



LUX EXPOSÉ



Nothing is more reinvigorating than a healthy sweat in the sauna. Tension fades, muscles relax, and feeling revived we are ready for whatever the day may bring. Indeed, saunas and steam rooms unwind muscles and soothe aches and pains in both muscles and joints. Their heat reduces the levels of cortisol in our blood and stimulates the production of serotonin – our “happy hormone” that makes us feel excellent.

There is no time better than the cold months to take advantage of all the benefits saunas can offer. To eliminate any hassle of the experience, the residences below have saunas and steam rooms in their buildings. Homeowners don't need a spa membership to enjoy these self-care tools.

96+Broadway



Ideally located between Riverside Park and Central Park, 96+Broadway is the much-anticipated Upper West Side luxury condominium building situated on 250 West 96th Street. Developed by private real estate development and investment firm, JVP Management, and designed by NYC-based Danish designer Thomas Juul-Hansen, it provides timeless design combined with a suite of premium amenities designed for modern living. The 23-story building features a diverse mix of 131 skillfully-crafted residences ranging from one- to five-bedroom layouts. Amongst its impressive wellness amenities package – which includes a 75-foot saltwater pool, a spa, a pilates room, and a regulation squash court – residents can find the perfect retreat in the sauna and steam room.

<https://luxexpose.com/these-lavish-nyc-homes-offer-access-to-luxurious-saunas/>