

## The Gift of Spirit

### Invincible Essences

Aromatherapy has been used throughout the world for at least 3,500 years. Today, aromatherapy master, Shanti Cousins has created Invincible Essences essential oils and perfumes. She blends unique combinations of the highest-quality, 100% pure aroma oils from around the world.

Her creations are a sum of her travels—Egypt, Israel, India, with their ancient histories in the art of aromatherapy. Some aroma oil blends that Cousins uses are modifications of immune-strengthening anti-pathogenic formula blends that were used successfully against the bubonic plague in the Middle Ages. These oils can be useful for protection against all forms of diseases, particularly with viruses, bacteria and fungi.

They are also powerful for protecting and restoring a variety of bodily systems and the immune system, as well as enhancing and empowering one's aura. Cousins says they are the living essence of the life force of the plant or herb being used.

Give the gift of *Invisible Essences Perfumes*, like Valor, Saffron Sun, Deep Spice and more. Cousins will also custom blend a perfume just for you.

*First Aid Kits* are great for traveling—six essential oils like Lavender for burns and total system calming, Manuka for cuts and infections, Digest to remedy upset stomachs, and more.

*Individual Healing Potions* like Immortal Immune, Hormone Balance and Alert Mind. [InvincibleEssences.com](http://InvincibleEssences.com)

**Yoga Pod** now has five locations in Colorado's Front Range. Beautiful spaces and excellent teachers for all levels of students. A few specials available now: Try yoga and/or the studios with \$40 one-month unlimited classes. Prema Membership: \$99/month for unlimited classes for one year. \$150 for 10 classes. \$17 drop-in rate. 303-444-4232; [YogaPodCommunity.com/find-a-pod](http://YogaPodCommunity.com/find-a-pod)



## Moved by the Spirits Piece, Love & Chocolate

"I have always been fascinated with the passionate nature and patience of small craft brewers, winemakers and distillers," says Sarah Amorese. Amorese knows passion and patience well, employing them as she crafts delectables in her Boulder shop, Piece, Love & Chocolate.

Her latest exploration centers on the growing number of local artisanal libations: a deep dive into visual art + food science = magic. She's teamed up with 15 distillers, winemakers and even brewers to create the 15 truffles sold as the Colorado Spirits Collection.

"I was overwhelmed by the number of these crafters located right here in Colorado!" says Amorese. "I felt I needed to pay tribute to them in my own special way."

Thus, "each piece was created on the specific flavor profiles... and the stories of each of the liquids," she says.

Liquid stories told in truffles ranging from Stranahan's Whiskey milk chocolates to Boulder Creek's Zinfandel port with fig in dark chocolate; daring combinations like West Flanders' hoppy black IPA butter caramels or Suerte Tequila, lime, sea salt and white chocolate "margaritas." [Locavore triple plays, too, where Colorado-produce-turned-Colorado-spirits are "enrobed" in Colorado cream ganache truffles. Spirits like Roundhouse Pumpkin Cordial, featuring Munson Farms' pumpkins, or Hunter's Moon mead, made with Palisade peaches.]

With Valentine's Day around the corner, I asked about love. First, her name.

"Yes," she says. "Amorese is Italian... and means 'lover of all things.'"

Then about chocolate.

"We are Valentine's Day 365 days of the year. That's why 'LOVE' is the biggest part of our logo." She waxes about "sexy" and "delicious" concluding that chocolate "gives your palate a sultry loving hug."

**Bringing us back to the Spirits collection:** "Few people realize that chocolate is also a fermented food... that requires meticulous attention and, dare I say 'love' yet again?"

**15-piece Colorado Spirits Collection:** \$45; 805 Pearl St., Boulder; 303-449-4804; [PieceLoveAndChocolate.com](http://PieceLoveAndChocolate.com)

—Bill Giebler