

LIVE WELL, LAKE WYLIE

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First green wellness community in the Charlotte region to open at LKWell

By Kathy Widenhouse

Travel south along Route 49 and you may notice excavators, backhoes, and bulldozers moving dirt across 24 acres tucked between Field Day Park and Creative Kids child education center.

It's the site of LKWell, a mixed-use community under construction. But the 246 luxury units are not just another apartment complex. They are intended to be surrounded with green space, outdoor stage for live events, a community market, locally sourced shops, a farm-to-table restaurant, and state-of-the-art med-spa services to create a unique community within our community.

There's a driver behind all those health-oriented amenities: LKWell is to be the first green wellness community in the Charlotte region.

The project, says its developer Jaykant Patel, will unite environmentally conscious building codes with a health and wellness certification. The resulting combination is designed to ensure the healthiest living opportunities for its residents.

The new community represents the latest trend in the construction industry: wellness real estate.

Wellness real estate emerges in Lake Wylie

The public's increasing interest in personal fitness and longevity, along with the rise in remote work, have escalated the construction industry's focus on wellness.

Quite simply, says Jaykant, the pandemic's quarantine put a spotlight on our living environments.

Wellness lifestyle real estate projects – whether tenant is a commercial operation or a resident – integrate elements that support the occupant's health and wellness.

The wellness approach goes hand-in-hand with green building principles. Environmental sustainability standards emerged in 1990, but today are a norma-



Pool, Hot-Tub, Grilling Stations, Outdoor Lounge, and Firepit



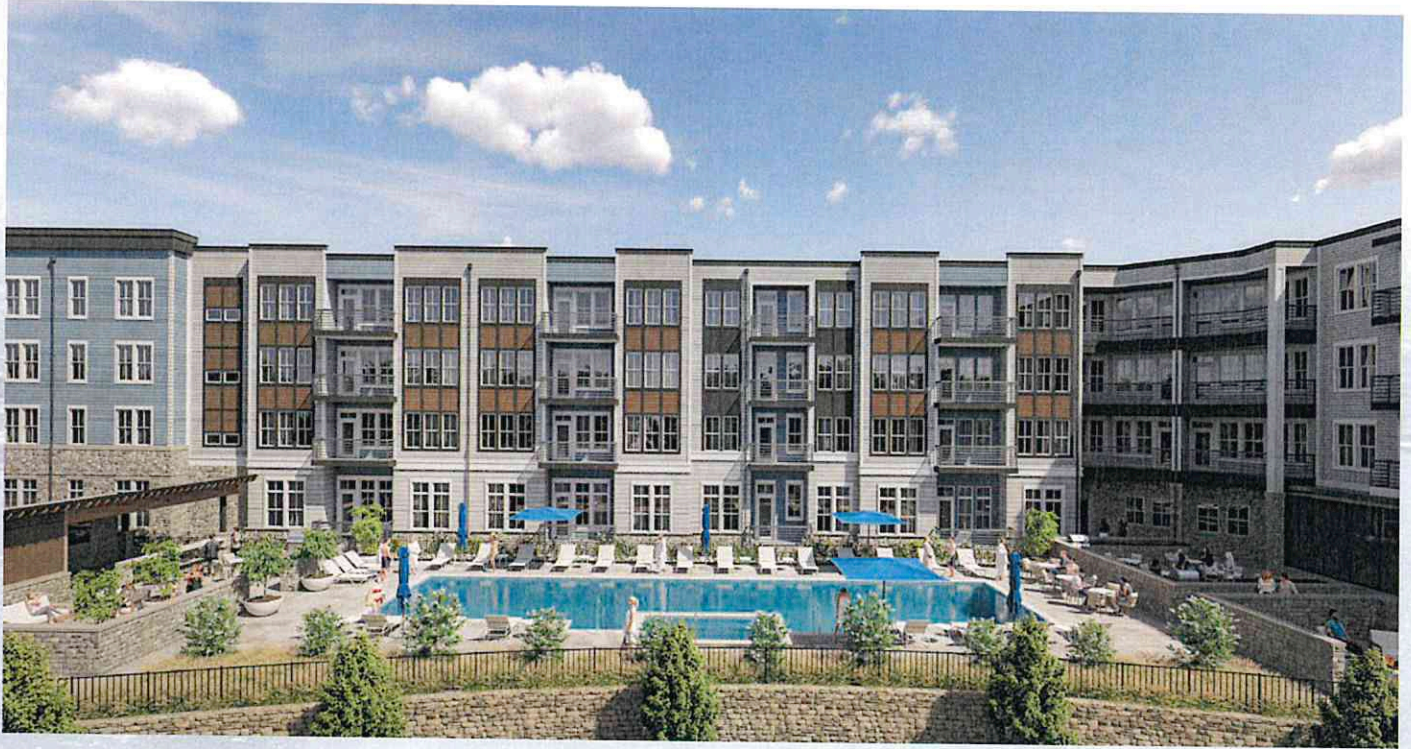
Leasing Office, Community Kitchen, Lounge, Game Room, Resort Pool, Saunas and Cold Plunge

tive part of construction, paving the way for wellness to be considered in today's projects.

For instance, LEED (Leadership in En-

ergy and Environmental Design) standards are among the world's most widely used green building rating systems. Initiated with support from the U.S. Green

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Courtyard, Zen Garden, Secondary Lounge, and Grilling Stations

Building Council, LEED certification is very nearly mainstreamed. It includes standards in carbon, energy, water, waste, transportation, materials, health, and indoor environmental quality. Those elements are closely aligned with health and are considered in a wellness real estate project.

But materials and processes comprise just one facet of a wellness construction equation. Residents and workers spend more than 90 percent of their time, on average, inside. Recent medical research reveals the connection between buildings and the health and wellness of their occupants. Location, scenery, and materials combined with amenities to help create an optimal environment for physical and mental health.

In 2013, real estate company Delos introduced its WELL Building Standard, which certifies seven parameters that impact human health – air, water, nourishment, light, fitness, comfort, mind – while integrating existing green standards. The approach has been embraced among those with active lifestyles, both commercially and residentially. For instance, Planet Fitness franchise became the first fitness brand to achieve WELL certification in early 2022.

So while green construction impacts the environment and wellness construction focuses on the impact to residents, the combination creates a lifestyle. It's one

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that will be available in LKWell, which will adhere to both green and WELL building standards.

Health, wellness, and technology

A two-week stint at a spa may offer temporary relaxation, explains Jaykant. But when you return home, you return to your regular habits. On the other hand, a wellness community transforms wellness into a day-to-day way of life – one that is accessible to all its residents, rather than only those who can afford expensive resort vacations.

And while most health-focused communities target retirees, LKWell is for people of all ages, making it possible for residents to incorporate wellness into their everyday living.

The design includes a Zen-inspired courtyard, wet and dry sauna with cold plunge, resort-style saltwater pool, and gym, as well as co-working areas, conference rooms, and meeting spots for remote working residents. Individual units will offer chef-inspired kitchens, quartz countertops, stainless steel appliances, circadian lighting, and smart thermostats and speakers.

Those smart technology features give new residents a unique opportunity to

personalize their wellness goals with WELLifize, a proprietary wellness app in development by the ARCHETYPE team. WELLifize was created in consultation with longevity doctors and now in its pilot stages.

WELLifize is being tested in one of ARCHETYPE's current properties during late 2023 so it is ready for rollout when LKWell opens.

The journey to wellness

The LKWell project has presented challenges for Jaykant, founder and managing principal of ARCHETYPE Investments.

His investment banking and commercial real estate background in both metro Baltimore-Washington, D.C. and North Carolina led Jaykant to develop the eco-friendly Continuum 115 multi-family community in Mooresville, NC, and a renovation of Cityview townhomes in south Charlotte. ARCHETYPE considered acquiring the current LKWell property in 2016, but at the time it was under contract. Circumstances changed, allowing ARCHETYPE to purchase 16 acres in 2018 for the project.

In the process, Jaykant and his team

found a need for a combined residential-retail community in Lake Wylie. Two land purchases later, ARCHETYPE accumulated enough property for a special planned "community within the community" that can benefit residents across Lake Wylie. The team's building plans were well underway when the county passed its 2020 moratorium on apartments, but the project was grandfathered in.

The ARCHETYPE team faced another hurdle in 2021. The county adopted new benchmarks in its Grand Tree ordinance, now prohibiting removal of trees with a 24-inch diameter or larger. A tree surveyor and arborist confirmed several trees on the LKWell property were diseased or distressed. ARCHETYPE obtained administrative approval to remove them and together with the county, pledged to preserve more than the required green space and the surrounding wetlands. Those trees, of course, will be replaced with healthy ones. Four trees remaining trees are still under consideration.

A wellness community for the community

Among the project's firsts for Lake Wylie will be a med-spa, which is a hybrid



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model that integrates cutting edge technology with functional and cosmetic medical care. Patrons can enjoy a spa's usual massages, facials, and nonsurgical medical services provided by a licensed physician as well as wet and infra-red saunas, cold plunge cryotherapy, health and wellness classes, and more.

Additional LKWell project plans include a market-style eatery, smoothie bar, and retail space for local North and South Carolina vendors, all which front the community's green space encircled by a pet-friendly dog park and walking trails around the pond. The project is scheduled to open in 2024.

LKWell is to be more than a residential community, explains Jaykant. The project is designed to create a sense of connection for those who choose a wellness lifestyle and a sense of community for all of Lake Wylie.

"Health and wellness should be accessible to all," says Jaykant.

Learn more about LKWell

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