Wisdom and Teachings of a Perfectly Flawed Man*, from Phoenix, AZ, one of the keys to inner peace is about accepting the existence of inner chaos as part of yourself.

"You're meant to have inner turmoil," says Dilley. "You're meant to feel when things shift out of whack. Life is organic and ever changing. What may bring you peace for a few days may soon be what destroys that peace months from now."

For Dilley, part of gaining ground on his own inner peace is a combination of increased exercise, lower calorie consumption, increased water, and getting out in nature or taking a long drive.

Rob Dobrenski, Ph.D., a licensed psychologist in New York, NY, and the author of the book, *Crazy: Notes on and off the Couch*, says that it's hard to be miserable when you're at peace, because peace means that you've completely accepted the present moment without conditions. Complete acceptance may not be easy, but it's worth a shot. Just remember: nobody's perfect.

Empowerment

For some, like Eric Brumett, Founder of "ThetaHealingNYC" in New York, NY, achieving inner peace comes from self-empowerment and building healthy self-esteem.

"If a person is constantly fighting for everything, having to be on guard, and anticipating the next moves in her life, she typically will not have any inner peace," says Brumett. "Inner peace starts with slowing down, breathing, and dropping into the moment. I find it necessary to address the patterns and beliefs that are creating the chaos in order to find peace. This can be achieved through meditation, self-awareness, breathing exercises, and even prayer. Inner peace comes from self-nurturing and having the space and time for connecting to your inner sacred space, your spirit."

Tara Greenway, co-founder and Master Theta-Healer at "ThetaHealingNYC" in New York, NY, says that freedom is defined as finding peace within one's self.

"There will always be someone to victimize you, to fail you, and disturb your peace," she says. "Finding peace means being in your own power rather than hoping people around you will somehow make things OK for you."

Live in the Present

Nothing will disturb your inner peace more than refusing to live in the moment, and choosing to dwell on the wreckage of the past or the shambles of the future. Worrying about something in the past that you can't change is useless, and worrying about a possible future tragedy takes you away from what's in front of you right now.

"Slowing down is the required factor for identifying the things that make us peaceful or disturb our peace—we're all living in a fast paced time that counteracts enjoying the moment," says Dr. Fran Walfish, Beverly Hills psychotherapist, author, and expert panelist on "Sex Box," WE tv premiering in the U.S. in early 2015.

Don't Should On Yourself

Thinking about things that you should have, who you should be, the relationship you should be in, and the huge offshore bank account that should be in your name is a great way to blow up your inner peace.

"If you're a Buddhist, you might say that desire disturbs your inner peace—if you're a cognitive-behavioral therapist, you might say it's 'should' statements," says Dobrenski. "But I think most mental health professionals would agree that a discrepancy between what one has versus what one wants or perceives that one needs would be what disturbs inner peace."

Find Your Purpose

If your inner marshmallow isn't already on the end of your inner stick, then get ready, because your inner campfire is crackling, and we're about to have an open discussion about finding your purpose.

"Inner peace is most often disrupted when humans attempt to ignore or fail to pursue their life's purpose," says Dille. "They deny certain gifts and talents they've been given. The end result is typically a feeling of discontent or resentment for the life they end up building regardless of how successful it is."

Dille says that most people have no idea how to rectify this issue, but instead start blowing up various aspects of their lives—relationships, jobs, health—hoping this will shake the feeling of unhappiness.

"It reminds me of the photo that made the Internet rounds a while back of the home on fire in a blazing inferno — the caption reads: A spider ran under the bed," says Dille.

Prioritize

Part of achieving inner peace is learning not to turn a hangnail-sized problem into a Titanic sized problem. If an issue you're having isn't sinking your inner boat, then you're OK for the moment (and remember, you're living in the moment, right?). You also have to learn to prioritize what's important to gaining inner peace, not just what you're told is important on television commercials.

"I find a major drive in the modern world is prioritizing security over happiness," says Brumett. "We become fixed on making money first and then trying to decompress all weekend so that we can do it all again."

Meditate

Meditation is important, especially in a culture where we're bombarded with thousands of conflicting messages a day—this can keep the mind racing, and a Nascar mind isn't a peaceful mind. Meditation is proven to have hundreds of physical, mental, and spiritual benefits, including contributing positively to inner peace.

If you haven't meditated before, you can sign up for a class or find a guided meditation online. It's as easy as sitting still and clearing your mind. Greenway has a recipe for a meditation that she uses with her clients:

“*Sit with your eyes closed and imagine pulling up a ball of energy from the earth,” says Greenway. “Visualize the ball of energy rising through your body and hovering just over your head; now it looks like a ball of light. You imagine putting your own consciousness into that ball of light, so that while your body sits in the chair, your self is rising up with this ball of light, up through the sky, the galaxy, and the universe. Then you visualize a little rectangle of white sparkly light and you slip through it like a tiny door. On the other side, your ball of energy becomes one with the ocean of sparkly white light that you find there. You float there in this energy of oneness, which is unconditional love. Then, when you're ready you come back down into your body and re-ground into the earth.*”

Become a Human Doing

It's easy to get caught up in the chaos of your own mind and circumstances when you aren't helping other people, animals, or your community. Think about volunteering at a charity of your choice. If time doesn't permit a volunteer position, how about smiling at three strangers a day? Even the tiniest gesture of kindness will contribute to your overall sense of peace—and someone else's. Now and tomorrow, 'do' peace and 'be' peaceful.

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The best of bliss. An irresistible quartet of our head-to-toe sparkling bestsellers. Includes *Lemon and Sage Body Butter/6.7 oz*, *Triple Oxygen*, *Fabulous Foaming Face Wash*, *Love Handler/4oz* and *Triple Oxygen Instant Energizing Mask/15ml*

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Bathing Brilliance

A magnifi-'scent' set of spa-inspired lemon + sage bath and body blends. Includes *full size Lemon and Sage Body Butter/6.7oz* and *full size Lemon & Sage Suds/16 oz*.

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Handy Candy

A sweet collection of four hand moisturizers for heavenly hands. Includes 4 lovely handcream minis: *Snowflake*, *Peppermint*, *Naked* and *Hi Intensity/1 oz* each.

\$25 (\$33 value) **Save \$8!**



Diamonds for the Rough

Includes 2 lovely hand cream minis: *Snowflake* and *Peppermint/1oz* each

\$12.50 (\$18 value) **Save \$5.50!**

Mistletoe Gems

Includes *High Intensity Hand Cream/1oz* and *Fabulips Softening Lip Balm/1oz*

\$12 (\$18 value) **Save \$6!**

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You can't find these collections anywhere else but here - they are exclusive for you, our **timetospa** customers. Presented in a soft 'make up (or anything)' bag with zipper or 'keep sake' box as photographed.



Pro-Collagen Stars

- Pro-Collagen Oxygenating Night Cream 15ml Jar
- Pro-Collagen Marine Cream 30ml
- Pro-Collagen Quartz Lift Serum 10ml
- Pro-Collagen Cleansing Balm 20g
- Soothing Apricot Toner 50ml
- Cleansing Mitt

\$152 (\$220 value) Save \$68!



Winter Radiance

- Pro-Collagen Oxygenating Night Cream 15ml Jar
- Pro-Collagen Marine Cream 15ml Jar
- Pro-Radiance Cream Cleanser 30ml (pump)
- Pro-Radiance Illuminating Flash Balm 15ml

\$95 (\$123 value) Save \$28!



Festive Nights

- Pro-Collagen Marine Cream 15ml
- Pro-Collagen Cleansing Balm 20g
- Skin Nourishing Shower Cream 50ml
- Skin Nourishing Body Scrub 50ml

\$66.50

Nourishing Treats

- Pro-Collagen Cleansing Balm 20g
- Maximum Replenish Night Cream 20ml
- Frangipani Monoi Body Oil 35ml
- Exotic Frangipani Monoi Bath and Shower Cream 50ml

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Envelop your body in the healing fragrance of Sandalwood and Patchouli. Includes Amber Heaven Softening Body Cream, Amber Heaven Nourishing Hand Cream, Amber Heaven Conditioning Shower Cream, Amber Heaven Moisturising Bath Essence. **\$29.99**



Mandara Amber Heaven Spa Indulgence

Heal mind and body with the spicy aromatics of Sandalwood and Patchouli. Includes Amber Heaven Conditioning Shower Cream, Amber Heaven Moisturising Bath Essence, Amber Heaven Conditioning Body Lotion, Amber Heaven Nourishing Hand Cream. **\$19.99**



Mandara Honey Milk Spa Essentials

Immerse yourself in the comforting blend of honey and sweet almond oil. Includes Honeymilk Dream Conditioning Shower Cream, Honeymilk Dream Moisturising Body Lotion, Honeymilk Dream Nourishing Hand Cream. **\$11.99**



Mandara Island Paradise Spa Essentials

This invigorating fragrance of grapefruit and lemon will whisk you away to a blissful moment. Includes Island Paradise Moisturising Shower Gel, Island Paradise Moisturising Body Lotion, Island Paradise Nourishing Hand Cream. **\$11.99**

Mandara Island Paradise Revitalising Shower Collection

Refreshing and relaxing, this grapefruit and lemon gift set will fill your bathroom with inspiring aromas! Includes Island Paradise Smoothing Shower Scrub, Island Paradise Cooling Gel, Island Paradise Moisturising Shower Gel, Exfoliation Mitt. **\$29.99**

A top-down photograph of a person's feet in bright orange pants, standing on dark wooden steps. The person is barefoot. The steps are decorated with pink chalk drawings of hearts. The scene is brightly lit, casting shadows on the wood.

The Gift of Love

A SPECIAL HOLIDAY FEATURE

Accessing the Love All Around You

Mahatma Gandhi said that where there is love, there is life. Tom Wolfe wrote that love is the ultimate expression of the will to live. The Beatles sang: All you need is love. But they weren't just referring to romantic adulation, the beast atop the love food chain, swallowing the very definition of love with its gigantic, toothy maw. There are a lot of kinds of love, and though these "lesser loves" are made to seem like smaller fish in the larger cultural consciousness, but they are no less important to your emotional ecosystem.

The ancient Greeks had a variety of terms for love. They were pretty smart, bringing us inventions such as the shower, fire hose, alarm clock, lighthouse, central heating, and spiral staircase, so it stands to reason that they might have been on to something by splitting the love pie several ways.

Agape

Agape is the ancient Greek word for selfless love. This is an altruistic, sacrificing, unconditional love that gives and asks nothing in return. This is almost a foreign concept in Western culture, where everything is commodified, even love, which should be the purest, most untouchable substance in the world, but is instead often traded like stocks and bonds.

To foster agape in your own life, turn to volunteerism. Reject self-centeredness, self-importance, and the envy of others. Try to have empathy and compassion for strangers rather than judging them. It's not essential to be perfect at this—there is success in simply trying. Desmond Tutu said, "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."

Agape love is also associated with the love of God or spirituality, so prayer might bring you closer to this type of love if you're a believer. If not, a walk in nature can connect you to the "love source."

Philia

You don't need to search hard for love, because it's omnipresent. What you may desire is a certain kind of love in your life (passion! intrigue! romance!), but rather than, or in addition to, embarking on a lusty scavenger hunt,

collect the surplus of undervalued love around you. Maybe start with the people closest to you? Philia is the non-sexual love between friends. It's easy to discount friendships when you're on a mad hunt for romantic love, but friends are a good source of loving vibes. In our age of Facebook "friends" and Twitter "followers," we often forget that real friendship is about showing up for others. When was the last time you reached out to a friend and asked, "What can I do for you?" Friendship may not be a lost art yet; it just takes a little effort. Philia also extends to pets, so soak in the love from your dog or kitty and know that Aristotle would approve.

Philiautia

Philiautia is defined as self-love. Aristotle said, "All friendly feelings for others are an extension of a man's feelings for himself." The ancient Greeks knew all about self-love, but the concept had its heyday Western culture in the 1960s hippie era, where flower children tiedyed their way into an epoch of navel-gazing formerly unseen in the United States. But they were on to something (or on something, but that's besides the point). You don't have to batik a sarong or drive a psychedelically painted Volkswagen Bus (though both may help) to achieve self-love.

Self-love is tied inexorably to self-discovery. And to achieve any kind of self-discovery, you have to ride a rocket out of your comfort zone. Eleanor Roosevelt said to do one thing every day that scares you. Diving with sharks is one idea, but it can be even scarier to tell someone how you feel, quit a job you loathe, or volunteer for the first time.

Storge

Storge is familial love, the love between parents and children, siblings, cousins, and so on. It's also defined as love between people who have found themselves together by chance, rather than by design.

Storge love is based on need, in a sense, but it's also considered the most natural of the love varieties. Storge affection doesn't need to deem anyone worthy of love, so it's transcendent, able to exist even in the worst of situations.

Storge is also the type of love people take advantage of the most. If you made a list of the people who love you, how many would be family members? Tape that list to your fridge, and look at it the next time you're feeling a little lacking in the love department.

Pragma

They say that couples in long-term relationships begin to resemble one another, not just physically, but in temperament and personality. This is part of pragma, the mature love between couples who have been together for many years. There's a sense of synchronicity with couples that have made their relationship work through tolerance, restraint, and fortitude. Romantic love fades after a while, and then the hard work of a close friendship takes precedence. With fifty percent of marriages ending in divorce, we should revive pragma and put it into practice.

Eros

There's a lot to be said for finding someone to warm your feet in bed in January. Valuing love in uncommon places—the look of devotion in your dog's eyes, that feeling of awe as you stand at the shore and stare at the ocean—can help to improve your life as much, if not more so, than waiting for Cupid to spear-fish for your heart. Sure, romantic love is worthy of slack-jawed rubbernecking, but it's not the be-all and end-all of love.

However... falling in love is pretty awesome. Eros is what the ancient Greeks called romantic love, complete with passion and desire, but also with chaos riding a razor's edge. The terms "madly in love" and "lovesick" aren't just euphemisms—scientific studies have proven that love is a type of madness that can make people do crazy things. People in love have the same biochemical profile as people with Obsessive Compulsive Disorder.

Despite the eros rollercoaster, this is the type of love featured in every love song and romantic comedy, and it's the kind of love that has made online dating a two billion dollar industry. Eros is profound, and because of this, we crave it. But if we look to the ancient Greeks for a clue to what really matters, we find that the priority isn't on one kind of love, just in love itself, in all of its forms. Now and tomorrow, love.



B₃



AGELESS BEAUTY TIMELESS SKIN

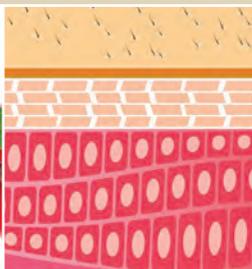
New La Thérapie uses twelve skin saviours – trialed actives that promise to nourish, hydrate and repair the skin at the cellular level. Packed with Omega 3's, GLA's and anti-oxidants, La Thérapie targets mid-life skin warding off the effects of extrinsic aging and supporting the skin's natural functions.



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1



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6

SPECIAL HOLIDAY FEATURE:

12 days of Sweetness

“
PLEASURE
IS THE
ONLY THING
ONE SHOULD
LIVE FOR...
”

~ Oscar Wilde ~

Everyone thinks of desserts as devilish indulgences, desired often, but never, ever admittedly satiated. *“Oh I never do dessert!”* the wise say, as if they have mastered the art of no and never. But we know that ‘no’ is never final and ‘never’ can always be proven wrong. Desserts are thought of as unessential and naughty, the sign of a weak mind, the enemy of the sylph like waist line, the evil creator of spotty skin, a satanic temptation to be avoided.

Well, here, at timetospa, influenced no doubt by the chocolate fudge brownie that premieres all spa treatments in beloved bliss spas, we decided to surrender to the dastardly dessert and allow ourselves to be sweetened by all that is gastronomically sinful. This is dessert revolution. And it is taking place over the 12 days of Christmas.



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timetospa called on the expertise of local Miami chef, Maria Cummins to choose 12 desserts, one for each day of Christmas. But take a bite out of this: all are made with organic, vegetarian ingredients. There are no simulacra in our authentic dishes: no additives, no artificial food colorants, no hydrogenated oils or high fructose corn syrups. When sugar is used, it is raw and brown and when it isn't used, it has been replaced with low glycemic organic agave syrup, raw, organic honey, date sugar, or none at all. Each dessert is also bursting with nutrition and mood enhancing herbs and spices, such as chocolate (thought to release love hormones) and cinnamon (thought to help lower cholesterol). Some desserts are flourless, some eggless, some glutenless and all are packed with sweet nutrition.

The Sweet Truth

In any case, it is not the ritual of celebrations (unless they are hourly) that causes the excess pounds to cling possessively to the unrequited love of hips and thighs, but the crimes of every day life: the extra large portions of pasta drowning in butter; the Hagan Das at midnight; the high fat, low time-to-prepare foods that we, despite our better sense, find ourselves chewing on more often than a head of broccoli, for example. It is the lack of exercise and the abundance of empty calories that leave us begging for more mood enhancing cake. It is the result of squeezing our lives into hours as if each were an unforgiving little black dress, instead of allowing time to flow, like an unfitted gown that gently envelopes us, while we do as we please when we please, whatever the hour. It is not, I repeat not, because once or twice a year you sit down and relish your favorite chocolaty, creamy, syrupy, spongy, moussy concoction that tastes like a million calories and makes you feel like a million dollars. So Indulge.

If your guilt is still too heavy to bear, then skip these next few pages, they are so sweet that it can only result in bitterness. But beware, there is no goodness to be found in the denial of such sweet pleasure.

About the Chef: MARIA CUMMINS

Maria saw an issue in Miami. No one seemed to focus on teaching the children about nutrition. "My passion is food. I love to cook and I love to cook foods that people love, but with fresh, organic, unprocessed ingredients." After being invited to teach children at a private school, she was amazed by how little they knew about nutrition and also how excited they were to be involved in the creation of nutritious food. Maria opened *The Real Food Academy*

where she teaches children and adults how to cook delicious, healthy meals. Our motto is, "We don't change the dish, we change the ingredients" she says, "...strictly no artificial ingredients. Every dish is altered to be healthy and nutritious. Often we replace dairy with nut milk, sugar with date sugar and many recipes are flourless. We have delicious vegan options." Visit Maria at www.therealfoodacademy.com



1st day of Sweetness

Flourless Brownies with Crème Chantilly *(Gluten Free)*

- 1 3/4 cup of cooked black beans or 1 can (15 oz.) no-salt-added organic black beans, drained and rinsed
- 3 large free range eggs
- 1/3 cup melted organic butter, more for the baking dish
- 1/4 cup cocoa powder
- 1/8 tsp. salt
- 2 tsp. gluten-free vanilla extract
- 1/2 cup plus 2 Tbsp. date sugar or coconut palm cane sugar (or 1/2 cup of maple syrup or agave)
- 1/2 cup gluten-free semi-sweet chocolate chips
- 1/3 cup finely chopped walnuts (optional)
- Whole organic strawberries for decoration (stem removed)

Preheat oven to 350°F.

Butter an 8-inch baking pan. Place the black beans, eggs, melted butter, cocoa powder, salt, vanilla extract and sugar in the bowl of a food processor and blend until smooth. Remove the blade and gently stir in the chocolate chips and walnuts.

Transfer mixture to the prepared pan. Bake the brownies for 30 to 35 minutes, or until just set in the center. Cool before cutting into squares.

FOR CRÈME CHANTILLY:

- 1 cup of organic heavy cream
- 2 Tbsp. of caster sugar (very thin)
- 1 tsp. of vanilla

If by hand – chill metal bowl for a few minutes, pour all ingredients and whip by hand until soft peaks.

With a pastry bag swirl a little frosting on top of the brownie. Finally, put the strawberry on and add a little dot of frosting on top to complete the Santa hat.

2nd day of Sweetness

Gingerbread People with Nut Milkshake

- 2 1/4 cups all-purpose flour (about 10 oz.)
 - 1 1/2 teaspoons ground ginger
 - 1 tsp. ground cinnamon
 - 1/2 tsp. baking powder
 - 1/4 tsp. baking soda
 - 1/4 tsp. salt
 - 1/4 tsp. ground nutmeg
 - 1/4 tsp. ground cloves
 - 3/4 cup granulated sugar
 - 1/4 cup butter, softened
 - 1/2 cup molasses
 - 1 large egg
- FOR DECORATIONS:
- 1 1/4 cups powdered sugar
 - 2 Tbsp. 2% milk
 - 1/4 cup colored sugar sprinkles

To prepare cookies, lightly spoon flour into dry measuring cups. Level with a knife. Combine flour and next 7 ingredients (through cloves) in a large bowl, stirring with a whisk.

Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until smooth and well blended. Add molasses and egg. Beat until well blended. Stir flour mixture into sugar mixture until well blended. Divide dough in half. Shape each dough portion into a flat disk. Wrap dough portions separately in plastic wrap. Chill 1 hour or until firm.

Preheat oven to 350°F.

Remove 1 dough portion from refrigerator. Remove plastic wrap. Roll dough to a 1/8-inch thickness on a floured surface. Cut with a 3-inch boy or girl cookie cutter. Place cookies 1/2 inch apart on parchment paper-lined baking sheets. Repeat procedure with remaining dough portion. Bake at 350° for 11 minutes or until edges of cookies are lightly browned. Remove from pans; cool completely on wire racks.

To prepare decorations, combine powdered sugar and milk, stirring

until smooth. Spoon mixture into a heavy-duty zip-lock plastic bag. Snip a tiny hole in 1 corner of bag. Pipe onto cookies. Decorate as desired with sugar sprinkles.

FOR NUT MILKSHAKE:

- 2 cups Brazil nuts
- 6 cups water
- coconut meat from a Thai young coconut (water and meat)
- 2 Tbsp. of nut butter (almond or cashew)
- 1 vanilla bean
- dates to taste
- 1/4 tsp. Sea Salt

Using a high speed blender (Vitamix) blend Brazil nuts and water. Using a nut milk mesh or a cheese cloth strain (discard the leftover meal). Bring back strained nut milk into the high speed blender and add remaining ingredients, mix until smooth. Chill before serving.

3rd day of Sweetness

Mixed Fruit Cones with Coconut Zabaglione

- 4 cups of your favorite fruit, cleaned, peeled and chopped into smaller pieces where needed
- 4-5 waffle ice cream cones
- 1 Tbsp. fresh mint, chiffonade

Mix fruit together and add chopped mint. Scoop fruit into waffle cones.

FOR COCONUT ZABAGLIONE:

- 1 free range egg
- 1 free range egg white
- 1 Tbsp. of agave
- 1 tsp. vanilla
- pulp of 2 passion fruit
- 1/4 cup (2 oz) coconut liquor
- 1/4 cup (2 oz) lite coconut milk

Combine ingredients in a steel bowl. Set bowl over pot and simmering water and whisk gently. The mixture becomes thick and foamy. Note: don't let the bowl touch the water. Serve in a small ice cream bowl.

4th day of Sweetness

No-Butter Lava Cake

- 1/4 cup (scant) beet puree (or sub unsweetened apple sauce)
- 1/4 cup unsweetened almond milk + 1/2 tsp. vinegar or lemon juice
- 2.5 Tbsp. organic cane sugar
- 1 Tbsp. melted coconut oil or Earth Balance
- 1/4 tsp. vanilla extract
- 1/4 tsp. baking powder
- pinch sea salt
- 2 Tbsp. unsweetened cocoa powder
- 1/4 cup + 1/2 Tbsp. unbleached all-purpose flour
- 2 Tbsp. semisweet chocolate chips, melted
- 2 squares quality dark chocolate

Puree the roasted beet root or apple sauce (adjusting added sugar depending on fruit's sweetness).

Butter two standard size muffin tins with dairy-free butter and coat with cocoa powder - shake out excess.

Preheat oven to 375°F.

Add the almond milk and vinegar to a small mixing bowl and mix. Let set for a few minutes to activate. Add the sugar, oil, vanilla, and beet puree and beat until foamy. Then add cocoa powder, flour, baking powder, and salt. Mix until no large lumps remain. Lastly, add the melted semi-sweet chocolate and mix once more.

Divide the batter evenly between the two muffin tins - it should come up about to the top, which is OK. Break up one square of the dark chocolate and push it down into the centers of the cakes. Cover with batter using a spoon. Bake 15-20 minutes, or until the edges have pulled away slightly and the top no longer appears wet. It's OK if it's a little fudgy but you definitely don't want under-done cake.

Let rest in the pan for 4-5 minutes before removing. Then gently loosen the edges with a butter knife and top with a cutting board or plate and carefully invert. Gently transfer to serving plates. Immediately top each cake with the remaining square of vegan dark chocolate (for extra

gooey-ness - optional) and serve with coconut whipped cream. Dig in. Makes 2 servings.

Other garnishes might include a dusting of cocoa powder, powdered sugar, fresh berries, fresh mint or edible flowers.

5th day of Sweetness

Quinoa Coconut Macaroons with Chocolate Ganache

- 6 Tbsp. free range egg whites
- 1/4 cup raw honey
- 1 1/2 cup unsweetened shredded coconut
- 1 cup cooked organic quinoa
- Pinch salt
- 1/2 cup semi sweet chocolate chips
- 1 teaspoon of coconut oil

Combine the egg whites and honey in a heat-proof bowl. Begin by tempering the eggs, which will create a nice crispy cookie exterior. Place the bowl over a pot with boiling water inside and whisk the eggs and honey together until creamy and warm.

When the egg and honey mixture is warm to the touch, take the bowl off the heat and mix in coconut, quinoa and salt. Chill in the fridge for at least two hours.

Preheat the oven to 325°F and line a baking sheet with a non-stick baking mat or double parchment paper (the bottoms are sensitive and will burn easily). Using an ice cream scoop or two spoons, scoop the coconut quinoa dough onto the baking sheet. You will probably need to form the cookies into little round half domes with your fingers, pressing them together tightly so they are sure to stick together while baking.

Bake in the center of a warm oven for 15 minutes until the cookies are nice and golden brown. Let them cool for at least 10 minutes or until completely cooled.

Melt chocolate chips in a double boiler or fondue maker, add coconut oil. Transfer to a small pastry bag with a tiny hole and spread over cookies. Chill before eating. Makes 16 cookies.



6th day of Sweetness

No-Bake Vegan Lemon Cheesecake with Amaretto Crust and Blueberry Sauce

FOR THE CRUST:

- 2 cups raw almonds, dry
- 5 to 7 dates, pitted
- 1 1/2 Tbsp. coconut oil
- 1 tsp. vanilla extract (optional)
- 1/2 tsp. salt
- 1 oz of Amaretto Disarrono

Place almonds, dates, coconut oil, amaretto and salt in a food processor and blend until a dough like consistency forms.

Press into the bottom of a 9 inch spring form pan. Reserve some of the mixture for the middle layer of the cheesecake. The crust does not need to be thick.

Once prepared, set the crust in the freezer.

FOR THE FILLING:

- 3 cups cashews, soaked 2 hours
- 1 cup young coconut meat (can be omitted if it's not available)
- 3/4 cup lemon juice
- 2/3 cup coconut oil
- 3/4 to 1 cup coconut sugar
- 1/4 cup maple syrup (optional)
- 2 tsp. vanilla extract
- 1/2 to 1 tsp. salt
- 1 cup blueberries (for topping)

In your blender, combine, cashews, coconut meat, lemon juice, coconut oil, coconut sugar, maple syrup, vanilla extract and salt. Blend well. You may find you need a little water to make sure the mixture blends well.

Pour half of the filling into your spring form pan then take the reserved crust and some of the berries and sprinkle over the filling.

Continue pouring rest of the mixture on the crust. Don't over pour or the cheesecake will not set as needed. Top with berries and transfer to the freezer for 2 hours.

7th day of Sweetness

Zucchini Vanilla Cupcakes

1 1/2 cups unbleached all-purpose flour, (spooned and leveled)

1 cup packed organic dark-brown sugar

2 tsp. baking powder

1/2 tsp. ground cinnamon

1/2 tsp. salt

1/2 cup coarsely chopped pecans or walnuts

1 zucchini (10 ounces), coarsely grated (1 1/2 cups)

1/3 cup coconut oil

2 large free range eggs, lightly beaten

1/2 tsp. pure vanilla extract

Preheat oven to 350°F. Line cups of a standard (12-cup) muffin tin with paper or foil liners. Set aside. In a medium bowl, mix together flour, brown sugar, baking powder, cinnamon, and salt. Mix in nuts.

In another bowl, combine zucchini, oil, eggs, and vanilla; add to flour mixture, and mix just until combined (do not overmix). Divide batter evenly among cups. Bake until a toothpick inserted in the center of a cupcake comes out clean, 40 to 45 minutes.

Cool in tin on a wire rack for 10 minutes. Turn cupcakes out, right side up, and cool completely. Meanwhile, make frosting. Using an offset spatula or butter knife, spread frosting on cupcakes. The frosted cupcakes are best eaten within 1 day.

FOR THE FROSTING:

4 Tbsp. room-temperature unsalted butter

4 oz. room-temperature bar cream cheese organic low fat "Neufchatel"

1 cups confectioners' sugar

1/2 tsp. pure vanilla extract (gluten free)

In a medium bowl, with an electric mixer, beat butter and cream cheese until smooth. Add confectioners' sugar and vanilla extract. Beat until light and fluffy. Refrigerate until ready to use, up to 1 day. Serves 12.



8th day of Sweetness

French Macaroons with Raspberry Filling

4 large free range egg whites (or 5 small)
1/3 cup caster sugar (organic)
1 1/2 cups pure icing sugar (organic)
1 cup almond meal
salt (tiny pinch)
cream of tartar (pinch)

Preheat the oven to 325°F no fan. Sieve the icing sugar and ground almonds into a large mixing bowl. Throw any lumps left behind away. Mix the two together.

In a separate, scrupulously clean bowl whisk the egg whites and salt until they form soft peaks. Add the caster / fine sugar, a little at a time and continue to whisk until the whites are very thick and glossy (ideally, you should be able to hold the bowl upside down without the whites falling out) Gently stir in the icing sugar and almond mix. The mixture will lose some air and become quite loose, don't worry, this is the way it should be.

Using a piping bag with a 1/3" nozzle, fill with the macaroon mixture. Place on paper template onto a baking sheet. Pipe small blobs onto the sheet remembering that less is more at this stage because the mixture will settle and form into the allotted spaces.

Gently tap the baking sheet a few times on the work surface to help the macaroon mixture to settle and to break any air bubbles, then leave to dry for 20 minutes - the surface of the macaroon will become smooth and shiny.

Bake the macaroons in the pre-heated oven for 7 to 8 minutes, open the door to release any steam, close the oven door and cook for a further 7 to 8 minutes. The macaroons are cooked when they feel firm and are slightly risen.

Slide the mat or greaseproof paper onto a wire cooling rack and leave to cool completely. Do not be tempted to remove the macaroons from the mat until they are cold or you will break them.

FOR THE RASPBERRY FILLING:

2 Tbsp. coconut palm sugar
1 1/2 tsp. cornstarch
1/2 tsp. lime or lemon juice
1 1/2 cups fresh or frozen raspberries

In a small saucepan, whisk together granulated sugar and cornstarch until well blended. Stir in lime juice and raspberries. Cook over medium heat whisking frequently, until mixture reaches a boil. Allow mixture to gently boil for 5 minutes whisking constantly and reducing temperature slightly if necessary, until sauce has thickened. Remove from heat and force sauce through a fine mesh strainer into an airtight container. Cover and refrigerate.

TO ASSEMBLE MACAROONS:

Place approx 1/2 a tsp of the filling to the flat side of one macaroon and sandwich together with another then twist ever so slightly to create a bond. Continue with the remaining macaroons. The macaroons can be eaten immediately but will benefit from being refrigerated for 24 hours (that's if you can resist them for that long) as this will make them even more chewy and tasty.

9th day of Sweetness

Apple Ramekin Mini Pies

1 pie crust (refrigerated or homemade)
1 1/2 apples of your choice (red, yellow, or green), peeled and thinly sliced
1 Tbsp. of Organic unbleached flour
1/8 cup of raw sugar, plus extra for the topping
A pinch of ground cinnamon
Dash of ground nutmeg
Sprinkling of fresh lemon juice
milk for brushing crust

Preheat the oven to 375°F.

Combine the sugar, flour, spices, and apples. Sprinkle with lemon juice. Stir.

Place ramekin on the pie crust and trace around the circumference with a knife. Gently press the pie crust into the ramekins.



Use a fork to dock the crusts.

Spoon the apple filling into the crusts.

Make small lattice tops by cutting out crust strips and layering them like a weave over the top of the mini pies. Tuck the ends of the strips into each pie to give it a clean look. Repeat with the other pies. Use a pastry brush to brush the crusts with milk and sprinkle them with sugar.

Bake the pies for 45-50 minutes on a baking sheet. Be sure to keep an eye on them so they do not burn. You can use aluminum foil if you are concerned about the edges.

Makes 4 small pies.

10th day of Sweetness

Beet Red Velvet Cake with Cream Cheese Frosting

3 medium beets

3/4 cup organic butter, plus more for greasing pan

3/4 cup organic buttermilk juice of 1 large lemon

2 teaspoons white vinegar

1 1/2 tsp. vanilla extract

2 cups cake flour (sift before measuring)

3 Tbsp. Dutch process cocoa powder

1 1/8 tsp. baking powder

1 tsp. salt

1/2 tsp. baking soda

1 3/4 cup coconut palm sugar

3 free range eggs

Heat oven to 350°F. Wash beets and wrap in aluminum foil. Bake until the tip of a knife slides easily into the largest beet, about 75 minutes. Cool until beets can be handled, then peel. (This may be done up to a day ahead.)

Butter two 9-inch cake pans. Line the bottoms of the pans with parchment and then butter again.

In a food processor, chop beets to pieces about the size of finely diced onions. Measure 1 cup and set aside

(remaining beets can be reserved for another purpose). Return cup of beets to the food processor. Purée with buttermilk, lemon juice, vinegar and vanilla until smooth.

Sift together flour, cocoa, baking powder, salt and baking soda. Set aside.

In the bowl of a stand mixer, beat butter until soft. Slowly add sugar and beat until creamy. Beat in eggs one at a time, scraping down the sides of the bowl after each addition.

Alternate adding flour mixture and beet mixture to butter mixture, beginning and ending with the dry ingredients, and beating for 10 seconds after each addition. Scrape down the bowl after each addition of the wet ingredients.

Divide batter between prepared cake pans, smoothing the tops. Bake until a cake tester inserted in the cake comes out clean, about 20 minutes. Remove pans from oven and cool completely on a wire rack.

To assemble, remove one cake from its pan and peel away parchment. Place flat side down on a serving platter. Drop about 1 cup of icing onto cake and, using a flat spatula, spread evenly over top. Remove the second cake from its pan and remove parchment. Place flat side down on top of first layer. Use remaining frosting to cover top and sides of cake. Serves 6.

FOR CREAM CHEESE FROSTING:

1/2 cup organic unsalted butter (1 stick), at room temperature

1 lb. organic Neufchatel cream cheese, at room temperature

1/2 tsp. salt

1 1/2 tsp. vanilla extract

6 cups organic powdered sugar

Cream butter and cream cheese in a stand mixer. Add salt and vanilla. Slowly start to add powdered sugar at low speed.

Once all the powdered sugar is incorporated, turn mixer to high and whip for at least 7 minutes or longer, scraping sides. If the icing seems too thick, mix in a Tbsp. or 2 of the milk or cream.

11th day of Sweetness

Mix Berry Puff Pastry Tart

1 sheet of ready-made puff pastry

1 small free range egg, lightly beaten with a fork

2 Tbsp. caster sugar

If you're using homemade puff pastry, dust a clean work surface and the top of the dough with a little flour and using a rolling pin. The thickness of the puff pastry is important because it determines the baking time. Trim off the edges of the dough and prick it all over with a fork. This will prevent it from rising too much. Place the rolled out dough onto a piece of baking paper and onto your baking sheet. Cover with plastic wrap and place it in the refrigerator.

Preheat oven to 365° - 375°F.

Rollout the puff pastry to fit an 14 x 4" tart pan. Gently place the pastry into the bottom and up the sides of the tart pan. Prick bottom of the pastry with the tines of a for. Brush dough with some of the beaten egg and sprinkle it with 2 Tbsp. caster sugar. Place the baking sheet straight in the preheated oven, on the low rack, and bake the puff pastry for 10 minutes. Then transfer it to the middle rack and bake for 15-20 minutes, until it has puffed and taken on a golden-brown color. Be careful not to burn it.

FOR THE MASCARPONE CREAM:

1 1/4 cup mascarpone

2 Tbsp. caster sugar

1 vanilla bean, cut in half lengthwise and deseeded or 1 tsp. vanilla bean paste

raspberries and blueberries

Icing sugar, for dusting the tart

In the meantime, in a medium-sized bowl, add the mascarpone, scraped vanilla seeds or paste and 2 Tbsp caster sugar and beat with a hand-held mixer until you have a creamy and smooth mixture. Remove the puff pastry from oven and allow it to cool. Rinse the berries and dry them with paper towels. Once the puff pastry has cooled, cover it with the vanilla mascarpone, using a small offset spatula. Cover with the berries and sprinkle with icing sugar. Serve tart immediately, cut into pieces. Serves 6.

12th day of Sweetness

Raw Chocolate Truffles and Marzipan Delight (Gluten Free)

2 cup walnuts

1 cup Medjool dates, pitted

1 small Hass avocado, cut into small chunks

2 Tbsp. raw honey

1/4 cup coconut oil

1/2 tsp. pure vanilla extract

1/2 cup cocoa or cacao, unsweetened (plus more if used as an optional topping)

1 pinch salt

Optional: shredded coconut, cocoa nibs, sesame seeds and/or chia seeds to taste.

Add the walnuts and dates to a food processor and pulse for 1-2 minutes, until finely chopped and beginning to stick together.

Add in remaining ingredients until well blended. The fudge "dough" will stick together and be moist.

Remove fudge from food processor and form into a ball, then break off small chunks and roll into about 15 small balls.

Roll the balls in the toppings of your choice (or sprinkle if using sea salt). Once rolled, place the balls in the fridge. This will allow the coconut oil to firm up, creating delicious fudge like truffle.

FOR RAW MARZIPAN:

2 cup almond flour

3-4 Tbsp. maple syrup

1 tsp. of vanilla extract (or rum or amaretto)

Optional: If your almond flour is rather coarse, you may want to process it in a food processor to avoid a gritty texture

In a bowl, combine almond flour, maple syrup and vanilla extract/rum/amaretto and knead with your hands until you have firm, sticky dough.

Pinch off about 1 tbsp. of dough to form a round, small marzipan ball. Roll ball in coconut flakes, crushed pistachios or freeze dried raspberries.



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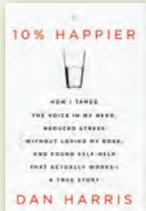
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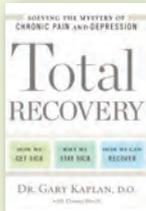
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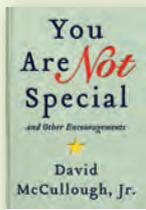
10% HAPPIER by Dan Harris; Harper Collins Publishers, 2014.

What kept Dan Harris away from meditation was his aversion to its new age image. It held no appeal, until his public panic attack. Live on the air, while delivering the news on ABC TV, Harris simply stopped making sense, revealing his previously hidden struggle with anxiety. His high profile New York job gave him access to pop gurus and spiritualists Deepak Chopra and Eckhart Tolle, so the straight-laced and serious news reporter secretly began to meditate. Wondering if he's even doing it right, he developed anxiety about being caught meditating to treat his anxiety. What could he tell his newsroom cohorts Barbara Walters and Peter Jennings about Buddhist retreats and weekend workshops, except that it made him just a little bit happier?



TOTAL RECOVERY by Gary Kaplan; Rodale Books, 2014.

There is a moment in *Total Recovery* where Gary Kaplan describes his discovery of the Big Picture of disease. "This was the underlying mechanism I'd been searching for, the common denominator behind all of these symptoms." It's reminiscent of the search for a grand unifying Theory of Everything that has so far eluded physicists. Replace the physics with medicine, and you have Dr. Kaplan's quest for one underlying cause that explains pain, both physical and emotional, and all the illnesses that come after it. Kaplan believes that most disease begins with inflammation, and *Total Recovery* focuses specifically on inflammation of microglial cells. Kaplan writes mostly about chronic pain and depression, but his larger vision is far-reaching.



YOU ARE NOT SPECIAL by David McCullough, Jr., Harper Collins, 2014.

Oh, to be young and on life's cusp, and fiddling with an electronic gadget under your desk in school. From his private school lectern, David McCullough jolts his graduating high school students, telling them that if *everyone* is special then no one is. Who'd have thought that learning for its own sake would one day cut against the grain of modern schools? Outcome-oriented educators pressure students for superior performance that leads to a superior college, which leads to a superior job, and to presumably, a superior life. McCullough argues with wit and patience that "...we are all in the same open boat, on the same planet, vulnerable to whatever comes our way." We are not all special in life, but we are all in it together.

See



IN A WORLD... written and directed by Lake Bell; 3311 Productions, Roadside Attractions; 2013.

The golden voices of movie trailer narrator's boom through a hidden Hollywood industry where your next door neighbors are almost in show business and unseen voice actors are not quite celebrities. Lake Bell, who also wrote and directed, stars as Carol, the daughter of a voiceover heavyweight. Carol's self-absorbed father (Fred Melamed) is oblivious to Carol's own rising voiceover career. *In A World...* is so consistently funny that the closing credits roll before a wait-a-minute moment occurs to audiences. Was that a *feminist* message? It was so gentle and sweet! Lake Bell is awkwardly sexy, making hearts ache over the bungling love lives of voice-over studio worker bees. The pleasantly unglamorous Tig Notaro and Demetri Martin shine in the charismatic supporting cast.

Listen



BEAUTIFUL WAYS by Diane Ward, dianeward.com, 2014.

How do you top off dynamism with grace, hot rock with cool insight? With her vocal arsenal, Diane Ward has the power of a stadium singer and yet her songs circle around you with subtlety and surprise. Ward's co-producer and truly gifted guitarist Jack Shawde carefully plays out the intensity of her performance with layered electric guitars, mirroring her power and control, which makes listening to Diane as intimate an affair as sipping wine with a trusted confidante. Finishing this CD depended on Diane Ward fighting her way back from breast cancer; still, there's tenderness in her love songs, and lyrically her music spills invitation without divulging hurt. "I will be your motorcade. Where you wanna go?" she wails in the song *Motorcade* still joyful after the struggle. And from the song *Satellite*, "You can do anything. And you will."



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The Gift of Empathy

By Sarah Jacob

Recent studies have shown that when we are in need, it is not the sympathy of others that we seek, but their empathy instead. We want others to understand our plight, even if they have never experienced the exact set of circumstances that have caused our sadness. According to Dr. Brene Brown in her RSA Shorts documentary, *The Power of Empathy*, the difference between empathy and sympathy is like the difference between organic produce and the industrialized kind. Empathy heals, sympathy does not. Empathy connects. Sympathy disconnects. Empathy is wholesome. Sympathy leaves you dissatisfied. Brown narrates, "Empathy is feeling with people." Sympathy doesn't have time for anything that isn't obligatory and it just doesn't really help. On the other hand, empathy, when felt, recognizes the self in the other and this, in our disconnected paradise, is as scary as hell. Brown confirms that empathy is not easy and it is always a choice, which is often left unchosen because of the discomfort it causes. "Empathy is a vulnerable choice, because in order to connect with you, I have to connect with something in myself that knows that feeling."

In our world, it's not fashionable to care too much, but arguably that is because caring is often painful. How do we look at others suffering, without suffering ourselves? It is impossible. So the more comfortable thing is to look away and offer sympathy, which may fulfill your obligation, but it can never help heal the wound; a wound that is opened by tragedy and that can only close over time with understanding and love.

According to best selling author, political advisor and social activist Jeremy Rifkin, research indicates that we are descendents of an empathic civilization. That is, he suggests we are quite literally wired to each other's experience of pleasure and pain. He tells a story of a science lab that was testing the neurons of a monkey while the monkey was cracking a nut to eat. As the monkey cracked the nut, a specific part of his monkey-brain lit up. Serendipitously a human walked into the lab, saw the pile of nuts and dipped his fingers in the bowl, cracked a nut and ate it. The monkey, who was baffled by the intruding man, watched him. The scientist per-

forming the experiment, discovered something he did not intend to: the monkey's brain was affected in exactly the same way whether he ate the nut or watched the man eat it. Rifkin puts it this way, "we are soft wired to experience another's pleasure or pain as if we are experiencing it ourselves." His research indicates that the primary drive of each and every one of us, regardless how we end up behaving, is to belong, to love, to give and receive affection, to care and be cared for. It is not self-interest or greed.

We think he's right.

timetospa is giving a dollar of each order to UNICEFUSA to help people in African countries who don't have the medical facilities or vaccinations necessary to deal with the recent outbreak of Ebola. For those of you who like most of us receive sound bites of information from often unreliable sources, most of the following information is from the UNICEFUSA site.

More than 7,000 Ebola cases have been reported in West Africa since March, and nearly 4,000 people have died. The spread of the disease is highly contagious if you are in close vicinity with someone infected. Transmission occurs through touch and the sharing of everyday items. This is part of the reason why the outbreak is especially catastrophic in close-knit African communities, as quarantine is alien in a culture who cares for its family members through presence and touch. The outbreak has affected children in many ways – some have died, and others have been orphaned. Schools have closed. Fear is keeping children away from regular health services, including immunization.

UNICEF is at work on the ground across West Africa – in Gambia, Guinea, Guinea-Bissau, Liberia, Mali, Senegal and Sierra – to prevent further spread of the Ebola virus, using mobile messaging and communication campaigns to counter misinformation about how the virus is transmitted.

We invite you to donate directly at www.unicefusa.org/mission/survival/ebola and **timetospa** will also donate on your behalf with your order.

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