

Wellness



THE SPA AT LE COUCOU,
A NEW HOTEL IN MÉRIBEL,
FRANCE, BY AD100 DESIGNER
PIERRE YOVANOVITCH.

Looking Good! Feeling Great!

Today style and science are evolving hand in hand—delivering innovative new ways to relax, refresh, and recover. Tech pioneers are tackling smart fitness. Hotel brands are flexing their muscles, conjuring extraordinary destinations and experiences. And the sleep industry is engineering new secrets to a good night's rest. But wellness isn't just about improving yourself, it's about helping others, as *AD* discovered surveying the globe for the latest products and projects. *Welcome to the golden age of self-care. . . .*

Wellness



THE SKI-IN, SKI-OUT RESORT OVERLOOKS THE FRENCH ALPS.



A GUEST SUITE.

HOTELS

Peak Interest

When design legend Charlotte Perriand wanted to unwind, she headed to her chalet in Méribel, a Savoyard-style resort town at the heart of the French Alps (and the namesake for her iconic stools). Today, anyone looking to relax and reinvigorate would be wise to follow in her snow tracks. This past December, the hit-making hospitality group Maisons Pariente unveiled **Le Coucou**, a ski-in ski-out masterpiece by AD100 designer Pierre Yovanovitch. Like its name suggests, the five-star hotel is a playful mix of flair and sophistication, with pops of color and signature Yovanovitch touches. (Cases in point: 130 site-specific furniture pieces and lighting throughout the property, which includes 55 suites and two private chalets.) But the wow moment might just be the spa's indoor/outdoor heated pool, with its arched relaxation coves and alpine views. After an après-ski soak, indulge in spa treatments helmed by organic beauty brand Tata Harper, among them a deep-cleaning facial and an energy-boosting Lomi Lomi massage. Then head to either of the hotel's two restaurants (Beefbar for meat lovers, Biancaneve for rustic Italian) to refuel. Says Yovanovitch: "My aim was to breathe some fun, creating a cozy and colorful space as solace after a long day of ski." From \$490 per night; lecoucoumeribel.com —KASIA DIETZ

ISLAND TIME

Prefer sand to snow? Three revamped favorites deliver sophistication, serenity, and a nice dose of vitamin D



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THOSE LOOKING TO REALLY UNPLUG SHOULD HEAD TO THIS SLIVER OF PARADISE IN THE BAHAMAS. THE RESORT'S CLASSIC VILLAS—TWO BRAND-NEW—HAVE NO TELEVISION AND NO WIFI, SILENCING ALL THAT DIGITAL NOISE. (HOTSPOTS CAN BE PROVIDED UPON REQUEST.) SOUNDS LIKE HEAVEN TO US. KAMALAME.COM