

welcome to wellness



**THE WELL**

BAY HARBOR ISLANDS

MIAMI

THE RESIDENCES FACT SHEET



Tucked away on Bay Harbor Islands and perfectly removed from the hurried pace of Miami, THE WELL Bay Harbor Islands is the first of its kind — a place where you can live and play in complete wellness. Inspired by time-honored materiality and craftsmanship, The Residences include 54 bespoke condominiums and over 22,000 square feet of amenities, including a state-of-the-art fitness and wellness center. THE WELL Bay Harbor Islands is designed to put wellness at the center of your life, creating the time and space to disconnect, slow down and refocus on what matters most: your well-being.

*Your home for wellness*

## Building Features

You feel it upon arrival, a wave of calm and restoration — airy, soaring ceilings, stunning natural light. A space designed to promote complete balance — the surrounding natural setting quietly integrated into the flow. Familiar and exceptional, calming and restorative. Welcome home to wellness.

- Serene arrival lobby immersed in diffused natural light
- High ceilings and open, airy design
- Holistic sense of serenity: subtle aromatherapy and restorative water feature
- Sustainably minded, Florida Green Building Design Certified
- Natural lighting optimized throughout
- Limited collection of residences allowing for authentic community engagement

## Service & Amenities

- 24-hour valet parking and security
- In-home plant design and maintenance
- Local CSA delivery for fresh organic produce, fish and meats
- Energy-clearing ceremony of each new residence
- Organic, toxin-free cleaning services
- Wellness products curated and vetted by THE WELL Practitioners, designed to enrich your at-home wellness experience and support your daily wellness rituals — from essential oils and body care products, to diffusers, dry brushes and more
- Rooftop: swimming pool and hot tub with private cabanas, chaises and a summer kitchen
- Membership to THE WELL Bay Harbor Islands, holistic wellness and fitness center offering an extensive menu of treatments and experiences for the mind, body and spirit
- Quiet, cozy reading room and tea lounge for gathering and reflecting
- Dedicated boardroom promotes work/life balance
- Children's programming and wellness activities
- Exclusive access to a private beach club
- Dedicated electric house car for local excursions
- THE WELL Locker: the latest collection of wellness tech, including Theragun, Therabeam, infrared blankets, lymph boots, FaceWare Pro and others, for use exclusively by residents
- Dedicated collection of outdoor equipment exclusively for residents, including bicycles, paddle boards, tennis racquets, kayaks, and more



## Residence Features

Designed to transform the senses and promote fluid energy flow through open, light-filled layouts that encourage connection with nature, The Residences provide the optimal wellness experience at home and help you make wellness part of your every day.

### HOME

- Spacious, private balconies in most residences
- Open, light-filled layouts
- Neutral engineered wood floors and Italian cabinetry
- Floor-to-ceiling glass windows
- Generous floor plans designed with ample storage space
- Meditation corner, yoga mat and accessories
- Built-in air purification system
- Aromatherapy diffusers in every residence
- Built-in red light therapy to boost health, energy and well-being
- Finished walk-in closets in primary bedrooms

### KITCHEN

- Kore™ Workstation Kitchen Sink, known for its seamless design, function and balanced workspace with integrated accessories
- Quartz counter tops and backsplash
- Faucet with filtered cold and carbonated water options
- Sub-Zero and Wolf appliances
- Vitamix, air fryer accessories
- Built-in wine fridge
- Custom Italian cabinetry
- Spacious kitchen islands with room for seating

### PRIMARY BATH

- Rain shower with dual pressure
- Affusion spa shower option to help stimulate the lymphatic system, reducing water retention and increasing energy
- Free-standing or built-in tubs to ease tired muscles and joints
- Skincare fridge for optimal storage of cosmetics, creams and beauty solutions
- Stone floors and walls
- Custom Italian cabinetry

## The Club

THE WELL is your one-stop shop for wellness. We integrate modern medicine and ancient healing, focusing on whole-person care. Our services, products and experiences address the physical, mental and spiritual aspects of well-being to help you feel your best. [the-well.com](http://the-well.com)

- Restorative, purifying Bath House, where all experiences at THE WELL Bay Harbor Islands begin
- Rejuvenating sauna, infused with radiating heat and low level humidity to dry the body in preparation for your wellness treatment
- Miami's first caldarium, a relaxing, social wellness experience that supports respiratory, circulatory and immune health
- Halotherapy steam room to facilitate advanced detox, support the lymphatic organs and promote deep relaxation
- Energizing Cold Dip experience that widens the arteries, stimulates blood flow, accelerates recovery and boosts the metabolic system
- Vitality treatment rooms to boost skin health and radiance
- Daily fitness and movement classes through our Mindful Movement program
- Spacious private lockers and personal styling suites
- Fresh juice and organic snack bar
- IV vitamin therapy
- Infrared and Sound Dome combines the healing benefits of infrared heat with sound therapy to treat the body at a cellular level

### FOR OUR RESIDENTS

Our community begins with our residents. When you live at THE WELL Bay Harbor Islands, you receive:

- Membership to THE WELL Bay Harbor Islands
- Full-service concierge services from THE WELL team
- Calendar of events, lectures and experiences
- Weekly fresh juice and snack program for individuals or families
- Dedicated private outdoor and indoor classes
- Bi-annual health coaching session and annual whole-person health assessment to guide residents in creating individualized wellness plans
- Preferred pricing on treatments and services
- Exclusive benefits across THE WELL locations globally
- Access to in-home services from massages and facials to health coaching and guided meditations
- Early access to booking and unlimited mindful movement classes



# THE WELL

## Founders

### Rebecca Parekh CoFounder & CEO

Prior to founding THE WELL, Rebecca was the COO for Deepak Chopra Radical Well-Being and a Director at Deutsche Bank Securities where she held various positions including Head of Cross Product Sales and Head of the US Private Institutional Client Group. She is on the Board of Directors for Ares Commercial Real Estate Corporation and an Advisor to the Tufts Friedman School of Nutrition Entrepreneurship Program. She is also a certified yoga instructor and serves on the board of several non-profit foundations including Breakout Foundation and LIFE Camp, Inc.

### Sarrah Hallock CoFounder & COO

Prior to her career in health and wellness, Sarrah spent 20 years helping turn consumer products into household names, from Brand Director for vitaminwater to investor and VP of Marketing for bai and WTRMLN WTR. She's an advisor and/or investor to various consumer brands including POP & BOTTLE, Health-Ade Kombucha and Vital Proteins. She has been featured in *Bloomberg*, *WSJ* and *New York Magazine*. Sarrah is also an Integrative Health Coach and Nutritionist.

### Kane Sarhan CoFounder & CCO

Prior to THE WELL, Kane was Head of Brand for SH Hotels & Resorts, Starwood Capital Group's hotel brand management company, overseeing the development and management of 1 Hotels & Homes and Baccarat Hotels & Residences. Previously, Kane spent his career working in entrepreneurial environments with leaders like Jacqui Squatriglia, Nihal Mehta and Reshma Saujani, and started his own non-profit, Enstitute. Kane has been named to the 2013 Forbes 30 Under 30 list, a 2013 Echoing Green Fellow and a 2012 Francis Hesselbein Institute NEXT Leader of the Future. He has been featured in *The New York Times*, *PBS*, *Forbes Magazine*, *CNN* and more.



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# The Design Team

## Terra

An award-winning, South Florida-based real estate development company founded by David Martin, focused on projects that have a positive impact on their natural surroundings, location and the people who live there. The firm has cultivated a portfolio of more than five million square feet of residential and commercial real estate valued at over \$8 billion and is active across all major real estate asset classes including multifamily apartments, luxury condominiums, single-family residences, retail, office space, hotels and industrial properties. Terra has achieved international acclaim for its commitment to design excellence, resiliency measures and sustainable development and has been continuously transforming South Florida into the prosperous metropolis we know today.

## ARCHITECT

### Arquitectonica

Founded in 1977, Arquitectonica introduced a bold modernism that almost instantly sparked a renaissance in Miami's urban landscape. The firm has since designed many of Miami's most recognizable buildings and holds a major presence on the world architectural stage. Arquitectonica's own brand of humanistic modern design can be seen in the firm's world-renowned projects including Microsoft Europe Headquarters in Paris, Westin Times Square in New York, Banco Santander Headquarters in Sao Paulo and the U.S. Embassy in Lima, among others.

## INTERIORS

### Meyer Davis

A multi-disciplinary design studio founded by Will Meyer and Gray Davis. The award-winning firm has established itself at the forefront of high-end commercial and residential design practices throughout the U.S. and abroad, through its work on private residences, hotels, restaurants, retail experiences and workplace environments. The firm designs seamless physical experiences tailored to their clients' individuality, combining principles of great design with a clear vision for the experience they seek to create. Meyer Davis believes that great design works on multiple levels, weaving together bold design moves and striking details to ensure that when completed, each project makes an immediate and lasting impact.

## CREATIVE DIRECTION

### Anda Andrei Design

A renowned designer who uses her laser eye for detail and architectural expertise to create unforgettable and extraordinary spaces. Andrei is recognized for helping to define the boutique and lifestyle hotel world as we know it. After years collaborating on game-changing properties including, Gramercy Park Hotel, Asbury Park, Norm at the Brooklyn Museum, Hudson and 11 Howard, Andrei is now putting her indelible mark on noteworthy projects of her own as president and founder of Anda Andrei Design LLC. Andrei is an inductee of the Interior Design Magazine's 2016 Hall of Fame Awards and HD Magazine's 2017 Platinum Circle Award.