

The Ultimate Wellness Immersion

Wellness residences are redefining what it means to live well

By **Sandra Ramani**

As awareness of wellness has grown out of the spa world, it's come to influence many aspects of our lives, from what we eat to where we go on vacation. And now, thanks to a few real estate visionaries, wellness is also helping to define not just how we live, but where. Here's a look at three well-being-focused real estate developments that encourage residents to live their best lives.

Amrit Ocean Resort & Residences

Spread out over seven pristine acres of Atlantic Ocean coastline, on Palm Beach County's idyllic Singer Island, this development was envisioned by entrepreneur Dilip Barot to be a one-stop hub for those seeking a balanced lifestyle. Enlisting the help of noted spa and wellness experts and partners, including

ESPA and the Himalayan Institute, Barot and his team at Creative Choice Group have crafted a complex that harnesses Eastern traditions, Western luxuries and modern technology to provide all the tools needed for a journey toward physical and mental well-being.

Scheduled to open in spring/summer 2019, the complex will feature two towers. Tower P (Peace) will house resort-style residences with wellness-focused design elements like heated reflexology flooring, vitamin C-infused showers, sound intrusion blocks, mood-enhancing aromatherapy and customizable "dawn lighting" that gently gets brighter to ease you into waking up. In Tower H (Happiness), the mix of residences and hotel guest rooms will enjoy easy access to the 100,000-square-foot spa, with its meditation garden, yoga studios, ESPA treatment rooms and whirlpool spa. An oceanfront restaurant will serve flavorful, nourishing cuisine, while the private beach club will be equipped with cabanas, loungers and watersports equipment.

For both short-term resort guests and long-term residents, the Amrit experience will be based on a core Five Pillars of Wellness: Nutrition, highlighting holistic Ayurvedic recipes geared toward gut-brain health; Fitness, with a focus on inner organ strength; Mindfulness, highlighting breathwork, imagery exercises and living in the moment; Sleep, incorporating tips, yoga and technology; and Relaxation, through pampering treatments. The amenities and programming are also designed to be cross-generational, putting all Amrit guests on the path to what Shama Barot, chief strategist of Creative Choice Group, describes as "a more positive, conscious life." amritocan.com



Amrit Ocean Resort & Residences

Chileno Bay Resort & Residences

There has been a lot of development in western Mexico's Los Cabos region recently, but one of the standout launches of the last year was undoubtedly this 22-acre beachfront property, set among the pristine sands and protected coves of Chileno Bay. Operated by noted luxury hotel brand Auberge Resorts Collection, the relaxed spot encourages an interactive lifestyle for all ages, offering experiences that celebrate and connect guests to the stunning surroundings.

In addition to 60 stylish guest rooms, the property features 32 two-, three-, four- and six-bedroom villas; the three- and four-bedroom options are available for purchase, with owners enjoying the convenient option to put the villas into a hotel rental pool, managed by Auberge, as needed. All accommodations have been crafted by San Francisco-based Glazier Le Architects and BAMO interior designers in a contemporary, open-plan style, with indoor-outdoor living, custom fabrics, natural materials, and a nature-inspired palette of earth, sea and plant tones. Both guests and owners have access to amenities like a three-tiered zero-edge pool, a championship golf course, multiple dining options, and the H2O Cave, a water sports center carved into a natural granite bluff that offers an array of water sports activities, from group scuba classes to Schiller water bikes.

The 7,500-square-foot Auberge Spa features fitness and movement studios, an outdoor Purification Garden bathing experience, and 10 rooms for holistic, Baja-inspired treatments. As an added perk, guests and owners also enjoy complimentary transfers to the iconic Esperanza Resort (an Auberge sister property), and signing privileges at restaurants like the cliff-top Cocina del Mar. chilenobay.aubergeresorts.com; chilenobayresidences.com



Chileno Bay Resort & Residences

Serenbe

Imagine living in an idyllic community inspired by the charming English villages and multigenerational communities of yore, where 70 percent of the 1,000 lush acres is preserved green space, neighbors make pies using fruit from the trees lining the sidewalks, and kids can safely run around creeks, playgrounds and 15 miles of trails to discover hidden treehouses and in-ground trampolines. Add to that amenities like a 28-acre organic farm that supplies three noted restaurants, regular farmers and art markets, unique shops, a community theater, horse stables, tennis and bocce courts, and year-round festival programming, and you have the dreamy reality that is Serenbe.

Launched in 2004 by Steve and Marie Nygren, who left the hubbub of nearby Atlanta for these greener pastures around Chattahoochee Hills, the sustainable development currently features three complete neighborhoods—one centered on the arts, another on agriculture and the third on health. Short-term guests can experience Serenbe by checking into the on-site Inn, but the best way to soak it all up is to build, lease, buy or invest in one of the homes. Ranging from single-family houses and townhomes to apartment and live-work hybrids, the energy-efficient residences are all built to high sustainability standards. Whether you move in to a pre-build residence or create your own dream home, you'll enjoy easy access to all this utopia has to offer. serenbe.com



Blue Eyed Daisy Bakeshop, Serenbe