

Robb Report

10 Wellness-Focused Residential Communities Around the World, From Cabo to Abu Dhabi

These innovative developments aim to seamlessly improve the quality of life of their residents.



Photo: Evolution

Whether enduring the oppressive heat of a red cedar-clad sauna or undergoing light therapy, health aficionados have long gone the distance to visit spas like Italy's Palazzos Friggi for their rejuvenating benefits. Today's real estate buyer has become increasingly interested in such pampering services, too, buying into global residential developments that make those immersive experiences easily accessible day to day. No plane ticket needed.

Easy access to amenities like hot and cold plunges, hammams, and Himalayan salt rooms is an obvious attraction for active folks seeking rapid muscle recovery and improved sleep. Other factors, including the impact of Covid-19 and overlapping sustainability incentives, as well as mental and spiritual components that prioritize nature and reduce daily anxiety, have everyone from singles to growing families snapping up homes in new developments from California to the United Arab Emirates, often way ahead of completion dates over the next five years.

"Wellness residences are redefining luxury in new construction trends," Ryan Serhan, founder and CEO of Serhan, tells Robb Report. "I've definitely seen a noticeable uptick in people actively looking for specific wellness amenities during their searches, especially in New York and Miami," while Jill Elzer of the Jills Zeller Group goes on to say, "Given that today's aging Baby Boomer demographic is highly focused on health, wellness, and rejuvenation, demand for these types of lifestyle-driven environments continues to rise."

To those points, the wellness real estate market reached \$684 billion in 2024 and is expected to double to \$1.1 trillion by 2029, the Global Wellness Institute reports. "Ultimately, it's about creating an environment that nurtures both the body and mind," Serhan says. And that's exactly what you will find across the properties below, ranging from modern luxury to branded residences with a twist.

1 Cabo Real Surf Club | Mexico



Photo: Cabo Real Surf Club

Those who enjoy the rush of catching peeling waves will find North America's first private Endless Surf basin at this new residential development to be one hell of a feature. The refreshing feature sits at the heart of a 3,000-acre master plan in Mexico's Los Cabos, where potential buyers find solace in waterfront residences going from \$2.5 million.

The development was unveiled by Meriwether Companies this past spring, which is working in partnership with the Sanchez Navarro family—Los Cabos's pioneering landowners—to create the site. It will be partly complete by 2026, with over \$50 million in homesites already sold.

The club's fitness and recovery spa includes wet and dry saunas, cold plunges, next-gen treatments, and programming from strength and cardio training to group fitness and personal coaching, all of which are accessible to members. The Surf Park, Beach Club, and Racquet Club are other facilities where play and relaxation are part of the package.

Custom estate lots and villa homesites offer four- and five-bedroom plans with open layouts that frame sun-kissed ocean and mountain views. Sordo Madaleno, an award-winning local architectural firm, pre-designed the homesites lining the surf basin. "The Surf Coastia" neighborhood offers access to three-bedroom blueprints. Other highlights, such as a Robert Trent Jones II-designed golf course, a network of trails, and experiences like snorkeling in the Sea of Cortez, help residents easily connect with the natural surroundings.

2 Eywa Tree of Life | Dubai



Photo: R.Evolution

This biophilic community along the Water Canal is poised to become one of Dubai's most sought-after addresses. Slated to wrap construction in summer 2026, the wellness-driven project by R.Evolution will feature 50 luxury residences (from \$3.6 million) with private plunge pools alongside a date of shared amenities: a library, a gourmet restaurant, multiple pools, and a refreshing spa. A unique blend of wellness tech and "advanced non-toxic materials" are the keys to conscious living here and account for a number of global firsts as a result.

Enhanced mental clarity, a regulated circadian rhythm, and support for restorative sleep are the top benefits of its low-EMF architectural system, the first of its kind in the region. Inside the structure with "grounding crystals" embedded throughout, MKRV 14+ air purification filters out allergens and bacteria while a special water system provides "liquid crystalline water" via sound and mineral resonance. An Ayurvedic treatment suite, a hammam, and an infrared sauna are also available, while the project's Health & Longevity Concierge Service delivers custom lifestyle programming.

Last year, the Eywa Tree of Life won World's Best Property and Best International Apartment/Condominium Development at the International Property Awards 2024. It also holds rank as the world's first "living building" in Dubai to achieve LEED Platinum, WELL Platinum, and WiredScore Platinum certifications.

3 Fahid Island | Abu Dhabi



Photo: Aldar

Back in June, Abu Dhabi's leading real estate developer, Aldar, unveiled a master plan for Fahid Island, aka the world's first Fitwel-certified island with pristine beachfront and mangrove forests that span its sides. "Wellness is woven into the very fabric of life on Fahid Island, with thirty percent of space dedicated to natural spaces—from lush vegetation and restorative gardens to invigorating green trails," says the company in a statement.

Over AED 40 billion (\$10.89 billion USD) is being poured into the development that will feature 6,000 sustainably designed homes, ranging from apartments and townhouses to ultra-luxury villas, all no more than five minutes walking distance from sandy shores. Fahid Beach Residences, the island's first residential development to be introduced, will feature 65 homes (prices start at AED 3.5 million, or \$953,000 USD for a one-bedroom layout) with access to a private squash court, infinity pools, and gyms open 24 hours a day. Japanese architects Kengo Kuma and Koichi Takada designed two of the residential concepts, while London outfitter ACME and the UAE's NAGA Architects are spearheading others.

The island, with 13 percent lower emissions than any other UAE destination thanks to green transportation features like water taxis, EV charging, and bicycle stations, offers multiple health benefits from swimming in the sea, which reduces stress, to nearly 10 miles of public pathways and a running loop that both aid in reducing the risk of cardiovascular disease. A dedicated 7.5 acres of open space features parks and playgrounds, too, that encourage families to get active.

4 Mercedes-Benz Places Miami | Miami, FL

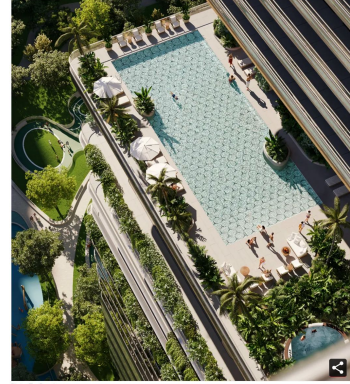


Photo: The Boundary

Many branded residences nowadays have a spa or wellness space factored into their designs. What, then, makes them worth buying into for an avid health enthusiast? The quality of its immersive experiences, and Mercedes-Benz Places in Miami, the German automaker's first residential project in the U.S., is designed to offer holistic ecosystems that "adapt" to residents starting in 2027.

Sales for the first of two interconnected towers being built in Brickell by JDS Development launched in February 2024, while sales for the second tower began this year. Pricing for the residences with custom kitchens and marble-clad en suites by Woods Bagot, in addition to generous terraces, ranges from \$750,000 for a studio to \$4 million for a three-bedroom unit. Elegant interiors overlook Brickell's largest green space, Southside Park, while a slew of amenities are tailored to fine-tuning the body and mind.

The onsen ritual circuit, for starters, includes a series of hot, warm, and cold baths that help detoxify the body and improve circulation, while a Himalayan salt room helps the immune system fight infections by clearing airways and improving oxygen intake, and the aromatherapy suite lowers stress levels and improves sleep. After picking heavy things up and putting them down in the fitness center, residents can hit the steam room to relax stressed muscles and cleanse pores. An exclusive rooftop pool with towel and food-and-beverage services provides owners with a serene space to unwind as well.

5 One Sydney Harbour | Australia



Photo: Lindoslee

Australia's most expensive home, a \$41.55 million triple penthouse, was sold to a Chinese millennial at One Sydney Harbour back in June. If the headlines touting the dizzying sale price failed to catch your attention, perhaps its Mission Zero initiative to reach net zero carbon emissions and commitment to health and wellness did. Located in Barangaroo South—the first Australian precinct to achieve WELL Platinum Certification—the project's One Exclusive Club includes a variety of recreation and wellness-driven spaces to ease your mind.

The Sanctuary provides private treatment rooms where holistic therapies are carried out alongside a state-of-the-art gym and a multipurpose studio that hosts yoga, Pilates, and Tai Chi classes, while the Pool House offers the rejuvenating benefits of a dry sauna and steam room, in addition to leisurely enjoyment of the green marble-finished spa or an indoor swimming pool for laps. The Sky and Garden Terraces that crown the Residences One and the Waterman Residences towers are other highlights where owners can nananate and host groups alongside waterfront views.

Built by Lindesale, in collaboration with Pulitzer Prize-winning architect Renzo Piano, One Sydney Harbour includes over 800 homes across three towers. Starting prices range from mid-\$1 million to \$4.7 million for the one- to three-bedroom layouts, all equipped with Creston automation technology. Scheduling private fitness training sessions, massages, and beauty treatments either in-residence or at the wellness spaces is a breeze thanks to the community's 24-hour concierge service.

6 Opus London | England



Photo: Nalson Land

Eco-conscious buyers will find this 50-story skyscraper, the tallest residential building in prime central London, up to par as one of eight buildings in Bankside Yards that reduces energy consumption via a shared energy network. But if you ask us, what seals the deal at the site poised to be the U.K.'s first fossil fuel-free mixed-use development is its suite of well-being and fitness facilities that take the meaning of self-care to tranquil new heights.

One floor above the grand foyer, which features soaring archways and a captivating spiral staircase, are the Garden Rooms, ideal for quietly socializing, accessing the self-service bar, or taking meetings. Each of the spaces opens out to the podium garden, where lush greenery creates peaceful settings for getting fresh air and urban relaxation. Two stories down, more immersive perks geared towards wellness sprawl out beneath the arches of a former railway, such as a spa with treatment rooms and a sauna, a yoga and Pilates studio, a gym, a padel court, a bouldering wall, and a hydrotherapy pool.

Located at the southern end of Blackfriars Bridge near the River Thames, the interlocking three-tower structure by PLP Architecture will feature 249 residences, ranging from studios and four-bedroom apartments to penthouses. Sales for the homes launched in April with prices starting at £860,000, or \$1,109,180 USD. They are expected to be completed in early 2027, alongside other exclusive features such as the Summit Club & Deck on the 23rd floor, where members get epic skyline and riverside vistas from a bar and private dining room.

7 Six Senses Residences Loire Valley | France



Photo : Les Bordes Estate/Six Senses Residences Loire Valley at Les Bordes

Wellness and reconnection with the earth have been core factors in Six Senses's ethos since its first resort debuted in 1995. Since then, the company founded in Southeast Asia by [Sonu and Eva Shivasano](#) has unveiled nearly 15 branded residential projects, ranging from the Austrian Alps to the Bahamas. Les Bordes Estate, a 1,400-acre site in France's Sologne Forest (a UNESCO World Heritage Site), is home to one of the brand's most idyllic projects, with a bevy of rejuvenating perks between its private villas and mansion-sized spa.

Dubbed Six Senses Residences Loire Valley, the countryside retreat features 52 turnkey homes with three- to seven-bedroom blueprints that blur the lines between the furnished interiors and the wildlife-rich landscapes. The first phase of sales launched in December 2023 for 12 of its branded villas, which offer vaulted ceilings, dual-sided fireplaces, and glass doors that open to large private pools and tranquil lavender-trimmed gardens. Ranging from one- to seven-bedroom layouts, the villas are now available for €2.5 million to €8.8 million (roughly \$2.8 million to \$9.6 million).

BLINK Design Group's rustic home interiors, inspired by the forest, calm the senses visually by using an abundance of natural colors and organic materials throughout. The Six Senses resort and spa facilities nearby—slated to open in 2027—are also accessible to residents looking to find their Zen. Expect to find indoor and outdoor pools plus an Alchemy Bar that provides locally inspired treatments inside a colossal 18,000-square-foot spa. An organic garden keeps those with green thumbs active, too.

8 Stanly Ranch, Auberge Collection | Napa, CA

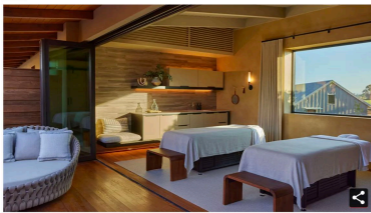


Photo : Auberge Collection

Nature and wide-open spaces are ranch life essentials that enhance well-being more than many city dwellers might imagine. Reduced stress and anxiety are key benefactors, in addition to a greater sense of peace and tranquility enjoyed at a distance from the hustle and bustle. That's part of the draw at Auberge's Stanly Ranch in Napa, CA. Unveiled in 2021, the 700-acre enclave features 40 turnkey villas and 70 vineyard homes with mountain and vineyard views. Private pools with hot tubs are key components of the latter for calming relaxation.

Homeowners have access to more focused wellness resources at the Stanly Ranch resort nearby. Its trinity of restorative destinations includes Halehouse, which features private treatment rooms where practitioners provide custom services; Springhouse, where a circuit including a cedar sauna, hyperbaric oxygen chamber, and salt therapy aids in recovery; and Fieldhouse, which includes a movement studio and fitness club. The 75-foot pool is flanked by calming fields of lavender, while a range of health and fitness classes aid residents in achieving "renewed wellbeing." Vineyard homes start at \$4.5 million.

9 The Well Coconut Grove | Miami, FL



Photo : AB CG Owner LLC

Health-centric buyers in the Sunshine State may already know The Well Bay Harbor Islands, a residential tower by real estate developer Terra that we [exclusively previewed](#) in spring 2024. But if you're looking for a home in Miami's oldest neighborhood, where stars like LeBron James once owned property, its [sister property in Coconut Grove](#) is ideal for its barrage of wellness features.

Energy efficiency, water conservation, and use of sustainable materials are the baseline of this eight-story development featuring a Florida Green Design with Silver Certification. "Designed to sustain every aspect of your holistic health," the one- to four-bedroom residences, starting at \$1.5 million, will be fully built by 2028. Up to 194 homes with interiors by Meyer Davis will include four townhouses and nine lofts, with 5 percent of the units reportedly sold by July 2025, following a January sales launch.

"Wellness dens" are a standout feature in select units, offering residents ample space for workouts, massages, and meditations. Elsewhere, a 13,000-square-foot wellness center grants you access to a bathhouse, IV therapy, crystal cave lounges, a hyperbaric chamber, and the "Vitality Lounge" that offers physical therapy and functional medicine services. That's not all, either. A 40,000-square-foot rooftop deck provides access to two pools, hot and cold plunges, a pickleball court, a bar, and a "fitness forest," an outdoor gym, at this South Florida oasis that offers residents biannual health coaching.

10 Velvaere | Park City, UT



Photo : Courtesy of Summit Sotheby's International Realty

Utah's Deer Valley is one of America's premier skiing destinations, and [this ski-in/ski-out](#) residential community with a laundry list of wellness-centric amenities covers 60 acres in nearby Park City. Air and water filtration systems, plus circadian lighting, are key features across its 115 luxury residences being built to the rigorous standards of [WELL Certification](#). The homes, ranging from \$4 million cabins to \$12 million estates, can be built to feature a dry sauna and cold plunge, but those luxuries are small potatoes compared to the 20,000-square-foot Wellness Center's offerings.

Residents can step into a hyperbaric chamber for improved blood circulation, swiftly hydrate via IV therapy, and consider nutrition programs for microbiome and biohacking. Cryotherapy, LightStim LED, a flotation pool, lymphatic drainage, and sound baths are other immersive experiences available. Its first finished residence, dubbed Solace, [listed for \\$7.7 million](#) back in April.

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