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INSIDE ARCADIA YACHTS' NEW SHERPA XL

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New York, new you

An ambitious Manhattan health club takes a holistic approach to treating mind, body and soul, discovers *Harriet Mays Powell*



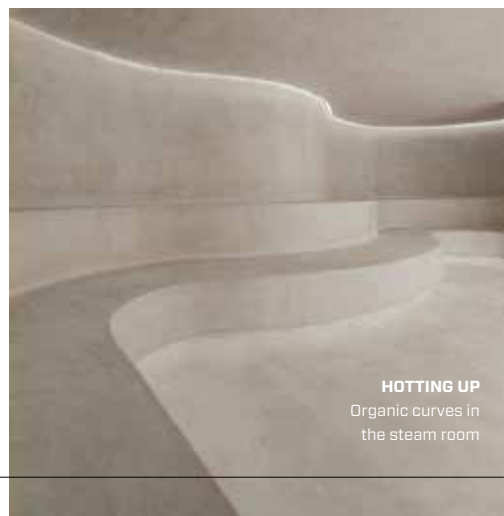
Left: consultation rooms. Practitioners collaborate on a member's treatment

Holistic healthcare, with its combined emphasis on nutrition, exercise and mental health, is a rapidly expanding part of the \$4 trillion global wellness industry. Once the purview of destination spas in exotic locales, this 360-degree approach to health has moved to major cities, where over-scheduled urban professionals can treat mind, body and spirit under one roof.

The Well, a glamorous, design-conscious club that opened in September 2019 in New York's Flatiron District, is the first of several dedicated urban retreats planned by its founders, with future clubs set for

Los Angeles, London, Hong Kong, Tokyo, Mumbai and Singapore.

Rebecca Parekh, Sarrah Hallock and Kane Sarhan spent more than 10 years planning a one-stop shop where people could connect with leading wellness experts and medical specialists. "We're



HOTTING UP Organic curves in the steam room

trying to create this holistic ecosystem where we're looking at the whole person, not a bunch of isolated parts," Parekh says. "Consumers are becoming more conscientious about their health, but with so many offerings in the wellness space, they find themselves running around town and often receiving conflicting advice."

At The Well, members have access to 50 best-in-class practitioners, covering areas ranging from advanced blood-testing to mindful movement, vibrational energy healing and emotional well-being.

"Every practitioner has access to your medical records, via an electronic system, so you won't have to answer all the same questions over and over again," Sarhan explains. New members meet with a health coach to discuss everything from diet and exercise to sleep patterns. Then they receive a tailored plan. Progress is monitored at monthly meetings; team leaders meet twice a week to discuss members' specific issues and to collaborate on possible solutions.

The philosophy fuses Western medicine and Eastern healing; the



ZEN ZONE The meditation room and, below, the relaxation lounge



founders are science devotees and have developed a "science-backed ecosystem for wellness," based on "facts, data and results." But they also buried crystals in the foundations of the soundproof meditation room. "We encourage the exploration of approaches that are more spiritually based," Sarhan says.

Designed to be a Zen oasis in the middle of Manhattan, the club's lower level has white curved walls studded with pyrite. Bright and airy, the space features pale hues such as pink and mint, as well

an organic restaurant and vitamin bar, The Well Kitchen & Table, which is open to the public. Rather than take meetings over cocktails, members can "talk shop at the reflexology lounge, or sip complimentary bone broth in between energy-healing sessions," says Parekh. "We wanted to create the feel and service level of a luxury hotel, so this is actually a place you want to go, and it doesn't feel like work to take care of yourself." *Membership of The Well is by invitation only the-well.com* ■

BOAT LIFE

"In this holistic ecosystem we're looking at the whole person, not a bunch of isolated parts"



GET FIGHTING FIT

AARMY is a new fitness and training method led by former tennis prodigy Akin Akman and decorated track and field star and motivational coach Angela Davis. Their goal is to "build athletes" by training at higher intensity levels than are found in boutique fitness clubs. There are four components in the program: cycling for endurance and cardio; "bootcamp" classes for overall conditioning; lifting circuit classes for strength; and stretch programs for post-workout recovery. After successful pop-ups in New York and LA, a permanent flagship will open this year in Manhattan. Enlisted fans include Maria Sharapova, Karlie Kloss and Jake Gyllenhaal. *aarmy.com*

