



*be your best self*

*Welcome to a place of peace and wiser holistic wellbeing by the sea – where healing ocean waters and a naturally healthy lifestyle will bring out your best self. Here in our hidden botanical gardens, between the Sierra Blanca Mountains and the Mediterranean, is a rare chance to quickly discover the joy of slow living.*

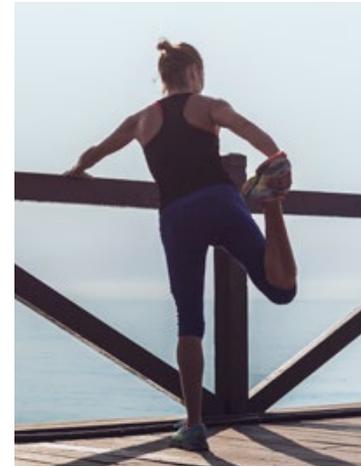
*Experience the long-lasting benefits of reconnecting with nature, no matter how much time you spend with us.*





# Wellbeing

*Our approach is simple. A magical Mediterranean beachside setting and home-from-home atmosphere create the perfect environment to achieve wellbeing potential. Seek botanical wisdom, nurture yourself, bring out your inner beauty and tune into a more holistic you through yoga, Pilates and meditation.*



# fitness

*Activate your yang or find more yin. Learn meditation from a master or try a dynamic new exercise in this soul-stirring setting as you practice high-energy fitness or wind down with mindfulness. Marbella's coastal promenade and protected parkland are as suited to contemplative strolls as challenging hikes and bike rides.*



# Spa

*Thalassotherapy is at the core of our spa's philosophy through our seawater pool, treatments and rituals. Our Wellness team can advise on exactly the right treatments and our intuitive therapists & practitioners will expertly personalise each therapy.*



# Nutrition

*Throughout the resort, and with our dedicated Wellness dishes, we celebrate a naturally delicious, wholesome Mediterranean diet with the freshest local, seasonal produce. Enjoy a freshly made juice from our organic gardens or an infusion of aromatic medicinal herbs made by our in-house nutritionist, who is on hand to educate, inspire and remind us of the beneficial qualities of even the simplest of ingredients.*

## PROGRAMMES

---

Ranging from two to seven nights, each programme begins with a Lifestyle and Nutrition Consultation: an evaluation and a compass that will guide your personal journey to wellbeing. All plans are tailored individually and can include meals from our nutritious and flavourful wellness menus available throughout the resort. Accommodation is charged separately.

### Mediterranean Lifestyle

Be inspired by the healing benefits of healthy Mediterranean living. Reconnect with nature, lift your spirits, look and feel revitalised and relaxed with our carefully considered combination of facials, body treatments and personalised massages.

### Cleanse & Purify

Our gentle detoxification programmes are composed by our nutritionist to cleanse and purify the body, reduce symptoms of fatigue, irritability and discomfort, leaving you feeling lighter, more energised and with a spring in your step.

### Bikini Body & Beach Ready

Total-body sculpting workouts and targeted treatments from a team of experts that inspire body confidence and get you looking and feeling your best self coupled with nutritional guidance and a plant-based, nutrient-rich Purifying Healthy Menu devised by our specialist.

### De-stress & Unwind

Working too hard? Battling stress? Simply need to press pause on the pressures of everyday life? Restore balance and bring harmony to mind and body with this soul-soothing programme in a comforting environment designed to establish emotional wellbeing.

### Tranquility & Sleep Enhancing

Relaxation and quality sleep are vital for you to live life to its fullest. A lack of restorative rest, both mental and physical, is linked to premature ageing and ill health. This gentle programme teaches evidence-based techniques proven to improve sleep and incorporates them into your everyday routine.

### Optimal Fitness & Energy

Boost stamina and increase physical and mental performance through an uplifting exercise programme suited to your passions, preferences and goals. Gain more confidence, and get tools to ensure you are working out to the best of your ability.

## SIGNATURE TREATMENTS AND RITUALS

---

### The Marbella Club Personalised Massage

A completely individual massage designed according to personal needs, it addresses any areas of tightness, stress or muscle tensions using a variety of specialised techniques and a blend of essential oils inspired by the Marbella Club botanical gardens.

### The Stress-Reducing Ritual

Tension melts away with a full-body volcanic scrub which prepares skin for the body and face massage. Our Tranquillity blend of essential oils features sweet orange, sandalwood and Damascus rose; a soothing scalp massage completes this holistic experience.

### Time Reverse Facial

Turn back the clock with this innovative facial treatment which retains and extends skin-cell lifespan, reactivating your anti-ageing mechanisms and reclaiming lost radiance, while visibly smoothing fine lines resulting in improved tone and a more youthful appearance.

### Hydrmemory Facial

An intense hydrating treatment for face, neck and décolletage, for all skin types. Especially beneficial for those with dehydrated or stressed skin or who have been overexposed to air conditioning and dry climates.

### Detoxifying Seaweed Wrap

A classic body wrap using the combination of seawater intensely rich in mineral salts and trace elements through three powerful seaweeds: laminaria for contouring effect, lithothamnium to remineralise and fucus algae to detoxify. Followed by a moisturising massage.

### Golfer's Tonic

Up your game with this supremely soothing combination, designed with golfers in mind. Muscle fatigue is eliminated with a soothing yet effective deep back massage using muscle warming oils. A calming face and shoulder massage is followed by a hydrating and cooling mask to help reduce redness and irritation while a foot massage completes the experience helping to ease the tiredness of walking those 18 holes.



Relax. Recalibrate. Be spontaneous. Or stay a while. Speak to us about our daily fitness activities, our calendar of visiting specialists and inspiring educational events, or about booking a private villa for an exclusive retreat.

For a full list of wellness services and programmes, access the Marbella Club app on the tablet in your room or download to your phone through [marbellaclub.com](http://marbellaclub.com).

Please contact our Wellness team on **+34 952 822 211** or [wellness@marbellaclub.com](mailto:wellness@marbellaclub.com) with any questions or to book.



MARBELLA CLUB

Av. Bulevar Príncipe Alfonso de Hohenlohe, s/n, 29602 Marbella, Málaga  
[www.marbellaclub.com](http://www.marbellaclub.com)