Avida Residences

The Home of Wellness & Longevity

AVIDA
RESIDENCES



WAKE *with* LIGHT // FIND MOMENTS *of* STILLNESS // BREATHE SALT AIR // MOVE *with* INTENTION // EAT WELL // GET SOME REST // HAVE COMPASSION *for* YOURSELF // MOVE *your* BODY // STAY CURIOUS // LIVE *with* EASE



Where Wellness *Becomes Home*

Some places you go to.
Some places you return to yourself.

In a world filled with timelines, deadlines, and overstimulation, it's easy to lose touch with what truly matters: your health, your sanctuary, your sense of self.

Avida Residences is redefining the future of wellness through its visionary sanctuary, where longevity isn't just a goal, but a scientifically tailored journey to thrive in health, vitality, and purpose. Driven by cutting-edge bio-assessments, personalized longevity protocols, and transformational wellness experiences in an ambiance of luxury and care, Avida Residences shapes a new standard for health span, not just lifespan.

For today's discerning buyers, Avida Residences represents more than a home. It is a new benchmark in health-oriented living-rooted in science, delivered with luxury, and designed for the rhythm of modern life.

Dubai Islands, *Connect to Calm*

Minutes from the city. A world apart.

Rising gently from the Arabian Gulf, Dubai Islands is a new frontier of coastal living, where nature, design, and intentional living converge. Here, the rhythm of the sea sets the pace, and wellness is woven into the fabric of daily life.

It is a place made for stillness as much as for movement, for sunrise rituals, sea air, and space to breathe. The philosophy of integrative, whole-person wellness aligns seamlessly with the islands' vision: to create not just a destination, but a way of life.

Rooted in healing traditions, elevated by modern science, and brought to life through purposeful design, this is where well-being lives. Set across five islands with over 20 kilometers of waterfront, Dubai Islands is more than a destination, it's a sanctuary for purposeful living.

The masterplan unfolds with a rich mix of leisure and lifestyle offerings: a championship golf course with sea views, a world-class marina and waterfront promenade, and an array of luxury resorts, boutique hotels, and wellness retreats.

Residents will enjoy access to a vibrant retail and dining district, cultural and art pavilions, and a lifestyle mall that blends indoor and outdoor experiences. With extensive green corridors, cycle paths, and beachfront parks, the islands are designed for walkability, connection, and flow, a perfect canvas for a wellness-led life. Here, the integrative philosophy of Avida Residences finds fertile ground, where nature, community, and conscious design come together in perfect harmony.



AVIDA
RESIDENCES

9 MARINAS

21 KM OF PRISTINE BEACHES

87 RESORTS AND HOTELS

2 GOLF COURSES (18-HOLE/9-HOLE)

Designed for Life, *Built for Longevity*

Just beyond Dubai's pulse, a different energy awaits.

Rooted in the principles of integrative wellness, the architecture of Avida Residences is both a visual sanctuary and a physical embodiment of balance. Every line, curve, and material selection is intentional, designed to support restoration, connection, and the rhythms of natural living.

The building's fluid, organic form draws inspiration from biophilic design, with soft contours, generous overhangs, and layered greenery that mimic the calming patterns found in nature. The undulating balconies invite movement and light, while full-height glazing creates seamless transitions between indoor serenity and the lush, landscaped exterior.

A palette of warm woods, and soft tonal contrasts promotes sensory calm and tactile comfort, in harmony with the philosophy of Avida Residences - where design is a medium for healing. Thoughtfully integrated planting along each level fosters connection to the earth, while shaded outdoor spaces support contemplative rituals, whether sunrise breathwork or evening reflection.

Anchored by a purpose-driven wellness facility at its base, the building becomes more than a place to live - it becomes a platform for whole-person well-being, where architecture and intention are in perfect alignment.





Living the *Avida Way*

The amenities at Avida Residences aren't extras. They're the foundations of a better way to live.

Avida Residences presents a meticulously curated collection of wellness-driven amenities designed not simply for leisure, but for vitality and connection. Across a series of immersive environments, each element is crafted to support daily rituals of movement, recovery, and inner clarity.

Begin the day in a rooftop pool or train at peak performance in a state-of-the-art fitness center. Practice under open skies at dedicated outdoor movement decks, then recover with intention in infrared saunas, cold plunge or a wellness studio designed around the science of longevity.

Residents have exclusive access to a curated Avida Recovery Suite bringing cutting-edge recovery equipment and rejuvenation directly to their fingertips.

And when it's time to re-engage, slip into shaded garden lounges, focused co-working spaces, or rooms designed for workshops, conversation, and calm reflection. Every space here is made with intention - not just to look good, but to help you feel great.

Arrival Experience



The Lobby

Welcome to the *Home of Longevity*

Step in. Slow down.

At Avida Residences, you don't simply enter the lobby - you're embraced by it.

From the moment you arrive, the light softens, the air shifts, and time slows. It's less an entry point to your residence and more an escape from the outside world, a space designed to ground you through natural textures, calming palettes, and thoughtful flow set tone for the experience ahead.

The lobby is also where wellness begins. Enjoy refreshing options at the hydration bar. A communal table invites relaxed conversation, while a quiet meeting room provides space to focus or connect.

At the centre of this calm is a concierge team trained in Avida Residences Philosophy, ready to assist with everything from daily requests to personalised wellness coordination. Service here is discreet, intuitive, and distinctly human.

Strategy *Meets Stillness*

More than a place to work - a space to think, gather, and create. The meeting room and co-working area are crafted with intention: seamless technology, tactile warmth and an understated elegance that encourages focus without force.

At Avida Residences, it's all about balance, where work and rest coexist in quiet rhythm, and even productivity is a form of well-being.

Meeting Room & Co-Working Area

A Sanctuary of *Holistic Well-being*

Welcome to the future of recovery.

Wellness isn't just about how you move. It's also about what you do when you stop.

On the first floor, residents can reconnect with nature in open-air green spaces, including beautifully landscaped gardens and calming water features. A hydroponic garden promotes culinary wellness and daily connection to nature. This level also includes a communal dining area for social gatherings, and a multi-functional activities area that supports a variety of wellness-focused events and movement sessions.

Suspended between sea and sky, the garden terrace at Avida Residences offers a rare moment of stillness - where lush greenery, flowing water, and soft Gulf breezes create an atmosphere of sensory calm.



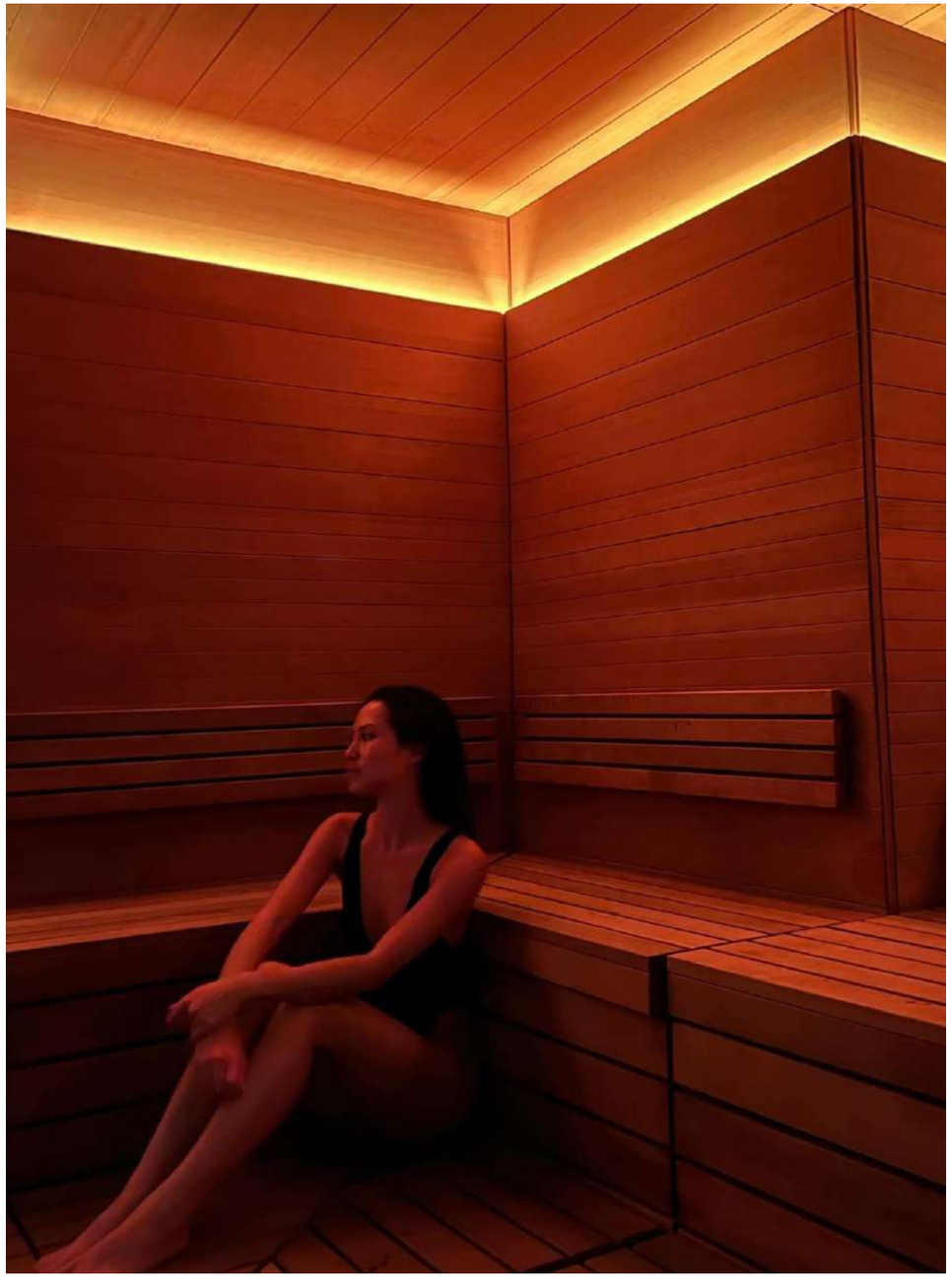
Shared Spaces. *Sacred Moments*

The Communal space is designed with this duality in mind, two distinct yet complementary realms that honor both community and introspection. One pulses with life: a sun-drenched space for yoga flows, thought-provoking workshops, shared meals, and curated gatherings that nourish collective energy.

The other invites quietude: a sanctuary for reading, reflection, and slow, inward moments that realign the self.

Together, they form the soul of the residence, a balance of communion and contemplation, where life unfolds at the pace of presence.

Communal Space



A New Foundation *for Fitness*

Fitness isn't a trend. It's a practice.

Residents of Avida Residences have access to two dedicated indoor fitness spaces. The Mindful Movement Studio is a quiet space for intentional mobility, breathwork, and guided classes. The adjacent state-of-the-art gym offers performance focused training and filled with natural light. Just outside, the outdoor fitness area provides a flexible, open-air alternative for training under the sky.

For post-workout restoration and everyday well-being, residents can enjoy contrast therapy by accessing private locker rooms equipped with infrared saunas and cold plunges.

Residents also benefit from an initial health coaching consultation included as part of the Avida Residences experience.

Whether you're training, stretching, recovering, or just breathing, fitness at Avida Residences is about more than effort. It's about alignment, with your body, your day, and your goals.

Wellness, *Engineered* into Every Move

From smart equipment to personalized tracking systems, every detail is engineered to elevate your training and optimize results, seamlessly blending innovation with intention.

Gym

A Space to Move, *a Place to Return*

A sculpted space for embodied presence. Framed by expansive mirrors and softened light, this semi-open studio is purposefully designed for Pilates, breathwork, and restorative flow. The architecture encourages alignment, not just of posture, but of mind, body, and intention.

Mindful Movement Studio

Designed for Presence, *Built for Flow*

Where architecture yields to sky, movement takes on new meaning. This open-air fitness space is sculpted for those who seek vitality in its most elemental form, sunlight, breeze, and the quiet power of presence.

Framed by native flora of Dubai Islands and stunning views, it transforms routine into ritual, inviting strength to rise with the horizon.

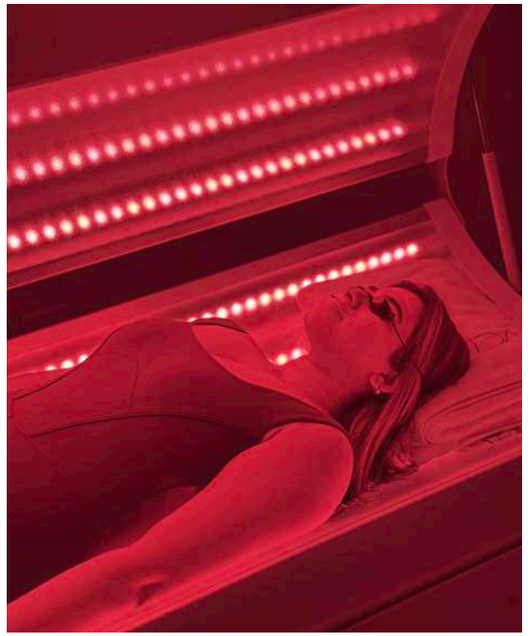
Outdoor Gym



Longevity Consultation Room

Live Long *and Prosper*

More than a place to unwind, this is where deep healing begins. Treatment suites at Avida Residences are sanctuaries of stillness, offering head-to-toe therapies that merge science with ceremony - from acupuncture and functional medicine to massage, facials, and much more.



Wellness at *the Cellular Level*

Step into the future of regeneration. At Avida Residences, recovery is not an afterthought - it's a ritual of precision.

The Hyperbaric Oxygen Chamber and the Recovery Suite harness clinically proven technology to accelerate cellular repair, reduce inflammation, and support cognitive clarity.

Designed for those who demand more from their wellness routine, these treatments bring peak performance and deep renewal into perfect alignment.

Hyperbaric Oxygen Chamber



The Pool



Immerse in Rooftop *Rejuvenation*

Life is better at the top.

Some rooftops change your view. Avida Residences' rooftop changes your perspective.

Glide through the pristine, clear water of our 17-meter outdoor pool. Recalibrate body and mind in the cold plunge, or refresh under open sky with outdoor showers and changing rooms.

Lounge under shaded parasols or retreat to private cabanas. With a dedicated hydration bar, every moment - whether restful or active - is designed to restore balance, body and mind.

Moments
by the Water

Unwind by the water or slip into shade. Hydration Bar nearby keeps you balanced - whether you're soaking up the sun or taking a quiet pause.

Rooftop Hydration Bar

The Pool - Aerial View

The Pool



Ground Floor *Amenities*

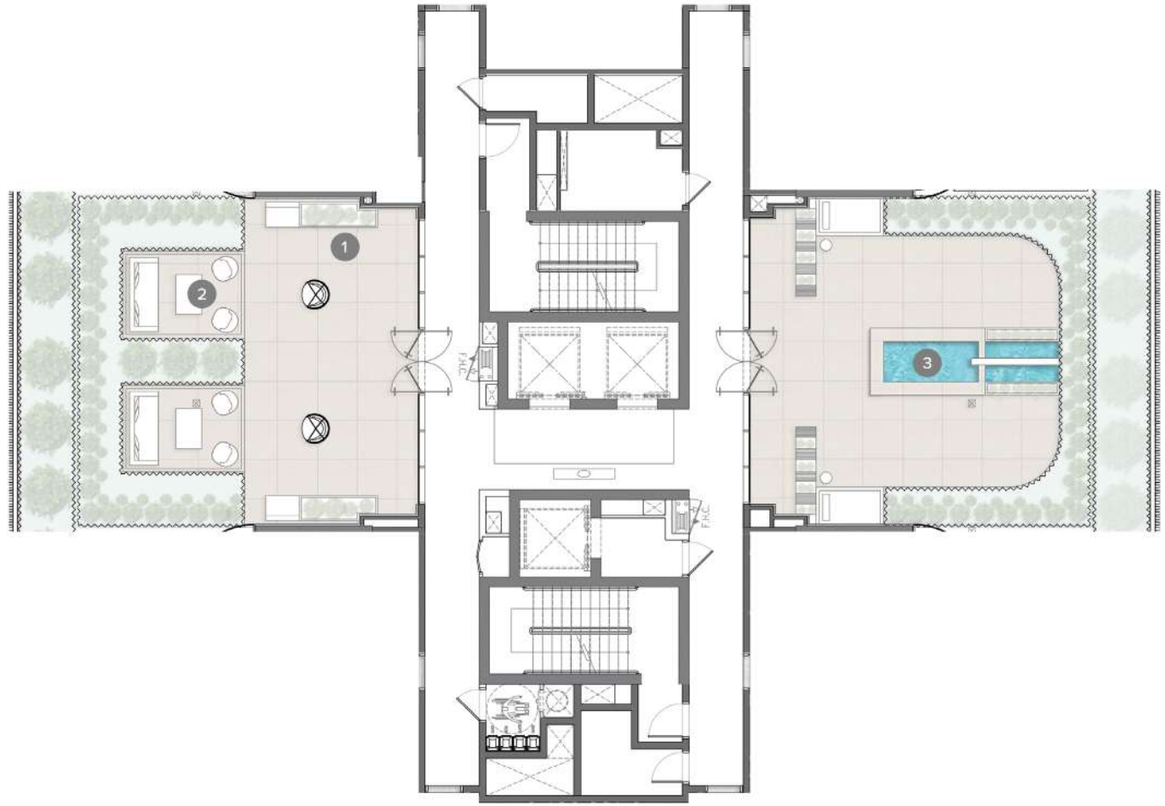
1. Coworking Area
2. Meeting Room
3. Hydration Bar
4. Reception
5. Entrance





First Floor *Amenities*

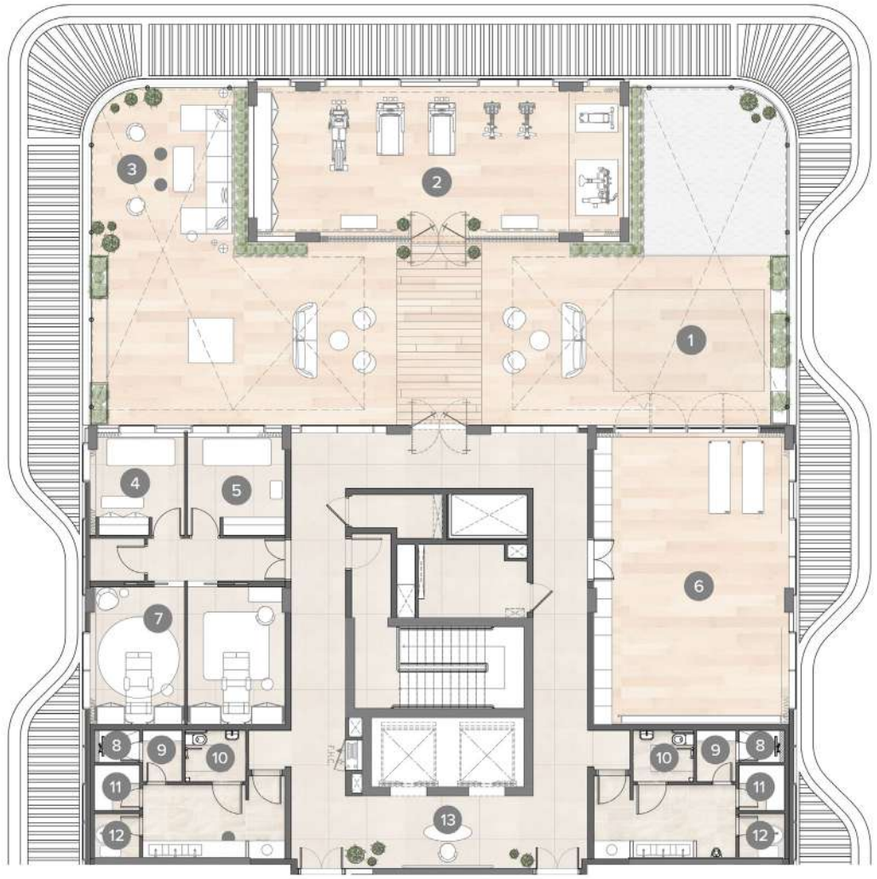
1. Hydroponic Garden
2. Recreation Area
3. Communal Space



Sixth Floor
Avida Longevity Amenities

1. Outdoor Gym
2. Gym
3. Recreational Area
4. Recovery Room
5. Hyperbaric Oxygen Chamber
6. Mindful Movement Studio
7. Longevity Consultation Rooms
8. Shower
9. Changing Room
10. Toilet
11. Infrared Sauna
12. Cold Plunge
13. Reception

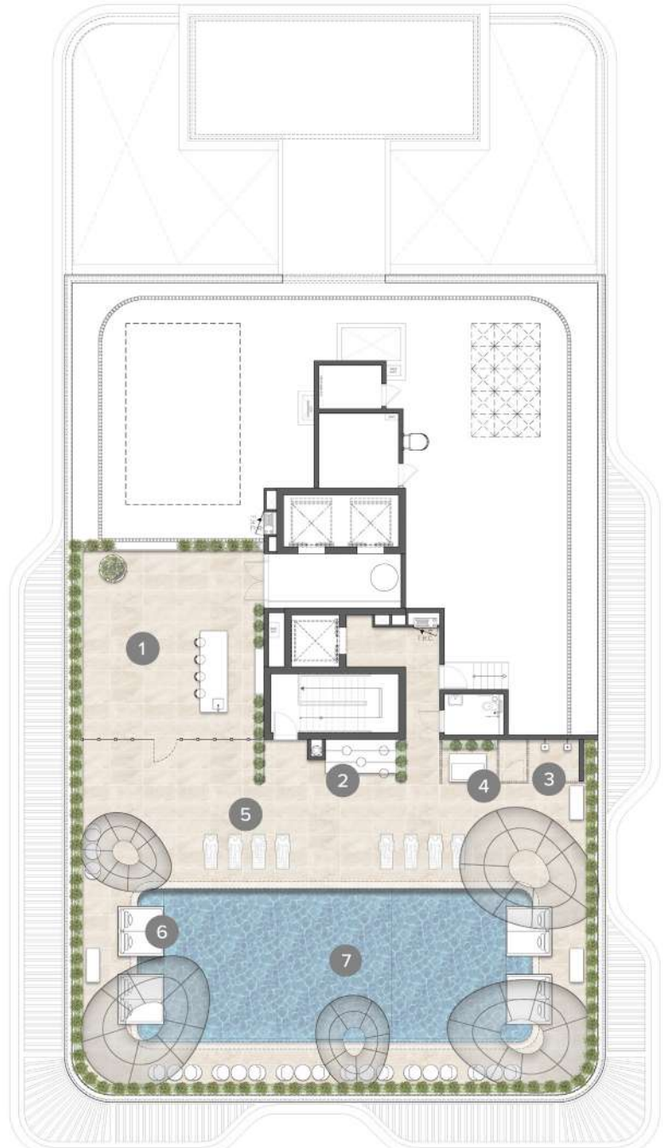






Rooftop *Amenities*

1. Hydration Bar
2. Seating Area
3. Showers
4. Cold Plunge
5. Loungers
6. Private Cabanas
7. The Pool





Your Space *to Live Well*

Private by design. Personal by nature.

Each residence at Avida Residences serves as an elegant backdrop to a life well lived. With a considered mix of layouts, including one, two, and three-bedroom units, as well as two expansive penthouses, every home is designed with clarity, flow, and comfort in mind.

Natural light filters through full-height windows, while generous terraces extend the living space outward, offering open-air sanctuaries with views of sea, sky, and green. The boundaries between indoors and out dissolve, creating a continuous experience of calm.

Inside, every element is intentional. Materials are chosen for how they make you feel as much as how they look. Ceilings rise. Air moves. These homes are built to support not just how you want to live, but how you want to feel.

Developed by IQUNA Properties and designed by the award-winning Sneha Divias Atelier, each space reflects a quiet sophistication grounded in wellness.



Living Room

Framed by soaring floor-to-ceiling windows, the living rooms at Avida Residences are immersive spaces of light, openness, and flow.

Minimal yet layered, the design language speaks in soft tones, warm textures, and sculptural simplicity. These are not just rooms for living, but sanctuaries for being, where clarity breathes, and every detail supports a life attuned to presence.



One Bedroom Living Room

Two Bedroom Living Room



Kitchen

The kitchen is crafted as a space for nourishment, calm, and quiet utility. Clean lines and muted tones create an atmosphere of understated elegance, while high-performance appliances ensure ease in every movement.

Siemens appliances in matte black integrate seamlessly into the cabinetry for a sleek, uninterrupted form.

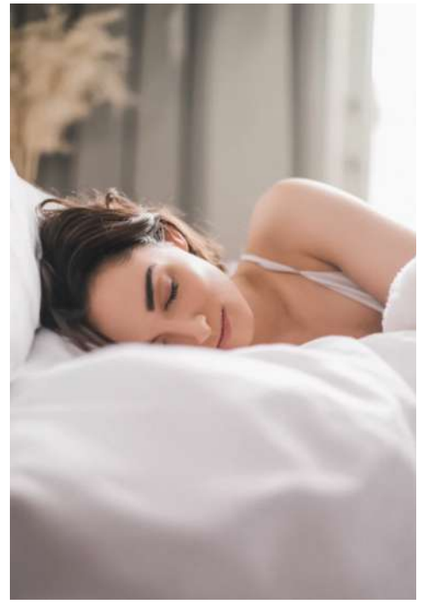
Every surface, fixture and function has been carefully considered. Whether you're preparing a meal or sharing one, the experience is designed to look as effortless as it feels.



Three Bedroom Kitchen & Dining



Master Bedroom



Bedroom

Bedrooms at Avida Residences are made for restoration - where sleep is sacred and stillness is built into the design.

High ceilings and spacious layouts lend a calming rhythm, while full-height windows open to natural light and sweeping views. Crafted to support healthy sleep habits and mental clarity, each space is finished with refined lighting, soft textures and bespoke wood paneling.

Whether it is sunrise or silence you are waking to, these bedrooms offer a sanctuary of serenity.



Bathroom

In the bathrooms, spa sensibility meets residential simplicity. Ivory-toned tiles from Living Ceramics line the floors and walls, bringing a natural, tactile elegance to the space.

Fixtures are curated from Grohe and finished in brushed nickel to reflect light with subtle sophistication.

The ceilings amplify the sense of calm and openness. Whether it's the quiet of an evening soak or the clarity of a morning routine, every detail has been composed to slow you down, gently.



Penthouse Bathroom

Penthouse

The penthouses are sanctuaries in the sky, designed for those searching for privacy, volume, and uninterrupted beauty.

Expansive open-plan layouts unfold a seamless flow between indoor serenity and outdoor spectacle. Floor-to-ceiling windows dissolve the boundary between indoors and out, welcoming the full arc of natural daylight.

This abundance of light supports the body's circadian rhythm, guiding a gentle transition from morning brightness to evening calm — complemented by private Infrared Sauna that restore balance and well-being.

Penthouse Living Room

Penthouse Kitchen & Dining

Penthouse Master Bedroom

Daily Rituals, *Redefined*

At Avida Residences services are not an accessory. They are a living system, seamlessly integrated to enhance your routines, restore your energy, and simplify every moment.

Anchored by a dedicated Wellness Concierge as well as a team of Avida Longevity health and wellness specialists, every interaction feels personal, purposeful, and intuitive - from curating your wellness plan to managing daily requests with quiet precision.

Core services form the foundation: daily nourishment rituals, booking a coaching consultation, or a personalized health guidance. For those seeking more, a full suite of à la carte offerings include in-home treatments, curated wellness products approved by Avida Longevity practitioners and a huge range of therapies tailored to your personal wellness journey.



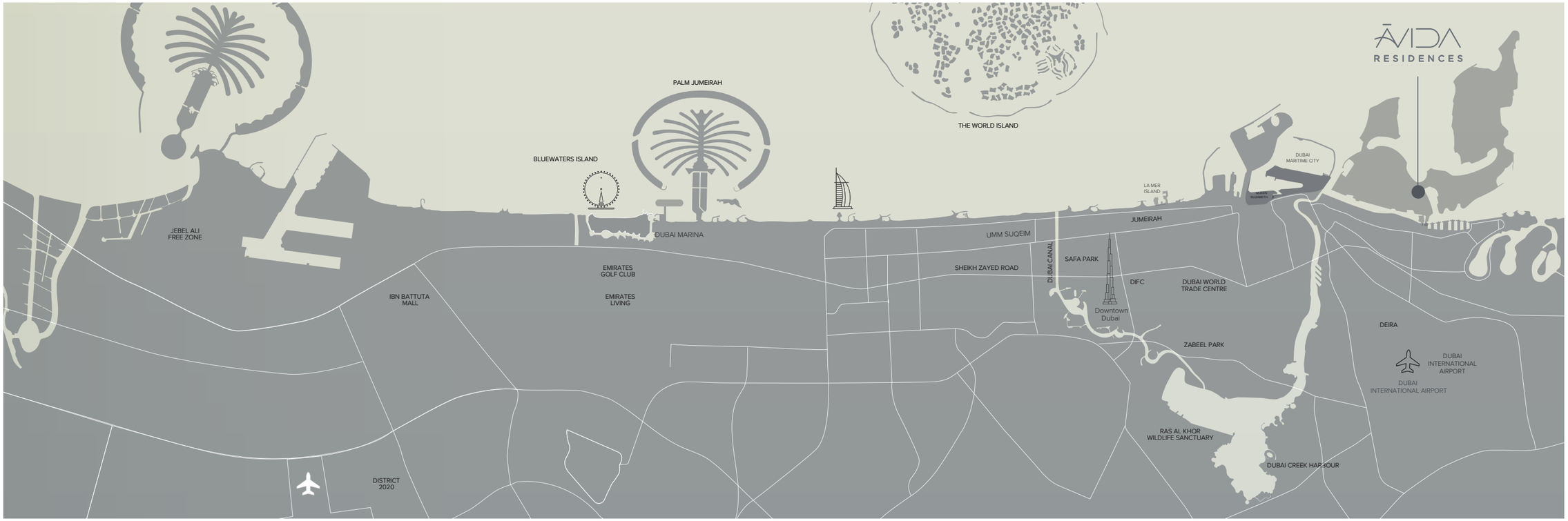
Core Services & Amenities

- Wellness Concierge services
- Calendar of wellness-centered resident events and programming
- Fitness centre, mobility studio and recovery equipment
- Access to contrast therapy
- Access to rooftop cold plunge
- Aromatherapy diffusers in penthouses and throughout common areas
- Hydration bar
- Initial health consultation with Avida Longevity
- Access to the Mindful Movement Studio
- Dedicated collection of outdoor wellness and recreation equipment
- 24-hour security

À La Carte Services

- Access to Hyperbaric Oxygen Chamber
- Access to Recovery Suite
- Mindful Movement and fitness classes
- Personal training
- Wellness services by Avida Longevity, including massage, skin health, facial treatments, longevity & nutrition assessments
- Additional performance assessments and consultations with specialists
- Organic, toxin-free in-home cleaning services
- Curated wellness products approved by Avida Longevity
- Annual performance assessment designed by Avida Longevity





Effortless Access.
Elevated Escape.

Set on the tranquil shores of Dubai Islands, Avida Residences strikes a rare balance: immersive calm within effortless reach of the city's most vital destinations.

Minutes from the largest malls, top international schools, world-class hospitals, and the dynamic DIFC - the city's cultural and commercial pulse is always within easy access.

Beaches stretch just beyond your doorstep, while seamless road networks connect you swiftly to airports, business districts, and beyond.

This is proximity without pressure - a location that lets you tune into the city then retreat from its rhythm.

3
Minutes to
Dubai Islands Beach

7
Minutes to
Waterfront Market

10
Minutes to
Dubai Airport

12
Minutes to
Downtown Dubai

14
Minutes to
Dubai Mall

15
Minutes to
City Walk

16
Minutes to
DIFC

20
Minutes to
Jumeirah Beach



IQUNA
PROPERTIES

Built for *Tomorrow*

IQUNA creates developments with intention - architecturally refined, future-focused, and built to last. With a sharp focus on purposeful design and flawless delivery, each project reflects a balance of creative vision and practical execution.

With a growing presence across the region, including projects in Dubai, Abu Dhabi, and Oman, IQUNA brings precision, agility, and uncompromising standards to every development it undertakes.

Each address reflects a commitment to quality, sustainability, and long-term value offering investors and residents the assurance that their home has been crafted with care, foresight, and enduring relevance.

Leading Partners

BRAND & RESIDENCE MANAGEMENT

Avida collaborates with visionary developers to integrate longevity as a foundational layer of residential living.

Through our technical guidelines, The Avida Way, we apply a structured, science-informed approach to create homes that actively support health and well-being.

INTERIOR DESIGN

Sneha Divias Atelier is an award-winning boutique interior architecture studio based in Dubai specializing in commercial, hospitality, and residential projects.

Founder Sneha Divias brings her extensive decade-long expertise in Europe and the Middle East with innovative sensibilities to create transformative and experiential designs.

ARCHITECT

AND Architects is an award-winning architecture and design firm known for shaping spaces with soul and structure.

Bringing international acclaim, AND Architects plays a pivotal role in crafting the visual and spatial language of Avida Residences.

STRATEGIC ADVISORY, SALES & MARKETING

Devmark is the UAE's leading development marketing and sales consultancy, playing a key role in connecting Avida Residences with a discerning global audience.

With a focus on strategic insights and market expertise, Devmark connects this iconic project with an audience seeking the pinnacle of luxury living.

CREATIVE AGENCY

Freedm is a global, award-winning, creative agency. With an international expert team, Freedm represents a diverse collective of creative and strategic specialists who provide real estate developers with marketing and creative strategy, that translates into powerful return on investment.



ĀVIDA
RESIDENCES

DEVELOPED BY

ÍQUNA
PROPERTIES

EXCLUSIVE SALES & MARKETING BY

DEVMARK

800-DEVMARK

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