

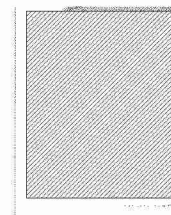
The condos at Canyon Ranch Living-Miami Beach offer open-air spaces where residents can unwind to the sound of waves.



With amenities that soothe, revitalize, and heal, wellness-focused communities help residents bring balance to their lives every day. *By Jade Chang*

YOU'VE BEEN SCRUBBED and cleansed, massaged and de-stressed. You're sitting in a lounge chair, wrapped in a fluffy robe with a cup of antioxidant tea by your side. As the bliss sets in, you think, "When can I move in?"

With spa residences cropping up everywhere from New York City to Tucson and beyond, it's easier than you may think to make the spa experience a way of life. Deluxe-engineered by experts from well-known destinations like >>





Deluxe-engineered by experts from well-known destinations like Canyon Ranch and Miraval, these communities take a holistic approach to living.

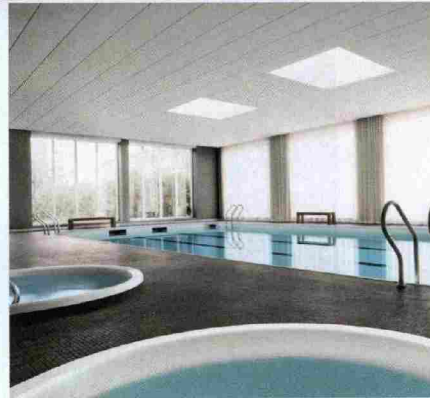
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Canyon Ranch and Miraval, these communities take a holistic approach to living: Mind, body, and spirit get equal amounts of attention with a carefully calibrated mix of treatments, activities, healthy cuisine, and well-designed surroundings.

Canyon Ranch Living-Tucson, one of the first residential communities to be developed at a destination spa, is a prime example. Owners there have access to whatever would be included in the rate for vacationers—the gym, spa facilities, classes, activities, consultations

with experts—plus a discount on meals (from 20 to 40 percent) and spa services (from 10 to 25 percent).

Also in Arizona, Sedona's **Enchantment Group**, the company behind the renowned Enchantment Resort, is constructing **Mii amo Private Residences**: eight earth-tone, 3,200-square-foot houses nestled in a native meadow near the famed red rocks and vortex of Boynton Canyon and adjacent to Mii amo, a destination spa at Enchantment. Residents will have full amenities privileges at the spa and can take advantage of priority dining reservations at >>



TOP: New York City's Miraval Living is located in a 41-story building. ABOVE: The property's 56-foot pool is among the highlights.

spa living

address book

Think moving into the spa sounds like a great idea? Here are a few options to kick off your house hunt.

Canyon Ranch Living-Miami Beach, Miami Beach, Florida, (888) 987-9876, canyonranchliving.com; from \$300,000

Canyon Ranch Living-Tucson, Tucson, Arizona, (800) 975-8880, canyonranchliving.com; from \$2,200,000

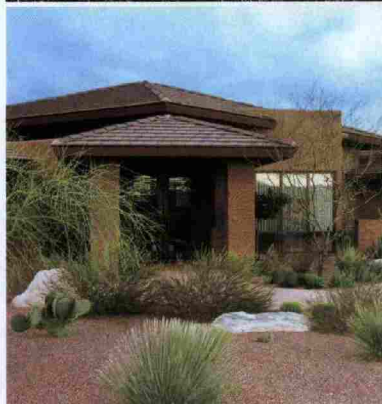
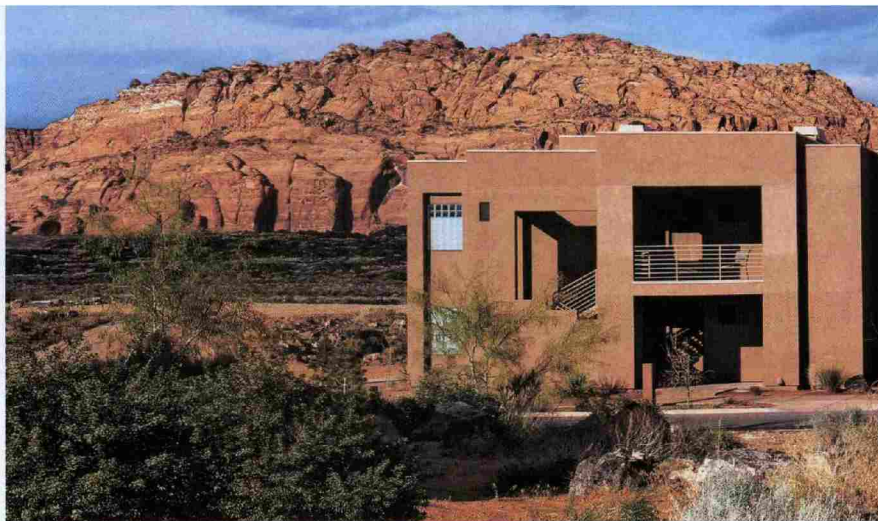
The Greenbrier Sporting Club, White Sulphur Springs, West Virginia, (888) 741-8989, greenbriersportingclub.com; from \$895,000

Mii amo Private Residences, Sedona, Arizona, miiamoprivate.residences.com; from the high \$2 millions

Miraval Living, New York City, (877) 932-5862, 515e72.com; from \$852,000

Private Lifestyle Villas at Sundara Inn & Spa, Wisconsin Dells, Wisconsin, (888) 735-8181, sundaraspa.com; from \$800,000

Residences at Red Mountain, Ivins, Utah, (800) 444-4230, redmountain.com; from \$495,000



CLOCKWISE FROM TOP: Red Mountain residents have red-rock views; houses in The Greenbrier Sporting Club blend in with the environment; Canyon Ranch Living-Tucson sits along the southern end of the spa's property.

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Mii amo's café and Enchantment Resort's Yavapai Restaurant and Tii Gavó.

Red-rock views are also a draw in Utah, at the **Residences at Red Mountain**. There, for an additional \$125 per day, owners can partake of a full menu of Red Mountain's popular spa and outdoor adventure activities, plus all daily meals.

If desert and canyons aren't your thing, **The Greenbrier Sporting Club** community, in White Sulphur Springs, West Virginia, offers homes set near some of the country's most renowned mineral springs. All members have access to the private Ananda in the Alleghenies spa and an award-winning golf course, and they also get a 15 percent

discount at the restaurant and spa at The Greenbrier hotel.

In the Midwest, 12 **Private Lifestyle Villas at Sundara Inn & Spa** in Wisconsin Dells, Wisconsin, offer guests longer stays and ownership opportunities. Villa owners have unlimited access to spa facilities (including locker rooms, an indoor bathhouse, a relaxation lounge, a fitness center, and a year-round heated outdoor pool), preferred pricing on spa services, and a golf membership with unlimited tee times.

Fortunately for urbanites, moving to the spa doesn't necessarily mean leaving the city behind. On New York's Upper East Side, **Miraval Living** incorporates the Tucson-based destination spa's reputation for »

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intensive, immersive treatments with amenities appropriate for its metropolitan surroundings. Among the highlights of the building's 40,000-square-foot worth of facilities is a state-of-the-art fitness center—featuring an indoor saline pool, indoor and outdoor yoga studios, an indoor rock-climbing wall, and more—and one of the largest on-premises private parks in the city. Plus, condo owners can have an entire wellness regimen tailored to their needs, which could include anything from group meditation to poetry workshops.

And at **Canyon Ranch Living-Miami Beach**, residents have access to a full-time medical staff that includes a physical therapist, nutritionist, and practitioner of Traditional Chinese Medicine. They can also participate in wellness classes, use the fitness center, and spend as much time as they like in the spa's 5,000-square-foot water circuit, Aquavana. The condos are designed with natural materials, open floor plans, and sweeping views to ensure a restful environment, and communal areas are designed to encourage serendipitous interactions.

So who lives in these communities? Some residents are busy professionals who want their homes to be respites from the rat race. Others are parents who want to introduce their kids to wellness and keep the whole family on a healthy track. Still others are retirees, happy to have easy access to spa facilities and medical experts (not always of the Western variety). And some are just enjoying a healthy escape in their vacation home.

No matter their differences, these citizens of the new spa world are united in their desire to live healthfully. It's a sign of how important wellness has become to Americans, and it's a glimmer of hope for a healthier future. □