

NOW IN NYC

WEEKEND ITINERARY

Well-Traveled A new series of weekend getaways by Gurney's resorts and **The Wellth Collective** is sure to get you and your favorite trainers out of the city this season. Starting on Jan. 11 to 13 and 18 to 20, the three-day retreats in Montauk are loaded with mindfulness workshops and classes by some of the leading names in fitness, such as Joanna Cohen and Sarah Levey of Y7. After working up an appetite, visitors can enjoy refined group dinners (think grilled black sea bass and Akaushi wagyu). Guests' schedules will also be filled with everything from treatments at seawater spas to ayurveda, for a complete health retreat experience. *From \$995, 290 Old Montauk Highway, Montauk, gurneysresorts.com* —CD

Guests at Gurney's Montauk can bask in views of the 2,000-foot private sand beach.



RETAIL RAP

GETTING PERSONAL

Spanning from Aries to Pisces, across the rainbow and from A to Z, the choices for personalizing a **Le Lion** (lelion.com) piece are endless. Designers and founders Laura Gelfand and Martha Fish use superior Italian yarn to create custom sweaters and accessories embroidered to the wearer's taste. The Heraldry line, for instance, allows for zodiac signs or monograms, and the New York-based brand can even emblazon goods with a handsewn portrait of the client's pet. With these thoughtful, well-made collections, Gelfand and Fish propose the alternative to "fast fashion" through designs that can provide years of sentimentality. —Maggie Meskhi

From top: Le Lion founders Martha Fish and Laura Gelfand; petite crew with heart and monogram, \$525

Butterfly pea with basil

coconut milk, matcha oat milk and strawberry beet cashew milk, \$9 each



LIVING WELL

Got Milk?

There's never been a better time to be vegan. NYC plant-eaters have a plethora of dining options, but milk alternatives have been greatly limited to soy and are often over-processed with fillers and preservatives. **Tulo House**

House is here to change that.

Debuting in Soho in January, the city's first plant-based milk bar and cafe offers organic milk alternatives including almond, coconut, cashew and oat milks. Drinks are blended daily in-store and are customizable with healthy enhancements such as CBD, collagen, mushrooms and turmeric. But no matter how many upgrades, a glass of milk is only as good as the cookie to dip in it. Tulo House's menu provides vegan desserts, snacks and breakfast items, most notably: milk and cookies. A nut milk paired with a vegan, paleo or gluten-free cookie for \$7 can satisfy any sweet tooth, while a picturesque avocado toast cone can fulfill breakfast—or Instagram—requirements. 217 Mulberry St., tulohouse.com —KB

LE LION PORTRAIT BY LESLEY UNRUH; TULO HOUSE PHOTO BY STEPHANIE COWAN FOR TULO HOUSE; GURNEY'S PHOTO COURTESY OF GURNEY'S MONTAUK