



PRIVATE PARADISE

Yaukuve island, about 100 miles south of Fiji's main islands, is exclusive—as in, you can't set foot on it without a reservation at its sole hotel, Kokomo Private Island. But the property's new curated wellness retreats certainly make it worth the trek. If you're looking for a tropical detox, pick the Activate retreat. It includes private training and water sports, guidance from a personal health practitioner, and sustainably sourced meals derived from the island's own ecosystem. For a more sedate experience, the Rest and Restore option will fill your days with meditation, yoga, and oceanside spa treatments; think warm-seashell massages, refining body masks, and botanical facials. From \$9,945; kokomoislandfiji.com.

WELLNESS NEWS

The latest in fitness, nutrition, and more By Taylore Glynn

TRACK STAR

Tory Burch's tracksuit is perfect for crisp mornings when you need an extra

TORY SPORT Chevron Ruffle Track Jacket, \$198, Ruffle Tear-Away Track Pants, \$188, and Bubble Lace-Up Sneakers, \$228.



THE WAVE Bolster and Kit, \$199.

CHILL BEATS



WTHN Kick It Supplement, \$45.



WHAT I REALLY DO...

The cofounder of NYC acupuncture studio WTHN Michelle Larivee talks weekends, workouts, and overcoming jet lag

...when I'm jet-lagged

"I'll head straight from the airport to the gym, then nap all afternoon. I love to get acupuncture too. It puts your body's circadian rhythm back into balance."

...to gear up for a workout

"I drink a lot of water and make sure I have a workout buddy. It's more fun to exercise—and more likely to happen—when I have someone cheering me on."

...when I feel myself getting a cold

"I start by taking WTHN's Kick It immune-system supplement and then lie in bed and scroll through Instagram."

...when I have a free afternoon

"Saturdays are all about family, so I come up with a fun activity for my son. We watched the helicopters in Battery Park recently, and he was blown away. Afterward, while he napped, I binged Ozark and Schitt's Creek."

...when on a date