

AT ALTITUDE

SPIN CYCLE

When Kevin Callahan graduated from Aspen High School in June, he had ridden his bike to and from school every single day since second grade (even when he lived in Snowmass Village for a few months). The mileage paid off when the 18-year-old Cat 2 road bike racer became a Colorado junior state champion (in time trial and hill climb) and secured a spot on the cycling team at Fort Lewis College in Durango, which he will attend in the fall.

So, how did all of that riding measure up? —T.W.



Zany Zen

WITH CANNABIS, NITROGEN, AND SALT, THESE THREE NEW BODY TREATMENTS WILL SHAKE UP YOUR SPA ROUTINE



E-Z RIDER

Electric bikes, powered by a small, rechargeable-battery-operated motor, are starting to make inroads locally. "Every single person we've put on a test ride has come back with a huge smile," says Michael Wampler, owner of Aspen Velo, which rents and sells Raleigh e-bikes. "They're a hoot." Whether you want to cruise up to Ashcroft or pedal Missouri Heights' rolling terrain, these bikes make it a snap. Just remember—you still need to pedal to get the power. —C.H.

Raleigh's Detour IE (\$2,700) has a 250W pedal-assisted motor and reaches speeds of 20 mph.

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Cannabis-Infused Massage

THE LOWDOWN: Wellness guru Pila Xian is the first in Aspen to introduce topicals—from Denver-based Apothecana—into massage. A new word to know in the legal cannabis lexicon, topicals are formulated with plant extracts but without THC, so they won't get you high. During Xian's signature Head in the Clouds massage, the non-psychoactive, healing properties are absorbed directly into the skin.

THE UPSIDE: Said to relieve pain, stress, inflammation, muscle soreness, and headaches

INFO: \$155, Heaven on Earth, 205 S. Mill St., heavenonearthaspen.com

Full-Body Cryotherapy

THE LOWDOWN: The treatment is done as you stand on a rotating platform in an open chamber, your head above it and feet and hands protected with gloves and slippers. Nitrogen gas is then infused for a temp of -200 degrees Fahrenheit. Not to worry—an expert technician oversees all three minutes of the fast and frosty blast.

THE UPSIDE: Said to shorten recovery time and improve athletic performance; relieve stress or injury; reduce cellulite and signs of aging; release endorphins

INFO: \$85, The Fix, 501 Rio Grande Pl., thefixaspen.com

Himalayan Salt Therapy

THE LOWDOWN: First discovered by European monks centuries ago in natural caverns, the therapy now takes place in a room lined with pure Himalayan salt bricks, heated to release negative ions. A halogenerator then grinds the sodium chloride, which is diffused into the air for you to inhale deeply.

THE UPSIDE: Said to improve respiratory health, relieve allergy and asthma symptoms, and improve skin

INFO: \$160, Body Fahrenheit, 241 Robinson St., Basalt, fahrenheitbodyspas.com —K.S.