Living in a city is one of the most wonderful blessing in life. Opportunities, conveniences, you name it! but it also comes with a downside, aside from day-to-day hectic lifestyle, many people are suffocated (figuratively and also literally) by the bustling vibe of the city, with its low quality of life such as air pollution and stress level that are through the roof nowadays.

According to one of a scientific journal article written by *Lederborgen, Kirsch & Co.* published in 2011 by *Journal Nature*, many people who lives in the city suffers from *Mood* and *Anxiety Disorder,* to put it simply, it’s bad for your health…like real bad, especially for your mental health and psyche, along with you and your family member’s stress baggage that comes from everyday activities, whether it’s from workplace or school.

Don’t you want to just unwind and be relaxed as much as you can whenever you got back from work all tired and stressed? but what if, currently the place you come home to is not, in fact, relaxing at all? It’s hard to keep a positive state of mind and good mental health if even the place where you rested is literally not relaxing and healthy, maybe not enough privacy and too much noises around your house? Or let’s say not enough fresh air? those problems, which in turn are going to make you even more stressed. So? What should you do? Since your workplaces are centered in the city and it feels really exhausting to commutes from too far place every day, Fret not, as Natura comes to the rescue.

Natura, a new up-and-coming exclusive town house, comes with stunning 50 houses decorated with modern tropical architecture would make you feel right at home (…and relaxed, mind you), Natura offers a strategic location for your ideal dream house located right at the heart of Jakarta in Menteng, Jakarta Pusat. Natura private residence will ensure your quality of life is impeccable and the general well-being of your mental and body health is in a tip-top condition. With more than adequate green spaces for around 60% of the total surface area, your body will thank you as you breathe in fresh air everyday whenever you go outside from your house and bask in the morning sun while living your everyday life with Natura’s well-placed communities, ease of interactions and access to many of convenient places around it.

What constitutes a life worth living? The answer can be many things, but one thing is for sure : as long as your body and mind stayed healthy and stress free, you can do many wonders in life and seize the day. Let Natura help you with once-in-a-lifetime opportunity for that ideal healthy living space. Love your life and live the life you love, with Natura.