



The Atomic Lounge



BIRMINGHAM

Alabama's Magic City is undergoing a stunning revival and making a continued investment in its future.

Why Now: In 2018, Birmingham institution Highlands Bar & Grill finally snagged the coveted "most outstanding restaurant in America" title at the James Beard awards, putting what locals already knew was a "magic city" firmly on the map. An innovative food scene, graceful downtown art deco architecture and funky

indie bands are helping heat up Birmingham's reputation as a Deep South destination.

Where to Go: Saturday mornings, join the jam-packed crowd at The Market at Pepper Place for a buttery croissant and iced coffee while browsing the colorful palette of in-season produce, watching chef demos and listening

to string bands. If you want a glimpse of the city's skyline and gently rolling mountains, don't miss nearby Railroad Park. Art lovers will want to pop into the Yellowhammer Print Shop for a vintage-style screenprint poster that pays homage to the city. In the evening, dine on rustic wood-fired dishes at OvenBird. Try the

Beef Fat Candle: Tallow melts and combines with sofrito, herbs and jus to become a bread dip. After taking in a concert at the Alabama Theatre—like homegrown band St. Paul & the Broken Bones—head around the corner to The Pizitz Food Hall for cuisine ranging from melted pimento cheese sandwiches with pickled green tomatoes to Nepalese dumplings in a shimmering broth. Late-night tip: Cozy low-slung couches, a marble bar and dramatic lighting make the new Paper Doll bar one of the swankiest places to sip a cocktail.

— CLAIRE VATH

HIT THE TOWN

📍 The Atomic Lounge

Classic drinks served in a midcentury-style rec room.

📍 Birmingham Civil Rights Institute

Preserving the movement through oral histories and interactive exhibits.

📍 Club Duquette

Soulful vibes, premium clothing and hip gifts.



SWEET DREAMS

WORLD'S SMALLEST WHITE NOISE MACHINE

Nothing gets in the way of a good night's sleep with this pocket-sized white noise device that lets you pick from 10 calming tones. With a battery life of 25 hours and included earbuds, it's the perfect travel companion. \$29.99



DREAMPAD

This hypoallergenic pillow lulls you to sleep using musical vibration that cues your body's natural relaxation response. The music travels via Bluetooth from your phone through the pillow to your ears, creating a soothing sound that only you can hear. \$139-\$159



THE SOMNOX SLEEP ROBOT

Dare to dream with this calming cuddle buddy at your side. As you naturally mimic its slow breathing rhythm, you'll find your way to a meditative state, then fall asleep faster, stay there longer and wake up feeling like a whole new you. \$599



Blackberry Mountain

NEW & NOTEWORTHY

LA chef Roy Choi calls his latest launch, **Best Friend** in Las Vegas, "Koreatown in a capsule," with dishes such as kimchi fried rice, hot pot and barbecue • Speaking of best friends, the **AKC Museum of the Dog** opened last month, bringing to NYC a mix of canine fine art and interactive exhibits • Tennessee getaway Blackberry Farm has debuted sister property **Blackberry Mountain**, a wellness- and nature-focused offering in the Great Smoky Mountains • New this month: **Rosewood Hong Kong**, a soaring harborfront hotel with Kowloon Peak views, curated art and a few suites with private lap pools • Michelin-starred Indian chef Hemant Mathur has traveled from Manhattan to land in Miami with indoor/outdoor eatery **Maska**.