



THE WELL is a modern membership-based wellness club designed for busy urban professionals in the heart of New York City. We recognize both the benefits of Western medicine and the wisdom of Eastern healing and have built a science-backed ecosystem for wellness. Our integrative medicine doctors, health coaches and skilled practitioners work together under one roof to build customized plans uniquely suited to each member and their goals. Opening in early 2019, the 13,000-square-foot club includes a full-service spa with steam and sauna, an organic restaurant and vitamin bar, reflexology lounge, yoga and meditation studios, private training gym and classroom with innovative weekly programming. At THE WELL, your health is integrated, proactive and personalized leading to a more balanced you.

YOUR HEALTH, DONE WELL

At THE WELL, a commitment to best-in-class services is at the core of everything we do. We've searched high and low to handpick the finest wellness practitioners from around the world.

MEET THE HEALTH COACH

Your dedicated health coach guides you on your wellness journey every step of the way. Recruited from the top programs in the country, our expert coaches help you navigate the ever-growing world of wellness. No more biohacks, flash in the pan diets and insomnia-inducing research. Just scientifically-backed protocols for a healthier you.

After a thorough health assessment and conversation about your goals, your health coach will put together an individualized plan that takes into account all facets of your life from food and exercise to sleep and stress. It's the added support that will help you kick your sugar habit, begin a meditation practice or train for that triathlon you've been wanting to do for years. Let's face it: we all work a little harder, play a little smarter and dig a little deeper when we have someone cheering us on.

FUNCTIONAL MEDICINE PRACTICE

As a member, you have access to our world-class functional medicine practice led by our Chief Medical Officer, Dr. Frank Lipman and our Medical Director, Dr. Bojana Jankovic-Weatherly. Our

whole-body approach to wellness is a continuum of healthcare that includes prevention and intervention to minimize disease risk and treat health conditions.

YOUR COMPLETE ECOSYSTEM FOR WELLNESS

Healing Center: Our innovative center for healing and wellness includes a ten-room full-service luxury spa offering east-meets-west integrative modalities and restorative body treatments from highly-trained full-time therapists.

Co-Ed Steam and Sauna: Sweat out stress and accumulated toxins with a purifying circuit of cleansing heat therapies.

Laconium: This detoxifying heat-based therapy incorporates essential oils in a pristine space that's less humid than a steam room and cooler than a sauna allowing for longer periods of relaxation.

Yoga & Movement Studio: Find freedom through flow at our multi-purpose movement studio that offers daily yoga classes along with a curated calendar of fitness classes led by certified experts from a wide array of traditional disciplines.

Meditation Space: This quiet refuge offers members a sanctuary to visit throughout the day to tap into stillness and inner peace.

Private Training Gym: Professional trainers create bespoke health programs customized to your fitness goals from weight loss and strength-building to flexibility and muscle sculpting.

Reflexology Lounge: Time-honored bodywork techniques from acupressure to therapeutic foot rubs are offered in a harmonizing space to active optimal organ function, keep vital energy flowing and regenerate the body.

Acupuncture: Master healers practice the ancient art of Traditional Chinese Medicine to improve the body's functions and stimulate a natural self-healing response.

Physical Therapy: Trained therapists develop tailored exercise programs to improve mobility, reduce pain, restore function, and prevent injury.

WE ALL KNOW TWO MINDS ARE BETTER THAN ONE.

We put the world's best doctors and healers together under one roof with one focus: maximizing your health and wellness.

Food as Medicine

The food we eat is the single most important thing we do each day to improve our health. All culinary experiences at THE WELL are led by our Dean of Food.

Restaurant and Bar

Dine on the culinary expression of wellness with fresh seasonal dishes and biodynamic wines at our organic restaurant and bar.

Juice and Coffee Station

Soak your taste buds in nutritionist-approved cold-pressed shots and elixirs, fresh-pressed juices and organic coffees to take on the go or enjoy in the club.

Apothecary

A one-stop shop for all your vitamins, Chinese herbs, live enzymes and natural minerals that boost immunity and improve overall health.

Classroom and Library

Our curated network of trailblazing experts empowers members with knowledge and insights through weekly conversations, workshops and community-enhancing events.

Monthly membership includes:

- Access to best-in-class practitioners trained in functional medicine, acupuncture, physical therapy, reflexology, body work and energy work
- Use of club amenities, including full-service spa, steam room, sauna, laconium, relaxation lounge and library
- Complimentary one-on-one 50 minute monthly sessions with your dedicated health coach, plus messaging and support between visits
- Unlimited yoga and meditation classes
- Access to private fitness facility and personal training
- Curated weekly programming from leading industry experts, including chats, workshops, educational seminars and social mixers
- Exclusive promotions at the club café and retail apothecary