

The best 2021 wellness gear, from LED masks to Oura rings

By Jackie Cooperman

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NY Post photo composite

Wearable tech and wellness gear have come a long way since Hewlett Packard's famous calculator wristwatch. The latest offerings in the category will keep your inner-geek chic — from jewelry that can sense COVID-19 symptoms before you do to organic bedding that will help you sleep soundly. Here's our roundup of 2021's most stylish wellness innovations.

Mask up

Move over sheets, and make way for LED-enabled therapy masks, the cutting edge of at-home skin treatments. Popular with beauty influencers such as Zoey Deutch, Olivia Culpo and Paris Hilton, the **Dr. Dennis Gross Skincare** DRx SpectraLite FaceWare Pro features 162 red and blue LED lights that promise to boost collagen, diminish discoloration and reduce inflammation if used every day for three minutes. The device (think: "Blade Runner" meets a Venetian *commedia dell'arte* mask) comes in a metallic pink or limited-edition pewter.



Dr. Dennis Gross Skincare DRx SpectraLite FaceWare Pro mask, \$435 at Sephora.com
Courtesy of the brand

It's a Stellabration

Designer **Stella McCartney**'s new eco-chic collab with **Bloomingdale's** brings stylish sustainability to the Carousel, the store's vaunted pop-up space. Now through May 17, the boutique will carry McCartney's genderless Shared capsule (from \$75 to \$1,795), including sweatshirts and jackets, along with Stella McCartney resort accessories and the "Falabella" mini tote, plus a wide range of offerings from fellow green brands, such as GIR reusable travel straws (\$14), Jenny Patinkin vegan makeup brush sets (\$60) and John Robshaw organic bedding (\$395).




Stella McCartney is collaborating with Bloomingdale's on an eco-chic pop-up in the store's Carousel boutique.

Daniel Salemi

Good optics

Launching next month, **JLab's JBuds Frames** solve a problem that has long bedeviled outdoor workout enthusiasts: how to listen to music but still be aware of your surroundings. The new, open-ear, Bluetooth-enabled speakers clip onto any sun- or eyeglasses and offer more than eight hours of listening per charge — loud enough for you, quiet enough for those nearby. They're easy to attach and detach from any frames, so fashionistas don't have to sacrifice function or style.

 JBuds Frames, \$49 at [JLab.com](https://www.jlab.com)

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Courtesy of Jlab

Sweet dreams

Beloved by athletes, biohackers and sleep evangelists like Arianna Huffington, the **Oura Ring** (from \$299) — a small tracker that slips over a finger — monitors your sleep, activity, heart rate, body temp and recovery habits. Two separate studies from the University of California San Francisco and West Virginia University's Rockefeller Neuroscience Institute suggest that Oura Ring can predict COVID-19 symptoms like fevers, coughing, breathing difficulties and fatigue three days before they appear.

 Silver "Heritage" Oura Ring, \$299 at [Oura.com](https://ouraring.com)

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Courtesy of Oura

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