



GLOBAL WELLNESS SUMMIT™

JOINING TOGETHER. SHAPING THE FUTURE.



2026 Global Glimpse DIRECTORY

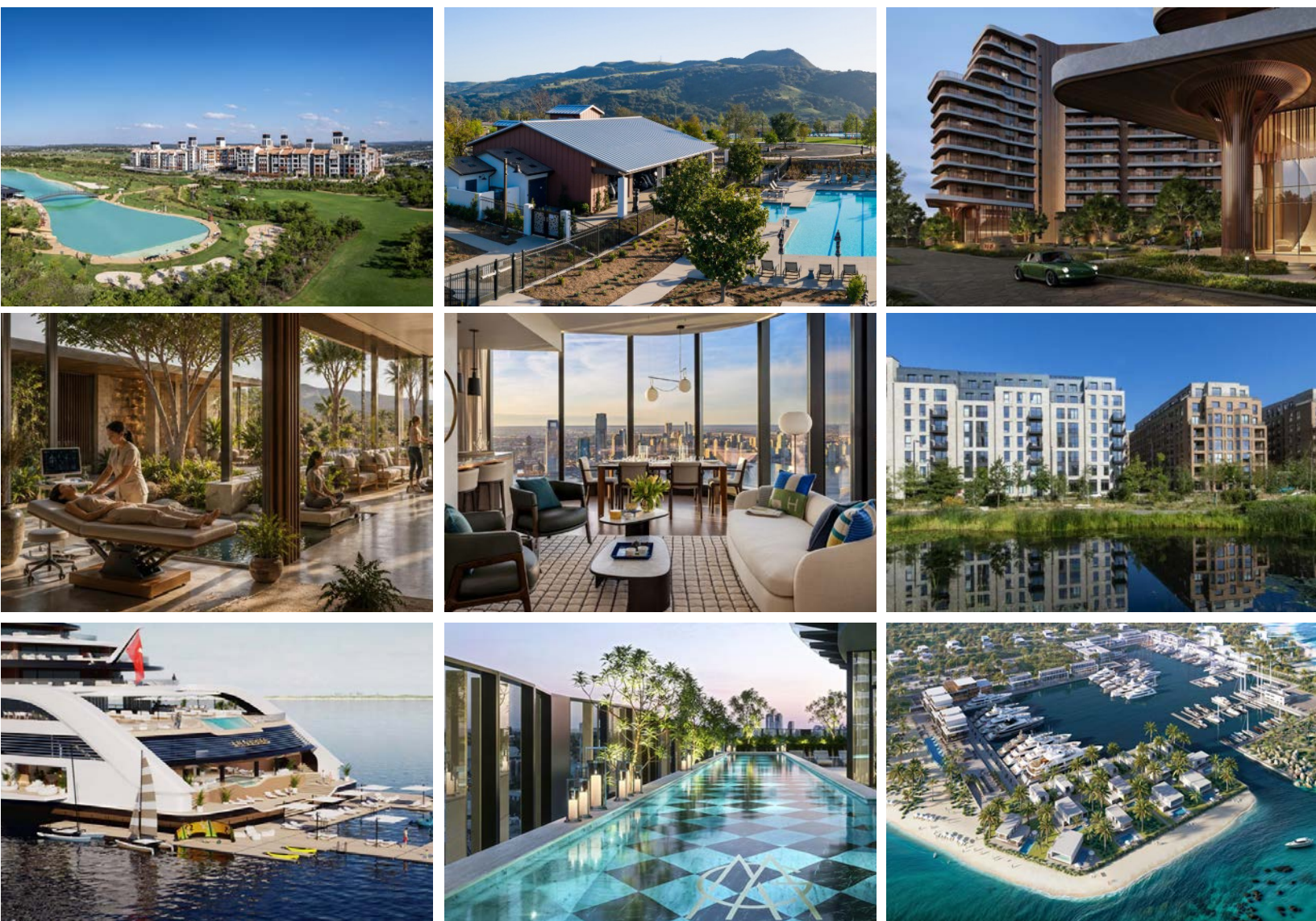
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About the Global Glimpse

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

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 m²)

Developer: HUMĀNIKA®

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

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



Silva Residences

Nairobi, Kenya

www.silva.co.ke



Steyn City

Johannesburg, Gauteng, South Africa

www.steyncity.co.za/experiences



Val de Vie Estate

Paarl, South Africa

www.valdevie.co.za/pillars-of-wellness

Asia-Pacific



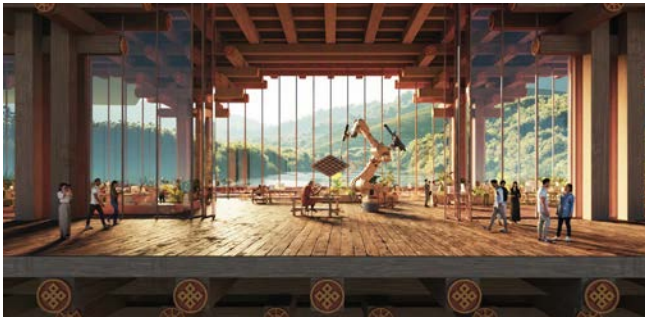
Dhun Jaipur

Chak Gulabpura, Rajasthan, India
www.dhun.life



Elysium Fields

Docklands, Victoria, Melbourne, Australia
www.gurner.com.au/projects/docklands



Gelephu Mindfulness City

Gelephu, Bhutan
www.big.dk/projects/gelephu-mindfulness-city-16791



Madison Grand

Melbourne, Australia
www.gurner.com.au/projects/madison-grand



Mövenpick BDMS Wellness Resort & BDMS Clinic

Bangkok, Thailand
www.movenpickbdmsbangkok.com



Park Wellstate: Mitsui Fodosan Residential Wellness

Japan
www.mfrw.co.jp/parkwellstate/fujisawa

Asia-Pacific



ROMM Convent

Bangkok, Thailand

www.proudrealestate.co.th/romm-convent/en



Swan Lake Residences

Tambon Pong TaLong, Thailand

www.swanlakeresidences.com



Tavan Jargal Resort

Ulaanbaatar, Mongolia

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



The Forestias

Bangkok, Thailand

www.mqdc.com/theforestias



Tri Vananda

Phuket, Thailand

www.trivananda.com

Europe



Barclays Bank Campus

Glasgow, Scotland, United Kingdom
www.home.barclays/news/2023/3/Barclays-Glasgow-campus-one-year-on



Brent Cross Town

London, United Kingdom
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



Lefay Wellness Residences

Gargnano, BS, Italy
www.lagodigarda.lefayresidences.com/en

Europe



Neos Life

Montemor-o-Novo, Alentejo, Portugal
www.neos.life



Torvec Longer Life Club

Foz de Odeleite, Algarve Portugal, Portugal
www.tinyurl.com/fknthcvs
www.torvec.org/index.html <https://torvec.org/page3.html>



Wellness Valley

Cesena, Italy
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



Algodon Wine Estates

Mendoza, Argentina
www.algodonwineestates.com/residences



Cipriani Resort, Residences and Casino

Punta Del Este, Uruguay
www.fir.com/developments/cipriani-resort-residences-and-casino



Equinox Resort Anguilla Port Nimara

Southwest Anguilla, Anguilla
www.equinox-anguilla.com



Fasano Las Piedras

Punta Del Este, Uruguay
www.fasanolaspiedras.erinboissonaries.com



ROCA

Porto Alegre, RS, Brazil
www.amxproperty.com.br/roca815

Latin America-Caribbean



SHA Residences

Cancun, Quintana Roo, Mexico
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



The Residences at Nikki Beach Resort & Spa Antigua

Antigua
www.nikkibeachresidencesantigua.com



The Residences at Rancho la Puerta

Tecate, Baja California, Mexico
www.residencesatrancholapuerta.com



Vivert

Minas Gerais, Brazil
www.vivert.com.br



Wen Living

San José del Cabo, Baja California, Mexico
www.wenliving.com/en

2026 Global Glimpse Directory

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



AMAALA Residences, Triple Bay

Saudi Arabia

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



Émerge Residences by Elysian

Dubai, UAE

www.emergeresidences.com



Eywa, The Tree of Life

Dubai, UAE

www.eywa.ae



Miraval Red Sea Residence

Shura Island, Saudi Arabia

www.miravalresorts.com/miraval-the-red-sea

Middle East-North Africa



SHA Wellness Residences - Emirates

Emirates, UAE

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



Six Senses Residences Dubai Marina

Dubai, UAE

www.select-group.ae/developments/six-senses-residences-dubai-marina



Swan Lake Residence New Cairo

New Cairo City, Egypt

www.swanlakeresidence.com



The Wilds by Aldar

Dubai, UAE

www.thewildsdubai.com

North America



AMAN Residences

Miami, FL, United States

www.aman.com/aman-miami-beach



Ameyalli

Midway, UT, United States

www.ameyalli.com



Amrit Ocean Resort

Riviera Beach, FL, United States

www.amritocean.com



Babcock Ranch

Babcock Ranch, FL, United States

www.babcockranch.com



Belle Farm

Middleton, WI, United States

www.bellefarm.live



Canyon Ranch Austin Residences

Austin, TX, United States

www.canyonranchaustin.com

North America



Continuum 12000 Miami Waterfront Wellness

Miami, FL, United States
www.12000miami.com



Fox Point Farms+B48

Encinitas, CA, United States
www.foxpointfarms.com



Harvest Green

Richmond, TX, United States
www.harvestgreentexas.com



HQ Residences Miami

Miami, FL, United States
www.hqmiamiresidences.com



Indigo Community

Richmond, TX, United States
www.indigocommunity.com



Lake Nona

Orlando, FL, United States
www.lakenona.com

North America



Lotus Living

Philadelphia, PA, United States

www.lotus.living



NAVA Lakehouse

Denver, CO, United States

www.navareal.com/nava-portfolio-of-developments/lakehouse



Olivette

Asheville, NC, United States

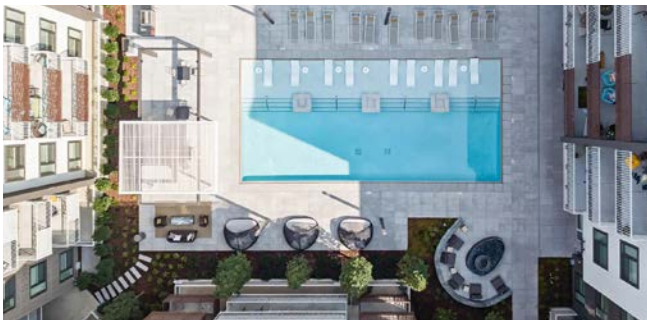
www.olivettenc.com



One Bear Mountain

Victoria, BC, Canada

www.onebearmountain.com/the-region/bear-mountain



OneC1ty

Nashville, TN, United States

www.onec1tynashville.com/about



Palmetto Bluff

Bluffton, SC, United States

www.montage.com/palmettobluff

North America



Preserve Life Corporate Homes

Atlanta, GA, United States

www.preserve.life



Rancho Mission Viejo

Orange County, CA, United States

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



Serenbe

Atlanta, GA, United States

www.serenbe.com



Sunbridge

Orlando, FL, United States

www.sunbridgefl.com



The Estate

Various, United States and St. Kitts

www.sbe.com/hotels/the-estate

North America



The Greenwich by Rafael Viñoly

New York City, New York, United States
www.thegreenwichnyc.com



The Havens

Bonsall, CA, United States
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



The Well (Coconut Grove)

Miami, FL, United States
www.thewellcoconutgrove.com



ULYSSIA Residences (Yacht)

Sunrise, FL, United States
www.ulyssia.com

North America



Velvaere Park City

Park City, UT, United States
www.velvaereparkcity.com



Zibi

Gatineau, Quebec, Canada
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



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