



**LUX EXPOSÉ**

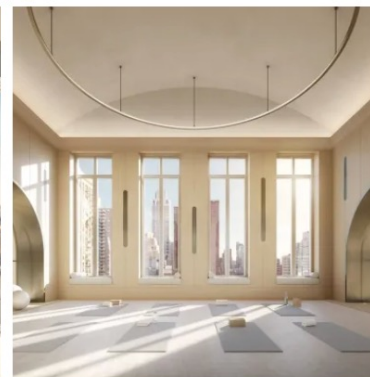
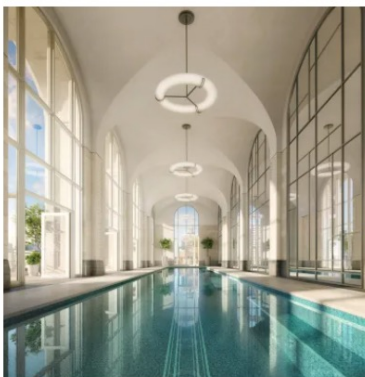


During the hectic summer months filled with weekend plans, vacation travel and last-minute getaways, the weekdays can feel like the only time to slow down and recharge. It's important to continue prioritizing self-care rituals and other tasks within your wellness routine to help keep your mind and body firing on all cylinders. Residents of NYC's top condo buildings can do that anytime during their week with the help of wellness-boosting amenities.

Take a look at some luxury residential buildings where residents can take advantage of luxurious onsite amenities that allow them to relax, rejuvenate and stay on top of their wellness during the weekdays in order to prepare for (and recover from) busy summer weekends.

## 200 East 83rd

[200 East 83rd](#), the new Upper East Side condo by Robert A.M. Stern Architects with interiors by Lauren Rottet, features 86 bespoke homes and a suite of club-like amenities. The majority of spaces are situated in the middle of the 35-story tower, allowing residents to enjoy natural light and admire picturesque NYC skyline and Central Park views.



The 17th-floor pool room is home to a seventy-foot pool that allows residents to feel like they're swimming in the sky, and the adjacent indoor/outdoor Winter Garden is an ultimate relaxing place. Residents can overlook both spaces from inside the state-of-the-art fitness center and light-filled yoga studio, each with custom white oak millwork panels lining the walls and dramatic arched windows. Additional wellness amenities at 200 East 83rd include a luxurious spa and steam room, sauna and custom-designed treatment rooms; and a ground-floor wood- and leather-paneled library with an adjoining landscaped garden and a fireplace framed by bespoke marble mantelpieces, designed by Rottet Studio.