THE WELL
COCONUT GROVE
VOL. 01

WELCOME
HOME
TO WELLNESS

YOUR HEALTH HAS A NEW ADDRESS

PRIVATE RESIDENCES AND
A STATE-OF-THE-ART CLUB
ENTIRELY DEVOTED TO WELLNESS

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THE WELL
COCONUT GROVE
MIAMI

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“Our goal is to build a world where everyone can feel better by focusing on whole-person care — the physical, mental and spiritual aspects of well-being that help you feel your best.”

–Rebecca Parekh, CoFounder and CEO, THE WELL

THE WELL Coconut Grove *at a Glance*

Bespoke private residences for purchase, alongside THE WELL Club, offering 13,000 square feet of wellness services, products and technology. THE WELL is a world dedicated to helping you connect to your true nature — the perfect balance of natural serenity and the vibrant energy of Miami.

ARTIST'S CONCEPTUAL RENDERING

THE WELL

Whatever your path may be, *we're here to guide you.*

We started THE WELL to help you make wellness part of your every day — whether it's kicking off a meditation practice or tackling a chronic health condition.



THE WELL is a consciously curated way of life that helps you care for mind, body and spirit with a signature blend of preventative medicine, ancient healing rituals and proven lifestyle practices.

We're Here to Help

RELIEVE STRESS & ANXIETY
Elevate your mood, quiet an anxious mind, boost energy levels and calm your nervous system.

HEAL YOUR GUT
Soothe intestinal distress, improve digestion and metabolism, boost your immune response and enhance nutrient absorption.

MANAGE A HEALTHY WEIGHT
Nourish your body with thoughtfully sourced food, correct imbalances, move mindfully and achieve optimal, healthy weight loss.

TREAT UNDIAGNOSED ILLNESSES
Uncover the root cause of your undiagnosed illnesses and help you finally feel better.

SLEEP BETTER
Regulate hormones that control sleep, increase all-day energy, supercharge your immunity and cultivate healthy sleep habits.

RELIEVE CHRONIC PAIN
Alleviate acute and chronic pain, improve full-body mobility, correct physical imbalances and release muscle tension.

BALANCE HORMONES
Regulate your thyroid function, manage menstrual cycles and/or perimenopausal symptoms, reboot energy levels and rejuvenate skin and hair health.

MANAGE LONG COVID-19
Up to one third of COVID-19 patients develop long-lasting symptoms — we can help you strengthen your immune function through a low inflammatory diet, targeted supplement support and more.

"When you enter THE WELL, we want you to feel better the minute you walk through the door."

–Rebecca Parekh, CoFounder and CEO, THE WELL

THE WELL New York

2 East 15th Street, Flatiron,
New York City, NY 10003

A soaring and tranquil 13,000-square-foot wellness retreat in the heart of NYC. This flagship location offers a full-service spa, health coaching, Chinese medicine and acupuncture, an organic wellness café, yoga and meditation studios, a recovery lounge for foot massage and IV vitamin therapy, a retail boutique and a library — all alongside innovative weekly programming.



THE WELL Bay Harbor Islands

1177 Kane Concourse,
Bay Harbor Islands, FL 33154

Hidden away on a quiet little island on the northern end of Miami's Biscayne Bay, THE WELL Bay Harbor Islands is more than a high-end home — it is a first-of-its-kind residential lifestyle that is fully devoted to wellness in every moment. With 54 residences, class A offices and more than 400,000 square feet of spaces and amenities built to improve mind, body and spirit, THE WELL Bay Harbor Islands is more than holistic health, coastal calm and expert guidance. It's your home for personal wellness.



Our Six-Pillar *Approach to Wellness*



Six key pillars make up the foundation of our approach: Food and Nutrition, Movement and Performance, Mind and Spirit, Body and Skincare, Lifestyle and Community, Longevity and Vitality. Each pillar fosters holistic well-being through various lifestyle practices.

1 *Food & Nutrition*

Food is medicine; it can harm or heal us. Learning about your body's unique needs can empower you to better nourish and care for it every day.

2 *Movement & Performance*

Mindful movement and functional fitness — tailored to your needs, abilities and goals — fuel both your mental stamina and physical strength.

3 *Mind & Spirit*

There is a proven and powerful link between the mind and the body — caring for your mental, spiritual and emotional health optimizes your overall well-being.

4 *Bodywork & Skin Health*

Massages and facials aren't just feel-good spa sessions, they are healing body treatments critical to the health of your mind, body and spirit.

5 *Lifestyle & Community*

Simple lifestyle practices and a supportive, inspiring community are keys to long-term health and happiness.

6 *Longevity & Vitality*

A proactive approach to optimizing your health, using the latest technology and innovations, can help slow down the aging process and keep you feeling vibrant, active and healthy for longer.



THE WELL TEAM

A Shared Vision to Make *Wellness a Way of Life*

Behind THE WELL is a collaborative team united by a shared purpose: to seamlessly integrate wellness into daily life. Each of our three founders — category innovators, wellness consumers and successful entrepreneurs — contributes a crucial dimension to this mission. Together, they illuminate a powerful path forward to feeling better every day.

REBECCA PAREKH, COFOUNDER & CEO

Rebecca bridges the worlds of high finance and holistic health. She transitioned from a career as a Director at Deutsche Bank Securities, where she specialized in structured credit and led the US Private Institutional Client Group, to become the COO for Deepak Chopra Radical Well-Being. Her experience in financial rigor and large-scale operations is now applied to health research and integrative practices. A certified yoga instructor, she also co-founded the Global Foundation for Eating Disorders and advises the Tufts Friedman School of Nutrition Entrepreneurship Program, grounding THE WELL in both business acumen and clinical integrity.

SARRAH HALLOCK, COFOUNDER & COO

Sarrah is an Integrative Health Coach and Nutritionist whose two decades in the consumer sector helped transform wellness brands into household names. As Brand Director for vitaminwater, she oversaw triple-digit growth leading to its $4.1 billion sale to The Coca-Cola Company. She repeated this success as an investor and VP of Marketing for bai, which sold for $1.75 billion, and later helped launch WTRMLN WTR. Sarrah's deep understanding of consumer behavior, combined with her certified health coaching expertise, ensures THE WELL's offerings are both market-leading and rooted in genuine nutritional science.

KANE SARHAN, COFOUNDER & CCO

Kane is the visionary responsible for high-end brand experience and real estate development. Prior to entering the health and wellness sector, he was Head of Brand for SH Hotels & Resorts (Starwood Capital Group), where he successfully oversaw the development and monumental launch of the luxury lifestyle brands 1 Hotels & Homes and Baccarat Hotels & Residences. Named to the Forbes 30 Under 30 list, Kane's background in building award-winning, billion-dollar assets and creating powerful communities (including founding the non-profit Enstitute) drives the elevated design, hospitality and communal success of THE WELL.

YOUR HOME FOR HOLISTIC HEALTH

Your Journey *Begins Here*

"We wanted the Residences at THE WELL Coconut Grove to transcend the traditional idea of home. It should be your canvas, your safe space, your joyful center and your source of inspiration."

–Will Meyer, CoFounder, Meyer Davis Studio


ARTIST'S CONCEPTUAL RENDERING

In the Residences, the palette is clean and minimal, with warm tones and cool accents, complemented by rich textures and carefully streamlined design throughout each and every room.

Set quietly back among the ancient oaks and shaded streets of one of Miami's original waterfront neighborhoods, THE WELL is made for whole-person well-being. Here, you are invited to rediscover the simple joys of a wellness-centered life — the mind quieted by meditation or yoga, the power of a cleansing breath, the exhilaration of breaking through a fitness plateau, a renewed focus on community and relationships, or the bliss of a restful night's sleep.

We've tailored our entire experience — from services and design to our team of world-class experts — with the singular purpose of helping you feel better every day.

Our expert, passionate team of healers and practitioners delivers integrated, personalized, holistic healthcare that works by collaborating across Eastern healing practices and Western medicine to create a wellness plan for you that addresses the mental, emotional and spiritual aspects of your well-being.


ARTIST'S CONCEPTUAL RENDERING

BUILDING FEATURES

At THE WELL Coconut Grove, every residence is designed to make wellness an effortless part of everyday life. An abundance of thoughtfully designed, mindfully selected finishes and features creates a nurturing, restorative space, crafted from the inside out to sustain your holistic health. Generous, sunlit layouts allow for flexibility, while natural woods in flooring and cabinetry nurture a deep connection to nature.

Floor-to-ceiling windows and spacious private balconies bring the outdoors in — refracted light, rich greenery and refreshing breezes.

Upon arrival, a serene lobby immerses you in restorative energy — a soaring, open space that quietly blends indoors and out. Subtle aromatherapy, optimized natural lighting and restorative indoor gardens create a sense of serenity.

Committed to sustainable practices in every element, THE WELL is Florida Green Building Cerified with Silver Certification.


ARTIST'S CONCEPTUAL RENDERING

HEALTH COACH TIP:

Mindfulness, Meditation and Longevity

Your Daily Dose of Mindfulness

1. Find a comfortable seated or lying position.

2. Scan the QR code to activate a guided meditation practice, designed exclusively by THE WELL.

3. We invite you to join us for a simple yet powerful mindful breathing meditation we call The Deepest Breath. This practice helps you connect with your breath, calm your mind and ground yourself in the present moment.

Duration:
2 minutes

ARTIST'S CONCEPTUAL RENDERING

6 Ways Mindfulness Can Boost Longevity

The quest for longevity and a higher quality of life has never been more relevant. And the secret to a longer, happier life might just be a few deep breaths away. That's right — mindfulness and meditation, ancient practices with roots in diverse cultural and religious traditions, have taken the longevity scene by storm. And for good reason! These calming practices are not only great for reducing stress but have also been shown to extend lifespan and boost overall well-being. The benefits of mindfulness and meditation extend far beyond relaxation. These practices can significantly enhance your physical and mental health, potentially leading to a longer and more fulfilling life.



BY *Jacqueline Seymour, Health Coach*

Originally written for drfranklipman.com

REVIEWED BY *Dr. Frank Lipman, Chief Medical Officer, THE WELL*

STRESS REDUCTION

One of the most significant benefits of mindfulness and meditation is their ability to reduce stress. Chronic stress has been linked to a host of health problems, including heart disease, high blood pressure and a weakened immune system. By lowering stress levels, mindfulness and meditation help protect against these conditions.

IMPROVED CARDIOVASCULAR HEALTH

Meditation has been found to have a positive effect on heart health. It can lower blood pressure, improve heart rate variability and reduce the risk of heart disease.

ENHANCED IMMUNE FUNCTION

Mindfulness and meditation can bolster the immune system. Research has shown that these practices can increase the activity of natural killer cells, which are critical in fighting off infections and cancer. Additionally, meditation has been linked to higher antibody production in response to vaccines, indicating a more robust immune response.

SLOWING AGING AT THE CELLULAR LEVEL

Emerging research suggests that mindfulness and meditation might slow the aging process at the cellular level. One study found that women who practiced loving-kindness meditation had longer telomeres — the protective caps on the ends of chromosomes that shorten with age. Longer telomeres are associated with slower aging and increased longevity.

REDUCED ANXIETY AND DEPRESSION

Regular mindfulness practice has been shown to reduce symptoms of anxiety and depression. This is significant because chronic mental health conditions can have adverse effects on physical health and longevity.

ENHANCED COGNITIVE FUNCTION

Meditation can also improve cognitive function and protect against age-related cognitive decline. Studies have found that regular meditators have better attention, memory and executive function.

THE ART OF LIVING WELL

Wellness Starts *at Home*



The Residences at THE WELL are purpose-built and curated to create a sanctuary of calm and rejuvenation, reflection and healing. Thoughtfully designed spaces nurture calm and renewal — where every detail, material and proportion brings a sense of harmony and ease. Spacious private balconies, open, light-filled layouts and soaring ceilings offer space to breathe and room to exhale. Primary bedrooms are appointed with built-in red light therapy to boost health, energy and well-being — in addition to soft lighting throughout that helps soothe the parasympathetic nervous system, slow your breath and heartbeat and gently reduce stress.

DISCOVER YOUR SLEEP CHRONOTYPE

BY *Dr. Frank Lipman, Chief Medical Officer, THE WELL*

Originally written for drfranklipman.com

Everyone has an innate 24-hour rhythm, but individual rhythms differ: some people are early risers and others peak later. This preference is known as your chronotype, a genetically programmed pattern for sleeping and waking. Identifying your chronotype is key to ensuring a better night's sleep.

YOU'RE A LARK IF...

1. You get up before 6 a.m. (without an alarm clock) and tend to get drowsy early in the evening, around 9 p.m.

2. You aren't overly reliant on caffeine in the morning. You are most alert and feel most productive at work a few hours before lunch.

YOU'RE AN OWL IF...

1. You wake up naturally closer to 10 a.m. and don't want to go to bed before 3 a.m.

2. You need an alarm clock to get you up earlier in the morning and need lots of caffeine to stay alert during the day.

3. Your day really only starts to get going in the afternoon — you do your most productive work later in the evening.

YOU'RE A HUMMINGBIRD IF...

While Larks and Owls have set preferences, Hummingbirds fall somewhere in the middle, with no strong predilections for what time of day they engage in various activities. Some Hummingbirds are more Lark-ish, and others more Owl-ish.

While your chronotype is genetic, it is technically adjustable by factors like seasons, latitude and light exposure. Changes aren't always positive, since your chronotype is part of your unique physiology. Therefore, it's recommended to first assess your DNA-determined chronotype and then embrace your natural rhythm.





Whatever wellness means to you, THE WELL is here to help you feel your best every day — starting with the air purification system, natural textures, materials and finishes in your home, each designed to restore and revitalize every sense.

In the kitchen, an effortless flow — the Kraus Kore™ kitchen sink, known for its seamless design and function (with integrated accessories) — creates a balanced workspace, whether you're cooking for two or twenty. A suite of Sub-Zero, Wolf and ASKO appliances, along with custom wine refrigeration, the Susie Kitchen robot, latest nutribullet and air fryer make it all even easier to prepare delicious and nutrient-rich meals. Italkraft cabinetry, quartzite countertops, and kitchen islands with ample room for seating make the space more than a kitchen — it's a gathering place for everyone in the household.

Spa-inspired baths include rain showers — with dual pressure — to stimulate the lymphatic system, which can help reduce water retention and increase energy.

Free-standing or built-in tubs ease tired muscles and joints, while natural stone floors and walls create a cool, serene setting — with custom Italian cabinetry that enriches the entire space.



ARTIST'S CONCEPTUAL RENDERING

WELLNESS WOVEN INTO DAILY LIFE

A Glimpse Into Life at THE WELL

We call THE WELL your one-stop-shop for a reason — we've assembled a comprehensive platform that enhances social, spiritual, emotional and physical balance in a single destination.

ARTIST'S CONCEPTUAL RENDERING

A Well-Lived Lifestyle

Here, every residence and every amenity is curated to simplify, uplift, restore and inspire a lifestyle of positive transformation. Take a glimpse into life at THE WELL and discover the joys of a wellness-centered life.

RISE TO THE SUN

Wake to gentle natural light streaming through your window, and vibrant greenery waving in the breeze. Breathe, soak in the tranquility and exhale.

MORNING YOGA

Practice morning yoga in your residence or drop by The Club for a guided class.

REFUEL & REFRESH

Refuel with an organic smoothie or fresh-pressed juice, try out the newest technology from THE WELL Locker, and wander the grounds — immersed in unexpected pockets of wellness everywhere you turn.

SPA TIME

Visit The Club for your go-to treatment, from craniosacral therapy to deep tissue massage.

WORK OUT YOUR WAY

If wellness to you means a fulfilling workout, head to the fitness center for yoga, Pilates, weight training, stretching, personal training, group classes, high-intensity cardio and more — all in a nurturing, inspiring environment.

POOLSIDE REJUVENATION

Meet friends for a rejuvenating poolside lunch on the 40,000-square-foot rooftop deck, take a dip in one of two revitalizing pools that promote holistic health, relax your muscles and joints in the hot tub and cold plunges or restore in a private cabana.

AFTERNOON REFLECTION

Pause to read or work in the quiet, sunlit conservatory, its floor-to-ceiling windows framing an indoor/outdoor garden, or lounge in the lobby library with a cozy reading room.



ARTIST'S CONCEPTUAL RENDERING

A SUNSET APERITIF

Wind down the day at the Aperitif bar, then return to your residence to prep dinner with your local CSA delivery, or host friends in the private dining room, designed for all types of events and get-togethers.

EVENING MEDITATION

Practice evening meditation inside or on your balcony, where the clear night air and soft breeze off the ocean become your natural soundtrack.



ARTIST'S CONCEPTUAL RENDERING



ARTIST'S CONCEPTUAL RENDERING



ARTIST'S CONCEPTUAL RENDERING

Your One-Stop *Shop for Wellness*

Your Journey Begins Here

Acupuncture & Chinese Medicine

Mindful Movement

Bodywork & Massage

Fitness & Personal Training

Facials & Skin Health

Longevity & Vitality

IV Vitamin Therapy

Vibrational Energy Healing

ARTIST'S CONCEPTUAL RENDERING

Partner with expert practitioners to create a personalized plan for long-term vitality.

We believe in a world where everyone can feel better by focusing on whole-person care, which addresses the physical, mental and spiritual aspects of well-being with one goal in mind: to help you feel your best. We understand that there is no quick fix or one-size-fits-all solution to wellness, which is why we offer a range of services from Eastern to Western medicine. Our longevity medicine offering includes an immersive Bath House — home to Miami's first-ever Caldarium — alongside diagnostic testing and biomarker analysis to identify imbalances and help to prevent future illness. Whether you're looking to enhance energy, improve cognitive function, balance hormones or support healthy aging, our medical team takes a proactive approach, integrating evidence-based protocols with holistic support to optimize how you feel and function, now and in the future.



ACUPUNCTURE & CHINESE MEDICINE

Heal patterns of disharmony in the body and restore balance and vitality with personalized acupuncture and Chinese medicine practices grounded in ancient wisdom and modern healing.



MINDFUL MOVEMENT

Connect mind, body and spirit through intentional movement with daily pilates, strength & conditioning, yoga, HIIT, barre and more, led by Miami's top instructors.



BODYWORK & MASSAGE

Experience deep relaxation through intuitive massage therapies that release tension, reset the nervous system and support whole-body healing.



FITNESS & PERSONAL TRAINING

Optimize performance and build strength and stamina with expert one-on-one training, featuring cutting-edge fitness technology like EMS to help you reach your fitness goals.



FACIALS & SKIN HEALTH

Support your skin with expert-led facials and treatments that combine advanced technology and best-in-class skincare to address the basic elements for lasting skin health.



LONGEVITY & VITALITY

Our leading-edge functional medicine practice is designed to help boost immunity, fight inflammation, improve sleep cycles, and help you live better, for longer.



IV VITAMIN THERAPY

Replenish and recharge with customized IV vitamin therapy, mixed on-site for the highest efficacy and designed to restore hydration, boost energy and support overall well-being.



VIBRATIONAL ENERGY HEALING

Release energy blockages and restore balance, using sound, frequency and intention to harmonize your mind, body and spirit for deep emotional, physical and spiritual healing.

YOUR BEST SELF STARTS HERE

Coconut Grove, *a Haven of Wellness*

"Coconut Grove holds deep personal and professional significance for me and for Terra. With THE WELL Coconut Grove, we're creating a space that enhances wellness while honoring the neighborhood's vibrant culture and history."

–David Martin, CEO of Terra

Coconut Grove is a naturally idyllic setting for THE WELL, exuding holistic wellness with its peaceful waterfront, abundant parks, and lively, walkable streets. A perfect location for nurturing daily well-being, thanks to the area's naturally tranquil landscape, effortless energy and a healthy-conscious community dedicated to living well. The Grove amplifies life at THE WELL, giving you the time and space to disconnect, slow down and refocus on what matters most: your well-being.

"It's the ordinary things we do on a daily basis that have an extraordinary effect on our health. Taking a walk in nature, being kind to others, having gratitude, listening to music, all these ordinary things in life that we take for granted are actually medicine."

–Dr. Frank Lipman, Chief Medical Officer, THE WELL



Coconut Grove is a place of harmony, reflection and restoration, with Miami's exhilarating energy just moments away.

THE NATURE OF COCONUT GROVE

The Grove's lifestyle naturally complements THE WELL philosophy of holistic health. As you move throughout the neighborhood, you can sense wellness all around you — from the ocean breeze to the gentle, unhurried daily rhythm.

1. A NATURAL CANOPY

Coconut Grove is beloved for its abundance of rich greenery — ivy-covered walls, brick and limestone, tree-lined streets and century-old trees — those sprawling live oaks, swaying palms and majestic banyan trees that have defined The Grove for generations and continue to enrich its natural landscape.

2. WATERFRONT LIVING

Famous for its thriving boat culture, with spectacular views of the turquoise bay, The Grove is acclaimed for its extensive activity on the water, from sailing and paddleboarding to seaside dining — all part of your everyday.

3. PARKS AND PATHS

Coconut Grove offers more than forty stunning acres of parkland, including David T. Kennedy Park and Peacock Park, with over a dozen hiking trails, verdant canopies and breathtaking ocean views.

4. BIOPHILIC DESIGN

The enduring appeal of Coconut Grove is in its quiet allure — like a secret garden in the middle of Miami — creating an artful, eclectic and elegant environment. It is this intentional and thoughtful energy, diverse community, and inviting aesthetic that create a perfect setting for making wellness a way of life.

5. YOUR PERSONAL PACE

There has always been a sort of magic to Coconut Grove, an independent spirit that moves at its own pace, motivated by its own force. You can go from café to bookstore to cocktails as if pulled by a single, fluid experience — a lifestyle that feels instantly familiar, yet full of inspired new spaces to explore daily.

6. GLOBALLY CONNECTED

THE WELL Coconut Grove is set quietly apart, yet perfectly close to Downtown Miami, Miami Beach, and Miami International Airport — a sanctuary of stillness in a global destination.

Local Markets

Coconut Grove is full of daily discoveries — among them the area's lively outdoor markets. We've listed the two most-loved here.

COCONUT GROVE FARMERS MARKET

This locally grown, organic market, run by Glaser Organic Farms is a haven for fresh produce lovers who care about how their food has been cultivated. With raw vegan options in most tents, choose from a plethora of tropical fruit and vegetables, alongside salads, raw food pizzas, vegan tiramisu and more.

Saturday, 10 AM to 7 PM
On the corner of Grand Avenue and Margaret Street.

VIZCAYA VILLAGE FARMER'S MARKET

Drop by the locally loved Vizcaya Village Farmers Market in Coconut Grove for tasty samples and a diverse range of local products, including organic produce, vegan products, prepared foods and unique artisan goods.

Sundays, 9:30 AM to 3:30 PM

GROVE GROCER

A family-run boutique grocer offering a thoughtful selection of local and international ingredients, fresh organic produce, prepared foods, house-baked sweets and more.

The Grove's markets bring weekly excitement and sustainably sourced nourishment to the entire community — they are places to explore, connect, meet up and savor life outdoors.


Grove Grocer

Dining Out

Coconut Grove offers an award-winning culinary scene, with nutrient-dense, delicious options for all.

ARIETE

At MICHELIN-starred Ariete, Chef Michael Beltran's "New American-meets-New World" cuisine includes rave-worthy pastrami-style short ribs, croquetas with smoked head cheese and venison tartare with black-garlic aioli and pickled mushrooms. Beltran, a Miami native, opened the restaurant in 2016 after working alongside some of the city's finest chefs.

BELLINI RESTAURANT & BAR

Approachable, lively and inviting, the rooftop Bellini Restaurant and Bar reflects the extensive travels across Italy by owners Maggio and Ignazio Cipriani. The menu combines their family's time-honored traditions with delectable recipes from a variety of regions.

GLASS & VINE

Located in Peacock Park, Glass & Vine features the imaginative recipes of Giorgio Rapicavoli, chef owner and winner of the Food Network's Chopped, with delicious, inventive brunch, lunch and dinner menus. Also featuring a curated cocktail menu and regular happy hour.


Bellini Restaurant & Bar


Glass & Vine

CARBONE VINO

From Major Food Group and Chef Mario Carbone, a new brand of famed Italian cuisine and legendary vibe has arrived in the heart of Coconut Grove. Offering a menu that includes all of the restaurant's signature dishes, an exciting collection of new additions and an exceptional wine program that gives guests the opportunity to enjoy fine and rare wines by the glass. In addition, a striking bar serves the full menu and even welcomes walk-ins.

LOS FÉLIX MIAMI

Recent recipients of The Slow Food Snail of Approval Award, a recognition given to restaurants making commitments to their environment, local communities, employees and purveyors, Los Félix honors indigenous techniques by supporting Milpa farming. The menu shines a spotlight on native ingredients including heirloom corn, cacao, chiles and squash. The in-house molino at Los Félix cooks and grinds maiz daily to make in-house tortillas from scratch. A carefully curated wine selection showcases small, family-owned vineyards that honor the land by using natural and biodynamic methods. Evenings at Los Félix give way to the sounds of vinyl and live DJs — a modern, nostalgic one-of-a-kind vibe.

GREENSTREET CAFÉ

The lively, bustling GreenStreet Café is open for breakfast, lunch and dinner, serving omelettes with French toast, burgers, pasta and salads, and a dinner menu featuring braised short ribs, Scottish salmon and more. Indoor & outdoor seating, late-night menu.

Coconut Grove is its own culinary destination, an ideal mix of MICHELIN-starred restaurants, local institutions, plant-based cuisine and organic grocers.

Explore the Neighborhood: Your Interactive Guide

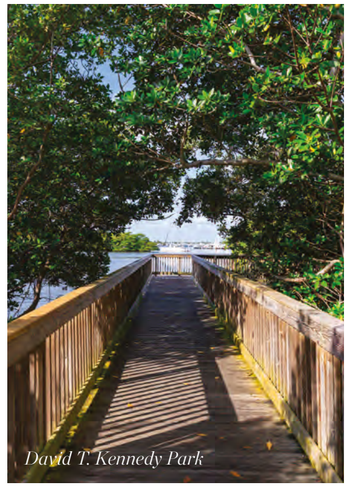
Embrace your personal pace. The Grove's greatest asset is its unhurried rhythm and abundant beauty. Now, discover the area's rich culture and natural sanctuaries for yourself.

Culture & Nature

The Grove's abundant green spaces and historic landmarks offer a world of natural beauty and time-honored architecture to explore.

DAVID T. KENNEDY PARK

Spanning more than 20 acres of bayfront green space, David T. Kennedy Park is a tranquil escape of majestic trees, waterfront views and sprawling landscaped lawns, just minutes from downtown Coconut Grove. From coastal mangrove hammocks to grassy glades of tropical trees, the park offers abundant green spaces, outdoor recreation, a children's playground, three sand volleyball courts and a spacious dog park with areas for both large and small pets.


David T. Kennedy Park

THE BARNACLE HISTORIC STATE PARK

The Barnacle offers a glimpse of frontier life during the Era of the Bay — when travel to and from Miami was by sea. Set along the shore of Biscayne Bay, The Barnacle is the former home of Ralph Middleton Munroe, one of Coconut Grove's most influential pioneers.

BOOKS & BOOKS

An outpost of the Books & Books flagship in Coral Gables, with an open, community atmosphere, serious commitment to reading and friendly knowledgeable staff. The two-story shop houses a large collection of bestsellers, independent titles and books on sale, along with impressive sections dedicated to children's literature, the arts and philosophy. The store also hosts appearances by local and national writers, as well as poetry and theater performances.

Shopping

Home to an extensive collection of local boutiques, art galleries, design shops and global brands, Coconut Grove offers an exceptional and diverse shopping scene.

BRILLIANT EARTH

Brilliant Earth is revolutionizing the way jewelry is sourced, crafted, sold and worn, cultivating a more transparent, sustainable, compassionate and inclusive jewelry industry. The collections are created by an award-winning team of San Francisco-based designers, and crafted by artisans with masterful attention to detail. Each aspect of Brilliant Earth's jewelry is ethically developed, from sourcing through the final product, never compromising between quality and conscience

COCOWALK

A unique urban village in the center of Coconut Grove, CocoWalk is a different kind of space for a different kind of neighborhood. Inspired by tropical gardens and lush surroundings, Cocowalk is designed to discover, explore and even make new things. A wild mix of independent boutiques, popular favorites and over 100,000 square feet of creative office space. Come hang out and chill out in one of Miami's most vibrant and innovative communities.

FP MOVEMENT

FP Movement, Free People's activewear brand, offers performance-ready, street -styled activewear that sits at the intersection of function and fashion.

LOVESHACKFANCY

LoveShackFancy is a global fashion, beauty, home, and lifestyle brand founded by Rebecca Hessel Cohen in 2013, created to inspire optimism and celebrate every day. Its aesthetic marries vintage inspiration with a playful, modern take on classic femininity. The brand is defined by its signature use of pink, prints, ruffles, lace, and bows across all collections — all meant to capture a balance of softness, strength and undeniable charm.

THE GRIFFIN

A collection of designer luxury shoes and accessories from sophisticated brands, while also specializing in finding high-end, hard-to-find items by emerging designers.



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EXCLUSIVE SALES BY DOUGLAS ELLIMAN DEVELOPMENT MARKETING

ARTIST'S CONCEPTUAL RENDERING

Terra AB | ASSET MANAGEMENT

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