

*“Nothing looks as good
as health feels.”*

Amanda Hamilton



In a Nutshell

Four Nights' Stay at the Marbella Club Hotel, Golf Resort & Spa
Accommodation in a Deluxe Double Room.

Unlimited use of the Facilities
including the luxury Thalasso Spa pool.

Personalised Detox-Style Cuisine
including daily* juices and light dining, targeted to goals.

Welcome Juice
and light dinner.

Gut Health
daily boosters.

Healthy Cooking Workshop
mediterranean starters, mains and puddings & snacks.

Personal Consultation
to develop ongoing ideas.

Daily Activity Programme
including beach walks, yoga and a variety of fitness activities.

Evening Meditation

80-minute Personalised Treatment
at our Thalasso Spa

2 BIA
Bioelectrical Impedance Analysis.

Price in single occupancy: 2.420 Eur / Double occupancy: 1.780 Eur per person
VAT INCLUDED / * 3 days

Marbella Club Hotel, Golf Resort & Spa
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