



MARBELLA CLUB

MARBELLA CLUB HOTEL · GOLF RESORT & SPA UNVEILS ITS PERSONALISED DETOX RETREAT SERIES LED BY ACCLAIMED NUTRITIONIST, AMANDA HAMILTON



January 2018

The famed Marbella Club continues to expand its wellness offering with the launch of a new detox and nutrition retreat created and hosted by acclaimed nutritionist, Amanda Hamilton.

These four-day personalised wellness retreats are a blend of impressive results and mindful inspiration set within subtropical gardens, an enviable climate and a seafront location in the southern Costa del Sol.

Amanda has designed programmes that optimise healing, shift excess pounds and begin a gut health reboot. Each retreat begins with a private consultation to tailor the programme to each guest's needs, from juices, teas, gut boosters, supplements and advice.

As a best-selling author on fasting (*Eat, Fast, Slim*) and gut health (*Gut-Plan Diet*), Amanda is one of the world's leading authorities on this method to deliver long lasting results.

Guests start the day with a beach walk where they practice Buteyko breathing techniques to soothe the nervous system, and energise with a three-minute metabolic boosting workout to enhance fat burning. Later in the day, an expert fitness team leads yoga classes and wellbeing activities that tone the body and de-stress the mind. Other daily activities include Thalasso spa circuits, as well as massage and evening sessions on mindfulness that help guests develop a long-term wellness plan for maximum results.

Since 2016, Amanda Hamilton has closely collaborated with Marbella Club in creating and implementing healthy and savoury options in every one of its restaurants and, recently, has incorporated healthy breakfasts at MC Café, a casual restaurant with a varied international fare offering.

Upcoming Retreats 2018

- 22nd – 26th February, Reboot after Winter
- 31st May – 3rd June, Get ready for Summer
- 13th – 16th September, Immune Boost for Autumn
- 8th – 12th November, Autumn Sunshine

Prices start from £1208 including accommodation.

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About Amanda Hamilton

Amanda Hamilton is one of the best-known and respected nutrition experts in the UK. She is qualified to postgraduate level in weight management and nutrition, and has spent more than 15 years running wellbeing programmes around the world. She is a globally best-selling author of four books.

About Marbella Club Golf Resort & Spa:

Located on the southern Spanish Costa del Sol, in the heart of the “Golden Mile” and only five minutes to Old Town Marbella and Puerto Banús, the Marbella Club Hotel · Golf Resort & Spa enjoys 325 days of sunshine. Open year round, the renowned Marbella Club Hotel, one of the “The Leading Hotels of the World,” was once the private residence of Prince Alfonso von Hohenlohe and features 35 luxury bedrooms, 80 suites and 13 Andalusian-style villas, including the majestic Villa del Mar spread along 42.000 square metres (452.083 sq. ft.) of lush subtropical garden.

Amenities and activities include two outdoor heated swimming pools, a fitness centre, 10 tennis and 4 paddle courts at sister hotel, Puente Romano (only a 5-10 minute beach walk away), a 5.000 sq. metre Kids Club, a shopping gallery, an equestrian centre and a Dave Thomas-designed 18-hole golf course within the hills of Benahavis. The hotel also features six bars and restaurants including the famous Beach Club Buffet, legendary Grill Restaurant and avant-garde MC Café.

Inspired by the profound benefits of the Mediterranean Sea, Wellness at Marbella Club is based on four basic elements to inspire guests to find the best version of themselves: Nutrition, Fitness, Spa and Wellbeing. Led by a multidisciplinary team specialized in Holistic therapies and treatments, our programmes are reinforced by the Holistic Studio and the Thalasso Spa. An 800 square metre (8.611 sq. ft.) state-of-the-art facility, the Thalasso Spa boasts a dynamic indoor sea water pool, Hammam and Finnish saunas, a solarium and 12 fully-equipped treatment rooms.

www.marbellaclub.com