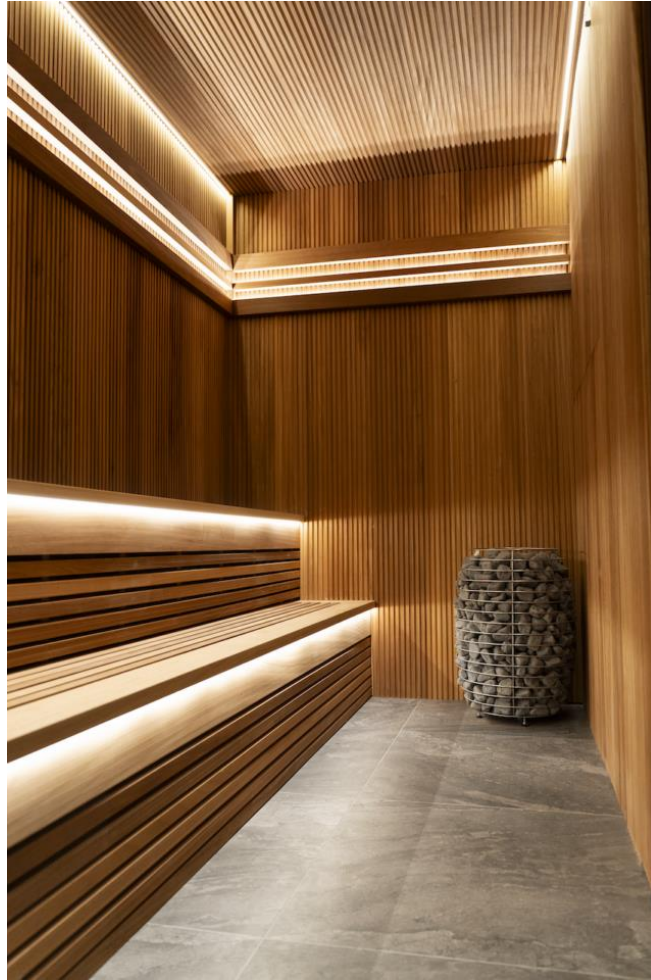


April 13, 2026

Palm Beach News: Biohacks and Bistro Bites

An inside look at the holistic hubs, new robotic recovery labs and European-inspired fare elevating the scene from West Palm to the waterfront.



Warm up and sweat it out at Higher Order. Photo courtesy of Higher Order

MODERN HAVENS & AI RECOVERY

Located in Flamingo Park, Higher Order reflects the new trend of social wellness, promoting holistic healing within community. The wellness club features a Movement Sanctuary for yoga and sound healing, a sauna, steam and cold plunge, medical services such as functional lab testing and peptide therapy, and the Alchemy bar, serving zero-proof elixirs and adaptogenic blends for mindful socializing. higherorder.com



Cold plunges and steam rooms offer dynamic contrast. Photo courtesy of Higher Order

In Palm Beach Gardens, a new Degree Wellness flagship delivers healing services including advanced cryotherapy and NAD+ Anti-Aging and IV therapy, for those seeking a foundational membership in longevity. degreewellness.com

In West Palm Beach's rapidly growing Nora District, new outposts of popular workout studios [solidcore] and Sweat440 reflect the neighborhood's commitment to modern wellness. solidcore.co; norawpb.com

Now open in Boca Raton, Protocol4 Health is an advanced wellness and longevity center that uses diagnostic testing to build personalized, science-based programs to address a wide range of health issues, from stress to sleep and immune resilience. protocol4health.com

PALM BEACH PLATES

Find European flavor at the Tideline Palm Beach Ocean Resort, where Amalfi delivers a Mediterranean menu with Palm Beach polish. amalfipalm.com

Another waterfront newcomer is SeaHawk Prime by David Burke, offering the chef's signature salt-aged steaks, fresh Florida seafood and a playful cheesecake lollipop tree. The marina-side restaurant is located inside the Nautilus 220 residence along the Intracoastal. seahawkprimebydb.com



A bright and fruity Blush of the Dragon tropical refresher at Mystic Table. Photo courtesy of Mystic Table

At Mystic Table on West Palm Beach's Clematis Street, opt for the signature Chef's Table six-course tasting menu experience, with wine and cocktail pairings. Enjoy a blend of modern American-Italian and steakhouse dishes in a refined, intimate lounge. mystictable.com



Chefs Osmel González and Camila Salazar of Emelina. Photo: James Jackman

Craving Cuban? Emelina in West Palm Beach elevates the cuisine at a 16-seat chef's counter serving a single tasting menu. Courses are guided by the season, and the menu honors Cuban traditions while reimagining every bite. emelinawpb.com



A crepe at the Parisian-style brasserie Pastis. Photo: Joshua Perez

Finally, the Nora District development continues apace, and this spring, diners can enjoy three new restaurants—rustic Italian fare at Indaco, Mediterranean-style seafood at Del Mar, and Parisian-style brasserie favorites at the latest outpost of Manhattan’s Meatpacking District’s legendary Pastis. Those on the go can grab nutritious juices and smoothies at Celis Juice Bar. norawpb.com