



# GLOBAL WELLNESS SUMMIT™

JOINING TOGETHER. SHAPING THE FUTURE.



# 2026 Global Glimpse DIRECTORY

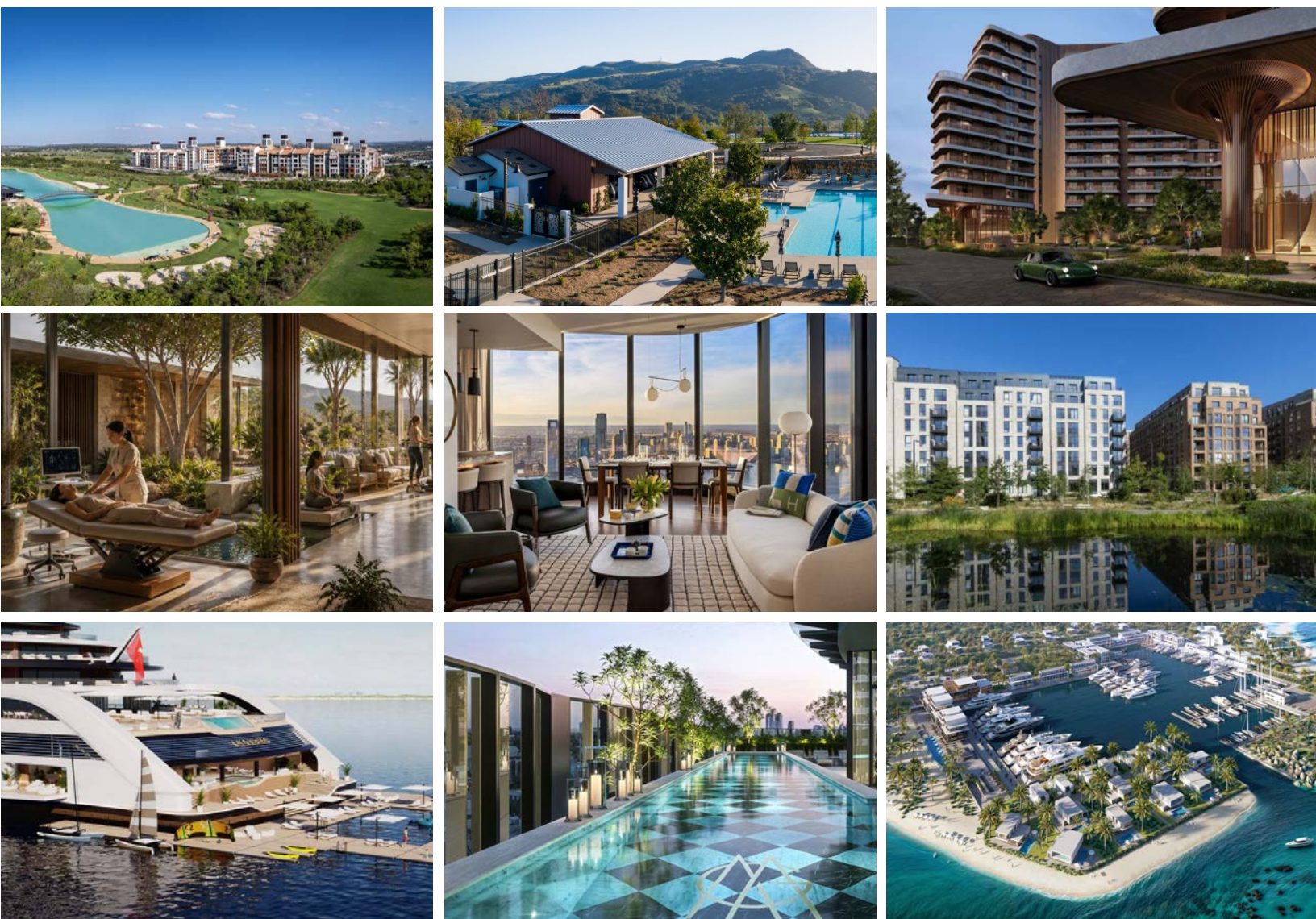
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# About the Global Glimpse

The Global Glimpse, presented by Susie Ellis, Co-Founder, Chair and CEO of the Global Wellness Summit, offers a concise and compelling snapshot of the most forward-looking wellness real estate and community concepts worldwide. This curated directory draws from dozens of projects—from urban wellness hubs to remote, retreat-style residential developments—to show how wellness is being built into architecture, environment, service design, and investment strategy.

The Global Glimpse serves as a strategic illustration of where the wellness economy is heading. It pinpoints emerging patterns—including the convergence of medicine and wellness, sustainability, technology-driven living, and new community models—and shows how these forces are reshaping the sector’s next chapter.

2026 Global Glimpse

# FEATURED LISTINGS



BANGKOK, THAILAND

# ROMM Convent



ROMM Convent is a luxury wellness residence by Proud Real Estate, located in the heart of Sathon, Bangkok. Designed for natural ventilation and heat reduction, each unit maximizes airflow for greater comfort and energy efficiency. With thoughtfully designed common areas and facilities for ultimate relaxation, the project feels like home while elevating urban living through Holistic Care, curated services, activities, Fitwel standards, and wellness and healthcare partnerships for healthier, longer living.

## KEY FACTS

**Size:** 26,775 sq. m. (GFA)

**Developer:** Proud Real Estate

**Architect:** Openbox Architects

**Type:** Residential

**Certifications:** Fitwel Certified

**Wellness Themes:** CBD Retreat Residences

[www.proudrealestate.co.th/romm-convent](http://www.proudrealestate.co.th/romm-convent)

## FEATURES

- Thai-inspired “breathing architecture” for modern space and airflow
- Biophilic design connecting greenery, air, and light
- Expansive 2,000 sq. m. well-being retreat featuring facilities and wellness innovations
- Integrated online and on-site wellness support by BNH Hospital and BeDee by BDMS
- Dedicated Health Butler for holistic care
- Fitwel-standard design and wellness living programs

SAN JOSÉ DEL CABO, BAJA CALIFORNIA SUR, MEXICO

# THE NEST OF HUMANITY®



## KEY FACTS

**Size:** 5.84 acres (23,607 m<sup>2</sup>)

**Developer:** Proud Real Estate

**Architect:** Gonzalo Elizarraras

**Type:** Regenerative mixed-use wellness and residential community

**Certifications:** WELL and LEED strategies under evaluation for future implementation

**Wellness Themes:** Longevity-focused living; regenerative community design; wellness real estate; active and healthy aging; multigenerational living; agroforestry and food resilience; walkability; human-centered environments; sustainable and earth-conscious development

[www.thenestofhumanity.com](http://www.thenestofhumanity.com)

THE NEST OF HUMANITY® is a regenerative wellness community in Los Cabos designed to integrate modern living, longevity, sustainability, and human connection. The project combines residences, wellness spaces, agroforestry, hospitality, and community-centered experiences within a nature-integrated environment. Conceived as a scalable, replicable, and adaptable ecosystem, it aims to pioneer a new model of regenerative human living that can evolve across countries and socioeconomic contexts while enhancing quality of life, environmental restoration, and long-term well-being.

## FEATURES

- Wellness & longevity hub
- Active living residences
- Agroforestry & regenerative landscape
- Multigenerational community design
- Walkable, nature-integrated masterplan
- Hospitality & guest-oriented residences

2026 Global Glimpse

# DIRECTORY



# Africa



## Evergreen Lifestyle

Paarl, South Africa

[www.valdevieevergreen.co.za](http://www.valdevieevergreen.co.za)



## Silva Residences

Nairobi, Kenya

[www.silva.co.ke](http://www.silva.co.ke)



## Steyn City

Johannesburg, Gauteng, South Africa

[www.steyncity.co.za/experiences](http://www.steyncity.co.za/experiences)



## Val de Vie Estate

Paarl, South Africa

[www.valdevie.co.za/pillars-of-wellness](http://www.valdevie.co.za/pillars-of-wellness)

# Asia-Pacific



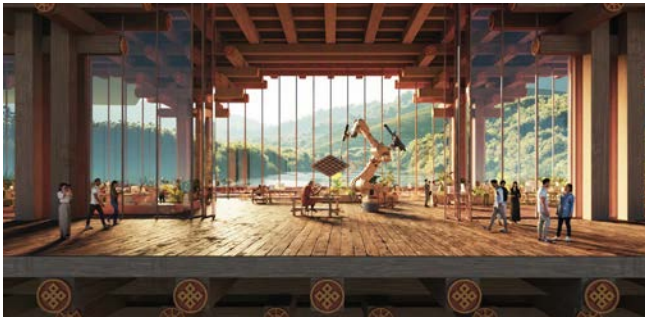
## Dhun Jaipur

Chak Gulabpura, Rajasthan, India  
[www.dhun.life](http://www.dhun.life)



## Elysium Fields

Docklands, Victoria, Melbourne, Australia  
[www.gurner.com.au/projects/docklands](http://www.gurner.com.au/projects/docklands)



## Gelephu Mindfulness City

Gelephu, Bhutan  
[www.big.dk/projects/gelephu-mindfulness-city-16791](http://www.big.dk/projects/gelephu-mindfulness-city-16791)



## Madison Grand

Melbourne, Australia  
[www.gurner.com.au/projects/madison-grand](http://www.gurner.com.au/projects/madison-grand)



## Mövenpick BDMS Wellness Resort & BDMS Clinic

Bangkok, Thailand  
[www.movenpickbdmsbangkok.com](http://www.movenpickbdmsbangkok.com)



## Park Wellstate: Mitsui Fodosan Residential Wellness

Japan  
[www.mfrw.co.jp/parkwellstate/fujisawa](http://www.mfrw.co.jp/parkwellstate/fujisawa)

# Asia-Pacific



## ROMM Convent

Bangkok, Thailand

[www.proudrealestate.co.th/romm-convent/en](http://www.proudrealestate.co.th/romm-convent/en)



## Swan Lake Residences

Tambon Pong TaLong, Thailand

[www.swanlakeresidences.com](http://www.swanlakeresidences.com)



## Tavan Jargal Resort

Ulaanbaatar, Mongolia

[www.albertoapostoli.com/portfolio/progetti-guarda-i-progetti/tavan-jargal-resort](http://www.albertoapostoli.com/portfolio/progetti-guarda-i-progetti/tavan-jargal-resort)



## The Farm at San Benito Wellness Residences

Lipa City, Batangas, Philippines

[www.thefarmatsanbenito.com](http://www.thefarmatsanbenito.com)



## The Forestias

Bangkok, Thailand

[www.mqdc.com/theforestias](http://www.mqdc.com/theforestias)



## Tri Vananda

Phuket, Thailand

[www.trivananda.com](http://www.trivananda.com)

# Europe



## Barclays Bank Campus

Glasgow, Scotland, United Kingdom  
[www.home.barclays/news/2023/3/Barclays-Glasgow-campus-one-year-on](http://www.home.barclays/news/2023/3/Barclays-Glasgow-campus-one-year-on)



## Brent Cross Town

London, United Kingdom  
[www.brentcrosstown.co.uk](http://www.brentcrosstown.co.uk)



## Daphne Steele Building (University of Huddersfield National Health Innovation Campus)

Huddersfield, United Kingdom  
[www.hud.ac.uk/about/national-health-innovation/daphne-steele-building](http://www.hud.ac.uk/about/national-health-innovation/daphne-steele-building)



## Lefay Wellness Residences

Gargnano, BS, Italy  
[www.lagodigarda.lefayresidences.com/en](http://www.lagodigarda.lefayresidences.com/en)

# Europe



## Neos Life

Montemor-o-Novo, Alentejo, Portugal

[www.neos.life](http://www.neos.life)



## Torvec Longer Life Club

Foz de Odeleite, Algarve Portugal, Portugal

[www.tinyurl.com/fknthcvs](http://www.tinyurl.com/fknthcvs)

[www.torvec.org/index.html](http://www.torvec.org/index.html) <https://torvec.org/page3.html>



## Wellness Valley

Cesena, Italy

[www.wellnessfoundation.it/wellness-valley](http://www.wellnessfoundation.it/wellness-valley)

# Latin America-Caribbean



## Aken Mind, Kanora Bay Residences

Cartagena, Bolivar Department, Colombia  
[www.akenhotels.com/en/properties/aken-mind-kanora-bay-residences](http://www.akenhotels.com/en/properties/aken-mind-kanora-bay-residences)



## Algodon Wine Estates

Mendoza, Argentina  
[www.algodonwineestates.com/residences](http://www.algodonwineestates.com/residences)



## Cipriani Resort, Residences and Casino

Punta Del Este, Uruguay  
[www.fir.com/developments/cipriani-resort-residences-and-casino](http://www.fir.com/developments/cipriani-resort-residences-and-casino)



## Equinox Resort Anguilla Port Nimara

Southwest Anguilla, Anguilla  
[www.equinox-anguilla.com](http://www.equinox-anguilla.com)



## Fasano Las Piedras

Punta Del Este, Uruguay  
[www.fasanolaspiedras.erinboissonaries.com](http://www.fasanolaspiedras.erinboissonaries.com)



## ROCA

Porto Alegre, RS, Brazil  
[www.amxproperty.com.br/roca815](http://www.amxproperty.com.br/roca815)

# Latin America-Caribbean



## SHA Residences

Cancun, Quintana Roo, Mexico

[www.sharesidences.com/mexico/en/location/#hero-end](http://www.sharesidences.com/mexico/en/location/#hero-end)



## THE NEST OF HUMANITY®

San José del Cabo, Los Cabos, Baja California Sur, Mexico

[www.thenestofhumanity.com](http://www.thenestofhumanity.com)



## The Residences at Nikki Beach Resort & Spa Antigua

Antigua

[www.nikkibeachresidencesantigua.com](http://www.nikkibeachresidencesantigua.com)



## The Residences at Rancho la Puerta

Tecate, Baja California, Mexico

[www.residencesatrancholapuerta.com](http://www.residencesatrancholapuerta.com)



## Vivert

Minas Gerais, Brazil

[www.vivert.com.br](http://www.vivert.com.br)



## Wen Living

San José del Cabo, Baja California, Mexico

[www.wenliving.com/en](http://www.wenliving.com/en)

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# Latin America-Caribbean



## Zamaya

Tulum, Quintana Roo, Mexico

<https://www.zamaya.com/>

# Middle East-North Africa



## Al Fahid Island by Aldar

Abu Dhabi, UAE

[www.aldar.com/properties/en/Fahid-Island](http://www.aldar.com/properties/en/Fahid-Island)



## AMAALA Residences, Triple Bay

Saudi Arabia

[www.visitredsea.com/en/destinations/amaala](http://www.visitredsea.com/en/destinations/amaala)



## Clinique La Prairie Wellness Resort

Red Sea Global, Saudi Arabia

[www.cliniquelaprairie.com/about-clp/blog/announcing-clinique-la-prairie-health-resort-amaala](http://www.cliniquelaprairie.com/about-clp/blog/announcing-clinique-la-prairie-health-resort-amaala)



## Émerge Residences by Elysian

Dubai, UAE

[www.emergeresidences.com](http://www.emergeresidences.com)



## Eywa, The Tree of Life

Dubai, UAE

[www.eywa.ae](http://www.eywa.ae)



## Miraval Red Sea Residence

Shura Island, Saudi Arabia

[www.miravalresorts.com/miraval-the-red-sea](http://www.miravalresorts.com/miraval-the-red-sea)

# Middle East-North Africa



## SHA Wellness Residences - Emirates

Emirates, UAE

[www.shawellness.com/en/locations/sha-emirates](http://www.shawellness.com/en/locations/sha-emirates)



## Six Senses Dubai the Palm

Dubai, UAE

[www.sixsenses.com/en/hotels-resorts/middle-east-africa/united-arab-emirates/the-palm-dubai](http://www.sixsenses.com/en/hotels-resorts/middle-east-africa/united-arab-emirates/the-palm-dubai)



## Six Senses Residences Dubai Marina

Dubai, UAE

[www.select-group.ae/developments/six-senses-residences-dubai-marina](http://www.select-group.ae/developments/six-senses-residences-dubai-marina)



## Swan Lake Residence New Cairo

New Cairo City, Egypt

[www.swanlakeresidence.com](http://www.swanlakeresidence.com)



## The Wilds by Aldar

Dubai, UAE

[www.thewildsdubai.com](http://www.thewildsdubai.com)

# North America



## AMAN Residences

Miami, FL, United States

[www.aman.com/aman-miami-beach](http://www.aman.com/aman-miami-beach)



## Ameyalli

Midway, UT, United States

[www.ameyalli.com](http://www.ameyalli.com)



## Amrit Ocean Resort

Riviera Beach, FL, United States

[www.amritocean.com](http://www.amritocean.com)



## Babcock Ranch

Babcock Ranch, FL, United States

[www.babcockranch.com](http://www.babcockranch.com)



## Belle Farm

Middleton, WI, United States

[www.bellefarm.live](http://www.bellefarm.live)



## Canyon Ranch Austin Residences

Austin, TX, United States

[www.canyonranchaustin.com](http://www.canyonranchaustin.com)

# North America



## Continuum 12000 Miami Waterfront Wellness

Miami, FL, United States  
[www.12000miami.com](http://www.12000miami.com)



## Fox Point Farms+B48

Encinitas, CA, United States  
[www.foxpointfarms.com](http://www.foxpointfarms.com)



## Harvest Green

Richmond, TX, United States  
[www.harvestgreentexas.com](http://www.harvestgreentexas.com)



## HQ Residences Miami

Miami, FL, United States  
[www.hqmiamiresidences.com](http://www.hqmiamiresidences.com)



## Indigo Community

Richmond, TX, United States  
[www.indigocommunity.com](http://www.indigocommunity.com)



## Lake Nona

Orlando, FL, United States  
[www.lakenona.com](http://www.lakenona.com)

# North America



## Lotus Living

Philadelphia, PA, United States

[www.lotus.living](http://www.lotus.living)



## NAVA Lakehouse

Denver, CO, United States

[www.navareal.com/nava-portfolio-of-developments/lakehouse](http://www.navareal.com/nava-portfolio-of-developments/lakehouse)



## Olivette

Asheville, NC, United States

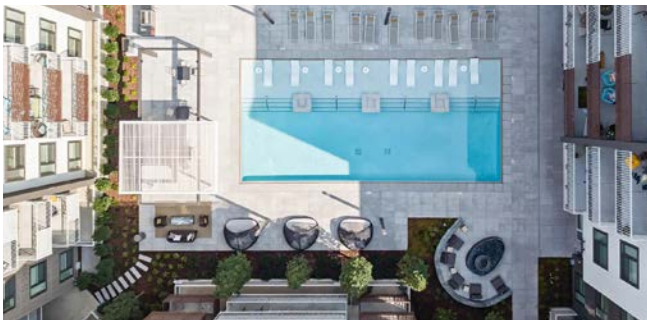
[www.olivettenc.com](http://www.olivettenc.com)



## One Bear Mountain

Victoria, BC, Canada

[www.onebearmountain.com/the-region/bear-mountain](http://www.onebearmountain.com/the-region/bear-mountain)



## OneC1ty

Nashville, TN, United States

[www.onec1tynashville.com/about](http://www.onec1tynashville.com/about)



## Palmetto Bluff

Bluffton, SC, United States

[www.montage.com/palmettobluff](http://www.montage.com/palmettobluff)

# North America



## Preserve Life Corporate Homes

Atlanta, GA, United States

[www.preserve.life](http://www.preserve.life)



## Rancho Mission Viejo

Orange County, CA, United States

[www.ranchomissionviejo.com](http://www.ranchomissionviejo.com)



## Rowan University Wellness Village

Glassboro, NJ, United States

[www.nj.com/education/2026/03/nj-university-wants-to-build-690m-research-campus-wellness-village-with-1000-homes.html](http://www.nj.com/education/2026/03/nj-university-wants-to-build-690m-research-campus-wellness-village-with-1000-homes.html)



## Serenbe

Atlanta, GA, United States

[www.serenbe.com](http://www.serenbe.com)



## Sunbridge

Orlando, FL, United States

[www.sunbridgefl.com](http://www.sunbridgefl.com)



## The Estate

Various, United States and St. Kitts

[www.sbe.com/hotels/the-estate](http://www.sbe.com/hotels/the-estate)

# North America



## The Greenwich by Rafael Viñoly

New York City, New York, United States  
[www.thegreenwichnyc.com](http://www.thegreenwichnyc.com)



## The Havens

Bonsall, CA, United States  
[www.thehavensbonsall.com](http://www.thehavensbonsall.com)



## The Mather

Tysons, VA, United States  
<https://www.themathertysons.com>



## The Well (Bay Harbor Islands)

Miami, FL, United States  
[www.thewellbayharbor.com](http://www.thewellbayharbor.com)



## The Well (Coconut Grove)

Miami, FL, United States  
[www.thewellcoconutgrove.com](http://www.thewellcoconutgrove.com)



## ULYSSIA Residences (Yacht)

Sunrise, FL, United States  
[www.ulyssia.com](http://www.ulyssia.com)

# North America



## **Velvaere Park City**

Park City, UT, United States  
[www.velvaereparkcity.com](http://www.velvaereparkcity.com)



## **Zibi**

Gatineau, Quebec, Canada  
[www.zibi.ca](http://www.zibi.ca)

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**The Wellness Company**

Founded in 1983, Technogym is a world-leading brand in fitness, wellness, sport, and health. Technogym offers a complete Ecosystem of connected smart equipment, digital services, on-demand training experiences and apps that enable each user to access a fully personalized workout experience anywhere and anytime: at home, at the gym and on-the-go. In the worldwide hotel industry, the Technogym name stands as a trusted symbol of premium wellness. With more than four decades of expertise, Technogym has redefined wellness in hotels, transforming basement fitness rooms into prominent, welcoming spaces that elevate the overall property. This has turned hotels into destinations where wellness stands on equal footing with comfort. In Forbes' 2023 ranking of the 50 best hotels in the world, Technogym is chosen by the top 35 and by 41 overall.

**[technogym.com](https://technogym.com)**



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