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BODY & HEALTH

A Day for You

The holidays are meant to be a time to relax and have fun with friends and family, but we all know that relaxing can be the last thing you have time for during this frantic season. When you're busy shopping amongst the hordes, preparing elaborate meals and chasing the kiddies around during their extended break, it can be tough to find that "me" time you should be getting from a holiday break. You need your own break, and your body needs some pampering. So here's EW's plan: Treat your body to a healthful "me day" by following our quick morning-to-evening guide.

If you have kids, send them somewhere (anywhere) the night before. Then go to bed early and sleep for two more hours than you usually have time for. Wake up on the right side of the bed, proceed to the bathroom and take a warm bath using Fridays at the Farm Moisturizing Milk Bath and let your pores soak up the sweet almond fragrance. After this bath of epic proportions, get bright-eyed with a cup of Café Mam coffee. Even if coffee might not be the best thing for your body, this Eugene institution is so environmentally conscious you'll at least feel good about your morning humanitarian efforts. And recent studies show it might actually have health benefits.

After caffeine-ing up, take a whiff of Forces of Nature's Ajina anointing oil, which can provide you with some clarity of mind before you head out into the world. You might also want to lube up with some Merry Hempsters Vegan Lotion, giving your skin a little glitter while supporting your favorite hempo-philes.

Next you need to drive straight to The Pearl Day Spa — you're in for four-and-a-half hours of body pampering. Don't worry about missing lunch, this place provides a light meal to keep your stomach feeling as great as the rest of your body.

After that marathon of self-indulgence, call up your significant other and meet at home for some passionate kissing, heavy petting and whatever else it is that makes your alone-time special (e.g. dressing up like warden and prisoner, light bondage, nude checkers). Then take a shower with Uncommon Scents' Spring Rain soap bar. You'll be presentable in no time.

Next is dinner. Eugene has a culinary option to satisfy every craving, but head somewhere like Marché, Café Zenon or Café Soriah that will leave you feeling full, but still fresh enough to not have to waddle to your car. And if you want wine with din-din, look to King Estate or another local vintner for a quality Willamette pinot.

After dinner, you should be feeling so good you have to make a concerted effort to not shake your own hand. Go home, let your kids out of their cages and spend some of that quality time that was lost in the confusion of the holidays. Go to sleep satisfied; repeat as necessary. — Tim O'Rourke

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