

# A HOTEL LIFE

January 22, 2020

<https://www.ahotellife.com/the-well-nyc/>



1.22.20 / New York / New York

## THE WELL LANDS IN NYC TO TAKE ON HEALTH & WELLNESS FROM EVERY ANGLE

*The holistic darling amongst all New York City's membership clubs*

By **Tansy Kaschak**, AHL Sustainability Editor

Bringing together the science of Western medicine and wisdom of Eastern healing, **THE WELL** wants you to step into your highest health.

With a curated team of renowned practitioners trained in Functional & Integrative Medicine, Chinese Medicine, Sports Medicine, Ayurveda and other modalities, THE WELL is a wellness membership concept that offers highly personalized, integrated, and proactive plans developed on the basis of each individual's goals and what they hope to achieve in the club.

Along with medical and nutritional guidance, members have access to reflexology, acupuncture, signature massages, meditation sessions in a heavenly dome, a mindful movement studio that hosts up to 10 classes per day, a mini fitness center with a personal trainer, healthy cuisine, and, of course, food for thought: the color-coordinated library hosts events, lectures, workshops, and emotional support circles.

THE WELL Kitchen + Table, an all-day market-fresh restaurant headed by the team behind **Café Clover** features an ever-evolving menu focused on Ayurvedic-inspired, plant-centric and nutrient-dense entrees made with seasonal, local and organic offerings. It is open daily to non-members and the tables also double as a work area.

Warm, elegant, and uncluttered, the 18,000-square-foot bi-level space in New York City's Flatiron district, designed by Liubasha Rose of Rose Ink Workshop, also houses a state-of-the-art sauna, gorgeous locker rooms, and a retail area stocked with book, crystals, home goods, and the latest on sustainably-sourced personal care products, all selected and approved by their practitioners.

Special love to the more than 300 plants in the space, all cared for by the resident plant-whisperer who selects them based on natural healing and air-purification qualities and sings to put them to sleep at night.

For those visiting the city or wanting to have a taste of it before committing to a membership, THE WELL offers a **Day Tripper option**, allowing non-members to book treatments and consultations at the club and provides access to the thermal suites and locker rooms.

THE WELL is located at 2 East 15th St. For more information on membership, visit their website [here](https://www.ahotellife.com/the-well-nyc/).



[Photo: Kris Tamburello]



[Photo: Kris Tamburello]





[Photo: Kris Tamburello]



[Photo: Kris Tamburello]



[Photo: Kris Tamburello]