



MODERN LUXURY

# MIAMI

## Summer Revival

DISCONNECTING, RECHARGING & IMBIBING FROM AUSTIN TO URUGUAY

# Ray of Light

Anne Hathaway Enchants Us All Over Again

## The It List

MIAMI'S TOP PROS FOR NUTRITION, WELLNESS & FITNESS

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DESIGN & REALTY  
on the market

From top: The spa garden at 2000 Ocean; the seating area of the residents-only Tata Harper Spa at Jade Signature.

TATA HARPER SPA PHOTO BY GREGG COUNTRY OF KANSAS DE HAAN FOR A HARVESTING

# the ZEN Life

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

By Riki Altman-Yee

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

Take, for example, Park Grove ([parkgrove.com](http://parkgrove.com)), where 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 steam rooms, saunas and a whole-body fitness center. Una Residences ([unaresidences.com](http://unaresidences.com)) in South Brickell will offer a spa reminiscent

of those found at Aman resorts (no coincidence since developer Vladislav Doronin is Aman's chairman and CEO), and its location provides condo owners quick access to nearly a dozen parks for quiet communes with nature. At The Ritz-Carlton Residences, Sunny Isles Beach ([theresidences.sunnyislesbeach.com](http://theresidences.sunnyislesbeach.com)), the experiences are not as far-reaching, but nonetheless impressive with hydrothermal experience rooms and an ice fountain churning out fresh flakes to refresh owners post-workout.

Some properties have tucked away little gems, like Jade Signature ([jadesignature.com](http://jadesignature.com)) with its exclusive (for residents only) Tata Harper Spa, while others, such as One Thousand Museum Residences by Zaha Hadid Architects



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From left: The waiting room of the spa at Oceana Bal Harbour; the sauna in the wellness floor of One Thousand Museum. Residences by Zaha Hadid Architects.

(1000museum.com), have an entire floor dedicated to wellness. Reps say condo owners will be slathered in products by Biologique Recherche, one of the tower's official beauty brands, at the indoor/outdoor spa. Turnberry Ocean Club's (turnberryoceanclub.com) entire 31st floor is also designed for revitalization and relaxation, plus residents are granted membership

privileges at the nearby Àme Spa and Wellness Collective, 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 Brickell Flatiron, where residents can do "cardio in the clouds," take a therapeutic steam shower, 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 64th floor.

Then there is Gran Paraiso (granparaisoresidences.com), which spread its embarrassment of riches over many levels, incorporating a hammam and hammam shower, garden landscape retreats and a *swain* 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 in the good things as well as sweating 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, Oceana Bal Harbour (oceanabalharbour.com) invites pampered pups to its VIP(ooch) 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. ■



The Sky Spa on Brickell Flatiron's 64th floor

OCEANA BAL HARBOUR: PH PHOTO BY NANNY GREGORIAN; COURTESY OF OCEANA PH