

AMIRA

INTEGRATIVE WELLNESS RESORT

 CITI
DEVELOPERS

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INTEGRATIVE WELLNESS RESORT



The World's First Integrative Wellness Resort

Welcome To Your New Life

Imagine a wellness getaway off a remote beach on the coast of the Arabian Gulf, where you have access to the best mind and body wellness treatments available, coupled with breathtaking sea views and natural surroundings.

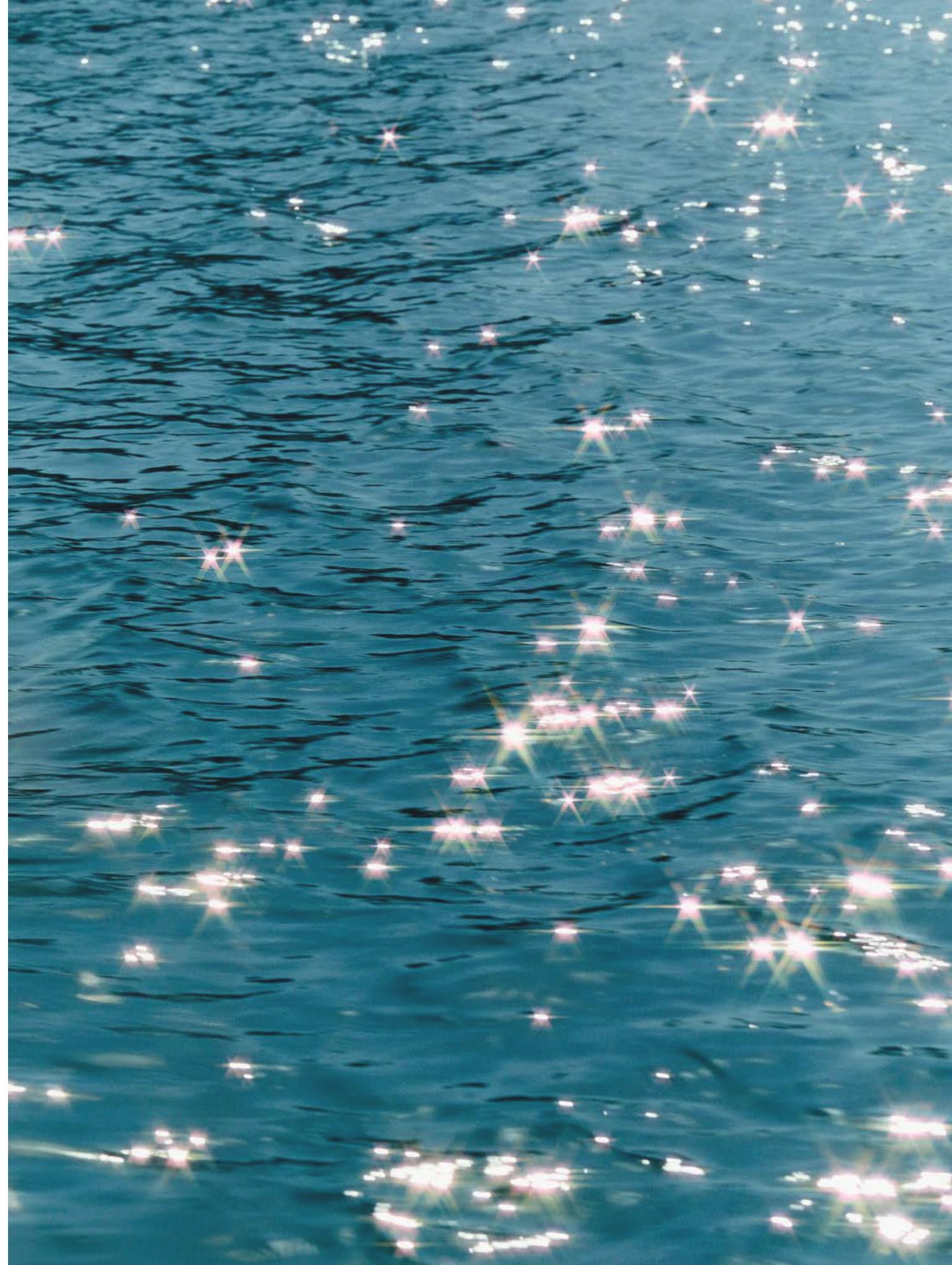
AMRA by Citi Developers is the world's first integrative wellness resort, located in Umm Al Quwain, one of the UAE's seven Emirates. Here, nature blends seamlessly with thoughtful architecture, while cutting-edge wellness technology supports residents and guests in achieving their best mental and physical wellbeing.

In Arabic, Amra means "to build and to thrive," reflecting the property's unique fusion shaped around the seven pillars of integrative wellness — physical, occupational, emotional, social, spiritual, environmental, and intellectual — encompassing nutrition, movement, sleep, relationships, and mindful stress management to nurture a balanced and fulfilling life.

Set within a pristine coastal ecosystem, AMRA's three sea-facing towers of fully-serviced apartments offer uninterrupted views of the Arabian Gulf, mangrove forests, and diverse marine habitats. Each tower is designed to deliver celestial wellness: a holistic approach that integrates environmentally conscious facilities with thoughtful design, and experiences crafted for personal wellbeing.

“AMRA is
Where Peace
Becomes a
Way of Life”

ZORAIZ MALIK, CEO, CITI DEVELOPERS





AMRA was born out of two simple, yet powerful, questions. What if wellness wasn't an occasional retreat, but a way of life? And what if we could create a place where serenity, nature, and health were woven into the very foundation of everyday living? With that belief, we set out to create something the world had never seen before. Welcome to AMRA, the world's first Integrative Wellness Resort

ZORAIZ MALIK, CEO, CITI DEVELOPERS

Clean air, calm surroundings and moments of true stillness have become surprisingly rare in today's world. Families often travel for staycations and wellness retreats just to reconnect, breathe and feel restored, while many long for the serenity that crowded cities can no longer offer.

AMRA offers a new answer. Thoughtfully crafted in Umm Al Quwain, a region recognised as a Blue Carbon Zone, it brings together hospitality-grade services and wellness-focused residential living across three sea-facing towers. Here, uninterrupted nature blends with integrated wellbeing, from personalised services to restorative amenities and serene water views.

Whether as a first home or a second sanctuary, AMRA meets the growing global desire for wellness-driven living, staycations, and short-term retreats. With longevity-focused design, seamless operations (in-room dining, concierge support, and app-enabled short-stay management), and a rare lagoon setting, AMRA elevates everyday life into a state of calm, balance, and ease.

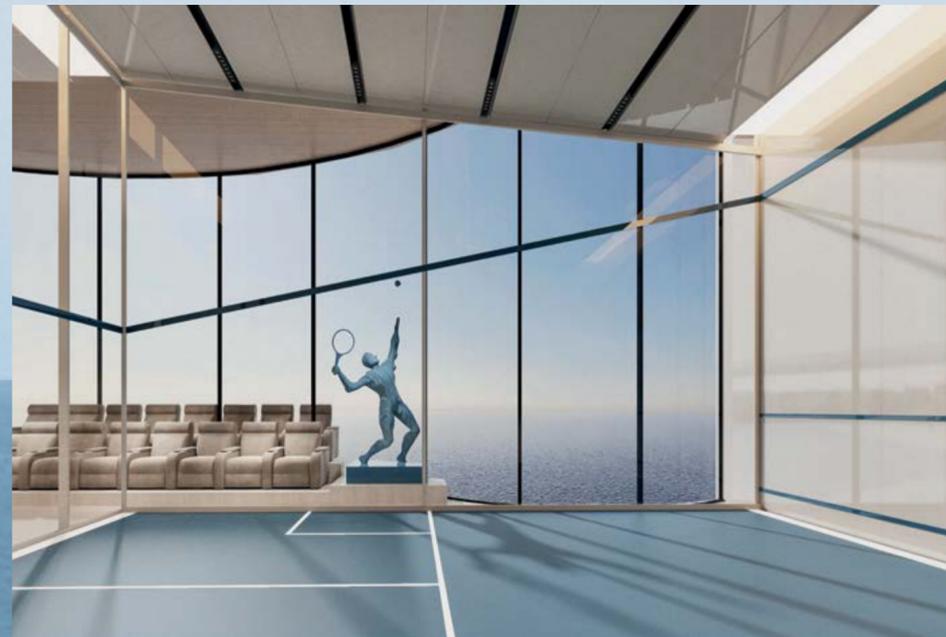


The Seven Pillars of Integrative Wellness



1 Emotional Wellness

The ability to understand and regulate your emotions through self-reflection and mindfulness helps build self-acceptance, confidence, and a greater sense of calm when facing life's challenges. In learning how to develop an optimistic outlook we can strengthen resilience, better equipping ourselves for all of life's challenges



2 Physical Wellness

Physical wellness forms the foundation of overall health and wellbeing. It is supported by regular exercise, proper nutrition, adequate sleep, and the cultivation of a positive mindset that manages stress while building physical and mental solidity



3 Spiritual Wellness

Develop a sense of purpose and meaning by aligning your actions with your personal values and beliefs. When your mind, body, and spirit are in harmony clarity arrives, allowing you to experience greater balance and enhanced wellbeing in your everyday life



4 Social Wellness

Human beings are naturally wired for connection, making it important to learn how to nurture healthy, supportive, and empathetic relationships within your community. Doing so deepens your sense of belonging and fosters open communication and compassion



5 Intellectual Wellness

Engage your mind with curiosity and openness to broaden your understanding and perception of the world around you. Explore new hobbies, read widely, and continue to educate yourself to strengthen critical thinking, spark creativity, and support lifelong learning



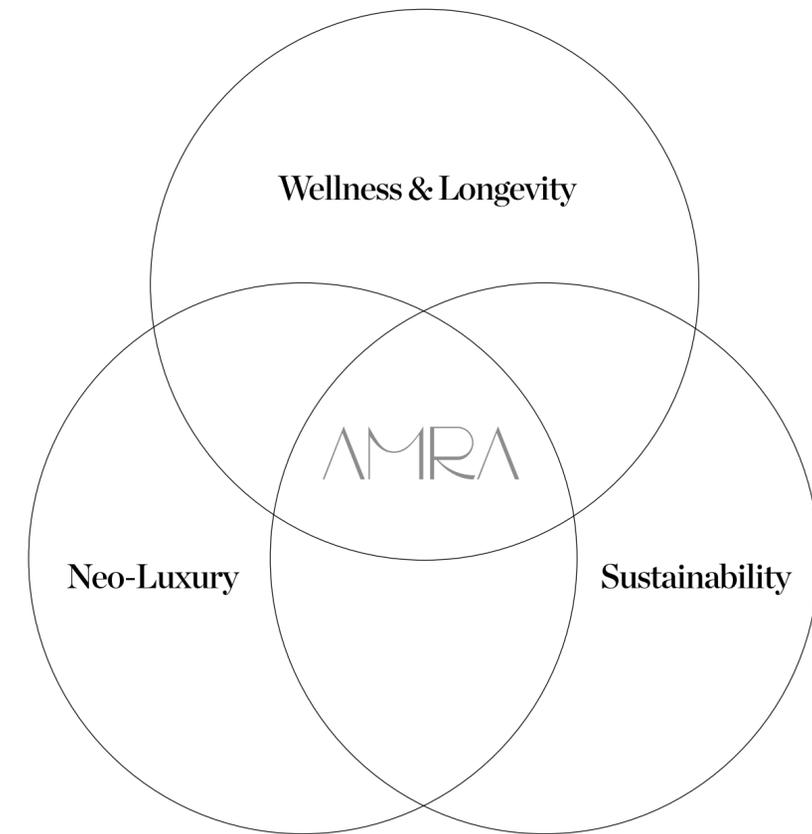
6 Environmental Wellness

Adopt sustainable practices that reduce your ecological footprint, and create healthy surroundings through clean, organised, and safe living that helps minimise pollution. Spend regular time in nature to ease stress and support overall wellbeing



7 Occupational and Financial Wellness

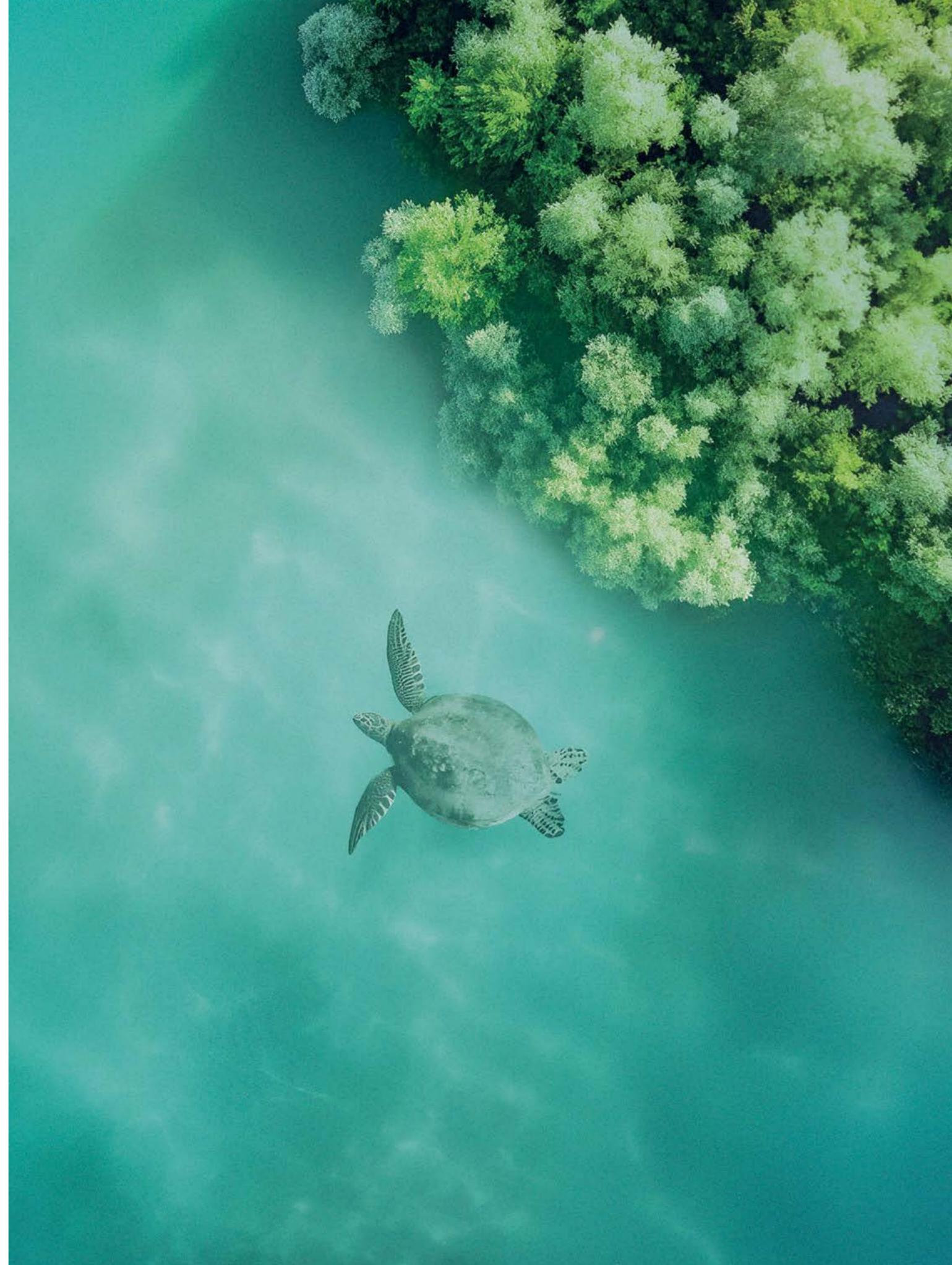
Align your values with goals and work that, not only, builds financial stability, but also achieves personal fulfilment benefitting both your community and the wider world. This approach enhances overall wellbeing, while building deep meaning and lasting happiness



A Lifestyle Designed on the 7 Pillars of Integrative Wellness

A true biodiversity haven, the area around AMRA is a natural sanctuary, where the wonders of nature flourish. Home to an array of marine life, including elegant turtles, graceful rays, and majestic sharks — some of which are globally endangered — this coastal paradise showcases the rich tapestry of life beneath the waves.

Its living ecosystem features lush mangroves, vibrant seagrass, stunning coral reefs, and thriving oyster beds, all harmoniously intertwined to create a uniquely balanced environment. The flow of life here is naturally connected to the sea, supporting movement, renewal, and natural cycles that sustain this pristine habitat.



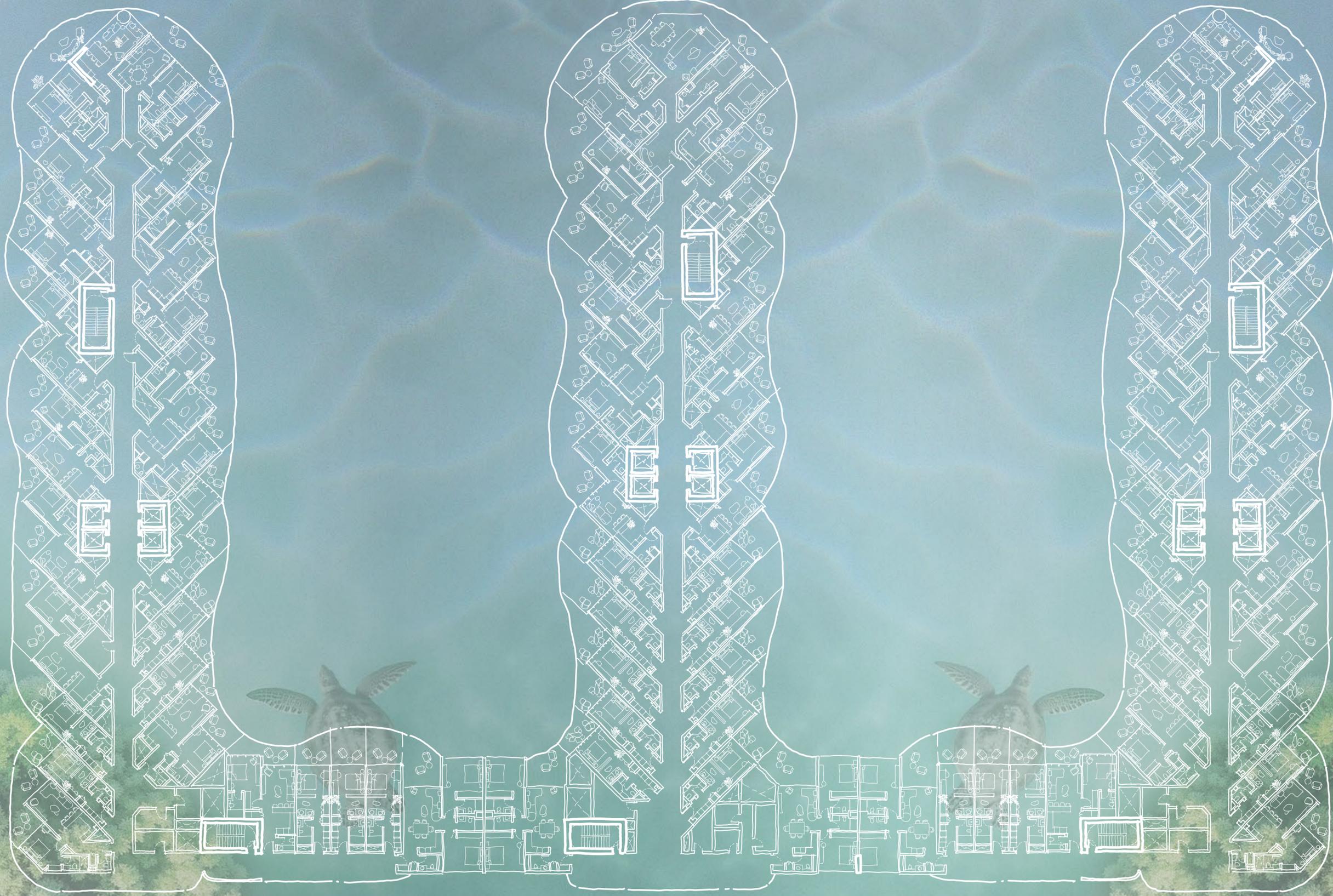
Set within the pristine coastal ecosystem, AMRA is situated in the emirate of Umm Al Quwain, known for its serene natural landscape, including coastal mangroves, pristine beaches, sand dunes and rich wildlife. Away from the bustle of the UAE's growing cities, here you can find environmental purity in the form of clean air and untouched natural surroundings, offering the ideal spot in which to connect with nature and find peace



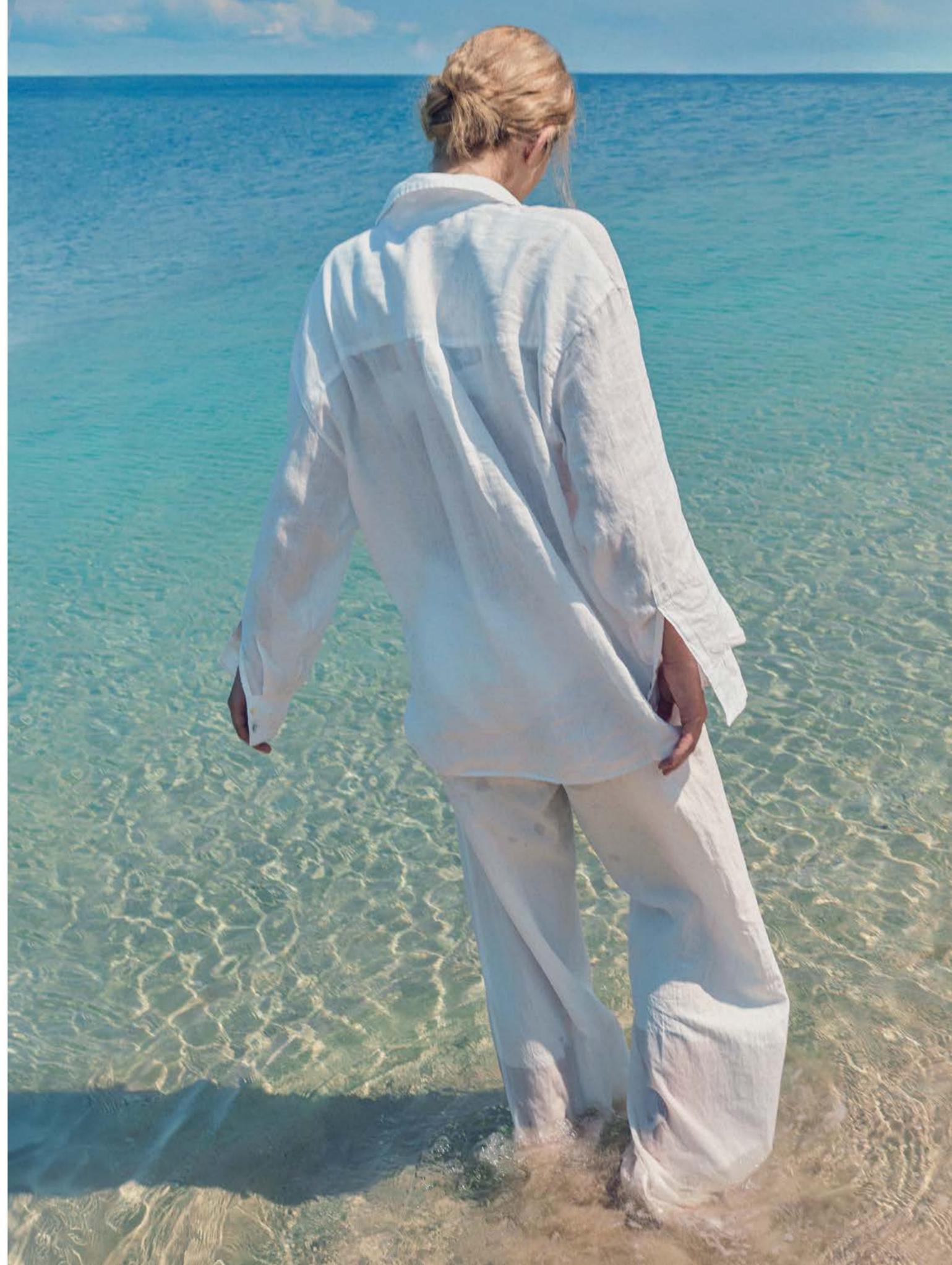


Uncover the healing power of expansive coastal views, with glistening water and an endless horizon which will aid mental clarity and emotional wellbeing. Scenic vistas of nature have been proven to reduce stress hormones like cortisol, restoring attention and improving one's mood. Along the coastline of Umm Al Quwain, you will be surrounded by water, in what researchers call "blue spaces," offering unparalleled psychological and physiological restoration

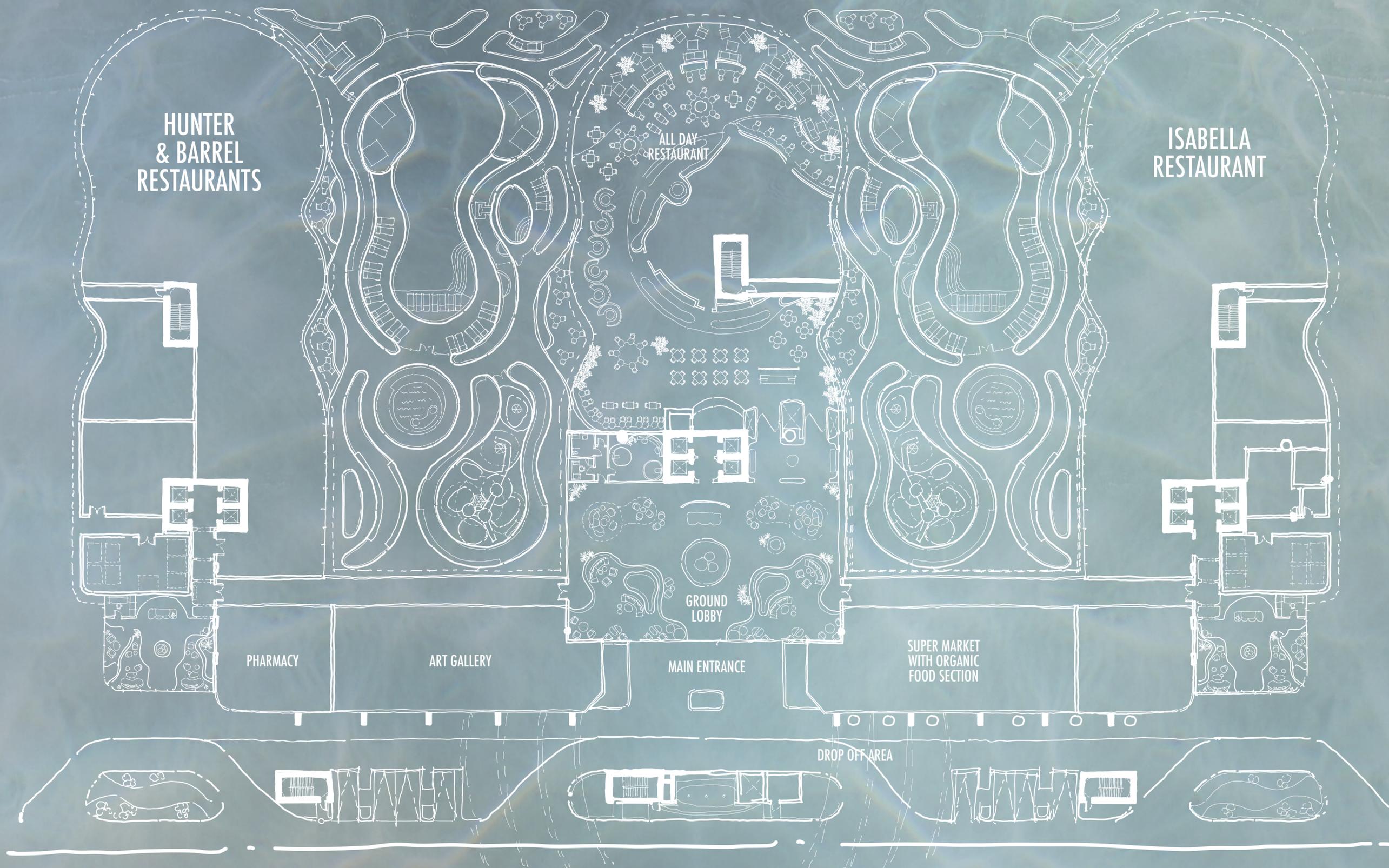
EVERY CORNER IN THE RESORT HAS A WATER VIEW

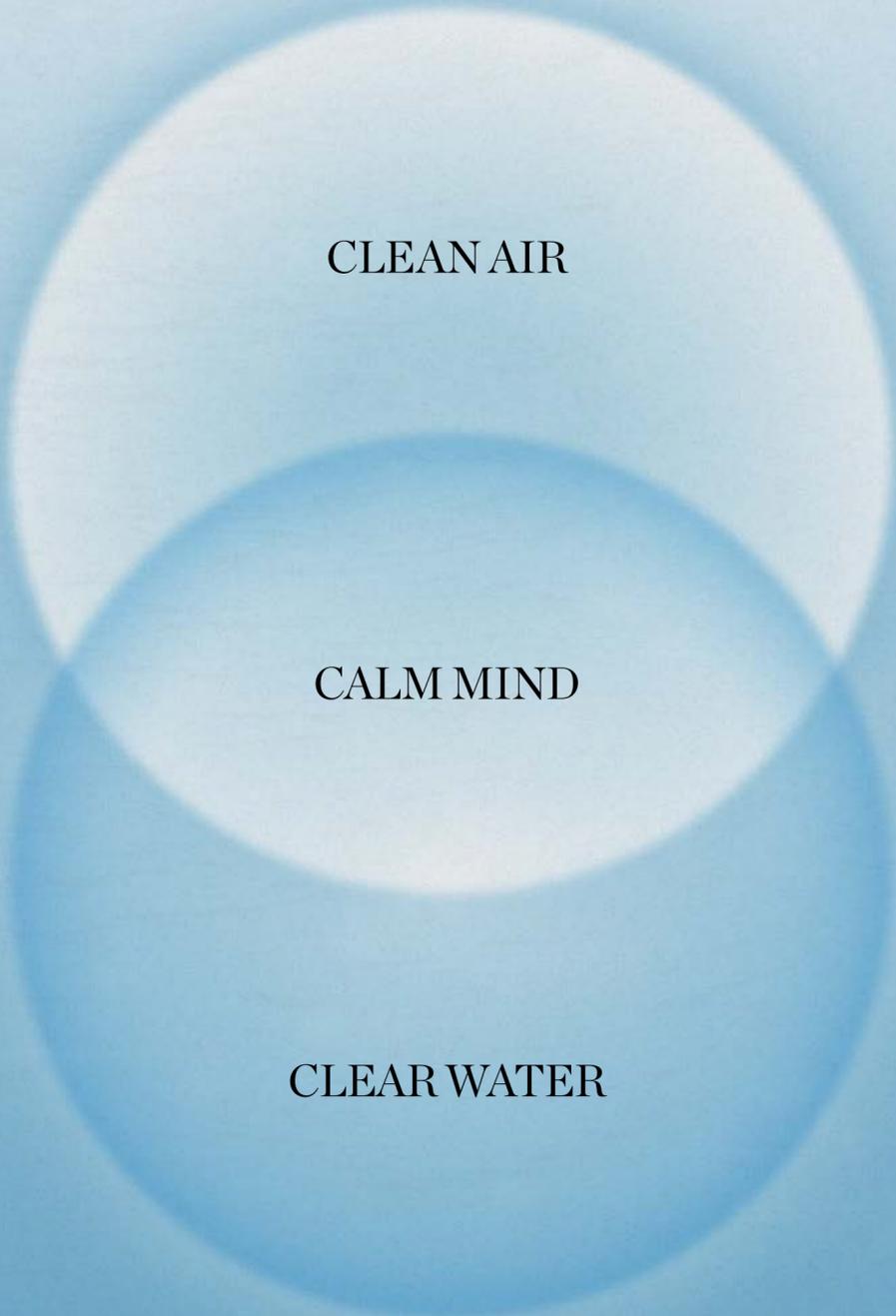


Globally recognised for its ecological importance, this coastal sanctuary has earned praise from scientists who describe it as “truly astounding.” Nestled in the heart of the UAE, it is one of the region’s most vital coastal treasures, inviting visitors to immerse themselves in its unmatched beauty and tranquillity. This is more than a destination; it is an experience celebrating the luxury of nature



WELLNESS AMENITIES [GROUND FLOOR]





CLEAN AIR

CALM MIND

CLEAR WATER

[BLUE MIND]

Gazing at the gentle ripple of water has a multitude of proven scientific benefits. The visual and auditory stimulation of water, known as the “Blue Mind” effect, has been linked to lower heart rate and blood pressure, decreased stress hormones like cortisol and a more relaxed physical and mental state due to the activation of the parasympathetic nervous system

[H₂O]

Visual exposure to water whether it is the sea, a lagoon or water fountains, is known to reduce activity in the brain’s stress centres, known as the amygdala, which processes fear and anxiety. Viewing water also triggers the release of dopamine and serotonin, neurotransmitters linked with happiness and relaxation. It leads to improved mood and reduced symptoms of anxiety or depression

[AQUATIC ENVIRONMENTS]

The naturally soothing and rhythmic sounds of water is also proven to restore one’s focus and reduce mental fatigue. According to studies found in the National Library of Medicine from the United States, viewing natural water and other natural environments can reduce stress, promote relaxation and enhance one’s creativity and emotional regulation. Other studies conducted by the National Institute of Health (NIH) indicate that people exposed to nature, such as aquatic environments like coastlines experience greater calmness, creativity, and emotional regulation compared to when viewing urban or dry landscapes

[REM SLEEP]

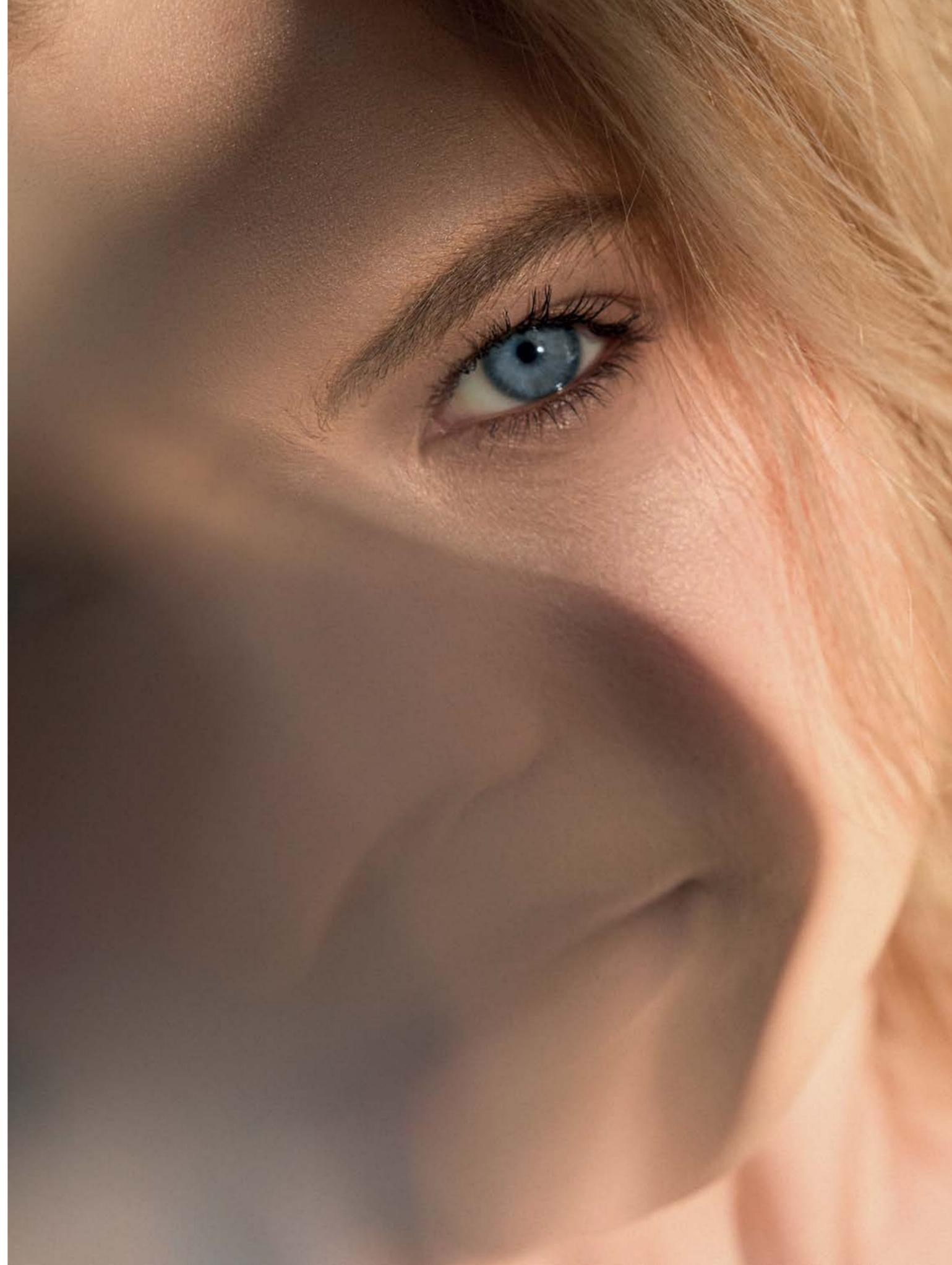
A good night’s sleep is a vital part of one’s overall wellbeing and water views, especially when paired with natural light, help regulate circadian rhythms. Viewing water and hearing its soft, relaxing rhythmic sounds, improves sleep quality, which is directly tied to mental and emotional wellness

First Light

[GROUND FLOOR]

*An opening of elegance, the threshold
into Amra's world of wellness*

Flooded with natural light and opening out to uninterrupted sea views, AMRA's lobby is your first port of call, basking in a quiet confidence and a wellness-first philosophy. Soothing colour palettes and sculptural water features lend a natural calm, while curated art and greenery relax the senses, reflective of the sixth pillar of wellness dedicated to the environment. Finally, thoughtful seating zones make the area as functional as it is serene, and as residential as it is resort-like





Grand Lobby





Calming colour palettes and sculptural water features create a serene sanctuary, while curated artworks and lush greenery relax the senses



Biophilic design — which integrates natural elements into architecture to enhance human health and wellbeing — isn't just an aesthetic, it's scientifically proven to reduce stress, restore focus, regulate emotions, and improve sleep. At AMRA it can be found throughout the resort. Backed by research in environmental psychology, neuroscience, and stress physiology, it helps reduce stress, lower cortisol and activate the parasympathetic nervous system, reducing anxiety and stabilising heart rate and blood pressure







Wellness specialists stress the importance of having fun to maximise wellbeing; and the ability to manifest joy, happiness and other desires into daily life



The Gathering

[FOOD & BEVERAGE]

*A table of flavours and fellowship,
where taste and memory linger*



Research has long shown that there is a connection between what we eat and how we feel. AMRA's extensive dining experiences support this fact, embodying wellness and balance through locally sourced ingredients, Mediterranean-inspired menus, and artfully designed spaces that foster connection and mental and physical restoration



AMRA's dining experiences are designed to be restorative, with thoughtful details that encourage connection, and menus inspired by the delicate harmony of Mediterranean flavours







A varied, balanced diet fuels your body and mind. With healthy options right on your doorstep, nourishment becomes effortless



New Moon

[WELLNESS & LONGEVITY ZONE]

*Where wellness treatments offer a new beginning,
a hub for revitalisation, longevity and vitality*

[MEZANINE FLOOR]

18,817.49

SQ.FT

ZONE A

Reception & Beauty Salon

1. Reception
2. Spa lounge for pre/post treatment relaxation
3. Wellness bar for teas, infusions, and supplements
4. Full-service Beauty Salon

ZONE B

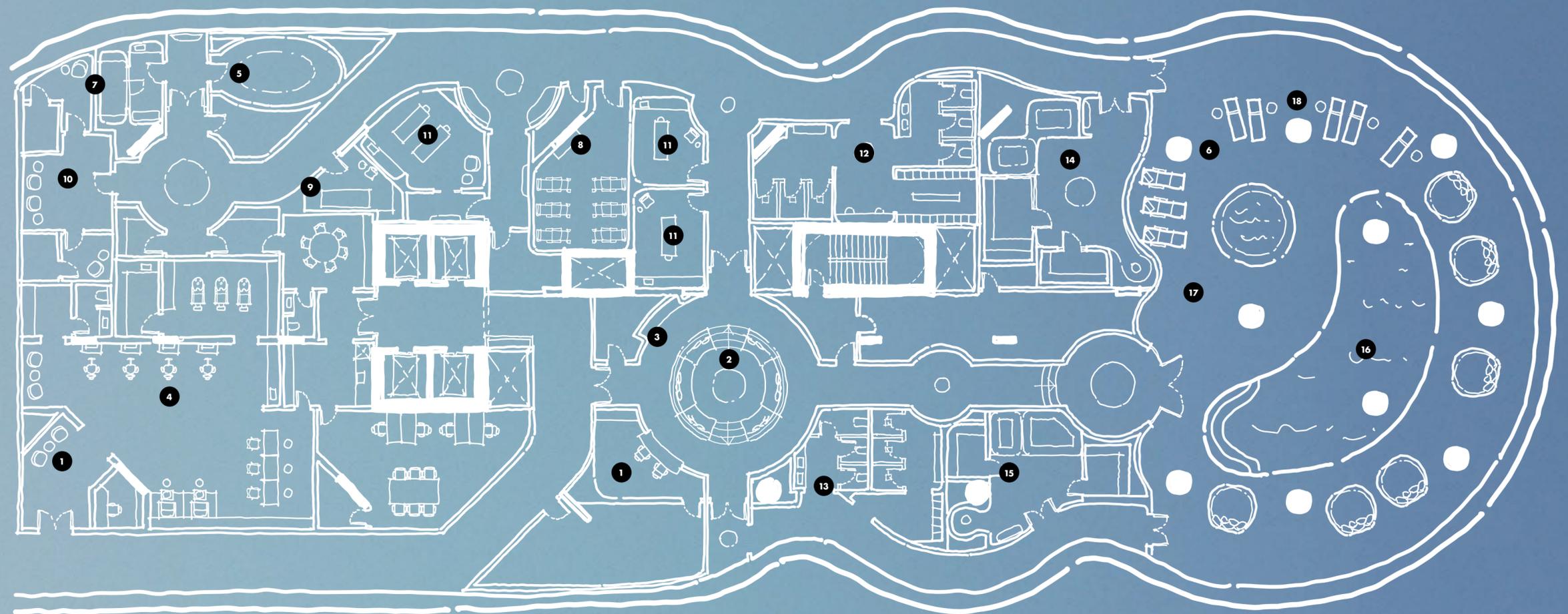
Treatment

5. Sensory Room for guided meditation
6. Heated marble loungers
7. Snow Shower
8. Salt Earth Room
9. Hyperbaric Room
10. Cryo Rooms
11. Massage room

ZONE C

Hydrotherapy

12. Female Changing Room
13. Male Changing Room
14. Female Spa Area: Hot-bath Jacuzzi, Cold Plunge, Sauna, Steam, Sensory Shower & Vitality Bar
15. Male Spa Area: Hot-bath Jacuzzi, Cold Plunge, Sauna, Steam, Sensory Shower & Vitality Bar
16. Indoor Wellness Swimming Pool
17. Dedicated Hydrotherapy Pool
18. Relaxation Lounge



Spa



This dynamic area integrates treatment rooms, hydrotherapy, and quiet corners designed for unhurried rest. Head to the spa lounge for a moment of calm prior and post-treatments. Here you will discover the wellness bar, serving teas, infusions and supplements, and embrace a full-service beauty salon, reflective of the second pillar of wellness concerning physical health. Looking for something more? Try the sensory room for guided meditation, heated marble loungers, a snow shower, a salt earth room, hyperbaric room and cryotherapy chambers, all built for deeper relaxation and healthy recovery

RECEPTION
SPA LOUNGE
WELLNESS BAR
BEAUTY SALON

SENSORY ROOM
HEATED MARBLE LOUNGER
SNOW SHOWER
SALT EARTH ROOM
HYPERBARIC ROOM
MASSAGE ROOM
CRYO ROOMS

MALE CHANGING ROOM
FEMALE CHANGING ROOM
SENSORY SHOWER
VITALITY BAR
HYDROTHERAPY POOL
RELAXATION LOUNGE
HOT-BATH JACUZZI
SAUNA



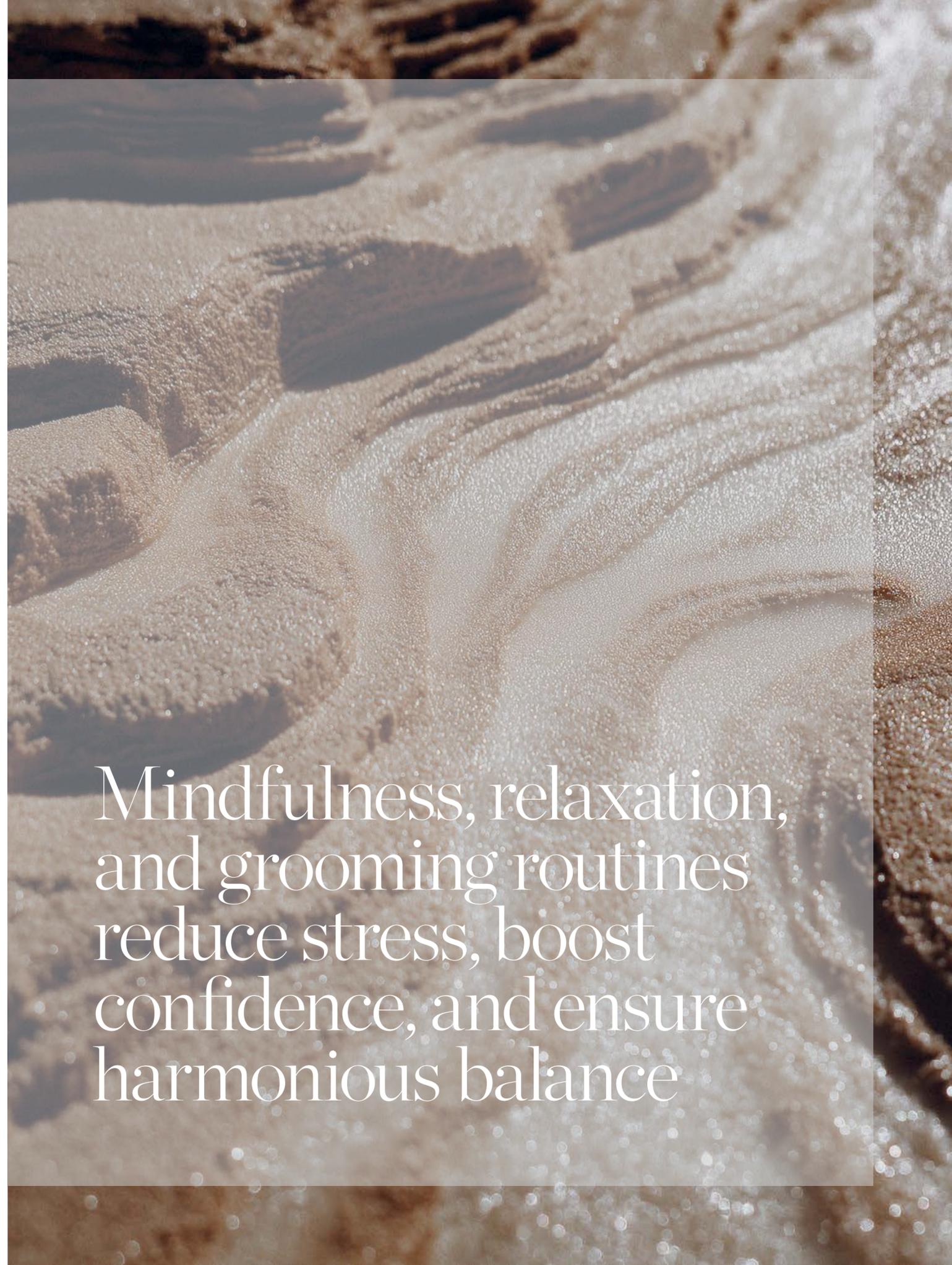


Spa Lounge





Spa - Treatment Room



Mindfulness, relaxation,
and grooming routines
reduce stress, boost
confidence, and ensure
harmonious balance



Beauty Salon



Female Changing Room



Shower Room

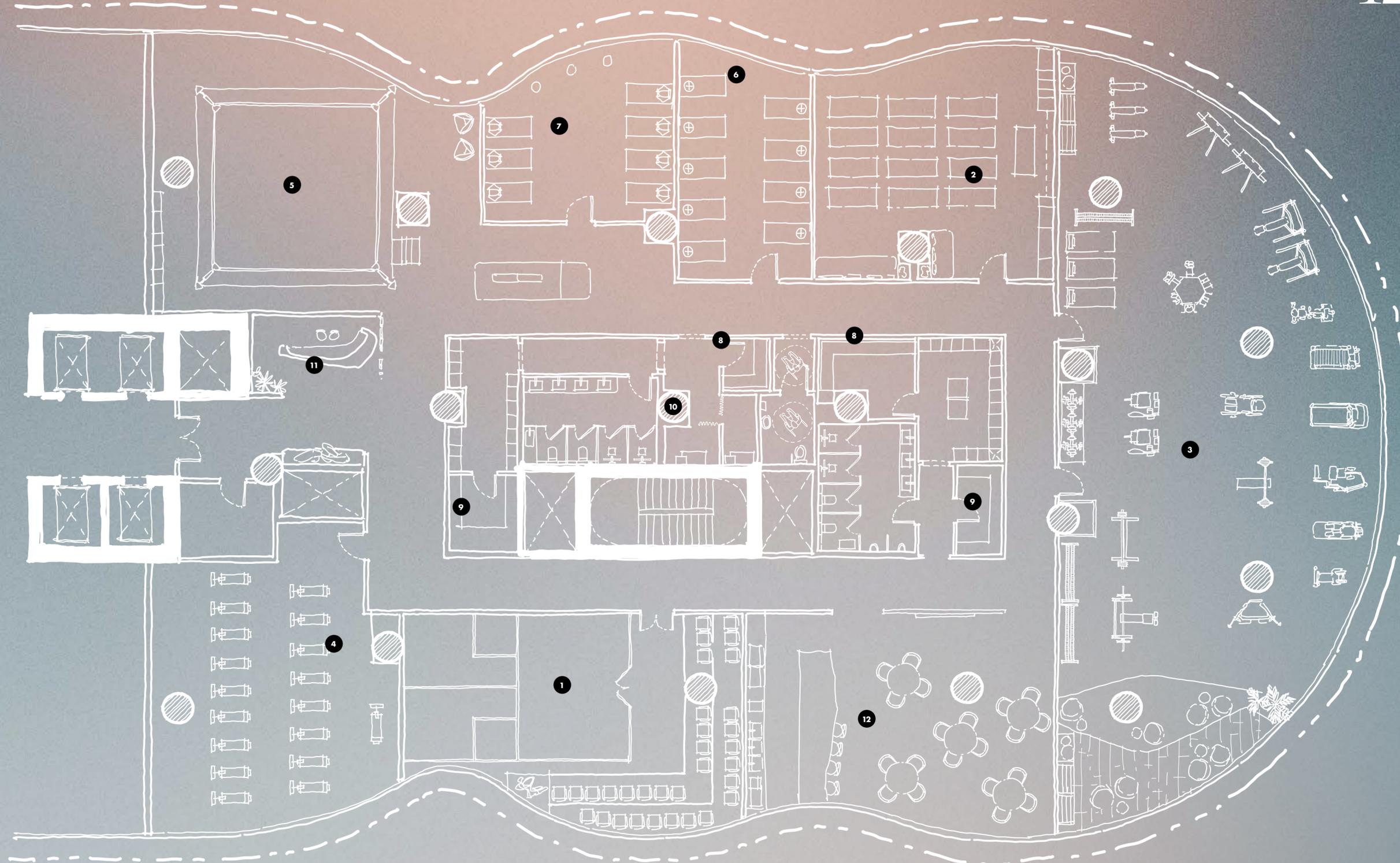
Celestial Cycle

[MIND & MOVEMENT ZONE]

*Where mind and body wellness combine to create
a holistic environment for overall health and
wellbeing, complemented by stunning sea views*

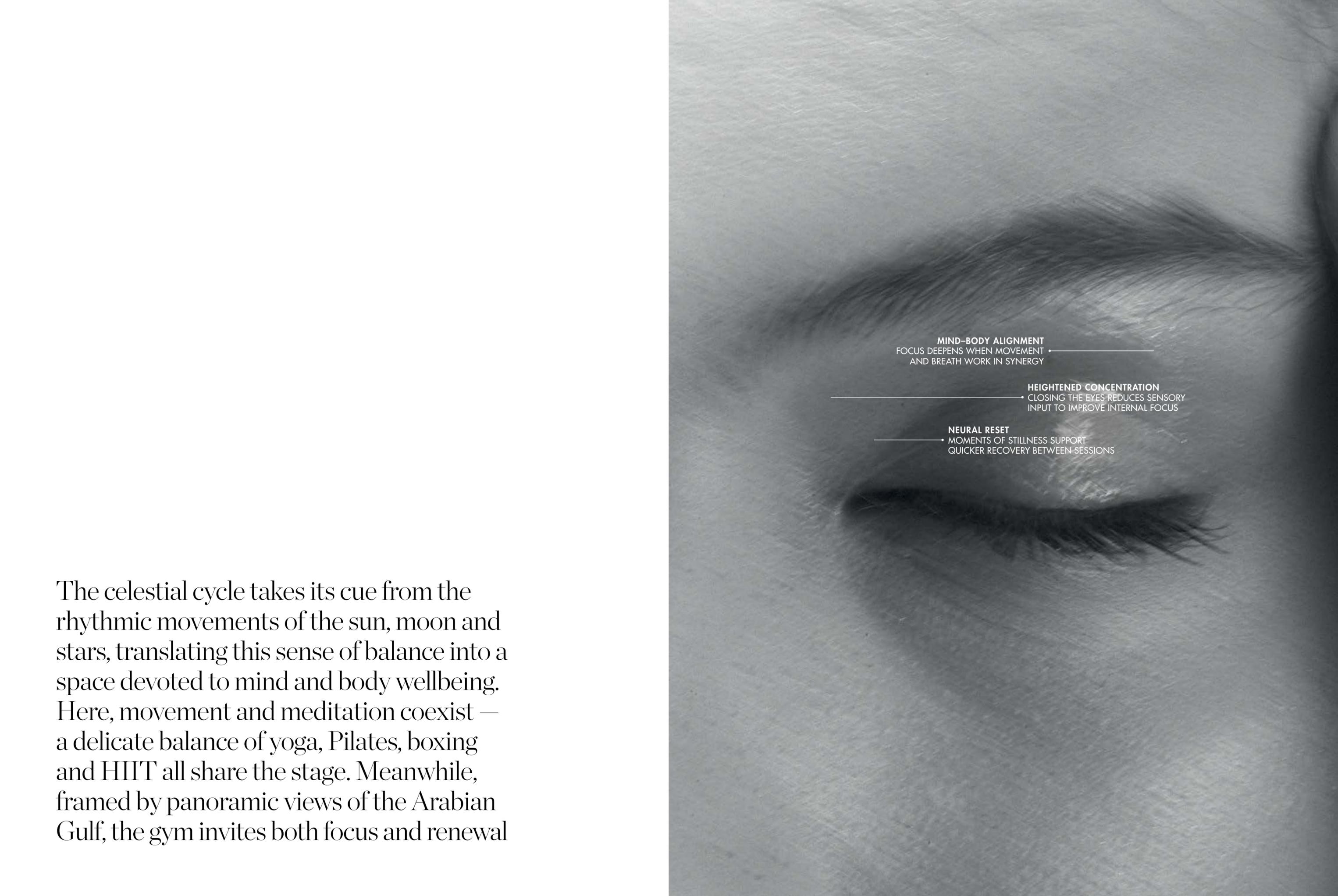
[MEZANINE FLOOR]

12,952
SQ.FT



- 1. Squash Court
- 2. Yoga & Meditation Studios
- 3. Panoramic Gym with Beach View
- 4. Pilates Studio
- 5. Boxing Ring
- 6. HIIT Studio
- 7. Punching Studio
- 8. Male & Female Steam Rooms
- 9. Male & Female Sauna Rooms
- 10. Male & Female Changing Rooms
- 11. Reception
- 12. Healthy Café Area

The celestial cycle takes its cue from the rhythmic movements of the sun, moon and stars, translating this sense of balance into a space devoted to mind and body wellbeing. Here, movement and meditation coexist — a delicate balance of yoga, Pilates, boxing and HIIT all share the stage. Meanwhile, framed by panoramic views of the Arabian Gulf, the gym invites both focus and renewal



MIND-BODY ALIGNMENT
FOCUS DEEPENS WHEN MOVEMENT
AND BREATH WORK IN SYNERGY

HEIGHTENED CONCENTRATION
CLOSING THE EYES REDUCES SENSORY
INPUT TO IMPROVE INTERNAL FOCUS

NEURAL RESET
MOMENTS OF STILLNESS SUPPORT
QUICKER RECOVERY BETWEEN SESSIONS



Panoramic Sea View Gym



Panoramic Sea View Gym



The Power of Holistic Wellness







HIIT Studio



STRENGTH IN SYMMETRY
BALANCED TRAINING
THAT SUPPORTS POSTURE
AND ALIGNMENT

HEIGHTENED CONCENTRATION
CLOSING THE EYES REDUCES SENSORY
INPUT TO IMPROVE INTERNAL FOCUS

CORE STABILITY
THE FOUNDATION FOR POWERFUL,
SUSTAINABLE MOVEMENT

RHYTHMIC PROGRESSION
TRAINING THAT BUILDS ENDURANCE
THROUGH MINDFUL PACING

ALIGNED POSTURE
SUPPORTING THE BODY'S
NATURAL FORM THROUGH
EVERY MOVEMENT

FOCUSED DISCIPLINE
A CLEAR, CENTRED
MINDSET THAT AMPLIFIES
PHYSICAL PERFORMANCE

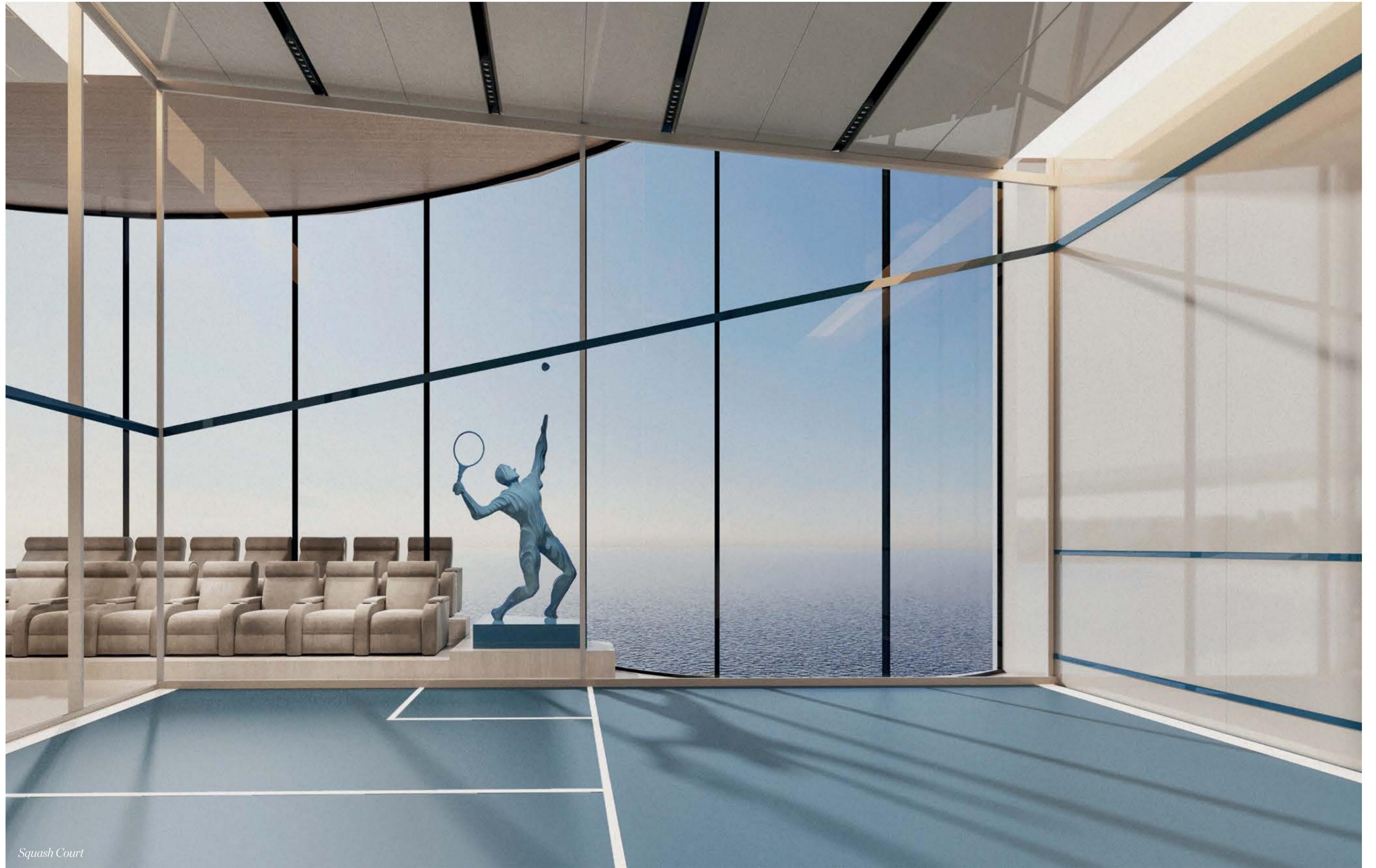
BALANCED POWER
A BLEND OF CONTROLLED FORCE
AND MINDFUL PRECISION



Boxing Ring



Nourish your mind, body, and spirit with wholesome food and revitalising drinks at AMRA's on-site wellness café. An essential part of daily life, it offers a place to refuel after every workout and uplift the mind. It is also a space where residents can gather to eat mindfully and enjoy nourishing meals without leaving the resort, reflecting AMRA's integrated approach to wellness through food



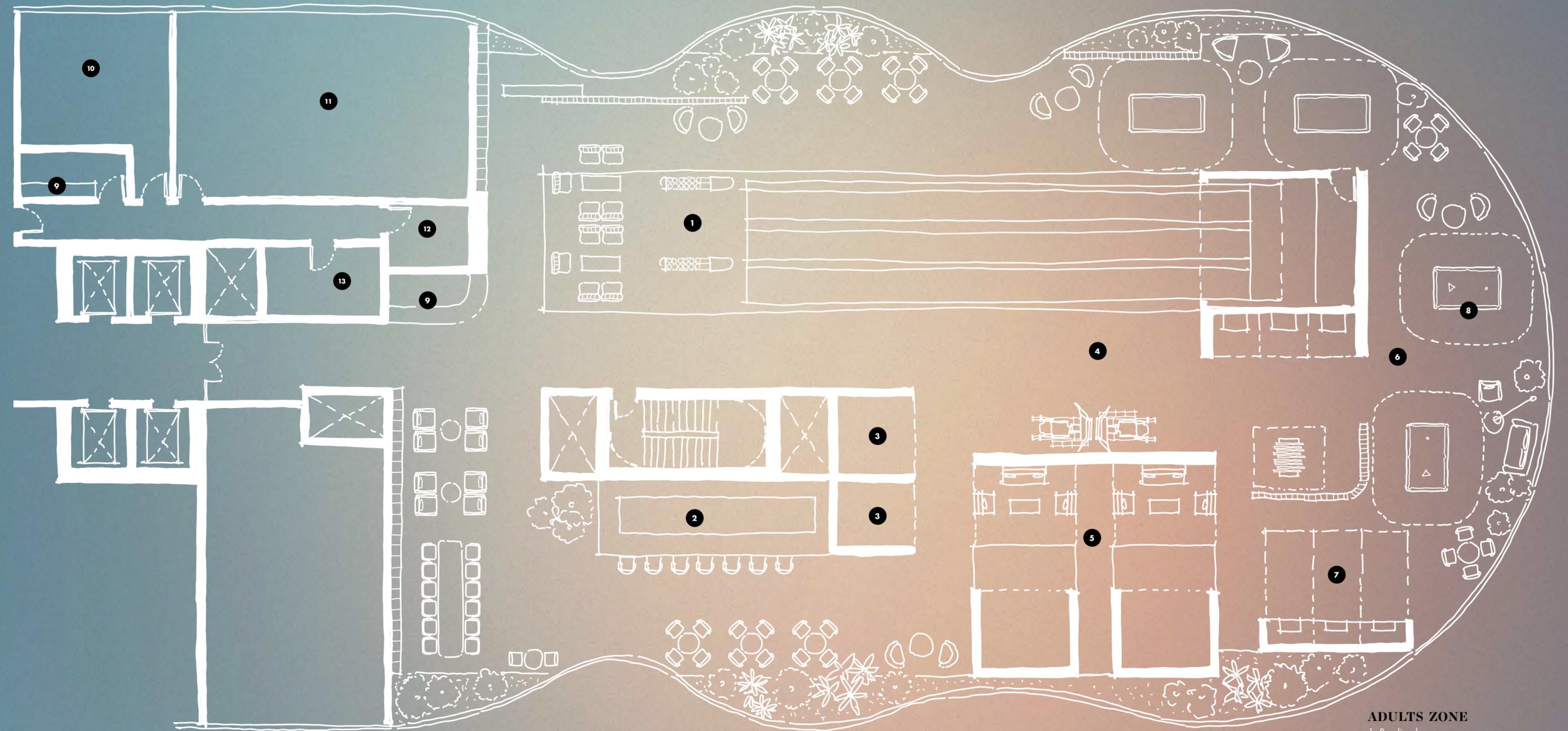
Squash Court

Full Moon

[GAMES ZONE]

*A place of energy and joy, a social hub for rest
and relaxation where residents and guests
enjoy communal activities and fine dining*

[MEZANINE FLOOR]



13,697
SQ.FT

ADULTS ZONE

- 1. Bowling lanes
- 2. Cafe
- 3. VR Game Zone
- 4. Car Simulators
- 5. Golf Simulators
- 6. Foosball
- 7. Auto-scored darts
- 8. Pool tables

KIDS ZONE

- 9. Reception
- 10. Art Room
- 11. Soft Play Room
- 12. Daycare
- 13. WC

Delivering social energy amidst the serenity, this zone is designed for families and teens, blending play, learning and competition — from bowling to golf simulators, football and auto-scored darts, to pool tables and art rooms. A café anchors the space, offering a retreat for parents, while warm materials and natural light ensure the mood is bright, engaging, and inclusive, reflective of the fourth pillar of social wellness. This is a space where formative connection, creativity and wellbeing combine in playful motion





Pool Room



Paint & Pots Cafe

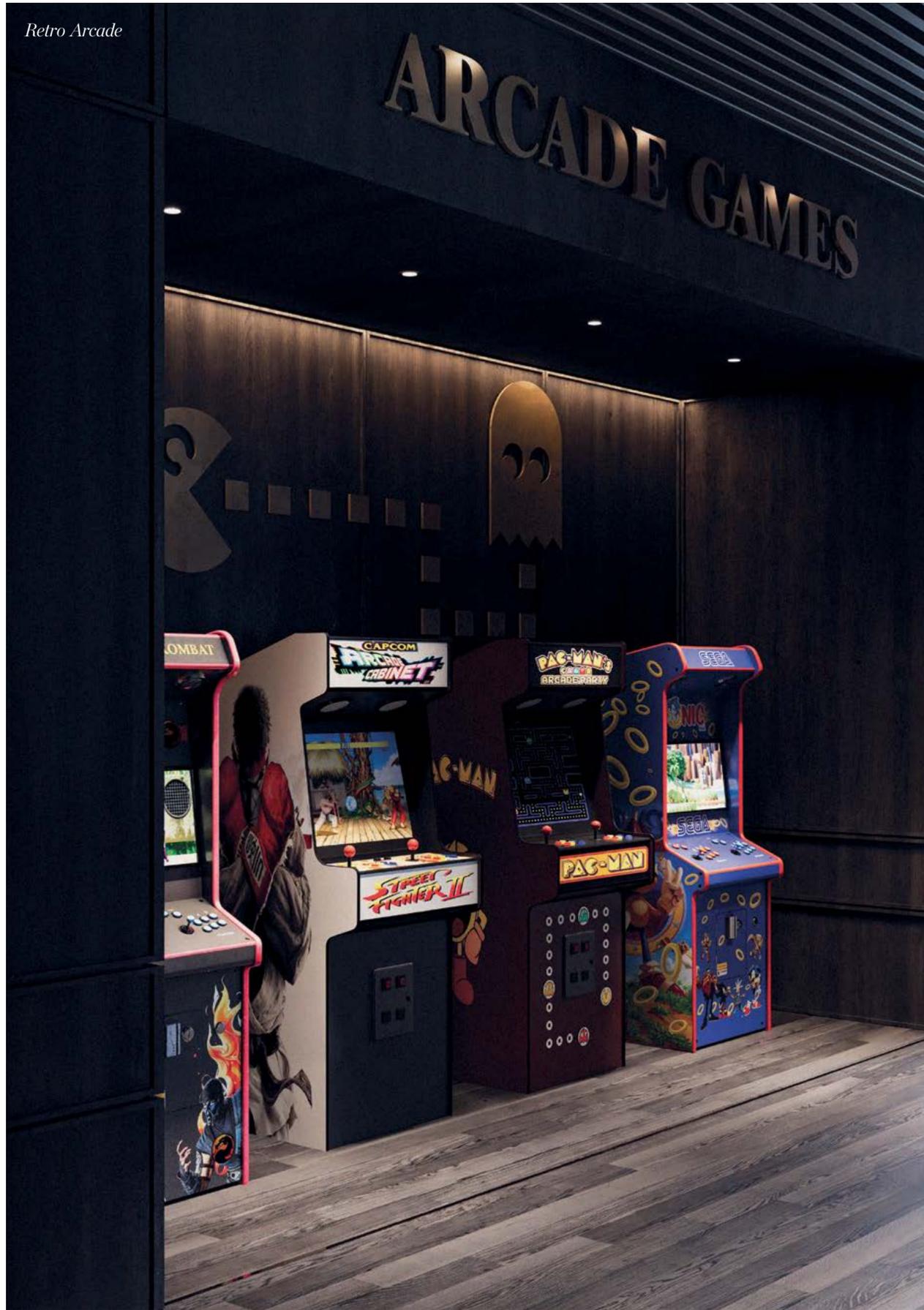






Playing games can lower social anxiety by fostering connections with others and promoting wellness by reducing stress and anxiety through endorphin release

Retro Arcade



Driving Simulator





Self Scoring Darts



Relaxing hues and softly structured
design enhance opportunities for
wellness, creativity, and concentration



Art Room

Soft Play Room



The children's soft play area provides early opportunities for peer interaction and teamwork, teaching cooperation, empathy, and communication skills

Art Room



Sunrise

[BUSINESS ZONE]

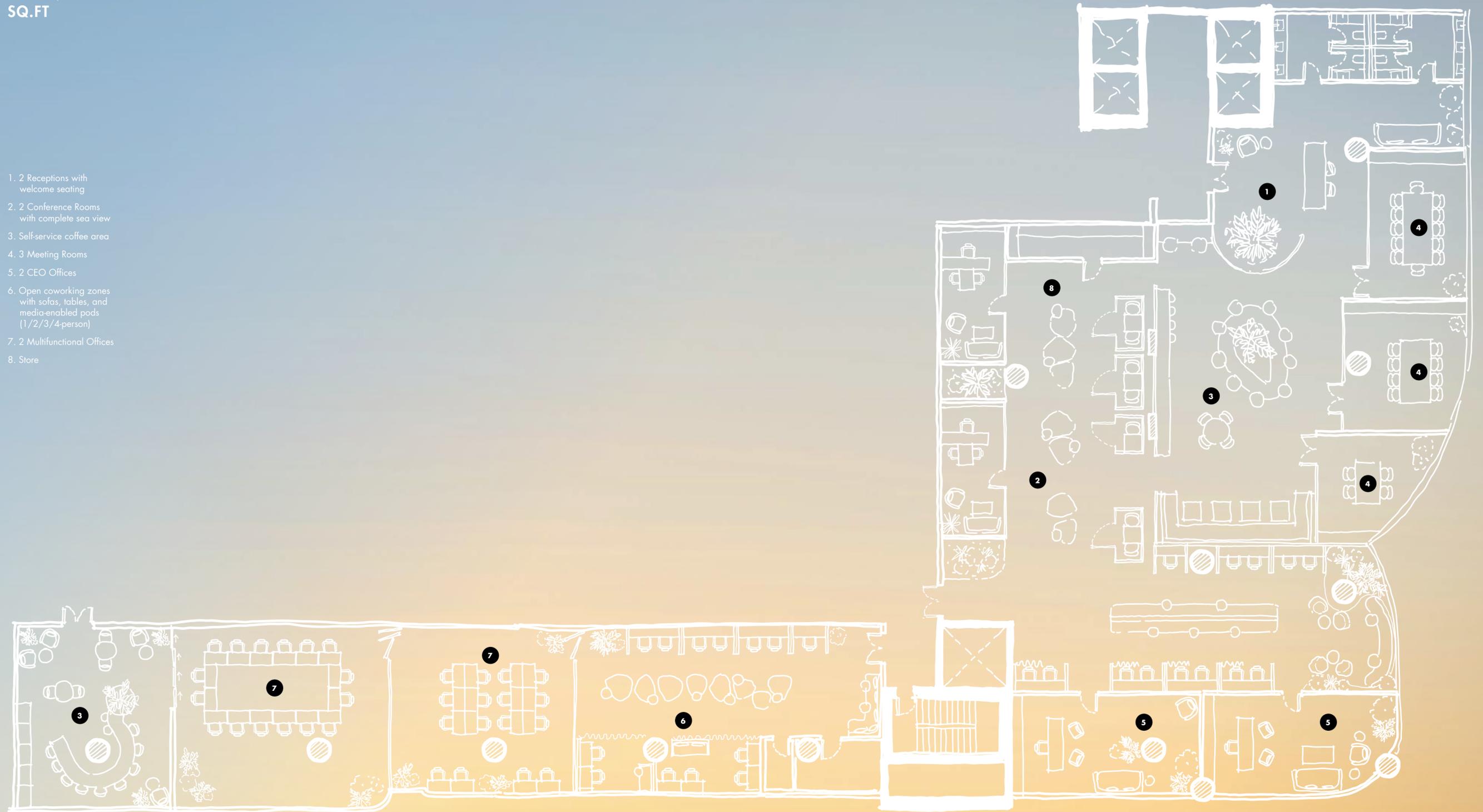
Where ideas awaken with the start of a new day—a hub for clarity, creativity and progress

[MEZANINE FLOOR]

15,894

SQ.FT

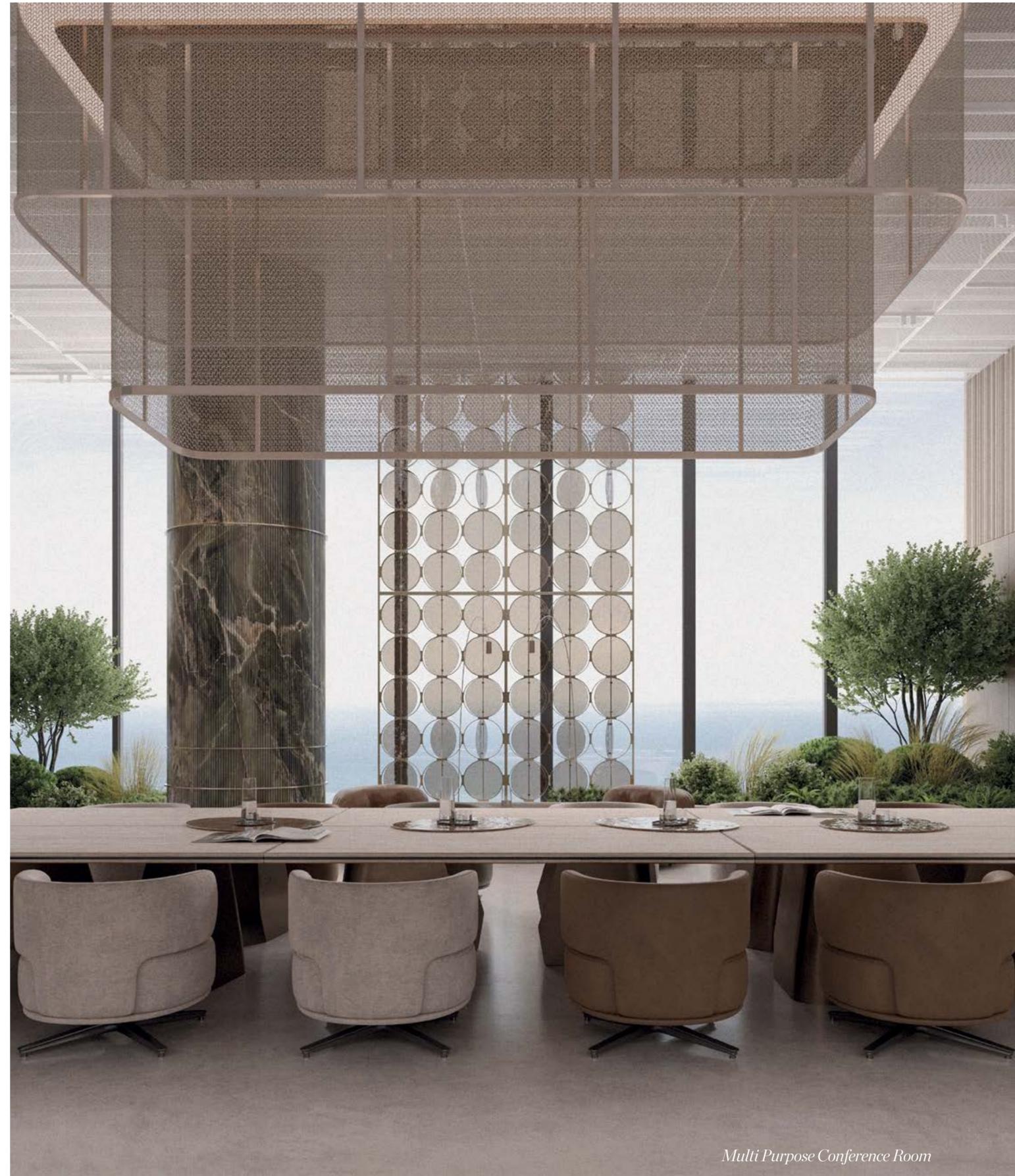
- 1. 2 Receptions with welcome seating
- 2. 2 Conference Rooms with complete sea view
- 3. Self-service coffee area
- 4. 3 Meeting Rooms
- 5. 2 CEO Offices
- 6. Open coworking zones with sofas, tables, and media-enabled pods (1/2/3/4-person)
- 7. 2 Multifunctional Offices
- 8. Store





Instilling focus with calm, the business zone offers a smart workspace shaped by light, texture and sea views. It leans into the seventh pillar of occupational and financial wellness. Across conference rooms, private offices and relaxed co-working lounges, the environment supports mental clarity and grounded productivity. Media-enabled pods offer privacy when needed, while the self-service coffee area adds an inviting moment of pause. Together, these elements create a balanced setting where work flows naturally and wellbeing remains front of mind

Purpose-built for leadership, the boardroom and CEO suites offer an elevated setting for strategic thinking. Flooded with daylight and framed by panoramic views, these spaces pair refined materials with architectural details to encourage clarity and confident decision-making. Biophilic touches soften the formality of the room, while intuitive layout and acoustics support seamless conversations and high-level productivity



Multi Purpose Conference Room



CEO Suite

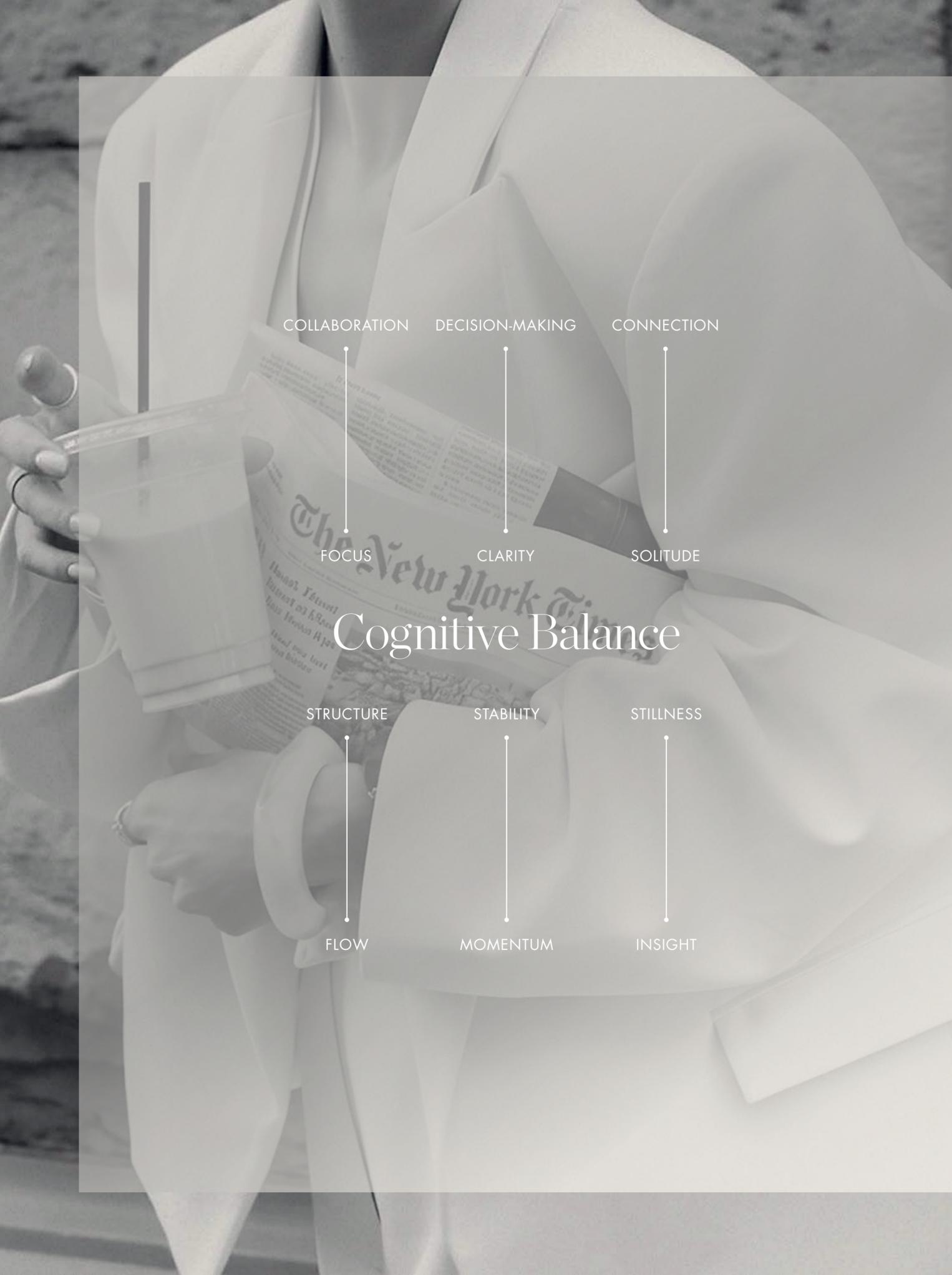
Reception Area



Biophilic design brings a sense of calm and restoration into the workspace. The greenery wall, natural textures and soft organic palette reduce cognitive fatigue and support emotional balance, offering a restorative counterpoint to moments of deep focus. With sea views and landscape light filtering through, the space encourages steady, grounded thinking — an environment where wellbeing and performance naturally converge



*Multi-Purpose
Co-Working Area*



COLLABORATION

DECISION-MAKING

CONNECTION

FOCUS

CLARITY

SOLITUDE

Cognitive Balance

STRUCTURE

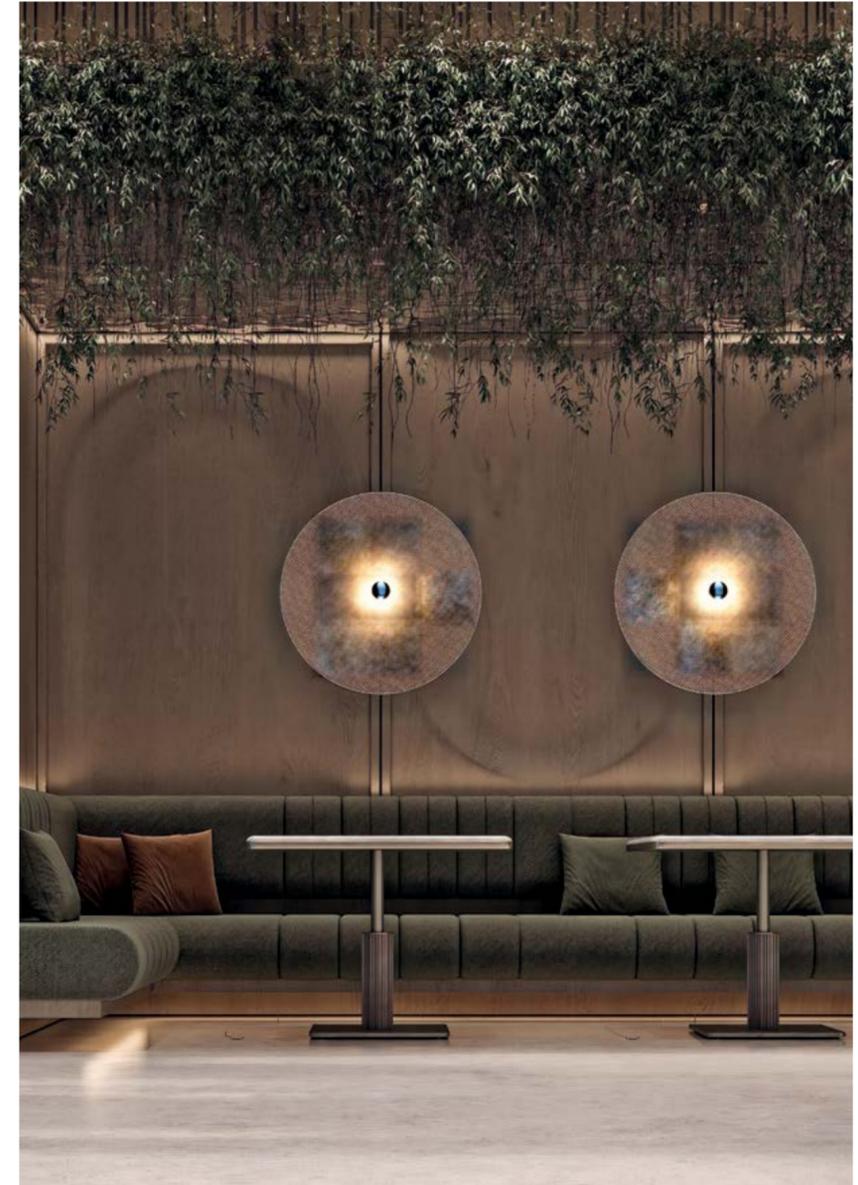
STABILITY

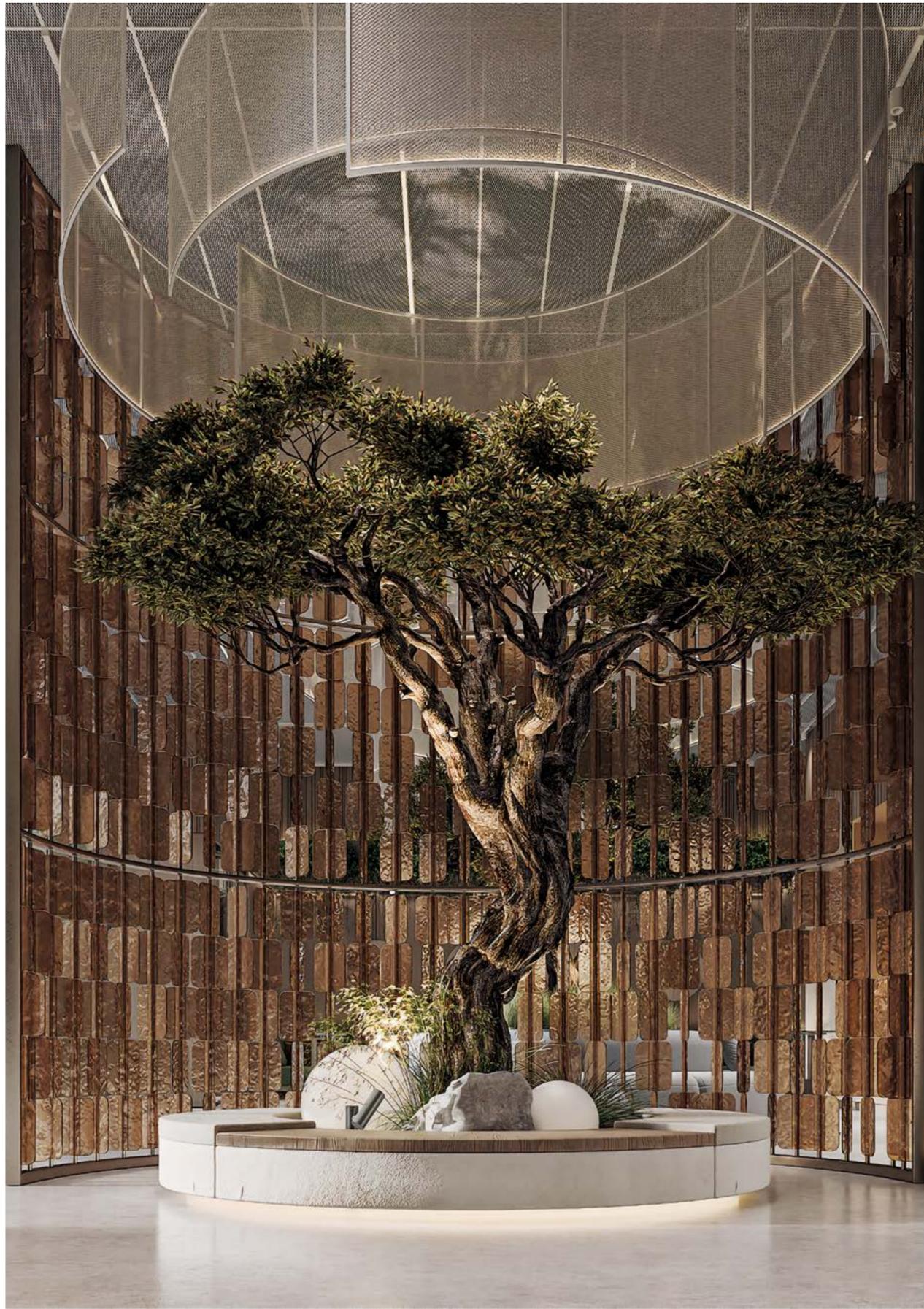
STILLNESS

FLOW

MOMENTUM

INSIGHT





Sunset

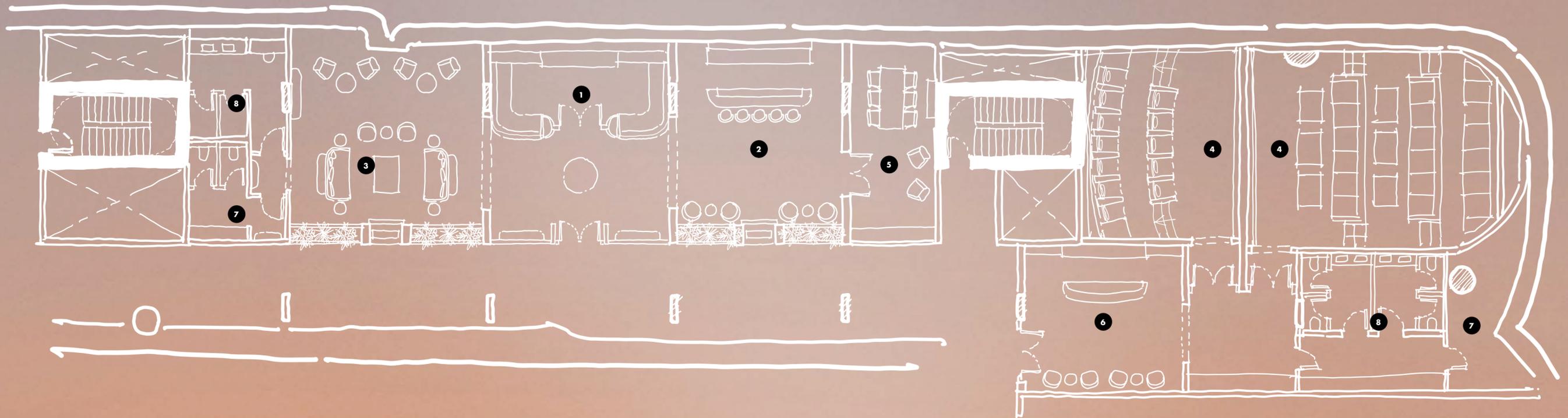
[ENTERTAINMENT ZONE]

*The golden hour of leisure, where guests and residents
mingle after a day of wellness and revitalisation — a hub
for enjoyment, leisure and shared celebration*

[MEZANINE FLOOR]

9,793

SQ.FT



Networking & Relaxation Lounge

A refined social layer for residents and guests, positioned near wellness and dining for evening programming.

- 1. Humidors
- 2. Bar
- 3. Common sitting with board games

Private Cinema

- 4. 2 Cinema Halls (12 seat & 8 seat)
- 5. Shared foyer
- 6. Cinema bar
- 7. BOH service lines integrated
- 8. Male/Female WCs



A stylish setting that's perfect for evenings well spent. A bar and cigar lounge create a private-club feel, while two intimate cinemas host screenings for residents and guests. Board games and quiet nooks encourage connection, while the wellness and dining areas serve as a sociable bridge fixed between calm and culture



THEATER SNACKS

A multi-tiered snack display case with a dark wood finish. The top shelf is filled with several bags of popcorn. The second shelf has more popcorn bags and two glass jars containing green candies. The third shelf features a pink bowl of candy canes, a small jar of jam, and some fruit. The bottom shelf has more popcorn bags and a small metal container. The display is illuminated from within.



01

IN





Spending
time with
friends boosts
mood, lowers
stress, and
strengthens
your sense
of belonging





Cigar Lounge

Crescent Garden

[RUNNING TRACK]

*A suspended landscape in the sky that flourishes
with a calm that only nature can provide, dedicated
to active recovery and outdoor socialisation*

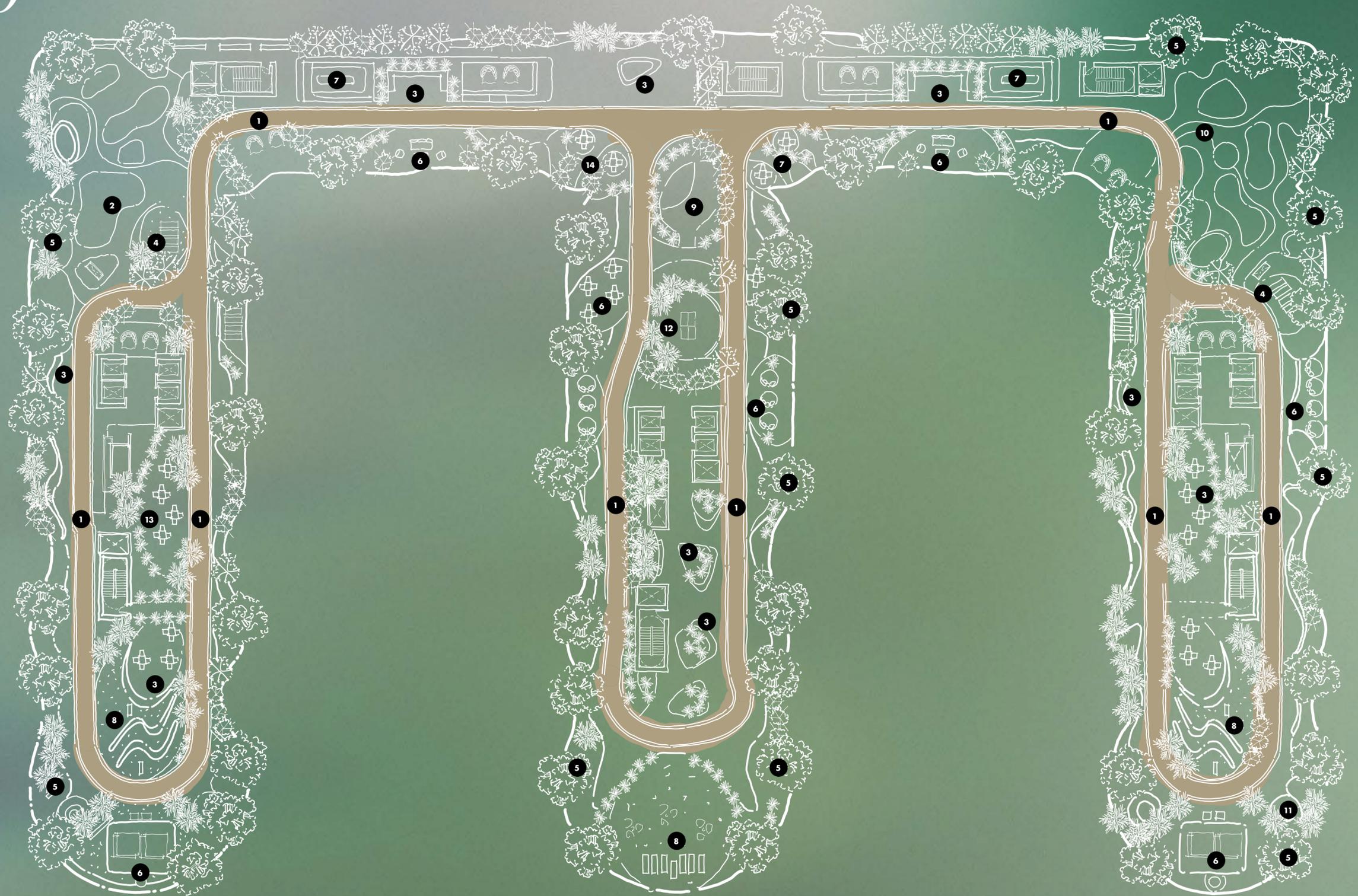
[WHOLE OF 7TH FLOOR]

60,000

SQ.FT

FULL 7TH FLOOR

1. Perimeter Jogging Track with wayfinding markers and distance cues
2. Outdoor fitness stations (body-weight rigs, stretching bays)
3. Precast seating and shaded pergolas for reading and calm
4. Yoga space
5. 'Forest' planting strategy with layered canopies, drought-tolerant species, and bird-friendly habitat
6. Viewing decks oriented to the lagoon and sea horizon
7. Water features for micro-climate cooling and soundscaping
8. Lawn seating zones with pebble/stone accents
9. Snack Bar
10. Kids' play pockets integrated into sightlines for guardians
11. Raised planters as wind breaks and green buffers
12. Ping Pong Table
13. Dining Space
14. Zen Garden



A modern, brightly lit indoor jogging track. The track is a dark grey color with white lane markings. It is surrounded by large, white, cylindrical columns. The ceiling is white with recessed lighting strips. The floor is covered with lush green plants, including large-leafed tropical plants and smaller ferns. The overall atmosphere is clean, bright, and modern.

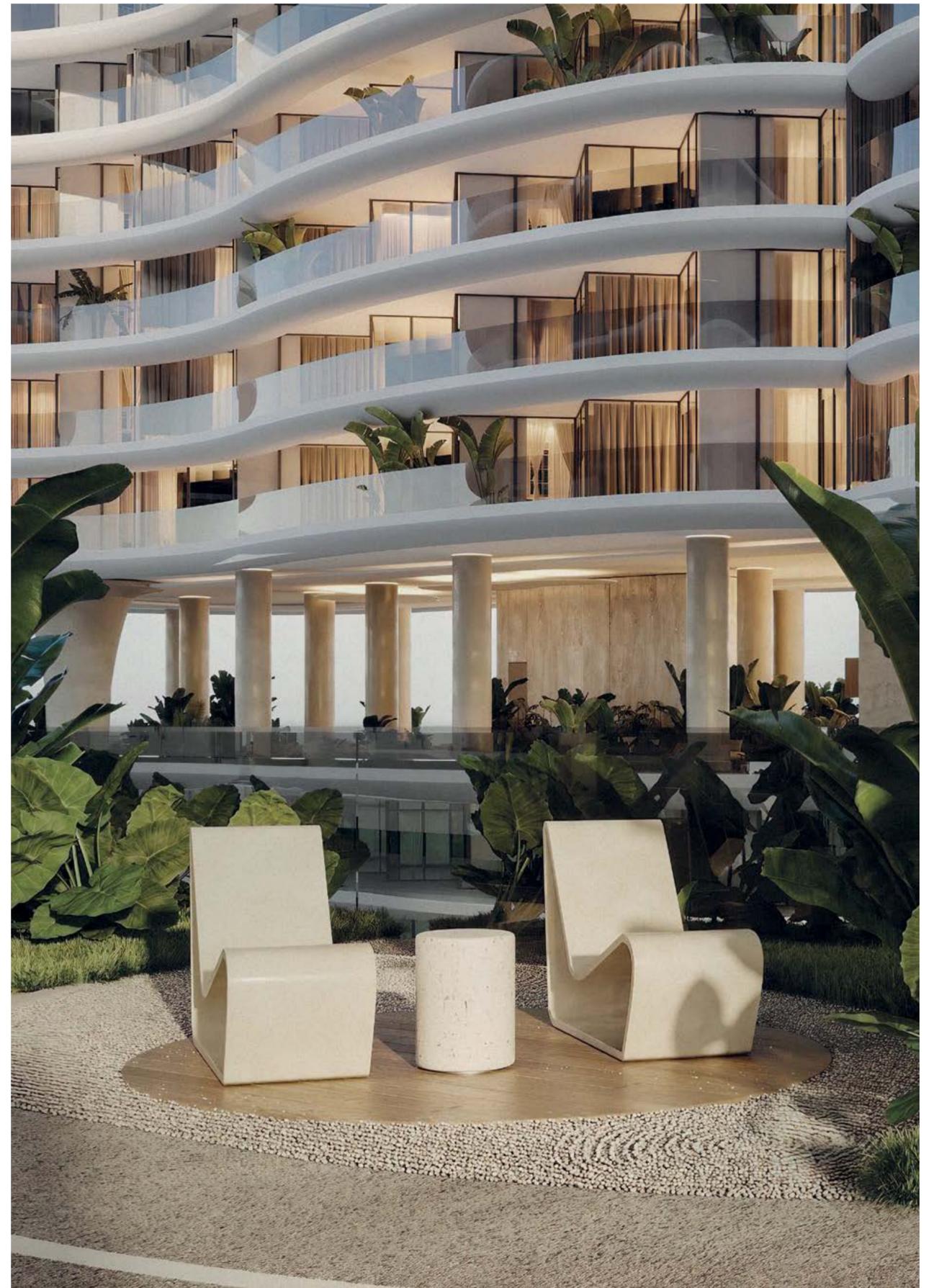
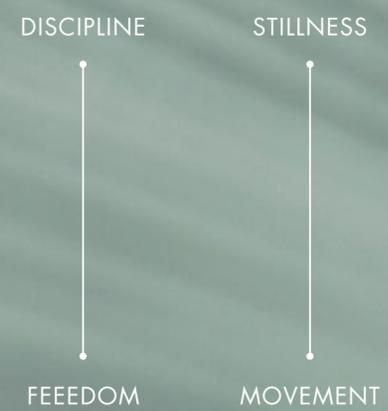
Perched on the seventh floor, the Crescent Garden offers 60,000 sq. ft of quiet calm. A perimeter jogging track traces the lagoon's horizon, while outdoor fitness stations and yoga terraces deliver sharpened fitness areas and active recovery. Layered canopies and bird-friendly plantings frame shaded pergolas and water features, creating micro-climates for rest and recovery; while viewing decks, lawn seating, and integrated play areas ensure that each step you take blends movement, leisure, and relaxation

Visual and sensory connections to nature stimulate the brain's limbic system, fostering calmness, reduced irritability, and improved emotional balance



A walk in a verdant and fragrant garden offers not only a calming effect, but scientifically backed physical, psychological and cognitive health benefits. A combination of light, increased oxygenation and biodiversity, promotes sensory calm and circadian balance. AMRA's Crescent Garden has been designed as a living ecosystem that nurtures both the environment and physical and mental wellbeing







Outdoor Coffee Bar



Pets Play Zone



Outdoor Gym

It's long been understood that humans have an innate need to connect with nature and other forms of life — a principle central to social wellness and popularised by the biologist E.O. Wilson through his theory of biophilia. He suggested that our affinity with nature is fundamental to wellbeing, and that limited exposure to natural environments can have a negative impact on both physical and mental health.

Biophilic architecture responds to this by integrating natural materials, organic forms and abundant landscape views into the built environment. These nature-informed spaces support cognitive performance, reduce stress and enhance overall wellness by creating a sense of calm, connection and balance



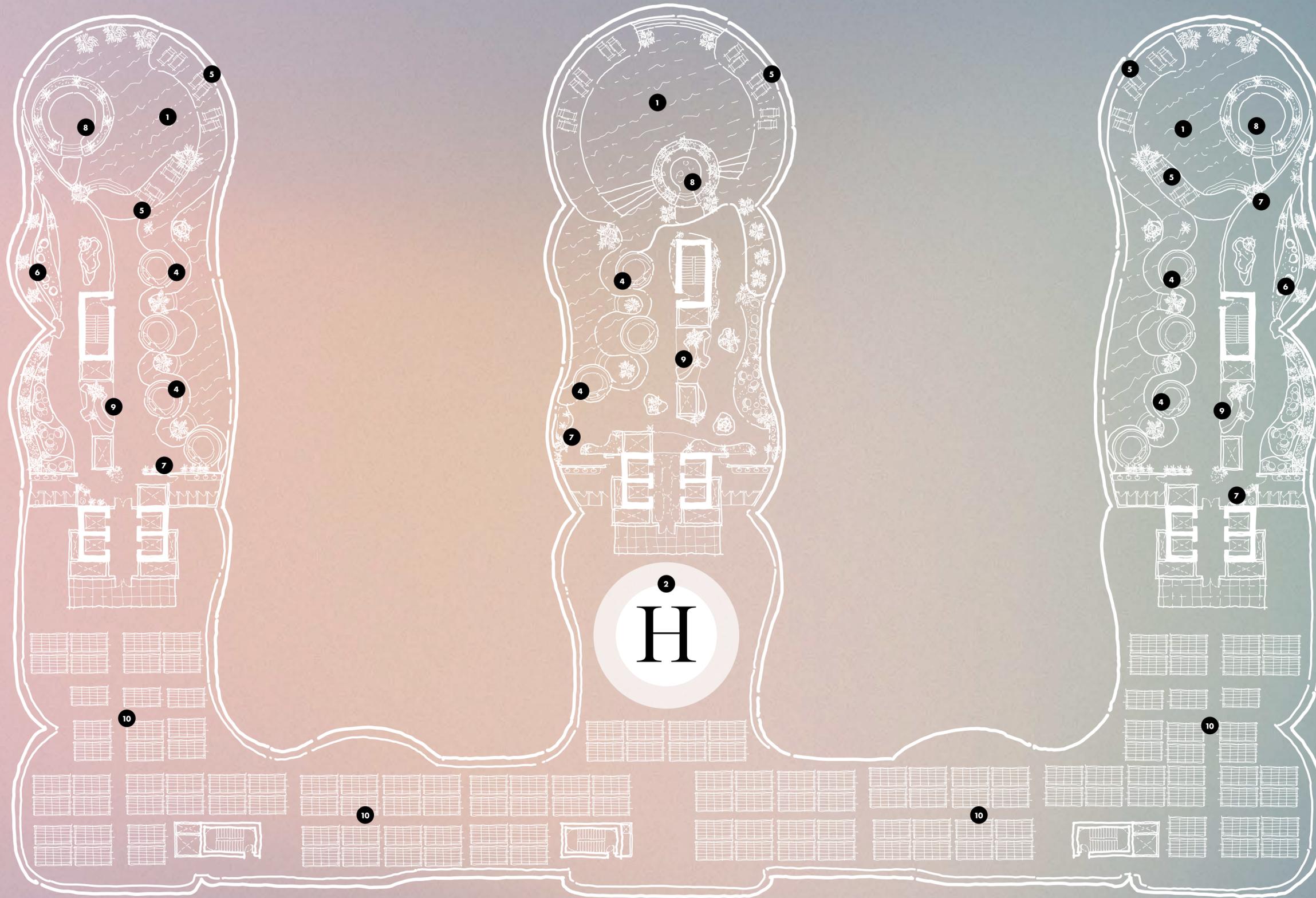
Horizon

[BEACH CLUBS]

*As infinity pools meet the sun's horizon you'll
discover a hub where guests and residents can relax
with expansive views and elevated indulgence*

[3 ROOF TOPS]

37,448
SQ.FT



- 1. Infinity pool
- 2. Helipad & Air taxi's landing pad
- 3. Floating sound-meditation sessions (scheduled)
- 4. Cabanas
- 5. Daybeds
- 6. Lounge terraces
- 7. Rooftop gardens
- 8. Bars
- 9. BBQ hut
- 10. Solar Farm



High above the shoreline, the 37,448 sq. ft rooftop invites guests to unwind as the Arabian Gulf stretches endlessly before them. This elevated hideaway also features a helipad and air taxi landing pad, floating sound meditation sessions, cabanas, daybeds, lush rooftop gardens, a bar, and a relaxed barbecue area

Beach Club - Conversation Pit



Sea views trigger the release of dopamine and serotonin, neurotransmitters linked with happiness and relaxation







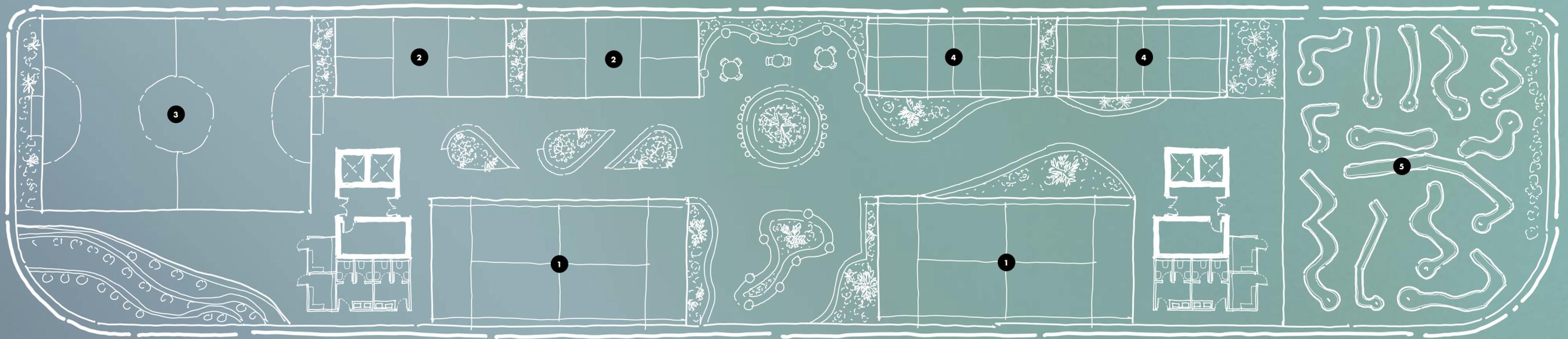
Solar Flare

[ACTIVE SPORTS]

*Where the solar flare of the sun generates
endless energy, discover a hub built for activity*

[ROOF TOP]

50,000
SQ.FT



- 1. 2 Paddle Courts
- 2. 2 Pickleball Courts
- 3. 2 Mini Futsal Court
- 4. 2 Badminton Court
- 5. Mini Golf

In this 50,000 sq. ft area, guests and residents find their edge with a selection of courts made for padel, pickleball, badminton, mini futsal and golf. In this space friendly competition rises, and plays out to the backdrop of endless sea views, calming the senses whether you win or lose



*2 Paddle Courts,
2 Pickleball Courts,
2 Mini Futsal Courts,
2 Badminton Courts
and Mini Golf*



*Refreshments Area,
Juice Bar and Seating*



Where movement
meets momentum
and every game
brings a spark of
energy, powered
by the radiant
warmth of the sun



Friendly competition improves fitness, focus, and mood while building social connection and camaraderie



*2 Paddle Courts,
2 Pickleball Courts,
2 Mini Futsal Courts,
2 Badminton Courts
and Mini Golf*

Lunar Living

[FLOORS 1 TO 14]

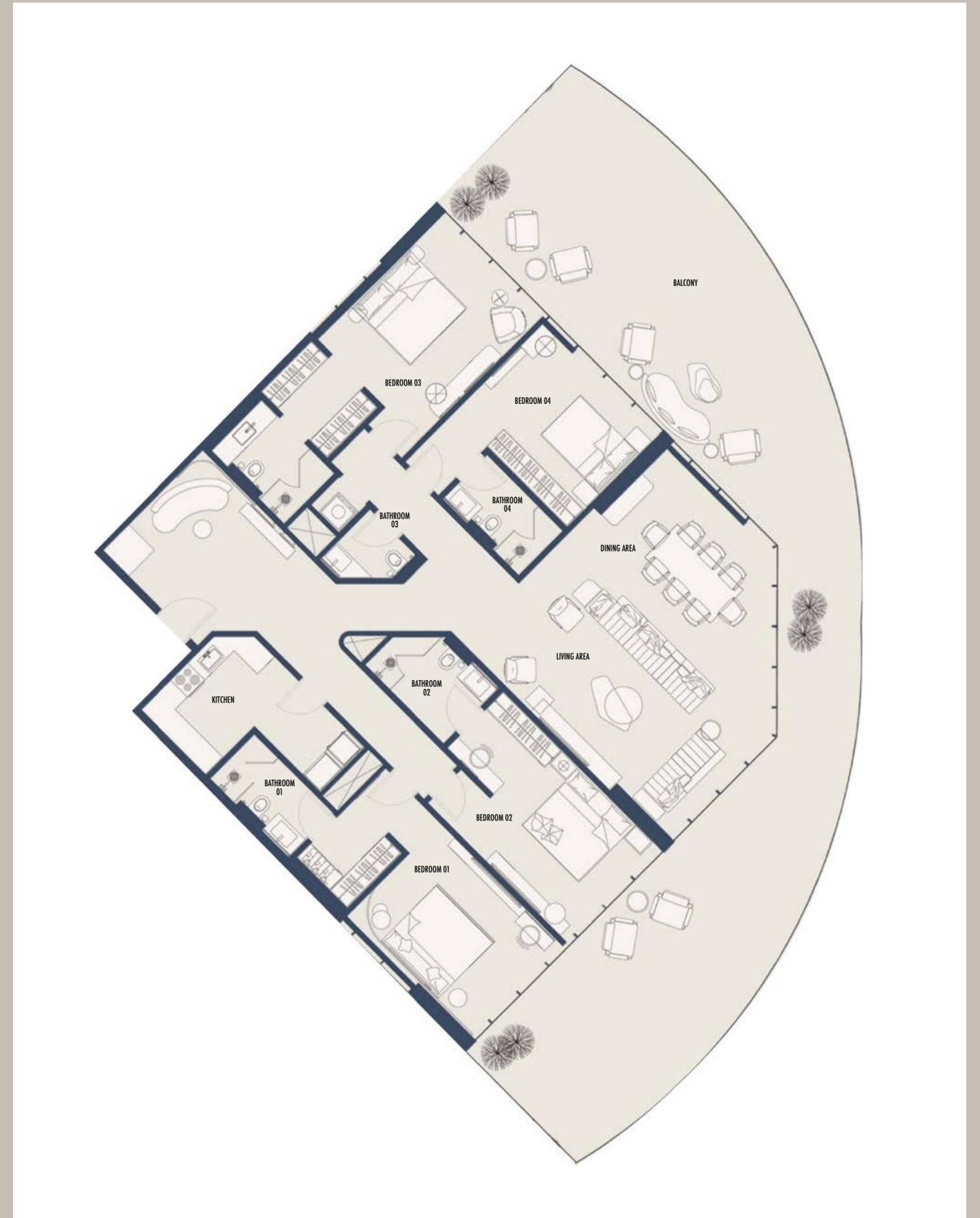
*Upscale residences surrounded by
nature, where physical and mental
wellbeing come as standard*

[FLOORS 1 TO 14]

AMRA's fully serviced apartments embody holistic living, and are thoughtfully designed to enhance mental and physical wellbeing. Calming views blend seamlessly with stylish architecture and interiors, while residents and guests enjoy integrated services including housekeeping, maintenance coordination, and in-room dining from the all-day kitchen. With concierge-managed check-ins, luggage assistance, and complete operational support, every detail is designed for effortless comfort and peace of mind

Four-Bedroom

AMRA's four-bedroom, fully-serviced apartments are the epitome of holistic living, and are thoughtfully devised to enhance mental and physical wellbeing









Surround yourself with fresh air and verdant nature on a private balcony for moments of peace and calm. There, you will lift your spirits, lower anxiety, and immerse yourself in a cocoon of serenity





Your sea view will aid *sleep quality*, which is directly tied to mental and emotional wellness

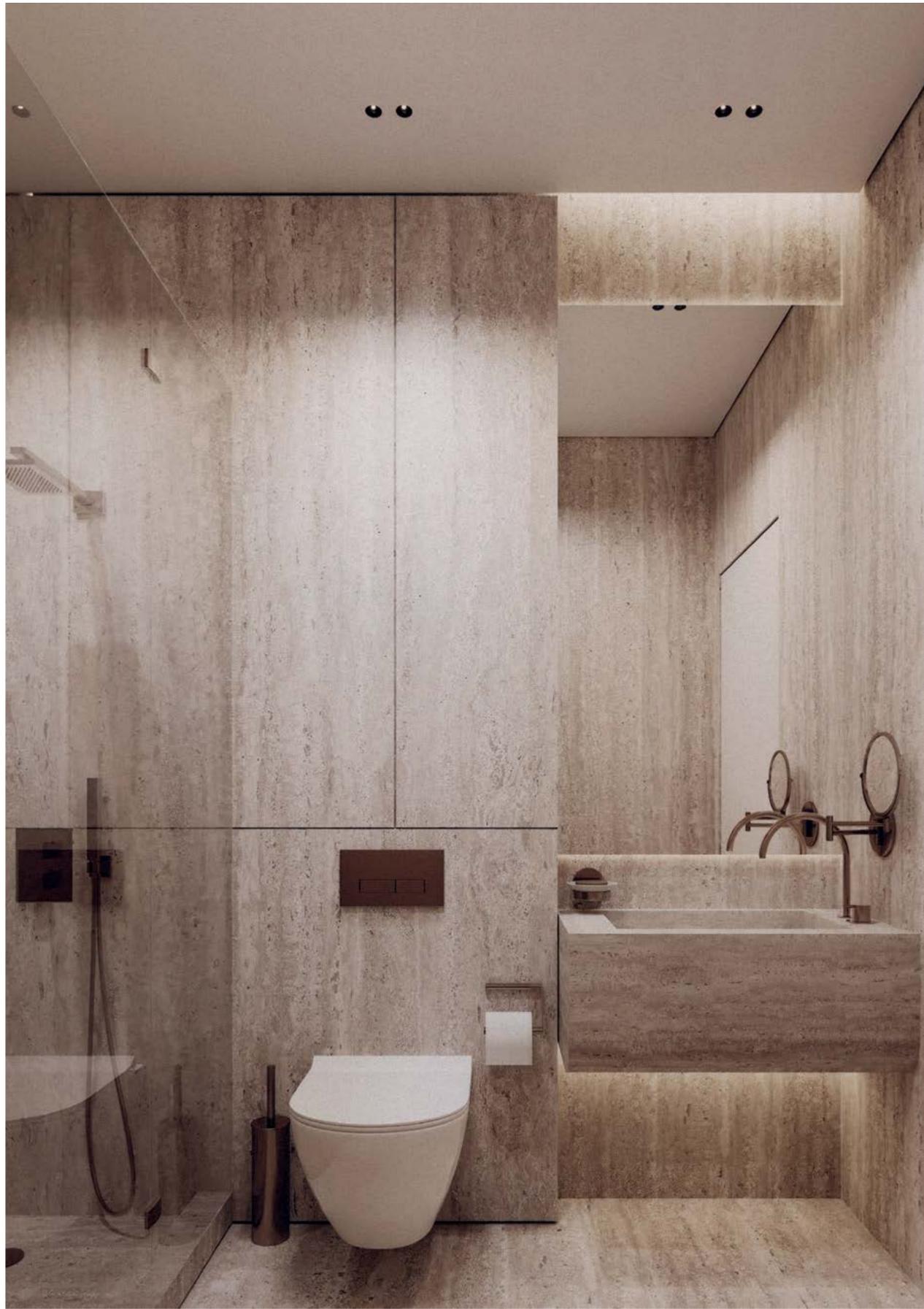




Pristine sea views and sandy beaches are mirrored in the four-bedroom apartment's interior design, with earthy tones, soft textures, and materials that evoke states of tranquility





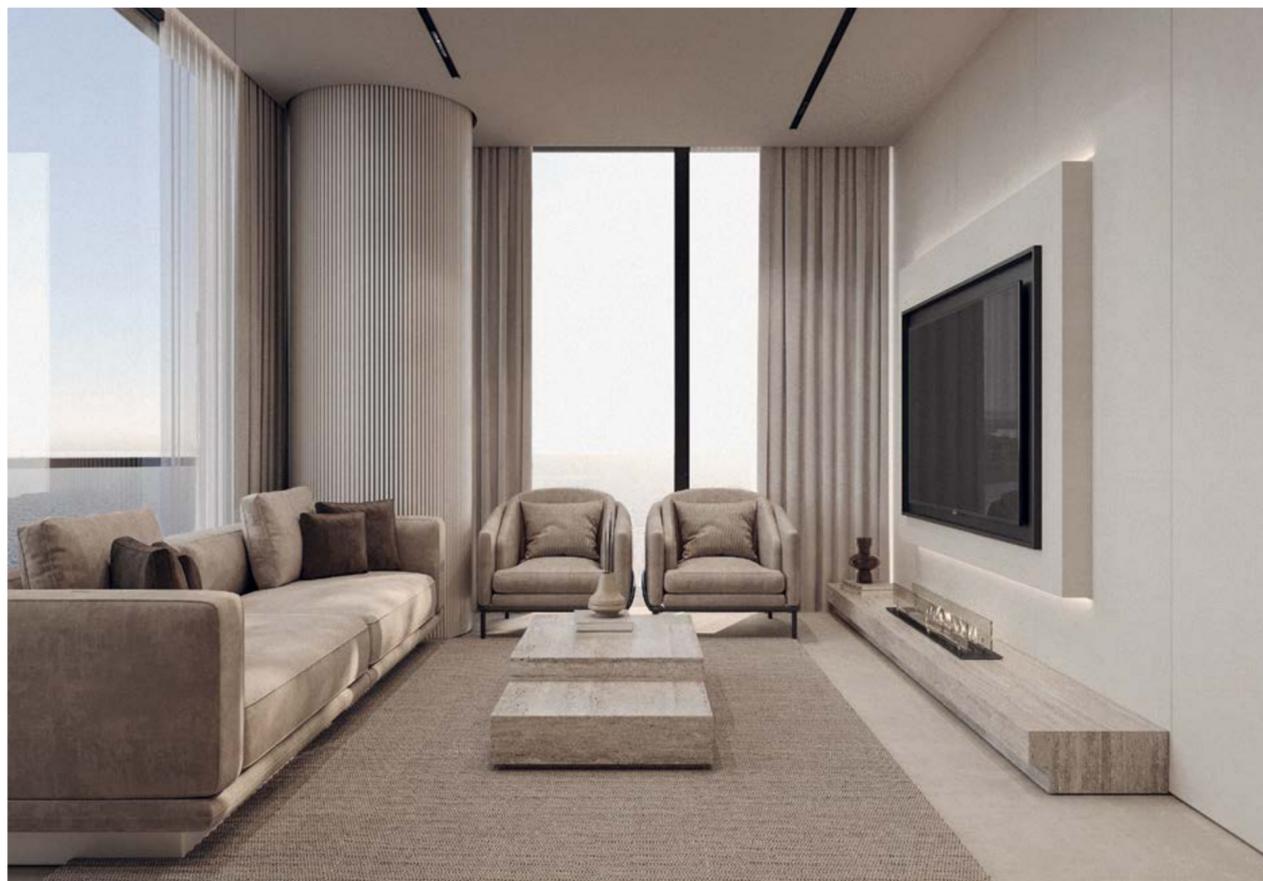


Three-Bedroom

Plush, sandy-coloured sofas and armchairs are framed by floor-to-ceiling windows in the three-bedroom apartments, offering meditative views of the sparkling lagoon



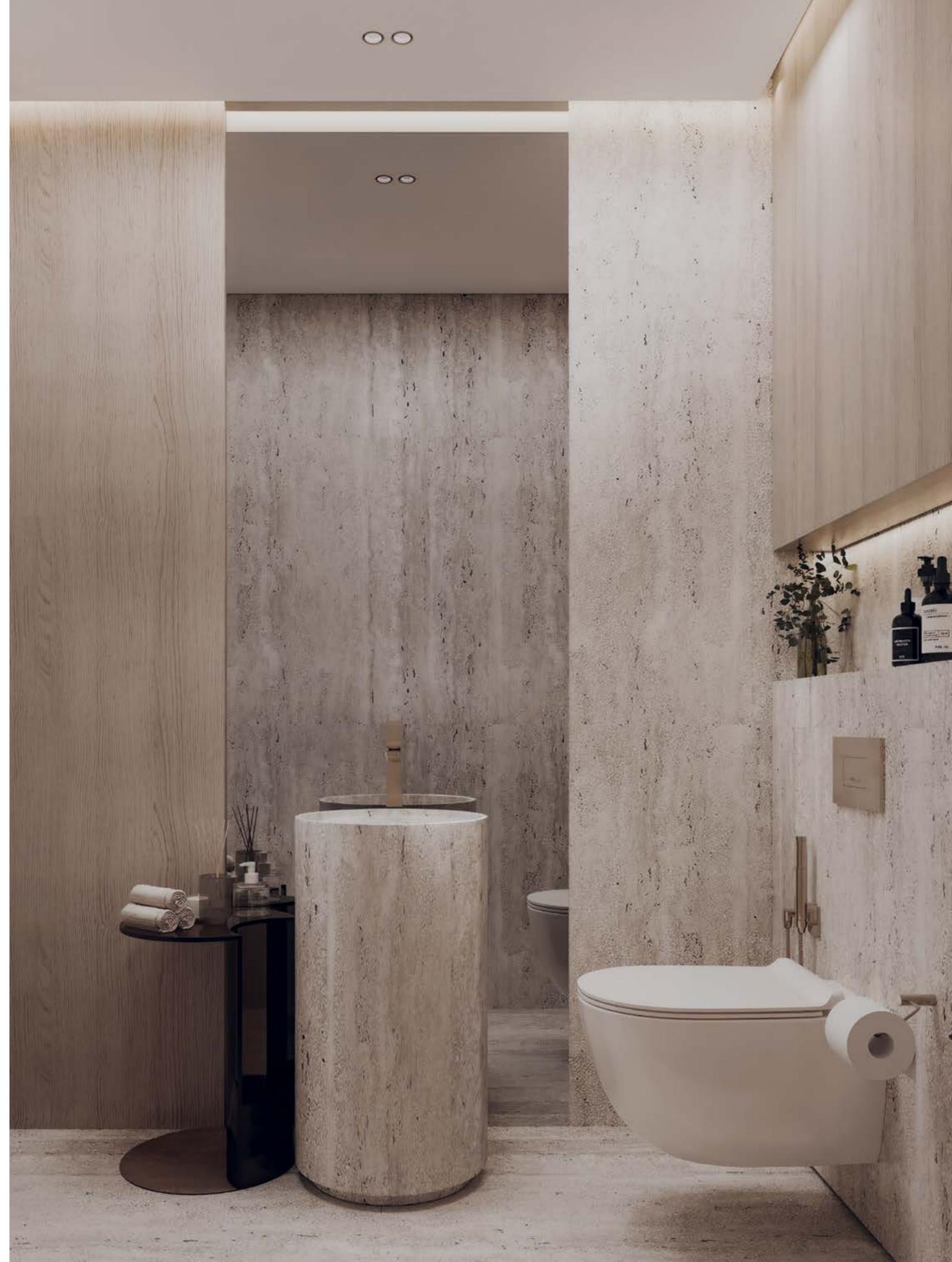




Neutral tones don't overwhelm the senses, they reduce mind clutter and create stability and emotional grounding









Two-Bedroom

An intimate, upscale, two-bedroom apartment evokes meditative calm through soft, neutral, and natural tones, reflecting the natural lagoon outdoors



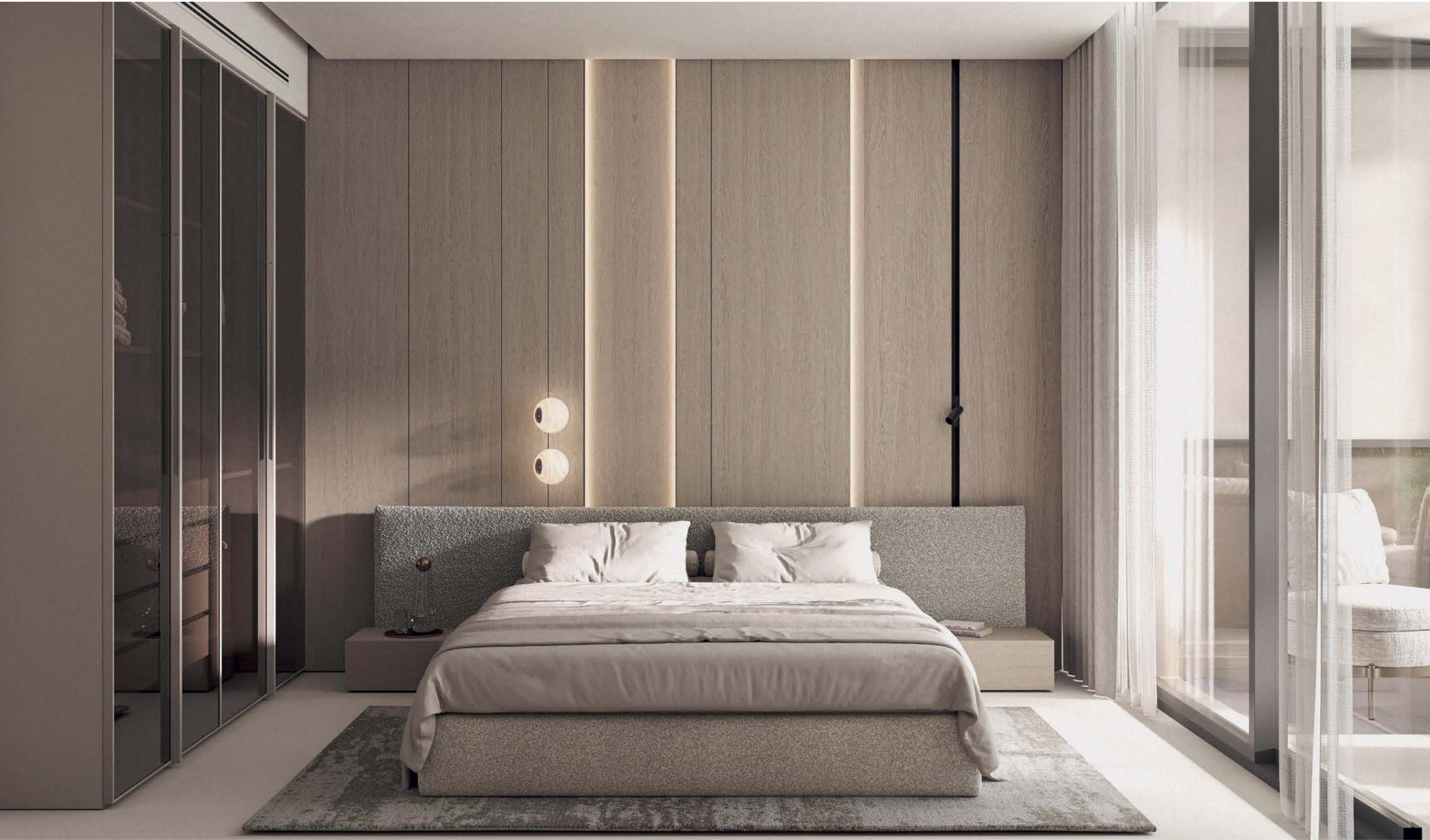




Life at AMRA is centred on nurturing your wellbeing, with seamless services, calming sea views, and wellness-focused spaces that support a balanced lifestyle every day



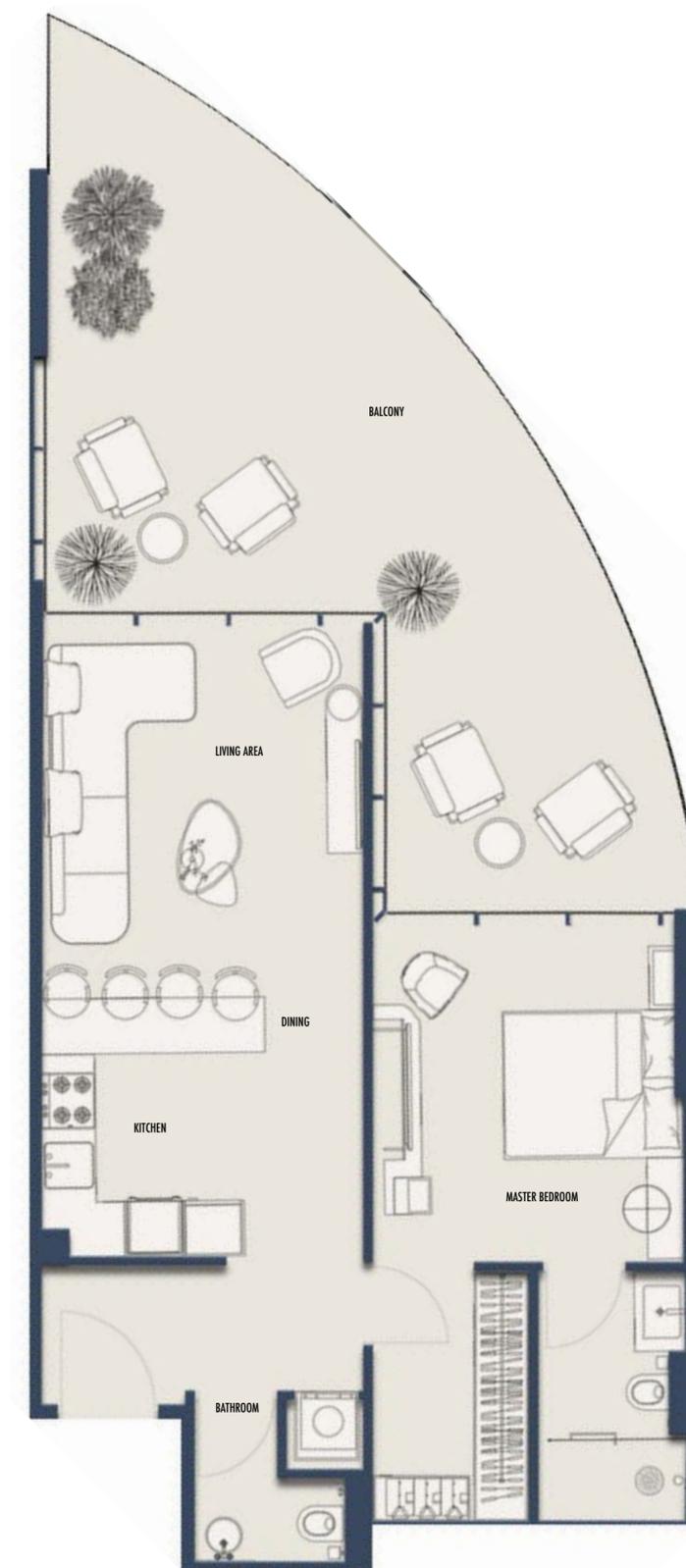






One-Bedroom

Cream-coloured tones and off-white hues come together in a charming and cosy one-bedroom home that immediately uplifts the mood, enhances focus, and creates a sense of calm











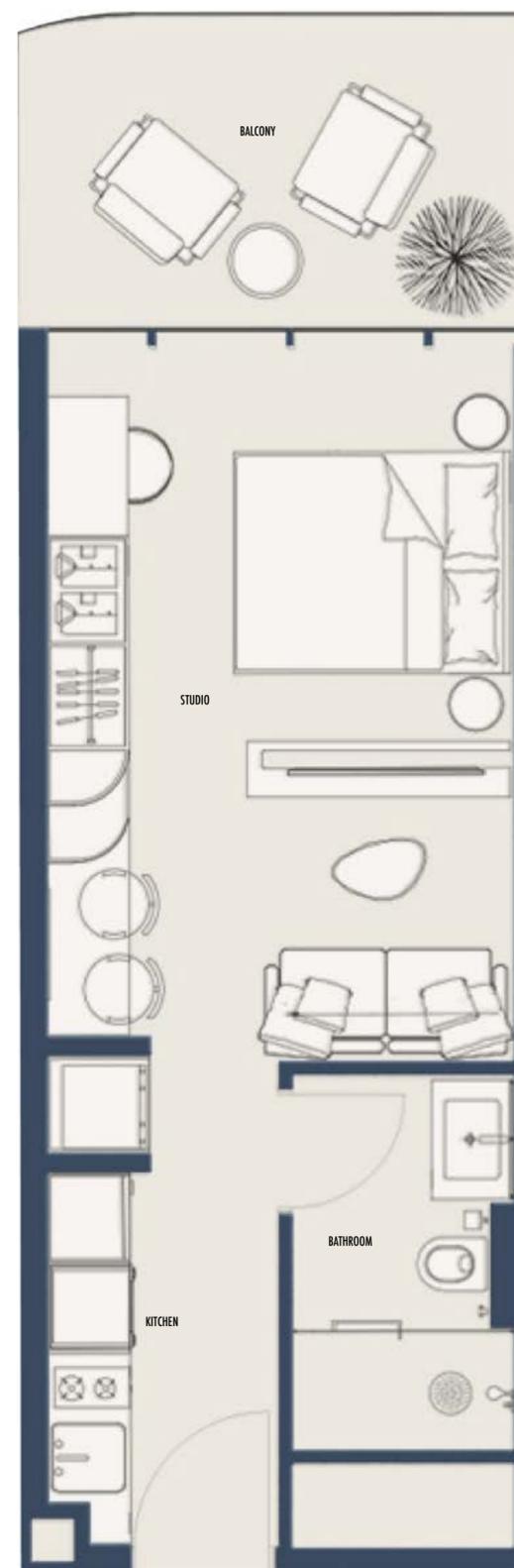


Engage in a ritual of self-care amid dreamy, soft-coloured interiors to reduce stress, improve productivity and boost your mental and physical health



Studio

Discover a quiet, intimate getaway in an upscale contemporary studio apartment, enhanced with sleek design, neutral tones, and modern artwork







The coastal landscape finds home in the interiors of each apartment, creating a soothing blend of nature and design



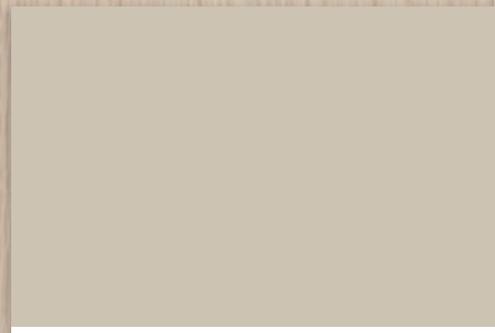


[COLOUR PSYCHOLOGY]

Do you ever wonder why you feel differently around certain colors? Why some hues lift you up, others bring you down; while some make you feel more grounded and others are energizing? Color therapy, also known as chromotherapy, is an alternative medicine practice, that explains why color and light improve physical and emotional wellbeing.

Environmental psychology and neuroscience indicate that lighter, softer hues such as beige, cream, light wood, warm white, all used within the AMRA resort, stimulate the parasympathetic nervous system. This reduces stress responses, lowers blood pressure, and fosters mental clarity. These colors create a sense of calm and security, ideal for bedrooms and relaxation zones. Such colors also provide emotional balance. Neutral tones, on the other hand, don't overwhelm the senses; instead, they create stability and emotional grounding.

The colors found at the resort allow residents to personalize their environment without feeling "overstimulated." Moreover, light colors reflect more natural daylight, enhancing brightness and making spaces feel more expansive and uplifting. Additionally, minimalistic, soft palettes reduce visual clutter, which helps the mind stay centered and focused. This aligns with biophilic design principles, where simplicity and natural hues mirror the calmness of nature.



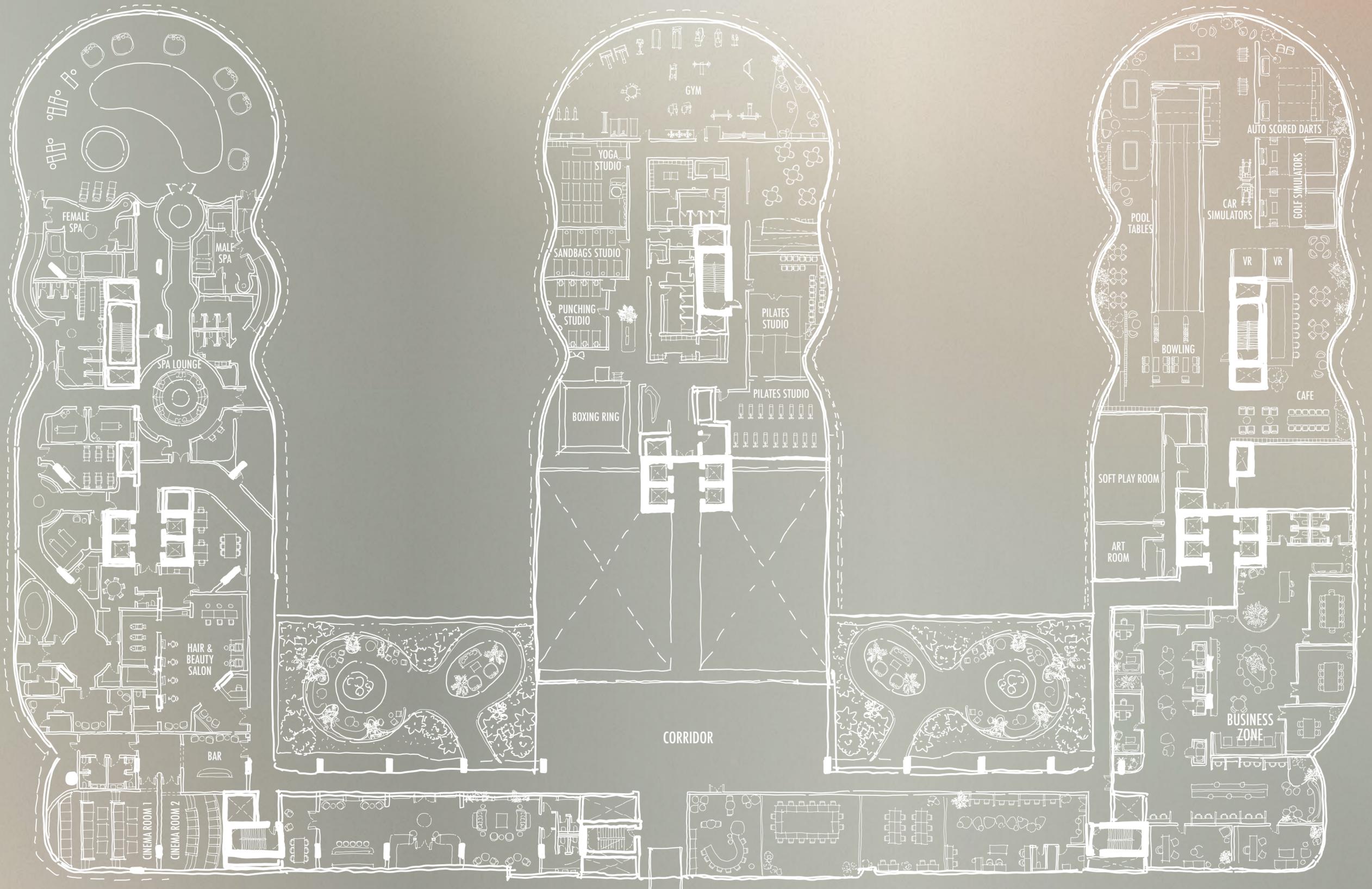
Ritualistic Comforts

[AMENITIES]

*Necessary luxuries, conveniences and
resources provide the needed tools to enhance
self-care and everyday states of calm*

[MEZANINE, 4TH & 12TH FLOOR]

AMENITIES [MEZZANINE]





Drop Off Area

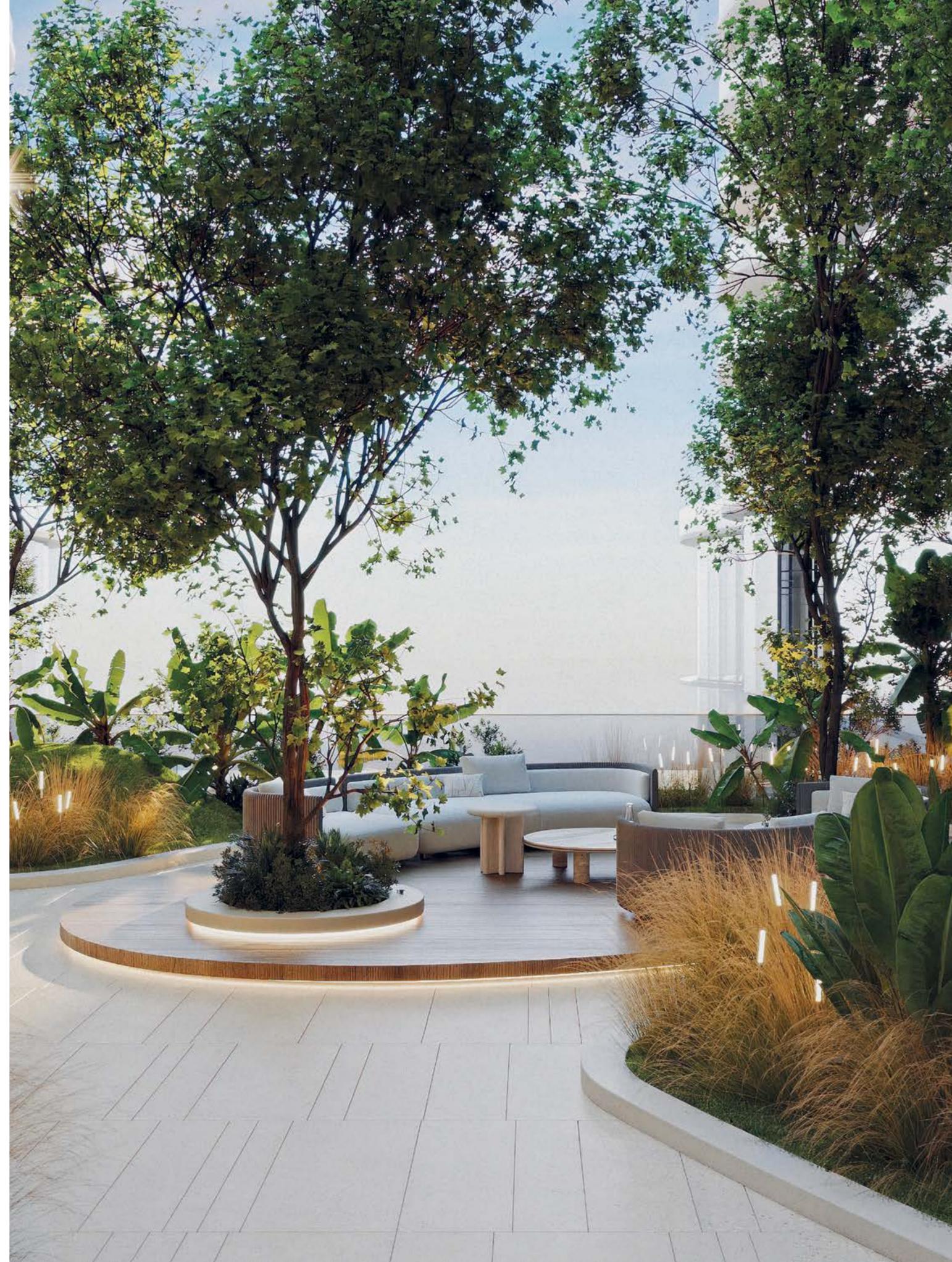


The continuous gentle sounds of trickling water from AMRA's 36-foot high waterfall enhances a state of calm for visitors and residents. A biophilic design element integrating natural elements into the resort's sleek upscale design fosters a connection with nature and in turn a state of constant wellbeing

Outdoor Yoga



Outdoor sanctuaries of calm can be found in specially designed spaces on the property, where verdant natural surroundings converge with sleek contemporary design to enhance a state of meditative calm





Outdoor Seating



Soft curves and smooth surfaces mingle with palm leaves and other greenery on balconies throughout the resort, encouraging reflection and mindfulness



Design Partners



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ARGENT

ARGENT



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DESIGN



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THX

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DESIGN
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AMIRA

INTEGRATIVE WELLNESS RESORT

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