

DESIGN & ARCHITECTURE

# Do you dream of living in a wellness sanctuary? In Miami the first houses with a holistic design signed Arquitectonica and Meyer Davis

The WELL Bay Harbor Islands marks a turning point in the real estate industry: it will be the first fully designed condominium following the guidelines of holistic design, an approach that integrates mind, body and emotion.



by Olivia Fincato

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Nature becomes an integral part of the holistic design of The WELL clubs. Above wellness center at Hacienda AltaGracia. Courtesy Auberge Resorts Collection

Construction work begins in Miami on the first holistic design condominium, an ambitious residential project that integrates architecture and wellness in 360 degrees. The inauguration of **The WELL Bay Harbor Islands**, which took place last October 9, marks a turning point in the real estate industry. *AD* meets exclusively with the protagonists of the project to understand how **The WELL Bay Harbor Islands** can revolutionise the way people live and work, integrating well-being into everyday life. Construction is expected to be completed in 2025.

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Master bathroom model of THE WELL Bay Harbor Islands residences designed by the Meyer Davis studio. Photo ©Katya Popovych of Luxhunters Productions

'The innovative strategy for the holistic design project revolves around three fundamental pillars: improving HVAC infrastructure- heating, ventilation and air conditioning- water and lighting system, careful interior design and refining the offer of services and comfort,' explains **Kane Sarhan**, Co-Founder and CCO of **The WELL**, an exclusive wellness club with locations in New York, Connecticut, Costa Rica and Mexico.



Nature becomes an integral part of the holistic design of The WELL clubs. Above wellness center at Hacienda AltaGracia. Courtesy Auberge Resorts Collection

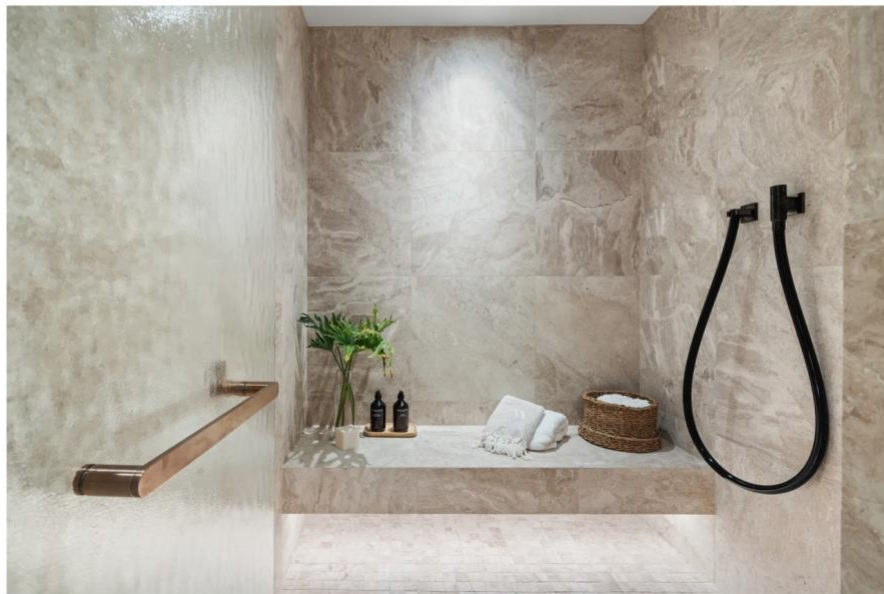
In the area of infrastructure, **The WELL Bay Harbor Islands** optimizes HVAC, water and lighting systems, prioritizing the creation of an environment that puts well-being at the center. As part of holistic design, the interiors prefer shapes and materials that promote tranquility and harmony. Personalized services will be offered within the condominium thanks to new technological applications. 'The WELL Bay Harbor Islands' mission is to revolutionize the way people live and work, seamlessly integrating well-being into their daily lives,' continues **Kane Sarhan**.

**Miami** seems to be the ideal city for this ambitious architectural project, for three consecutive years in fact the title of the healthiest city in America is secured. 'When **David Martin CEO of Terra**, an award-winning real estate development company based in Florida, known for projects with a positive impact on the surrounding environment and, by extension, on the people who live there, presented to us, it was a perfect meeting,' says **Sarrah Hallock**, Co-Founder and COO of The WELL. 'We found the perfect place and partner for this one-of-a-kind project.'

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The project will meet the growing demand for luxury housing in line with the growing influx of Florida residents. Additionally, The WELL Bay Harbor Islands will respond to the growing desire to put health and well-being at the heart of people's lives. 'This project is expected to set a new standard for integrating wellness into the area, creating a prosperous and health-conscious community,' adds **David Martin, CEO of Terra**.



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One of the bathrooms of THE WELL Bay Harbor Islands residences designed by the Meyer Davis studio. Photo ©Katya Popovych of Luxhunters Productions

The atrium is filled with natural light, with high ceilings and open, airy design. Aromatherapy and the noise of the central fountain enhance the holistic atmosphere. The building has earned the Florida Green Building Design certification, which emphasizes sustainability. All residents of The WELL Bay Harbor Islands community will have full access to The WELL Club.



Nature becomes an integral part of the holistic design of The WELL clubs. Above wellness center at THE WELL at Mayflower Inn. Courtesy Auberge Resorts Collection.

«The creation of The WELL Bay Harbor Islands was an artistic collaboration, meticulously curated to reflect the essence of our philosophy. The **Arquitectonica** studio with daring modernism, kicked off a renaissance of Miami's urban landscape. The design studio **Meyer Davis**, shaped the interior of the project, perfectly blending the principles of sophisticated design with a holistic approach, focused on who will live in The WELL. Finally, **Anda Andrei Design**, with attention to detail and architectural expertise, provided creative direction, creating unforgettable and extraordinary spaces," continues Kane Sarhan.



Organic shapes, natural palette, holistic design are the characteristics of The WELL clubs. The courtyard of one of the rooms at Chileno Bay. Courtesy Auberge Resorts Collection

The key elements of the architecture designed by **Arquitectonica** are generous and bright housing units that privilege flexibility and freedom of movement.

**The use of wood** in floors and furnishings fosters the bond with nature, while the floor-to-ceiling windows and large private balconies perfectly blend life inside and outside, allowing residents to enjoy the views and the mild mist of the ocean.

"To further promote a healthy environment, customized air purification systems are integrated into every space, ensuring the circulation of purified air.

Aromatherapy diffusers are also included, which offer a relaxing atmosphere for recovery and calm," adds David Martin.

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Small home vegetable garden at THE WELL Bay Harbor Islands residences designed by the Meyer Davis studio. Photo ©Katya Popovych of Luxhunters Productions

The palette is clean and minimal, with warm tones and cool accents, complemented by rich textures and a carefully simplified design that extends into any room. "The residences of The WELL Bay Harbor Islands will be the sanctuary of well-being. Every detail, from the arrangement of the furnishings, to the construction materials, to the lighting, has been chosen in a holistic way," explains **Rebecca Parekh**.

Common areas are designed as spaces to slow down and disconnect, focusing on yourself and your health. The **Meyer Davis** studio has superimposed transparent drapes on light, airy palettes to create ethereal atmospheres, while floor-to-ceiling lighting provides a balance of texture and natural light.



Wood and organic furnaces for THE WELL Bay Harbor Islands residence kitchens designed by Meyer Davis studio. Photo ©Katya Popovych of Luxhunters Productions

'The curved shape of the WELL Club is an uninterrupted sequence of energy and movement,' explain designers **Will Meyer and Gray Davis, founders of New York studio Meyer Davis**. The ceilings of the residences offer a visual continuity between the inside and the outside. "We wanted to create airy but well-rooted spaces on the ground, some corners seem to have been made from ancient materials. We used materials such as beaten earth and baked clay tiles, to give the feeling that they had been there for centuries. These ancient materials have been brought back to life in a new, modern and timeless way that emphasizes well-being."





Natural, raw materials, sandy palettes and holistic design are the characteristics of The WELL. Wellness center at Hacienda AltaGracia. Courtesy Auberge Resorts Collection

Light, airy accents reconnect to light, water and sand, captured through materiality, space and colour. The palette used extends to all spaces from common areas to residences creating a common thread through the WELL Club. "The Spanish influence of local architecture and design has also served as inspiration. We took our cue from this vernacular and introduced some of these ideas, including courtyards (arrival atrium), covered galleries, free interior spaces." add designers **Will Meyer and Gray Davis.**



Natural materials, sandy palettes and holistic design are the characteristics of The Well clubs. Yoga room at Chileno Bay. Courtesy Auberge Resorts Collection

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Organic shapes, natural palette, holistic design are the characteristics of The Well clubs and the elements of the upcoming THE WELL Bay Harbor Islands . Above one of the wellness rooms at Hacienda AltaGracia. Courtesy Auberge Resorts Collection