

welcome to wellness



THE WELL

A top-down view of a dark, rustic bowl filled with several bundles of dried herbs. The bundles are tied with light-colored twine and consist of various types of dried plant material, including what appears to be cinnamon sticks and other woody stems. The lighting is soft, highlighting the textures of the dried herbs and the twine.

Opening Intention

Where It All Began

OUR VISION

A World
Where
Everyone Can
Feel Better

OUR MISSION

Make
Wellness
Part of Your
Every Day

OUR CHARGE

OUR REASONS TO BELIEVE

Team of Experts

1

From our Chief Medical Officer to our licensed massage therapists, we have world-class experts in their fields of health and wellness.

Holistic & Integrated Care

2

We integrate modern medicine and ancient healing practices to deliver personalized, holistic healthcare that works.

Robust Offering

3

Wellness looks different for everyone — that's why we offer a variety of tools, services, products and experiences to personalize your journey towards better health.

Highest Quality

4

We did our research, so you don't have to. We have the highest standards for everything we do — from our services and products to our design and guest experiences.

We're THE WELL — Your *One-Stop Shop* for Wellness

We integrate modern medicine and ancient healing, focusing on whole-person care. Our services, classes and experiences address the physical, mental and spiritual aspects of well-being to help you feel your best.

Rooted in Our Integrated Approach to Whole-Person Care

Food & Nutrition

Food is medicine. It can harm or heal us, so learning what your body's unique needs are empowers you to better nourish and care for it every day.

Movement & Performance

Mindful movement and functional fitness — tailored to your current needs, abilities and goals — fuel both your mental stamina and physical strength.

Mind & Spirit

There is a proven and powerful link between the mind and body — caring for your mental, spiritual and emotional health optimizes your overall well-being.

Body & Skin Care

Massages and facials aren't just feel-good spa treatments — they are healing body treatments (just a few of many that we offer) that are critical to the health of your mind, body and spirit.

Lifestyle & Community

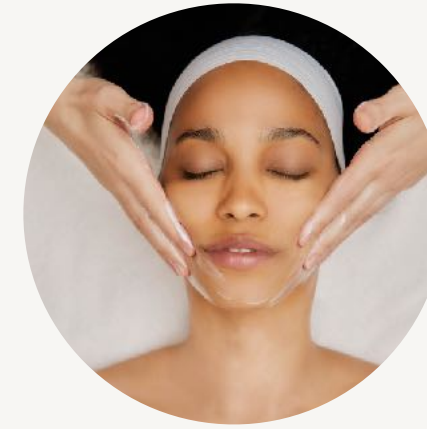
Simple lifestyle practices and a supportive, inspiring community are keys to long-term health and happiness.

Our Body of Knowledge. Your Body and Mind.

We've searched high and low to handpick the finest team of experts from around the world. We draw on our robust offering to deliver unparalleled therapeutic power, care and knowledge to our guests.



FUNCTIONAL
MEDICINE &
HEALTH
COACHING



BODYWORK &
SKIN HEALTH



MINDFUL
MOVEMENT



CHINESE
MEDICINE &
ACUPUNCTURE



MENTAL,
EMOTIONAL &
SPIRITUAL
HEALTH



FOOD &
NUTRITION



VIBRATIONAL
ENERGY
HEALING &
AYURVEDA



PRODUCTS &
RETAIL



VISITING
MASTERS
PROGRAM



HEALTH &
WELLNESS
CONTENT



RECOVERY &
LONGEVITY



COMMUNITY,
PROGRAMMING
& RETREATS

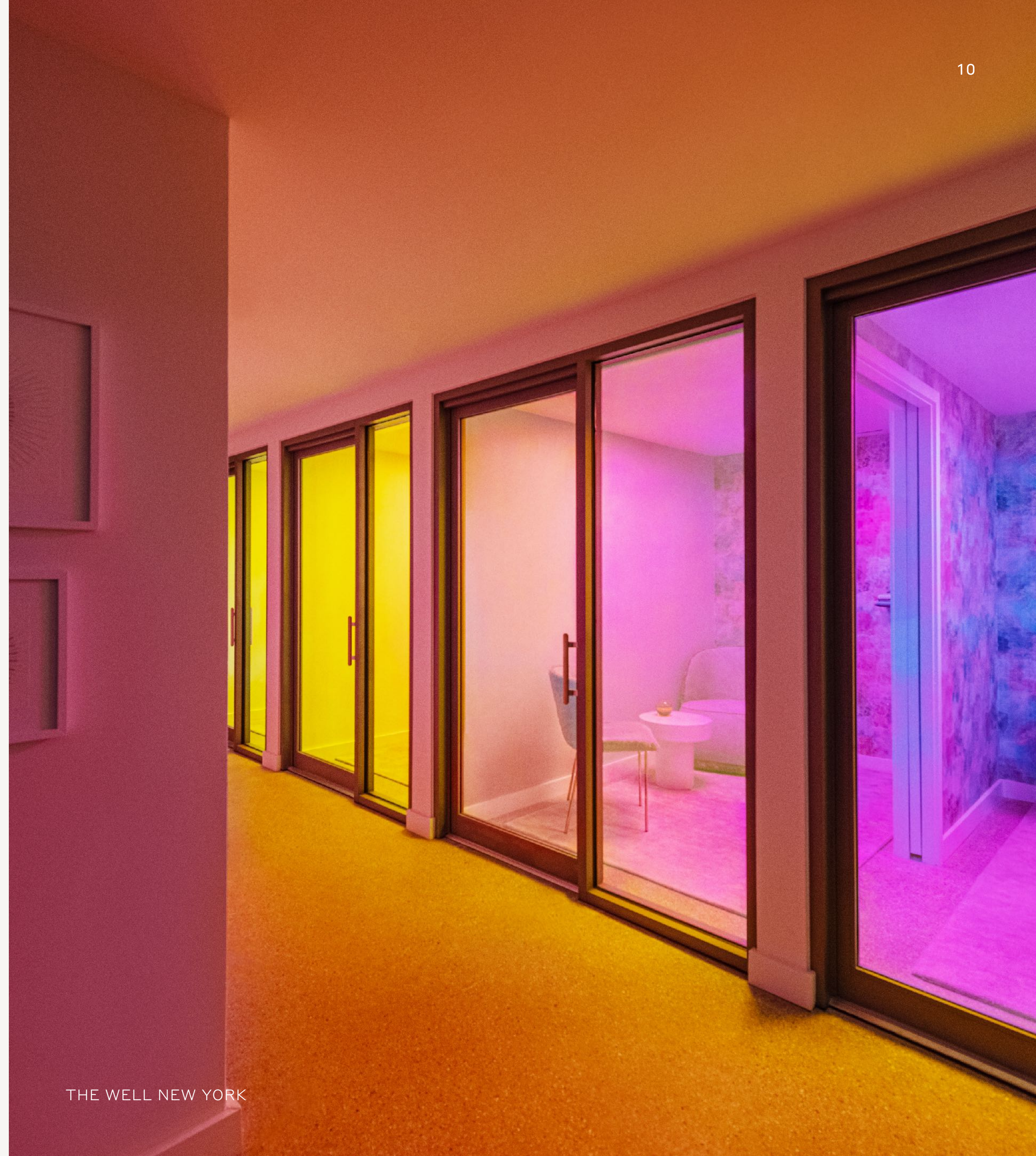
Our Food Philosophy

Food is medicine. It is also our love language. We believe what you put on your fork has a massive impact on your overall health. We care *a lot* — and that starts with our ingredients. Join us daily at our restaurant, Kitchen & Table, for nourishing, delicious and healthfully prepared food for breakfast, brunch, lunch or a late afternoon snack.



Dedicated Health Coach

Where it all begins at THE WELL. They're your expert partner and personal support system, available to personalize everyone's wellness journey and guide them every step of the way.



Grand Rounds

Our care team across all healing modalities — from health coaching to bodywork — meets regularly to collaborate on patient cases to ensure we're delivering exceptional, whole-person care.



Our Visiting Masters Program

Our program of world renowned healers, doctors, specialists and practitioners designed to share knowledge and practice healing alongside a community. Here are a few Visiting Masters we can tap into:



John Amaral, DC

- Featured on an episode of *In Goop Health* and multiple national shows
- Creator of the Energetic Flow method
- Uses his osteopathic training to heal muscle and structural imbalances



Lia Bartha

- Creator of B the Method — a complete and comprehensive full-body workout that relies on body weight and the use of a small stability ball
- Classically trained pilates instructor



Lauren Roxburgh

- International author, speaker and wellness educator dubbed “The Body Whisperer”
- Board-certified structural integration practitioner with a degree in nutrition and exercise physiology
- Founder of The Aligned Life Studio



Jobi Manson

- Interdisciplinary artist in neuroaesthetics, the landscapes of sound and elemental immersion
- Founder of Sēfari, a platform for simple and transformative experiences that merge science, nature and art

Thoughtful Touches

Beauty & Grooming Bar

Located in our state-of-the-art locker rooms, our complimentary Beauty & Grooming Bar feature full-sized staples from vetted clean beauty brands.

Release Burning Ceremony

Our guests can write down what they want to let go of on the papers in the Meditation Dome, and we'll release it weekly.

The Deepest Breath

Our signature grounding ritual that combines guided belly breathing with a chosen aromatherapy product to help the guest relax and set an intention for their journey with us.

About THE WELL Bay Harbor Islands

Tucked away on Bay Harbor Islands and perfectly removed from the hurried pace of Miami, THE WELL Bay Harbor Islands is the first of its kind — a place where you can live, work and play with wellness. With 13,000 square feet of best-in-class amenities, this premier fitness and wellness destination includes a restorative Bath House featuring Miami's first caldarium, a halotherapy steam room and an innovative Infrared and Sound Dome, vitality treatment rooms, state-of-the-art movement and fitness studios with daily programming and fresh juice and organic snack bar. Whether you live in The Residences, work in The Offices or are a guest or member at The Club, THE WELL Bay Harbor Islands is designed to put wellness at the center of your life, creating the time and space to disconnect, slow down and refocus on what matters most: your well-being.



Ground Lobby at The Residences, THE WELL BAY HARBOR ISLANDS (COMING SOON)



Rooftop Pool at The Residences, THE WELL BAY HARBOR ISLANDS (COMING SOON)



Residential Terrace at The Residences, THE WELL BAY HARBOR ISLANDS (COMING SOON)



Halotherapy Steam Room at The Club, THE WELL BAY HARBOR ISLANDS (COMING SOON)



Treatment Room at The Club, THE WELL BAY HARBOR ISLANDS (COMING SOON)



Saunarium at The Club, THE WELL BAY HARBOR ISLANDS (COMING SOON)



Vitality Room at The Club, THE WELL BAY HARBOR ISLANDS (COMING SOON)



Mindful Movement Studio at The Club, THE WELL BAY HARBOR ISLANDS (COMING SOON)



Private Gym at The Club, THE WELL BAY HARBOR ISLANDS (COMING SOON)

A photograph of two hands, one light-skinned and one dark-skinned, reaching towards each other against a soft, pastel sky background. The hands are positioned on the left and right sides of the frame, with their fingers slightly curled as if about to grasp each other. The lighting is gentle and even, highlighting the texture of the skin.

Whole Person Care Begins
with *Mindful Luxury*

Four Points of Mindful Luxury

Purpose

Everything we do is rooted in meaning and purpose. If something detracts from our broader purpose, we ask ourselves how we can make up for it somewhere else.

Power

We give guests power over their time and their well-being through the convenience of our one-stop-shop for wellness, high-touch support in their wellness journey and a seamless guest experience.

Personalization

Our personalized service creates a relevant and transformative experience that meets guests where they are.

Promise

We aren't promising we can be everything to everyone (because we can't) — but that's not what people want anyway. They want authenticity and transparency.

MINDFUL LUXURY IS

Priced for its value (and cost) _____

Feeling known and heard _____

A meaningful experience with lasting impact and/or impression _____

Service style that reflects our brand and responds to your individual needs and preferences with intention _____

Feeling welcome — and special — when you're with us, no matter who you are or who you know _____

Consistent in quality but open to evolving — to meet your unique needs at any given time and in consideration of where we are as a society _____

Trustworthy and authentic — there's no need to question the quality of ingredients, the intentions behind a recommendation or the value of what you're paying for _____

Delivering you quality service while also promoting our team's quality of life through a positive work environment, a competitive wage, the option for health benefits and more _____

MINDFUL LUXURY IS NOT

Priced for prestige or to intentionally be prohibitive

“Being seen”

A fleeting moment or a fad

Templated service that adheres to arbitrary rules, which can apply to other brands/businesses, and feels cookie-cutter to all guests

An obviously different service experience based on who you are or who you know

Stagnant, stubborn or stuck in one single way of doing things

Painting a picture through our messaging that is vastly different from decision-making processes and behind-the-scenes

Delivering good service for guests at the expense of practitioner and team well-being

We Are Building *the Most Trusted Brand* in Wellness, Wherever and Whenever You Need It

PRODUCTS

Curated self-care for the body and mind —in our services, in your home and on the go

CORPORATE PROGRAMS

Powering people to perform at their highest potential

OFFICES

Wellness at work — because good work starts with a great space

CONTENT

Knowledge is power — and the first step toward improving your well-being

HOTELS & RESORTS

World-renowned escapes for the body, mind and spirit

URBAN CLUBS

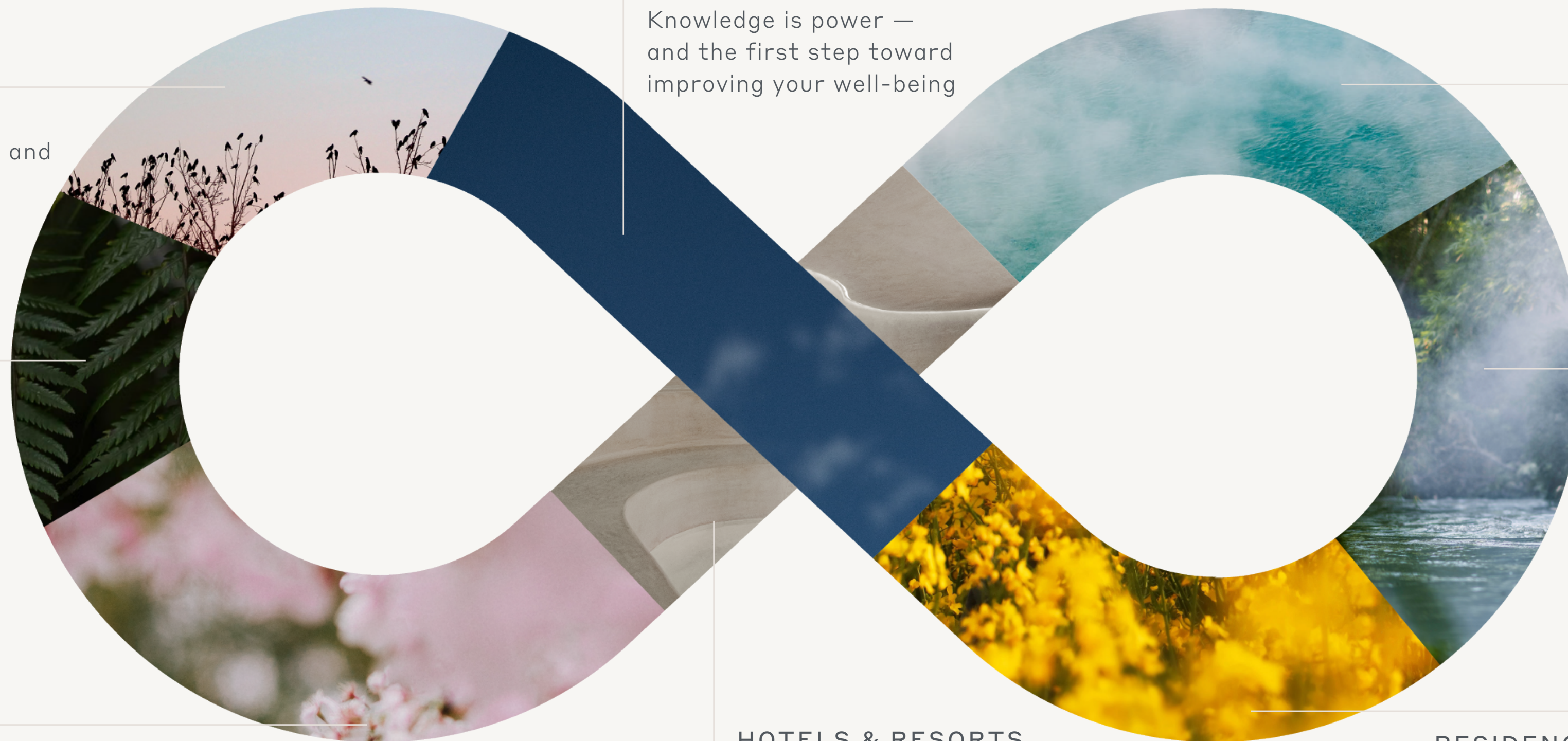
Centering wellness in the center of it all

RETREATS & EVENTS

Programs and pop-up experiences for individuals, brands and groups

RESIDENCES

Life begins at home — wellness should too



Our Other Thoughtfully Designed Spaces











“New York City’s ‘new age’
darling”

Harper's
BAZAAR

THE WELL New York

Adjacent to Union Square Park and just steps off 5th Avenue, THE WELL New York is a 13,000-square-foot holistic wellness center in the heart of New York City. Through design choices, high-touch amenities, vetted products, well-sourced ingredients and more, THE WELL makes taking care of yourself feel easy again.

-  Organic Wellness Café & Retail Shop
-  Library for Events & Programming
-  Full-Service Spa, Relaxation Lounge & Thermal Suites
-  Rest & Recovery Lounge
-  Mindful Movement Studios:
Sage & Moon
-  Meditation Dome
-  Eastern & Western Medical Practice
-  Locker Rooms with Clean Beauty & Grooming Bar












“A full blown experience, one that jumpstarts lifestyle changes rather than providing temporary results”

VOGUE

THE WELL at Mayflower Inn

THE WELL at Mayflower Inn brings an innovative level of holistic health to one of New England's most exquisite country retreats. Through restorative spa treatments using East-meets-West healing practices, expert-led health coaching sessions, daily workshops and seasonal retreats, your best self awaits.

-  Biophilic Thermal Pool
-  East-Meets-West Treatments & Services
-  Visiting Master Practitioners
-  Traditional Hammam
-  Yoga Studio
-  In-House Restaurant
-  Fitness Center
-  55 Acre Outdoor Space
-  Pool House











“Warning: Going to THE WELL at Hacienda AltaGracia might have forever ruined me for all other spas”

goop

THE WELL at Hacienda AltaGracia

THE WELL at Hacienda AltaGracia is our first international location nestled in the foothills of the Talamanca Mountains. 50 casitas float across 180 bird-song filled acres of coffee farm, equine stables, vegetable gardens and untamed rainforest. The land and its people's pure spirit inspire the unique culinary creations, immersive adventures and holistic wellness escapes.

-  Casa de Agua
-  Apothecary
-  Robe & Beauty Bar
-  East-Meets-West Treatments & Services
-  Saunas & Steam Room
-  Recovery Room
-  Healing Garden
-  Yoga & Meditation Ranchos



“Cabo vacations just got a lot healthier thanks to THE WELL”

THE
Hollywood
REPORTER

THE WELL at Chileno Bay

Nestled on the Pacific shores of Los Cabos, Mexico, THE WELL at Chileno Bay balances both modern and ancient ways of living. Located in the middle of the desert across 22 acres of land, this vibrant wellness destination puts wellness at the center of your stay. Attune your mind, body and spirit with the healing powers of the coastal landscape and make wellness part of your every day, even on vacation.



The Bath House



The Arrival



The Nap Garden & Reflexology Pool



The Shop



Robe & Beauty Bar



Mindful Movement Studio



East-Meets-West Treatments
& Services



A person is standing in a vast, sandy desert landscape under a cloudy sky. They are completely covered by a white sheet, with only their bare feet visible. The sheet is blowing in the wind, creating a sense of movement and mystery. The word "Questions?" is written in a white, serif font across the middle of the image, centered over the person's body.

Questions?

Thank You



THE WELL