

Your One-Stop Shop for Wellness



THE WELL
BAY HARBOR ISLANDS
MIAMI

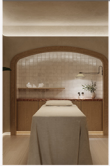
A close-up photograph of a person's arm and hand resting on a dark, textured surface, likely sand. The person is wearing a light-colored, long-sleeved shirt with the cuff rolled up. A thin gold bracelet is visible on the wrist. The hand is flat against the surface, with fingers slightly spread. The lighting is warm and directional, coming from the upper left, casting soft shadows and highlighting the texture of the skin and the sand. The overall mood is calm and grounded.

Hi, We're THE WELL

We believe in a world where everyone can feel better. We focus on whole-person care — addressing the physical, mental and spiritual aspects of well-being — with one goal in mind: to help you feel your best.

Imagine a life with wellness at the center.

There is no quick fix or one-size-fits-all solution when it comes to wellness. From Eastern healing to Western medicine, we've got you covered.



Acupuncture & Chinese Medicine

Heal patterns of disharmony in the body & restore balance and vitality with personalized acupuncture and Chinese medicine practices, grounded in ancient wisdom and modern healing.



Bodywork & Massage

Experience deep relaxation through intuitive massage therapies that release tension, reset the nervous system and support whole-body healing.



Facials & Skin Health

Support your skin with expert-led facials and treatments that combine advanced technology and best-in-class skincare to address the root causes for lasting skin health.



IV Vitamin Therapy

Replenish and recharge with customized IV vitamin therapy, mixed on-site for highest efficacy & designed to restore hydration, boost energy and support overall well-being.



Mindful Movement

Connect mind, body and spirit through intentional movement with daily pilates, strength & conditioning, yoga, HIIT, barre and more, led by Miami's top instructors.



Fitness & Personal Training

Optimize performance, build strength and stamina with expert one-on-one training, featuring cutting edge fitness technology like EMS, to help you reach your fitness goals.



Recovery & Longevity

Enhance recovery and promote longevity with advanced therapies, including a Hyperbaric Oxygen Chamber and Photodynamic Light Therapy Bed, longevity medicine and a immersive Bath House experience, featuring Miami's first-ever Caldarium.



Vibrational Energy Healing

Release energy blockages and restore balance, using sound, frequency and intention to harmonize your mind, body and spirit for deep emotional, physical and spiritual healing.

A close-up, macro photograph of a mushroom gill, showing the fine, wavy texture of the gills in a warm, golden-brown color. The lighting creates a soft, ethereal glow, highlighting the intricate patterns of the mushroom's structure.

Longevity Medicine

Partner with expert practitioners to create a personalized plan for long-term vitality.

Our Longevity Medicine offering includes diagnostic testing, biomarker analysis and functional lab work to identify imbalances and prevent future illness. Whether you're looking to enhance energy, improve cognitive function, balance hormones or support healthy aging, our medical team takes a proactive approach — integrating evidence-based protocols with holistic support to optimize how you feel and function, now and in the future.

Now Extending Membership Invitations

Join a community that places your wellness first, and where connections are made between like-minded people with the shared intention of living well.

BENEFITS

- Luxury Wellness Amenities, a State-of-The-Art Gym & Training Facilities
- Unlimited Mindful Movement & Functional Fitness Classes
- Access to a Bath House with a Caldarium, Infrared & Sound Dome, Cold Plunge, Steam Room, & Dry Sauna
- Exclusive Member Events
- Special Pricing on Services & Retail Purchases
- Quarterly Performance & Mobility Assessments
- Complimentary Personal Training Session
- Complimentary Guest Passes
- \$100 Services Credit When You Join
- Eligibility for All Club Access



It's never been easier to center your wellness.

- Restorative, purifying Bath House to enjoy pre- or post-treatment, or at your leisure as a member, featuring Miami's first Caldarium, a rejuvenating saunarium, steam room, Infrared & Sound Dome and cold plunge

Cutting-edge recovery and longevity technology, such as a Hyperbaric Chamber and Photodynamic Light Therapy Bed

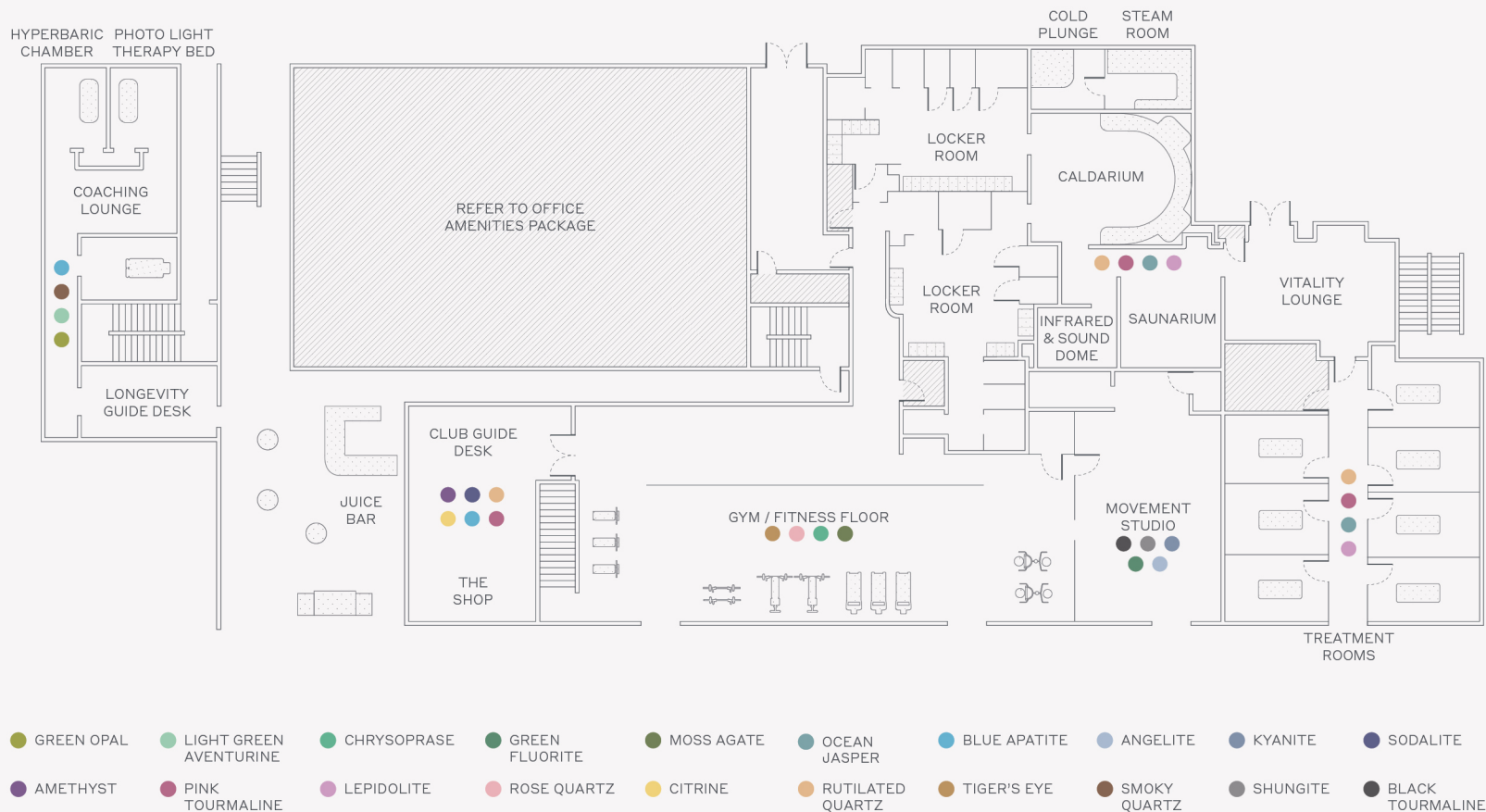
State-of-the-art exercise equipment across our dynamic fitness floor and a personalized training program designed to optimize performance and well-being. Or, make every minute count with a highly efficient, joint-friendly workout powered by electro-muscle stimulation (EMS) technology

Take your wellness to the next level with metabolic and performance testing that delivers detailed insights for tailoring personalized programs and tracking your progress

Beautifully designed locker rooms with spacious showers and well-equipped styling stations for you to level up your get-ready routine

We believe in wellness from the ground up.

Seriously — we buried crystals in the foundation to infuse healing energy throughout the space. As you explore each area, follow this map to tap into their healing qualities.



@THEWELL

THE-WELL.COM

Your Home For Whole-Person Care



Scan to learn more

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