Wellness Lives Here

Your health has a new address

THE WELL
COCONUT GROVE
MIAMI

THE WELL®

COCONUT GROVE

MIAMI

Introduction

Page 13

THE WELL Brand

Page 15

Life at THE WELL
Coconut Grove

Page 43

The Neighborhood

The Residences

The Amenities

The Club

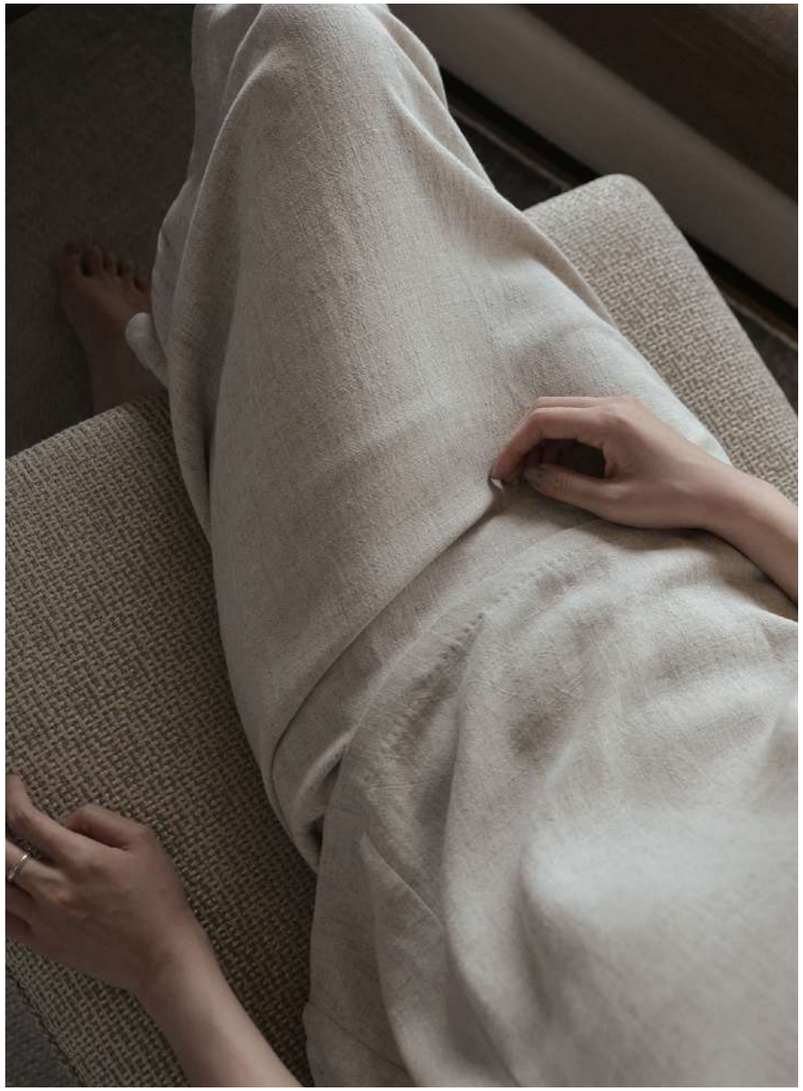
The Team

Page 115

Take a long, deep breath.
Take in the sun, breeze, water, and light.
Immerse yourself in nature's most
restorative elements.

Nestled among nature,
guided by shifting breezes,
water, sunlight, the whispers of
palm trees and clear, open air.
Discover the most fulfilling sense
of place, designed to simplify,
uplift, restore and inspire a
lifestyle of positive transformation.

Welcome home to
balance in every element.



Residences designed with
all the senses in mind:
easy, fluent angles, a warm,
neutral palette, amenities made
for the body, mind and spirit,
design details that give each
and every room a sense of
immersive and holistic wellness.

ST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Created from the idea that a home is more than a place to dwell, THE WELL Coconut Grove is your gateway to living your best life, in balance and harmony with yourself and your surroundings. Nestled among stately oaks and swaying palms of one of Miami's original waterfront neighborhoods, THE WELL is a world dedicated to finding your true nature.

Here, you are invited to rediscover the simple joys of a wellness-centered life – the peacefulness of a mind quieted by meditation or yoga, the power of a cleansing breath, the exhilaration of breaking through a fitness plateau, a renewed focus on community and relationships, or the utter bliss of a restful night's sleep.

These are just the beginnings of what THE WELL Coconut Grove makes possible, right in this special place you call home.

Your Home for Holistic Wellness

THE WELL Brand

THE WELL Residences are more than luxury amenities, high-end finishes, or access to spa-level services. It's a consciously curated lifestyle that prioritizes feeling better in tangible and intangible ways alike. It's recognizing that physical health and mental well-being are intrinsically linked. It's being able to notice your heart rate slow as you walk through the front door. It's an exciting city that awaits in every direction, but you'd never know it from the tranquility of your rooftop pool.

We deliver it through a dedicated team of experts across the entire wellness spectrum —clinically trained physicians, lifestyle coaches, nutritionists, personal trainers, movement specialists and consultants who all share the same desire to support you on your journey to the mind, body and spirit you've always wanted.

They say that wellness is an endless pursuit, but like all lifelong passions, it also has a starting point. THE WELL Coconut Grove is that place. Welcome home.

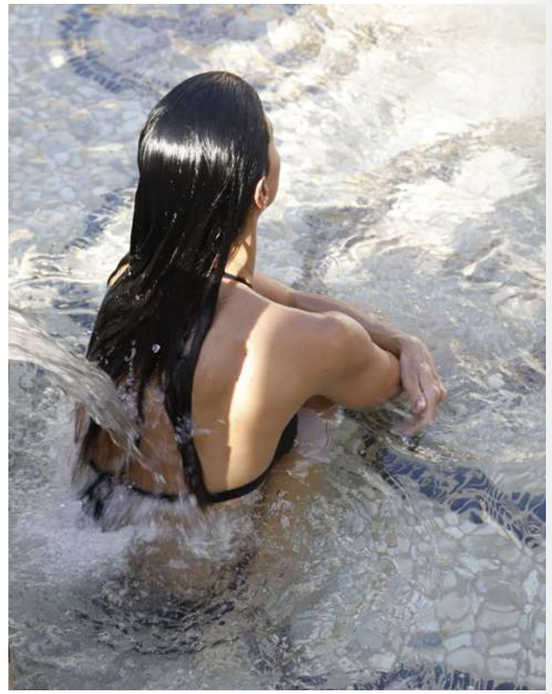
Pursuing Your *Best Self*

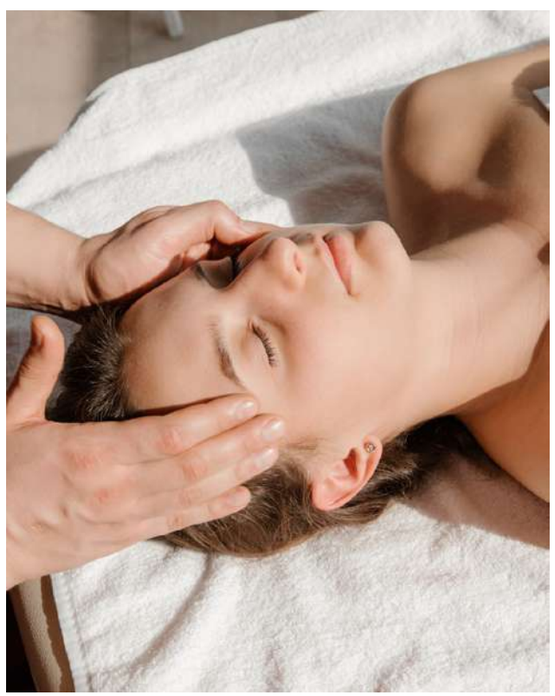
Inside all of us, there is an innate desire to reach our fullest potential. In western psychology, we call it "self-actualization," and it's built around the idea that when our basic needs are met, we are then free to pursue higher-level goals towards personal growth and development. THE WELL supports that journey by caring for mind, body, and spirit with a signature blend of expert preventive medicine, ancient healing rituals, and proven lifestyle practices.

Entirely Personalized
Whether you know what you need to achieve wellness or want recommendations from highly trained experts, THE WELL offers an extensive selection of tools, services, products and experiences all designed to enhance results. We pair these with Mindful Movement and fitness, functional medicine and health coaching, bodywork, massage and more all under one roof with one goal in mind: to help you feel your best.

We Did The Research So You Don't Have To
We hold ourselves to high standards because we believe wellness is a serious discipline. As such, we've tailored our services, design, guest experience and our team to reflect a level of excellence befitting that commitment. Our practitioners are New York Times-bestselling authors, former presidential advisors, major league sports team doctors and more. From our Chief Medical Officer and Advisor of Mindful Movement to our licensed massage therapists and Chinese Medicine practitioners, we have built a world-class team of industry leaders in health and wellness.

East-Meets-West, Whole-Person Care
Our expert team of healers and practitioners deliver integrated, personalized, holistic healthcare that works, by collaborating across Eastern healing practices and Western medicine to create a wellness plan for you that addresses the mental, emotional and spiritual aspects of your well-being.





Our Approach

There are five key pillars of wellness that serve as the framework for THE WELL and how we integrate modern medicine and ancient healing practices to deliver whole-person care.

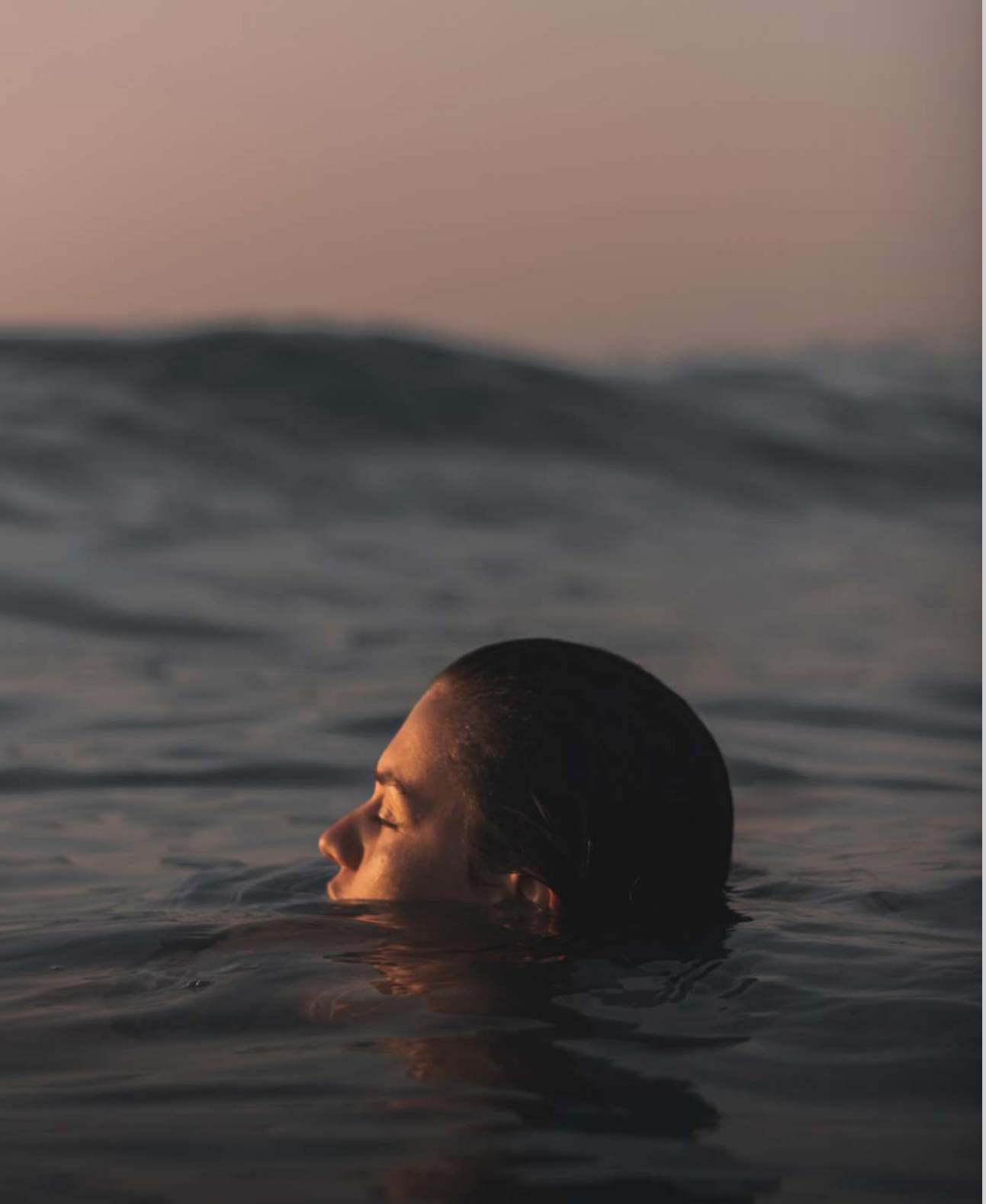
Food & Nutrition
Food is medicine; it can harm or heal us. Learning your body's unique needs can empower you to better nourish and care for it every day.

Movement & Performance
Mindful movement and functional fitness - tailored to your 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 the 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.



Why Choose THE WELL?

Authentic wellness is not a one-size-fits-all proposition. If it were, we could all follow a single plan and see the same results. The reality is that wellness is as nuanced as the individual and we all need something different to achieve our own personal goals. At THE WELL, we focus on holistic, whole-person wellness through a personalized, integrative and comprehensive approach centered around:

Team Of Experts
From our Chief Medical Officer and our Director of Mindful Movement, to our licensed massage therapists, we connect you with world-class experts in their fields of health and wellness.

Integrated Whole-Person Care
We integrate modern medicine and ancient healing practices to address the physical, mental and spiritual aspects of your well-being.

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

Quality and Excellence
We did our research, so you don't have to. We study both proven practices and leading-edge developments and refine our experience to reflect the highest levels of safety, effectiveness and enjoyment.

What We Believe In

Evidence-Based
We value evidence of proven effectiveness, whether it's a scientifically-backed solution or a healing method practiced for centuries.

Preventative
We believe healthcare should focus not only on curing illness, but also on preventing it to help people feel good every day.

Personalized
We know that wellness is not one-size-fits-all. It looks, feels and affects everyone differently — at every stage of the journey.

Whole-Person
We are committed to whole-person care by addressing each element of well-being: physical, mental and spiritual.

Equity-Minded
We are dedicated to remaining mindful that not everyone is starting from the same place and aware of the countless factors included in truly being and feeling well.

Community-Focused
We are community-focused — understanding that the well-being of each of us as individuals is deeply impacted by the well-being of our planet and society. We can't do one without the other.

"We call THE WELL your one-stop-shop for wellness for a reason - it's true. Rather than address only a few aspects of wellness like fitness or mental health, we've assembled a comprehensive platform that also enhances social, spiritual, emotional and work-life balance in a single destination."

— Kane Sarhan, CoFounder & CCO

THE WELL *Founders*

Behind THE WELL is a collaborative team united by a shared purpose to change the way people think about wellness… for the better.

Each of our three founders contributes to this mission through their own experiences, knowledge, backgrounds and understanding as category innovators, wellness consumers, and entrepreneurs. Together, they continue to illuminate a path forward for all followers of wellness.

Rebecca Parekh

CoFounder & CEO

Rebecca Parekh is the CoFounder and CEO of THE WELL — your one-stop shop for wellness, focusing on whole-person care. Prior to founding THE WELL, Rebecca was the COO for Deepak Chopra Radical Well-Being, where she worked to source federal funding for integrative health research. Previously, Rebecca was the CoFounder and Executive Director of the Global Foundation for Eating Disorders.

Before transitioning to the health & wellness sector, Rebecca was a Director at Deutsche Bank Securities, focused primarily on structured credit. She held various positions including Head of Cross Product Sales and Head of the US Private Institutional Client Group. In addition to her business roles at Deutsche Bank, Rebecca served on the Steering Committee of the Bank's Women's Network and led the recruiting effort at her Alma Mater, University of Michigan.

Rebecca is on the Board of Directors for Ares Commercial Real Estate Corporation and an Advisor to the Tufts Friedman School of Nutrition Entrepreneurship Program. She is also a certified yoga instructor and serves on the board of several non-profit foundations including the Breakout Foundation and LIFE Camp, Inc.

Sarrah Hallock

CoFounder & COO

Sarrah Hallock is the Cofounder and COO of THE WELL — your one-stop shop for wellness, focusing on whole-person care. Sarrah is also an Integrative Health Coach and Nutritionist. Prior to her career in the health & wellness sector, Sarrah spent 20 years helping turn consumer products into household names. As Brand Director for vitaminwater, Sarrah oversaw triple digit growth from the brand's inception through to the sale to The Coca Cola Company for $4.1b in 2007.

Sarrah went on to be an investor and VP of Marketing for bai, an antioxidant enhanced water that sold to Dr Pepper Snapple Group for $1.75b in 2016. She then helped launch WTRMLN WTR as an investor and VP of Marketing. Sarrah serves as an advisor and/or investor to various consumer brands including POP & BOTTLE, Health-Ade Kombucha, WTRMLN WTR, Bullet Proof, Skinny Dipped, Cue Health, Chef's Cut Real Jerky, Vital Proteins and One Bar.

She has been featured in Bloomberg, WSJ, New York Magazine, Glamour Magazine, AdWeek and Vogue Italia. Sarrah holds a BA in International Relations and Economics from Simmons College in Boston, Massachusetts and Health Coaching certificates from Duke Integrative Medicine and the Institute of Integrative Nutrition.

Kane Sarhan

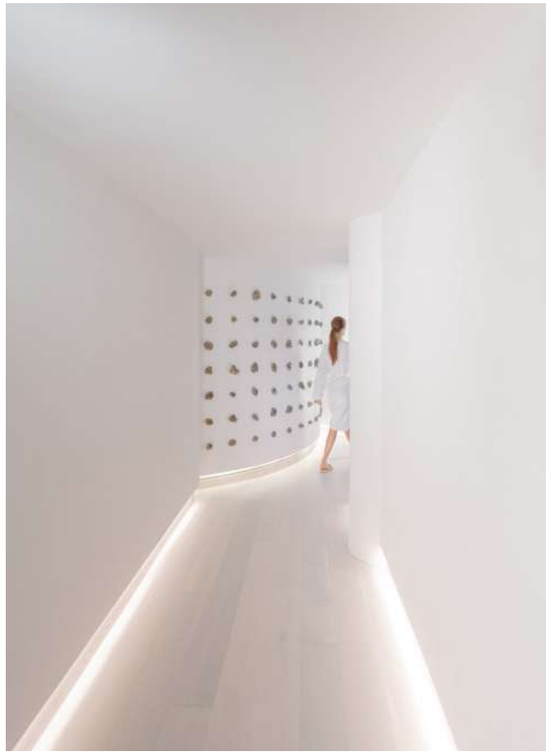
CoFounder & CCO

Kane Sarhan is the CoFounder & CCO of THE WELL. Prior to THE WELL, Kane spent his career working in entrepreneurial environments with leaders like Jacqui Squatriglia, Nihal Mehta and Reshma Saujani. Kane served as Creative Director at LocalResponse, leading design and creative for the company while personally selling over $5MM in business to clients like Kraft, Walgreens and Coca Cola. He went on to start his own non-profit, Enstitute, the first national apprenticeship program at companies like Foursquare, Warby Parker, Bit.ly, Thrillist and more.

Before entering the health & wellness sector, Kane was Head of Brand for SH Hotels & Resorts, Starwood Capital Group's hotel brand management company, overseeing the development and management of the firm's two luxury lifestyle hotel and residence brands, 1 Hotels & Homes and Baccarat Hotels & Residences. Launching over $1BB in assets to monumental success, Kane drove each hotel to quickly become the leader of their comp sets, driving record sales and winning national and global awards.

Kane has been named to the 2013 Forbes 30 Under 30 list, a 2013 Echoing Green Fellow and a 2012 Frances Hesselbein Institute NEXT Leader of the Future. He has been featured in The New York Times, PBS, Forbes Magazine, CNN and more and is a sought after speaker and commentator — keynoting and paneling at conferences and gatherings around the world.

THE WELL New York



Like artists and their studios, wellness also functions best in spaces purpose-built for mental, physical, and spiritual betterment.

THE WELL New York

2 East 15th Street, Flatiron, New York City

Adjacent to Union Square Park and steps off Fifth Avenue, THE WELL New York is a 13,000-square-foot tranquil wellness retreat in the heart of New York City. The brand's flagship location includes a full-service spa (featuring a steam room, dry and infrared saunas, as well as treatment rooms for bodywork and skin health), health coaching, Chinese medicine and acupuncture, an organic wellness cafe, yoga and meditation studios, a recovery lounge for foot rubs and IV vitamin therapy, a retail shop and library with innovative weekly programming.

THE WELL at Mayflower Inn

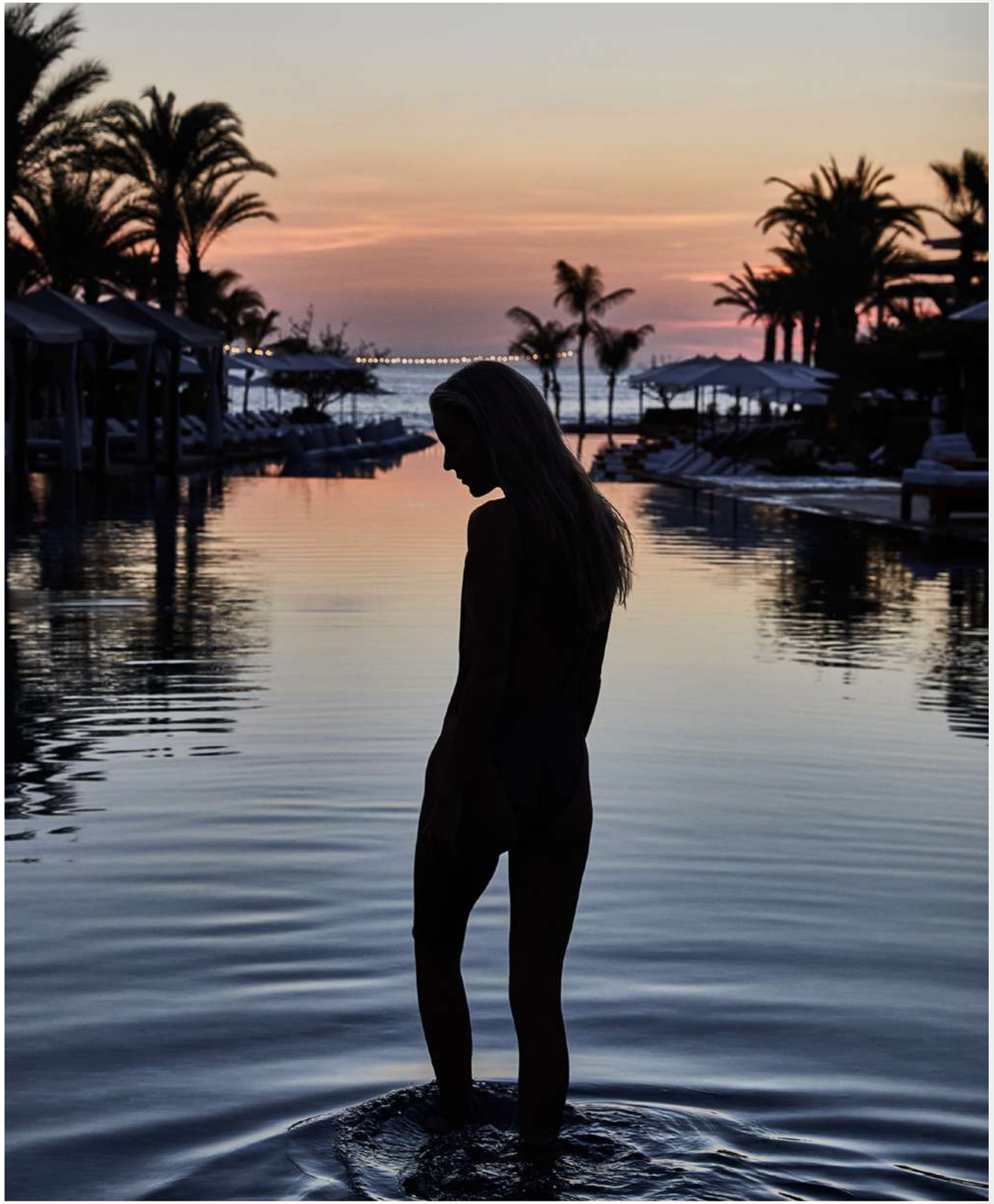
118 Woodbury Road Route 7,
Washington, CT 06793

Located just two hours from both New York City and Boston in the idyllic town of Washington, Connecticut, THE WELL at Mayflower Inn is a countryside wellness escape. The 20,000-square-foot space, nestled in the hotel's 58-acre property, features eight treatment rooms, a pool house with hammam and whirlpool, two steam rooms, a state-of-the-art gym and a sunlit yoga/fitness studio. This retreat destination offers custom spa services, a rotation of visiting medical practitioners, daily programming and movement classes and a calendar of seasonal experiences. Every visit to THE WELL will leave you feeling rested and refreshed.

THE WELL at Hacienda AltaGracia

Santa Teresa de Cajón,
Pérez Zeledón, Costa Rica

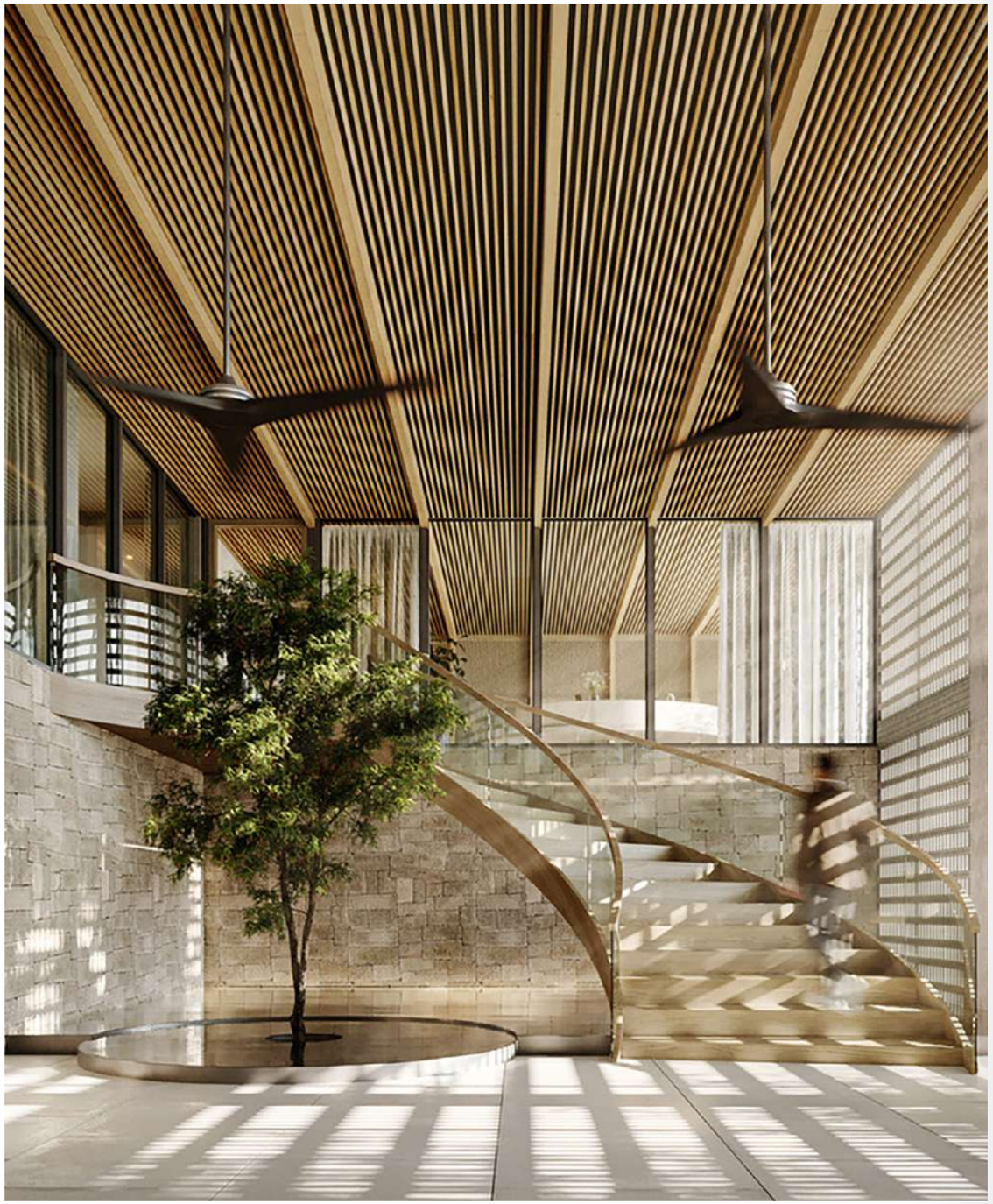
Tucked away in the foothills of the Talamanca Mountains in Costa Rica, THE WELL at Hacienda AltaGracia celebrates Pachamama, or Mother Earth, by harnessing the healing power of nature through unique experiences. Spanning 180 acres of land with 20,000 square feet of amenities, this remote wellness escape combines ancient wisdom and modern medicine to create a truly holistic offering. No matter what experiences you choose, you will leave THE WELL with a clear mind, full heart and content soul.

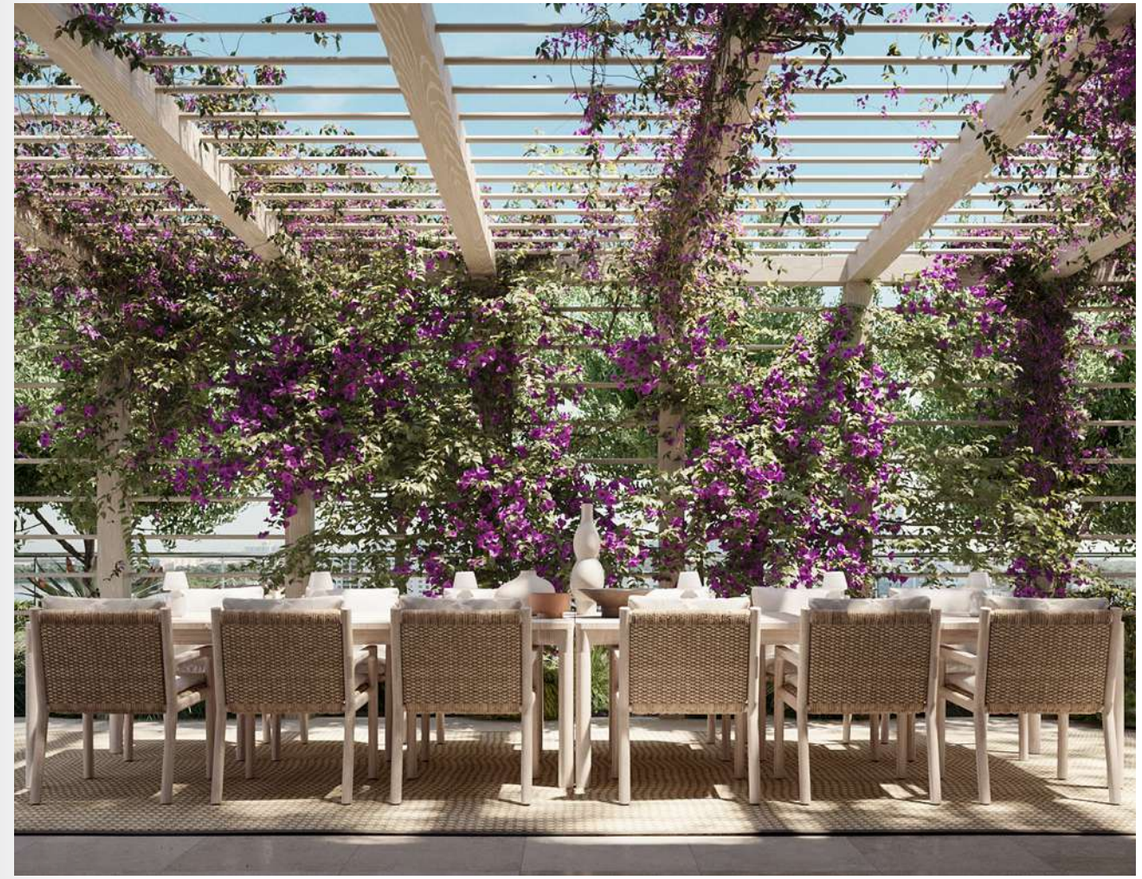


THE WELL at Chileno Bay

Playa Chileno Bay,
Cabo San Lucas, B.C.S., Mexico

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 features a meditative arrival lounge, a sacred Bath House with a purifying altar, rest-inducing Nap Garden & Reflexology Pool, East-meets-West services, movement studio and fitness center, a retail shop and outdoor treatment rooms - all curated to put 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 WELL
Bay Harbor Islands

1177 Kane Concourse,
Bay Harbor Islands, FL 33154

Hidden away on a quiet little island on the northern end of Miami's Biscayne Bay, THE WELL Bay Harbor Islands is more than a high-end home - it's a first-of-its-kind residential lifestyle that is fully devoted to wellness in every moment. With more than 400,000 square feet of spaces and amenities built to improve mind, body, and spirit, THE WELL Bay Harbor Islands is more than holistic health, coastal calm and expert guidance. It's your home for personal wellness.

Life at THE WELL Coconut Grove

Life in Coconut Grove

There's always been a sort of magic to Coconut Grove, an independent spirit that moves at its own pace and is motivated by its own force. Memories run deep in this place. In days long ago, Caribbean settlers chose a secluded patch of land to call their own. Intrepid explorers came by sea and decided this was now home. Naturalists marveled at the abundance of unknown flora and fauna. Then came the artists, authors and musicians, adding to a growing tapestry of eclectic personalities.

In this diversity rose a singular voice – a personal pride in breaking with tradition and transcending the everyday. It is an ethos that has defined the Grove for generations.

As you move throughout the Grove, you feel it all around you. The locals walk the neighborhood, eager to stop and smell the orchids along the way. Rigid schedules do not exist here. You go from the cafe to the bookstore to cocktails as if pulled by the nearby tides. Sunlight falls in dappled patchwork beneath impressive banyan trees. Families laugh together at the park. Kids walk to school. Dogs rest lazily next to owners at bistro tables. You catch the smile of a favorite farmer's market vendor and you've unlocked 'regular' status. In season, neighbors pile free mangos and avocados on curbside tables.

Could this really be part of Miami, the city being hailed as the next world capital on par with New York and Los Angeles? From the Grove that all seems hours away, which is precisely why it holds a special place in the hearts of those who live here. It is also why it serves as the perfect location for a home that celebrates all that it means to live well.

1

3

2

1. Los Felix
2. Bodega Taqueria y Tequila
3. Sadelle's

A location that strikes the perfect balance between a serene atmosphere and proximity to the vibrant energy of Miami.

The Residences

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

From the moment it first catches your eye, THE WELL Coconut Grove draws you in. Angled walls of glass catch the sunlight at different directions as lush greenery seems blurs the edges between the subtle mid-rise building and its natural surroundings. Like a breath of fresh air, it beckons to you to explore deeper and find the secrets of wellness that are always right at home.

Building Features

- 194 residences across 8 floors
- Serene arrival lobby immersed in diffused natural light
- Open, airy indoor-outdoor design
- Holistic sense of serenity: subtle aromatherapy and restorative indoor gardens
- Sustainably minded, Florida Green Building Design with Silver Certification
- Natural lighting optimized throughout
- Select townhomes with walk-up street access, private garden entry
- 40,000 square foot rooftop designed as an outdoor wellness oasis
- 13,000 square-foot state-of-the-art Wellness Club
- Ground floor lofts with 22' ceilings in great room and double height window wall
- Coral stone facade nodding to historic Coconut Grove architecture

ARTIST'S CONCEPTUAL RENDERING

Residence Features

Within your home at THE WELL Coconut Grove, you will find an abundance of thoughtful design and mindfully selected finishes and features to make wellness an effortless part of everyday life. Filled with natural light and space to simply be, each residence has been created to help you feel nurtured and restored in every sense.

HOME
- Spacious, private balconies or terraces in all residences
- Open, light-filled layouts
- Neutral wood floors
- Generous floor plans with expansive glass windows designed with health and wellness in mind
- Flex spaces in select residences for in-home wellness practices like meditation, workouts or massage, with the option to enhance your experience through custom wellness packages
- Primary bedrooms feature finished walk-in closet systems with built-in red light therapy to boost health, energy, and well-being
- Samsung washer and dryers in every residence with dedicated laundry rooms in select homes

KITCHEN
- Kraus Kore™ Kitchen Sink, known for its seamless design, function and balanced workspace with integrated accessories
- Quartzite countertops and backsplash
- Grohe pull-down faucet with filtered, and chilled still and sparkling water options
- Sub-Zero, Wolf and ASKO appliances
- Specialty kitchen accessories: electric kettle, nutribullet, Suvie Kitchen Robot and air fryer
- Built-in Sub-Zero wine fridge
- Custom Italkraft Italian cabinetry
- Kitchen islands or peninsulas in every residence with room for seating

PRIMARY BATH
- Dual-pressure rain shower and affusion spa shower option to help stimulate the lymphatic system, reduce water retention and increase energy
- Free-standing tubs to ease tired muscles and joints available in select residences
- Natural stone on floor, countertop and wall surfaces behind vanity and tubs in select units
- Natural stone countertop on vanities with dual sinks
- Custom Italkraft Italian cabinetry
- Illuminated vanity mirrors
- Steam showers in 3- and 4-bedroom residences

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Inspired, Balanced, Restorative *Homes*

Envisioned in tune with the architectural flow of THE WELL, with softly curved interiors to create fluid energy, each residence is thoughtfully curated and designed to sustain every aspect of your holistic health, while recognizing that true wellness means something different to everyone. Generous, sunlit layouts allow for flexibility and range of motion, while woods in flooring and cabinetry nurture your connection to nature. Floor-to-ceiling glass windows and spacious private balconies bring the outdoors in — a gentle infusion of lush greenery. To promote the healthy circulation of air throughout the residence, each space includes custom air purification systems, as well as aromatherapy diffusers to support restoration and calm. The palette is clean and minimal, with warm tones and cool accents, complemented by rich textures and carefully streamlined design throughout each and every room.

Terrace

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

"We wanted the Residences at THE WELL Coconut Grove to transcend the traditional idea of home. This should be your canvas, your safe space, your joyful center and your source of inspiration."

— Will Meyer, *Meyer Davis*

Living Room

ARTIST'S CONCEPTUAL RENDERING – SEE DISCLAIMER PAGE

The Perfectly Crafted Kitchen

The kitchen is designed with a focus on holistic health and features the remarkable Kore™ Workstation Kitchen Sink, acclaimed for its sleek design and exceptional functionality. The quartzite countertops and backsplash provide a clean and fluid aesthetic. Throughout the kitchen, Sub-Zero and Wolf appliances are integrated for a modern touch. The faucet offers both still and carbonated water options, and each kitchen is equipped with a Nutribullet blender and an air fryer.

Kitchen & Dining

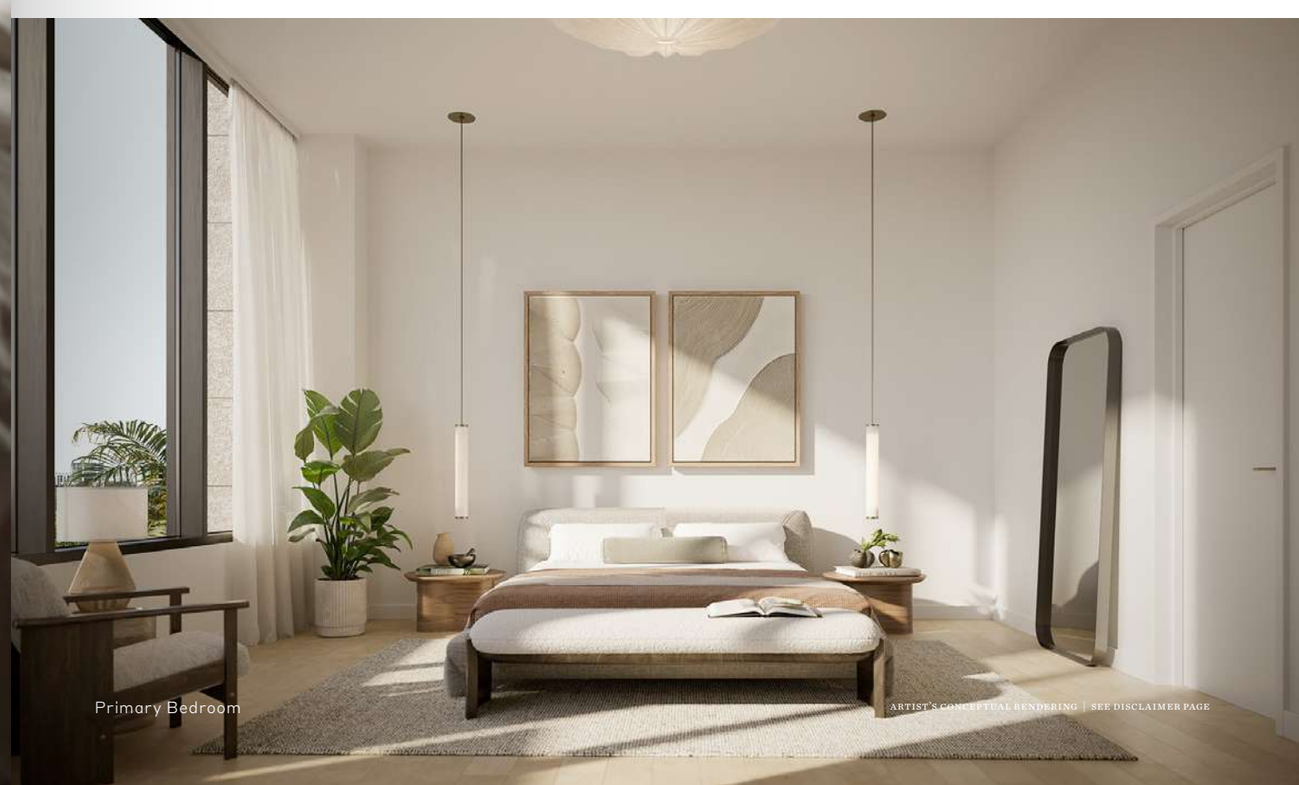
ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Kitchen

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

A Restorative Primary Bedroom

Primary bedrooms are created to promote healthy sleep habits, restore internal balance and create an unclustered space to clear the mind. High ceilings and spacious layouts lend a sense of serenity and relaxation — floor-to-ceiling glass windows and subtle, refined light fixtures create an even, calming rhythm.



Primary Bedroom

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Primary Bedroom

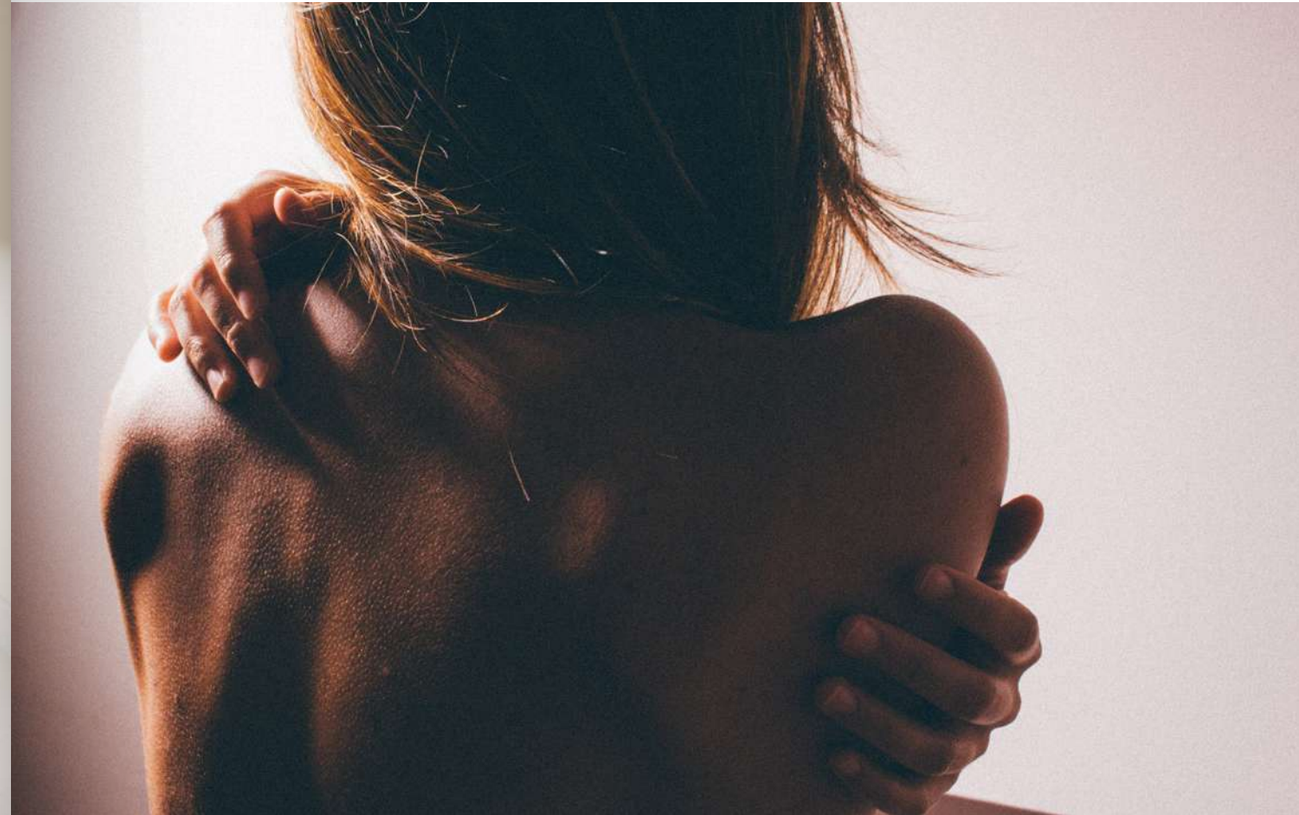
ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Primary Bath

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

An Inspired Primary Bath

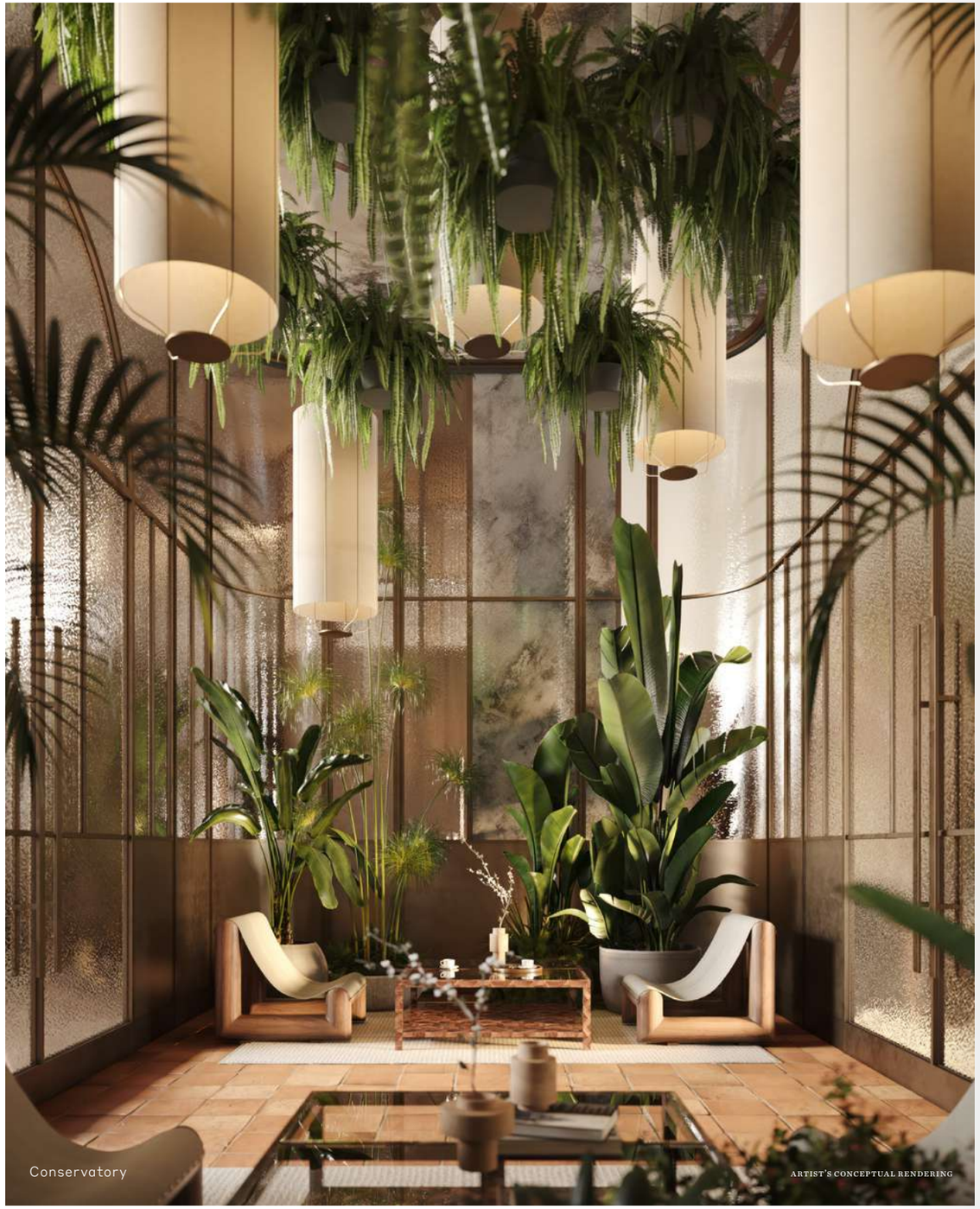
The primary bath is intended to feel like a spa, with a dual-pressure rain shower and affusion spa shower option to help stimulate the lymphatic system, reduce water retention and increase energy. Free-standing or built-in tubs in select residences ease tired muscles and joints, stone floors and walls keep the space cool and refreshed — a complete primary bath that nourishes and cultivates well-being every day.



Primary Bath

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

The Amenities



Conservatory

ARTIST'S CONCEPTUAL RENDERING

Services & Amenities

Wellness is not a once-in-a-while pursuit—it's a daily practice that makes life fuller and more rewarding over time. At THE WELL Coconut Grove, our services and amenities are designed to remove the barriers between everyday living and exceptional well-being.

RESIDENT EXCLUSIVE AMENITIES

- Valet parking
- 24-hour security
- Hot and cold towel service on arrival and departure
- Herb garden in lobby garden
- Conservatory features double-height glass overlooking the indoor-outdoor tea garden with Shiftwave Recovery Chair to reset after a long day
- Aperitif bar and light refreshment offerings
- Tea Garden features lush landscaping, an indoor/outdoor patio and a reflection pond
- Lobby Library promotes work/life balance and allows for a quiet, cozy reading room and lounge for gathering
- Private Dining Room with catering kitchen and bar for events
- Children's Room engages kids in indoor and outdoor wellness activities
- EV charging stations
- Fitness Center perfect for private training
- Rooftop Pool Deck with hot/cold plunges, private cabanas and chaises
- Light-filled conservatory with wellness lounge for coworking, IV therapy and gathering space
- Fitness Forest for outdoor individual and group exercise
- Pickleball court
- Lush tropical landscaping throughout

Arrival

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Every shared space, no matter its purpose or function, is envisioned in the context of holistic well-being, with a consistency of form and commitment to balance blended into each and every aspect.

In the quiet, sunlit reading room: floor-to-ceiling glass windows, the ebb and flow of natural light, refreshed neutrals that feel cool but cozy, light wooden flooring and thoughtfully arranged furnishings with plenty of room to ponder.

Reading Room

ARTIST'S CONCEPTUAL RENDERING

Lounge Bar

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Private, residents-only indoor and outdoor fitness classes

The fitness center is designed to make working out a healthy, balanced and positive experience, in an environment that's both nurturing and inspiring. Dedicated areas for yoga and pilates, weight training and stretching are all designed to make wellness part of your every day.

Rooptop Gym

On the rooftop, two rejuvenating pools promote holistic health: a spacious pool for lap swimming which increases lung capacity, lowers blood pressure, reduces stress, supports mental health, improves sleep patterns and more. The circular hot and cold plunges help relax muscles and joints post-swim, improves blood circulation and supports lung capacity. Both are surrounded by ergonomic lounge chairs and private cabanas for complete poolside comfort — and complete privacy when you want it. In addition, we created an outdor bar and dining area with airy, open spaces for gathering, hosting or lounging.

Rooftop Pool

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Rooftop Pool

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Rooftop Lounge

ARTIST'S CONCEPTUAL RENDERING

Rooftop Pools

ARTIST'S CONCEPTUAL RENDERING

Make *wellness*
part of your
every day.

The Wellness Club

THE WELL Coconut Grove is your one-stop shop for wellness. We integrate modern medicine and ancient healing, focusing on whole-person care. Our services, products and experiences address the physical, mental and spiritual aspects of well-being to help you feel your best.

- Holistic wellness and fitness center offering an extensive menu of treatments and experiences for the mind, body and spirit
- Over 13,000 square foot Fitness and Wellness Club with cafe, social, and coworking spaces for owners and members with a fresh juice and organic snack bar
- Rooftop pool deck and hot tub with private cabanas and chaises for residents and THE WELL Club members
- Rooftop bar and dining area
- State-of-the-art fitness center with premium equipment and machines
- Mindful movement studio with healing gong wall
- Beautiful communal bath house with steam, sauna, cold plunge and caldarium
- Crystal Cave relaxation lounge, each with varying crystals and healing modalities
- Hyperbaric chamber
- Vitality Lounge for self-service wellness treatments and IV therapy
- His and hers styling suites, with private showers and lockers
- EMS training and movement studio with a variety of classes weekly, including yoga, HIIT, barre, strenght training, breathwork and more
- Functional medicine practice, physical therapy and longevity experts to improve, enhance and extend your quality of life
- Retail shop & members lounge offering wellness products curated and vetted by THE WELL Practitioners, designed to enrich your at-home wellness experience and support your daily wellness rituals — from essential oils and body care products, to diffusers, dry brushes and more

SEE DISCLAIMER PAGE

Services include head-to-toe healing — from massages and facials to functional medicine and acupuncture — as well as mindful movement classes including yoga, pilates, Qigong, meditation and more. Spacious styling suites and private lockers, thoughtful programming and events with renowned leaders in the wellness community, and a curated boutique of carefully vetted wellness products are just a few of the things that make THE WELL Club unique.

In addition, residents receive memberships to THE WELL Coconut Grove, and special perks at THE WELL locations globally, full-service concierge services from THE WELL team, access to THE WELL locker with the latest wellness tech, including Theragun, Therabeam, infrared blankets, lymph boots, FaceWare Pro and others — for use exclusively by residents.

THE WELL also offers residents weekly fresh juices and prepared meals, private indoor and outdoor classes, as well as an annual health coaching session to help guide you and/or your family to creating personalized wellness plans.

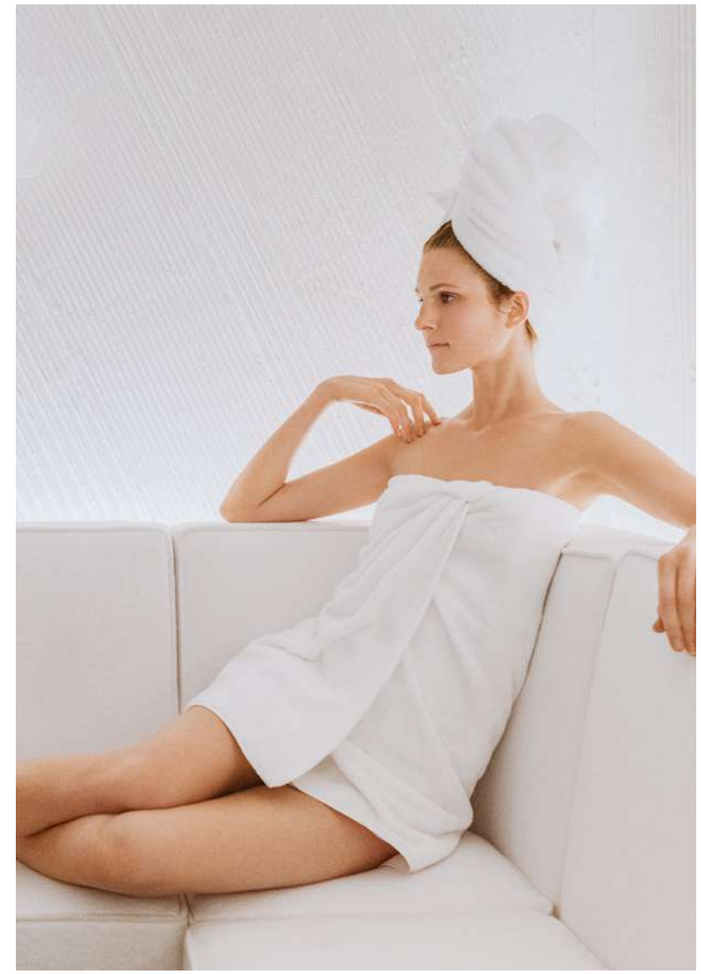
SEE DISCLAIMER PAGE

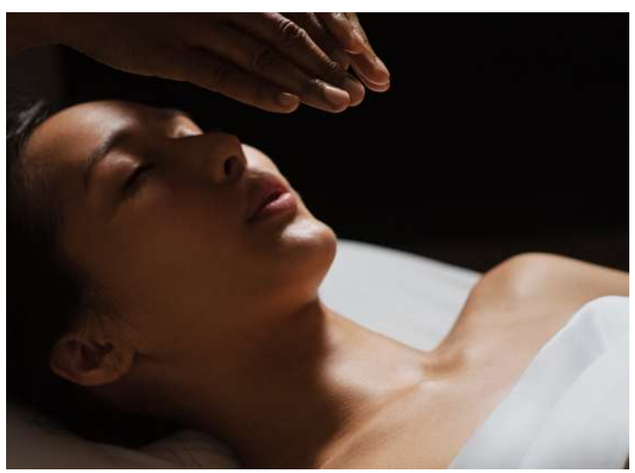
Resident Exclusive WELL Perks

Our community begins with our residents. When you live at THE WELL Coconut Grove, you receive:

- Membership to THE WELL Coconut Grove
- Full-service concierge services from THE WELL team
- Calendar of events, lectures and experiences
- Curated weekly fresh juice and snack subscription program for individuals and families
- Dedicated private outdoor and indoor classes
- Bi-annual health coaching session and annual whole-person health assessment to guide residents in creating individualized wellness plans
- Preferred pricing on treatments and services
- Exclusive benefits across THE WELL locations globally
- Access to in-home services from massages and facials to health coaching and guided meditations
- Early access to bookings and unlimited mindful movement classes
- THE WELL Locker: the latest collection of wellness tech, including Theragun, Therabeam, infrared blankets, lymph boots, FaceWare Pro and others, for use exclusively by residents
- Access to in-home plant design and maintenance services
- Energy-clearing ceremony of each new residence by THE WELL Practitioners

SEE DISCLAIMER PAGE





From immune-strengthening vitamins to essential oil-based self-care, our products offer the best for the body and mind — in our services, in your home and on the go.

Nourish your body with sustainably sourced, organic foods curated with wellness in mind.

The Team

Terra
Park Grove, Coconut Grove, FL

Meyer Davis
Mr. C Residences, Coconut Grove, FL

Arquitectonica
Five Park, Miami Beach, FL

The Team

Terra

An award-winning, South Florida-based real estate development company founded by David Martin, focused on projects that have a positive impact on their natural surroundings, location and the people who live there. The firm has cultivated a portfolio of more than five million square feet of residential and commercial real estate valued at over $8 billion and is active across all major real estate asset classes including luxury condominiums, multifamily apartments, single-family residences, retail, office space, hotels and industrial properties. Terra has achieved international acclaim for its commitment to design excellence, resiliency measures and sustainable development and has been continuously transforming South Florida into the prosperous metropolis we know today.

ARCHITECT

Arquitectonica

Founded in 1977, Arquitectonica introduced a bold modernism that almost instantly sparked a renaissance in Miami's urban landscape. The firm has since designed many of Miami's most recognizable buildings and holds a major presence on the world architectural stage. Arquitectonica's own brand of humanistic modern design can be seen in the firm's world-renowned projects including Microsoft Europe Headquarters in Paris, Westin Times Square in New York, Banco Santander Headquarters in Sao Paulo and the U.S. Embassy in Lima, among others.

INTERIORS

Meyer Davis

A multi-disciplinary design studio founded by Will Meyer and Gray Davis. The award-winning firm has established itself at the forefront of high-end commercial and residential design practices throughout the U.S. and abroad, through its work on private residences, hotels, restaurants, retail experiences and workplace environments. The firm designs seamless physical experiences tailored to their clients' individuality, combining principles of great design with a clear vision for the experience they seek to create. Meyer Davis believes that great design works on multiple levels, weaving together bold design moves and striking details to ensure that when completed, each project makes an immediate and lasting impact.

THE WELL

COCONUT GROVE

MIAMI

EXCLUSIVE SALES BY DOUGLAS ELLIMAN DEVELOPMENT MARKETING

Terra AB ASSET MANAGEMENT

This project is being developed by AB CG Owners LLC, a Delaware limited liability company ("Developer"), which has a limited right to use the trademarked names and logos of Terra and THE WELL. Any and all statements, disclosures and/or representations shall be deemed made by Developer and not by Terra or THE WELL, and you agree to look solely to Developer (and not to Terra, THE WELL or any of their affiliates) with respect to any and all matters relating to the marketing and/or development of the project. The Terra and THE WELL groups of companies are each comprised of several separate companies that are legally distinct. Reference to Terra and THE WELL is merely for convenience and should not be relied upon for any other purposes. ORAL REPRESENTATIONS CANNOT BE RELIED UPON AS CORRECTLY STATING THE REPRESENTATIONS OF THE DEVELOPER. FOR CORRECT REPRESENTATIONS, MAKE REFERENCE TO THE DOCUMENTS REQUIRED BY SECTION 718.503, FLORIDA STATUTES, TO BE FURNISHED BY A DEVELOPER TO A BUYER OR LESSEE. These materials are not intended to be an offer to sell, or solicitation to buy a unit in the condominium. Such an offering shall only be made pursuant to the prospectus (offering circular) for the condominium and no statements should be relied upon unless made in the prospectus or in the applicable purchase agreement. In no event shall any solicitation, offer or sale of a unit in the condominium be made in, or to residents of, any state or country in which such activity would be unlawful. All plans, features and amenities depicted herein are based upon preliminary development plans and are subject to change without notice in the manner provided in the offering documents. Plans, features and amenities described herein may be provided at an additional cost. No guarantees or representations whatsoever are made that any plans, features, amenities or facilities will be provided or, if provided, will be of the same type, size, location or nature as depicted or described herein. No guarantee or representations whatsoever are made that existing or future views of the project and surrounding areas depicted by artist's conceptual renderings or otherwise described herein will be provided, or if provided, will be as depicted or described herein. Unauthorized reproduction, display or other dissemination of such materials is strictly prohibited and constitutes copyright infringement. No real estate broker is authorized to make any representations or other statements regarding the projects, and no agreements with, deposits paid to, or other arrangements made with any real estate broker are or shall be binding on the developer. The projects graphics, renderings and text provided herein are copyrighted works owned by the Developer. All rights reserved.

Sales Gallery Address
2640 S Bayshore Dr. #101
Miami, FL 33133

Building Address
2835 Tigertail Ave.
Miami, FL, 33133

TheWellCG.com
305 901 3004