

SUMMER IN

ASPEN & SNOWMASS

— 2026 —

BIOHACKING,

Aspen style



Mountain Music
Roundup

Top Summer
Patios and
Cocktails

Outdoor
Adventures



BIOHACKING, *Aspen style*

TREATMENTS FOR SELF-ENHANCEMENT

by **Kimberly Nicoletti**

Biohacks have been around since ancient times, from Greek historian Herodotus purporting a fountain of youth in the fifth century B.C. to Eastern meditation traditions and Ayurvedic medicine. These days, it's become a buzzword, encompassing everything from supplements to chip implantation.

Here in Aspen and Snowmass, it means taking a holistic approach to enhancing your well-being. From some of New York City's most renowned physicians who visit Aspen regularly to local spas and wellness studios, there's a biohack for just about every need. Let's explore.

NeuroSpa: ANALYZE YOUR SKIN AND RESPOND ACCORDINGLY

Curious about sun damage or signs of aging you can't see with your naked eye? NeuroSpa offers clients a complimentary AURA 3D Skin Analysis — the only one of its kind in the valley.

The new, AI-driven scanning technology delivers a photo-realistic, three-dimensional digital image of your face and neck, revealing skin health, sun-damage, volumetric loss, structural proportions, texture, pigmentation, and more.



REPORTER'S NOTEBOOK

Since I wasn't familiar with some of these treatments, part of my research included trying most of the ones I highlight. While I've had some experiences in my reporting life that I wouldn't want to repeat, I'd wholeheartedly do all of these again. I've added my personal notes.

BEST OF WINNER

NeuroSpa won best medical spa for the fifth year in a row.

"Beauty isn't what you see. It's what you feel," says Dr. Brooke Allen, founder of NeuroSpa.

"I'm incredibly proud of our team of experts and the care that we provide."

◀ The lobby of NeuroSpa.

"It changes the conversation from reactive to proactive, and it keeps patients engaged because they can see — objectively, visually, undeniably — what's changing and improving over time," says Dr. Brooke Allen, founder of NeuroSpa. "It's one of the best tools we have ever had for tracking progress. Every follow-up scan gives us a clear, side-by-side comparative analysis, so we can see exactly how the client's skin has responded to a treatment."

Like every wellness studio, spa, and practitioner covered in this story, NeuroSpa doesn't just offer one solution: It provides a variety of treatments based on individual needs, including laser treatments, micro needling, fillers, bio-injectables, and Broadband light laser (BBL) therapy.

Since I couldn't make it to NeuroSpa, I turned to Stanford research: In modeled organisms, its study indicates that regular BBL treatment can functionally rejuvenate aged cells to resemble younger skin.

"It doesn't just improve the appearance of aging skin. It actually shifts the gene expression profile of aged skin back toward that of younger skin. We're talking about genes associated with longevity, collagen production, cellular repair, and inflammation regulation," she says. "The heat energy from BBL appears to act as a hormetic stressor — a controlled, beneficial stress signal that essentially tells aging cells to behave more like young cells. That's a fundamentally different mechanism than anything we had before. And the Aura 3D Reality Imaging System helps us follow those improvements over time."

More info: theneurospa.com



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