



TEREZAESTATES.COM

BUY | SELL | RENT



One Bedroom Apartments in Avida Residences

Dubai, United Arab Emirates, Dubai Islands, Avida Residences

Starting Price AED 2,139,000

Ref: S-1280



FIELD TYPE

For Sale



STATUS

Featured



BEDROOMS

1



BATHROOMS

2



BUILT-UP AREA

1096 sq ft



TERRACE

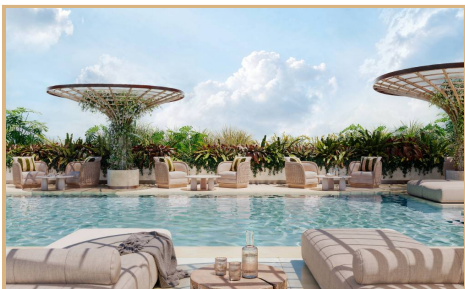
369 sq ft



TEREZAESTATES.COM

BUY | SELL | RENT

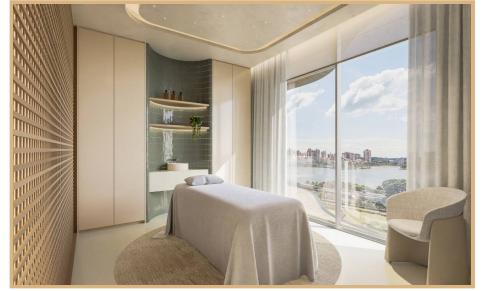
Gallery





TEREZAESTATES.COM

BUY | SELL | RENT





TEREZAESTATES.COM

BUY | SELL | RENT

Property Description

Location: Dubai, United Arab Emirates, Dubai Islands, Avida Residences

Tereza Estates is pleased to present Avida Residences, a pioneering wellness-led residential development on Dubai Islands, created as a sanctuary where longevity, science-backed well-being, and refined coastal living come together in perfect harmony.

Positioned as *“The Home of Wellness & Longevity”*, Avida Residences redefines modern luxury by placing health and vitality at the core of everyday life. The project is driven by integrative wellness principles, combining cutting-edge bio-assessments, personalized longevity protocols, and transformative wellness experiences within a private residential setting designed for calm, balance, and restoration.

The development offers a curated selection of 1,2, and 3 bedroom residences, as well as exclusive penthouses, all thoughtfully designed to support physical and mental well-being. Homes feature full-height windows, expansive terraces, natural materials, and flowing layouts, creating a seamless connection between indoor serenity and the surrounding sea, sky, and greenery. Kitchens are equipped with Siemens appliances, while bathrooms are finished with Grohe fittings and natural ceramics, delivering spa-like environments for daily rituals.

Architecture and interiors are guided by biophilic design principles, with organic forms, layered greenery, and warm material palettes that promote sensory calm. The building itself becomes an extension of the wellness journey, anchored by a purpose-driven longevity and recovery facility integrated into the residence.

Residents enjoy an exceptional array of wellness-focused amenities, including a rooftop swimming pool with cold plunge and hydration bar, indoor and outdoor gyms, mindful movement and Pilates studio, infrared saunas, recovery suite, hyperbaric oxygen chamber, communal wellness spaces, landscaped gardens, hydroponic garden, co-working areas, and consultation rooms dedicated to longevity and performance optimisation.

Avida Residences is supported by a dedicated Wellness Concierge and Avida Longevity specialists, offering both core and à-la-carte services ranging from personalised health consultations and fitness programming to recovery therapies and curated wellness products — creating a living ecosystem designed to enhance healthspan, not just lifespan.

Set within Dubai Islands, the community offers over 21 kilometres of pristine beaches, marinas, waterfront promenades, championship golf courses, luxury resorts, and lifestyle destinations, while remaining just minutes from Downtown Dubai, DIFC, Dubai Mall, and Dubai International Airport. The location delivers immersive calm without sacrificing connectivity.

Developed by IQUNA Properties, Avida Residences represents a new benchmark in residential living — where science, design, and luxury converge to create a future-forward lifestyle focused on longevity, balance, and purposeful living.

If you would like to know more about Avida Residences at Dubai Islands, please contact us at [+971585365111](tel:+971585365111) or fill an inquiry form with your details to request a call back and we will be looking forward to arrange a private presentation for you along with answering any questions you may have about your future luxury lifestyle home.

Trakheesi Permit #1521057284; Estimated Completion Date: Q4 2027

Estimated Service Charges: AED 25/sq.ft.

Payment Plan: 70% During Construction / 30 % on Handover

Limited Time Offers might include Flexible Payment Plans Upon Approval or Other Special Offers



Key Features

- ✓ For Sale
- ✓ Avida Longevity
- ✓ 1-3 Bedroom Apartments
- ✓ Floor to Ceiling Windows
- ✓ Grohe Fittings
- ✓ 10min to Golfcourse
- ✓ Floor Area : 1096 sq ft
- ✓ New Development
- ✓ Rooftop Sky Pool
- ✓ Natural Stone Countertop
- ✓ 5min from Dubai Island Beach
- ✓ Wellness Experiences
- ✓ Concierge Services
- ✓ High-End Finishes
- ✓ Siemens Kitchen Appliances
- ✓ 5min from Dubai Islands Mall

Amenities

- ✓ Rooftop Pool
- ✓ Infrared Sauna
- ✓ Mobility Studio
- ✓ Rooftop Cold Plunge
- ✓ Consultation with Avida Longevity
- ✓ Close to Rixos Beach
- ✓ 24/7 Security
- ✓ Hydroponic Garden
- ✓ Wellness Concierge
- ✓ Recovery Equipment
- ✓ Mindful Movement Studio Access
- ✓ Golf Simulator
- ✓ Canal Promenade
- ✓ A la carte Services
- ✓ Hyperbaric Oxygen Chamber
- ✓ Fitness Centre
- ✓ Contrast Therapy
- ✓ Hydration Bar
- ✓ Indoor & Outdoor Kids Club
- ✓ 24/7 Concierge

