

Inspired Balanced Restorative *Homes*

Your health has a new address



THE WELL

BAY HARBOR ISLANDS

MIAMI



THE WELL

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MIAMI



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Take a long, deep breath.
Take in the sun, breeze, water, light.
Immerse yourself in nature's most
restorative elements.
Welcome home to balance
in every element.
Residences designed with
all the senses in mind:
easy, fluent angles, a warm,
neutral palette, amenities made
for the body, mind and spirit,
design details that give each
and every room a sense of
immersive and holistic wellness.





Nestled among nature,
guided by shifting breezes,
water, sunlight, the whispers of
palm trees and clear, open air.
Discover the most fulfilling sense
of place, designed to simplify,
uplift, restore and inspire a
lifestyle of positive transformation.

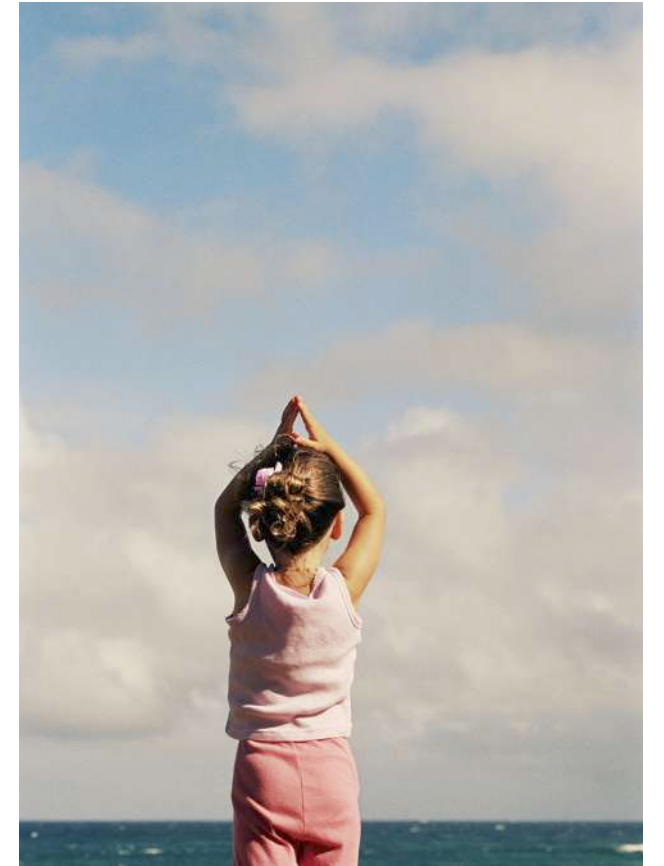




Tucked away on Bay Harbor Islands and perfectly removed from the hurried pace of Miami, THE WELL Bay Harbor Islands is the first of its kind — a place where you can live and play in complete wellness. Inspired by time-honored materiality and craftsmanship, The Residences include 54 bespoke condominiums 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.

A close-up photograph of several dried eucalyptus leaves and stems. The leaves are a muted sage green color, some showing signs of aging and slight discoloration. They are arranged in a natural, overlapping manner against a soft, light-colored background. The stems are thin and brown. The overall aesthetic is clean, minimalist, and natural, evoking a sense of calm and wellness.

Your One-
Stop Shop
for *Wellness*



THE WELL *Brand Story*

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.

We started THE WELL to help you make wellness part of your every day — whether it's kicking off a meditation practice or tackling a chronic health condition. Whatever your path may be, we're here to guide you.



We Are Your One-Stop Shop For Wellness

Wellness looks different for everyone — that's why we offer a variety of tools, services, products and experiences to support your journey towards better health. We have brought Mindful Movement and fitness, functional medicine and health coaching, bodywork, massage and more all under one roof with one goal in mind: to help you feel your best.

We Did The Research So You Don't Have To

We have the highest standards for everything we do — from our services and our design to our guest experience and our team. Our practitioners are New York Times-bestselling authors, former presidential advisors, major league sports team doctors and more. From our Chief Medical Officer and Director of Mindful Movement to our licensed massage therapists and Chinese Medicine practitioners, we have world-class experts in their fields of health and wellness.

We Provide East-Meets-West, Whole-Person Care

Our team of healers and practitioners deliver integrated, personalized, holistic healthcare that **really works**, by collaborating across eastern healing practices and western medicine to build you a wellness plan that addresses the mental, emotional and spiritual aspects of your well-being.

We Believe In The Power Of Personalized Wellness

We know that wellness isn't one-size-fits-all — it evolves over time, and everyone starts from somewhere different. No matter where you are on your journey, our practitioners are there for you every step of the way. Think of us as your wellness co-pilot, here to help you navigate your unique path with dedicated attention and considered care.

We Are Here To Help You Make Wellness Part Of Your Every Day

Wellness can be as simple as a healthy morning ritual or a new skincare routine, or as in-depth as a four-month gut health protocol. We're here to guide you through every aspect of living well, keeping in mind your lifestyle, wellness goals and preferences to find the tools and plan that will work best for you.



Our Approach

Drawing from a five-pillar approach to wellness, our team integrates modern medicine and ancient healing practices to deliver whole-person care.

Food & Nutrition

Food is medicine. It can harm or heal us, so learning what your body's unique needs are empowers you to better nourish and care for it every day.

Movement & Performance

Mindful movement and functional fitness — tailored to your current needs, abilities, and goals — fuel both your mental stamina and physical strength.

Mind & Spirit

There is a proven and powerful link between the mind and body — caring for your mental, spiritual and emotional health optimizes your overall well-being.

Body & Skin Care

Massages and facials aren't just feel-good spa treatments — they are healing body treatments (just a few of many that we offer) that are critical to the health of your mind, body and spirit.

Lifestyle & Community

Simple lifestyle practices and a supportive, inspiring community are keys to long-term health and happiness.



Why Choose THE WELL?

These days wellness is ubiquitous, and not necessarily focused on individual needs or deeply informed clinical knowledge. THE WELL delivers a holistic, whole-person wellness experience through our integrative and comprehensive approach. We adhere vigilantly to these elemental components of THE WELL experience:

Team Of Experts

From our Chief Medical Officer and our Director of Mindful Movement, to our licensed massage therapists, we have world-class experts in their fields of health and wellness.

Integrated Whole-Person Care

We integrate modern medicine and ancient healing practices to address the physical, mental and spiritual aspects of your well-being.

Personalized Robust Offering

Wellness looks different for everyone — that’s why we offer a variety of services, products and experiences to personalize your journey towards better health.

Highest Quality

We did our research, so you don’t have to. We have the highest standards for everything we do — from our services and products to our design and guest experiences.



What We Believe In

Evidence-Based

We value evidence of proven effectiveness, whether it's a scientifically-backed solution or a healing method practiced for centuries.

Preventative

We believe healthcare should focus not only on curing illness, but also on preventing it to help people feel good every day.

Personalized

We know that wellness is not one-size-fits-all. It looks, feels and affects everyone differently — at every stage of the journey.

Whole-Person

We are committed to whole-person care by addressing each element of well-being: physical, mental and spiritual.

Equity-Minded

We are dedicated to remaining mindful that not everyone is starting from the same place and aware of the countless factors included in truly being and feeling well.

Community-Focused

We are community-focused — understanding that the well-being of each of us as individuals is deeply impacted by the well-being of our planet and society. We can't do one without the other.



“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.”

— Kane Sarhan, CoFounder & CCO



THE WELL *Founders*

THE WELL came to life through the collective purpose, experience and entrepreneurship of its three founders — category innovators and consumers of wellness — each with unique backgrounds and expertise.

Together, they recognize that wellness means something different for everyone and share a deep commitment to contributing to a world where everyone can feel better.



Rebecca Parekh

CoFounder & CEO

Rebecca Parekh is the CoFounder and CEO of THE WELL — your one-stop shop for wellness, focusing on whole-person care. Prior to founding THE WELL, Rebecca was the COO for Deepak Chopra Radical Well-Being, where she worked to source federal funding for integrative health research. Previously, Rebecca was the CoFounder and Executive Director of the Global Foundation for Eating Disorders.

Before transitioning to the health & wellness sector, Rebecca was a Director at Deutsche Bank Securities, focused primarily on structured credit. She held various positions including Head of Cross Product Sales and Head of the US Private Institutional Client Group. In addition to her business roles at Deutsche Bank, Rebecca served on the Steering Committee of the Bank’s Women’s Network and led the recruiting effort at her Alma Mater, University of Michigan.

Rebecca 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 the Breakout Foundation and LIFE Camp, Inc.



Sarrah Hallock

CoFounder & COO

Sarrah Hallock is the Cofounder and COO of THE WELL — your one-stop shop for wellness, focusing on whole-person care. Sarrah is also an Integrative Health Coach and Nutritionist. Prior to her career in the health & wellness sector, Sarrah spent 20 years helping turn consumer products into household names. As Brand Director for vitaminwater, Sarrah oversaw triple digit growth from the brand's inception through to the sale to The Coca Cola Company for \$4.1b in 2007.

Sarrah went on to be an investor and VP of Marketing for bai, an antioxidant enhanced water that sold to Dr Pepper Snapple Group for \$1.75b in 2016. She then helped launch WTRMLN WTR as an investor and VP of Marketing. Sarrah serves as an advisor and/or investor to various consumer brands including POP & BOTTLE, Health-Ade Kombucha, WTRMLN WTR, Bullet Proof, Skinny Dipped, Cue Health, Chef's Cut Real Jerky, Vital Proteins and One Bar.

She has been featured in Bloomberg, WSJ, New York Magazine, Glamour Magazine, AdWeek and Vogue Italia. Sarrah holds a BA in International Relations and Economics from Simmons College in Boston, Massachusetts and Health Coaching certificates from Duke Integrative Medicine and the Institute of Integrative Nutrition.



Kane Sarhan

CoFounder & CCO

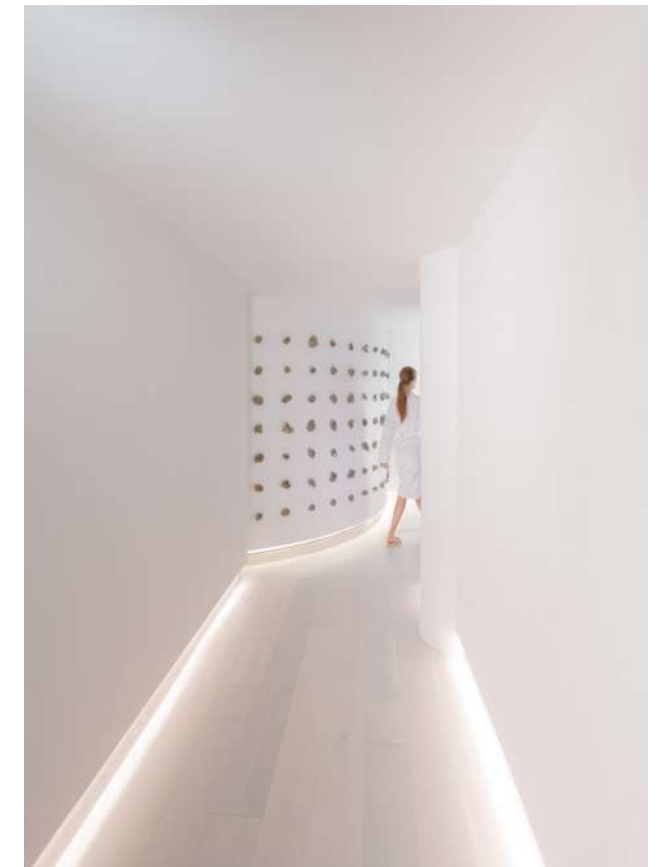
Kane Sarhan is the CoFounder & CCO of THE WELL. Prior to THE WELL, Kane spent his career working in entrepreneurial environments with leaders like Jacqui Squatriglia, Nihal Mehta and Reshma Saujani. Kane served as Creative Director at LocalResponse, leading design and creative for the company while personally selling over \$5MM in business to clients like Kraft, Walgreens and Coca Cola. He went on to start his own non-profit, Enstitute, the first national apprenticeship program at companies like Foursquare, Warby Parker, Bit.ly, Thrillist and more.

Before entering the health & wellness sector, Kane was Head of Brand for SH Hotels & Resorts, Starwood Capital Group's hotel brand management company, overseeing the development and management of the firm's two luxury lifestyle hotel and residence brands, 1 Hotels & Homes and Baccarat Hotels & Residences. Launching over \$1BB in assets to monumental success, Kane drove each hotel to quickly become the leader of their comp sets, driving record sales and winning national and global awards.

Kane has been named to the 2013 Forbes 30 Under 30 list, a 2013 Echoing Green Fellow and a 2012 Frances Hesselbein Institute NEXT Leader of the Future. He has been featured in The New York Times, PBS, Forbes Magazine, CNN and more and is a sought after speaker and commentator — keynoting and paneling at conferences and gatherings around the world.



THE WELL New York



Thoughtfully-designed wellness spaces that nurture healing.



THE WELL New York

2 East 15th Street, Flatiron, New York City

Adjacent to Union Square Park and steps off 5th Avenue, THE WELL New York is a 13,000-square-foot tranquil wellness retreat in the heart of New York City. The flagship space includes a full-service spa with a steam room, dry sauna and relaxation areas, a robust medical practice, an organic wellness café, fitness and meditation studios, a foot rub and IV therapy lounge and a library with curated weekly programming.



THE WELL at Mayflower Inn

118 Woodbury Road Route 7,
Washington, CT 06793

Located just two hours from both New York City and Boston in the idyllic town of Washington, Connecticut, THE WELL at Mayflower Inn is a countryside wellness escape. The 20,000-square-foot space, nestled in the hotel's 58-acre property, features eight treatment rooms, a pool house with hammam and whirlpool, two steam rooms, a state-of-the-art gym and a sunlit yoga/fitness studio. This retreat destination offers custom spa services, a rotation of visiting medical practitioners, daily programming and movement classes and a calendar of seasonal experiences. Every visit to THE WELL will leave you feeling rested and refreshed.



THE WELL at Hacienda AltaGracia

Santa Teresa de Cajón,
Pérez Zeledón, Costa Rica

Tucked away in the foothills of the Talamancas Mountains in Costa Rica, THE WELL at Hacienda AltaGracia celebrates Pachamama, or Mother Earth, by harnessing the healing power of nature through unique experiences. Spanning 180 acres of land with 20,000 square feet of amenities, this remote wellness escape combines ancient wisdom and modern medicine to create a truly holistic offering. No matter what experiences you choose, you will leave THE WELL with a clear mind, full heart and content soul.

A dark, moody photograph of a bird's nest on a branch, with a person's hand visible in the lower right corner.

Life at
THE WELL
Bay Harbor
Islands



Life in Bay Harbor Islands

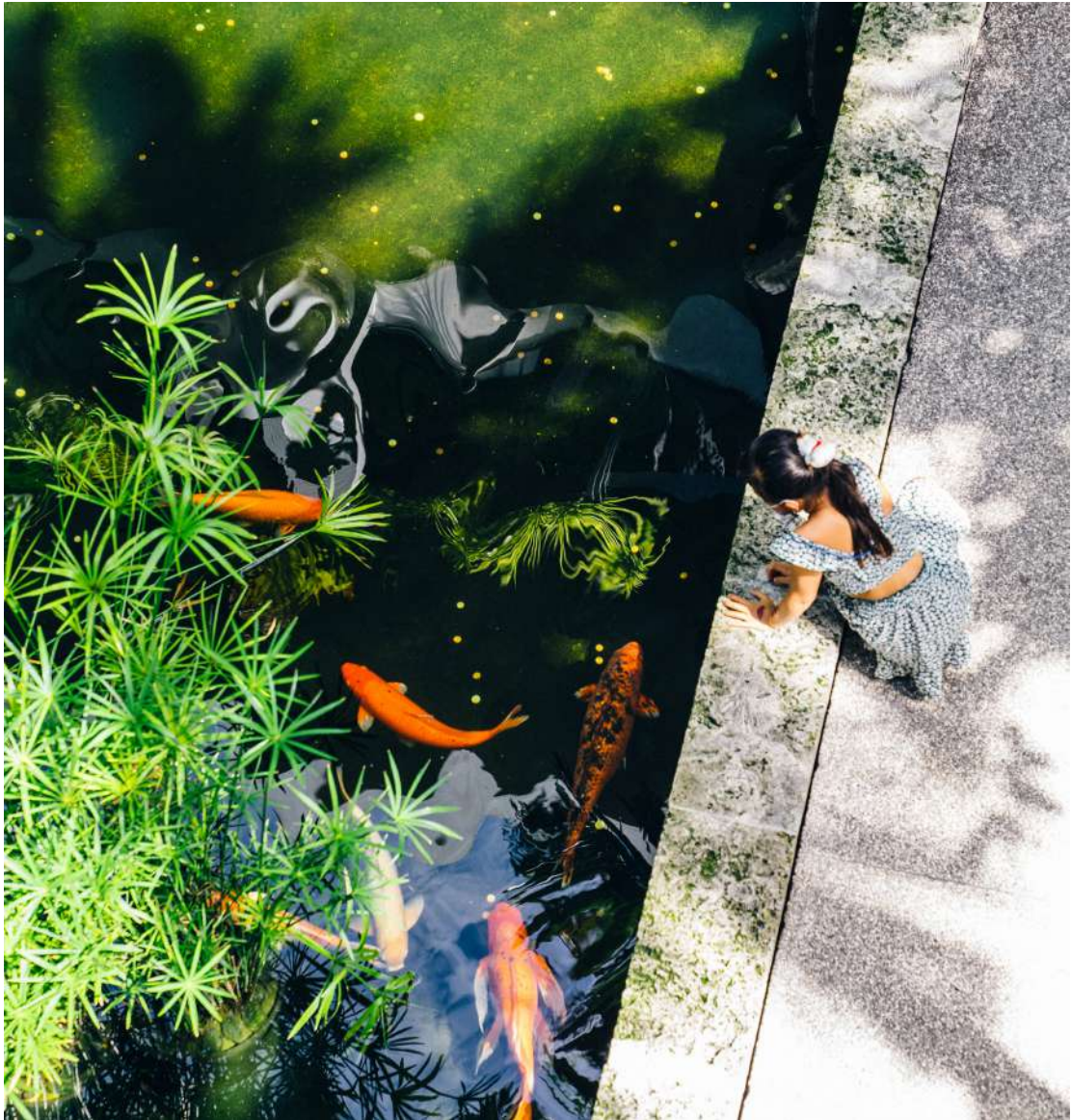
You know it when you feel it — a quiet shift, a casual sigh of contentment. Traffic eases, the sky expands, the water glimmers with every new ray of light. This is Florida at its most refined: welcome to the blissful Bay Harbor Islands—a tranquil retreat that's perfectly situated near the vibrant energy of Miami, Bal Harbour's discreet glamour, miles of pristine shoreline, the buzz of Surfside Beach and the quiet escapes of Indian Creek.

In town, the world feels slowed down, relaxed—an oasis hidden in plain sight. Moments from the beach and the legendary Bal Harbour Shops, home to Robert Indiana's Love sculpture and Romero Britto's "Heart," Bay Harbor is alive with iconic modern art and endless natural beauty—all along a pristinely landscaped, palm-lined promenade that includes galleries, boutiques and exceptional restaurants.

Bay Harbor's relaxed, sunlit glow and tree-lined paths make it feel like an island retreat, a long weekend filled with welcome surprises at every turn. Stay a little longer, and you'll discover a favorite café, park, garden, bike path or spot for gazing out at the water. There is a sense of instant familiarity, an invitation to linger a little longer, stay for sunset—a place defined by the simple but meaningful pauses that encourage your whole-person well-being. And, most remarkable about Bay Harbor: Take a stroll through town and you might happen upon live music, your go-to five-star restaurant, a new artist's installation, a boutique opening, an organic wine bar or an impromptu gathering of friends near the beach. No matter your routine or your calendar, life in Bay Harbor gives you the space to breathe and the natural balance to support your complete well-being.







1



3



2

1, 2. Bal Harbour Shops
3. Bal Harbour Beach

A location that strikes the perfect balance between a serene atmosphere and proximity to the vibrant energy of Miami.



Neighborhood

The Residences are set along Bay Harbor Islands — just minutes from pristine beaches, the legendary Bal Harbour Shops and the vibrant energy of Miami. The town of Bay Harbor Islands is defined by iconic art and natural beauty —with a promenade that includes exceptional galleries, boutiques and restaurants. The Residences also offer easy access to Surfside Beach and North Miami as well as the quiet oases of Indian Creek and Bay Harbor Islands.

- Food + Drink*

1. Pura Vida
 2. The Palm
 3. Emilios' Trattoria
 4. The Bistro
 5. O'Lima Signature Cuisine
 6. Le Zoo
 7. Makoto
 8. Hillstone
 9. Carpaccio
 10. The Surf Club Restaurant
 11. Lido at the Surf Club
 12. BH Burger Bar
 13. Atlantikos
 14. Artisan Beach House
 15. Café Ragazzi
 16. Josh's Deli
- Schools*

17. Miami Country Day School
 18. Mater Beach Academy
 19. The Cushman School
 20. Ruth K. Broad Bay Harbor K-8 Center
- Parks*

21. North Bayshore Park
 22. Officer Scott Winters Park
 23. Bay Harbor Islands Tot Lot
 24. 95th Street Park
 25. Surfside Park
- Shopping*

26. Bal Harbour Shops
 27. Aventura Mall
 28. Miami Design District
- Hotels*

29. St. Regis Bal Harbour
 30. The Ritz-Carlton Bal Harbour
 31. Four Seasons Surf Club

The Residences





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.*

Building Features

- 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



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
- 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
- Stone floors and walls
- Custom Italian cabinetry





Inspired, Balanced, Restorative *Homes*

Envisioned in tune with the architectural flow of THE WELL, with softly curved interiors to create fluid energy, each residence is thoughtfully curated and designed to sustain every aspect of your holistic health, while recognizing that true wellness means something different to everyone.

Generous, sunlit layouts allow for flexibility and range of motion, while woods in flooring and cabinetry nurture your connection to nature. Floor-to-ceiling glass windows and spacious private balconies bring the outdoors in — a gentle infusion of balmy ocean mist. To promote the healthy circulation of air throughout the residence, each space includes custom air purification systems, as well as aromatherapy diffusers to support restoration and calm. The palette is clean and minimal, with warm tones and cool accents, complemented by rich textures and carefully streamlined design throughout each and every room.



Residence 01 Terrace

Artist's Conceptual Rendering | See Disclaimer Page

THE WELL Bay Harbor Islands
is your home for complete wellness
— every residence designed with
your holistic health in mind.





The Perfectly Crafted Kitchen

The kitchen is considered from a perspective of holistic health, equipped with the exceptional Kore™ Workstation Kitchen Sink, known for its sleek design, unmatched function, balanced workspace and seamlessly integrated accessories. Quartz countertops and backsplash create a clean, fluid aesthetic, Sub-Zero and Wolf appliances are integrated throughout, the faucet offers both still and carbonated options, and every kitchen features a Vitamix and custom air fryer.



Residence Kitchen & Dining





A Restorative Primary Bedroom

Primary bedrooms are created to promote healthy sleep habits, restore internal balance and create a clear space to clear the mind. High ceilings and spacious layouts lend a sense of serenity and relaxation — floor-to-ceiling glass windows and subtle, refined light fixtures create an even, calming rhythm.



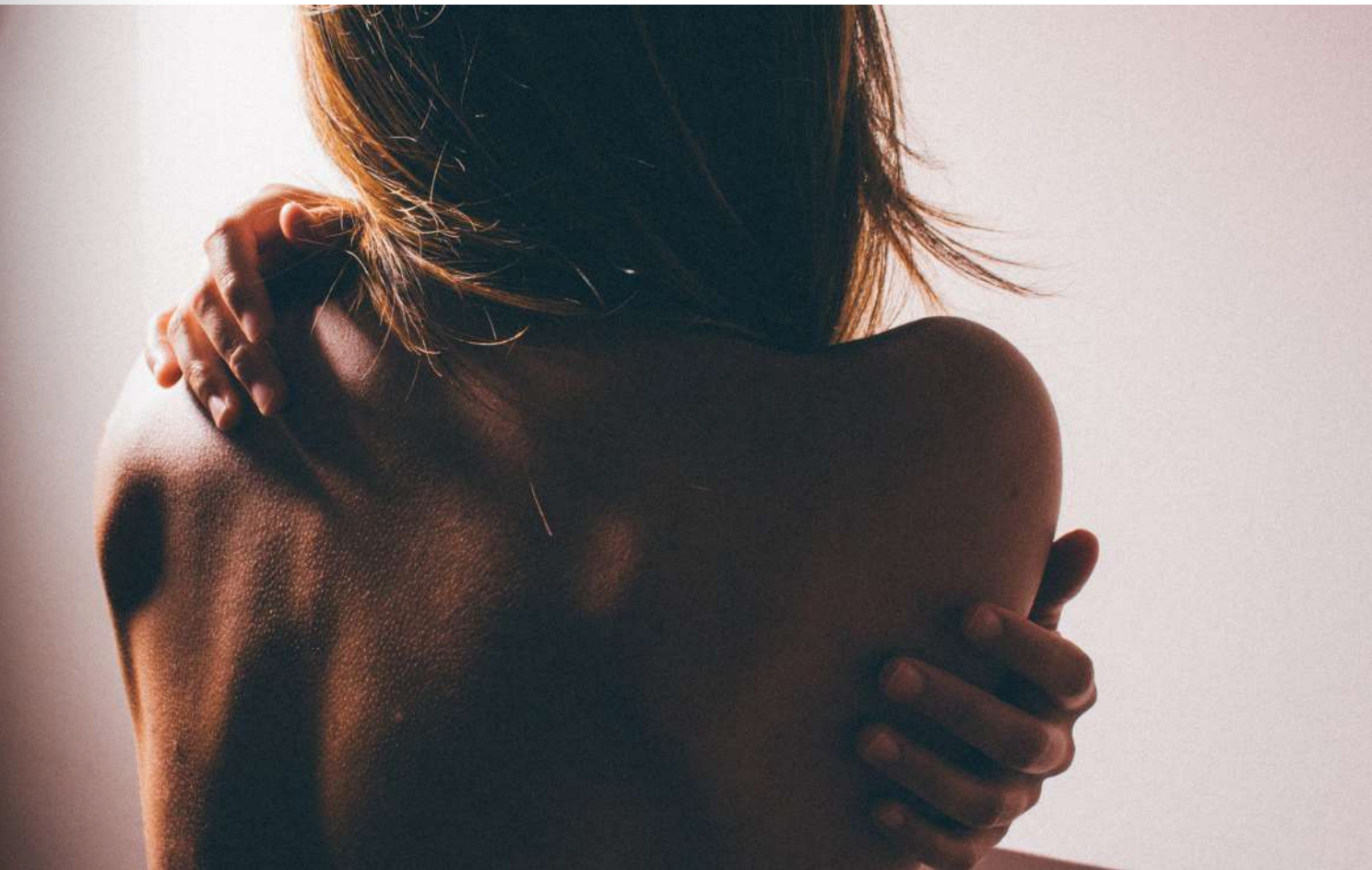
Residence Primary Bedroom





An Inspired Primary Bath

The primary bath is intended to feel like a spa, with a dual-pressure rain shower and affusion spa shower option to help stimulate the lymphatic system, reduce water retention and increase energy. Free-standing or built-in tubs ease tired muscles and joints, stone floors and walls keep the space cool and refreshed — a complete primary bath that nourishes and cultivates well-being every day.





Residence Primary Bath



The background of the entire image is a close-up, high-resolution photograph of water ripples. The water is a deep teal or slate blue color. The ripples are formed by numerous small, overlapping waves, creating a complex, organic pattern of light and dark areas. The light reflects off the crests of the waves, creating bright, shimmering highlights that contrast with the darker, shadowed areas of the troughs. The overall effect is a sense of movement and texture, reminiscent of a stone dropped into a pond.

The Amenities



Private Cabanas

Artist's Conceptual Rendering

The Residences Design Story

Grounded in the elements, envisioned to activate all the senses and created to support whole-person well-being. THE WELL is designed to make wellness part of your every day — with fluid energy flow, open, airy spaces and biophilic elements that promote purification and connection to nature. The architectural ethos: humanistic, modern and holistic — each angle, each perspective carefully considered to achieve an environment of wellness and tranquility — Florida Green Building Design-certified to help protect the environment itself.

THE WELL design achieves a holistic sense of serenity: subtle aromatherapy, restorative water features, expansive spaces that allow comfortable room for community interaction. The palette is warm and rejuvenating, design details minimal and discreet. From the moment of entry, every architectural element has been integrated specifically to promote holistic wellness. Spaces are streamlined and expansive, gently curved and connected to create an effortless natural rhythm. Lighting is thoughtful and contextual — muted and soothing, bright and restorative, quiet and relaxed. Materials, too, are selected specifically to promote overall well-being — understated, reclaimed woods, smooth stone, elements of the outdoors and calming, refined finishes create an immediate sense of whole-person health — and inspire a long exhale.

Services & Amenities

- Wellness concierge, a step or text away
- 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



Feel better the moment you walk through the door — thoughtful design, natural light, gentle curves, restorative aromas, therapeutic sound — an overall sense of ease.

Every shared space, no matter its purpose or function, is envisioned in the context of holistic well-being, with a consistency of form and commitment to balance blended into each and every aspect.

In the quiet, sunlit reading room: floor-to-ceiling glass windows, the ebb and flow of natural light, refreshed neutrals that feel cool but cozy, light wooden flooring and thoughtfully arranged furnishings with plenty of room to ponder.



Reading Room

Artist's Conceptual Rendering | See Disclaimer Page



Dedicated boardroom promotes work/life balance

The private boardroom is soaring and bright, informed by collaborative thought, open discussion, seamless technology, human interaction—a subtle blend of ease and efficiency, organization and freedom to stretch the mind.



Private, residents-only indoor and outdoor fitness classes

The fitness center is designed to make working out a healthy, balanced and positive experience, in an environment that's both nurturing and inspiring. Cardio machines face floor-to-ceiling glass, with dedicated areas for yoga and pilates, weight training and stretching, as well as breezy, light-filled studios for private and group classes — all designed to make wellness part of your every day.





On the rooftop, two rejuvenating pools promote holistic health: a spacious low-toxin lap pool helps reduce skin irritation and exposure to harmful chemicals, while lap swimming increases lung capacity, lowers blood pressure, reduces stress, supports mental health, improves sleep patterns and more. The circular heated pool, set just next to the lap pool, helps relax muscles and joints post-swim, improves blood circulation and supports lung capacity. Both are surrounded by ergonomic lounge chairs and private cabanas for complete poolside comfort — and complete privacy when you want it. In addition, we created a fully equipped outdoor kitchen and airy, open spaces for gathering, hosting or lounging





Rooftop cabanas, loungers and
fully equipped outdoor kitchen



Make *wellness*
part of your
every day.





The Club

THE WELL Bay Harbor Islands is your home for whole-person care. Our thoughtfully designed wellness center aims to provide a sense of well-being from the moment you arrive — with high ceilings, open layouts and diffused natural light, the surrounding environment quietly integrates into the flow of the space to harness the healing power of nature.

Experience the unparalleled, therapeutic power and knowledge of our world-class healers through our custom menu of East-meets-West services and classes that address the physical, mental and spiritual aspects of well-being. From stress and anxiety relief, gut support, navigation of Long Covid-19, help identifying the root cause of chronic and/or undiagnosed conditions, improved sleep habits, chronic pain reduction, hormonal balance, weight management and more, our team of experts is here to help you feel your best.

THE WELL is your one-stop shop for wellness. Our services, products and experiences address the physical, mental and spiritual aspects of well-being to help you feel your best. the-well.com

- Restorative, purifying Bath House, where all experiences at THE WELL Bay Harbor Islands begin
- Rejuvenating saunarium, 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



Services include head-to-toe healing — from massages and facials to functional medicine and acupuncture — as well as mindful movement classes including yoga, pilates, Qigong, meditation and more, spacious styling suites and private lockers, thoughtful programming and events with renowned leaders in the wellness community, and a curated boutique of carefully vetted wellness products.

In addition, residents receive complimentary memberships to THE WELL Bay Harbor Islands (included in the residence purchase), and special perks at THE WELL locations globally, full-service concierge services from THE WELL team, access to THE WELL locker, the latest wellness tech, including Theragun, Therabeam, infrared blankets, lymph boots, FaceWare Pro and others — for use exclusively by residents.

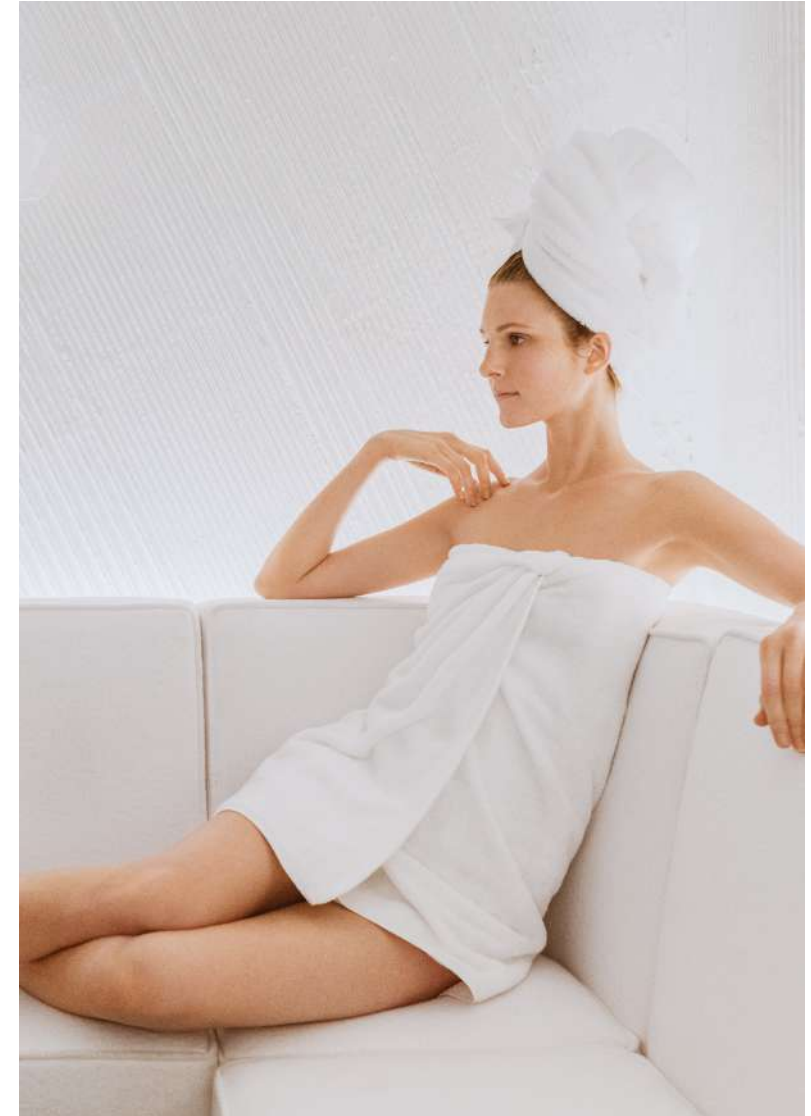
THE WELL also offers residents weekly fresh juices and prepared meals, private indoor and outdoor classes, as well as an annual health coaching session to help guide you and/or your family to creating personalized wellness plans.

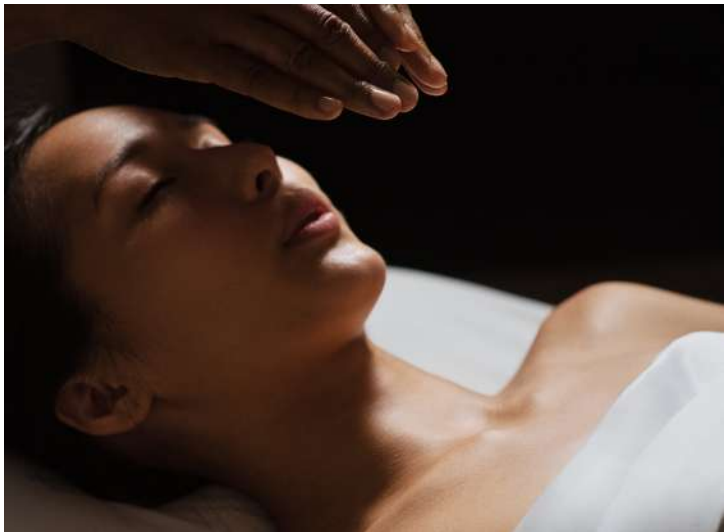


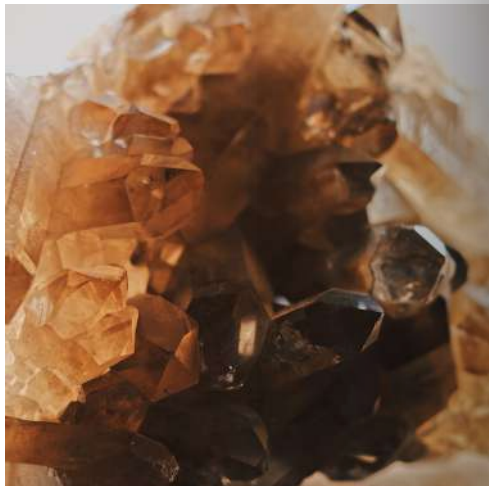
Exclusive Privileges for Residents

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 program for individuals or families
- Dedicated private outdoor and indoor classes
- Annual health coaching session to guide residents in creating individualized wellness plans
- Preferred pricing on treatments and services
- Exclusive benefits across THE WELL locations globally







From immune-strengthening vitamins to essential oil-based self-care, our products offer the best for the body and mind — in our services, in your home and on the go.





Nourish your body with sustainably sourced,
organic foods curated with wellness in mind.



The Design Team





Terra
Park Grove, Coconut Grove, FL



Meyer Davis
Mr. C Residences, Coconut Grove, FL



Arquitectonica
Five Park, Miami Beach, FL



Anda Andrei Design
11 Howard Hotel , NYC

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.



THE WELL

BAY HARBOR ISLANDS

MIAMI

EXCLUSIVE SALES BY DOUGLAS ELLIMAN DEVELOPMENT MARKETING



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