

Wellness





## *Welcome to Wellness at the Marbella Club*

*Wellbeing, Spa, Nutrition and Fitness are the four cornerstones of Wellness at the Marbella Club – nurture yourself, bring out your inner beauty and tune into a more balanced you. A naturopath, nutritionist and fitness expert are on hand to advise on exactly the right treatments and our intuitive practitioners personalise each therapy. Learn meditation from a master or try a dynamic new exercise. Enjoy a naturally delicious, wholesome Mediterranean diet and experience the ancient art of wellbeing through revitalising seawater rituals. Experience the long-lasting benefits of reconnecting with nature, no matter how much time you spend with us.*

## THE SPA AT THE MARBELLA CLUB

## Spa Experience

*A luxurious and tranquil sanctuary for both body and mind that harnesses the profound benefits of the Mediterranean Sea and surroundings, promoting health, vitality and wellbeing.*

*Thalassotherapy is at the heart of our healing therapy and has a long tradition. Ancient Greek and Egyptian practices have proven the strengthening, revitalising and beautifying powers of seawater to relieve stress and energise the mind and body.*

*Our Thalasso dynamic Seawater Pool, with its variety of underwater high pressure jets, swan neck fountains and Jacuzzi beds, will powerfully massage legs, neck and back. A wonderful experience that stimulates circulation, relieves muscular tension, remineralises the body and improves skin condition.*

*Access to the spa facilities is complimentary for any guests reserving a spa treatment of 60 minutes or longer.*

*Spa access may be reserved for two hours to enjoy the Thalasso dynamic Seawater Pool and relaxation areas plus the separate female and male sauna and steam rooms. Showers, amenities and a selection of nutritious snacks and refreshments are also available.*

Should you wish to experience the Thalasso dynamic Seawater Pool without booking a treatment:

- Guests 2 hours; €65 -

Non residents, 2 hours; €90 -

- Full day (Guests and Non residents) €150 -

*Subject to availability.*



*Allow us to introduce you  
to our carefully selected  
spa brand partners*

**[ comfort zone ]** *Italy*

Comfort Zone's philosophy upholds that our skin is the mirror of our physical and mental wellbeing, as well as our everyday choices. Their mission is to promote a healthy, happy and sustainable lifestyle, with the help of responsibly manufactured and scientifically advanced products to visibly enhance skin, body and mind.

**THALION** *France*

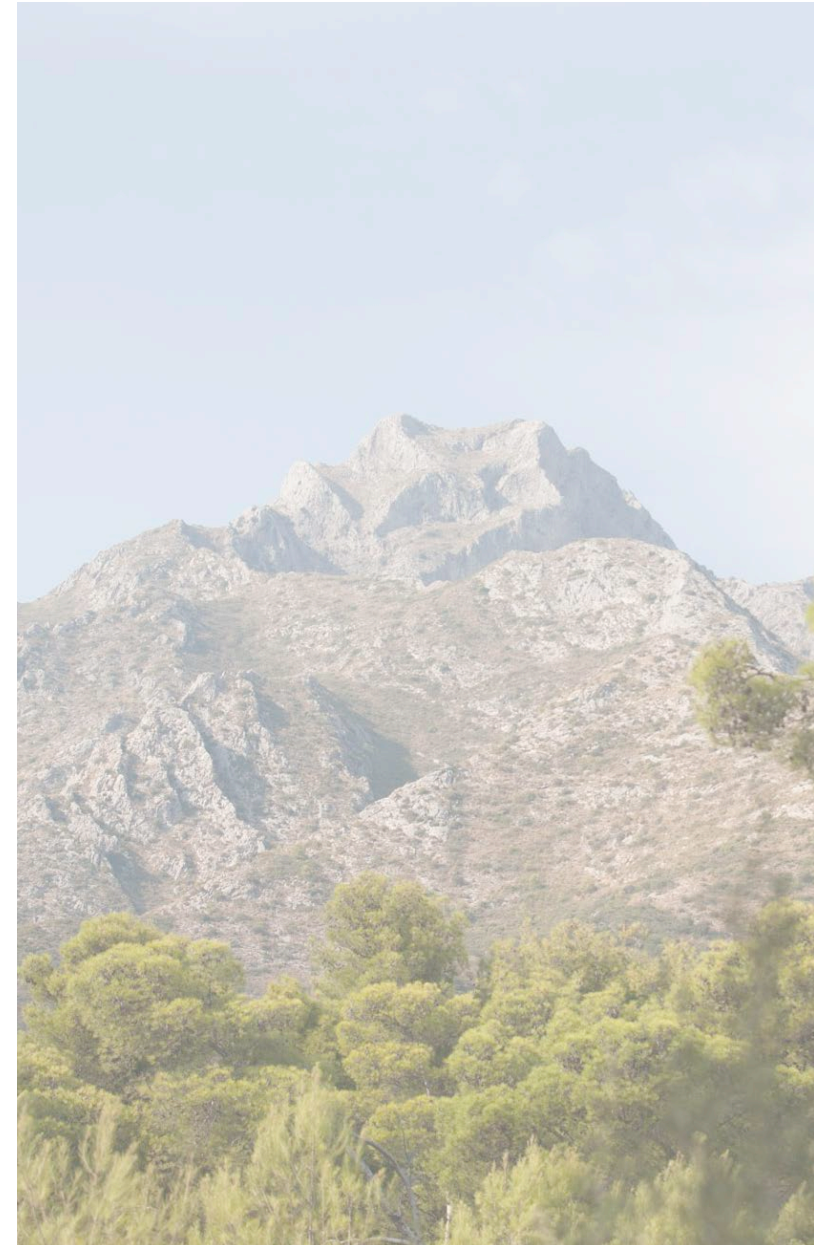
Thalion is the leading expert in marine cosmetics – carefully selecting the richest seaweeds. This unique know-how as a harvester enables them to preserve the original qualities of these precious plants and integrate them in new formulas that are then used within their result-orientated treatments.

**BABOR** *Germany*

Focusing on science and research - Babor's precision formulas are based on innovative, active ingredients combined with their luxurious, tailor-made treatments, designed to deliver maximum individual results which are a uniquely indulgent experience.

**Morjana** *France*  
COSMETIQUES  
FRANCE

Morjana is a brand designed authenticity and innovation in mind. A genuine alliance between research and tradition that fuses natural ingredients and aromatherapy to create exclusive sensorial rituals of beauty and well-being.



# Rituals

*Our signature rituals are the ultimate way to indulge in wellbeing at the Marbella Club. Designed to touch on all the senses, these bespoke rituals allow you to reconnect with yourself using specific breathing techniques, short guided visualisations and aromatic essential oils to gently guide you to deep relaxation. The ideal restorative experience to set you up for your stay.*

## The Stress-Reducing Ritual *with Comfort Zone*

This all-encompassing stress-reducing treatment commences with a full body volcanic scrub to prepare skin before a sublime body and face massage with the Tranquility™ Blend of essential oils featuring cedarwood, sweet orange and geranium. A soothing scalp massage completes this truly holistic experience, leaving you feeling delightfully Zen.

*- 120 mins; €345 -*

## The Sleep-Inducing Ritual *with Comfort Zone*

This innovative massage acts on three different sensorial pathways: scent, touch and sound - promising profound relaxation. The synergy of the unique blend of essential oils, the bespoke Tranquility™ Sound with Ayurvedic and Indonesian Sea Malay movements, combined with the use of soft brushes, promotes restful sleep. This treatment is particularly ideal for those with a hectic lifestyle, after flying, or travelling to a new time zone, as the effects of jet-lag are greatly reduced.

*- 90 mins; €260 -*

## The Detoxifying Ritual *with Thalion*

This stimulating and purifying ritual commences with a marine and essential oil exfoliation to help eliminate impurities and smooth the skin. A specific detox massage using concentrates of bladder rack and seawater is followed by a wrap, combining specialised seaweed and marine plants intensely rich in mineral salts and trace elements. A soothing scalp massage and full body application of moisturising cream will complete the experience leaving the metabolism increased and skin condition improved. This ritual is recommended for anyone with weight-loss and purification as their goal.

*- 120 mins; €345 -*



# Facials

*Each facial includes a skin type analysis to ensure that each treatment is tailored to your personal needs whilst successfully targeting your immediate and long-term skin care concerns.*

## Personalised Facial *with Thalion*

A classic facial using marine-based products which are highly detoxifying and deep cleansing, leaving your skin feeling beautifully refreshed. Tailored for your individual needs and suitable also for a younger skin.

*- 60 mins; €195 -*

## Personalised Skin Expert *with Comfort Zone*

This expert facial is specifically tailored to you and includes a deep cleanse, exfoliation, a treatment-specific massage and mask. Finally, moisturising products including an intensive serum are chosen to suit your needs for maximum results.

*- 60 mins; €195 / With steam and extractions, 90 mins; € 255 -*

## Hydrmemory Facial *with Comfort Zone*

An intensive hydrating treatment for face, neck and décolleté ideal for all skin conditions. This treatment is particularly beneficial for dehydrated and stressed skin types or those exposed to air-conditioning and very dry climates.

*- 60 mins; €195 -*

## Collagen Boost *with Babor*

Plump and densify your skin with this collagen booster therapy. Ultra-potent hyaluronic acid and collagen boost the skin from within to smooth fine lines. The effect of this treatment is amplified with a sculpting mask to seriously lift and reshape the facial contour. This facial helps to restructure and lift the skin from the inside out while stimulating the skin's natural collagen production.

*- 90 mins; €265 -*

## Time Reverse *with Babor*

Turn back time. Utilising the revolutionary time-reverse technology of the Babor Re-Youth Complex, this innovative luxury facial treatment retains and extends skin cell lifespan, reactivates the skin's own anti-aging mechanisms and reclaims lost radiance while visibly smoothing fine lines. The lifting effects of this treatment are further intensified by our exclusive, intensively firming massage techniques. Ideal for those wishing for a more youthful radiance and increased tone.

*- 90 mins; €265 -*

## INDIBA® Advanced Deep Beauty *with Babor*

Indiba®, with its unique and patented Pro-ionic Technology, is a non-invasive regeneration and anti-ageing treatment that activates collagen production and microcirculation using high frequency currents to improve the structure of the skin, reduce expression lines and dark circles leaving the skin revitalised and oxygenated. A course of three treatments during a week are recommended to achieve the best results, followed by a monthly maintenance treatment. Babor advanced skincare products will be combined with Indiba® to intensify the results.

*- 60 mins; €210 / 90 mins; €270 -*

# Massages

*Unwind and indulge with our glorious range of massages. Relax tired muscles, improve circulation, relieve tension and accumulated stress. Whatever your pace of life, this is the ultimate way to soothe and revive.*

## Marbella Club Personalised Massage

A massage that will be designed according to your personal needs, addressing any areas of tightness, stress or muscle tensions and using a variety of specialised techniques and movements ranging from Swedish, relaxing, drainage and stretching using a blend of Mediterranean inspired oils.

*- 60 mins; €230 / 90 mins; €290 -*

This treatment is also available in the tranquility of your guest room:

*- 60 mins; €305 / 90 mins €399 -*

Or in our outdoor beach cabin during the summer months:

*- 30 mins; €85 / 45 mins; €125 / 60 mins; €145 -*

## Detox Manual Lymphatic Drainage

A gentle massage to stimulate the lymphatic system and improve micro-circulation using a specific dry technique created by founders, Vodder and Leduc, and one of the most researched and respected of all lymphatic drainage methods. Designed to gently drain away toxins and can help to reduce the appearance of cellulite.

*- 60 mins; €220 / 90 mins; €280 -*

## Soothing Scalp Massage

Relaxing head, face, neck and shoulder massage with acupressure to help soothe and rebalance the body and mind.

*- 30 mins; €125 -*

In our outdoor beach cabin during the summer months:

*- 30 mins; €85 -*

In the Holistic Studio:

*- 30 mins; €85 -*

## Heated Lava-Stone Massage

A deeply relaxing and balancing body and face massage using heated lava-stones to intensely relax joints and muscles. Marine mist, rich in minerals and trace elements from seawater, combined with nourishing and antioxidant rich oil of plum, peach and orange flower will be used to help release muscular tension, leaving you feeling centred and whole.

*- 90 mins; €280 -*



## Intensive Sports Massage

A therapeutic technique that releases patterns of tension throughout the body. Invigorating movements to increase circulation, stretches and deep finger pressure and trigger points are used across the grain of muscles and tendons, alleviating tightness and muscle soreness.

- 60 mins; €235 / 90 mins; €295 -

## Prenatal Massage

A soothing massage using a skin-nourishing blend of oils suitable for expectant mothers, to help relieve the tensions associated with pregnancy. This peaceful and comforting treatment will leave you feeling relaxed and calm.

- 60 mins; €220 / 90 mins; €280 -

*Upgrade and intensify the results of any of your massage treatments by an application of one of the following Thalion Concentrates:*

*Marine Magnesium one of the most available forms, proven to help reduce stress, muscular fatigue and tiredness.*

*Marine Calcium to relieve sore joints and aching muscles.*

+€40





## Body Therapies and Wraps

*The combination of our expert products and techniques, together with effective targeting of the body's troublesome areas, noticeably improves the condition and tone of the skin, whilst hydrating and eliminating impurities.*

### Essential Exfoliation *with Thalion*

A purifying and sensory combination of essential oils and marine extracts gently exfoliates, helping to eliminate impurities and smoothing the skin, giving a general sensation of wellbeing. A full body application of moisturising cream will complete the experience.

- 60 mins; €190 -

### Anti-Cellulite Body Treatment *with Thalion*

Following an exfoliation with unique "Slimming Pearls" an assessment of the type of cellulite condition will be conducted. A specific invigorating massage will then commence using either firming or slimming actives on the agreed areas, helping to smooth and improve the appearance of your skin.

- 60 mins; €220 -

### Detoxifying Lymphodrainer *with Thalion*

Deep lymphatic drainage is achieved by using mechanical suction combined with special glass cups that alternate depression and compression to reactivate blood circulation, stimulate skin oxygenation and tone the tissue. Toxins are released into the system, ready to be naturally eliminated. A course of treatments are highly recommended to achieve the maximum results.

- 60 mins; €190 / 90 mins; €260 -

### INDIBA® Body Treatment

Indiba® Deep Beauty, with its unique and patented Pro-ionic Technology, is a non-invasive regeneration and anti-ageing treatment using cutting edge medical technology with greater therapeutic efficacy than most other treatments on the market today. Indiba® uses high-frequency currents to stimulate collagen production and is particularly effective for firming, lifting, recontouring the body, and targeting cellulite in troublesome areas. Four to eight treatments are recommended for the best results with ongoing monthly maintenance.

- 60 mins; €210 / 90 mins; €270 -

### Detoxifying Seaweed Wrap *with Thalion*

A classic body wrap using combination of seawater intensely rich in mineral salts and trace elements and three powerful seaweeds: Laminaria for a contouring effect, Lithotanium to remineralise and Fucus to detoxify. Followed by a personalised moisturising massage.

- 60 mins; €190 -

### Marine Magnesium or Calcium Wrap *with Thalion*

The application of mineral-rich mud full of magnesium or calcium that helps reduce the effects of stress, decreases pain in the muscles and joints, and has an anti-inflammatory effect as well as regulating metabolism and enhancing sleep quality.

- 60 mins; €190 -

### Firming Seaweed Wrap *with Thalion*

A nurturing body wrap using Spirulina seaweed extract to help improve elasticity and firmness of the skin, followed by an application of a deeply nourishing body moisturiser. Suitable during pregnancy and for the most sensitive of skins wishing to improve texture and tone.

- 60 mins; €190 -



# Thalassotherapy

*Harnessing the power and natural healing benefits of the mineral rich, energising sea water of the Mediterranean, our Thalassotherapy treatments combine ancient practices with advanced science-based techniques.*

## Intensive Thalasso Vichy Detox *with Thalion*

A two-step Thalasso treatment under the gentle fall of seawater rain. Deep exfoliation using natural salts and oils will be followed by a full body algae massage. Your skin will be left feeling soft and revitalised as dead skin cells and toxins are removed. A perfect choice prior to any other body treatment.

*- 75 mins; €230 -*

## Thalasso Vichy Salt and Oil Exfoliation *with Thalion*

A stimulating exfoliation using salt and fragrant oils under a gentle massage of seawater rain. Your skin will be left smooth and cleansed. Highly recommended for preceding other body treatments.

*- 45 mins; €180 -*

## Jet Blitz Massage

Be totally invigorated with the high-pressure water jet using natural seawater. This intensive massage will relieve sore muscles, improve circulation and is especially recommended for pre and post sport activities and for the prevention of cellulite.

*- 20 mins; €100 -*

## Bath with Underwater Massage

Enjoy the benefits of a bath with the inclusion of an intensive underwater massage using a jet directed by your therapist. Especially recommended to enhance relaxation, aid with the dispersing of cellulite and the releasing of muscular tension.

*- 30 mins; €140 -*

*Further enhance your Multi-Jet Bath experience with Thalion Marine Magnesium or Marine Calcium.*

*Your therapist will add liquid magnesium to the seawater, which is proven to help support and strengthen the immune system, or calcium concentrate to the bath to relieve aching muscles and joints.*

*+€40*

## Therapies for Men

*All of our spa therapies are suitable for both men and women but these specific experiences are highlighted to tailor to men's skin and body care needs.*

### Marbella Club Personalised Massage

A massage that will be designed according to your personal needs, addressing any areas of tightness, stress or muscle tensions and using a variety of specialised techniques and movements ranging from Swedish, relaxing, drainage and stretching using a blend of Mediterranean inspired oils.

*- 60 mins; €230 / 90 mins; €290 -*

This treatment is also available in the tranquility of your guest room:

*- 60 mins, €305/ 90 mins, €399 -*

Or in our outdoor beach cabin during the summer months:

*- 30 mins, €85 / 45 mins, €125 / 60 mins, €145 -*

### Intensive Sports Massage

A therapeutic technique that releases patterns of tension throughout the body. Slow strokes, invigorating movements to increase circulation, stretches and deep finger pressure are used across the grain of muscles and tendons, alleviating tightness and muscle soreness.

*- 60 mins; €235/ 90 mins; €295 -*

### Personalised Facial, Shoulder, Neck and Scalp Massage *with Comfort Zone*

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, your therapist will tailor a solution from the Active Pureness line for your immediate needs.

*- 60 mins; €195 / 90 mins; €265 -*

### Golfers Tonic *with Comfort Zone*

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. A thorough facial cleanse is performed after to a calming face and shoulder massage, followed by the application of a hydrating and cooling mask to help reduce redness and irritation. A foot massage completes the experience helping to ease the tiredness of walking those 18 holes.

*- 60 mins; €210 -*

### The Stress-Reducing Ritual *with Comfort Zone*

This all-encompassing stress-reducing treatment commences with a full body volcanic scrub to prepare skin before a sublime body and face massage with the Tranquility™ Blend of essential oils featuring cedarwood, sweet orange and geranium. A soothing scalp massage completes this truly holistic experience, leaving you feeling delightfully Zen.

*- 120 mins; €345 -*



# Advanced Holistic Therapies

*Contributing to your progress in your physical wellbeing, these treatments go beyond the traditional spa sessions. The focus remains on healing and rejuvenation of the person as a whole, nurturing the mind, body and spirit.*

## Reflexology

A deeply relaxing treatment which incorporates massage and specialised techniques to stimulate specific reflex points on the feet, which represent a map of the body. Tension is released, muscles are soothed, and blood vessels relaxed, allowing the body to eliminate toxins and impurities. This massage can be enjoyed as a one-off relaxation treatment or on a regular basis to target specific health concerns.

- 60 mins; €235 -

In our outdoor beach cabin during the summer months:

- 30 mins; €85 / 45 mins; €125 / 60 mins; €145 -

Or, in the Holistic Studio:

- 30 mins; €85 / 60 mins; €145 -



## Tibetan Sound Healing

Tibetan Sound Healing is an ancient healing technique that utilises the deep vibrations and soothing sounds of Tibetan Singing Bowls to bring relief from many different ailments and stress-related conditions. Dating back to pre-Buddhist Tibetan Bon culture the instruments were used for ceremonial purposes, rituals and also for healing. Sound Healing is an extremely powerful and non-intrusive method to release stress.

Choose from either:

### *Tibetan Singing Bowl Vibrational Massage*

Performed in a treatment room in the spa where ancient Tibetan Singing Bowls are placed on and around the dressed body. The calming and harmonising sounds as well as the gentle vibrations of the singing bowls induce a feeling of wellbeing, deep relaxation and reduction of physical pain.

- 45 mins; €250 -

### *Tibetan Singing Bowl Group Ritual (two or more people required)*

Performed in the inspirational space of the Holistic Studio, ancient Tibetan Singing Bowls are placed around the dressed body. The calming and harmonising sounds as well as the gentle vibrations of the singing bowls induce a feeling of wellbeing, deep relaxation and reduction of physical pain.

- 45 mins; €125 per person -

## Wellness Consultations

*Our Wellness team offers an integrated, holistic approach to health and wellbeing. Personalised consultations and guidance designed to suit your specific goals, lifestyle and wellness needs are conducted in the peaceful setting of our Holistic Studio.*

### Sleep-Enhancement Consultation

Do you struggle to sleep or feel restless during the night? This session works with you to look at patterns, your lifestyle choices and diet to assess which factors might be affecting your quality of sleep. Tools and guidelines for realistic changes are provided to help you establish healthy routines, and practical advice ensure you sustain better and longer sleep once you return home.

*- Initial consultation 60 mins; €190 -*

*- Ongoing consultations (in person or via Skype) 40 mins; €160 -*

### Lifestyle and Nutrition Consultation

Our Wellbeing Advisor and Nutritional Therapist consider Wellness through the four pillars of good health: nutrition, movement, sleep and state of mind. By reviewing the findings from your completed questionnaire, assessing your eating habits, along with your personal statistics – waist-to-height ratio, Body Composition & Metabolism Analysis – a personalised plan of treatments, fitness activities and nutritional recommendations is created for you to follow during your stay at the Marbella Club.

*- 75 mins; €215 -*

*- Ongoing consultations (in person or via Skype) 40 mins; €200 -*

More specific conclusions regarding your state of health are interpreted by Qest, a state-of-the-art energetic testing device. The information we can gather from a screening includes imbalances and weaknesses in the organ systems, nutritional needs and food preferences, toxic loads in the body and emotional factors. These findings will help our therapist complete a detailed report with long-lasting lifestyle and nutritional advice that will serve as a valuable toolkit long after you've returned home.

*- Lifestyle and Nutrition Consultation with Qest, 90mins; €310 -*

# Fitness and Wellbeing

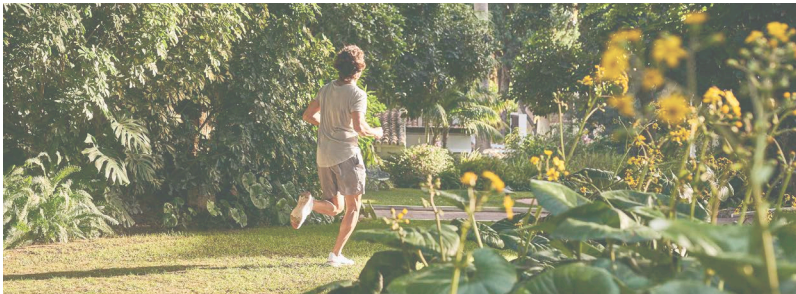
*When it comes to fitness and wellbeing, the Marbella Club makes it easy to slide into the right mindset. Our sun-kissed gardens and magical Mediterranean beachside setting, together with our exceptional team of personal trainers and coaches will inspire and motivate you, body and mind.*

## Body Composition and Metabolism Analysis

Utilising state-of-the-art equipment in order to measure your body composition and resting metabolism, the bioelectrical impedance is an extremely reliable method for body composition analysis. It is fast, consistent, accurate and easy to use. More than weight or body fat percentage levels provided by ordinary scales or calipers, this analysis provides a detailed body scan - weight, body fat percentage, fat mass, fat-free mass, resting metabolism, and hydration levels - all without the inconvenience of more intrusive traditional measurement methods. A Body Composition Analysis shows changes when the scale doesn't, leading to a major increase in motivation during the weight-loss process.

*- 30 mins; €100 -*

Should you book a Lifestyle and Nutrition Consultation, the value will be reimbursed.



## Fitness Consultation

Designed for those who want to know their fitness limitations and potential, you will leave from the consultation with clear goals and fitness recommendations to be followed both during your stay at the Marbella Club and once you return home. All consultations begin with a simple Body Composition and Metabolism Analysis, as well as a quick but extensive assessment of your muscular strength, flexibility and aerobic abilities through a series of exercises and movements. These findings will help your Personal Trainer pinpoint areas that need extra attention and select a personalised list of fitness exercises that will favour short and long-term results from a holistic perspective.

*- 60 mins; €150 -*

## Hiking

Adventure beyond the Marbella Club and discover the best routes for a day's walk through the area's historical and natural landmarks. Our personal trainer will accompany you and will personalise your work-out according to your skill level.

For a full description of the routes available, please contact the Wellness Team.

## Personal Training

Whether you are looking for an energising cardio blitz, a peaceful yoga class in the gardens, a strengthening Pilates session or Nordic Walking on the beach front, our personal trainers provide versatile one-to-one training and classes, tailor-made to help you achieve your goals, and designed to leave you feeling revitalised and ready for your day.

*- 60 mins; €150 / 3 x 60 mins; €435 / 5 x 60 mins; € 700*

*/ 10 x 60 mins; € 1350 -*

#### INTERVAL TRAINING

Cardiovascular activity whereby aerobic exercises are carried out in different intensities at intervals and alternated with dynamic recovery practices.

#### FUNCTIONAL TRAINING

Fitness activity based on day-to-day motion patterns and physical activities. A full body workout, its key aspects are quality and range of movement. Gain strength, agility, coordination and balance in a fun, dynamic environment.

#### TRX

Suspension based training designed to enhance strength, balance, flexibility and core stability. Using a portable performance training tool that leverages gravity, you will be guided through several effective yet challenging functional exercises as you use your body weight as resistance.

#### BOXERCISE

Based on the different training techniques professional boxers use to keep fit. The high-intensity nature of Boxercise as well as quick successions and repetitive movements make it a fat-burning and muscle toning workout. Aimed at men and women of all ages and fitness standards, it is a fun, challenging and safe workout.

#### CROSS-TRAINING

High intensity functional workout comprising of a range of different exercises: weightlifting, athletics, gymnastics and stamina. A strength and fitness programme to boost physical abilities.

#### MAT PILATES

A system of exercises designed to strengthen the body and improve core muscle tone. Engaging the mind in the control of the body promotes balance and coordination through breathing techniques.

#### REFORMER PILATES

A personalised machine-based exercise class in our dedicated studio that promotes length, strength, flexibility and balance.

#### PREGNANCY PILATES

A series of movements and positions that focus on core stability, strength and overall fitness. Sessions will help improve lower back and lumbar pain, as well as strengthen core and pelvic floor muscles.

#### PILATES FOR KIDS AND YOUNG ADULTS

Learn to move with ease, build confidence, and develop good posture and form in a fun and engaging class.

#### YOGA

Yoga strengthens your muscles and bones, as well as cleanses and delays the aging process. Increase flexibility, balance and oxygenation whilst bringing awareness to your mind and body. Our team are qualified in the following practices:

##### *Vinyasa Flow Yoga*

A contemporary version of the traditional Ashtanga form of practice. You will be led from pose to pose in an active and vigorous sequence called sun salutations, in which movement is matched to the breath. Classes improve endurance and flexibility.

##### *Hatha Yoga*

One of the six original branches of yoga, Hatha encompasses nearly all forms of modern practice. A basic and classical approach to yogic breathing and postures, Hatha appeals to beginners and experts alike.

##### *Yin Yoga*

A passive and meditative yoga practice, Yin focuses on lengthening the connective tissues in the hips, pelvis and spine. You will increase flexibility and enjoy a feeling of release and relaxation. It is especially ideal for athletes who need to relieve joint tension and muscular tightness.

##### *Nidra Yoga*

Helps to conserve energy and relax the entire system. You will be guided into effortless relaxation through a series of calming methods. Nidra is often used as part of sleep therapy, to prepare the body for meditation or to make your practice more effective.



### *Kundalini Yoga*

Classes include meditation, breathing techniques such as alternate nostril breathing, and chanting, as well as yoga postures. Taught in a series of poses that are designed to create balance through working a particular system of the body. Kundalini Yoga works to strengthen and balance the nervous system, which assists in overall health.

### *Aerial Yoga*

Silks that are suspended from our outdoor structure will support your weight as you ease through the sequence of poses in mid-air. A combination of acrobatic arts and anti-gravity asana, Aerial yoga will help you lengthen your spine, encourage safe alignment and find mobility. This is available as personal training only.

### *Yogilates*

A combination of yoga and Pilates designed to help you achieve both flexibility and strength for physical and psychological wellbeing.

### *Pregnancy Yoga*

Appropriate for both beginners and experienced yogis, pregnancy yoga can help enhance a conscious birth experience. The carefully selected series of postures cultivates breath awareness, improve sleep, increase energy and prepare the body for labour.

### *Yoga for Kids & Young Adults*

A fun way to increase co-ordination, self-awareness and confidence. Learn to relax and connect with your body and mind in a creative setting.

## MINDFULNESS

Restoration of inner balance between mind and body. Reduces stress, improves your quality of sleep and general wellbeing and boosts your immune system.

### *Meditation*

Intellectual exercise that brings mind and body into a state of total relaxation. This practice enhances creativity, happiness, general health and understanding.

## WATER ACTIVITIES

### *Paddle Surf*

One of the best ways of being in contact with the sea is gliding across it. Borrow a board and enjoy this fun sport off the Marbella Club beach, either individually, as a pair or as a family.

### *Kayaks*

Listen only to the sound of your breathing as you slide across the water during a tranquil kayak excursion along the coastal landscapes.

### *Windsurfing*

Whether you're a beginner or an expert surfer, we have everything on hand that you need to work with the wind. If weather conditions are preferable at a nearby beach, we can arrange a transfer for a small additional charge.

### *Scuba Diving*

Experience an introductory course in Estepona, and head to local sites sheltered from currents and waves, for stress-free diving. A transfer charge will be applied should you need transportation.

*For more information, please contact our Wellness team.*



### TENNIS AND PADEL

Conveniently located just 10 minutes on foot from the hotel, our Tennis Club has been host to the likes of Serena Williams and Novak Djokovic. Improve your game on our eight clay courts or two hard-surface courts or try your hand at padel tennis, the adopted South American sport, which is fun and slightly easier than traditional tennis. Contact us to book.

*Towel and mineral water included. Group tennis classes, clinics and tournaments can be arranged. Please contact us for more information.*

### GOLF

Head to the Marbella Club Golf Club, just 25 minutes away, in the Benahavís hills. A 18-hole Dave Thomas-designed course.

*A complimentary shuttle transfer service is included.  
Please check departing and return times with our Concierge.*

### HORSEBACK RIDING

Stroll along a peaceful pine forest and through the Benahavís hills or brush up on your showjumping technique. No matter your skill level, horse riding is an unrivalled experience.

*A complimentary shuttle transfer service is included.  
Please check departing and return times with our Concierge.*

For more information, please contact our Wellness team.



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*Lifestyle Programmes  
and  
Day Packages*

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## TAKING WELLNESS TO THE NEXT LEVEL

*Be Curious. Find purpose and balance.*

*Ranging from two to seven nights, all of our programmes begin with a Lifestyle and Nutrition Consultation: an evaluation and a compass that will guide your personal journey to wellbeing.*

*Depending on the chosen programme, you will leave with a personalised assessment and bespoke recommendations for long-lasting results. Our experts will gladly stay in touch to monitor your progress and commitment.*

*No intrusive or exhausting methods, just an opportunity to clear the mind and rest the body.*

## 2, 4 or 7 day Programmes:

Discover

Escape

Immersion

## Our Programmes:

Mediterranean Lifestyle

Cleanse & Purify

Beach Ready

De-stress & Unwind

Tranquility & Sleep Enhancing

Optimal Fitness & Energy

## They Include:

Three meals per day, personalised to your chosen programme

Daily fitness activities

Unlimited mineral water in your room

Juice of the day & Wellbeing Tea Collection

Unlimited access to the spa facilities and Thalasso dynamic Seawater Pool

Complimentary access to any of the education classes and lectures

A glass of organic wine with dinner





## Mediterranean Lifestyle

*Our signature programme is inspired by the healing benefits of the Mediterranean lifestyle and natural elements, leaving you looking and feeling more revitalised and radiant. A combination of facials, body treatments and personalised massages will exfoliate and calm, allowing for a more well-rounded escape that can only be found at the Marbella Club.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
90'	Marbella Club Personalised Massage or Energy Balance Massage	1	1	
60'	Marbella Club Personalised Massage			1
60'	Personalised Facial	1	1	1
45'	Thalasso Vichy Salt and Oil Exfoliation or Marine Massage	1	1	1
60'	Marine Magnesium or Calcium Wrap		1	1
120'	Sea Mineral Ritual		1	1
20'	Jet Blitz Massage			1
45'	Energising Bath			2
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 1,440 p/p	€ 2,300 p/p	€ 3,595 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.

## Cleanse and Purify

*This gentle detox programme has been created to cleanse and purify the body, thus reducing symptoms of fatigue, irritability and discomfort, helping you feel lighter and more energised.*

*Curated to give you back that natural spring in your step and to ensure optimum results are achieved, this programme includes our full board Purifying Healthy Menus which are plant-based and nutrient rich, specifically chosen to help you rest, repair and rejuvenate. Probiotic supplementation is also included to support the cleansing process.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
75'	Intensive Thalasso Vichy Detox	1	1	1
90'	Salt Holistic Ritual			1
60'	Skin Refine Detox Facial			1
60'	Detox Manual Lymphatic Drainage Massage	1	1	1
30'	Detoxifying Seaweed Wrap	1	1	2
60'	Reflexology		1	1
30'	Energising Bath	1	1	2
120'	Detoxifying Ritual		1	1
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 1,595 p/p	€ 2,500 p/p	€ 4,075 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Purifying Healthy full board menus.

VAT INCLUDED / ACCOMODATION **NOT** INCLUDED

## Beach Ready

*Allow our team to prepare and guide you to more body confidence this summer with a combination of total-body sculpting workouts, nutrition guidance and treatments designed to help you look and feel your best. To ensure optimum results, this programme includes our full board Purifying Healthy Menus which are plant-based, probiotic and nutrient rich, specifically designed to help you to achieve gentle yet sustainable weight loss, repair and rejuvenation.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
75'	Intensive Thalasso Vichy Detox	1	1	1
60'	Shaping Massage		1	1
55'	Personal Training Sessions	1	2	3
60'	Intensive Contouring	1	1	1
20'	Energising Bath	1	1	2
60'	Firming Seaweed Wrap		1	1
60'	Indiba Body Treatment		1	2
120'	Detoxifying Ritual			1
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 1,540 p/p	€ 2,700 p/p	€ 4,070 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Purifying Healthy full board menus.

## De-stress and Unwind

*Whether you are working too hard, dealing with stress, or simply need some time to pause from the pressures of everyday life, this soothing programme will help you to restore balance and bring harmony to both mind and body.*

*You will leave feeling renewed and better able to prevent chronic stress from reappearing.*

*This programme is also perfectly suitable for those simply wishing to take time to nurture themselves.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
90'	Marbella Club Personalised Massage or Heated Lava-Stone Massage	1	1	2
60'	Personalised Facial		1	1
30'	Energising Bath		1	2
120'	Stress-Reducing Ritual	1	1	1
60'	Reflexology			1
60'	Marine Magnesium or Calcium Wrap		1	1
55'	Personal Guided Meditation or Yoga Session	1	1	2
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 1,595 p/p	€ 2,515 p/p	€ 3,950 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.

## Tranquility and Sleep Enhancing

*Relaxation and quality of sleep are vital aspects of enjoying life to the fullest. A lack of restorative rest, both mental and physical, is linked to premature ageing and risk of ill health.*

*This gentle programme uses evidence-based techniques proven to improve your sleep. Our expert team will equip you with routines and tips to ensure that you will understand how to improve your sleep quality, starting with the day you arrive, and how to sustain it once you have returned home.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
90'	Energy Balance Massage	1	1	1
45'	Tibetan Singing Bowl Vibrational Massage	1	1	1
90'	Marbella Club Personalised Massage or Heated Lava-Stone Massage			1
60'	Personalised Facial			1
120'	Stress-Reducing Ritual	1	1	1
60'	Reflexology			1
60'	Marine Magnesium or Calcium Wrap or Marine Massage		1	1
55'	Personal Guided Meditation or Yoga Session	1	3	5
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 1,820 p/p	€ 2,800 p/p	€ 4,310 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.



## Optimal Fitness and Energy

*This uplifting programme will help boost stamina and increase physical and mental performance. Not only will you gain more confidence in yourself, you will also gain the tools to ensure you are working out to the very best of your ability. Evidence also points to the considerable mental benefits gained from being active, so you can expect to feel positive and upbeat too!*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
50'	Fitness Consultation	1	1	1
55'	Personal Training Sessions	2	4	7
60'	Magnesium Recovery Massage	1	1	2
60'	Magnesium or Calcium Body Wrap		1	1
20'	Jet Blitz		1	1
30'	Energising Bath			2
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 1,370 p/p	€ 2,540 p/p	€ 4,150 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.

## Day Packages

*Unwinding has never been so easy. Allow the Marbella Club to transport you to a more relaxed, invigorated or calmer you. These packages are available to our resident and non-resident guests and are a perfect introduction to Wellness at the Marbella Club.*

### ALL DAY PACKAGES INCLUDE:

Juice, herbal infusion or coffee, on arrival\*.

Two-course light lunch with water, herbal infusion or coffee\*.

Full use of the spa facilities, including the Thalasso dynamic Seawater Pool, sauna and steam rooms, relaxation areas and separate female and male dressing rooms.

Access to the Holistic Studio, the gym and any scheduled fitness activities.

Access to the outdoor pool and sun terrace.  
(Sunbeds subject to availability).

10% discount on any additional treatments or services during your Wellbeing Day.

All taxes and service charge.

\*with the exception of the 'Jumpstart' package.

We suggest arriving at the  
Resort at 9:30am with your  
departure at approximately 6pm.

## Jumpstart to Wellness

Feeling more tired than usual, overindulging and feeling the effects of your hectic lifestyle? Begin your holidays on good form. Juicing regularly has been shown to give that needed break to the digestive system, which enhances the removal of accumulated toxins and an opportunity for the body to have a reset and rest, allowing it to focus on healing.

*Access to the resort facilities*

*3 especially prepared detox juices, 1 smoothie, 1 vegetable broth or Wellness lunch.*

*A 90-minute Lifestyle & Nutrition Consultation - Quest..*

*- €400 -*

## Detox Day

A stimulating and purifying day to gently detox both mind and body. If preferred, lunch can be replaced with our green juice or smoothie of the day. A perfect kick-start to any holiday or more healthy regime.

*Access to the resort facilities*

*Welcome drink*

*Lunch*

*Body Peeling 30 mins*

*Detoxifying Seaweed Body Wrap, 60 mins.*

*A Marbella Club Personalised Massage, 60 mins.*

*- €630 -*





## To Destress

Detach yourself from the world for a day and allow the body and mind to unwind with these truly calming and soothing treatments in the sanctuary of our spa.

*Access to resort facilities*

*Welcome drink*

*Lunch*

*The Stress-Reducing Ritual, 120 mins.*

*Hydramemory Facial/ Superseed Nutrient Facial, 60 mins.*

*- €600 -*

## To Celebrate

A wonderful opportunity to celebrate any event whilst pampering yourself and focusing on your health and wellbeing. Includes a glass of Champagne with your lunch.

*Access to resort facilities*

*Welcome drink*

*Lunch with Champagne*

*A Marbella Club Personalised Massage, 60 mins.*

*A Marbella Club Personalised Facial, 60 mins.*

*- €545 -*

## ETIQUETTE

We look forward to welcoming you to the spa. We ask you to be respectful of our need for quiet and serenity at our premises to ensure you the best and most relaxing time with us.

We encourage guests to arrive at least 30 minutes prior to their appointment to allow the completion of our consultation card and to give you time to enjoy the sauna, steam and showers in the changing rooms as well as at the Thalasso dynamic Seawater Pool which is complimentary to all guests who reserve an appointment for 60 mins or over.

Please note that upon booking our services, you are complying to commit to rules and standards aimed at guaranteeing a peaceful and positive experience for all our guests.

The spa hereby reserves the right to refuse admission to persons displaying any unsuitable conduct and our team have the right to abstain from performing any treatment scheduled. Guests displaying inappropriate behaviour will be asked to leave the spa premises and will be reported to security personnel if necessary.

## CANCELLATION POLICY

Please be advised that a 100% cancellation charge will incur for any treatment or package not cancelled within 24 hours prior to the appointment.

May we also politely request that you arrive on time for your appointment as your treatment cannot be prolonged so as to not interfere with subsequent appointments.

## PREGNANCY

Please do let our team know if you are currently pregnant or breastfeeding as we are able to tailor and adapt many of our treatments during this very special time.

## CLOTHING

You will be allocated a personal locker where a robe, towel and slippers will be provided for your use. Please note that swimming attire is required for the use of the Thalasso dynamic Seawater Pool and suitable attire is available to purchase from the spa reception, if needed.

## ACCESS AND RESTRICTIONS

The use of alcohol and tobacco is strictly forbidden in our facilities. To ensure a relaxed atmosphere, we also ask our guests to refrain from the use of mobile devices. Accompanying visitors are not allowed in the spa, nor are pets.

Children under the age of 18 may receive a treatment with written consent of their parents or guardians, and must be accompanied by an adult throughout their entire treatment. Access to the Thalasso dynamic Seawater Pool and relaxation area is prohibited for children under 14. Young adults ages 14-18 must provide signed consent from a parent or guardian.

## SECURITY

For your own safety, please follow our staff's instructions at all times. The spa will not be held liable for any physical or material damages caused by the misuse of the spa equipment and facilities.

Please do not put yourself at unnecessary risk. If you feel you are in danger or in case of concern always consult our staff first.

The Marbella Club will not be held responsible for any damages or loss of personal items within the spa or Wellness facilities. We kindly ask that you leave items of significant value in your hotel room safe or at home.

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*To reserve a spa treatment, Wellness service or to purchase a gift voucher, please contact our Wellness team on (+34) 952 822 211 or email [wellness@marbellaclub.com](mailto:wellness@marbellaclub.com), where we would be delighted to assist.*





*Enjoy!*



WELLNESS

## MARBELLA CLUB

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