

*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

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*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.*

## Spa Experience

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*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; €70 -
  - Non residents, 2 hours; €95 -
  - Full day (Guests and Non residents) €160 -
- 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*

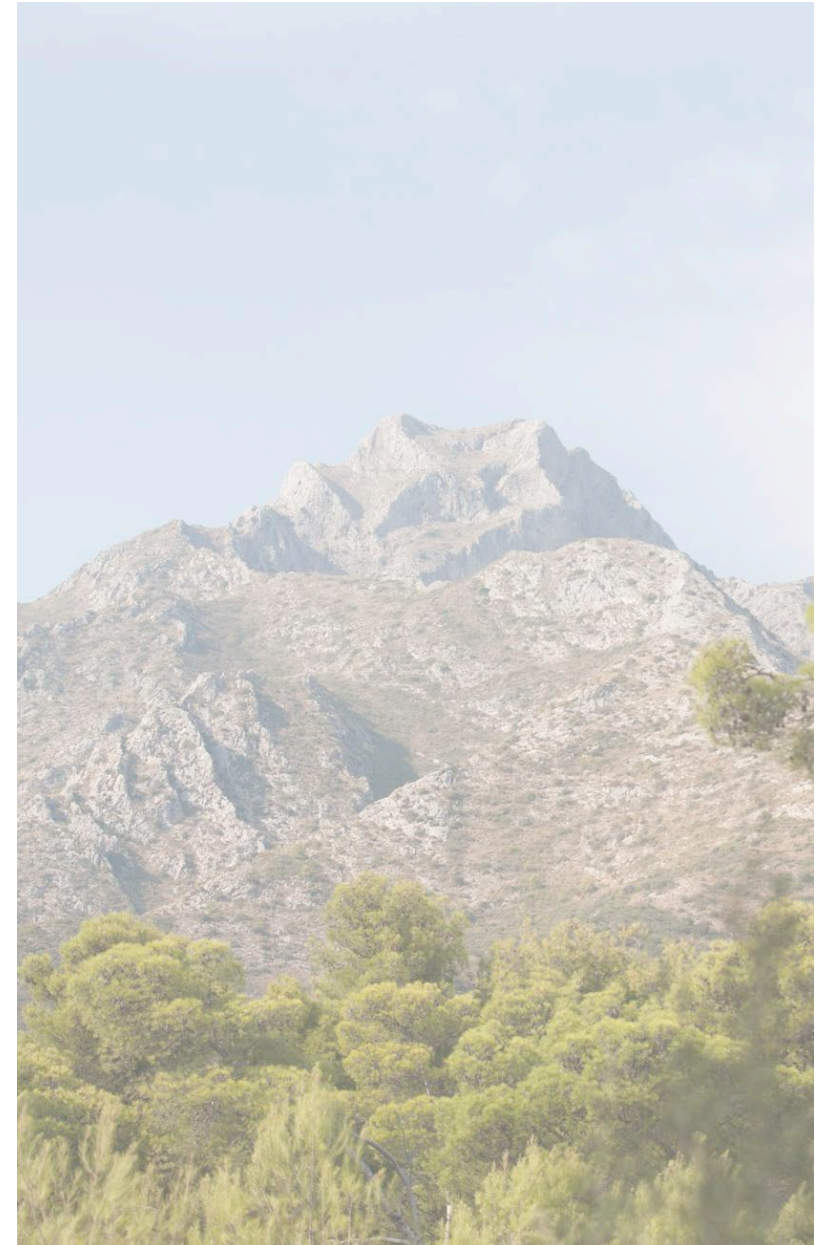
Thalion is the leading expert in marine cosmetics – carefully selecting the richest seaweeds. This unique know-how as a harvester enables them to preserve the original qualities of these precious plants and integrate them in new formulas that are then used within their result-orientated treatments.

**VOTARY** *United Kingdom*

VOTARY believes in the power of natural plant oils and extracts to support both skin and emotional wellbeing. Each product is carefully formulated to nourish and restore, blending botanical ingredients with a modern approach to skincare.

**Morjana**  
COSMETIQUES  
FRANCE *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 global stress-reducing treatment acts on three senses: smell, touch and hearing, and promises deep relaxation. The ritual begins with a volcanic exfoliation all over the body to prepare the skin for a sublime body and facial massage, with the synergy of the exclusive blend of essential oils, applied with special brushes and the personalized Tranquility™ Sound that helps you sleep peacefully. It is especially suitable for those with busy lifestyles, as well as for recovering from jet-lag.

*- 120 mins; €360 -*

### Sea Mineral *with Thalion*

By combining regenerating scrub, magnesium or calcium mud wrap and “super charger” moisturizing. This ritual restores the body's natural mineral balance to release tension and truly improve wellbeing. Add mineral booster facial to complete your Ritual.

*- 90 mins; €275 / 120 mins; €360 -*

### 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; €360 -*



# 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; €210 -*

## 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; €210 / With steam and extractions, 90 mins; € 265 -*

## HydraGlow 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; €210 -*

## Superseed Nutrient *with Votary*

A nourishing and hydrating facial which harnesses the natural power of VOTARY's unique 22 Super Seed oil blend to restore health and resilience to your skin. Skin is infused with Super Seed nutrition repairing and protecting dry and delicate complexions.

*- 60 mins; €210 -*

## Sublime Skin *with comfort zone*

A gentle yet effective age-supporting facial. Helps restore volume and redefine facial contours. This treatment combines the Activ-Lift massage with a next-generation mask, rich in active ingredients, to boost cell regeneration, stimulate collagen and strengthen the skin barrier.

*- 90 mins; €275 -*

## INDIBA® Redensifying Lifting Facial *with Indiba*

Instant wrinkle depth reduction and intense firming thanks to INDIBA® Deep Beauty's unique lifting technology and massage with powerful collagen and hyaluronic acid boosters together with a collagen mask that sculpts the facial contours.

*- 60 mins; €230 / 90 mins; €290 -*

# 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; €250 / 90 mins; €315 -*

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

*- 60 mins; €320 / 90 mins €410 -*

Or in our outdoor beach cabin during the summer months:

*- 30 mins; €90 / 45 mins; €130 / 60 mins; €150 -*

## 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; €230 / 90 mins; €295 -*

## Soothing Scalp Massage

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

*- 30 mins; €130 -*

In our outdoor beach cabin during the summer months:

*- 30 mins; €90 -*

In the Holistic Studio:

*- 30 mins; €90 -*

## Energy Balance

A deeply relaxing massage using warm lava stones and cooling jade. Enhanced by the gentle sounds of Tibetan Bowls and seasonal aromatherapy, it offers a moment to pause, reconnect and restore balance.

*- 90 mins; €295 -*

## Magnesium Recovery

Ideal for athletes or people under intense stress, it relieves muscle discomfort and joint stiffness. We add a magnesium-rich booster to the massage to reduce muscle fatigue and tiredness.

- 60 mins; €255 / 90 mins; €320 -

## Pamper Moment

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; €230 -

*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.*

### Active Marine Exfoliation *with Thalion*

Revitalise your body with this intense exfoliation rich in mineral salts and marine trace elements that will leave your skin soft and nourished.

- 60 mins; €200 -

### Intensive Countouring *with Thalion*

Personalised treatment according to the appearance of your skin. Different concentrated active ingredients will produce an immediate result, improving the smoothness of the skin and helping to control cellulite.

- 60 mins; €245 -

### 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; €220 / 90 mins; €280 -

### 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; €200 -

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

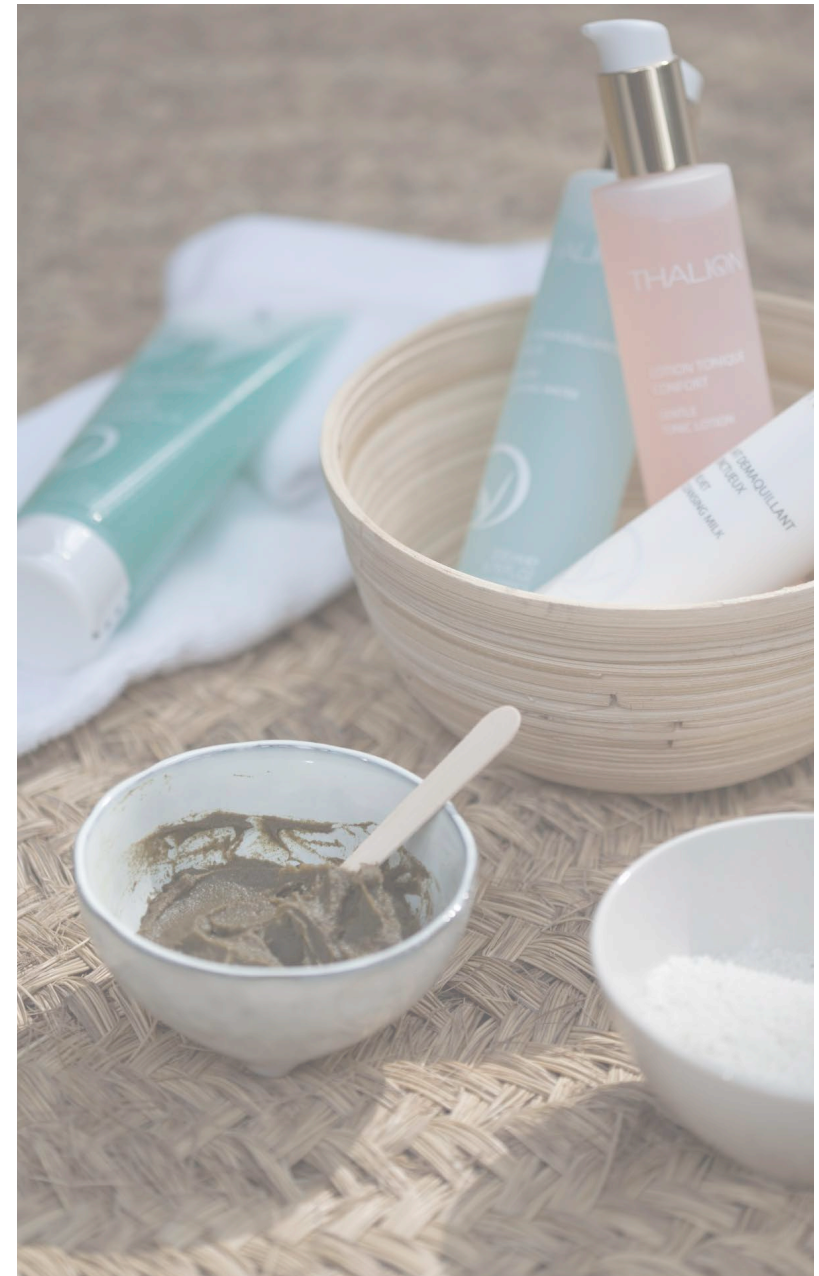
The application of mineral-rich mud full of magnesium or calcium that helps reduce the effects of stress, decreases pain in the muscles and joints, and has an anti-inflammatory effect as well as regulating metabolism and enhancing sleep quality.

- 60 mins; €200 -

### 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; €200 -



# Mediterranean Sea Experiences

*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.*

## Sea & Botanical Essence *with Sea Skin Life*

A fruity exfoliation followed by an application of Botanic Superfood, a mask that we combine synergistically with Spirulina extracts and floral essences. An experience that soothes your senses and completely disconnects you.

*- 75 mins; €240 -*

## 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; €240 -*

## 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; €190 -*

## Marine Massage *with Sea Skin Life*

Let yourself be pampered under a warm seawater shower and enjoy a relaxing massage with Mediterranean oils that nourish and protect your skin. This treatment will balance your body and relax your mind.

*- 45 mins; €190 -*

## Energizing Bath *with Thalion*

Enjoy the benefits of a Mineral Booster Bath (Ca++ or Mg++) including an intensive underwater massage using a jet directed by your therapist. Especially recommended to enhance your energy, detoxify and tonifying your skin. 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.

*- 30 mins; €145 -*

## 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; €105 -*

# Rituals in the Hammam

## MC Hammam Ritual

A caress for the soul and a true escape for the senses that begins by selecting the aroma that will accompany the entire experience. During the exfoliation with black soap and traditional kessa glove, we will prepare your skin for your personalised body wrap. We will then proceed with a very relaxing and nourishing facial and hair ritual. Afterwards, we will accompany you to our relaxation room overlooking the sea, where you can enjoy an aromatic tea. We will conclude with the Orient Lands massage that will pamper your body for total relaxation.

*- 120 mins; €370 -*

## Hammam Al-Andalus Ritual

An exceptional hammam ritual with bubble bath, exfoliation with eucalyptus black soap, kessa glove and ghassoul purifying wrap. A full sensorial experience that includes a head massage during our hair washing ritual and a facial that will deeply nourish your skin.

*- 90 mins; €310 -*

## Traditional Hammam Ritual

An exclusive experience where you can enjoy our private hammam, a ritual that purifies and revitalises the skin, thanks to the exfoliation with black soap and kessa glove. Relax body and mind with a personalised hydration of natural products with a selection of exquisite aromas.

*- 60 mins; €250 -*

## Revitalising Hammam Exfoliation

Purify and revitalise your skin in depth with the traditional exfoliation with eucalyptus black soap and kessa glove. Recommended before our body treatments.

*- 45 mins; €220 -*

## Orient Lands Massage

A body massage with exquisite aromas that will culminate the unforgettable escape of any of our hammam rituals, through stretches with towels and ancestral techniques that relax and detoxify the entire body.

*- 60 mins; €240, four hands; €460 -*



# 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

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.

- 60 mins; €245 -

In our outdoor beach cabin during the summer months:

- 30 mins; €90 / 45 mins; €130 / 60 mins; €150 -

Or, in the Holistic Studio:

- 30 mins; €90 / 60 mins; €150 -

## 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.

- 60 mins; €275 -

### *Tibetan Singing Bowl Group Ritual (for two or more guests)*

A guided meditation using the soothing vibrations of Tibetan Singing Bowls and other world instruments. Helps ease the body into deep relaxation while gently calming the mind.

- 45 mins; €135 per person -





WELLNESS

## MARBELLA CLUB

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