HQ RESIDENCES

MIAMI

Crafted for a Life in Balance

A New Standard of Wellness Living

At HQ Residences Miami, wellness is structurally embedded into the building's design, operations, and programming. Every space, private and shared, reflects a single philosophy: to live well is to live in balance.

Envisioned as a fully integrated ecosystem, the project redefines what it means to live well in an urban environment. Here, longevity is not simply about living longer, it is about living better. It is about recovery, connection and vitality.

The wellness experience is designed as a continuous circuit that supports physical performance while also engaging emotional and cognitive wellbeing. Simply by living within the building's advanced filtration systems, non–toxic materials, and health–centered design, residents benefit daily. The result is effortless wellbeing, day after day.

Building & Wellness Features

A 35-story tower designed around light, air, and restoration. At **HQ Residences Miami**, wellness is not just an amenity, it is built into the DNA of the building.

Designed by **Arquitectonica**, its diagrid façade transforms light into texture; a sculptural rhythm that mirrors the movement of the city and the calm of the bay. Interiors by **Craft Studio** and **The Design Agency** balance warmth and sophistication, blending refined materials and generous volumes with Miami's natural luminosity. With landscape design by **Enzo Enea**, lush gardens rise skyward, softening the urban edge and connecting every level to nature. A signature feature is a full-floor Wellness Club & Bathhouse, conceived by **Kane Sarhan**, co-founder of **The Well**, with **Bradford Spa** as the spa consultant.

HQ Residences Miami Building Standards:

- Targeting WELL for Residential Certification
- Biophilic architecture and landscape focused on exposure to nature
- Expansive terraces designed for indoor-outdoor living
- Floor-to-ceiling windows that maximize natural light
- Airy interiors with 9–12 ft. ceilings, and 12–16 ft. in the penthouses
- Advanced UV air filtration across the building
- Whole-building water filtration for showers, sinks, drinking water, and spa experiences
- Low-VOC paints and non-toxic materials selected
- Circadian rhythm lighting integrated into common areas

Amenities & Lifestyle

Level 34 | Wellness Club & Bathhouse

Curated by **Kane Sarhan (The Well)**, this full-floor wellness experience unfolds as a circuit with two complementary worlds: a performance-focused fitness side and a recovery-centered sanctuary. It is designed to strengthen the body, regulate the nervous system, and restore balance.

Performance & Movement

- Pilates studio and yoga shala
- Main fitness center
- Mobility / movement training room
- Outdoor training terraces designed for a nature-connected practice

Recovery & Regeneration

- Turkish-inspired Hammam
- Contrast therapy (hot & cold plunge experiences, indoor/outdoor)
- Dry sauna + steam room
- Infrared cabins
- Robotic massage treatment suite
- Experience showers and stone beds
- Recovery lounge with compression boots, infrared facial recovery, and self-serve recovery tools
- Private treatment room for visiting specialists
- Outdoor resort-style pool and deck with lounge lawns and terraces

Level 35 | HQ Social Club

Social Club

Wellbeing also lives in community. The **HQ Social Club**, shaped by **sbe's** hospitality and lifestyle expertise, is designed to foster connection, spontaneity, and work/life balance.

- Library & dynamic work lounge
- Private meeting and content/podcast studio
- Private dining with chef kitchen + indoor/outdoor terraces
- Rooftop social spaces and curated resident lounges
- Speakeasy crafted by **Marc Anthony**

Curated Programming (Wellness, Nutrition & Community)

Wellness is activated through ongoing programming designed to guide residents through spaces.

- Holistic wellness programming across the wellness floor
- Digital nutrition and lifestyle resources
- Community experiences centered on personal development and creativity
- Dedicated concierge support available to assist with reservations, wellness recommendations, and the overall resident experience
- Beach club access in Miami Beach

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