

# The Washington Post

## Upscale buildings' latest trendy amenity: Spas

A gym in the basement is a thing of the past in upscale developments. Even a fitness center with a yoga room isn't enough in high-end condos.

Marketed as part of the wellness culture, spas are now an added perk for homeowners in luxury buildings. Today's spas go beyond just a steam room or sauna and incorporate recent trends in spa treatments.

For example, at the **1000M** condo on Michigan Avenue in Chicago, residents can take advantage of ice therapy and a Himalayan salt room, which is purported to clear pollen, viruses, toxins and pollutants from your body.

At **Oceana Bal Harbour's** space in Miami, residents can have a "hyperbaric oxygen" infusion, meant to combat lines and wrinkles. The treatment applies oxygen under hyperbaric pressure to maximize the concentration of oxygen on your skin.

A Turkish bath, known as a Hammam Spa, is part of the **Brickell City Centre's Reach and Rise** condo buildings in Miami. The Hammam Spa combines both a sauna and a spa in one room with Carrara marble tubs and hammered black stone walls. Each spa room accommodates eight to 10 people and has a treatment room, a hair salon and manicure and pedicure stations.

Residents at **Amrit Ocean Resort & Residences** on Singer Island, just north of Palm Beach Island in Florida, can choose one of several spa zones, including an "infusion zone."



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The infusion zone offers infusion therapy in a special lounge where nutrients that are meant to improve skin, hair and nails and boost energy are administered by a professional nurse.