

Scottsdale

HEALTH

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Chelsea Pezzola

The professional golfer talks her love of the links, snapping selfies and changing the game for women everywhere

Chelsea Pezzola

Valentine's Day

Maintaining a Healthy Relationship

Fit Gifts for Two

Actively in Love

Creating Self-worth



The Power of Protein



splurge

/ by Merilee Kern



Get up and Grind

A desk that transforms your workplace experience



The pitfalls of sitting too much have been well proven, with the gravely serious risks ranging from medical conditions like diabetes, heart disease and obesity to increased mortality rates, weight gain, neck and back pain, and even anxiety. To combat these concerns, along with boosting workers' productivity, standing desks have become increasingly popular.

Enter the Pro Plus 36 by Varidesk, a company that makes active office products all designed to counter the sedentary lifestyle. This

particular model can accommodate dual-monitor setups or larger workspace needs thanks to a two-tiered design. The upper surface holds one or two displays, while a separate lower keyboard/mouse deck provides ample room for tech basics and accessories. The device can stably hold up to 35 pounds and easily transforms from sitting to standing, giving workers the option to alternate between the two options. Available in four different colors for \$39.95 at www.varidesk.com.



soul

DIY Happy Hair

New to the beauty scene is Oleum Vera, a fresh new line of do it yourself organic and sustainability-minded beauty kits that allow you to create a customized hair care regimen using pure, organic essential oils and plant-based oils in combination with fresh ingredients from your own pantry and fridge.

According to Merilee Kern of The Luxe List, this easy-to-use kit, which is suitable for all hair types, contains enough high-quality, pure and unprocessed ingredients for six months' worth of daily hair care.

With this in mind, the new brand is starting with a number of home-cooked beauty options, to include the versatile DIY Organic Hair Care Kit (\$74.95) that yields three all-natural oil treatments, four hair masks and two hair rinses. While a booklet filled with easy customizable recipes and illustrations is shipped with the kit, the website (www.oleumvera.com) also has a recipe page showcasing some recipe examples. The kit contents include multiple essential oils; several carrier and precious oils; and an array of accessories.



Romantic Relaxation

This Valentine's Day, The Spa at The Village (www.villageclubs.com), located within each Village Health Club & Spa, is offering unique treatments and gift card specials to be sure that your loved one feels pampered. All four spa locations will be offering an additional \$10 card with every \$100 in gift card purchases from February 1-14, as well as complimentary champagne, mimosas and chocolate covered strawberries for all spa guests on February 14.

THE SPA AT GAINNEY VILLAGE: Savor the Strawberry Mimosa Facial Treatment (\$125) this February. The strawberry exfoliates while rhubarb and vegan-friendly hyaluronic acid calm and plump for a refreshed appearance. The treatment includes your choice of microdermabrasion or dermaplane, while microneedling is available for an additional \$75.

THE SPA AT DC RANCH VILLAGE: Experience the TCA Full-Body Peel (\$265, member; \$295, non-member) through the end of February. This treatment helps to remove sun damage and age spots, while improving skin elasticity and wrinkling. The special includes post-treatment TCA lotion (\$55 value).



Cran-Panetini

Recipe courtesy of New York Style gourmet snacks, www.newyorkstyle.com

Prep Time: 15 minutes
Serves: 10-12

Ingredients:
Brie cheese
Fresh cranberries
Arugula
1 cup sugar
1 cup water
New York Style Panetinis in garlic, garlic parmesan or original flavor

Directions:
Bring 1 cup of water and sugar to a boil in a medium-sized saucepan. Add the cranberries and return to a boil. Boil gently for 10 minutes, until cranberries pop. Assemble each Cran-Panetini by placing 1 slice of brie and one to two pieces of arugula on top of each Panetini® crisp. Top with cranberries and enjoy.

