

DOWNTOWN BOCA: **WHAT WENT WRONG?**

BOCAMAG.COM

# booca



THE [ONLY] BOCA RATON MAGAZINE

## 15 decadent desserts

SAVOR THE  
**SWEETEST**  
TREATS  
IN **TOWN**

**FESTIVAL OF THE ARTS**  
YOUR GUIDE TO THE  
SEASON'S HOTTEST EVENT

**ANTI-AGING SECRETS**  
LIVE LONGER AND  
HEALTHIER WITH OUR  
CUTTING-EDGE TIPS

\$5.95 FEBRUARY 2010

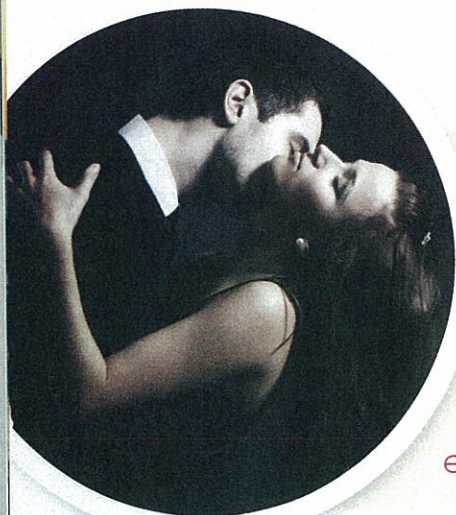




## Product picks

INDULGE YOUR SENSES with aromatic cellulite-busting products from Anushka Blau, owner of Anushka Spa in West Palm Beach (701 S. Rosemary Ave., 561/820-8055). Her scrub, lotion and body crème trio work together to smooth and firm-up trouble spots. In addition to using ingredients like caffeine and guarana extract to stimulate circulation and active botanical ingredients to smooth sponginess, the products pack heavenly scents of coffee.

Skinny Caffé Latte body crème, **\$46**; Double Shot Up-lift firming lotion, **\$45**; Cappuccino Thigh Scrub, **\$27**

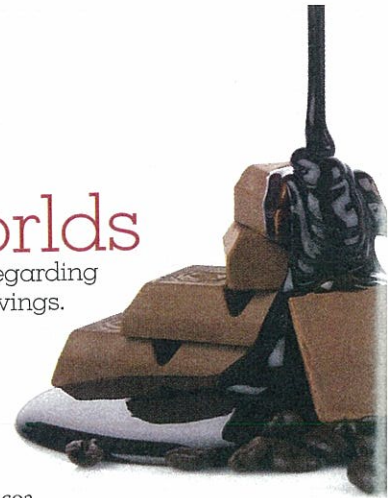


## TANTRA WEEKEND WORKSHOP

Learn exercises to enhance awareness, intimacy, sensuality and fun with your partner at a special workshop at the Boca Raton Bridge Hotel on Valentine's weekend (Feb. 12-13). The event, led by sex therapist Dr. Sally Valentine, takes place Friday evening and all day Saturday and costs \$450 per couple. Call 561/391-3305, or e-mail [valentinecounsel@aol.com](mailto:valentinecounsel@aol.com) to register.

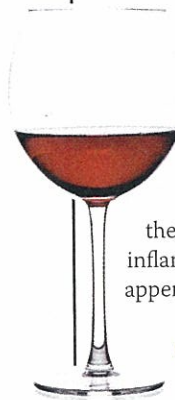
## Best of Both Worlds

The news isn't all bad regarding some of our favorite cravings.



### DARK CHOCOLATE:

You may have heard about the antioxidants found in cocoa, but you may not have heard that theobromine, also found in cocoa beans, can help calm a cough. In fact, one study showed it was more effective than codeine.



### RED WINE:

Already cited for its antioxidants and benefits toward heart disease prevention, red wine has yet another beneficial component. According to a study published in the August 2009 *Journal of the Federation of American Societies for Experimental Biology*, the resveratrol in red wine works as a powerful anti-inflammatory to life-threatening inflammations such as appendicitis and peritonitis.

### COFFEE:

Researchers from Florida discovered that regular caffeine consumption reversed memory issues in mice with Alzheimer's-like symptoms. The study, featured in the *Journal of Alzheimer's Disease*, was done with a 500 mg daily dose of caffeine, the equivalent you would find in a grande coffee at Starbucks. After two months of doses, the diseased mice tested the same as healthy mice.

