

NIKKI BEACH  
RESIDENCES  
*Antigua*



ARTIST'S CONCEPTUAL RENDERING FOR ILLUSTRATIVE PURPOSES ONLY. SUBJECT TO CHANGE.

WELLNESS AT NIKKI BEACH RESORT & SPA ANTIGUA

# WELLNESS, THE NIKKI BEACH WAY

## AT NIKKI BEACH, LIVING WELL HAS ALWAYS BEEN PART OF THE EXPERIENCE.

The Nikki Spa & Wellness Centre extends that philosophy into everyday ownership, bringing together movement, recovery and longevity within a setting where the rhythm of the Caribbean naturally encourages a healthier, more balanced way of life.

Here, wellness is not something reserved for holidays or occasional retreats. It becomes part of the way each day unfolds.

## THE PHILOSOPHY

### NANIKI MEANS “FULL OF LIFE.”

It is a simple idea that perfectly reflects the Nikki Beach philosophy. Wellness is not about withdrawing from the world. It is about embracing it with greater energy, vitality and presence.



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Inspired by Caribbean healing traditions, contemporary longevity science and the unmistakable spirit of Nikki Beach, Naniki brings together movement, recovery and human connection in a way that feels both timeless and entirely contemporary.

## THE DIFFERENCE

### WELLNESS, SHARED

Wellness has traditionally been experienced in solitude.

Naniki invites something different.

A flotation experience shared with someone you love. A thermal journey enjoyed together after a morning on the water. Conversations that continue from the spa garden to dinner beneath the stars.

Here, wellbeing becomes something to experience together.

# NIKKI BEACH

## RESIDENCES

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### THE EXPERIENCE

#### RISE · RENEW · CONNECT

Wellness at Nikki Beach is woven into the day rather than scheduled around it. It moves through three natural rhythms.

##### RISE

Mornings begin in motion. Yoga and Pilates studios open to gardens and sea; strength and conditioning spaces are designed for performance without confinement. Beyond the centre, the island becomes the setting — beach fitness, open-water swimming and breathwork beneath open skies.



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##### RENEW

Afternoons soften. A hydrothermal contrast circuit carries the body from a snow room to warm Caribbean water. Advanced recovery supports the way the body renews. Restoration becomes instinctive.



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##### CONNECT

Connection is part of vitality. Curated gatherings, shared rituals and the distinctive energy of Nikki Beach turn recovery into a shared occasion, while designated Owner access preserves privacy within the spa and performance spaces.

“There is space for solitude. There is space for celebration.”

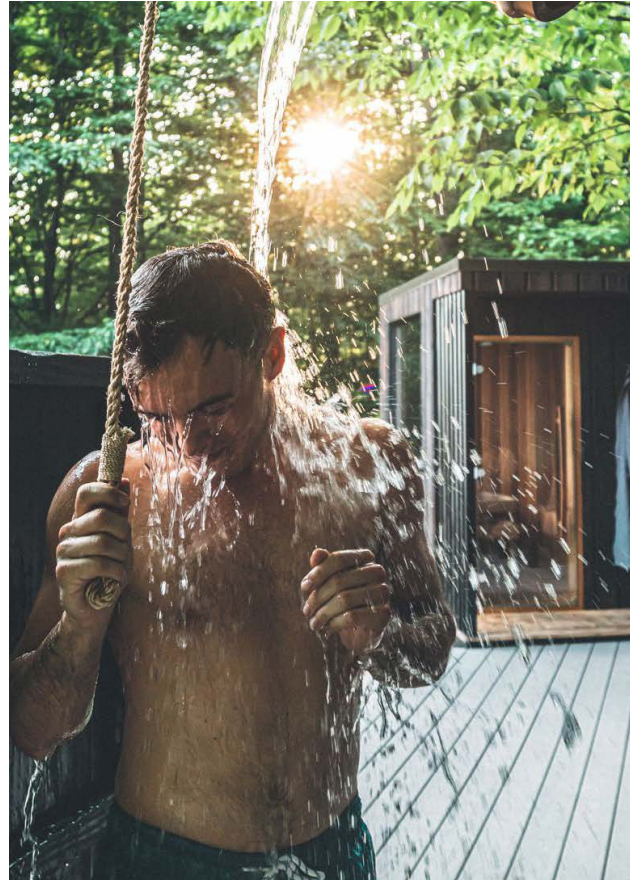


## PLACE & RITUAL

### NANIKI BELONGS TO ANTIGUA

Treatments draw inspiration from ingredients long valued throughout the Caribbean: aloe, coconut, ginger, lemongrass, sea salt and locally cultivated botanicals.

Traditional island rituals sit comfortably alongside contemporary therapies, creating experiences that feel deeply connected to place rather than imported from elsewhere.



## LONGEVITY & RECOVERY

### THE GREATEST LUXURY IS VITALITY

At Nikki Beach, wellness is not an escape from life but a way to keep living it fully: part of everyday ownership, not a spa visited for a few days a year. It is what helps owners recover from long journeys, stay active through busy days, and keep embracing everything that makes the Nikki Beach lifestyle unique, for years to come.

*Wellness features and benefits described here are illustrative and not medical advice.*



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## INSIDE THE CENTRE

### INSIDE THE NIKKI SPA & WELLNESS CENTRE

With approximately 11,000 square feet of dedicated wellness, the Nikki Spa & Wellness Centre gathers advanced longevity science, social contrast bathing and authentic Antiguan healing into a single, vibrant enclave.



## THE NANIKI APPROACH

### RECOVER. PERFORM. ENDURE.

Naniki turns vitality into practice, with personalised programmes organised around the three outcomes owners value most.

#### LIVE FULLY. RECOVER BETTER.

Days are active and evenings are celebrated. After a long-haul flight, an afternoon sailing or diving, an intense workout or a night of dancing, Naniki's personalised recovery programmes help owners feel refreshed, energised and ready for whatever comes next. Hyperbaric oxygen, IV wellness, cryotherapy and red-light therapy support recovery, hydration and energy, so owners make the most of every day, and every night, in Antigua.

#### LIVE ACTIVELY. PERFORM BETTER.

Whether the focus is fitness, mobility or simply staying active, personalised programmes help owners build strength, improve resilience and recover more effectively. Performance training, cryotherapy, contrast therapy and movement programmes work together to support an active, healthy lifestyle, so owners can enjoy everything Antigua has to offer.

#### SUPPORT LONG-TERM VITALITY.

Modern luxury wellness is increasingly about living longer, healthier and more active lives, not simply relaxation. Personalised longevity programmes are built around recovery, resilience, energy, sleep and healthy ageing, supported by hyperbaric oxygen, red-light therapy and other longevity-focused treatments.

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## THE WIDER OFFERING

### THE CONTRAST CIRCUIT

Beyond the snow room, a full journey through heat, cold and calm on a covered garden deck: steam and a warm soaking pool, a cold plunge, experiential showers, and a warm vitality pool with therapeutic jets. Tailored journeys tune the sequence to how you want to feel.

### SOCIAL WELLNESS

Beyond the shared float, a communal exfoliation ritual and an immersive experience of sound, light and vibration that settles the mind.

### ANTIGUAN RITUALS

Scrubs, wraps and baths made with botanicals from the spa garden: aloe, coconut, ginger, lemongrass, sea salt and island herbs. Ceremonies led by local healers, from cleansing baths to smudging and drumming. And makers' workshops to blend a scrub or oil to take home.

### MOVEMENT & FITNESS

A light-filled cardio and strength studio, yoga and Pilates overlooking gardens and sea, and private training. Beyond the centre, the island becomes the setting: beach fitness and open-water swimming.

### RETREATS & GATHERINGS

Three single open-air cabanas and two VIP double suites within dense tropical planting, the suites with private lounging decks, soak pools, outdoor showers and fire pits. A boutique salon at the entrance for hair, manicure and pedicure. And a deck and garden that transform after dark, for private gatherings, live music, fireside storytelling, pop-up yoga or a visiting master practitioner.

### SIGNATURE JOURNEYS

Three curated pathways: Jetsetter Recovery, Caribbean Detox and Sunset Serenity, each moving through Rise, Renew and Connect.

## OWNERSHIP

### A LIFE, NOT A VISIT

A morning workout overlooking the Caribbean. Recovery after an afternoon on the water. An in-residence treatment before dinner. A salon visit between tennis and lunch at the Beach Club.

Wellness becomes less about scheduling time for yourself and more about living each day with greater ease, energy and balance.

### WHY IT MATTERS

### A LIFESTYLE DESIGNED TO ENDURE

Wellness has become one of the defining priorities of modern luxury.

Increasingly, buyers are seeking homes that support not only how they spend their time, but how they feel, recover and connect with the people around them.

At Nikki Beach Resort & Spa Antigua, wellbeing is woven into everyday life. From sunrise movement and restorative therapies to shared experiences that celebrate friendship, family and the simple pleasure of being by the sea, wellness becomes part of the rhythm of ownership.

Because the richest lives are not measured by how much we own, but by how fully we live.



**DISCLAIMER** The Residences at Nikki Beach Resort & Spa Antigua is scheduled for completion in 2029. The Nikki Spa & Wellness Centre is being developed with leading international wellness specialists; specific treatments, technologies and programming will continue to evolve through the design and pre-opening phases. Wellness features and benefits described are illustrative and not medical advice. Artist's conceptual renderings are for illustrative purposes only and subject to change without notice at the developer's sole discretion. Renderings do not constitute an offer, warranty, or contractual commitment.

