

# home

making macrobiotics sexy + therapy dogs + good real estate news



## Light Hearted

*Celebrate Valentine's Day at home—and extend the love to everyone by playing with organic, earth-friendly products.*

By **Zoe Helene**

### **Big Dipper Waxworks**

#### **Pure Beeswax Tea Lights**

Box of 16, \$20; case of 48, \$46;

[bigdipperwaxworks.com](http://bigdipperwaxworks.com)

Hand poured into polycarbonate cups for maximum glow and safety, these tea lights give sweet, honey fragrance for five hours. 10 percent of profits help prevent bee colony collapse disorder.

PHOTO BY SUSAN TAMCSIN

### *Valentine's Day celebrates our ability to love.*

This year, plan a romantic fireside picnic at home—whether or not you have a fireplace. Creating a symbolic hearth for your celebration is easy. Define the area using a low table, a shallow drawer placed upside down, a stone slab, a piece of flat wood or a simple scarf. Arrange candles, flowers, photos, poems, notes, crystals, shells, feathers—whatever feels right—with intention. Spread a blanket on the floor, add comfy pillows, light the candles and enjoy your night.

# Eat Your Aphrodisiacs

*Some foods just have it in them.*



**Oysters** Aside from their suggestive appearance, oysters deliver a whopping load of zinc, which feeds your sex organs.



**Onions and Garlic** Both have long histories as love enhancers. In monasteries around the world, people who are abstaining from sex stay away from these two.



**Capers** Courts of antiquity prized these berries as key ingredients in love potions. Cleopatra is said to have served capers to help win the hearts of Julius Caesar and Mark Antony.

*This is not the night for diets. Whip up a batch of puttanesca, or “sauce of the whores,” with onions, garlic and hot chiles — all natural aphrodisiacs.*



**Hot Chiles** These contain capsaicin, which produces opiates in the brain and enhances circulation in the body's fine vessels.



**Olives** Legend has it that the essential fatty acids in green olives make men more virile and black ones increase libido in women.



## Schisandra Cocktail

This cocktail may be virgin, but you won't be after drinking it. Schisandra is a superberry, an adaptogen and an aphrodisiac. Simply mix organic schisandra concentrate, sparkling water and agave to taste. Shake.

### Dr. Chang Naturals ChiBerry Unsweetened Tonic

16 ounces, \$24.97; [organicchiberry.com](http://organicchiberry.com)

This organic, pure concentrate is sustainably cultivated in the United States.

### Wholesome Sweetener Organic Blue Agave

23.5 ounces, \$6.99; [wholesomesweeteners.com](http://wholesomesweeteners.com)

This easy-to-mix sweetener is perfect for cocktails. Available at [amazon.com](http://amazon.com).

## The Medicine Hunter's Maca Mojo Smoothie

Maca, a sacred superfood from the Peruvian Andes, is also an aphrodisiac. Down this healthy, libido-boosting smoothie made with maca on Valentine's Day morning—or every morning for a week if you really want to rock. (For more information, visit [medicinehunter.com/maca](http://medicinehunter.com/maca).)

- 1 cup almond milk
- 1 ripe banana
- 2 dates
- Dash of pure vanilla extract
- 1 tablespoon organic maca powder
- 1 tablespoon organic cocoa powder

Blend ingredients until smooth. Drink. Enjoy the consequences.

### Navitas Naturals Organic Maca Powder

16 ounces bag, \$24.99; [navitasnaturals.com](http://navitasnaturals.com)

### Organic Fair Trade Unsweetened Cocoa

10 ounces, \$10; [lakechamplainchocolates.com](http://lakechamplainchocolates.com)

## Wine & Thou

### Cedric Bouchard Roses de Jeanne Blanc de Noirs Les Ursules 2009

\$94.99; [shop.appellationnyc.com](http://shop.appellationnyc.com)

This sparkling wine has hints of fresh bread, citrus zest and subtle raspberry notes.

### Bonterra Cabernet Sauvignon 2006

\$32.99; [americasbestorganics.com](http://americasbestorganics.com)

An affordable premium wine made with organic grapes, with hints of pepper, cedar and vanilla spice.

### Crocker & Starr Cabernet Sauvignon Stone Place 2007

\$95; [wine.com](http://wine.com)

A bold red from organic Napa Valley grapes with exotic notes of cocoa, and rose petals.

# Chocolate Choices

*Cocoa is known as the "food of the gods." It reproduces some of the same brain chemistry that occurs when we fall in love. It is a superfood, a sacred plant and an aphrodisiac.*

### Chocolove Organic 73 Percent Dark Chocolate Bar

3.2 ounces, \$3.79; [chocolove.com](http://chocolove.com)

Downright naughty, this bar melts in your mouth—and has love poems inside on its wrapping.

### Theo Organic 70 Percent Dark Chocolate

3 ounces, \$4; [theochocolate.com](http://theochocolate.com)

This Fair Trade-certified dark chocolate is deep, smooth and seductive.

### Sweet Riot Pure 70 Percent Dark Chocolate

3.5 ounces, \$3.99; [sweetriot.com](http://sweetriot.com)

These organic and Fair Trade-certified bars have artful packaging.

### Green & Blacks Dark 70 Percent Chocolate

3.5-ounce bar, \$3.99; [greenandblacks.com](http://greenandblacks.com)

Exquisitely delicious, intensely flavorful Fair Trade-certified dark chocolate.



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## A Bubble Bath For Two

### Portico Organic Towels

\$16.99; [porticohome.com](http://porticohome.com)

Wrap your lover and yourself in a lush, plush organic cotton towel.

Available at [bedbathandbeyond.com](http://bedbathandbeyond.com)

### EO French Lavender Bubble Bath

12 fluid ounces, \$11.99; [eoproducts.com](http://eoproducts.com)

Super abundant, aromatic bubbles with organic extracts soften and soothe skin.

### Pangea Organics Pyrenees Lavender with Cardamom Bar Soap

3.75-ounce bar, \$8; [pangeaorganics.com](http://pangeaorganics.com)

This certified organic skin-smoothing soap has two aphrodisiac scents: lavender, the "herb of love," and invigorating cardamom.



- Clear away bathroom clutter. Toilet brushes spoil the mood.
- Clean the room top to bottom and the tub so it sparkles.
- Pay attention to air quality, temperature and lighting.
- Fill a pretty basket with essentials for a luxurious bath.
- Set pillar candles around the room.
- Toss rose petals and essential oils into the water.
- Mood music makes all the difference.

## Rub It In

Pamper your lover with a sensational massage. Pour premium body oil into cupped hands and rub hands together to warm up the oil before you start massaging.



### Soapwalla Luxurious Moisturizing Body Oil

4 ounces, \$25; [etsy.com/shop/soapwallakitchen](http://etsy.com/shop/soapwallakitchen)

This ginger-, citrus- and lemongrass-scented oil made with mowrah butter feels like liquid velvet.



### Eminence Mimosa Champagne Massage Oil

8.2 ounces, \$29; [eminenceorganics.com](http://eminenceorganics.com)

Impart decadent hydration and relaxation with biodynamic jojoba, grapeseed and mimosa orange oils.



### Weleda Pomegranate Regenerating Body Oil

3.4 ounces, \$28; [weleda.com](http://weleda.com)

This rich, sensual biodynamic oil is made from pomegranate, Aphrodite's fruit.

Visit [organicspamagazine.com/vday-home](http://organicspamagazine.com/vday-home) for more information and direct links to online purchasing.

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