







MODERN LUXURY ASPEN PEAK


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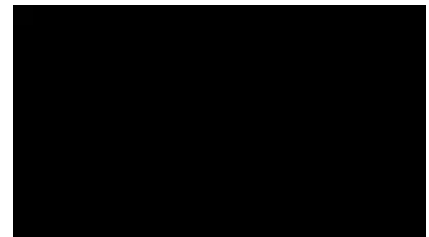
PRO TIPS FOR YOUR PARCHED, WIND-WHIPPED, COLD, DRY, ASPEN WINTER SKIN

Tess Strokes | February 6, 2018 | [Style & Beauty](#)

Spa co-owner and aesthetician of 20 years, Eden Henschel offers what many locals and visitors consider the best facial in Aspen.



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When it comes to high-altitude skincare during winter’s harsh months, Henschel, who has her own spa and experience at Golden Door Spa in Telluride and locally at Remède and O2, stresses the importance of moisturizing with an oil-based moisturizer. “Water-based moisturizers can freeze on your skin, causing it to crack and flake,” says Henschel. “Use a repair balm—it will act like a sealant and protect your skin from windburn and cold temperatures, which can break down the outer layers of skin that maintain moisture levels. Apply in the morning and again when you stop for lunch.”

Many of Henschel’s out-of-town clients underestimate the sun at 8,000 feet. One client suffered a first-degree burn while skiing and spent the rest of his vacation healing with oxygen facials. Henschel advises visitors to use a humidifier at night and book a **Hydrfacial**. “It’s basically a microdermabrasion that infuses wonderful serums

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directly into the skin. It's great for all skin types and paired with the **Nuvesse Hydrating Sheet Mask**, it's the most moisture quenching treatment on our menu."



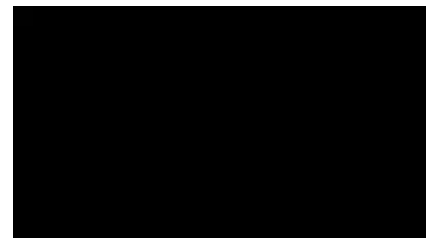
A soothing Hydrafacial in process.

Join Henschel on Thursday, February 15 from 5-7 p.m. at 420 West Main St, Ste. 102 for the grand re-opening of Aspen Vida Medi Spa and Wellness Center. Check out the updated 2,500 square foot space that includes relaxing treatment rooms and lux therapy space for new wellness partners like Alex Leddy (acupuncture, Chinese medicine) Suzanne Forster (nails, waxing), Lyndsey Haynie (PA-C, Botox, Ultherapy), Katie Ward (Aspen Cool Contour, Coolsulpt, facials) and Nicole Popp (Microblading and cosmetic tattoo). Shop discounted products, take home gift bags of goodies and pre-book select treatments for 10-15 percent off. 420 West Main Street, Ste. 102, 970.429.8350



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The newly re-modeled welcome room featuring Charlie "the spa dog."