



Amanda Hamilton is one of the world's leading nutritionists with a career which has seen the publication of four bestselling books and TV health series syndicated in more than 20 countries. She is also well known as an innovator in the spa wellbeing sector.

Her signature menus are served throughout the Marbella Club and she is regularly on-site to develop ideas, concepts and support the wellbeing offerings.

She is a member of the Royal Society of Medicine, British Association of Nutritional Therapists and The Nutrition Society.

Her London clinic is forever popular with clients seeking natural nutrition-based solutions to health and wellbeing challenges. Her client list includes premiership footballers, professional dancers, leading businesspeople and well-known celebrities.

She is a vocal advocate of the Mediterranean diet and lifestyle and has spent a lot of time in the Marbella region with her children. An ex- international sports competitor, Amanda is a regular participant at the wellbeing classes and tennis mix-in's.

*Amanda Hamilton*