

THE GOLDEN LIFE • YOUR NEXT CHAPTER

Wellness & Longevity

Your next chapter, warmly lived.

Meaningful routines. Genuine connection. A place to belong.

OCTOBER 2026 / PRIVATE REVIEW

Make room for yourself. Feel more connected.

What would make an ordinary week feel more like you? Time to move in a way you enjoy. A familiar face over coffee. A new interest. Space to rest, connect and participate.

Wellness & Longevity is our way of talking about an active, meaningful life - not a promise of extra years.

Warmth is the feeling we want you to explore: a welcoming conversation, thoughtful hospitality, people you enjoy being around and a climate that suits your preferences. Belonging takes time and participation; it is not something a property can guarantee.



WELLNESS / LONGEVITY / HAPPY LIFESTYLE

Make room for movement, rest, curiosity and companionship. Explore local warmth and hospitality for yourself. Weather varies by destination and season; choose a setting that feels comfortable to you.

The right setting supports your routines. Explore the places in this guide through the life you want to live, then consider which home could fit.

Start with how you want to feel. Explore how you would live.

San Miguel de Allende

Color, conversation & creative energy



Noemí Jiménez / Pexels / cropped

Picture a morning exploring streets and galleries, a leisurely lunch and an evening built around conversation. Look beyond the postcard: which neighborhood could become your everyday world?

Try this on a visit

Walk a potential home-to-café route. Browse a gallery. Ask where residents gather regularly, not only on weekends.

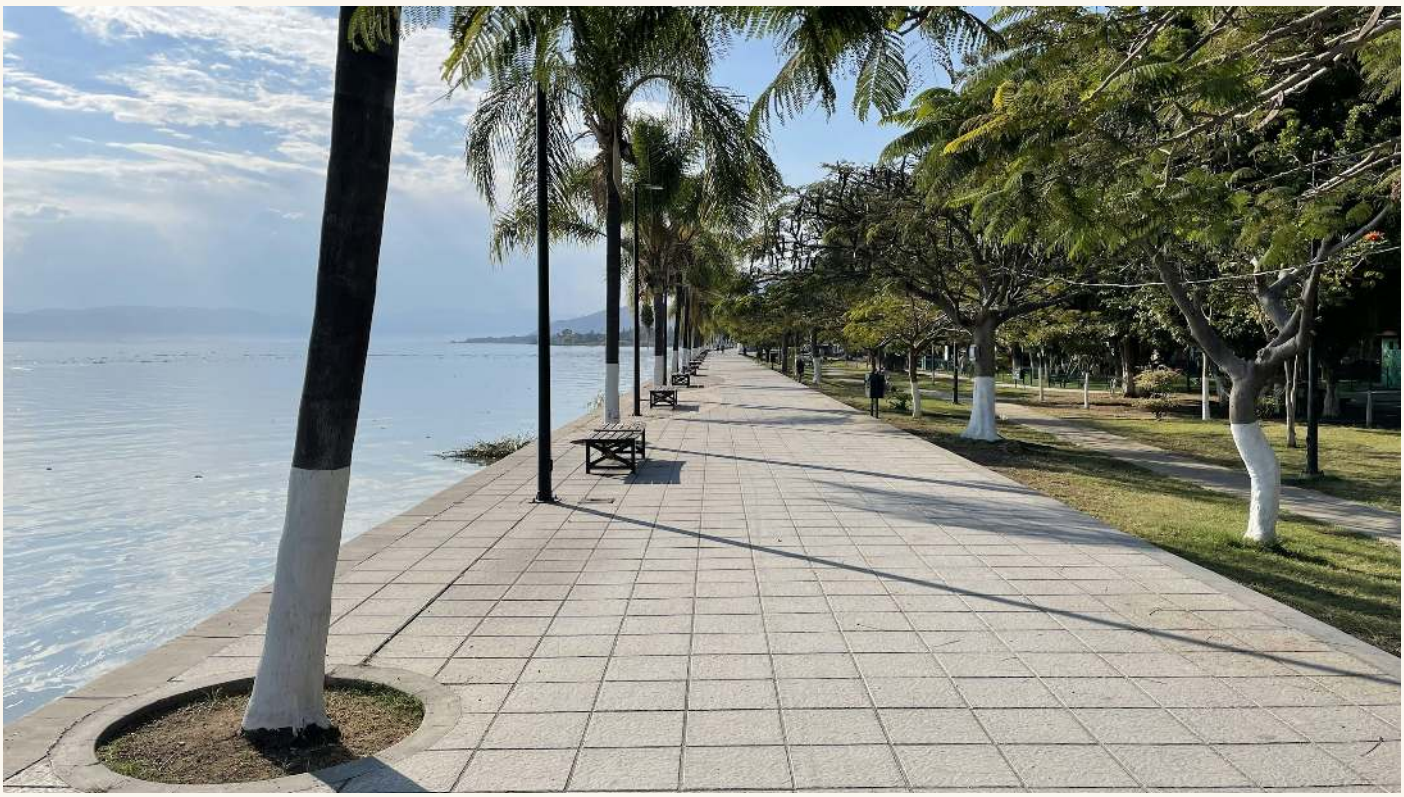
Explore in our catalog

La Santa Vid · Alborada · L’Aurora Townhouses

Ask about slopes, transport, seasons and the distance between the development and the places you would actually use.

Ajijic & Lake Chapala

A lakeside rhythm, on your terms



Carter Obasohan / Unsplash / cropped

Could a stroll, an art class or a familiar café become part of your week? Use the lakeside setting as a starting point to discover the people and routines that would make it yours.

Try this on a visit

Spend an ordinary weekday in the neighborhood. Look for a class or interest group you would genuinely enjoy joining.

Explore in our catalog

Piedraviva Ajijic

Check the exact site, daily errands, transport and seasonal conditions. Community participation is something to discover, not an included amenity.

Puerto Vallarta & Riviera Nayarit

Sea air, local flavor & room to explore



Puerto Vallarta Malecón — David Stanley / Wikimedia Commons, CC BY 2.0. / cropped

A coastal chapter can be much more than a vacation. Compare different neighborhoods and their pace: a morning coffee, a market stop, a favorite meal and time by the water.

Try this on a visit

Compare an ordinary weekday and an evening. Travel the actual route from a development to the places that matter to you.

Explore in our catalog

EVA · Altea · Alik Marina La Cruz · Bálica

These properties are in different locations. Confirm the address, services, beach access and transport for each one.

Los Cabos

Big landscapes. Your own pace.



Efrain Alonso / Pexels / cropped

Let the coast and desert open up the possibilities, then make the experience personal. Which area feels right for a long stay, and what would a normal week look like beyond the holiday moments?

Try this on a visit

Explore more than one neighborhood. Compare the practical routes for groceries, social plans and your preferred outdoor activities.

Explore in our catalog

Marea Los Cabos · Punto Nima · Quivira · Tramonti Paradiso

Confirm local conditions, ongoing costs and actual access. A destination photograph does not show the view from a specific property.

Mérida & the Yucatán coast

Culture, flavor & a different daily rhythm



Sharon Hahn Darlin / Wikimedia Commons, CC BY 2.0 / cropped

Start with the places that make you curious: a meal, a cultural stop, a conversation or time near the sea. Then compare city, inland and coastal living instead of treating the whole region as one address.

Try this on a visit

Build a day around everyday needs as well as discovery. Check the journey between the project and the city or coast yourself.

Explore in our catalog

A.W.A.H. Oasis de Mar · Mahanyé · Entre Selvas · Trobbu Mérida

Locations and rights differ. Trobbu Mérida is described as fractional participation, not ownership of an entire home.

Tulum & its surroundings

Nature, discovery & a chapter of your own



Tony Hisgett / Wikimedia Commons, CC BY 2.0 / cropped

A destination can inspire you without answering every practical question. Explore the area with fresh eyes, then decide which routines, setting and level of activity fit the life you want.

Try this on a visit

Walk or drive the real routes you would use. Ask what is operating now, what is planned and which services require a separate payment.

Explore in our catalog

Adonahi Tulum · Selva Norte · Zénesis · Aldea Uh May

Projects sit in different areas and offer different formats. Verify the exact location and do not confuse a render or a plan with completed amenities.

Try the rhythm.
Feel the connection.

THREE DAYS TO EXPLORE YOUR EVERYDAY WELLBEING

Day 1 / Notice how you feel

Explore at your own pace. Try a walk, a local meal and a quiet pause. Notice the atmosphere and the conversations. Which moments would you want to repeat?

Day 2 / Find your connections

Look for a class, a café or a group that matches your interests. Try the everyday routes you would use. Ask about different seasons and decide what feels comfortable to you.

Day 3 / See what supports your routine

Visit shortlisted developments with your lifestyle priorities in mind. Check actual access, services and spaces. Ask what is operating now, then revisit the neighborhood without pressure.

Place A: _____	**Place B: _____**
A routine that helps me feel like myself	
A place or activity where I could connect	
One everyday comfort I still need to check	

Take home observations, not pressure.

Keep your notes private. No identity documents, medical information or financial records are needed for this exercise.

Now find the home that fits the life.

THE RIGHT QUESTIONS MAKE THE DIFFERENCE

What is actually offered?

A whole property, a lot, a timeshare and a fractional interest are different propositions. Confirm the specific rights and obligations.

What is ready today?

Separate completed spaces from renders and plans. Ask for current information on delivery, access, amenities and services.

What continues after purchase?

Ask about recurring fees, maintenance, restrictions and any rental assumptions. Review the full picture, not just an advertised price.

Who will check it independently?

Use appropriate independent legal, tax and financial professionals. A listing or an introduction is not due diligence.

A note on our collection

Our public collection includes different destinations and ownership or use formats. Availability, prices, legal status and representation require confirmation. Property values and rental income are uncertain; no return is promised.

A warmer next chapter.
A first conversation.

Begin with what matters to your wellbeing: the routines you enjoy, the people you hope to meet and the kind of place where you could feel at home.



01 / Picture your everyday wellbeing

Take the short lifestyle quiz to reflect on your priorities.

02 / Meet Goldie

Explore the proposed AI concierge and ask for a human conversation when you want personal follow-up.

03 / Go a little deeper

Open The Golden Life Magazine and discover more of the story.

Explore The Golden Life

Read the interactive magazine

PRIVATE REVIEW EDITION

Website quiz, Goldie and contact flows linked from this edition are previews, not live registration or advice services. No form submission or email delivery is promised.

The details behind the inspiration.

About this edition

Prepared for private review, October 2026. Wellness & Longevity is a lifestyle theme, not a health or lifespan claim. The featured destinations are in Mexico and are selected from The Golden Life's public catalog. This guide is not personalized investment, legal, tax, residency or medical advice.

Photography

Lifestyle photographs are illustrations, not identified customers or residents. Destination photographs illustrate the area, not a development's view, condition or amenities. Project details must be checked separately.

Keep exploring

The Golden Life public catalog

The Golden Life Magazine

PHOTO CREDITS / CROPPED FOR LAYOUT

Efrain Alonso · Pexels License	License
Carter Obasohan · Unsplash License (free, not Plus)	License
Noemí Jiménez · Pexels License	License
Sharon Hahn Darlin · CC BY 2.0	License
Tony Hisgett · CC BY 2.0	License
David Stanley · CC BY 2.0	License
RDNE Stock project · Pexels	License
SHVETS production · Pexels	License
Gustavo Fring · Pexels	License

This guide introduces selected destinations. The wider catalog remains available on the site. No travel, property purchase or commitment is required to begin exploring.