

## NEW YEAR'S RESOLUTIONS

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## LOVE

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February 14th.

## ARE WOMEN MORE FREE?

A look at how far  
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# timetospa

VIRTUAL SPA. REAL INSPIRATION.



from the editor

#### timetospa Editorial Team

Sarah Jacob  
Aimee Schmalzle

#### Contributors

Mike Isberg  
Sarah Jacob  
Jeff Jawer  
Nikki Moustaki  
Sarah Revilla  
Nancy Walter

#### Design and Art Direction

Sally Ann Field / sallyannfield.com

#### Contributing Photographers

Darrell Arnold  
Tommy Chung

#### Marketing

Aimee Schmalzle  
Vice President of eCommerce & Direct  
Kelli Russell  
Online Marketing Manager

#### timetospa Call Center

Nicky Calice  
Senior Spa Consultant

#### Spa Product Consultants

Janice Goodwin  
Leanis Rodriguez  
Melizabeth Wynne

Dear **timetospa** readers,

Happy New Year! However, as I am writing this letter, the holiday's are just around the corner and the New Year is still a promising idea that hasn't yet happened. I can't believe the year to be 2014. I remember as a child I would project myself into the mysterious future and imagine myself, grown up and 'adult': In the fantasy, I was very settled, self-assured, savvy world traveler and mountain climber, a singer/dancer/nurse depending on the week, married with two children. Over 35 years later, I would say some of those projections aren't so off the mark, although the finality of 'being adult' has definitely not lived up to its expectations. Instead, change appears to be the one constant, not just in circumstances but also in perspective, perception and goals.

This paragraph of nostalgia has been inspired by Malala, the young teenage girl who was shot by the Taliban for speaking up on behalf of the rights of young girls and women to be educated (deserving equal accolades is her father who has encouraged Malala to be a voice for freedom, in spite of the dangers this voice incurs). Many young girls who project themselves into the future as I did when I was 10 years old can only see one hope for their future: to find a good husband, because a good husband will be kind and be a good provider. Due to lack of trained skills and familial support system, it is hard for many women to divorce even if abused. This lack of true choice truncates the ability for joy and shrinks human potential into a very limited role.

How are we honoring young Malala? We have taken our most successful and sought after product, the Elemis Pro-Collagen Marine Cream 50ml or 100ml and vowed to give \$1.00 to the Malala fund for every pot sold through March, this combined with the great New Year offer is the perfect reason to stock your shelves with this most popular product (someone is applying Pro-Collagen Marine Cream every 10 minutes according to quantities sold!). The Malala fund is aimed at educating and thereby freeing young girls from being dependent on the goodwill of their families or spouses.

As always, we have lots of stories, including a cure for failed New Year's Resolutions and some great new skincare launches.

This is your year. Do something amazing with it.

**Sarah Jacob**

Editorial Director, [timetospa.com](http://timetospa.com) USA  
[editor@timetospa.com](mailto:editor@timetospa.com)



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**Rehydrating Radiance Trio Collection**

Rehydrate parched skin with the skin-plumping effects of rosepetal extract and ginseng to stimulate a sluggish complexion.

- Rehydrating Rosepetal Cleanser 200ml FULL SIZE
- Rehydrating Ginseng Toner 200ml FULL SIZE
- Pro-Radiance Illuminating Flash Balm 15ml

\$57 (\$90 value) save \$33!



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- Pro-Radiance Illuminating Flash Balm 15ml

\$57 (\$90 value) save \$33!



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- Soothing Apricot Toner 200ml FULL SIZE
- Pro-Radiance Illuminating Flash Balm 15ml

\$66.50 (\$103 value) save \$36.50!



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\$66.50 (\$103 value) save \$36.50!



# A POT OF GOLD

Let the newly reformulated La Thérapie skin care range bless your skin in 2014 with its revolutionary and unique skin saviors – ten clinical actives that nourish, hydrate and bestow upon it the loving attention your skin needs. These unique oil blends, petals and herbs protect the skin from extrinsic and intrinsic stressors. Over the next few pages we invite you to meet some of the key products.



LaTHÉRAPIE  
PARIS



# Editor's *features*...



## EAU MICELLAIRE EXPRESS

Instant Cleansing Water

### What it is:

A vitamin-rich, micellar water that gently and effectively removes all traces of make-up in one simple step. Leaves the skin cleansed and refreshed. 200ml.

### Why we love it!

It is a one step cleanser with the texture of water – it removes grime and make up gently! It is oil-free and hydrates and revitalizes the skin without stripping or irritating.

## ÉLIXIR SUPRÊME NOURISSANT

Supreme Nourishing Facial Elixir

### What it is:

An intensely nourishing, anti-oxidant facial oil, to restore suppleness and vitality to dry, mature skin and balance combination or oily skin. 15ml.

### Why we love it!

It is the epitome of silky smooth. 100% pure amazingly aromatic oils. Replenishes the skin's natural lipid layer. Rich in Omega 3, GLA and anti-oxidants. Skin is left silky soft with youthful elasticity!

## GEL DOUX DÉMAQUILLANT

Gentle Cleansing Wash

### What it is:

A gentle, comforting cleansing wash that melts away impurities, pollution and make-up leaving skin clean, radiant and refreshed. 150ml.

### Why we love it!

It is very creamy and doesn't soap up too much. It is excellent at removing make-up, impurities and excess oil, it leaves skin velvety soft, radiantly clean and glowing and just feels really luxurious.

## MASQUE JEUNESSE ÉCLAT

Active Radiance Facial Mask

### What it is:

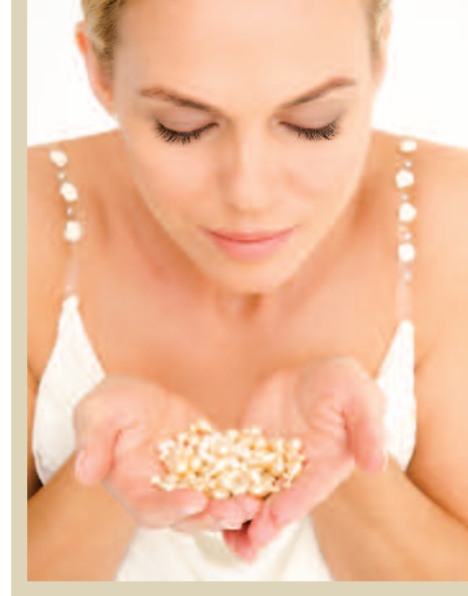
A velvety, creamy mask that transforms tired, dull complexions, helping to smooth and leave the skin visibly radiant and more luminous. 50ml.

### Why we love it!

Firstly it promotes youth by restoring luminosity. It sloughs away dead skin cells like a very efficient undertaker and encourages cell renewal. It infuses some joie de vivre into your skin.

Treat your skin to the new La Thérapie formulations that combine the latest scientific research with the most luxurious, sensory textures and aromas to deliver skin perfection. Formulated by cosmetic scientists, approved by specialist dermatologists and endorsed by estheticians, La Thérapie combines ten skin saviours – clinically active ingredients that deliver outstanding results on the skin while also promising the most sublime experience.

La Thérapie seeks to provide mature skin what it tends to lack during mid-life years, such as moisture, water and vital minerals and nutrients.



### SÉRUM JEUNESSE D'EXCELLENCE

Youth Serum Excellence

**What it is:**

A high-performance serum that helps diminish the visible signs of eye-aging using advanced peptide technology. Designed to firm and restore a youthful appearance. 15ml.

**Why we love it!**

It makes the skin feel firmer due to its anti-aging peptides. It targets fine lines and wrinkles. The skin definitely feels more supple and elastic. It restores a youthful vitality to the eye area.

### PERLES DE JEUNESSE D'EXCELLENCE

Youth Pearls Excellence

**What it is:**

A lightweight and silky powerful serum, contained in a one-dose protective capsule ensuring the highly active youth boosting ingredients are preserved to deliver optimum performance. 50ml.

**Why we love it!**

Skin feels firmer, younger and smoother. When you open the capsule, it literally feels like liquid silk that very quickly absorbs into the skin. It smells gorgeous. It is rich in GLA, Omega 3 and anti-oxidant oils helping to diminish the signs of aging.

### CRÈME HYDRA-LIFT SUPRÊME JOUR

Hydra-Lift Supreme Day Cream

**What it is:**

A luxuriously rich, super-charged cream that works at a cellular level using advanced peptide technology, targeting the visible signs of aging while delivering hydration throughout the day. 50ml.

**Why we love it!**

It firms the skin beyond the surface and restructures at a cellular level. It is intensely nourishing and hydrating – you can feel it! It targets those annoying fine lines and fortifies the skin's moisture barrier. Rich in GLA, Omega 3 and anti-oxidants – it wards away the nasty free radicals.

### CRÈME HYDRA-LIFT SUPRÊME NUIT

Hydra-Lift Supreme Night Cream

**What it is:**

A velvety rich, power-boosting night cream that works at a cellular level using advanced peptide technology throughout the night to target the visible signs of aging. 50ml.

**Why we love it!**

Because it strengthens and firms at a cellular level and targets the fine lines. It rehydrates, fortifies and replenishes the skin's natural moisture plus it is rich in the good stuff: Omega 3's, GLA and anti-oxidants. The skin feels beautifully replenished as soon as you open your eyes in the morning!



# A YOUTHFUL APPEARANCE IS A COMBINATION OF STATE OF MIND, STATE OF SKIN + GREAT SKINCARE.

La Thérapie skincare model is Eliza W. is 38 years old with normal/dry skin. Her main issue is dehydration and uneven skin tone. After a consultation, the following La Thérapie treatment cleansers and creams were recommended to replenish and restore the skin's youthful vitality.

For your own personal consultation call one of the **timetospa** consultants at 1-800-423-5293 or visit **timetospa** and register for a livechat on line.

renew...

SÉRUM JEUNESSE CONTOUR DES YEUX  
YOUTH EYE CONTOUR SERUM

use: morning and night  
for: fine lines and to firm



cleanse...

GEL DOUX DÉMAQUILLANT  
GENTLE CLEANSING WASH

use: morning for: all skin



EAU MICELLAIRE EXPRESS  
INSTANT CLEANSING WATER

(great for taking off make up)  
use: night for: all skin



LOTION TONIQUE HYDRATANTE  
REHYDRATING TONING LOTION

use: after cleanser for: all skin







## moisturize...

**CRÈME HYDRA-THÉRAPIE MULTI-ACTIVE**  
**HYDRA-THERAPIE MULTI-ACTIVE CREAM**  
*use: morning*  
*for: protects against free radicals, high in anti-oxidants*



**CRÈME HYDRA-LIFT SUPRÊME NUIT**  
**HYDRA-LIFT SUPREME NIGHT CREAM**  
*use: night*  
*for: firms skin's integral structure*



## treat...

**SÉRUM JEUNESSE D'EXCELLENCE**  
**YOUTH SERUM EXCELLENCE**  
*use: morning and night*  
*for: strengthening cellular structure*



## polish...

**CRÈME GOMMAGE ÉCLAT**  
**ACTIVE RADIANCE FACIAL POLISH**  
*use: twice weekly for: gentle exfoliation and cellular renewal*



**MASQUE JEUNESSE ÉCLAT**  
**ACTIVE RADIANCE FACIAL MASK**  
*use: once a week*  
*for: reducing the appearance of fine lines*



**MASQUE ÉCLAT POUR LES YEUX**  
**REVITALISING EYE MASK**  
*use: once weekly*  
*for: hydrates around the eyes and reduces puffiness*





# RESOLVE

**An anti-dote for the failed New Year's Resolution: go for what you need.**

365 days, 5 hours, 49 minutes and 1.20 seconds:

That's how long it takes for the earth to revolve around the sun once – what we call a year. This one revolution equals many resolutions for revelers all over the planet. The New Year is a time to start fresh, to push the reset button and announce to the world (or at least our diaries) that we want to lose ten pounds, stop smoking, and to fall in love with a sexy, generous, billionaire Pisces who likes long walks on the beach.

A University of Scranton study found that a whopping eight percent of people out of the forty-five percent of Americans who make resolutions actually put down the donuts, call their mother more, or use that new gym membership after the champagne buzz has faded. What of the other ninety-two percent of resolution makers? Are we will-powerless flubs fooling ourselves into believing that we can follow-through on simple goals? Or perhaps we just need to be smarter in choosing our resolutions?

"To succeed at any goal, you have to have a burning desire to reach that goal," says Robin Jay, relationship expert, author, and producer of the film "The Keeper of the Keys," from Las Vegas, NV. "If you want to graduate, start a new job, write a book, quit smoking, or lose weight, that goal being a New Year's resolution isn't reason enough to finally make those changes. January 1st is not enough of a factor to make most people take action. True changes come from determination, discipline, and the decision that you're ready to make the changes necessary."

## What Do You Really Need?

There seem to be two genres of resolutions: adding and subtracting. Adding is proactive, like taking a pottery class, finishing that screenplay, volunteering at an animal shelter, and learning the ukulele. Subtracting is about breaking a habit: giving up gluten, spending less money, and cutting down to a one-martini lunch. But are these the things that put a fire in

your belly? Maybe, instead of choosing something you want, choose something you need.

"An effective and simple guideline is to anchor the distinction between a want and a need in a person's value system, in what's internally generated and driven by personal meaning and goals from what's externally generated and driven by something based on pleasing others or for appearances," says Holly Parker, Ph.D., psychologist and lecturer in psychology at Harvard University in Cambridge, MA. "For example, let's say someone wants to exercise more. That person could decide they want killer abs, or that they want to become healthier, stronger, and have a better quality of life. The former might be a want, whereas the latter might be a need."

Jay says to make your resolutions do-able and realistic. Perhaps resolving to lose 100 pounds by Valentine's Day or baking the perfect fruitcake is a bit out of range (no one asks for seconds of fruitcake, do they?). Remember, changing your life – or even a recipe – takes time.

"It takes thirty days to establish a pattern, so if your resolution involves an action that requires discipline – like quitting smoking, working out, or losing weight – understand that it will take you thirty days to get used to a new pattern, like going to the gym," says Jay.

## The Road To Good Intentions

"New Year's resolutions usually fail because people choose their most challenging issues to overcome – their Achilles heel," says Dr. Fran Walfish, a psychotherapist and author of *The Self-Aware Parent*, from Beverly Hills, CA. "Dieting, ceasing to smoke, drink, or use drugs, and changing personality characteristics all require ongoing guidance and support. You can't simply decide to change without a long-term plan and safety net in place. Most people set resolutions at January 1st and fall off the wagon within the first few weeks of the New Year."



“If you strive to reach your goals all year, then January 1st is just another day.”



**According to Dr. Fran Walfish, a psychotherapist from Beverly Hills, CA, there are five simple tips to keep in mind when trying to follow a New Year's resolution:**

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- 1 Make a reasonable plan that can be followed without too much trauma. If you want to lose weight, don't decide to go on a juice fast for a month. You will certainly become too hungry, tired, and cranky – and fail.
- 2 Plan for the "what ifs." Know ahead of time how you will deal with falling off the wagon. For instance, if you cheat on your diet plan, how will you get back on as quickly as possible? Most people feel that one failure as a total loss, and give up.
- 3 Create a support system. Find a trusted someone you can talk to who will give you non-judgmental support.
- 4 Give yourself daily or weekly small rewards for sticking to your resolution versus waiting until the end of the month. Don't implement punishments. Falling off the wagon is punitive enough.
- 5 Be kind and forgiving to yourself. We must learn to cut ourselves slack and accept ourselves – flaws and all.

Tina B. Tessina, Ph.D., a psychotherapist and author of *It Ends With You: Grow Up and Out of Dysfunction*, in Long Beach, CA, suggests that, instead of pressuring yourself to meet your goal, keep up your motivation with celebrating the moments when you do succeed.

“If you make the resolution easy to accomplish, you'll have more successes to celebrate and you'll be able to appreciate your accomplishment,” says Tessina. “Celebrate each small accomplishment toward your goal, appreciate yourself for being willing to change, and you'll find that your energy stays high.”

Another way to help keep your resolution cruise ship pointed toward the tropics is to have a “resolution buddy,” someone who's participating in the resolution with you, or who can act as your cheerleader. Dr. Rob Dobrenski, Ph.D., a licensed psychologist in New York City and author of *Crazy: Notes on and off the Couch*, suggests that conventional wisdom says to share your resolutions far and wide – but perhaps that's counterproductive to meeting your goals.

“Some research indicates that sharing resolutions puts undue pressure on a person and decreases success rates,” says Dobrenski. “Consider having one person who can share in the experience, supporting each other, and holding each other accountable.”

The pressures of keeping resolutions can be stressful – maybe this year your resolution is not to resolve to do anything.

“It's definitely OK not to make any resolutions for the New Year,” says Tessina. “If you aren't motivated, you won't accomplish your goals anyway. Wait until your motivation is in place, and then make changes.”

If you strive to reach your goals all year, then January 1st is just another day, according to Jay.

“If you feel you will not succeed in the first place, then making resolutions and failing will only demean you,” says Jay. “Better to not make them at all, if that's the case.”

According to research, people in their 20s are far more likely to complete resolutions than people in their 50s. For 2014, the top resolution is to spend less and save more. If you're in your 20s, lock up that piggy bank; if you're older, kick up your feet, have a second glass of champagne, and book that massage and facial – hey, you're unlikely to keep your resolutions anyway.

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**Elemis**



Let the lover be disgraceful,  
crazy, absentminded.

Someone sober  
will worry about things  
going badly.

Let the lover be.

~  
*From Essential Rumi*  
*by Coleman Barks*  
~



# ♥ ONE THOUSAND WORDS ♥ N LOVE

**What exactly is it?** Does it exist outside of us or is it a force conjured up by our imagination? Those of us who have ‘fallen in love’, have witnessed a new reality. A perfectly ordinary person, perhaps one who you have known vaguely for years, suddenly becomes vividly real. You see beauty, where once you saw none – or at least not the kind of beauty that could bring you to your knees as it does now. It’s as if a one dimensional figure springs forth from a page you have been reading superficially, and comes to life. Falling in love is to touch a version of reality that seems to be 360 degrees from ordinary and yet it is so ordinary that it tends to happen to most. It is the way human’s transcend the profane and arrive at the profound; profound and profane perhaps being two sides of the same coin of experience. Quite possibly then, to fall in love is akin to a religious experience, not in the dogmatic sense of the word, but in its most mystical form. The French philosopher, Alain Badiou describes ‘falling’ in love as an event that is an antidote to self-interest. Love occurs when two people encounter each other and then continue to infuse meaning into ‘the event’, honoring this initial encounter as an eternally recurring motif, thereby regenerating it and reigniting it. In this way we make love. We create it by our desire to maintain its meaning. The initial event appears magical but after this the decision to utter “I love you” comes rife with responsibilities and effort. To live true to love is one of our most challenging tasks as love is often accompanied by suffering, anguish, pain and separation. And it is riddled with risk. It is not to be undertaken by the light-hearted because there are no safety nets. Love requires a constant commitment to seeing the Other and of revealing the Self. Unlike the highly romantic notion that two become one, which Badiou views as requiring subordination of one or even both parties, true love, he explains, is a ‘two scene’. No one dissolves into

the other, but instead two perfectly individual consciousnesses decide to experience a de-centered existence. In a recent book, *In Praise of Love*, Badiou explains this idea, “Love isn’t simply about two people meeting and their inward looking relationship: it is a construction, a life that is being made, no longer from the perspective of One, but from the perspective of Two.” The ‘two scene’ is a radical departure from the ‘oneness’ that we desire romantically; of two hearts becoming one as if they are two halves that are ‘lacking’ if unfound. On the contrary, the ‘two scene’ emphasizes two whole beings that come together as *different*, and this is why love is always comparative to a bed of roses; sometimes blossoming in the summer and sometimes bare and frost-bitten in the winter. The biggest enemy of love is an expectation of constant bliss and an expectation of the other to please you constantly. This is why, for Badiou, dating systems that match lovers based on interests and promise ‘risk-free’ love just reduce love into a commodity. Take away the danger and you are left with the shadow of love, a mere illusion that doesn’t manage to break through your own self interest and help you transcend. If love has a role it must be this: to give you the ability to care for something without considering what is in it for you. Love for love’s sake!

Eskimo’s, we are told, have 50 words for snow. Love then should have at least 100 (inadequately, the Greeks had two: *agape*, for spiritual love; and *eros* for the more titillating kind). The list of loves in our lives seems never ending: childhood friends, pets, siblings, parents, spouses, children. We love the ocean, the forests and wide open spaces. We love all sorts of people and things for a variety of reasons. Then there is the type of love offered by the holy people: The Dalai Lama loves humanity without focusing on the particulars. He is a lover in the broadest sense of the world allowing him to

care while remaining unattached to others. The most provocatively earthly love of all though, especially in our materialistic world, is the soul-gripping all encompassing, life-changing, mind-altering type introduced earlier. It is perhaps the most complicated and destructive love known to humankind because it is unpredictable and breaks social rules. In this way lovers are revolutionaries and unapologetically breakthrough the boundaries of social traditions. Same-sex, inter-racial and inter-religious relationships were all once taboo and it is only because of the lover’s persistence that these symbols of difference can walk freely down the road as ‘two-scenes’, hand in hand, each demonstrating their affinity with each other, against all odds.

Love reveals our vulnerability and weaknesses because it comes as a gift and not as a right. We want to clutch it, but we must force ourselves to keep our palms open to allow it to breathe and keep it creative and free. We put so many demands on this kind of love and each other that our expectations sometimes veer on the supernatural. Love demands we trust the other and that the other trusts us, and it is this that makes us uneasy: the bird of love flew in through the window and so, perish the thought, could it fly away just as easily if we don’t close the windows? It ain’t easy. And it ain’t rational. And it ain’t even fun. And yet, we can’t help it. We love.

Yes. We are emphatically drawn to love like a steel rod has no choice but to bang head first into a magnet. We are enslaved by it and yet it offers a key to freedom. It is the creative force behind poetry of the most desperate kind. It is a glimpse of the sacred that is tinged with sadness, because it too is subject to the law of entropy. But a life well-lived is a life well-loved. So, in the words of St. Augustine, “Love and do what you will.”



# Celebrating MALALA

**Pakistan, 2012.** Imagine this. You tell your 15 year old daughter to wait for the school bus after the school day has ended – it is safer, you argue, than walking home in an environment that is growing increasingly hostile towards young women and in which the very notion of gender equality is openly opposed. You get a phone call later that afternoon informing you that your daughter was shot in the head by Taliban representatives who believe that any young woman who persists in going to school is a threat to the fabric of society.

Malala Yousafzai is an extra-ordinary ordinary young woman whose father is an extra-ordinary ordinary man. Pre-Taliban extremism, he opened a school for 1000 boys and girls. He encouraged learning and instilled his passion into his children. Malala loved school, partly because she knew that without it her future would be determined by a lack of power and a lack of opportunities. She expressed her views unapologetically in blogs under a pseudonym but it wasn't too long before her real identity was known. Nonetheless, Malala, encouraged by her father, felt the need to stand up for her rights and not to simply give in to a life of uneducated drudgery because a powerful, hostile minority have arbitrarily determined gender restrictions are inspired by some kind of divine, natural law. In a recent article for BBC News by Mishal Hussain (October 2013), Malala explains her passion for education:

"For my brothers it was easy to think about the future...They can be anything they want. But for me it was hard and for that reason I wanted to become educated and empower myself with knowledge." (interview with Mishal Hussain)\*

However, when the Taliban shot Malala in the head, they inadvertently shot themselves in the foot. What was a rebellion confined to Swat valley, also known as "the Switzerland of Pakistan", burst beyond its borders until it culminated in a global outcry joining together people

from every creed, color, gender and religion. Malala became the mature-young voice representing love, tolerance, peace and equality, while the Taliban merely maintained their reputation as the irrational voice representing hatred, clothed only by a rather provocative, gossamer veil of holiness. While the Taliban suggest their extremism is their way of 'protecting' their ancient culture and values from the shallow, overly sexualized, materialistic values of the West, their denial that women are autonomous, free beings, indicates only that they paradoxically have a fanatical lust for power and that they harbor an irrational fear of women. The Taliban are extreme no doubt, but this mistrust and hatred of women is something that permeates the globe to greater or lesser degrees. As an example, in 27 sub-saharan and North African countries, genital mutilation is performed. Guised under an 'ancient rite of passage', this is nothing other than patriarchal control over a female's body parts.

It is ironic that the value of freedom is nowhere understood more than where that value is under threat. In the western world, where the value of non-gender based education is promoted as a human right, 32 million adults (men and women) remain illiterate; many teenagers drop out of school and struggle to derive meaning from their academic lives. However, in Swat Valley where the Taliban threaten schools which heroically persist to educate girls, the passion and desire to learn is astounding. According to Hussain who visited the school Malala attended before she was forced to leave Pakistan, the atmosphere in the humble classroom was every American teacher's dream:

"Their focus and attention is absolute, their aspirations sky-high. The lesson under way is biology, and as it ends I have a few moments to ask the girls about their future plans - many want to be doctors. One girl's answer stops me in my tracks: "I'd like to be Pakistan's army chief one day."" (USA Today Online, October 2013)\*

At 16 years of age, Malala is the laureate of the Sakharov Prize for Freedom of Thought and was nominated for the 2012 Nobel Peace Prize. She is dedicated to speaking out against oppression, violence and crimes against humanity. Her main cause is to enable young girls to get a good education and to have an equal voice in their communities. She is the bearer of the torch of freedom, a torch that she didn't necessarily seek, but that was bestowed upon her. She is an advocate of civil disobedience, following the footsteps of many giants before her: Socrates, Henry David Thoreau, Gandhi, Martin Luther King Jr. and the late, beloved Nelson Mandela. Malala's path is one of greatness, of living for something larger than herself, while knowing she could potentially die for it.

There are too many young girls who do not have any opportunities outside of the home. This is not always due to the belief in gender equality; sometimes it is due to poverty and lack of infrastructure. However, a lack of education always leads to a harsh life, one where individual potential is left untapped and where each is vulnerable to the many atrocities that are inflicted in the name of one belief or another, one god or another, one tribe or another. The sex trade, child-slave trade, the begging trade, drug trafficking trade or the multiple other precarious ways of life is never chosen out of a shiny box of career and lifestyle opportunities. If you are a young uneducated girl in a remote village, the chance of leading a healthy, fulfilling existence full of realized dreams is far less than it is for those of us who happen to be born in a middle class environment in, say, London, Paris or New York. Even in these urban secular environments there are huge challenges to developing with your self esteem intact. If one takes away the ideology of equal rights, the pathway becomes suffocatingly narrow.

\*[http://usatoday30.usatoday.com/news/education/2009-01-08-adult-literacy\\_N.htm](http://usatoday30.usatoday.com/news/education/2009-01-08-adult-literacy_N.htm)

“I think of it often and imagine the scene clearly. Even if they come to kill me, I will tell them what they are trying to do is wrong, that education is our basic right.”

~ Malala Yousafzai





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— A SPECIAL FEATURE FOR WOMEN'S HISTORY MONTH —

# THE LONG ROAD TOWARD EQUALITY

**WOMEN:** How far have we come? How far do we have to go?  
Sarah Revilla looks at the long journey towards gender equality.



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# THE ROAD TO THE FREEDOM THAT EQUALITY BRINGS IS DEFINITELY NOT THE ONE OF LEAST RESISTANCE

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Sometimes it takes the valiant spirit of just one woman to challenge restrictive forces and obliterate oppressive boundaries, to clear the path for others to pursue their individual version of liberation. Freedom seems like an easily definable concept, yet it is viewed through many different lenses and has various meanings to women of virtually all ages and backgrounds. While the very essence and core of freedom is straightforward, often synonymous with equality and opportunity, it can also be a subjective idea that might not be unanimous among all women. When considering the potpourri of cultures, religions, and customs on a global level, it's challenging to find one universal definition of freedom that is applicable to the entire female population. It's also difficult to measure and assess whether women are more free now than ever before due to the differences and dynamism of mindsets, laws and lifestyles. This is because the world is a vast stretch of heterogeneity and diversity, where contrasting beliefs and value systems influence gender role adherence.

## GENDER IS NURTURED

Freedom ideals among women are often a byproduct of conditioning and become deeply embedded gender blueprints that guide priorities, values, and choices. Unlike sex, which is more of a biological concept, gender consists of prescribed roles that men and women are to follow. Influences such as geography, politics, culture, social strata, and religion can shape and contribute to its symbolism and enforcements. Yet in the absence of cultural or religious divides, both freedom and the constructs of gender roles can vary considerably,

even among women with similar upbringings and societal exposures. For those who can freely exercise their rights and liberties, freedom is more of an inherent privilege and less of an obstruction, thus reducing the burden or struggle to overcome certain hindrances. For others that occupy more oppressive regions, it might embody an aspiration for attaining or securing certain rights, opportunities, and prospects. However, a lack of certain freedoms doesn't always equate to a void or a missing component from one's life, and there are subsets of women who are completely satisfied with their personal and professional options.

When contemplating current day plights for freedom among women, the more stringent gender roles in less developed regions are typically what comes to mind. Many believe that women's rights are only an issue in regions, such as many Muslim countries, where gender restrictions are frequently reported. For example, Saudi Arabia is often in the headlines for its extensive restrictions on women. Under the discriminatory Saudi guardianship system, girls and women are forbidden from traveling, conducting official business, having drivers licenses, or undergoing certain medical procedures without permission from their male guardians. However, according to The World Economic Forum, which publishes the preeminent ranking report on gender gap issues, Saudi Arabia wasn't the country with the widest gender gaps. In its 2013 report, the World Economic Forum ranked Saudi Arabia as the tenth worst country for women's rights, whereas places such as Morocco, Iran, Pakistan, and Yemen, for example, ranked even lower.

While it's indisputable that Muslim women have been subjected to inequality and prohibitions in education, the work force, and family roles, this can be said for women from all over the world. It's also important to note that many of these restrictive practices do not necessarily come from Islam itself, and they are often part of local cultural traditions and might not be viewed as oppression by all women in those regions. In fact, Islam gives women a number of rights, some of which were not enjoyed by Western women until the 19th century. For example, until 1882, the property of women in England was given to their husbands when they married, but Muslim women always retained their own assets. Muslim women could specify conditions in their marriage contracts, such as the right to divorce should their husband take another wife. Also, Muslim women in many countries keep their own last name after marriage. (NPR.org)

On the other side of the spectrum, the World Economic Forum's 2013 on Gender Gaps found that Iceland came in first place in terms of best overall conditions for women's rights for the fifth consecutive year, followed by Finland. The United States ranked in 23rd place, having slipped from 22nd place in 2012. Overall, the 2013 study found that the world's gender gaps narrowed slightly. In making this determination, the study considered economic, political, education and health-based criteria among 136 different countries. Globally, the study found that gender inequality remains greatest in the areas of economic equality and political participation. Although it's more common to associate gender inequality with certain areas of the world, women's rights abuses are by no means limited to North Africa, West Africa or the Middle East.

## LIBERATION OR OPPRESSION?

In fact, a modern society like France is an unlikely setting for imposing restrictions on women's rights and freedom of expression, yet it happened in 2011 and still remains in effect. Former President Nicolas Sarkozy passed a law that instituted a ban on the burqa, a full-body covering that includes a mesh over the face, and the niqab, a full-face veil that leaves an opening only for the eyes. Both dressings are worn freely by Muslim women for religious purposes. France's law imposes a fine for those who violate the legislation and choose to don these religious symbols. Since its passage, the law has caused a wave of violence and outrage, and has sparked debates about religious freedom. In an interview with CNN around the time of the French law's passage, French Muslim woman Oumkheyr, stated that she voluntarily wears the burqa for religious purposes, not because of oppression. "I wear the burqa for the simple reason that I am a Muslim and the Koran says that I must wear the full veil in order to be modest. I am proud of my Muslim faith and my modesty. I am proud to follow God's law... I obey the laws of God not the laws of man." The impact of having the right of religious expression and then having it taken away is not only traumatic, it is essentially forcing someone to alter the way of life by which they were accustomed. Women's rights issues have improved in many respects, but there are restrictions still being enforced in both developed and undeveloped countries, so while there is progression, there is also regression.

## LATIN MAMACHISMO!

In the Latin America-Caribbean region, where machismo and gender inequality were once commonplace, there has been forward movement regarding women's advancement, with more female heads of state and heads of government than any other area globally. There is also a higher percentage of female members of parliament, about 22.5%, than any region, with the exception of Nordic Europe, according to the 2012 Women in Politics survey of the agency of U.N. Women and the Inter-Parliamentary Union. Although Latin America has



made great strides in leveling the playing field among the genders, there is still the existence of violence and other oppression against women. In 1994, Latin American countries signed the pioneering Convention of Belém, which required them to educate their people about women's rights, to fight machismo and pass laws to protect women from violence, and many have enforced these laws. However, there are still cases that show how these laws

have made little impact. It is interesting to juxtapose the advancements of women in high power positions in these regions with the statistics regarding violence in the very same areas. A report published by PAHO/ World Health Organization in collaboration with the U.S. Centers for Disease Control and Prevention shows that in 12 Latin American and Caribbean countries studied, between 17% and 53% of women interviewed reported having suffered physical or sexual violence by an intimate partner.

## BEAUTY AND SEXUALITY ARE DOUBLE-EDGED

While many accomplishments have been made in empowering women, concerns still exist in all aspects of life, and female oppression is not limited to the availability of certain rights and opportunities. It also encompasses issues that affect self-esteem or body image, often fueled by the over saturation of beauty ideals and standards. Many women struggle with the over sexualization and objectification of the female body and view it as detrimental to their quest for equality, in both professional and personal capacities. In many cultures, a woman's looks are often held to unrealistic standards and are more inclined to be subjected to scrutiny and criticism. Hollywood and the fashion world are highly instrumental in dictating beauty ideals and unfortunately these benchmarks are superficially focused, resulting in women feeling self-conscious or inferior if they fall short of the expectation. While female sexuality and beauty should be celebrated, they are also overemphasized, which can be oppressive since validation for physical beauty is of paramount importance, even though beauty is multidimensional. Although beauty can be altered or enhanced to an extent, it is mostly beyond a person's control and can potentially exclude women from success in certain fields or positions, as societal influencers are powerfully resounding. It can also negatively impact self-esteem in virtually all stages of life, particularly in a woman's later years when her physical beauty evolves. So, even in freer societies, where women can thrive, there are still discriminatory forces at work, including issues such as beauty and sexuality.





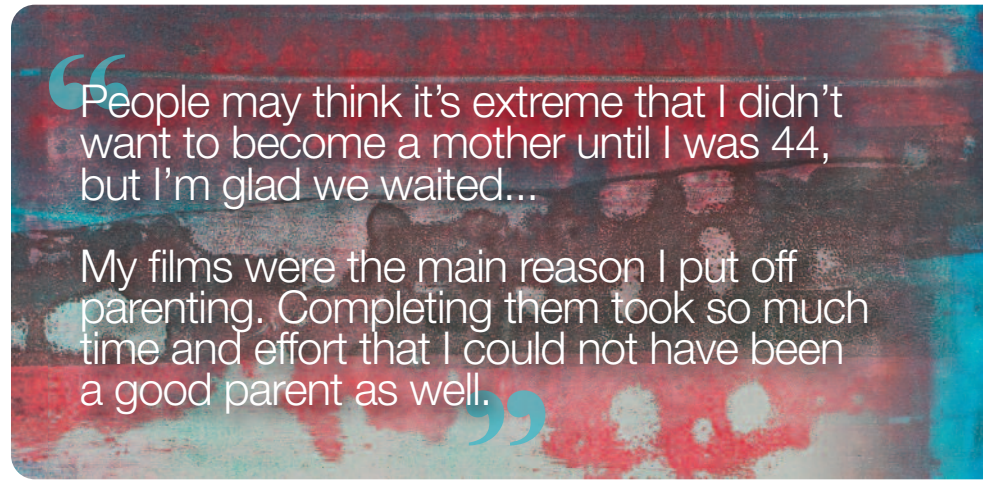
# Equality...

is having the freedom to choose to exist in a way that moves you.



## THE SHIFTING PARADIGM OF GENDER

Notwithstanding the lingering encumbrances in developed countries, there's also been substantial progress in the evolution of women's rights, an undeniable paradigm shift that has contributed to a more neutral playing field between the genders. Some glaring inequities have yet to be overcome, such as equal compensation, but women are essentially free to choose their level of education, career path, and whether they wish to get married and have children. In recent decades, such personal life decisions have also evolved as a result of women's advancements in the work force. According to the U.S. Census Bureau, these gender role shifts have affected both the level of fertility, number of children per household, and also when people decide to have children. Their reports show that women are starting families at higher ages and having less children, and that college-educated women are waiting longer to have children than those without a college education. Many women are opting to establish their careers before motherhood, so they can return to the workforce and balance both a professional and family life. In a 2012 article in *Forbes*, Mimi Plevin-Foust, a film producer, discussed why she decided to wait until her 40s to have children. "People may think it's extreme that I didn't want to become a mother until I was 44, but I'm glad we waited... My films were the main reason I put off parenting. Completing them took so much time and effort that I could not have been a good parent as well." While some women delay motherhood, others believe that foregoing a career entirely to raise their family is another choice more suitable to their lifestyle and beliefs. Either way, having the freedom to decide which path to follow is an individual choice that should be respected and appreciated. It's not uncommon, however, that these decisions are met with judgment and criticism instead of respect and appreciation.



## AN ULTERIOR PURPOSE

Then there are those who choose otherwise, like not having children at all. Childbearing and fertility patterns have changed greatly since the 1970s, and there are now more women in their forties without children than there were in past decades. In 1976, just 10 percent of all women ages 40 to 44 had no children; that percentage had jumped to 19 percent by 2010. Some women feel that their version of freedom entails being child-free, opting instead to dedicate their lives to other endeavors. Lisa F., a 39 year old married art executive living in Miami, Florida, is secure in her choice not to have children. "My decision not to have children is based on my belief that not everyone is meant to be a mother. I have never had the urge, calling, desire, or what have you to be a mother. I feel that many women have children out of a belief that it's what you do as a woman, but my priorities are different." For women who elect not to have children, it's a life choice that isn't always well-received by the inquiring minds who struggle to understand foregoing motherhood.

However, fulfillment is deeply personal, so there's no universal recipe that should be followed.

## WE'RE ON THE ROAD

For women, freedom and inequality are issues that will remain for years to come. Completely eradicating oppression and restrictive doctrines would mean reversing mindsets and belief systems that date back centuries. While some cultures evolve and embrace the value of women, others will continue to dismiss their infinite potential. As seen throughout history, when freedom is being withheld, the courageous will fight to secure this human right that everyone should have access to, regardless of whether they choose to exercise it or not. So, are women more free? Perhaps some more than others, but it's also relative and sometimes deeply personal. For those who are struggling, there is always hope, and most likely there is a heroine out there who is braving the opposing forces and clearing a path for you.

SOURCES: <http://www.economist.com/news/americas/21586575-laws-punish-domestic-violence-are-too-often-honoured-breach-everyday-aggression>, <http://www.pbs.org/wgbh/globalconnections/mideast/questions/women/>, [http://www.ipu.org/pdf/publications/wmnmmap12\\_en.pdf](http://www.ipu.org/pdf/publications/wmnmmap12_en.pdf), [http://www.census.gov/newsroom/cspan/childbearing/20120817\\_cspan\\_childbearing\\_slides.pdf](http://www.census.gov/newsroom/cspan/childbearing/20120817_cspan_childbearing_slides.pdf), <http://www.nytimes.com/2013/10/30/world/asia/dangers-come-with-freedom-for-indian-women.html>, [http://www.ipu.org/pdf/publications/wmnmmap12\\_en.pdf](http://www.ipu.org/pdf/publications/wmnmmap12_en.pdf), <http://kwhs.wharton.upenn.edu/2013/10/malala-yousafzai-global-fight-gender-equality/>, <http://www.npr.org/blogs/parallels/2013/07/22/204506345/burka-ban-stirs-another-round-of-clashes-in-france>, <http://www.cnn.com/2010/WORLD/europe/02/04/france.burqa.ban/>, <http://www.npr.org/2011/04/21/135523680/lifting-the-veil-muslim-women-explain-their-choice>, <http://www.forbes.com/sites/learnvest/2012/05/16/why-i-waited-till-my-40s-to-have-a-baby/>



By Jeff Jawer / provided by Tarot.com

# 2014

## Aries

Messages are mixed with your normally assertive ruling planet Mars cooling its heels in airy Libra and your 7th House of Partners for more than half the year. A lighter touch is needed to keep the peace in a current alliance or to reach out and connect with someone new. Mars is retrograde (reverse) from March 1 until May 19, requiring you to double back and complete unfinished business in relationships. Patience is a must since first impressions can be misleading during this complicated period. Mars finally blasts into steamy Scorpio and your 8th House of Intimacy on July 25 to amplify passion and deepen your desire for intimacy.

**You get further faster by taking others' feelings into account than by plunging ahead on your own.**

## Taurus

Serious Saturn's presence in your 7th House of Relationships requires you to investigate others more carefully this year. If you know what you want and aren't shy about saying it, you can deepen alliances in your personal and professional life. You can't be vague or shy about expressing your needs because the best that others have to offer you requires some digging to get it. It's better to be strong in pursuit of your desires than to let your partners run the show. Patience is critical early in the year because 2014 starts with your attractive planet Venus stuck in reverse. Clean up old business before she turns forward on January 31.

**Push yourself harder to find more emotional satisfaction because settling for less could become painful.**

## Gemini

This is a year to revisit dreams and emotions from the past. Your brainy planet Mercury turns retrograde (backward) three times, each one in a sensitive water sign. The first reversal is from February 6-28 in your 10th House of Career, supplying you with more compassion and creativity for your job. From June 7 – July 1 Mercury's turnabout occurs in safety-seeking Cancer and your 2nd House of Resources. Reassessing investments of time and energy will prove to be financially beneficial while overlooking economic fine points could prove costly. From October 10 - November 11, Mercury backpedals in your 6th House of Skills, reminding you to refine your techniques and, perhaps, reawakening interest in an old job or hobby.

**Make sure that your feelings back up the facts before making commitments related to work and money.**

## Libra

Generous Jupiter is in your 10th House of Career until July 16, offering opportunities and insights to help raise your professional profile. Lining up the support of colleagues becomes a key issue during the second half of 2014 when Jupiter enters bold Leo and your 11th House of Groups. Finding supportive friends and co-workers will raise your self-esteem and provide the willpower to tackle tough projects. Serious Saturn, though, spends the year in your 2nd House of Resources, which signals the need to manage your time and money very carefully. Setting priorities and sticking to them when it comes to expenses and investing your energy keeps you from running out of gas.

**When you make sure to take care of your own needs first you will have enough left over to selectively share with others.**

## Scorpio

Responsible Saturn spends all year in your passionate sign where controlling and directing your emotions purposefully makes the difference between success and frustration. Patience and commitment are keys to using this powerful transit that occurs in your 1st House of Personality and Appearance. You can build a stronger body and increase your vitality by sticking to healthy patterns of diet and exercise. A slow and steady pace will take you further than occasional diets and bursts of physical activity. Don't try to control everything in your world because a narrow focus on the most important issues is the surest way to produce the desired results.

**Less is more since setting aside matters that you can't change will give you the time and energy to change those matters that you can.**

## Sagittarius

Your enthusiastic ruling planet Jupiter starts the year in cuddly Cancer and your 8th House of Intimacy, which increases your chances of getting closer in a relationship. Whether you're trying to deepen a personal connection or are seeking to advance a critical professional alliance, the vision and optimism of generous Jupiter favors successful partnerships through July 16. This lucky planet's benevolent influence then shifts into risk taking Leo and your 9th House of Travel and Higher Education, increasing your opportunities in these areas during the following 12 months. Your ability to teach, sell and inspire others can take major leaps ahead when you are fired up with passion and creativity.

**When trusted people are on your side you will find it easier to take chances and pursue your wildest dreams.**

# twentyfourteen

## Cancer

Generous Jupiter has been in your sign since last summer and will continue to put wind in your sails during the first half of this year. This will expand your vision of the future, raise your self-confidence and encourage you to speak more openly and honestly. On July 16 this optimistic planet shifts into creative Leo and your 2nd House of Resources, beginning a year long cycle that's favorable to increase your income and sense of self-worth. You may have to take some risks to cash in on this opportunity because it's occurring and a bold sign. Overcoming fear of failure to invest more in your professional dreams is essential to the success that comes with courage.

**Betting on yourself is less of a gamble than waiting for others to bring you the rewards that you seek.**

## Leo

If you've been feeling underappreciated these past few months, that will change later this year. Lucky Jupiter, the planet of opportunity, has been hiding in your secretive 12th House since last summer. While this can provide you with some peace and privacy, getting attention could be more difficult. But on July 16 giant Jupiter pops out of the closet, enters your sign, and fires up your 1st House of Personality. This kicks off a 12-month period of increased energy, optimism and exposure that's perfect for making major moves in your professional and personal lives. Give more of yourself and you will definitely get more back in return.

**It's great to put on a show when you're in the mood, but don't feel like you have to perform all the time.**

## Virgo

Your analytical mind is great for managing data and dealing with facts. But it's your emotional connection with what you say that will be even more important this year. Learning to focus your feelings and then being able to pour them into your words makes you a much more effective speaker and influential person. Responsible Saturn in emotional Scorpio heats up your 3rd House of Communications all year, which is why connecting your heart with your head is so valuable. When you are able to combine instinct and intellect you will be much more successful in getting other people to go along with your ideas. your desire for intimacy.

**Putting more of yourself into every important message makes your words enormously powerful and with potential to positively impact others.**

## Capricorn

Although you're usually driven by logic, it's your instincts that are the keys to shaping your future this year. Your ruling planet Saturn is in passionate Scorpio where emotions run strong. Suppressing your feelings will reduce your power but channeling them with conviction can melt obstacles in your path. Visionary Jupiter is in sensitive Cancer until July 16, reinforcing the role of feelings in establishing goals and maintaining the effort and energy needed to reach them. A harmonious trine between Jupiter and Saturn on May 24 is an important time when reality and dreams can work together to show you the big picture and help you make the right strategic moves.

**Work from the inside out this year to make sure that your goals match your personal needs rather than someone else's ideas.**

## Aquarius

Managing demanding tasks can feel especially confining with strict Saturn in your 10th House of Public Responsibility this year. You may be tempted to quit a difficult job rather than struggle with onerous obligations and boring routines. However, think about the respect that you're earning from others and the experience that you're gaining for yourself that will pay dividends in the future. Generous Jupiter's shift into the relationship part of your chart on July 16 should increase your visibility, desirability and capacity to motivate others. This lucky planet's favorable alignment with your innovate ruler Uranus on September 25 could spark unexpected opportunities and brilliant ideas.

**A good leader knows how to find and motivate capable people rather than trying to do every single task alone.**

## Pisces

Your growing ability to think strategically helps you to make a solid plan for the future this year. Career decisions that are based on a balance of hope and realism will work particularly well while visionary Jupiter is in its sister water sign Cancer until July 16. This hopeful transit occurs in your 5th House of Self-Expression where it serves up creativity and even inspires romantic dreams. Serious Saturn is also in a water sign, Scorpio, to offer you the concentration needed to advance your interests. Brushing aside distractions and focusing on your priorities means saying "no" to trivial pursuits and others' needs to ensure that you meet your own.

**When you set your agenda and stick to it you will find happiness that is hard to come by when you put everyone else first.**



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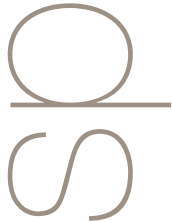
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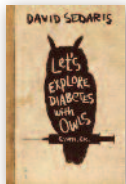
# so culture corner

Reviews by Mike Isberg



Wellness (or lack of it) is based on what we immerse ourselves in every day. Sometimes we cannot control events that drive us potty – the car breaking down, the leaky roof, the last minute dinner cancelation – but we can control what stimulation we seek. We can control what we put in our bodies and what we listen to, watch and learn from. Our mantra: be empowered. That doesn't necessarily mean listening to hours of Deepak Chopra or Gregorian chants on a daily basis (although it could...), what it means is that you are pro-active in your activities and are learning from what you do. Boredom and passive activities (by passive we mean those activities that have a numbing effect on your brain) are anti-wellness and pro-aging. So stretch your imagination to the hilt. Climb the proverbial mountain top. There's gold in them hills. Or so they say.

## Read



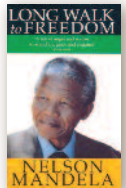
**LET'S EXPLORE DIABETES WITH OWLS** by David Sedaris, Little, Brown and Company, 2013.

The blunt ridge of feathers on a kookaburra bird's head vaguely resembles a barbershop brush cut. At least it does to David Sedaris, who takes the next logical leap. "If owls were the professors of the avian kingdom, then kookaburras, I thought, might well be the gym teachers." It is because this is what the wry Sedaris chooses to bring back from Australia that humorous travel writing is his particular niche. In this book, David reports his prosaic perplexities from Amsterdam, China, England, and other locales. While learning the language in Germany, Sedaris grumbles that "...someone would order a piece of cake, and it sounded as if it were an actual order, like, 'Cut the cake and lie face down in the ditch between the cobbler and the little girl.'" Sedaris' observations are a first rate travel souvenir.



**THE TOOLS** by Phil Stutz and Barry Michels, Random House, 2012.

Imagine psychotherapy that moves quickly, downplaying the interminable analysis of childhood and relationships, and skimming past marathon sessions on the couch. Stutz and Michels instead identify four categories of psychic pain and then deliver four specific tools to control symptoms and contact the higher powers in the universe. The approach in *The Tools* is guided and precise. The authors, a psychiatrist and a psychotherapist, employ visualization-oriented tools that lead their patients through what Stutz and Michels describe as a spiritual evolution. The authors conclude by describing a new spiritual order in their refreshingly simple approach to psychological health.



**LONG WALK TO FREEDOM** by Nelson Mandela, Little, Brown and Company 1995, Foreword by William Jefferson Clinton 2013.

Nelson Mandela writes simply, as if he were penning a letter to far away relatives, even as he describes his secret life as an anti-apartheid freedom fighter. "I became a creature of the night. I would keep to my hideout during the day, and emerge to do my work when it became dark." Mandela's struggle to create a nonracial Africa is fleshed out with his early life stories of his time spent as a student activist, as a saboteur, as a practicing attorney, and as a heavyweight boxer. "In the ring, rank, age, color, and wealth are irrelevant. I found the rigorous exercise to be an excellent outlet for tension and stress." The iconic Mandela is warm and intimate in his chronicle of his own extraordinary life.

## See



**INSIDE LLEWYN DAVIS**, written and directed by Joel and Ethan Coen, CBS Films and StudioCanal, 2013.

Llewyn Davis is a serial screw-up. In the dark humor of *Inside Llewyn Davis*, Llewyn (Oscar Isaac) is on the verge of having a hit record on the radio, and also on the verge of quitting show business to join the merchant marines. He is equally ill-prepared for either, relying on his talent and charm to rebuild the bridges he blazes in the grey and hardscrabble folk music underground of 1961 New York. Fellow folk singers Jim and Jean (Justin Timberlake, Carey Mulligan) are dubiously blessed to have Llewyn as a persistent loose end in their lives, sharing his career near misses and chaotic life choices. In a Dylan-esque sequence of Llewyn Davis lumbering along the sidewalks of the city with a guitar over his shoulder and a neighborhood cat in his hands, he appears hopelessly far from a rise to fame. In fact, watching how Llewyn treats cats illuminates the way he treats relationships; he's careless with other peoples, and he's a calamity with his own.

## Listen



**INSIDE LLEWYN DAVIS ORIGINAL SOUNDTRACK RECORDING** produced by T Bone Burnett, and Joel and Ethan Coen, 2013.

This soulful acoustic finger-picking is throwback-simple, a sound from artists who eschew the heavily produced in favor of the subtle and raw. This compilation sounds like a historical record, a mixture of traditional songs and new music evoking stages in front of brick facades with a single spot light. Many of these songs are played in their entirety in the film, with Oscar Isaac, Justin Timberlake and Carey Mulligan performing unembellished vocals that might have bounced off the smoke stained walls of Greenwich Village basements. There is technical expertise and vocal support from Mumford and Sons front man (and husband of Carey Mulligan) Marcus Mumford. The studio producer is T Bone Burnett, who previously teamed with the Coen Brothers on the hugely successful soundtrack from *O Brother, Where Art Thou?* Once again, Burnett and the Coens have produced a soundtrack that archives the sound of an American musical era.



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