

The New Palm Beach Resort Making Wellness A Way Of Life



If you're looking to rejuvenate in the new year—and who isn't?—head to wellness mecca **Amrit Ocean Resort & Residences** on Palm Beach's swoon-worthy Singer Island. Set to open in March, Amrit spans more than seven beachfront acres and offers a mix of residences and resort guest rooms between two sleek towers aptly named Peace and Happiness.

A stone moon gate flanked by urns overflowing with water and illuminated by fire makes for a dramatic entry to the property, while inside textured patterns inspired by sand dollars, sea urchins and driftwood reflect the feel and colors of the ocean. "A key feature of the lobby is the spiral grand staircase inspired by the shape of a seashell," says Mauricio Salcedo, principal at Bilkey Llinas Design.

Guests and residents can expect cutting-edge, individually customized programming that marries Eastern well-being philosophies with Western technology (think everything from acupuncture to sound and light therapies) while enjoying a sculpture garden, a 40,000-square-foot Ayush hydrothermal therapy experience for alternating between hot and cold pools and a salt chamber, and a plant-centric spa restaurant.