



MARBELLA  
CLUB

## Luxury Wellbeing Detox

*Amanda Hamilton*

WELLNESS

*"Nothing looks as good as health feels."*

## JOIN AMANDA HAMILTON

and Marbella Club's wellbeing team at one of Europe's most exclusive beachfront destinations for this highly personalised detox experience.

*With inspiring and educational seminars, consultations, spa treatments and delicious detox cuisine, this is an unbeatable package that will help you look and feel great!*

## PERSONALIZED PROGRAMME

**the Amanda Hamilton Four-Day Wellness Retreat / 8-12 November 2017**

### *Four Nights' Stay*

at the Marbella Club Hotel

### *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*

on arrival and light dinner. Gut Health daily boosters.

### *Personal Consultation*

to develop ongoing ideas.

### *Healthy Cooking Workshop*

Mediterranean starters, mains and puddings & snacks.

### *Daily Activity Programme*

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

### *Evening Meditation*

### *Personalised Treatment*

at our Thalasso Spa, 80 min.

### *2 Bioelectrical Impedance Analysis*

Detailed Body Composition Status and Progress Report

Price in single occupancy: 2.420 Eur <sup>VAT INC</sup>

Double occupancy: 1.780 Eur per person <sup>VAT INC</sup>

Price without accommodation: 995 Eur per person <sup>VAT INC</sup>

\*3 days | PLEASE NOTE: Places are limited and must be pre-booked

**For further information & bookings** · [wellness@marbellaclub.com](mailto:wellness@marbellaclub.com)

*Marbella Club Hotel, Golf Resort & Spa*

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