

SHELTER / NEW CONSTRUCTION

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Exclusive: The Well Bay Harbor Islands Reveals Miami's Hottest New Amenities

Robb Report got a sneak peek at the residential tower's Roman bath-style caldarium, saunarium, and halotherapy steam room.

By [ABBY MONTANEZ](#) 



THE WELL Bay Harbor Islands

It was back in October when [Miami-based real estate developer Terra](#) broke ground on [The Well Bay Harbor Islands](#). The [health-focused residential tower and office building](#) is the first of its kind in the country, and naturally, it's slated to feature next-level holistic amenities for the self-care-obsessed. Think Eastern healing treatments and thermal experiences, including what will be the city's first-ever caldarium, of which *Robb Report* got first glimpse.

For those who don't spend a considerable amount of time studying the Roman Empire, a caldarium is a ceramic-tiled warming room that often appeared in ancient bathhouses. At The Well Bay Harbor Islands, the beautifully designed chamber will be co-ed and heated by steam to a temperature of 100 to 120 degrees Fahrenheit. New renderings indicate the curvacious space will have a plunge bath in the center, surrounded by heated walls, floors, and benches.



New renderings reveal Miami's first caldarium at The Well Bay Harbor Islands.
THE WELL BAY HARBOR ISLANDS

Here, residents and members will have the opportunity to socialize while also boosting circulation, reducing inflammation, and promoting relaxation. Additionally, The Well Bay Harbor Islands will offer a halotherapy steam room that uses citrus aromas to support lymphatic drainage. There will also be a saunarium with multi-tiered seating, an energizing cold plunge, and an infrared and sound dome.

“Community is not just about being together but about creating an environment where wellness flourishes collectively,” said Kane Sarhan, co-founder and chief creative officer of The Well. “We are passionate about creating thoughtfully designed wellness spaces that nurture health and healing.”



The eight-story glass-walled building has 66 residences and 22,000 square feet of amenities.

Designed by Arquitectonica with interiors by Meyer Davis, the eight-story luxury development will sport 66 residences starting at \$1.3 million and over 22,000 square feet of amenities, including a state-of-the-art fitness center (similar to [The Well New York](#)), a rooftop pool, and a signature restaurant serving up organic eats, of course. The complex, which is already 50 percent sold, is set to open in early 2025.

“We believe in building more than just structures; we are developing an entire community devoted to well-being and are immensely proud of this unmatched project,” explained David Martin, CEO of Terra. “The Well Bay Harbor Islands is a lifestyle choice for those who value health and want to live and work alongside others who match that mindset.”

Click [here](#) to see all the photos of The Well Bay Harbor Islands.



The Well Bay Harbor Islands in Photos

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