

# A 21st-Century Chill Pill

These gadgets do the hard work of recovery so you can sit back, relax, and reap the benefits.

**1 Whoop band.** This wrist-based wearable tracks sleep, recovery, and strain, offering insights via an app to optimize both activity and recovery. **Free wrist strap with membership, \$30 per month**

**2 Normatec 2.0.** These boots use air compression to massage sore muscles and increase circulation. **\$899**

**3 Joovv Solo 3.0.** This light-therapy kit claims to enhance cellular function, reduce inflammation, and promote muscle recovery. **\$1,545**

**4 Theragun Pro.** Delivers up to 60 pounds of force for a handheld deep tissue massage that aids in muscle recovery. **\$599**

**5 Cold Plunge.** It's simple. Fill this chic tub with a hose, set the temp as low as 39 degrees Fahrenheit, and take a dip. **\$3,990**

