

TOWN & COUNTRY

MAY 2019

JODIE COMER'S
**FATAL
CHARM**

**CONCIERGE
YOUR LIFE**
HOW TO HAVE THE
WHOLE WORLD
AT YOUR SERVICE

YOU RULE!
**THE SECRET
ROYAL
BABY
HANDBOOK**

ART WORLD
**CRACK
UP**

A POWER
PLAYER GOES
TO PRISON

THE END
OF
ROSÉ?

By Joy McInerney

A 21ST CENTURY GUIDE TO
INFIDELITY

How to Keep
the Doorman
QUIET

Billion Dollar
Betrayal
CLUB

The Mayflower
Madam
RETURNS

MAY 2019 \$6.99



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The Exercise EVOLUTION

T&C's guide to high-tech exercise gear that does everything but the actual workout.



THEN:

Audrey Hepburn wore a red unitard to do yoga in the 1950s.

NOW:

A modern slouch straightens up with elite accessories.

Yoga is an ancient practice; update it with sleek weights and a wearable device that coordinates with your phone to track and correct alignment. **NANCY GONZALEZ** DUFFEL BAG (\$2,350 FOR SPECIAL ORDER), BERG DORFGOODMAN.COM. **CHANEL** YOGA MAT (\$2,500), 800-550-0005. **UPRIGHT GO** (\$80), UPRIGHTPOSE.COM. **BALA BANGLES** (\$50), BALABANGLES.COM



THEN:

Barbra Streisand soaked in a stranger's hotel bath tub in *What's Up Doc* (1972).

NOW:

Recover in solitude with indulgent at-home amenities.

The spa is best enjoyed at home, preferably with a personal infrared sauna and a light therapy soaking tub, with Bach piping through a chic brass speaker: **LARQ** SELF-CLEANING WATER BOTTLE (\$95), LIVELARQ.COM; **SUNLIGHTEN** MPULSE 3 IN 1 SAUNA (FROM \$4,799), SUNLIGHTEN.COM; **BANG & OLUFSEN** BEOSOUND 2 (\$2,250), BANG-OLUFSEN.COM; **KOHLER** VEIL LIGHTED FREESTANDING TUB (\$4,849), KOHLER.COM





THEN:

In 1982 devotees watched Jane Fonda's *Workout* on repeat in their living rooms.

NOW:

Fitness buffs take custom classes anytime, anywhere.

The Mirror beams a personal trainer straight into your home and ensures perfect form, while a virtual reality flight machine delivers ever-changing workouts that are part fitness, part game. For 24/7 feedback, smartwatches monitor heart rate, movement, and sleep.

MIRROR INTERACTIVE GYM (\$1,495), MIRROR.CO; **ICAROS HOME VR SYSTEM** (\$2,200), ICAROS.COM; **SAMSUNG GALAXY WATCH ACTIVE** (\$200), SAMSUNG.COM; **KATE SPADE NEW YORK SMARTWATCH 2** (\$335), KATESPADE.COM



THEN:

Madonna, running sans a single accessory in 1990.

NOW:

The daily jog is kitted out from treadmill to toe.

A Peloton treadmill equipped with a touchscreen for live-streaming classes keeps indoor cardio interesting. For outdoor runs, digitally enhanced shoes regulate temperature, track distance, and analyze tread patterns. **THOM BROWNE BOMBER JACKET** (\$1,150) AND **PANTS** (\$1,290), THOM BROWNE.COM; **PELOTON TREADMILL** (FROM \$4,295), ONEPELOTON.COM; **DIGITSOLE SMART SHOES** (PRICE ON REQUEST), DIGITSOLE.COM; **BALENCIAGA TRAINERS** (\$895), BALENCIAGA BEVERLY HILLS, 310-854-0557

