

MODERN **LUXURY**

# PEAK



# CELEBRATE

WINTER, ADVENTURE, FASHION, SNOWFLAKES,  
SWEETS, SPIRITS, GIFTS, PEOPLE, ART

ASPEN-SNOWMASS BOULDER BEAVER CREEK BRECKENRIDGE CRESTED BUTTE DENVER STEAMBOAT TELLURIDE VAIL





# SNOW ANGELS

YOU'RE NEVER TOO OLD TO FLAP YOUR WINGS AND LEAVE HEAVENLY  
IMPRESSIONS IN FRESHLY FALLEN POWDER.

BY HELEN OLSSON

THIS RITUAL is part of Eleven Experience's snow shower hydrotherapy at Taylor River Lodge in Almont, Colo., 20 miles from Crested Butte. Thermal therapy, which employs the contrast of hot and cold for health benefits, has been practiced for thousands of years by different cultures. Here, a plunge in cold snow is followed by a sauna session in the lodge's nearby bathhouse, just steps from the Taylor River. The heat increases blood flow while the cold rapidly constricts blood vessels. The snow rolling and hot treatment are ideally repeated until the body is completely relaxed. [elevenexperience.com](http://elevenexperience.com)