

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 or Energy Balance 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		✓	✓
		€ 1,700 p/p	€ 2,740 p/p	€ 4,100 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.