

# Peace and happiness: mindful living, personalised wellness and a 100,000sq ft spa coming to Palm Beach

By Jane Kitchen



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**Developer Dilip Barot, founder of Creative Choice Group, is building what he calls an “urban destination spa resort” on Singer Island in Palm Beach, Florida with a 100,000sq ft ESPA spa.**

Spread across seven acres on the Atlantic shoreline, the Amrit Ocean Resort & Residences will have a focus on wellness lifestyle, taking inspiration from Patanjali yoga, and is due to open in 2019.

The one million sq ft development, designed by S&E Architects with interiors by Bilkey Llinas Design, will focus on mindful living, bringing Eastern traditions of inner science together with Western luxury.

Two towers – named Peace and Happiness – will house 150 hotel guest rooms, 359 residences, and a four-storey spa designed in collaboration with ESPA. Practitioners will focus on preventative maintenance and personalised wellness, and industry veteran Alison Howland – who was part of the original vision team – has been named vice president of wellness programs and resourcing for Amrit.

Tower P (Peace) will be a resort residential tower with features such as posture-supportive heat reflexology floors, mood-enhancing aromatherapy, vitamin C-infused showers, exterior sound-extrusion block, and dawn simulation that gently increases the amount of light in the bedroom at a customisable wake-up time.

Tower H (Happiness) will offer a hotel/residential mix, and will house the 100,000sq ft ESPA spa, which will include both indoor and outdoor yoga studios, a meditation garden, whirlpool spa, private beach club with cabanas.

Barot hopes to help guests and residents “achieve a personalised roadmap for wellness,” he said, by giving them both the knowledge and support system to live a well life.

Different transformational programmes will be available for three, four or seven days, which will include a personalised wellness assistant that guests can follow-up with; for Amrit residents, the wellness assistant will come as part of the package.

“There’s an element of habit-forming,” explained Barot. “We’re not just showing you what to do, but giving you the coach and the resources as well.”

Amrit’s lifestyle experiences and customised programming will be focused around the five pillars of wellness, and a selection of integrated experiences will address sleep deprivation; nutrition and diet; relaxation and de-stress; personal training, fitness and sports rehabilitation; beauty treatments, weight management and more.

“Amrit will be a lifestyle choice of escapism from the current everyday stresses, focusing on mindfulness and prevention without the use of medical intervention,” said Barot.

“Keeping in mind that we want ours to be specific, meaningful, holistic and distinct from the growing arena of mainstream wellness knowledge, we have identified topics within the five pillars of wellness that will guide individuals into a personalised journey of genuine happiness and help them learn and practise healthy habits.”

Topics include gut health, ayurvedic recipes highlighting the benefits of spices, inner organ strength, yoga nidra for better sleep, blue light education and more. The resort will offer space for events of up to 200 people, with an eye towards providing wellness education, lectures and retreats.

“In today’s world, the ability to take care of yourself is the ultimate luxury, and with Amrit, we hope to introduce a new wellness lifestyle that does not exist anywhere else, and one that is cross-generational,” said Shama Barot, chief strategist for Creative Choice Group.

“We’re devoted to true wellbeing that seeks to curate a mindful lifestyle. The journey begins on arrival and whether you live, visit or want to be connected through our wellness technology app, we offer a custom mind-body experience that includes therapies, amenities, consultations and expert programming that aim to encourage a more positive, conscious life.”