

Robb Report
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The Unexpected Eco Warriors

Five game-changing
environmentalists

— Plus —

Copenhagen:
a 21st-century utopia

The return of
New York nightlife

SPRING 2020

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W C S D

BY
Robb Report

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Neha Dani (at macklowegallery.com)
Anemone earrings in black gold with diamonds

TOP: ORIANA LAYENDECKER; BOTTOM: CLAIRE BENOIST

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Green Matters

If you are anything like me, thoughts of the deteriorating environment have permeated your consciousness. With the distressing news about climate change and pollution, when I'm running through an airport and stop to buy a bottle of water, I think, "Do I really need to buy a single-use plastic bottle to add to the landfill?" Or, when I'm in the checkout line at Whole Foods, I feel ashamed for forgetting my reusable tote bags. Reading the recent studies on the alarming effects of plastic pollution, we can't help but want to do something, even if just in a small way.

In this issue, we spotlight five people whose professional ventures are focused on finding solutions to such pressing issues. These eco warriors are pioneering new paths that we hope will influence and inspire other entrepreneurs, government officials and concerned citizens of the world alike and even pave the way for holistic change. From a French politician who is championing laws to reduce fashion's carbon footprint to an architecture firm that is building the world's first energy-positive hotel, these industry leaders are dedicated to finding new ways to lessen our environmental impact.

If you're thinking about your next vacation, or perhaps yearning for a new city to call home, we identify Copenhagen as the 21st-century utopia, and for good reason: It plans to become the first carbon-neutral metropolis by 2025. The Danish capital is investing in pioneering urban development projects and green transportation, and its world-famous restaurants are taking the farm-to-table concept to the next level. But you don't have to travel that far to feel good about your community. There are revolutionary new technologies that promise to make your house (and its occupants) healthier with just the touch of a screen. If you simply want some quiet time to reflect and recharge, consider one of several new silent retreats that have recently opened. *Muse* contributor Jen Murphy gave one a try for this issue, and after some inner struggles she found the path to silence was well worth the effort. Equally restorative are the latest fitness regimes that promote rest and recovery. Who wouldn't like that?



And don't miss our spring fashion feature. Karolina Kurkova teamed with stylist Alex Badia, who flew to Miami to work with the supermodel at a studio near her home. After 21 years traveling around the world for photo shoots, the Czech-born beauty and mother of two is establishing herself as a businesswoman and entrepreneur pursuing the things that matter to her most: healthy living and the future of our children. She's one of the many women in this issue who inspire us with their stories of passion, purpose and generosity.

JILL NEWMAN, EDITOR

CONTRIBUTORS



Lifestyle and beauty writer **Maddy Zollo Rusbosin** explores how trends in wellness are infiltrating residential architecture in "Rx for the Home" (page 78). From climate-controlled pantries that optimize food freshness to lighting that syncs a person's circadian rhythm, there are numerous ways to elevate your welfare at home. "Who knew, that everything from the carpet to the cabinets can directly affect our health and well-being?" she says.



Shooting Karolina Kurkova for this month's fashion story, "Minimalist to the Max," (page 60), was the first time *WWD* style director **Alex Badia** worked with his longtime friend. "I met Karolina about 20 years ago right before she became a top model," he says. "Spending the day with her on set was the most fun that I've had at work in a long time. She keeps getting more beautiful inside and out."



For self-proclaimed night owl **Daisy Prince**, writing "After-Hours for Grown-Ups" (page 56), about New York City's resurgent after-dark scene, came quite naturally. "New York has finally woken up to the cultural and economic value of its nightlife," she says. "Socializing at night is where communities form and find one another. It's where we stop staring at our phones, have in-person conversations and just dance."



Since her first visit to Copenhagen in 2016, **Mary Holland** has returned a half-dozen times. She cites the city's green initiatives and healthy work-life balance as just two of the reasons she keeps coming back; they're also the impetus for "The 21st-Century Utopia Has Arrived" (page 40). "There's a lot of greenwashing going on at the moment, so many of the Danes I chatted with were hesitant to use the word 'sustainable,' but the general consensus is that Copenhagen is creating a much smarter city," she says. "Hopefully others will follow suit."



"When I set out to discover what watches women were collecting in the vintage and pre-owned market, I had a hunch that vintage men's models would be popular," says **Paige Reddinger**, *Robb Report's* watch and jewelry editor. "But I was surprised to learn they're a driving force in female collecting. It shows that, in the US at least, women want the same 'it' models that men do—just in somewhat smaller sizes." Reddinger deciphers the women's watch market in "Blurred Lines" (page 26).



"Minimalism is a favorite aesthetic of mine," says photographer **Oriana Layendecker**. "There's just something about the architecture of clean, crisp lines that really inspires me." So "Minimalist to the Max" (page 60) was a perfect fit for Layendecker, who was tasked with shooting supermodel Karolina Kurkova against a sparse, neutral backdrop. "Karolina was incredible to work with," she adds. "She brought a strength to the photographs and an infectious energy to the set."



NEXT BIG THING

TRAVEL

A man's castle becomes his long-awaited boutique hotel.



The first time Benedikt Bolza visited Castello di Reschio, in 1984, he couldn't have known the impact it would have on his life; after all, he was only 10 years old. His parents had purchased a nearby home in the Italian countryside and subsequently acquired the picturesque grounds with the castle and centuries-old farmhouses. After studying architecture, he returned to his family's home in 2000 determined to revive the 3,700-acre **Castello di Reschio** (reschio.com). Ever since, Bolza has been meticulously transforming its ruins into luxurious vacation homes and, opening in June, a boutique hotel in the castle itself.

In a studio on the estate, he designed custom furnishings, from baroque-style canopy beds to deep leather armchairs, and plotted out the placement of one-of-a-kind artworks. The hotel will feature 36 rooms and suites—each with a unique design—and a farm-to-table restaurant supplied by Castello di Reschio's organic gardens, olive groves, vineyards and more than a million resident millefiori honey bees. There will also be a subterranean spa and, elsewhere on the estate, the Equestrian Centre and Theatre, a dramatic stable created by Bolza's father to show off his 40 Spanish purebred horses. JACKIE CARADONIO

A guest room at Castello di Reschio and (right) a view of the Umbrian estate

PHILIP VILE



JEWELRY

California designer Irene Neuwirth gives precious jewels a casual edge.



Her jewelry—colorful and free-spirited with a sense of whimsy—epitomizes the enviable Southern California lifestyle, but there's much more to it than just a pretty flower- or heart-shaped design: **Irene Neuwirth's** creations illustrate her love of gemstones and high-jewelry technique. Take, for instance, her new Tropical Flower collection (from \$3,980, ireneneuwirth.com) featuring cotton-candy-colored opals carved into finely detailed blooms with mouthwatering blue or green tourmaline center stones. "I love pink, particularly pink opal right now," says Neuwirth, who lives in Los Angeles's Venice neighborhood, not far from where she grew up. "It's fun and optimistic, and it brightens us all—who doesn't need that?"

One look at the designer's signature chic—think vivid, long and billowy dresses—and it's clear she's creating jewelry that reflects her personal style. Neuwirth's affinity for rainbow hues was inspired by her mother, whom she describes as a "bohemian painter." That individualist mode of thinking comes through in her jewelry, both in unexpected color combinations and in the casual look of the stones, which are flexibly assembled with minimal visible metal. Her playful designs continue to attract fans, including Hollywood A-listers Julia Roberts and Julia Louis-Dreyfus, who frequent Neuwirth's Melrose Place boutique looking for what the designer calls "happy" jewelry. JILL NEWMAN



Every great host has her little secrets. This spring a new online service, that promises to deliver the perfect table setting right to your door, launches. Conceived by the well-regarded textile designer Carolina Irving, formerly an editor at *Elle Decor* and other magazines, and her daughters, Olympia and Ariadne, **At Home** will offer a variety of ways to decorate and set a table without having to purchase multiple sets of dishes and accessories. Think of it as Rent the Runway for tabletop. The trio's soon-to-launch website will showcase an array of new and vintage tableware for any type of party, big or small, including placemats, plates, candlesticks, glasses, silverware and linens, and deliver all of it beautifully wrapped, complete with instructions on how to faithfully re-create the glamorous images. The day after the party, At Home will pick it all up again.

The business follows hot on the heels of Carolina Irving & Daughters, a colorful homeware brand inspired by the past, featuring items handcrafted by Portuguese and Spanish artisans. The service will begin with a soft launch in London via a series of Instagrammed dinner parties with chic friends, such as jewelry designer Sabine Getty and art dealer Tatiana Cheneviere. While Irving is planning a pop-up in the Hamptons this summer, expect an official debut in New York City next year. DAISY PRINCE

HOME

Mother-and-daughter entrepreneurs are out to change how you entertain.

Above: At Home's tabletop rentals make it easy to personalize any party. Right: Mom Carolina with Olympia (left) and Ariadne.



TOP: BILLAL TARIGT; BOTTOM: MIGUEL FLORES VIANNA



STYLE

A designer's love of artisan crafts and textiles inspires her modern handbags.

Emily Levine discovered *furoshiki*—the ancient art of knotting squares of fabric to wrap objects—during a trip to Japan in 2017. When she returned home to Milan, she mastered the technique using colorful Indian saris that she turned into stylish knotted handbags. Her first bags were such a hit with her friends that she established **Emily Levine** (emilylevine.com) two years ago. “The bags marry the simple, clean Japanese silhouettes with vibrant textiles,” says the 29-year-old designer. “It’s a fusion of the two cultures.”

The New York native, who moved to Milan five years ago to work in Etro’s design department, travels often to India to source fabrics and commission female artisans, who work from their homes, to embellish and embroider the textiles. Levine uses new and vintage Indian saris, silks and color-blocked cotton to craft her feminine bags, which are priced from \$75 to \$360. With a burgeoning business (Net-a-Porter is among those selling her collection), she has started collaborating with artisans closer to home, in Como, Italy, to develop and redesign fabrics and support the local community. Still, she won’t relinquish the art of *furoshiki*: When the square-cut fabrics arrive in her Milan workshop, she knots most of them into handbags herself. J.N.

NEXT **BIG** THING

CERAMICS

Lena Peters creates new mythologies in an ancient medium.



The way ceramist **Lena Peters** tells it, the pieces on view in her first solo show at London's David Gill Gallery, in 2018, were made in the fourth century BCE, in a monastery where England's Ely Cathedral now stands. After the monastery dissolved, the clay idols were moved to the 13th-century St. Etheldreda's Church in London. Sound fishy? That's because she made it all up.

A voracious reader—Peters works in a bookstore when she's not busy firing clay—the 26-year-old is quite the storyteller, crafting faux-historic accounts for her collections. "When people see the works, they often aren't sure whether the story I'm telling is true or not," she says. "I quite like that uncertainty." Her ceramics' aesthetics, meanwhile, take inspiration from the overlarge urns of ancient Greece, the haloed faces of Christian iconography and the anthropomorphic shapes of some pagan gods—all informed by Peters's lifetime fascination with history, mythology and folklore, including books by Joseph Campbell, treasures in the British Museum, even story time as a child.

In her latest work, which is slated to appear this spring in a solo exhibition at David Gill, Peters explores the goddess figure. The pieces will be large, lidded vessels, with the urn serving as the body and the lid as the head—a form reminiscent of the Canopic jars that ancient Egyptians used during mummification. Each piece represents a goddess of the artist's own imagining, influenced by meticulous research of female deities from Aphrodite to Ishtar. The tale this time around? "I'm not sure yet, but the great thing about using classical imagery is that people always have their own association with it," says Peters. "They can make their own interpretation."

HELENA MADDEN



NEXT *BIG* THING



WATCHES

Van Cleef & Arpels's new floral piece puts time in perspective.

In the early 20th century, when the upper class strictly followed societal conventions, it was considered uncouth to look at your watch during social events. This no-no explains why so many women's timepieces of the era featured concealed dials. Harking back to this genteel period, the new **Van Cleef & Arpels Frivole** watch (\$42,600, vancleefarpels.com) cleverly hides the dial behind a trio of rotating gold flowers.

Though the conceit is old-fashioned, the watch itself is modern in its sensibility: The gold-and-diamond design with a high-polished finish features smooth petals that appear as sleek as paper cutouts. Unveiled in March, the Frivole took the house's Paris atelier more than 18 months to complete; each gold-and-diamond flower was meticulously positioned to appear like a natural expression. The gold's mirror finish—a house signature—reflects the light, giving the flowers an intense gleam from every angle. With a design this captivating, you'll be too distracted to look for the time. J.N.

Schoolgirls Hit the Stock Exchange

A new program encourages girls to see themselves in the world of high finance.



UBS's Sherry Paul and Bloomberg News's Reto Cregori help local girls ring the gong at the Bombay Stock Exchange.

IT'S NO SECRET that women are far behind their male counterparts in the financial industry: Less than 10 percent of all US fund managers are women, and less than 17 percent of senior leadership positions at investment banking firms are held by women. Efforts to integrate more women into the industry have been slow to gain traction. Sherry Paul, a private wealth adviser at UBS, believes that the key to shifting the paradigm is to familiarize schoolgirls with the financial world.

So five years ago, Paul invited a local Girl Scout troop to the UBS office in Midtown Manhattan to learn about investing, saving and careers in finance—a small event that set the wheels in motion for

her much broader global initiative: In March 2019, she kicked off “Girls Take Wall Street” through a partnership with UBS and Bloomberg, bringing more than 100 high school students to the New York Stock Exchange for a day of financial self-empowerment that culminated with ringing the symbolic closing bell. Last October, the partners went international with the program, to the Bombay Stock Exchange, where more than 90 Indian schoolgirls cheered and clapped as they rang the closing gong after a day of financial boot camp. And just this past March, coinciding with Women's History Month, the program expanded to 12 cities across the globe, including London, Zurich, Frankfurt, São Paulo, Johannesburg, Sydney and San Francisco, and changed

its name to “Girls Take Finance,” reflecting its wider reach.

“We are inviting girls into a space they otherwise might not see themselves in; we are introducing them to a corporate setting and a bank setting,” says Paul. “These symbolic acts of inclusion are universally powerful when they are centered on the goal of systemic change. And systemic problems require systemic solutions.”

The program zeroed in on high-school-aged girls because studies have shown that it is typically during this time that girls drop math and science disciplines and, because of this, are less likely to pursue business majors in college; thus, they aren't exposed to financial services as a career path. “Educating girls about the array of career choices in finance, and about how to take ownership of their financial identity, is a big part

of the solution to achieving more diversity in financial services,” Paul adds. “We need to encourage girls to dream bigger.”

Just as powerful as getting girls onto the world's major financial trading floors is the all-female network of professionals who made it happen. “This started as a grassroots effort, bringing small groups of girls into our office to meet with my all-female team, and then I included a group of women who had further reach than me and who helped bring the program to a much bigger, global level,” says Paul. “This is about the power of women coming together and collaborating across agencies and corporate lines in order to educate and inspire young women, and to help build the next generation of financially competent and confident girls.”

JILL NEWMAN



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www.sylvacie.com

Blurred Lines

When it comes to collecting vintage and pre-owned watches, gender goes out the window.

By Paige Reddinger

G

Gone are the days when a dainty jewelry watch was the only proper accoutrement for a lady's wrist. In 2020, women want statement watches, and one of the best places to find them is the pre-owned and vintage market—for men.

Before the 1980s, men's models came in smaller sizes, commonly 36 mm or 38 mm—far too modest for most men's tastes today, which typically veer from 42 mm to 50 mm, but perfect for women who crave a power watch.

Whether pre-owned, vintage or new, the watches that women are seeking are unusual and big. It's not that women are shunning feminine watches; it's that femininity has taken on new meaning. "Women need a timepiece that is highly functional, robust and can multitask—many of the same needs that are included in the engineering of a man's watch," says Christie's watch specialist Rebecca Ross.

The most popular men's status brands on the secondary market—Rolex, Patek Philippe and Audemars Piguet—tend to find favor with women as well. And for good reason: They've managed to be pillars of design with decades-long staying power. Female collectors' favorites, dealers say,

are the Rolex Submariner, GMT-Master and Daytona Reference 16528, as well as the Patek Philippe Nautilus References 3700 and 3800 and midsize versions of the Audemars Piguet Royal Oak. None of these styles, all designed in the '60s and '70s, is a women's watch.

Patek Philippe's 3800, in particular, has become a go-to model for women, thanks to its smaller 37.5 mm size, compared to the 3700 at 42 mm. The size of the dial isn't the only difference: Because the 3700 is more male-friendly, it's priced about three times higher than the 3800, typically going for \$80,000 to \$100,000. The 3800, on the other hand, has climbed respectably from its price of less than \$10,000 five years ago, but is still at about \$30,000 for basic steel or yellow gold and \$50,000 for white gold, according to dealer Eric Wind, owner of Wind Vintage. He calls the 3800 the "perfect downsized proportions" for women.

"We see women driving additional demand for popular unisex-friendly watches, like the men's Rolex Daytona, which can resell for up to two times the original retail price," says Matthew Clarke, watch merchandising



manager at the RealReal, the pre-owned luxury e-tailer.

Still, women's designs have their fans. Patek Philippe has the highest resale value among women's high-end models, at 49 percent, Clarke reports. One of the brand's most popular women's watches is its latest launch, from 2018, the self-winding Twenty-4 Automatic, a re-introduction of the original model first released in 1999 and then priced at about \$6,250 with diamond accents on the bezel. Several of those older models have been spotted on sites such as Istdibs, priced as high as \$10,000. Meanwhile, a diamond-encrusted style of the original Twenty-4, which unlike the modern round version is square-faced, recently sold at Christie's New York for \$81,250. Other best-selling women's watches are the Rolex Datejust and Day-Date and Cartier's Ballon Bleu de Cartier and Tortue models.

Cartier—but not just any Cartier—is also in demand. "I recently had a female client request a Cartier Crash, which is not a typical request; that's a real collector's [men's] watch," says Cameron Barr, founder of the West Coast-based vintage and pre-owned site Craft + Tailored. "That's not a watch a lot of people know about



It's not that women are shunning feminine watches; it's that femininity has taken on new meaning.

unless they are really into watches, and we had to go on the hunt for it." Barr also had a regular customer request another men's classic: a Cartier Tank with a Paris dial, showing that she too had done her research. Barr sees a growing market with female collectors and plans to launch a female-centric sister site in the next year.

The rising interest in Cartier's unique models is starting to drive up prices, says James Lamdin, founder of the pre-owned watch e-tailer Analog/Shift. Recent requests from his clientele have included vintage Cartier Tank Cintrée, Santos de Cartier, Crash and Tank Louis models. Low inventory, he says, is making the pieces more desirable. "Also, I think that there are going to be some probable near-future increases on things like the ladies' Rolex Datejust and the 28 mm Datejust with exotic dials," says Lamdin. "I'm not talking about mother-of-pearl or diamond-studded. I'm talking about malachite."

Unique dials are also proving popular at Craft + Tailored. "One of my female colleagues wears a 1970s Rolex Datejust with a burlwood dial on an Hermès strap," Barr says, "and she gets stopped in the streets every time she puts it on."

The Swiss watch industry, which is increasingly trying to expand its reach with new collections for women, would be wise to pay attention to what's happening in the secondary market. Great watches are not about male versus female—if their mechanics and aesthetics are just right, they can appeal across genders (and not just two).



Opposite: Unusual models like the 1970s Rolex Datejust with a burlwood dial on an Hermès strap are popular with women (craftandtailored.com). **This page, clockwise from bottom left:** The same brands that have status with men are in demand with women, including the gold Rolex Daytona Ref. 16528, the stainless-steel Patek Philippe Nautilus Ref. 3800 and the new version of the gold Cartier Crash Ref. 8971.

A man and a woman, both wearing white chef uniforms, are standing in a lush green garden. The man is on the left, wearing glasses and a white chef's jacket with a logo on the chest. The woman is on the right, also in a white chef's uniform. They are both smiling and looking at each other. The background is filled with dense green foliage and a wooden trellis structure. The overall atmosphere is bright and natural.

HOT TOPICS

The Guardians of Taste

Meet four chefs who are
cooking up the future with recipes from their
countries' long-forgotten pasts.

By Christina Liao



ASK ROTANAK ROS to describe Cambodia's native cuisine and she might ask you how much time you have. It's a long story, apparently.

"Khmer food is very diverse—in texture, combinations, flavors—and complex," says Ros. It took her years to truly understand it. Growing up, she was surrounded by food. Her mother sold produce at the market in her hometown of Phnom Penh, and her father brought back recipes he uncovered on his travels while working on a film production crew. But it wasn't until she was older—after working for Cambodian Living Arts, an organization devoted to preserving the country's visual and performing arts, and traveling on her own throughout various provinces—that Ros's interest in Cambodia's ancient cuisine led her to chronicle its oldest recipes, most of which endured only by word of mouth. It was then that she realized the flavors and methods of her roots were altogether absent from her homeland's restaurant scene.



Opposite: Chef Duangporn Songvisava and her husband, chef Dylan Jones, of Bo.lan in Bangkok. **Above:** Bo.lan cooks up colorful and flavorful recipes gathered from locals and farmers around Thailand.

"We can find neighboring countries' cuisine everywhere, but not Cambodian," she says. "Instead of complaining about it, I started fixing it." In late 2017, Ros quit her job to open her home, located along the Mekong River, to host cooking classes and special dinners showcasing the flavors of Khmer cuisine, from salty and pungent fermented fish paste to the aromatic spice of kroeung, a mixture of lemongrass, kaffir lime, galangal, shallots, turmeric and garlic that serves as a base for many classic dishes.

Ros is now bringing her Cambodian fare closer to the world stage with a recently published cookbook, *Nhum—Recipes From a Khmer Home Kitchen*, which features more than 80 of her 200 recipes, and a new partnership with Rosewood Phnom Penh that brings a dozen of them to the hotel's Brasserie Louis restaurant. Whether you're there or at Mahope, Ros's home dining venue, you'll find an abundance of lesser-known Khmer flavors, from banana flowers and pkar kamploak (a lavender-hued flower) to neem (a bitter herb with medicinal properties) and pkar snao (a yellow flower with a subtle sweetness reminiscent of peas).

Ros isn't alone in unearthing her culture's ancient recipes. In Bangkok, chef Duangporn Songvisava, who goes by Bo, runs the restaurant Bo.lan with her husband, chef Dylan Jones, as a way to offer Thai food that is "uncompromised in flavor and ingredients," she says. At Bo.lan, Songvisava and Jones don't tame spice levels (toning down the spice is a common downfall of restaurants intent on appealing to Western palates). Instead, garnering meals from memorial books, farmers and other locals all around Thailand, they revive old recipes and methods in their most unadulterated forms: Curry pastes are painstakingly pounded out rather than quickly blended, and the main "course" actually consists of seven classics, including soup, stir-fry, curry and relish—some of the fundamental components of a Thai meal.

In addition to uncovering long-lost dishes, Bo.lan has created "a platform where the biodiversity of plants and animal consumption can be maintained and championed," says Songvisava. She and Jones have implemented eco-conscious practices in their operations, sourcing ingredients—many of which are organic—in Thailand to limit their carbon footprint and to invest in the livelihoods of the country's producers. They pursue ethical farming practices for both produce and proteins and support businesses that are focused on the restoration and conservation of native ingredients.

Some 6,000 miles from Bo.lan, in New Zealand, Kiwi chef Monique Fiso is also drawing attention to indigenous ingredients. After seven years in New York City, with stints at various



Chef Rotanak Ros at the Rosewood Phnom Penh, where she celebrates the flavors of Cambodia's Khmer cuisine.

Michelin-starred restaurants, Fiso returned home in 2016 and soon discovered a newfound freedom: Working on a two-month contract at a fly-fishing lodge, she was given the liberty to make whatever dishes she wanted.

“After years of cooking for other people and being other people’s sous chef, I kind of felt like I really didn’t know my own cooking voice,” she says. Drawn to her country’s Maori and Polynesian roots—and, like Ros, stymied by a lack of restaurants highlighting indigenous flavors—she set out on a culinary journey of her own. “I was like, ‘If I can’t find one, and I’m both Maori and Samoan, then as a person who is of those ethnicities and has the skill set, maybe I should be the one to just do it.’” After testing her concept with pop-ups, Fiso opened Hiakai—her first brick-and-mortar restaurant utilizing traditional Maori cooking techniques and ingredients in combination with her Michelin training—in Wellington in 2018.

Fiso’s commitment to exploring New Zealand’s native flavors has led to incredible discoveries—even if by accident. One of her signature dishes came about while she was tinkering with a “bright green, spiral-shaped sort of vegetable” extracted from the mamaku, or black tree fern. After several unsuccessful attempts at making a tart out of the slimy



Chef Monique Fiso (below) foraging for herbs in New Zealand. The dishes at her Hiakai restaurant (above) showcase the indigenous flavors and cooking techniques of her Maori and Samoan heritage.



substance, Fiso set it aside in the refrigerator overnight. When she returned the next day, she found a jelly that tasted like apples, and from that happenstance she created mamaku pâte de fruits, a deliciously sweet and fresh confection that comes with her selection of petits fours.

If inventing such preparations for New Zealand’s native flavors proved a minor challenge, locating the ingredients themselves was a monumental one. Fiso quickly discovered that if she wanted mamaku, taewa (Maori potatoes) or titi birds, she’d have to go out and find them herself. While that worked for her short-term pop-ups, it was impossible for a full-fledged restaurant, so she began building relationships with distributors and encouraging other chefs to do the same. She has since cultivated partnerships with dozens of farmers, fostering new supply chains throughout much of New Zealand.

Dining at Hiakai (which means “hungry” in Maori) adds another layer to exploring New Zealand’s indigenous culture. Each menu centers on a myth or legend, often telling stories that have all but disappeared in modern times. Pair that dose of mythology with little-known ingredients like kumara (a sweet potato Fiso uses to make gnocchi) and manono (a tree bark she dehydrates and grinds into a powder to season kahawai), and an evening at Hiakai is not just a dining experience but a learning one too. And like Ros, Fiso is adamant about providing documentation for the generations to come. She is currently working on a book slated for publication later this year, further ensuring that long-forgotten dishes—and the people and ingredients behind them—will no longer be relics of the past but tastes of the future. ■



THE U N E

E C C O W A

Trailblazers from architecture to

EXPECTED

NINA FLOHR

The entrepreneur pioneers a marine research center, sanctuary and eco-resort on a little island off the coast of Mozambique.



WARRIORS

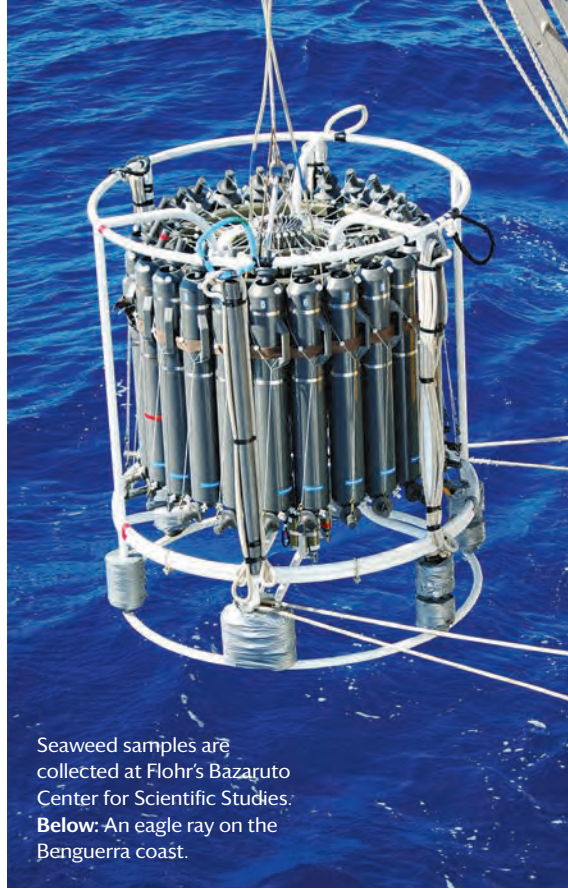
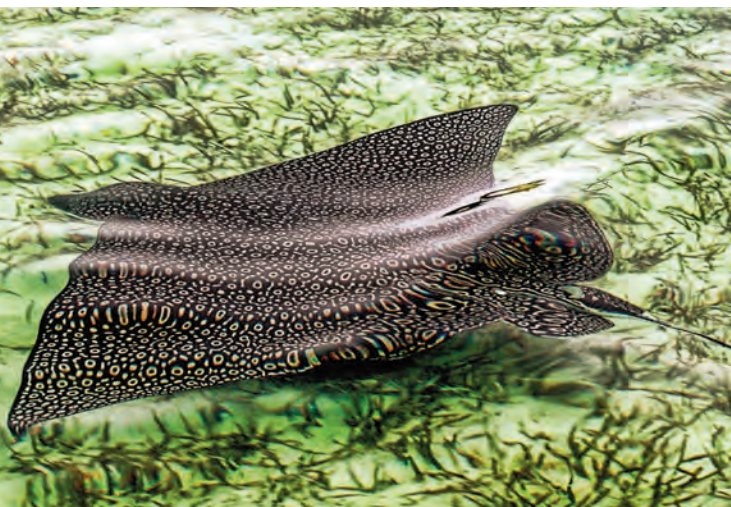
politicians are fighting to save the planet.

A TRIP TO MOZAMBIQUE in 2013 changed the course of Nina Flohr's life. Located between South Africa and Tanzania, the coastal nation is mostly off the tourist trail, but for Flohr, an intrepid traveler, it left a hold on her soul. "I have rarely seen a country so humble and rooted in tradition but also so innovative and embracing of new ideas," says Flohr. And "Mozambique's nature," she adds, "is sublime. It is a place you have to visit to appreciate the scale of the environments, be that the size of the beaches, the number of birds or the height of the palm trees."

Now the 33-year-old Swiss-born entrepreneur is working to help preserve the country's pristine beauty while bringing controlled tourism to its Bengueria Island, where she has spent the past six years developing a research center and eco-friendly resort. Located in the Bazaruto Archipelago, Bengueria sits nine miles off the mainland and is part of a national marine park supported by the World Wide Fund for Nature. More than 150 species of birds converge there, and the Indian Ocean teems with humpback whales, turtles, dugongs, whale sharks and dolphins. So far, this idyll has eluded mass-market tourism, and its natural wonders remain in fine fettle. Flohr's two projects—the Bazaruto Center for Scientific Studies (BCSS) and the forthcoming Kisawa Sanctuary—aim to ensure that doesn't change.

Founded by Flohr in 2017, BCSS (bcssmz.org) is a non-profit marine research facility and ocean observatory that has pushed the existing boundaries of environmentally friendly construction on Bengueria. Built with local materials, run entirely on solar power and committed to achieving zero waste, the facility undertakes research in animal behavior, climate change and the plastic pandemic. Findings are made available mostly for free to institutions worldwide, and visitors—be they scientists, media or volunteers—are welcome.

The community's support has been crucial throughout the process. Some 60 percent of the BCSS team is local, and their dedication to the project has been complete, unwavering and,



Seaweed samples are collected at Flohr's Bazaruto Center for Scientific Studies. Below: An eagle ray on the Bengueria coast.

for Flohr, deeply impressive. "I like to work from the bottom up, not the top down," she says, "and I am amazed at the raw talent I see."

Just as BCSS is encouraging Mozambicans to protect their nation's ecological riches, Flohr's Kisawa Sanctuary aims to influence the tourism infrastructure that will inevitably appear as word of the country's beauty spreads. Launching later this year, the 741-acre eco-resort will comprise just 14 sea-front bungalows where conventional luxuries—private pools, butler service—will be second only to innovations in sustainability, the most impressive of which is the construction process: A specially commissioned 3D printer was used to create not only the resort's building materials but also artificial coral reefs made from the island's sand and seawater.

Flohr's intuition for what makes an exemplary vacation comes from a lifetime of traveling at the highest level—her father founded the private-aviation business VistaJet in 2004, and she was its creative director for years. If her jet-set background comes as a surprise to some, perhaps it's because her passion for environmental conservation is palpable. Aviation, she acknowledges, is an industry that still has much to do where sustainability is concerned, and VistaJet recently released a white paper detailing initiatives to lessen its environmental impact.

It's clear to Flohr that eco-minded travelers who wish to indulge their wanderlust responsibly can have a deeply positive impact by visiting Mozambique, a less developed country that stands to benefit from well-managed tourism. "The country welcomes and loves tourists," she says. "The economic contribution they bring is vital." And those who do visit, she promises, will discover a place like no other. "Mozambique is brimming with culture and still retains the unique qualities that make it so special. Those special properties are everywhere you look—in the craft, art, design, music, people and also the food, which I adore. It is a soulful and musical land of vivid colors . . . that just makes me happy." JOHN KELLY

NICCOLA SHEPHERD



MATT MORRIS



An international travel guide
helps a new generation of
philanthropists realize
tangible results.

NICOLA SHEPHERD IS AN unusual sight in a boardroom. Dressed in white jeans and a green suede jacket, with colorful African beaded jewelry around her wrists and neck and a thick pair of boots climbing halfway up her calves, she looks more world traveler than Wall Street exec. And truth be told, she is: The founder of the Explorations Company, a UK-based travel outfitter that specializes in exclusive safaris and other once-in-a-lifetime trips throughout Africa, Asia and parts

of Latin America, is more comfortable taking clients on unforgettable journeys—from the villages of Annapurna in Nepal to the wildlife sanctuaries of little-known Ngamba Island—than she is talking investments with suits. But here in New York, Shepherd has come to conduct serious business.

“Of course it’s daunting, sitting in this austere, spartan environment on the 54th floor of some skyscraper,” Shepherd says with a laugh. “These people have never been to these places I am talking about, so not only do I have to ignite and capture their imagination, but I have to educate them, too, which is quite a formidable task.”

What Shepherd is selling to the clients of some of New York’s biggest wealth advisers isn’t a mere holiday—it’s an investment in the future. As the next generation of wealth comes of age, the business of philanthropy is changing: Young heirs are less engaged in the family foundation and often inspired to chart a charitable course all their own—but where to begin? With so many organizations and worthy causes, how does one make the most meaningful impact? The Explorations Company—a for-profit business that promotes experiential philanthropy (that is, the combination of charitable acts with monetary donations)—works with these clients to determine where their altruistic efforts can have the biggest bang for the buck.

Shepherd’s guidebook of more than 50 handpicked charities around the world ranges from the Giraffe Conservation Foundation of Namibia and the Mara Elephant Project in Kenya to organizations devoted to a variety of causes: female empowerment in Madagascar and Malawi, education in Tanzania and India, land and ocean conservation in Kenya and South Africa, improving healthcare in Zambia, and saving rhinos, pangolins, gorillas, chimpanzees and other endangered species worldwide. Name an interest, and Shepherd—who grew up in Africa and India and spends more than three months of every year traveling in those regions—has done the due diligence on the top organizations making progress in it.

After individual consultations with her clients, who are often referred by the major investment banks with which she has partnered, Shepherd makes tailored suggestions for project donations and even partnerships. “It’s a case of talking to the family and finding out exactly where their interests lie and what resonates with them from a philanthropic perspective,” she explains. But connecting would-be donors to these well-vetted organizations is far more than transactional; it’s emotional, too. Her clients travel to actually see their dollars in action—and, in many cases, lend hands-on help to make their vision a reality, whether it’s building a school in Malawi or a lifesaving sand dam in Kenya.

Shepherd has helped clients donate millions to elephant conservation; she’s arranged rhino relocation expeditions in Kenya and microchipping in South Africa, which assists with poaching prevention and the ultimate preservation of the rhino species; and she’s aided clients in bringing light—via solar power—to remote villages for the first time. With every philanthropic endeavor, she says, the results are eye-opening. “I think there’s a sea change happening,” says Shepherd. “It’s a very slow wave of people wrapping their heads around just how much change they can actually create. And when you see that potential, and you see the difference you can make, you’re changed forever.” JACKIE CARADONIO

The French politician’s controversial new legislation is challenging the fashion status quo.

BRUNNE POIRSON



B

RUNE POIRSON HAS been jokingly called France's Minister of Fashion. Officially, the 37-year-old politician is a secretary of state to the minister for ecological and inclusive transition, which basically means she's charged with protecting the environment. And she's doing so by targeting one of the country's most important, and most polluting, businesses: Yes, fashion.

"Fashion is one of our leading industries, but it's not doing enough to mitigate its impact on the environment," Poirson says in an interview in her expansive Paris office on the boulevard St. Germain. So she's spearheading a number of initiatives to rectify the problem even if her actions result

TERRA



in financial losses for some of the country's most high-profile executives and businesses.

One of Poirson's most talked-about achievements is the zero-waste law, which makes it illegal for brands and retailers to destroy unsold goods—a tactic many in the luxury market use to keep their products from being sold at deep discounts that might undermine their brand image. The law was passed in January and will be implemented in 2023 to the chagrin of some industry leaders. Poirson notes that \$700 million worth of goods will be repurposed rather than destroyed. The brand might "take a bag and redesign it, or take parts of it for a coat," she says, or turn it into something else entirely, like insulation. The most viable solution, she adds, appears to be "selling it to employees and getting a tax rebate."

At first, the fashion industry was aghast. "They feared it would affect their brand," says Poirson. A mixture of diligence, tenacity and strategy helped her prevail. "At first they think you're crazy. But if you push the idea, then they say it's too dangerous. And if you keep pushing, finally they realize it's doable." Another aspect of her winning approach: ethics. "I convinced them that you can make money and still do good."

Last year, 56 companies representing 250 brands earned bragging rights for signing the Fashion Pact, which was initiated by President Emmanuel Macron and is part of Poirson's oversight. "Macron asked François-Henri Pinault [head of Kering] to bring together 30 percent of the world's fashion industry to commit to conserving the environment by curbing CO2 emissions, preserving nature and protecting the ocean," she explains. The group is working on logistics now and plans to meet later this year in Paris.

Poirson also has other initiatives in the works, from putting a carbon tax on goods crossing European Union borders (to incentivize the production and purchasing of local products and reduce carbon emissions) to demanding that filters be installed on washing machines to capture microplastics that become detached during washing and end up in the ocean. And she wants to take zero waste further. "I'm talking to members of the European Parliament," she says. "I'd like to take it global."

She credits growing up in southeastern France's Vaucluse region, in the town of Apt, for instilling in her a love of and respect for the environment. "When you grow up in the countryside, you develop a bond with nature," Poirson says. She also points to her years working in international development in India, Bangladesh and Sri Lanka, noting her alarm at "seeing firsthand" how insidiously the textile and fashion industries can ruin the environment—textile "dyes washing into rivers," pesticides being sprayed over cotton fields.

So, having studied at the London School of Economics and Harvard University's John F. Kennedy School of Government, she leaped at the chance when the French government came calling to make a difference and protect what she loves. "What is the beauty of something if it makes a massive negative impact on the planet?" she asks. "Is it truly beautiful?"

KATHLEEN BECKETT

SNØHETTA

The global architecture firm sets a towering new standard in eco-conscious building.

NORWAY'S SNØHETTA IS known for aesthetics that wow: the walkable roof of the Oslo Opera House, the carved-stone facade of Egypt's Bibliotheca Alexandrina and the undulating exterior of the San Francisco Museum of Modern Art, to name a few. But the cutting-edge architecture firm is more than meets the eye. Last year, it pledged to design only buildings with a radically lower carbon footprint—that is, buildings that normally generate more energy than they consume during their lifetimes—over the next 20 years.

It's a lofty goal, and one that can be achieved only through a design ethos that puts environmental considerations above all—even aesthetics, says Snøhetta cofounder Kjetil Trædal Thorsen. "The mantra of the design industry should not be 'form follows function' anymore but 'form follows environment,'" he says. "The design thinking of today should focus on environmental considerations and reducing our footprint first, and have the design follow this premise."

The concept is hardly a new one for Thorsen and his team at Snøhetta, which was established in 1989 with a focus on projects that adhered to standards outlined by former Norwegian prime minister Gro Harlem Brundtland's 1987 United Nations report, "Our Common Future," a document that defined the principle of sustainable development. During the last decade, Snøhetta has researched and experimented with energy-positive structures that are net-carbon neutral over their lifecycles. A key goal has been to design buildings that pay back their CO₂ debt by returning clean energy to society. For the next decade, Snøhetta aims to scale up these ambitions for every project in its portfolio and, ultimately, influence the future of the construction industry.

With 280 employees hailing from 30 countries, a 50:50 gender ratio and offices in Europe, the United States, Hong Kong and Australia, Snøhetta has a portfolio as diverse as its team of creators, with projects this year ranging from a public garden in Midtown Manhattan to a co-working space in Tokyo. Its recent innovations include the wedge-shaped Powerhouse



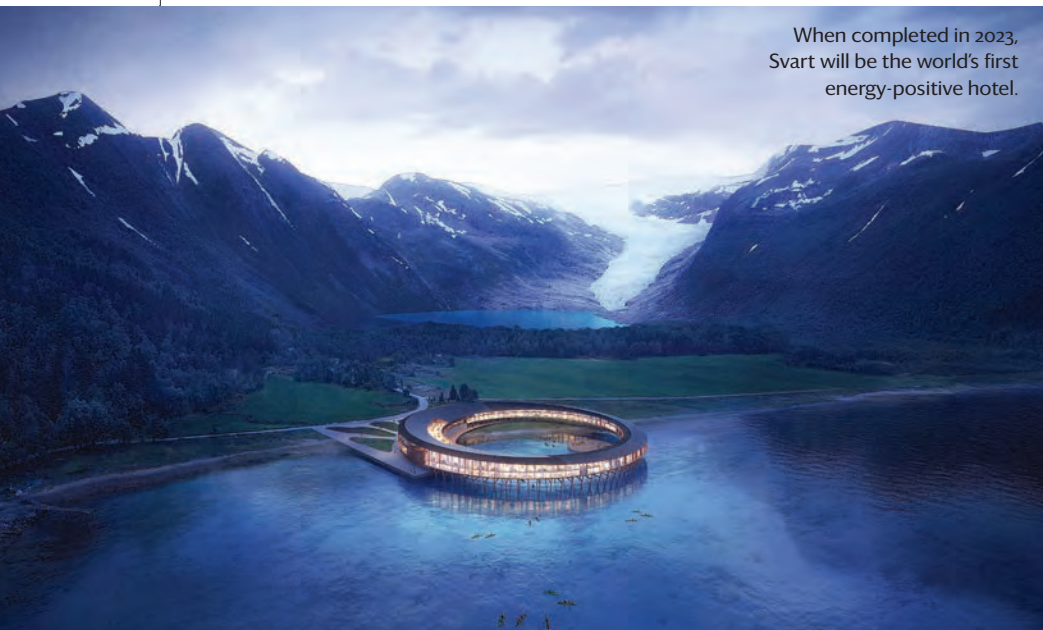
Snøhetta's cofounder
Kjetil Trædal Thorsen

Brattørkaia, the world's northernmost energy-positive building. Opened last year in Trondheim, Norway, the structure has rooftop photovoltaic panels, which produce more than twice as much electricity as it consumes daily, enabling it to supply renewable energy to itself, its neighboring buildings, electric buses, cars and boats through a local micro grid.

Pinging loudest on Thorsen's radar right now are inventions that can radically reduce climate footprints, from new battery technology that can help store solar energy during periods of low sun exposure to low-tech solutions such as establishing a closed-loop, zero-waste economy for building materials. And everything in the design process is up for negotiation, he says. "There are also considerations like the size and placement of windows, the design of ventilation and heating systems and, ultimately, the shape of the building to ensure that it accommodates the optimal exposure to the sun for solar panels."

For all of Snøhetta's advances, there are, of course, factors the firm can't control—one of which could be called the if-you-build-it-they-will-come paradox. Take, for instance, Svart, a striking ring-shaped hotel in Norway that upon completion in 2023 will become the world's first energy-positive hotel. It will produce clean energy through rooftop solar panels and have a yearly energy consumption roughly 85 percent lower than that of a standard modern hotel—but it will almost certainly draw guests from around the world, a significant carbon expenditure that is not lost on Thorsen. "It is human nature to seek out new experiences through adventure," he says. "We are not in a position to curb that—nor would we want to—but it cannot be ignored that the freedom of movement comes at a price environmentally, societally and economically."

Snøhetta is advocating for limited access to Svart's fragile area (the base of the Svartisen glacier) by encouraging the hotel to cap the number of visitors, who will arrive by electric boat. Thorsen hopes such controls will spark a trend: "[Svart] sets out to make a considerable reduction in its own footprint, and through its design it may become a tool to encourage others to reduce theirs," he explains. TERRY WARD



When completed in 2023, Svart will be the world's first energy-positive hotel.

Queen of Raw's cofounder and CEO aims to refashion a wasteful world.

TEXTILES, WITH THEIR DYES, rinses and chemical fabric treatments, are the second-biggest polluter of clean water on the planet after agriculture. So Stephanie Benedetto has set a goal for her Silicon Alley start-up, Queen of Raw: She's out to save four billion gallons of water and two million pounds of chemicals—resources that would otherwise be used to produce textiles—this year. Her approach: connecting fashion designers with leftover textiles. It turns out that millions of yards of fabric gather dust in warehouses or go to landfills or incinerators each year.

"I want to reduce the world's waste, change the way businesses think about waste and solve the world's water crisis," says the ambitious 40-year-old entrepreneur.

Benedetto comes from a tradition of repurposing textiles. Her great-grandfather was a master furrier from Austria who in the 19th century turned old furs into new, some of which she wears today. She thought of him a few years ago—during her foray into entrepreneurship, after leaving her job as a lawyer—as she toured textile mills around the world in a quest to develop an eco-friendly alternative to leather. Benedetto encountered warehouses stuffed with rolls of unused fabrics—dead stock that was taking up space and weighing on companies' balance sheets. She learned that roughly 15 percent of all textiles go to waste because of overproduction, canceled orders and other errors. "It just didn't make any sense to me," she says. "Like, 'Why am I making something new when this perfectly good stuff just needs a market?'"

That epiphany inspired Queen of Raw, a two-year-old online marketplace platform based in Midtown Manhattan that uses machine learning and blockchain to connect textile buyers with sellers' excess inventories. The platform's bigger clients request anonymity, but Benedetto says they include some of the world's best-known luxury companies, as well as fast-fashion makers—and roughly 130,000 other users who might buy anywhere from three yards of fabric to a million. Some of her sellers have even become buyers, solving their own raw material needs while helping to reduce the estimated \$120 billion in annual textile waste globally.

Queen of Raw is free to join for the amateur crafter who can place an order for as little as a few yards. Sellers pay the platform a commission and set prices that are discounted as much as 80 percent off of wholesale. There is a cloud-based corporate interface and dashboard, called Materia MX, for companies that pay a subscription fee for access to the portal, from which they also receive data and analytics. Because the fabrics are shipped directly from the seller to the buyer, Queen of Raw reduces shipping and warehousing costs as well as carbon emissions linked to transporting goods.

"This is an economic solution. It's a win-win for the stakeholders," says Benedetto, who estimates that Queen of Raw



clients saved one billion gallons of water in 2019, or the equivalent of clean drinking water for 1.4 million people. The size of the bootstrap business more than doubled last year, and she's preparing to raise seed money for an expansion that she envisions will one day enable her to assist other industries—automotive, technology—with their own waste-material problems. The platform, she notes, is industry agnostic.

With a four-year-old son, Jacob, and a new baby, Benedetto sees her company's mission as both global and personal. "I want my children to have clean water to drink, a planet to live on, clothes that aren't toxic to wear," she says, "and I know we can be a part of solving this." CHRISTINA BINKLEY

THE 21ST-CENTURY UTOPIA HAS ARRIVED

The city's innovative waste-to-energy powerplant, Copenhill, also provides a ski slope, hiking trails and climbing wall.

BY MARY HOLLAND

With revolutionary green initiatives, a progressive culinary scene and citizens who've managed to perfect the work-life balance, Copenhagen might be the dream city we've been looking for.





ASTRID MARIA RASMUSSEN

The pioneering waterfront urban development project (above) provides clean harbor baths for residents.

THE FIRST TIME I LANDED in Copenhagen, in 2016, I was struck by how perfect it felt. At the airport, I followed a trail of trim, navy-clad Danes as they glided toward the train, which whisked them to the city center in less than 20 minutes. In coffee shops, baristas in leather aprons poured cortados for patrons who sat unhurried as they sank their teeth into slices of organic fresh-out-of-the-oven sourdough bread. I watched a sea of bikes neatly stream through the city, unperturbed even when a pummeling rain beat down on the colorful row of houses that lined the streets. And only hours later, when the sun came out, locals flooded to the water's edge, where they drank biodynamic rosé at 3 p.m. on a Thursday and dove into the clean harbor baths—not a scene you're likely to see State-side, where work-life balance hasn't been quite so seamlessly achieved. As an outsider looking in, I saw a city so progressive, so polished and idealistic, I wondered if it could be real.

I've since traveled to Copenhagen a half-dozen times more, and that first awestruck impression has yet to be shattered—in fact, it has only grown. It grew when the Danish capital announced its aim to become the first carbon-neutral city by

2025, a government-led ambition that has launched a number of strategies targeting green mobility, energy consumption reduction and alternative energy production. It grew when pioneering urban development projects such as Copenhill and Nordhavn were unveiled—not to mention when the subway line was extended, making green transit more accessible, and when new bike bridges connected all parts of the harbor. And it grew as more and more restaurants followed in the groundbreaking footsteps of the city's famed New Nordic trailblazer, Noma, committing to responsible treatment of the ingredients on their menus, as well as the people in their kitchens.

How could we expect anything less from Denmark? The Danes, whose government values welfare and the environment, have always been sustainably minded people, notes Jørgen Abildgaard, Copenhagen's executive climate program director. "It's part of our culture—the whole picture is important," he says. "The wind is blowing our way because we have support from the national government, but cities do have a voice on climate change." Support from the government is, of course, imperative (it's a big reason the capital has already reduced carbon emissions by 40 percent since 2005), but the city's individuals—its chefs, architects and other change agents—are making sustainability more than a goal. They're making it a culture.



MARTIN HEIBERG



The city's Latin Quarter is always buzzing with locals on bikes, shopping or lounging in one of the many cafés and bars.

"In general, we do leave work early compared to many other countries," says Kamilla Seidler, the culinary director and a partner at Lola, a restaurant that promotes inclusivity across race and gender (its largely female staff represents nine different nationalities). "We bike through the city with our children and do the groceries on the way." It's this healthy lifestyle and the government's commitment to welfare and sustainability that rank Denmark as the world's second happiest country (after Finland), according to a 2019 report from the United Nations.

Seidler's restaurant is also a prime example of Copenhagen's conscientious culinary scene, where organic is only the beginning. At Lola, as well as other top restaurants such as Amass, Relæ and, of course, Noma, you'll know exactly where each and every carrot and fillet of mackerel has come from. Chef Christian F. Puglisi of the Michelin-starred Relæ, which was named the world's most sustainable restaurant in 2015 and 2016, has a "Farm of Ideas" where he grows ingredients for his restaurants and hosts workshops. At Amass, it's even more local, thanks to an on-site garden and greenhouse.

"We as citizens expect no less than green or sustainable solutions to our problems," says Seidler. As the effects from climate change become more obvious, shouldn't that be the demand of every citizen around the globe? And while Copenhagen has its challenges just like every modern city, the fact that the capital of 600,000 will run 100 percent on biomass (instead of coal) by the end of this year and has already dramatically reduced its emissions while implementing green transport solutions is only further proof that the city represents far more than just a case of greenwashing.

For more evidence that Copenhagen might just be a 21st-century utopia, look no further than Nordhavn, the waterfront urban development that has emerged in recent years. Construction is buzzing, and cranes and scaffolding still linger as the development works toward its 50-year plan to construct a slew of sustainable buildings adjacent to a developing network of pocket parks and squares, shared saunas, harbor baths, kayaking and a water basin that's clean enough for bathing, plus housing—25 percent of which is required by law to be affordable. It's an ambitious proposal. Though the goal is long-term, it's a sure sign that when it comes to a sustainable future, Copenhagen is coming at it with all the force that power (renewable power, of course) can muster. For more on what makes the city a blueprint for a very bright future indeed, turn the page.

Eat Your Greens

Following Noma's progressive New Nordic venture promoting the use of hyperlocal ingredients, Copenhagen's culinary scene has exploded. While many chefs say there's still a long way to go, some are making serious sustainable headway—including the city's gastronomic godfather, René Redzepi.

NOMA The restaurant that started it all is still a rite of passage for culinary pilgrims. The newest iteration of Noma, which closed in 2016 and reopened in a new location in 2018, is now set within a collection of buildings designed by the Danish architect Bjarke Ingels, and chef Redzepi still uses hyperlocal ingredients and toils tirelessly to discover innovative ways to work with local goods.

AMASS “[We work] in a very specific way with regard to how we approach products and how we acknowledge the importance of so-called by-products,” says Amass head chef and owner Matt Orlando. To that end, the industrial-looking restaurant, decorated with street art, is certified organic, and much of the ingredients showcased on its menu are grown in the garden and greenhouse. Amass has a program to experiment with innovative uses for food waste, such as turning leftover bread into ice cream, and whatever food can't be used is composted. In the kitchen, many single-use plastics, including food wrap and trash bags, are strictly prohibited.



RELÆ Chef and owner Christian F. Puglisi is so dedicated to staying local, he runs his own small farm that supplies Relæ with many of the ingredients on its daily tasting menus, such as the spring onions used in the venison tartare. The restaurant is committed to sourcing only local, ethical produce and working with small-scale suppliers, and the wines served are low-intervention labels from small growers.

LOLA Kamilla Seidler's restaurant opened in November with a heavy focus on the social impact of dining, serving everything from pupusas and kimchi to Danish squid and organic local cider, without the unwanted side of toxicity that workers so often find in the kitchen (it limits work shifts to a maximum of eight hours a day, 40 hours a week). Seidler also recently launched Lola Impact, a program that trains workers and creates jobs for the next generation of restaurant employees.

Matt Orlando from Amass (left), picks vegetables for the night's meal; at Lola (above), the focus is on organic, locally sourced ingredients; Relæ's artfully prepared dishes (right) are made with produce from the owner's garden.



TOP: ULLRIK JANTZEN; BOTTOM: PER-ANDERS JØRGENSEN



The pioneering Nordhavn waterfront development (right) is part of a network that is jump-starting the city's renewable energy program; the courtyard at the eco-friendly Villa Copenhagen (below).



Suite Dream

Sleeping green isn't as easy as hanging on to your towels and bedsheets for an extra day. Villa Copenhagen, a new luxury hotel that opens this month in a historic building near Central Station, is showing just how sustainable tourism can actually be. Book the hotel's Earth Suite for the full experience: The 100 percent sustainable room features only recycled materials and textiles. The same care for the environment is evident throughout the hotel, from the kitchen—where food waste is converted into green energy for a “carbon-free dining” experience—to the conference rooms, which are furnished with 800 chairs that Danish manufacturer Mater Design constructed entirely from recycled ocean waste.

Villa Copenhagen has also partnered with Denmark's greatest (and greenest) creators: The Danish fragrance brand Skandinavisk developed the eco-friendly in-room amenities; the fashion brand Sur le Chemin designed the staff uniforms; and Bybi, a Danish social enterprise that manages beekeeping programs, will maintain a beehive on the rooftop garden.



TOP RIGHT: COAST

If You Build It...

Copenhagen's green push has made for major strides in architecture and design. Case in point: Bjarke Ingels's Copenhill. The innovative waste-to-energy power plant isn't just an ecological marvel—it's a good time for all, doubling as an artificial ski slope, hiking trail and climbing wall. The giant silver building, which looms over Noma, has become an architectural and recreational landmark, incinerating waste while providing Copenhageners with acres of outdoor activities.

Nordhavn, a rejuvenated industrial waterfront area built by CPH City & Port Development, is another blueprint for energy-efficient urban improvement. The area is connected to the central electricity grid, making it part of a national and regional strategy to build out the network of renewable energy. The district's heating supply system uses waste heat from incineration plants, and combined heat and power plants (CHPs), saving energy and substantially reducing CO₂ emissions and pollutants. Its green developments, like the UN City designed by the Danish architecture company 3xNielsen and the Silo (home to a collection of apartments by the local architecture firm Cobe), are putting Copenhagen at the forefront of sustainable architecture. ■

Written in Stone

CURATED BY

Jill Newman

PHOTOGRAPHY BY

Claire Benoist

STYLING BY

Alex Brannian

A new vocabulary in diamond jewelry.





FROM LEFT:
David Yurman
(davidyurman.com)
Dianthus Plumarius
earrings in white gold and
titanium with diamonds

Harry Winston
(harrywinston.com)
Sparkling Cluster
bracelet with diamonds,
aquamarines and
sapphires set in platinum

Nikos Koulis
(nikoskoulis.gr)
Universe white-
gold earrings with
diamonds, sapphires
and gray spinels



Taffin by James de
Givenchy (212-421-6222)
earrings in ceramic and
rose gold with shield-cut
diamonds

Vhernier (vhernier
.com) Trottole
titanium bracelet
with diamonds



Pomellato (pomellato.com) Iconica choker in rose gold with diamonds



Fernando Jorge (fernandojorge.co.uk) Gravity earrings in rose gold with pink opals and diamonds



FROM LEFT:
Chanel (chanel.com)
Trois Fontaines diamond
necklace in white gold

Ana Khouri (anakhouri
.com) Delphine earring in
white gold with diamonds
and a green Paraiba
tourmaline, and Eva
diamond-and-emerald
necklace in white gold



FROM LEFT:
Graff (graff.com) Threads
diamond necklace in
white gold

Jessica McCormack
(jessicamccormack.com)
Superdelic earrings in
blackened gold with
diamonds

Jacob & Co. (jacobandco.com) white-gold earrings with
emeralds and diamonds





FROM LEFT:
De Beers (debeers.com)
Talisman white-gold
pendant with rough and
polished diamonds

Glenn Spiro (glennspiro.com)
white-gold bracelet
with shells and triangular
rose-cut diamonds

Messika (messika.com)
Black Hawk yellow-gold
necklace with zircote
wood and diamonds

Fabio Salini
(fabiosalini.it)
carbon-fiber ring set
with diamonds



Diamond Futures

Discerning buyers
are looking for much
more than the Four C's.

WAY BACK IN the first century CE when Pliny the Elder declared that a “diamond is the most valuable, not only of precious stones, but of all things in this world,” he was perhaps being a little hyperbolic. But clearly the Roman naturalist was onto something. Thousands of years later, the mesmerizing stones have lost none of their luster. Just consider the recent Hollywood awards season, in which nearly every A-list actress on the red carpet was dripping in diamonds. And they aren't just the standard

accessories for big-ticket events; they also remain the most popular jewelry for impending nuptials: 78 percent of engagement rings sold in the United States are set with diamonds.

Since the famous De Beers slogan “A Diamond Is Forever” was unveiled in 1947, generations of lovestruck couples have affirmed their commitment with diamonds. In the 1950s, the Gemological Institute of America introduced the now internationally accepted diamond grading system and the Four C's (carat, color, clarity and cut), allowing a wider range of customers to easily understand a stone's quality and value. Over the ensuing decades, diamonds became relatively commonplace, as well as emblems of great wealth for the one percent, who purchased large rocks as status symbols and investments.

Fast forward to 2020, and the conversation around diamonds has changed. It's no longer centered exclusively on the Four C's. Instead, today's customers want to know their stones have been procured from conflict-free countries and mines that adhere to environmental regulations and that work closely to improve the local communities in which they operate.

Top jewelry brands are responding with comprehensive new programs that certify each diamond's provenance. Tiffany & Co. set a new industry standard last year when it established the Diamond Source Initiative, which shares with buyers the country of origin for all of the newly mined, individually registered diamonds (0.18 carats and larger) that it sells. This year, Tiffany extended the program by identifying where the stones were cut, polished and set. More brands are following suit, including smaller companies such as Monique Péan, a New York-based collection that conducts extensive due diligence to ensure it is purchasing stones from environmentally responsible mines with strict labor and safety guidelines. It also tracks stones through the supply chain to certify that none are being mined, cut or polished in regions that are engaged in conflict. Other jewelers are also exploring blockchain technology to track stones from the mine to the consumer.

Diamond-mining companies are stepping up efforts to be more transparent about their operations and working conditions, and they're pioneering in the reduction of their environmental footprints. The De Beers Group, for example, is starting to use kimberlite, an igneous rock that sometimes contains diamonds, to capture carbon emissions, and the company aims to have a carbon-neutral mine within the next decade.

The aesthetic around diamonds is also evolving. Designers are setting the stones with unexpected materials—carbon, wood, iron and shells—giving them a modern and edgy sensibility and helping to ensure their relevance among a new generation of consumers. Pliny would be thrilled. J.N. ■



After- Hours



for Grown- Ups

Following decades in the doldrums, New York nightlife is rebounding, thanks to the city's first Nightlife Mayor and a new crop of upscale hangouts.

BY DAISY PRINCE

YOU ALREADY KNOW all about the millennials. Now meet the perennials. That's the term that New York club owner Omar Hernandez uses to refer to a new wave of decidedly grown-up nightlife devotees who have plenty of disposable income and the energy to stay out past midnight. "If you look at the statistics right now, the empty nesters are going to take over the town," he says. "They have all the means they want, and they are free as a bird. They're ready to rock out all year-round."

And suddenly they have a slew of new places to party. After several decades in decline, New York City nightlife has come roaring back, with a focus on sophisticated spots catering to bona fide adults. In January, Hernandez managed to draw the uptown crowd to the Lower East Side for the opening of his dining club, Omar's La Boîte. Amy Sacco, founder of the early-aughts hot spots Bungalow 8 and Lot 61, is working with Aman to open a jazz club within the forthcoming Aman New York hotel in Midtown. And posh London hangouts Casa Cruz and Oswald's will both debut locations on the Upper East Side later this year.

Not long ago, this sort of resurgence seemed unlikely, if not impossible. The nightlife downswing started, in many people's minds, in 1994, when Rudy Giuliani was elected mayor on a campaign promise to clean up the city. After the wild 1970s and '80s—when cocaine and bathroom sex were de rigueur at places like Studio 54, Limelight and the Tunnel—nightclubs were an easy target. Suddenly owners found themselves on the wrong side of a mountain of regulations and at the mercy of police raids. Over the ensuing decade, noise citations were handed out like candy, rents skyrocketed as neighborhoods underwent gentrification, and community boards campaigned against late-night spots, whose patrons spilled out onto the sidewalks because of the smoking ban.

Once Giuliani left office in 2001, the situation only deteriorated. Sacco blames both the 2007-2009 recession and the rise of the iPhone for the fact that people stopped going out. "Post the economic crash, people were very afraid of losing their jobs, and everyone was watching everyone else and monitoring what they were doing," she says. "An incorrect photograph that you took while you were out could be easily misconstrued. Social media murdered basic privacy and nightlife."

But in 2017, New York finally threw night owls a bone. Former city councilman Rafael Espinal ushered in legislation

Omar's La Boîte is one of the new nightclubs in New York catering to adults.

VICTOR LLORENTE



Above: Guests celebrate the opening of Omar's La Boite on the Lower East Side.

Right: The building soon to be the new Aman New York.

to end the 1926 Cabaret Law, which required any venue that allowed dancing to obtain a special permit. Perhaps more important, he argued for the establishment of a Nightlife Mayor, someone to bridge the gap between the party crowd and city bureaucrats. He'd seen such a program successfully implemented in Amsterdam and Paris. The first senior executive director of the Office of Nightlife, Ariel Palitz, was appointed in March 2018. Having been both a club owner and a member of her community board, Palitz had one foot in both camps and knew nightlife had a serious PR problem.

"Historically speaking, nightlife has not necessarily been seen as an asset but more as a liability, where bad things and bad people happened," says Palitz. To understand the economic contributions and challenges of nightlife, the Mayor's Office of Media and Entertainment commissioned an economic impact study of the nightlife industry to inform the work of the Office of Nightlife as it designs policies and programs. The results spoke for themselves. New York City nightlife is worth \$35.1 billion annually to the city's economy, contributes \$697 million in local tax revenue, provides 300,000 jobs a year and generates about \$13 billion in wages.

And nightlife-related jobs and wages are growing faster than the rest of the city's economy, 5 to 8 percent compared with 3 to 4 percent overall. "There has been an awakening to what nightlife brings," says Palitz, pointing out that the benefits of a vibrant social scene are about more than just dollars. "What makes us the greatest city on Earth is that each party in New York can be like the UN. You never know who you are going to meet, and you never know what's going to happen."

New York is not alone in starting to value the "other 9-to-5" of the 24-hour day, as Palitz calls it. There are now close to 50 offices of nightlife worldwide (Amsterdam, in 2012, was the first). And while New York is still not evolved enough to consider nightclubs cultural institutions in line with opera houses, complete with lower taxes—a status that the Berlin club Berghain lobbied for successfully in 2016—regulatory conditions are beginning to relax.

It's no surprise, then, that more club owners are now interested in opening in Manhattan—especially with the strength of the economy. Many of the new spots are upscale, delighting well-heeled sophisticates who've been longing for a cool place to sip their tequila sodas after 10:30 p.m., no Uber to Bushwick, Brooklyn, required.

The offerings range from wine clubs to dinner and dancing spots. Omar's La Boite—which joins Omar at Vaucluse on the Upper East Side in Hernandez's portfolio—is a private dinner club with a downstairs disco open to the public. A limited number of reservations for the dining room will be available to nonmembers through Resy. "That will be the way we introduce the club publicly," says Hernandez. "The discotheque we will open after 10 p.m."

The club within Aman New York (Sacco is CEO of the Aman Club as well as "cultural and creative curator") will also operate on a members-only policy, with three tiers. There will be a spa membership, a jazz-club membership and the Aman Club membership for Aman residents, which will provide access to the spa and jazz club as well as two floors of dedicated space, including two private bars and a cigar terrace. Sacco won't give away too many details on the decor but says the jazz club was inspired by Amanjiwo in Java, Indonesia. "Mr. [Vladislav] Doronin designed it as a temple," she says of Aman's owner. "It's our temple to music."

Meanwhile, on East 60th Street, a pair of English imports are set to arrive later this year. The private club Oswald's—helmed by London nightlife king Robin Birley—will unveil a 5,000-square-foot location. And, just a block away, Juan Santa Cruz—owner of celebrity hangouts Isabel in Mayfair and Casa Cruz in Notting Hill—will open Casa Cruz in a \$32 million, five-story beaux arts mansion. Whether there will be enough patrons with the leisure time and the cash necessary to fill all of these ritzy establishments remains to be seen, but if their owners—and the Nightlife Mayor—have their way, the Big Apple might just reclaim its title as the city that never sleeps. ■



TOP: VICTOR ILORENTE



Sacai cotton gabardine jumpsuit and belt (at Dover Street Market, New York, doverstreetmarket.com); **Bottega Veneta** lamb leather sandals (bottegabeneta.com); **Pomellato** gold earrings, one with diamonds (pomellato.com).



PHOTOGRAPHY BY
ORIANA
LAYENDECKER
STYLED BY
ALEX BADIA

Designers play
with proportion
in spring's
unadorned
architectural
silhouettes.

Minimalist
to the
Max





LEFT: **The Row** brushed cavalry twill dress and cotton ballet flats (therow.com);
Harry Winston Emerald gold timepiece with diamonds (harrywinston.com).
ABOVE: **Valentino** cotton-and-polyester shirt, leather shorts and belt (valentino.com);
Roberto Coin gold earrings (robertocoin.com).



ABOVE: **Olivier Theyskens** men's wool, silk and linen pantsuit (oliviertheyskens.com); **Peter Do** polyamide tank top (similar styles at bergdorfgoodman.com); **Bottega Veneta** lamb leather sandals (bottegaveneta.com); **Roberto Coin** gold necklace with diamonds (robertocoin.com). RIGHT: **Loewe** silk satin coat (loewe.com); **Pomellato** gold earrings, one with diamonds, and gold ring (pomellato.com).





Pomellato gold earring with diamonds (pomellato.com); **Roberto Coin** gold ring (robertocoin.com).
RIGHT: **Bottega Veneta** cotton dress and lambskin bag (bottegaveneta.com); **Roberto Coin** gold earring (robertocoin.com).





MODEL: **Karolina Kurkova**
PRODUCER: **Irene Opezso**
WOMEN'S MARKET EDITORS:
Emily Mercer and
Andrew Shang
ACCESSORIES MARKET
EDITOR: **Thomas Waller**
MEN'S MARKET EDITOR:
Luis Campuzano
FASHION ASSISTANT:
Kimberly Infante
HAIR: **Gianluca Mandelli**
MAKEUP: **Daniela Gozlan**
SET DESIGNER:
Jonathan Gillen
CASTING DIRECTOR:
Erin Simon
PHOTO ASSISTANT:
Cody Alderman

Louis Vuitton wool pants (louisvuitton.com); **Act N°1** leather pumps (actn1.com);
Pomellato gold earring and chain bracelet (pomellato.com); **Roberto Coin** gold
ring (robertocoin.com). RIGHT: **Hermès** mohair wool top and pants (hermes.com);
Pomellato gold ring (pomellato.com).



Model Behavior

Karolina Kurkova talks business, motherhood and why she'll never give up modeling.

It's nearly 8 p.m. on a Thursday, and Karolina Kurkova is apologizing. After returning home late from an all-day photo shoot and making dinner for her husband, entrepreneur and producer Archie Drury, and their two sons, ages four and 10, she is finally on the phone for a scheduled interview to talk about her entrepreneurial ventures. "I'm sorry I'm late—I was having dinner with my boys," says the 36-year-old Czech-born fashion model and businesswoman. Today wasn't a typical photo shoot, she explains, because she brought her sons to the set. "I wanted them to see what work looks like. It's not always easy."

Kurkova likes a challenge. Though she could easily fill her days with high-profile modeling gigs, she also wants to develop businesses in areas where she has a genuine passion. One such passion is integrating healthy foods and habits into her family's life. So, when she met the herbalist Orion Nevel and believed strongly in his holistic philosophies, she decided to go into business with him and fellow mom Rachel Finger. The trio established Gryph & IvyRose in 2018 with a health-oriented children's line, including skin care, herbal elixirs and probiotics, and they recently added products for adults.

Another big venture was Kurkova's collaboration with Cybex last year on a line of eco-friendly strollers, car seats and diaper bags. After several meetings with the company's design team (Cybex's founder is a fellow Czech), she helped develop new fabric prints made from recycled plastic bottles. "As a mom, I knew what women needed," she explains. "I wanted the products to be functional and stylish but also make some emotional connection." To that end, she had the word "love" discreetly embroidered on the outside of each stroller because, she says, "words are powerful, and it serves as a reminder for the parents pushing the strollers how lucky they are." She's working on designing a second collection.

For Kurkova, modeling remains a source of satisfaction. She started at age 16, and she isn't slowing down. "I love the creative process and working with new people," she says. "I like collaborating on the mood, the music and the emotion we want people to feel when they look at these images. Modeling gives me a platform to tell stories and challenge myself."

She refers to her hardworking mother and grandmother as role models for how to juggle work and home life (her grandmother had three jobs at once). "Today, it's about being multifaceted," says Kurkova. "As women, we have so many sides to us, and we bring something different to the discussion as we evolve in different phases of our lives."

But now it's 9 p.m.—time to put her boys to bed. "I love this time of night when the house is quiet and still, there's no sunshine to lure you out, and I have time to focus and relax." That is, until tomorrow morning, when Kurkova will rise before 7 a.m. to prepare her sons for school and get to the set for her next shoot. JILL NEWMAN



Brunello Cucinelli
cotton tank top
(brunellocucinelli.com);
Proenza Schouler
leather belted shorts
(at saksfifthavenue.com); **Bottega Veneta**
lamb leather sandals
(bottegaveneta.com);
Pomellato gold chain
bracelet and ring
(pomellato.com).



The Silent Treatment

The pleasure, pain and ultimate enlightenment of . . . Sssh.

By Jen Murphy

‘VE ALWAYS ASSOCIATED silence with punishment. If I misbehaved as a little girl, I’d be sent to my room to reflect on my actions in solitude. When I broke a rule in school, my teacher would assign me quiet time. And as a writer, keeping silent—not using my voice—felt akin to an existential crisis. But after eight overstimulated years in New York City, silence had become elusive. So had stillness. As a magazine journalist in my early 30s, I was flying between coasts every other week and would often squeeze in a monthly assignment somewhere far-flung on top of that. I was in a state of perpetual motion, always thinking of what’s next rather than living in the moment.

“Go-mode,” as I called it, didn’t leave me time

ILLUSTRATION: JACK HUGHES

to cope with my emotions. While my career was at a high, my family and personal life were falling apart. My sister was struggling with money. My brother was serving time for a drug charge. My boyfriend was cheating on me. At the time, it seemed easier to forge ahead, saying yes to more TV appearances, conferences and assignments. Meanwhile, those suppressed emotions manifested themselves in my body as aches and pains. My psoas, our fight-or-flight muscle, was so tight my acupuncturist couldn't even get a needle to stick. Concerned, he warned me I really needed to slow down.

I'd recently interviewed Khajak Keledjian, the founder and former CEO of the fashion retailer Intermix, and was intrigued when he told me about a 10-day vipassanā meditation retreat in Kaufman, Tex., he had attended for his 39th birthday. The experience had transformed him. "It was one of the most challenging things I've done in my life," says Keledjian. "After the car service dropped me off, I nearly chased the car down the dusty road, thinking, 'Don't leave me!'" Taming the mind, he told me, led him to inner peace. "My biggest revelation: I wanted to rediscover who I was rather than be Mr. Mix. I didn't want to be defined only by my work." Upon returning to New York City, he sold his company, married his fiancée and started a family.

I was inspired by Keledjian's experience, but Savasana, the closing pose in yoga, was the closest I'd come to practicing meditation. The idea of spending nearly 11 hours a day in seated meditation in complete silence—no phone, computer, books, exercise, journal or even eye contact—was daunting. And I wasn't alone: Mark Cho, cofounder of the Hong Kong and New York menswear brand the Armoury, confesses he lasted just four of his 10 days at a vipassanā retreat. Still, even his abbreviated stay had a lasting impact. "I may not have been able to find the mental silence necessary to truly engage in vipassanā meditation," Cho says, "but I realized very clearly that my phone generates a series of distractions that help drown out my thoughts. I now try to use my phone every other day."

Luckily, Kripalu Center for Yoga & Health in the Berkshires offers what I like to call "intro to silence." Each January, the center holds Contemplative Week, a five-day retreat in which everyone, from the guests to the staff, is encouraged to observe voluntary social silence during meals and in common areas. While some guests joined workshops and lectures, others, myself included, wore tags with the words "In Loving Silence" to signal that communication was off-limits. Not quite ready for vipassanā, considered by some a more advanced form of meditation, I opted for this program devoted to metta, a less intense version intended to cultivate loving kindness for both oneself and others. The program also

During Contemplative Week at Kripalu Center for Yoga & Health in the Berkshires, guests are encouraged to observe voluntary silence during meals and to hike in solitude or with the group.



incorporates movement in the form of yoga and walking meditation—a relief for an endorphin junkie like me.

By the end of day one, I was already restless. Our program presenters, Sharon Salzberg and Stephen Cope, guided us in dharma talks and meditation, during which my legs went numb. Sitting cross-legged on the cushiony bolster didn't just throw my muscles for a loop—it clouded my brain, too, and my usual distractions and worries quickly piled up: the editor I never responded to, the flight I forgot to book, the dry cleaning still waiting to be picked up. Taking Salzberg's advice, I returned to the metta phrase "May I be happy." Reciting the mantra over and over was supposed

to help me let go of distraction and find wisdom.

But by day two I wasn't feeling any wiser. At breakfast, the lack of chitchat made it easier to hear the woman across from me chewing her turkey-bacon frittata. I felt an urge to yell, "Stop!" Instead, I moved my seat. A sense of calm came over me later that day during a hatha yoga session, when Cope encouraged us to connect with our breath. Later, during a two-hour guided meditation, I focused on making oceanlike inhalations and exhalations. Finally, for the first time, I felt myself relax.

On the third day, I was backsliding. I found myself staring at the black screen of my iPhone, obsessing over the unread e-mails that were hiding in my powered-down device's dark abyss. I couldn't take it anymore. But just as I was about to turn it



on, my roommate caught me in this scandalous act of defiance. Head down, I marched shamefully to the front desk and silently handed my phone over to the receptionist—no explanation needed.

The voice inside my head incessantly narrating everything in my life—my thoughts, my fears, my insecurities—had finally quieted down by day four, and "May I be happy" was at last starting to mean something to me. No day got easier, but every day went a little bit deeper, like slowly peeling away the layers of an onion. On our final day, my eyes unexpectedly swelled with tears during morning meditation. Emotions I had long tucked away were bubbling up—and it actually felt good. I left with a realization: I need to fix myself before I can try to fix everyone around me. Months later, I'm no longer silent—far from it—but the calm inside of me has helped me let go of distraction. And even find a little bit of wisdom.

At Kripalu, chakra yoga is among the many meditative practices to help guests find focus.

Quiet Time

Five new silent retreats to soothe the soul.

Mum's the Word

Set on a maharaja's 100-acre estate in the Himalayan foothills, **Ananda Spa** provides a tranquil backdrop for quieting the mind with its hush-hush Dhyana Meditation retreat. Yoga teachers guide guests through pratyahara (withdrawal of the senses or external influences) and dharana (focusing on mental awareness) and toward dhyana (continued meditative awareness) during seven-, 14- or 21-day retreats. anandaspa.com; prices start at \$1,940 per night

Whisper Friendly

As intense as you want it to be, **Four Seasons Resort Bali at Sayan's** new Guided by Gratitude retreat includes silence rituals, meditation, chakra balancing and hatha yoga. Led by former Buddhist nun Heny Ferawati,



Meditation is at the core of Ananda Spa's quiet retreats.

the program aims to restore inner peace—but embraces the silence in short spurts. fourseasons.com; prices start at about \$775 per night

Food for Thought

Every Thursday evening, **Rancho La Puerta** in Tecate, Baja California, Mexico, hosts a silent dinner at which guests are encouraged to be more conscious about the food they put in their bodies. The 90-minute five-course meal is enjoyed without conversation and accompanied by inspirational music. rancholapuerta.com; prices start at \$4,200 for the week

Loud and Proud

When **Miraval Berkshires** debuts in the mountains of western Massachusetts this spring, guests will absorb the silence of nature on the resort's trails—then let their emotions loose in soundproof rooms designed for scream therapy. Go ahead, let it all out. miravalberkshires.com; prices start at \$650 per night

Listen Up

Fogo Island Inn's remote location off the coast of Newfoundland lures guests wanting to unplug. Just looking out at the icy Atlantic through floor-to-ceiling windows can put you in a contemplative state. New listening retreats help guests turn inward while tapping into nature through a mix of yoga, meditation and reiki set to a soundtrack of wind and waves. fogoislandinn.ca; prices start at \$1,480 per night J.M.



A former Buddhist nun leads meditation at Four Seasons.

LEFT: JURIAN HUGHES; TOP RIGHT: KRAUSE JOHANSEN; BOTTOM RIGHT: CHRISTIAN HORAN

A Speedy Recovery

The latest fitness hack helps your post-workout body bounce back.

By Courtney Rubin



ILLUSTRATION: JACK HUGHES

Worn by Olympians and NFL players, the WHOOP band, above, tracks your recovery progress.

IF YOU'VE NOTICED a particularly unflattering pair of boots popping up on your Instagram feed lately, you're not alone. NormaTec Pulse Pro 2.0s—which look like a cross between fishing waders and a duffel bag—seem to be everywhere. Gymnast and Olympic gold medalist Aly Raisman posted a pic of herself wearing them with a fluffy white bathrobe. Elena Delle Donne, the two-time WNBA MVP, had them on in a shot with her dogs. And LeBron James slid his arms into a pair after a hard day in the weight room. “Getting my Incredible Hulk on,” he quipped in the caption.

The boots, style watchers will be relieved to know, are not the latest escalation of the ugly shoe craze that's been haunting the fashion world for the past few years. Rather, they're part of a zip-up compression system that epitomizes the latest obsession of elite athletes: using high-tech gadgets to improve the quality and speed of recovery from exercise. And, no surprise, the trend is now spreading to weekend warriors and casual gym-goers, too.

The accelerated recovery craze hinges on the fact that when you exercise hard, tiny tears occur in your muscles, which heal during recovery leading to small gains in strength. The quicker you recover, the sooner you can train again and keep strengthening. “Rest and recovery are as integral to being fit and healthy as time spent in the gym,” says Michele Olson, a senior clinical professor of sport science at Alabama's Huntingdon College and a fellow of the American College of Sports Medicine.

High-end workout venues—including Life Time and Equinox—are definitely interested; both are adding cutting-edge recovery technology and treatments to their offerings. And a number of new facilities (such as Manhattan's ReCover and the Austin-based Restore Hyper Wellness + Cryotherapy, with 40 locations) are focusing on recovery, targeting the body's muscular and cardiovascular systems with a variety of high-tech innovations. Compression treatment, like NormaTec, which uses intermittent compression to increase blood

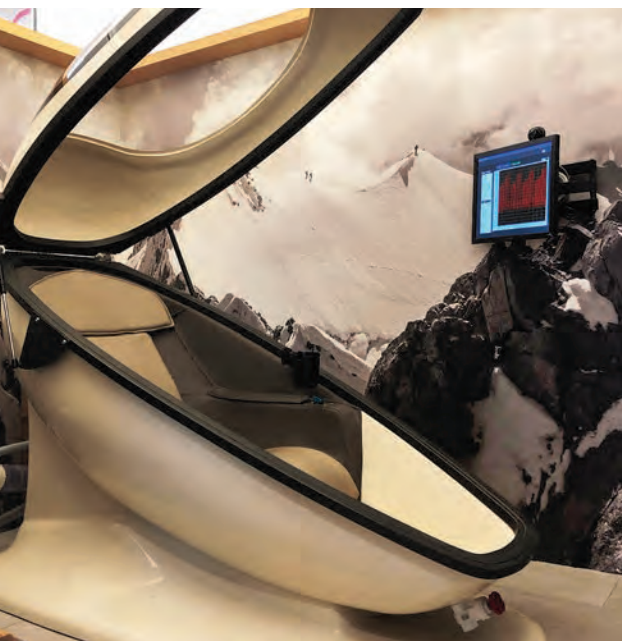
flow to the legs, nudging the body to deliver more oxygen and nutrients to those limbs, is the most common offering. In fact, nearly every pro sports team in the United States now uses some type of compression equipment. But there is also NuCalm, which claims to give you the benefits of two hours' sleep in 20 minutes with the use of electromagnetic frequencies, and the Cyclic Variations in Adaptive Conditioning (CVAC) machine, which aims to wring metabolic waste from your cells, accelerating muscle recovery.

Aaron Drogoszewski, a co-owner of Manhattan's ReCover, says the trend was an almost inevitable response to the demand for high-intensity interval training and other ultra-rigorous group workouts. "When you're putting in time, you want to see the results," says Drogoszewski, a former boxer who dug into the research when trying to rehab his constantly aching left shoulder. Clearly, he's onto something: Nike recently bought numerous memberships to ReCover to help its pacers prep for the New York City, Philadelphia and Chicago marathons.

Some of these new devices, however, aren't necessarily designed to be used in the gym. The Golden State Warriors have been known to employ NuCalm when they are traveling, and Drogoszewski pops his on during his train commute. The system consists of two patches, worn at pressure points (most commonly behind the ears) that use transcranial magnetic stimulation—which you can't actually feel—to trigger high beta brain wave function to alpha (calm and relaxed) and theta (REM) waves. You're not actually asleep



"Many of these next level recovery gadgets don't actually require any effort and some are quite pleasant." Whatever the technique or gadget, who wouldn't welcome a little rest and recovery?



Top: At ReCover in Manhattan, members use new technologies to accelerate their recovery from exercise and daily stress. **Bottom:** The high-tech CVAC machine, supposedly improves circulation among other health benefits.

during the process, but while wearing the device, the company claims, you're able to relax your brain and body, lowering your stress hormone levels.

Using the CVAC machine is less pleasant: For 20 to 40 minutes, you sit in a tiny pod feeling like you're constantly taking off and landing in an airplane, ears popping and all. The pod uses fluctuating air-pressure levels to supposedly increase production of mitochondria, the so-called powerhouses of the cell that turn energy from the food we eat into energy the body can use. It also claims to improve circulation, boost oxygen-rich blood cells and remove lactic acid. Athletes including Shaquille O'Neal, whose agent didn't return our request for comment, supposedly like the machine because of what it may enable them to do: A small peer-reviewed study by the Department of Kinesiology and Rehabilitation Science in the College of Education at the University of Hawaii, Manoa, Honolulu, suggests that CVAC can improve your VO₂ max, or the maximum amount of oxygen you can consume during exercise, by about 5 percent, allowing you to exercise harder.

So how do you know if these therapies are working? Of course, there are now wearable devices designed to track your recovery progress.

Whoop—a band worn by Olympians and NFL players—measures sleep, heart rate and heart-rate variability (a measure of readiness for activity), offering users scores for "strain" and "recovery." This data can be used to help plan training schedules, letting you know whether to push it or ease up on any given day.

A 2016 Whoop performance study with Major League Baseball found that athletes who were, according to the band's readings, more "recovered" had higher pitch velocities and higher exit speeds off the bat. Meanwhile, the 12 athletes who got injured during the study all had lower recovery scores prior to injury.

That sort of fine-tuning makes sense for pro athletes, but what about the rest of us? Can these gizmos meaningfully improve our health and fitness? According to Carl Foster, the director of the Human Performance Laboratory at the University of Wisconsin-La Crosse, the jury is still out. Most of the new technologies have not been tested in controlled studies, but they are easy to use, and some are even fun. "Many of these next level recovery gadgets don't actually require any effort," Foster says, "and some are quite pleasant." Whatever the technique or gadget, who wouldn't welcome a little rest and recovery?

Mushroom Mania

Are fungi the new kale?

By Jamie Rosen

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THE HUMBLE MUSHROOM is the new superfood (or super fungus), and it's taking center stage in a number of new topical and ingestible products touted for boosting the immune system, increasing skin's moisture and even fighting inflammation. But can the simple mushroom live up to all this hype?

The experts we spoke with say mushrooms' health and beauty powers are legitimate but don't pertain to the grocery store variety or the psychedelic drug. Instead, the in-demand fungi are a new class of supercharged mushrooms. "They're actually superfoods on steroids because they're adaptogens," says dermatologist Dennis Gross, founder of the Dr. Dennis Gross skin-care line. Adaptogens are herbal pharmaceuticals that do exactly as their name suggests: calibrate their powers to their environment or, if used in potent-enough doses, our beauty and health needs, and help combat the physiological effects of stress.

"Fungi are the ultimate longevity experts, managing to pave their way through a billion years of life," says Tonya Papanikolov, a holistic nutritionist and founder and CEO of Rainbo, a line of ingestible mushroom supplements. "From a wellness perspective, they increase the body's immunity and resilience to stress and have the ability to enhance brain functions, too."

Skin-care brands are using mushrooms to counteract the effects of stress on the skin, increase moisture and improve circulation. Gross is using encapsulated Chaga, Cordyceps, Trametes versicolor and maitake mushrooms in his B3Adaptive SuperFoods serum, eye cream and moisturizer. Mushrooms have also popped up in products from Moon Juice, Dr. Andrew Weil for Origins, Natura Bissé, Blithe, BeautyStat and Macrene Actives. As the cosmetic chemist and BeautyStat founder Ron Robinson points out, there are thousands of mushroom varieties and little data on what each one does for the skin. Still, he says, the ones he has tried do meet expectations. "When I'm formulating, I'm looking for compounds that are anti-inflammatory, that hydrate, that exfoliate; and is it going to provide antioxidant protection and damage control?" he explains. "And mushrooms might be able to do all of those things."

It's also increasingly common to see the digestible variety in unexpected forms, such as mushroom lattes on the menus at wellness-minded cafés and coffee shops. At Two Hands in New York's Tribeca, a drink containing a reishi mushroom powder by Wylde One is listed right alongside turmeric lattes and matcha teas. As Wylde One founder Stephanie Park notes, mushrooms are more closely related to humans than they are to plants, making their active compounds bioavailable to the human body. "We share almost 50 percent of the same DNA with mushrooms," she says. "For several thousand years, humans have had a deep connection to mushrooms, relying on them for their nutritional, medicinal and even spiritual powers." And now their beauty ones, too.



Rx for the Home

Modern residences aren't just smart anymore—they're healthy, too.

By Maddy Zollo Rusbosin



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O SAY THAT 1731 Summitridge Drive is a luxury playground for wellness enthusiasts is an understatement. Beyond its striking midcentury design, the 10,000-square-foot Beverly Hills home with a price tag of \$24.95 million has a roof deck with panoramic views of Los Angeles, a zero-edge infinity pool, a hillside firepit, a gym and a salon and spa suite equipped with a massage area, a beauty station, a sauna and steam shower and even a Himalayan salt room. But one of the home's healthiest features isn't a flashy amenity at all: It's an unassuming control panel that serves as the interface for DARWIN Premier.

This isn't your average smart-home device. It's a built-in wellness control system that adjusts ambient, thermal and acoustic calibration, water filtration, air purification and dynamic lighting. It's the brainchild of Delos, the company that pioneered the WELL Building Standard, the world's first design and policy road map focused exclusively on human health and well-being. "We recognized all the advancements in home automation, but we felt there was a big piece missing regarding the human condition," says Paul Scialla, Delos's CEO and founder, about the genesis of DARWIN Premier. "It's meant to be a system that automatically optimizes the home based on what's going on inside of it." For example, if you're cooking in your kitchen and the air quality is poor, its sensors kick in to start purifying air particles in real time. Or let's say you're jet-lagged and want to support your circadian rhythm. Simply set your lighting preference to match the outdoors, and DARWIN Premier will mimic the gradual changes of sunset, sunrise and daylight in between.

Striving to live a healthier life is on everybody's mind these days, which also means it's big business. According to the Global Wellness Institute,

JACK HUGHES

HEALTH & WELLNESS



Clockwise from far left: The house on Summitridge Drive has a built-in wellness control system; healthy living is paramount at the new 35 Hudson Yards in Manhattan; the amenities at Amrit Ocean Resort in Palm Beach include a couples spa treatment room.

health- and wellness-related services made for a \$4.5 trillion market in 2018, with wellness real estate accounting for \$134 billion. “This shift really has to do with the pace of life and, on a practical level, how efficient we need to be nowadays,” says Lucas Werthein, head of technology and production at Cactus, the hybrid architecture, engineering and consulting firm behind Mount Sinai’s Lab100, a project that combines health care with state-of-the-art technology and design. Werthein believes the pressure to excel, both at home and in the office, leaves little time to focus on health, which explains the sudden proliferation of data-driven equipment that makes squeezing in a workout or monitoring your well-being easier than ever. “Essentially, we’re trying to be the best-oiled machine that’s also a human being,” says Werthein. “That’s why there’s going to be a larger demand for spaces that are branded and designed properly and have good architecture and technology integrated throughout.”

This drive to be healthier and more productive has made wellness the new backbone of residential architecture—and it’s transforming what our homes look like and how they function. Vera Iconica, an architecture firm based in Jackson, Wyo., for instance, is reimagining the room that has the most potential to affect our health: the kitchen. “I was frustrated at how difficult it was to feed my family healthy food, and I had this epiphany that my own kitchen was kind of fighting me,” says the firm’s founding principal architect and CEO, Veronica Schreiber Smith. “I decided to redesign it to support a more efficient and joyful process in preparing, and based [the design] on how people eat, and aspire to eat, today.” In addition to building a dynamic space that inspires with plenty of natural light, Schreiber Smith’s holistic approach



rethinks basic concepts such as how to store food (by creating climate-controlled cabinets and pantries where the humidity, temperature and light can be changed to optimize freshness) and how to cook (by developing customized cooking appliances including wood-burning and steam ovens for more nutrient-rich heating methods).

Biophilic design, which centers on the importance of the connection between humans and nature, has also found its way into the home as a means of improving the quality of the air we breathe. New York’s DesignGLXY uses biophilia in clients’ homes through natural elements that make sense for their region and create a connection to place. If this sounds too much like a forest springing up in your living room, that’s not the case, says the company’s founder and principal designer, Maria Lomanto. “There are direct health benefits, and it’s about choosing sophisticated and nontoxic materials and designing in a way so that the space itself contributes to a person’s well-being,” says Lomanto. And considering that we breathe on average 30 pounds of air per day, having a few fresh sources of oxygen certainly can’t hurt.

When it comes to large-scale residential developments, the wellness bells and whistles are no longer limited to a gym or private park, says Dilip Barot, founder of the Florida-based developer Creative Choice Group. At the firm’s latest project, Amrit Ocean Resort and Residences, in Palm Beach, homeowners can customize their units with circadian-rhythm lighting and aromatherapy and hydrothermal controls. The development also employs on-site health specialists, from sleep experts and nutritionists to a personalized wellness coach.

At Manhattan’s mixed-use residential high-rise 35 Hudson Yards, wellness has been built-in down to the most minute details. While the 92-story tower offers personalized high-tech features, steam ovens and a myriad of fitness offerings (Equinox and SoulCycle are both an elevator ride away), each of its 143 condominiums is also constructed with nontoxic cabinetry, paints, glues and fabrics. “People are just starting to think about this now, but we began thinking of it many years ago,” says Greg Gushee, executive vice president of Related Companies, the real estate firm behind 35 Hudson Yards. “It’s like organic food: It used to be hard to find, but now it’s easy. It took a while for the [architecture] industry to catch up, but now they’re providing what the customers want.”

With more “healthy” building construction in the works, it will likely become the new standard for home buyers, who will expect nontoxic structures and healthy amenities. “Addressing your well-being in mind, body and spirit ultimately leaves you with a healthier, happier and longer life,” says Creative Choice’s Barot. Of course, a top-of-the-line aqua-thermal spa can’t hurt either. ■

A FEMALE GAZE

Centuries after her boundary-breaking painting career, Artemisia Gentileschi finally gets the exhibition she was due.

"I will show your illustrious lordship what a woman can do." So wrote the Italian artist Artemisia Gentileschi to a male patron in 1649. Now, more than 350 years after her death, that provocative promise will be celebrated in a new solo exhibition, *Artemisia*, opening at the National Gallery in London in April.

We know of Artemisia's extraordinary life—like Leonardo and Michelangelo, she is known by her first name alone, which also distinguishes her from her artist father—from the semi-illiterate scrawls of her letters, her aristocratic patrons, who included kings of

England and Spain, and court transcripts. Agostino Tassi, her painting tutor, was convicted in 1612 of raping his teenage pupil; during the trial, Artemisia was tortured with thumbscrews to gauge her truthfulness.

The more sensational aspects of Artemisia's biography have tended to overshadow her artistic achievements, according to Letizia Treves, the National Gallery curator who organized the London show, yet in her lifetime, she was famous simply for her work. The first woman to enter the Academy of the Arts of Drawing in Florence, she became one of the most accomplished



Artemisia Gentileschi, *Susannah and the Elders*, 1622

Artemisia Gentileschi, *Esther Before Ahasuerus*, about 1628-30



painters of the Italian Baroque, her raw, dramatic depictions of biblical heroines at stark odds with the domestic subjects of her female contemporaries. She was, in the words of the feminist scholar Germaine Greer, "a magnificent exception."

Artemisia's "big international discovery" came in 1977 at the Los Angeles County Museum of Art's landmark exhibition *Women Artists: 1550-1950*, says Treves, and her popularity has only grown since then. "She's become a figurehead for the new trend for women artists." LUCY ALEXANDER