

Healthy living the luxury condo way

By [Beth Landman](#) and [Zachary Kussin](#)

Natasha Shangguan, a real-estate agent, is quick to list the perks of living in the Grand at SkyView Parc development in Flushing, Queens.

The 1,100-square-foot unit she shares with her son and husband looks west to the Midtown skyline.

Outside, a 7-acre garden equipped with landscaping, play areas and grills is popular among residents — but this isn't your typical garden. Crafted in accordance with feng shui, this lush escape — where the placement of stone, plants, water and wood are said to counter negative energies — is designed to help visitors feel at ease.

“You can leave all the work stress behind and enjoy your family time,” says Shangguan of this amenity, where she plays with her toddler son every day.

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Natasha Shangguan and poodle MT relax at the Grand at SkyView Parc in Flushing, Queens, alongside its feng shui-oriented plant and water garden. Brian Zak/NY Post

Forget the on-site fitness center and spa-treatment rooms. Residential developers now incorporate next-level inclusions, such as that feng shui garden, as well as nutritionists, built-in aromatherapy and “brain fitness” for memory and relaxation enhancement — to make physical and mental wellness more of an immersive experience for residents. In today’s competitive residential market, these uncommon amenities not only help new addresses stand out, but also mark a response to homeowners who want to live healthier, happier lives.

This trend dates back to the 2014 debut of 66 E. 11th St., a six-unit property that developer Delos billed as the first “Wellness Real Estate residence in the

world.” Delos declined to comment, but equipped its residences with vitamin C-infused showers for hair and skin health; circadian lighting for better sleep cycles and posture-supportive flooring.

This address lured the likes of Kim Kardashian, who eyed its \$50 million penthouse, and Leonardo DiCaprio, who sold his condo last year for \$8 million — a \$2 million loss.

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Leonardo DiCaprio was the biggest-wattage star to buy in the uber-healthy Delos development in Greenwich Village. Michael Loccisano/Getty Images for National Geographic; Brian Zak/NY Post

Other Big Apple builders have followed suit with wellness-focused perks.

At the forthcoming Zaha Hadid-designed 520 W. 28th St., where a five-bedroom penthouse asks a mighty \$50 million, buyers can dip into a saline

pool without the irritation to skin or eyes that chlorine causes. They can also breathe cleaner air, thanks to high-grade filters in heating and cooling units that remove outdoor pollutants and odors.

“We have to design to make people well and make people happy — it’s part of our job,” says Clodagh, the one-name founder of the eponymous holistic design firm Clodagh, which adorned the interiors of the under-construction, 84-unit Citizen360 condo at 360 E. 89th St., where pricing starts at \$2.14 million.

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The skin-friendly saline pool at Zaha Hadid’s 520 W. 28th St. alongside the High Line. Hayes Davidson; JOCHEN LUEBKE/AFP/Getty Images

Once completed, this building will feature a wellness lounge with an infrared sauna.

Clodagh cites studies that show infrared is an effective tool for more intense sweating, which releases greater toxins from the body, and for regulating the stress hormone cortisol.

After a treatment “you’re pink and shiny, and you feel very light and wonderful,” she says.

Though owners in these NYC developments may breathe fresher air and feel more relaxed, will these unique features also make for a healthier investment? Not necessarily. According to appraiser Jonathan Miller, these standout wellness amenities can help properties sell faster, but that doesn’t always mean a higher sales price over units in residences that aren’t centered on health.

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Citizen360, UES, asking \$2.16M: Two-bedroom, two-bath condo with floor-to-ceiling windows; designed by Irish

interiors master Clodagh with ample natural light; building amenities include an infrared sauna and ultra-filtered water. *Contact: Corcoran Sunshine, 212-360-0089*Redundant Pixel

“For everyone these amenities appeal to, there are likely more [people who] are indifferent,” he says.

Perhaps owners place greater value on community.

When a group of like-minded, wellness-focused individuals live together, “they inspire each other to practice good health,” says Dilip Barot, lead developer of Singer Island, Fla.’s Amrit Ocean Resort & Residences — a hotel/condo that will see prices from \$700,000 when sales launch this fall.

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An over-the-top spa treatment room at Amrit Ocean Resort & Residence in Singer Island, Fla. Courtesy of Amrit Ocean Resort & Residences

In order to encourage healthy living, the tools must be provided. Amrit, with

351 total residences and hotel rooms, is arguably the most wellness-immersive development currently under construction in the US.

Upon its projected 2019 completion, features will include pressure point-targeting flooring for posture support, built-in aromatherapy diffusers for mood enhancement, vitamin C showers to enhance the appearance of hair, skin and nails, circadian lighting for improved sleep cycles, plus customizable options for individual preferences. Not only will there be on-staff nutritionists, there will also be round-the-clock mobile access to a “wellness assistant,” who can keep homeowners and guests on top of customized diet or meditation plans.

It’s similar at the 70-unit Renzo Piano-designed Eighty Seven Park in Miami Beach, where a wellness-minded community can help foster a greater sense of home.

“People want privacy, they want security, they want to feel like they’re in a sanctuary and they want like-minded people,” says Terra President David Martin — a developer of Eighty Seven Park. Also projected for a 2019 debut, its Soul Center Spa will have a full-time nutritionist, health coaching and a “brain fitness” program, offering classes on memory improvement and relaxation. “More and more people want to live healthier and they want their families to be around that, too.”

However, some of these new-school inclusions may raise eyebrows — begging the question as to whether they provide any real benefits. According to Richard Sachleben, Ph.D., a retired chemist and member of the American Chemical Society, there are.

For instance, there’s some evidence to show the heat of an infrared sauna can slightly help with detoxifying through

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sweating (Sachleben adds urination and excretion are far more effective), and soothe injured joints and muscles.

But Sachleben isn't sold on vitamin C showers. He says there's no evidence to show any impact the vitamin could have on skin's outer layers.

"It won't hurt you, it won't help you," Sachleben says. "It's just washing vitamin C down the drain."

(Barot, whose Amrit will feature these showers, says, "We all know the science is evolving — it will be continuously improving.")



Cyndi Lauper Gary Gershoff/WireImage

Not all New Yorkers or snowbirds can reside in these souped-up health-minded developments, but the remainder can buy individual wellness products for their homes.

Spies say Cyndi Lauper installed a Kangen purifier that produces high-pH alkaline water to increase the body's oxygen levels and improve energy (from \$1,800).

Other residents simply aim for cleaner water.

Jennie Ann Freiman, a retired OB-GYN behind the Oobroo dietary supplements, purchased an Alexapure Pro filtration system (\$119.99) for her son, Ross Freiman-Mendel, when he moved into a Manhattan apartment last summer.

“I read the annual water quality report issued by [NYC.gov](http://nyc.gov), and both the scientist and mother in me don’t feel good about the tap water,” she says, citing 11 chlorine-disinfectant byproducts and chromium-6, the toxin at the center of the Erin Brokovich lawsuit. (The NYC Department of Environmental Protection maintains “we meet or exceed federal health and safety guidelines.”)

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Royce Pinkwater in her wellness-packed Park Avenue master bath. R Umar Abbasi

Other locals outfit their homes with more-encompassing therapeutic features. That’s the case for real-estate executive Royce Pinkwater, who converted her Park Avenue master bathroom into a spa retreat, with an aromatherapy machine, multi-chromatic light options and a sound system.

She says these fixtures have helped make her feel happier, healthier and more at peace.

“If I want to feel up, I turn on white light and pump in citrus or vanilla aroma,” she says. “After a yoga class, I go for lavender light and scent and raindrop sounds. I recently had a party, and many of my guests wound up ordering the system.”