

January 13, 2020

<https://hk.asiatatler.com/life/the-worlds-most-luxurious-urban-wellness-centres>

## 5 Of The World's Most Luxurious Urban Wellness Centres



By **Coco Marett**

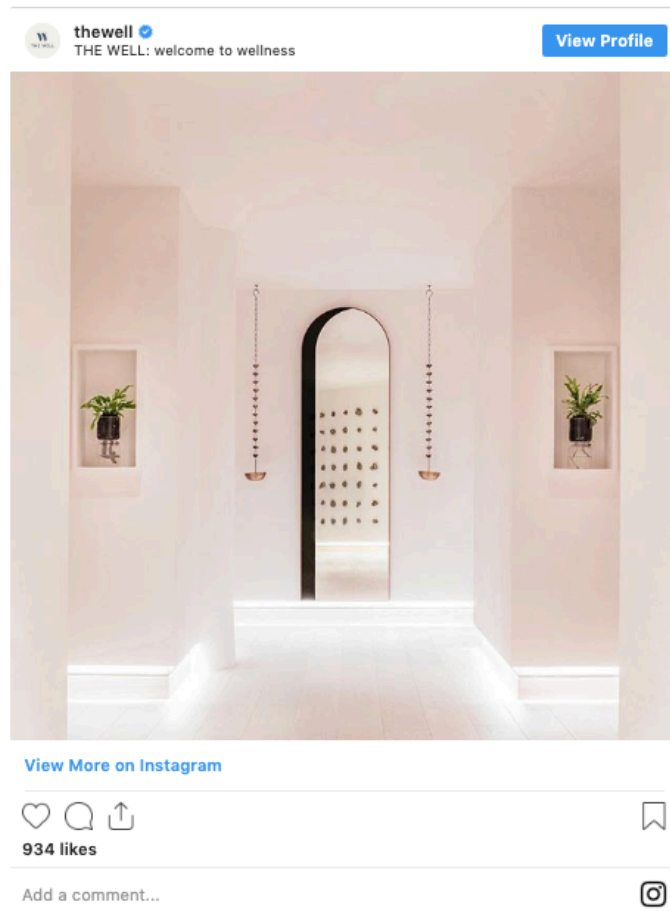
January 13, 2020

No longer relegated to far-flung tropical islands or remote forests, some of the world's best wellness centres can now be found in its busiest cities

**T**he tables have turned. Rather than travelling great distances to visit out-of-the-way health farms, a growing number of health enthusiasts are flocking to luxury wellness centres that are opening in major metropolitan hubs around the world.

Shifting the perception that achieving wellbeing involves prolonged solitude at rural retreats, these new holistic destinations are spaces that allow busy urbanites to find sanctuary in their daily lives.

# The Well, New York City, USA



Overworked New Yorkers have been blessed with the stress-relieving cocoon that is The Well, an 18,000sqft wellness centre in Manhattan’s Union Square district. Designed by Liubasha Rose of Rose Ink Workshop, the elegant, harmonious centre is a beautiful respite from the hustle and bustle of city life.

The space comprises a meditation dome, a spa, steam and sauna rooms, a mindful movement studio that hosts daily yoga and other curated fitness classes, a private training gym, a reflexology lounge and a library where The Well hosts events, workshops and weekly emotional support circles.

Helmed by a team of 30 licensed practitioners—whose areas of expertise range from traditional Chinese medicine to sports medicine, vibrational energy and healing—The Well takes the research, guess work and planning out of wellness by creating customised wellness programmes for its guests to help them achieve their individual goals.

Last but not least, The Well Kitchen + Table offers organic dishes prepared by the team behind loved-by-locals eateries Café Clover and Clover Grocery.

Find out more at [the-well.com](http://the-well.com)