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PALM BEACH® ILLUSTRATED

By: Liza Grant Smith

HOME


JAMES DAVIDSON
BANYAN TREE RESIDENCES WEST PALM BEACH

INSPIRED LIVING

NOW YOU SEE IT...

IS INVISIBLE WELLNESS THE NEXT FRONTIER IN LUXURY DESIGN?

BY LIZA GRANT SMITH

Residential developers are performing a magic trick of sorts by making certain health-focused features disappear. Instead of only including wellness objects that occupy space (think cold plunges, decked-out spas, and fitness centers), there has been a shift toward "invisible wellness," wherein meaningful wellness elements are integrated into the design, rather than merely serving as add-ons. Read on to learn more.


GLASS HOUSE BOCA RATON

COURTESY OF GLASS HOUSE BOCA RATON

CIRCADIAN LIGHTING

By automatically adjusting both color temperatures and brightness throughout the day, circadian lighting mimics some of the changing qualities of natural light. Specialized cells in the retina detect these changes and send signals to your brain's master clock, helping to synchronize the body's circadian rhythms with the 24-hour day-night cycle. Bright, blue-enriched light in the morning can suppress melatonin production and promote alertness. Warm, dim light in the evening supports the body's natural rise in melatonin and prepares you for sleep. Research suggests that appropriately timed daytime light can enhance alertness and cognitive performance, while reducing exposure to bright, blue-enriched light at night can support healthy sleep.

WHERE TO FIND IT: The upcoming **Banyan Tree Residences West Palm Beach** will feature a smart lighting control system in the primary living and bedroom areas that allows residents to program a circadian lighting cycle. Also, floor-to-ceiling windows, like those at **Glass House Boca Raton**, maximize exposure to outdoor lighting. *(banyantreeresidenceswpb.com, glasshouseboca.com)*

SCENTSCAPING

While scentscaping was once primarily associated with retail spaces, residential developers are increasingly exploring its potential as a wellness amenity. By targeting the olfactory system—which has particularly close connections to brain regions involved in emotion and memory—curated fragrances can create a sense of calm and comfort upon returning home. In luxury high-rises, scentscaping can be executed using HVAC-integrated micro-diffusers in areas such as entrances, common spaces, and corridors. Scents can also evoke the South Florida coastal environment for biophilic harmony. Perhaps most notably, scent diffusion in a soothing setting, such as a yoga studio or spa, may help reduce perceived stress and promote relaxation.

WHERE TO FIND IT: The oceanfront condos in Tower P (for Peace) at **Amrit Ocean Resort & Residences** on Singer Island offer mood-enhancing aromatherapy along with heat reflexology floors and dawn simulations. *(amritresidencessingerisland.com)*

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