

# 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.









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

## Communal Space



## 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.

# 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.





## 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



Outdoor Gym

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.



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.



## 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



Avida Residences - The Islands

The Pool - Aerial View



The Pool



## Living Room

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

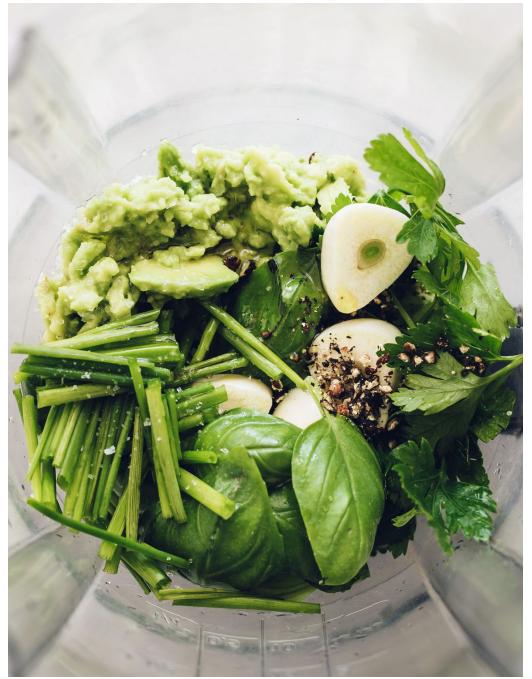
Minimal yet layered, the design language speaks in soft tones, warm textures, and sculptural simplicity. These are not just rooms for living, but sanctuaries for being, where clarity breathes, and every detail supports a life attuned to presence.



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.

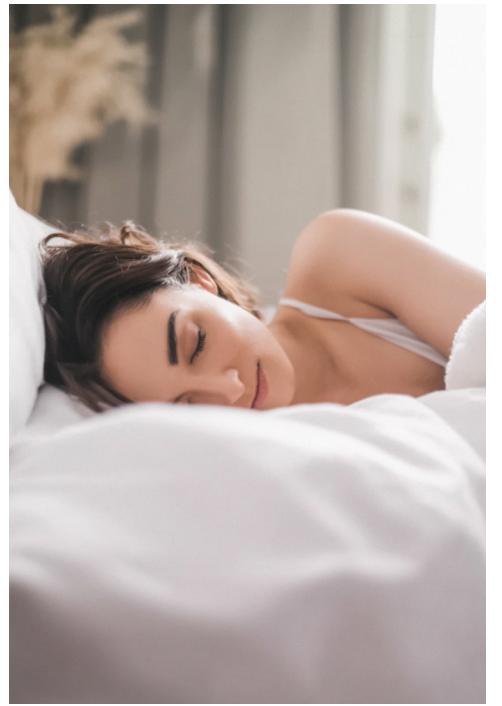
Siemens appliances in matte black integrate seamlessly into the cabinetry for a sleek, uninterrupted form.

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.





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



**ÍQUNA**  
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.