





MOST UNIQUE SPARKLER

The latest from **Adornment + Theory** is a stackable set inspired by Chilean author lsabel Allende.
Boasting an aquamarine center stone and a series of sapphires, all set in 14K gold, it's as magical as its inspiration's words. \$4,200, 2644 1/2 N. Milwaukee Ave., adornment and theory.com

BEST NATURAL BUZZ

There's no hotter wellness trend than CBD, and Chicago-based Equilibria—owned by and targeted at women—ups the luxury factor with a "farm-to-bottle" approach and a personal dosage specialist. INSIDER'S TIP: Try the Brilliance Box, with softgels, daily drops and relief cream (\$160). myeq.com

BEST WAY TO SAVE FACE

feature custom Christopher Peacock cabinetry; hit the water in the 2020

Prestige 420S Coupé from Spring Brook Marina; lemongrass mousse with masago arare (puffed rice balls), yuzu

gel and purple shiso at Michelin-starred

West Town spot Temporis

Thanks to a partnership with premier French skincare brand Biologique Recherche, **The Peninsula Spa** offers a facial like no other: Tailored to fit each guest's needs, the Triple Lift Luxury Facial (\$525) is a clinical skincare restoration service designed to boost cellular metabolism, resulting in the ultimate age-defying treatment. 108 E. Superior St., peninsula.com

BEST HEALTH PLAN FOR 2020

Wellness expert Karina Heinrich of **The Karina Method** takes a tough-love approach with her intensive five-day one-on-one plan. She coaches clients on her "High Low Lean No" nutrition and the mind-body connection to help them reset the digestive system and aid in weight loss. \$499, karinaheinrich.com

GREATEST GLOW

Opened by a former pro athlete, **Lume** is a wellness destination offering infrared sauna sessions, vitamin booster shots, cryotherapy and more. **INSIDER'S TIP:** The 45-minute Glow Getter IV drip boosts collagen, promotes hair and nail growth, and gives skin an instantly radiant glow. \$165, 351 W. Hubbard St., lume-wellness.com



From top:
This rendering
shows the
outdoor space at
Tribune Tower
Residences'
25th-floor
crown; What
We Make's
industrial
modern dining
table, from
\$1,045.



HOME

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BEST SKY-HIGH PENTHOUSE

The Helmut Jahn-designed 1000M will be the tallest skyscraper on Michigan Avenue, so it's only fitting that its 71st-floor penthouse be equally spectacular. It starts with almost 5,500 square feet that hold four bedrooms, 4 1/2 bathrooms, a private terrace and all the bells and whistles one expects for a cool \$8.1 million. INSIDER'S TIP: The interior design is by Kara Mann, and there are four elegant schemes to choose from. 1000southmichigan.com

BEST DESIGNER KITCHEN

Much-lauded designer Christopher Peacock is rarely asked to do kitchens for a development, but The Orchard, which is planned to deliver in Lincoln Park this year, is going all in for handcrafted custom Christopher Peacock cabinetry.

INSIDER'S TIP: When you want to get out of your kitchen, head to your private terrace. Each unit has large outdoor spaces complete with ceiling-mounted radiant heaters for year-round enjoyment From \$2.5 million, theorchardlincolnpark.com; peacodkhame.com

BEST RECLAIMED WOOD FURNITURE

Brothers Dan Quinn and George Quinn have a furniture company, What We Make, that handcrafts each heirloom-quality piece from reclaimed old-growth wood and sustainably sourced hardwoods. INSIDER'S TIP: The brothers Quinn are happy to collaborate with clients on custom-made pieces. Chat with the talented duo and together design an original table, console or bench that's as beautiful as a piece of art. wwmake.com

BEST OUTDOOR LIVING SPACE

Although select condos at the under-construction **Tribune Tower Residences** will have their own exclusive French balconies, courtyard terraces and courtyard balconies, all the homeowners will share the outdoor terrace on the building's distinctive 25th-floor crown, with a fire pit, an indoor chef's kitchen, fresh herb garden and more. **INSIDER'S IP:** Along with the sky-high amerities, there's also a private park that's nearly a third of an acre for more outdoor living space. From \$900,000, tribunetower.com