

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*

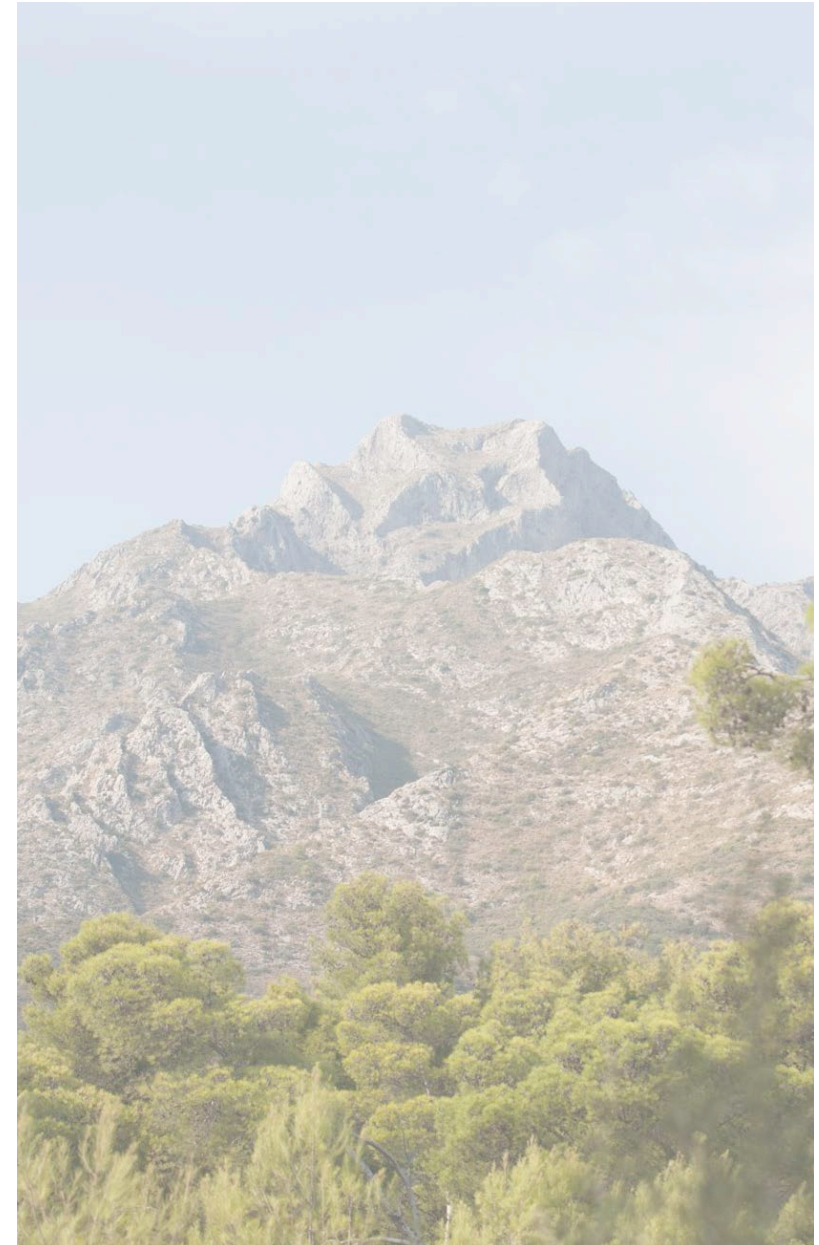
Thalion is the leading expert in marine cosmetics – carefully selecting the richest seaweeds. This unique know-how as a harvester enables them to preserve the original qualities of these precious plants and integrate them in new formulas that are then used within their result-orientated treatments.

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 -

Hydramemory 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 Lymphodrainage *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

MARBELLA CLUB

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