the ZEN Life

The promise of sublime wellness becomes a prime selling point in five-star real estate.

By Nikki Albinone-Vee

Roman golden might have been the first to appreciate the healthful benefits of soaking in hot spring waters, often traveling miles to indulge, but today’s urbanites cannot or need not travel far for an equally indulgent treat. Many of Miami’s most exclusive high-rises (both standing and in development) are offering novel amenities and services that rival the world’s top spas.

Take, for example, Park Grove (parkgrove.com), whose guests are invited to enjoy 50,000 square feet of amenities, including their own private, 5-acre garden designed for outdoor meditation, pilates and yoga, plus a full-service spa with aromatherapy rooms, saunas, and a whole-body fitness center. Una Residences (unasuites.com) in South Beach will offer a spa reminiscent of those found at Aman resorts (no coincidence since developer Vladilax Development is Aman’s chairman and CEO), and its location provides condo owners quick access to nearly a dozen paths for quiet connection with nature. At The Ritz-Carlton Residences, Sunny Isles Beach (theritzcarltonresidencesbeach.com), the experiences are not as far-reaching, but nonetheless impressive with hydrothermal experience rooms and a mixture of fresh flowers in public rooms by renowned florists.

Some properties have tucked away little gems, like Jade Signature (jadesignature.com) with its in-house (for residents only) Tata Harper Spa, while others, such as One Thousand Museum Residences by Zaha Hadid Architec-
(1800museum.com), have an entire floor dedicated to wellness. Rents pay condo owners will be slashed in products by Biologique Recherche, one of the tower's official beauty brands, at the indoor outdoor spa. Turnbull Ocean Club's (turnbulloceanclub.com) entire 5th floor is also designed for revitalization and relaxation, plus residents are granted membership privileges at the nearby Nine Spa and Wellness Collection where an indoor cycling studio, personal training, massage club and Himalayan salt suites are common. Those who wish to reach even higher can live at bleach flats where residents can do "cardio in the clouds" take a therapeutic steam showers meet with an on-site nutrition consultant and personal trainer, and then go for a dip in the rooftop Sky Pool, all on the tower's 61st floor.

Then there is Gran Paraiso (granparaisoatresidences.com), which spreads its advertisement of riches over many levels incorporating a hammam and hammam shower, garden landscape terrace and a pool for aquatic massage therapy, along with multiple tennis courts and putting greens, a golf simulator room, a bowling alley and a state-of-the-art fitness studio.

As self-care includes taking the good things as well as spreading the bad stuff out, 2000 Ocean (2000ocean.com) and One River Point (oneriverpoint.com) have committed to giving their residents access to all organic, locally sourced, quality ingredients in their restaurants, along with signature health drinks and specifically designed healthy snack menus. One River Point also boasts a high-tech fitness center and provides select spa services and treatments in private poolside cabanas, while 2000 Ocean features a bamboo garden, hammam, ice room and more.

And for those who are equally concerned about the well-being of their favorite furry friends, One Ocean at Harbour (oneoceanharbour.com) terriers pampered paws to its VIP(oids) pet grooming spa, for shampoos and deep-conditioning treatments, haircuts, blowouts, dental cleanings and "pawdicures." After all, life on the beach can sometimes get rough, even for man's best friend. ■