



TODAY  
Wadyka in  
Chautauqua  
Park in  
Boulder



2002  
New York City

## ON MOUNTAIN TIME

by SALLY WADYKA

*During the decade* I lived in New York, I worked at *Vogue* and *Glamour* and there was pressure to keep up appearances. So I scoured sample sales for designer bargains and maxed out my credit card on “it” bags and shoes. On the beauty front, I got my brows groomed monthly, my fingers mani’d biweekly, my hair cut and colored at a pricey salon—and even at thirty-something, I dabbled in glycolic peels and Botox.

So how’d I look? Good. But because I tended toward a natural, classic style, all that effort really just left me looking like an ever-so-slightly enhanced version of myself.

Then, in my mid-thirties, I packed up my apartment and moved West. The job change (from editor to freelance writer) affected me on all fronts, including my beauty regimen. I went cold turkey on many of my staples; there was no one in town to groom my brows, and manis and pedis were pointless in a place where you wore gloves and snow boots nine months of the year. But the transition was surprisingly easy; my new colleagues (fellow skiers) were more impressed by my downhill prowess than my unlined skin.

Now, at 44, I live in Boulder, Colorado, and my beauty routine is truly minimal. It’s been years since my last Botox injection, and my haircuts now cost just \$50. But while my beauty upkeep is hundreds (OK, make that thousands) of dollars less than it was when I lived in Manhattan, the most surprising thing is how little difference it’s made in how I look—or how I feel about how I look. I’m older, and my frown lines are a bit more pronounced. But I’ve never felt more like myself. 🍷



### WADYKA'S COLORADO ESSENTIALS

**1 | NEUTROGENA ULTRA-SHEER DRY-TOUCH SUN BLOCK SPF 70**  
\$10; drugstores

I wear this year-round when I'm running or hiking in the summer or skiing in the winter.

**2 | KIEHL'S LIP BALM #1**  
\$7; [kiehls.com](http://kiehls.com)

The Colorado climate is extremely dry, and consequently, so are my lips. I keep them lubed up 24/7; I've got a tube of this balm at my desk, next to my bed, in my purse and in every jacket pocket!

**3 | NIA INTENSIVE RECOVERY COMPLEX**  
\$110; [nia24.com](http://nia24.com)

I slather on this super-rich cream at night to moisturize my skin and to help fade brown spots.

**4 | AVEENO POSITIVELY AGELESS DAILY EXFOLIATING CLEANSER**  
\$9; drugstores

I love that this wash sloughs off dry, dead cells without stripping my skin of moisture.