



MARBELLA CLUB

## THE [MARBELLA CLUB HOTEL](#) · GOLF RESORT & SPA, LAUNCHES ITS 2018 WELLNESS MASTERCLASSES



### March 2018

The Marbella Club is delighted to announce the expansion of its Wellness offering, with the launch of its 2018 Wellness Masterclasses. The iconic hotel has partnered with wellness experts to create a series of insightful masterclasses to an audience of just twelve attendees per class.

With its sub-tropical gardens, enviable climate and proximity to the Mediterranean Sea, the Marbella Club provides ongoing learning opportunities to a varied audience in an unrivalled location. Professionals will guide guests through their wellness journeys with informed advice on nutrition, general well-being, women's and men's health and fitness.

The 2018 Wellness Masterclass schedule:

- **24<sup>th</sup> March:** Dr. Marilyn Glenville specialises in women's health and explores how to increase energy levels, eliminate mood swings, curb cravings and improve memory.  
*Price: 150 EUR*
- **14<sup>th</sup> April:** Ian Marber will conduct a nutrition masterclass focused specifically on men's health. Various topics will be covered supported by the latest clinical research. Ian is one of the best-known and well-regarded nutrition experts in the UK, known for his practical and balanced approach.  
*Price: 150 EUR*
- **30<sup>th</sup> June:** Sharron Lowe will host a day seminar to discuss how to motivate people to celebrate themselves and focus on empowering individuals. Sharron established her own coaching and conference speakers company 25 years ago and is a highly sought-after conference key-note speaker and inspiring business success coach.  
*Price: 190 EUR*
- **12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> October:** Alan Wichert is a healthy chef, specialising in health, raw, detox and spa cuisine. Enjoy Michelin Star food from a world renowned detox chef.  
*Price: 60 EUR*

- **March-November:** Yoga masterclasses will be held throughout the year by seasoned experts. Indra Aimee Rai is a KRI qualified Kundalini Yogi, Spiritual Teacher & International Life Coach and Xuan Lan, specialises in various styles of dynamic yoga (Vinyasa, Flow, Jivamukti, Ashtanga)

*Prices start from: 60 EUR*

Masterclasses can also be combined with one of the Marbella Club's Lifestyle Programmes, a series of wellbeing activities that tone the body and de-stress the mind which include: The Mediterranean Lifestyle, Cleanse & Purify, Bikini Body & Beach Ready, Destress & Unwind, Tranquillity & Sleep Enhancing and Optimal Fitness & Energy.

By understanding that wellness is an ever-growing and progressive movement, the Marbella Club has curated a true wellness-inspired community, with an approach to well-being that is continually evolving. Far from quick fixes or isolated destinations, the hotel offers a unique wellness experience for guests, fully integrated within an award-winning, luxury hotel.

*Please note there is limited availability. To reserve a place please email:  
[wellness@marbellaclub.com](mailto:wellness@marbellaclub.com)*

*For reservations, please call +34 95 282 2211 or email [reservas@marbellaclub.com](mailto:reservas@marbellaclub.com)*

Prices start from £380 per room, per night for double occupancy with breakfast included

**-ENDS-**

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#### **About Marbella Club Golf Resort & Spa:**

Located on the Southern Spanish Costa del Sol, on the heart of the 'Golden Mile' only 5 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 37 luxury bedrooms, 78 suites and 14 Andalusian-Style villas and the majestic Villa del Mar throughout 42.000 square metres (452.083 sq. ft.) of lush subtropical garden. Amenities and activities including two outdoor heated swimming pools, seasonal water sports, fitness centre, 10 tennis and 4 paddle courts at sister hotel, Puente Romano (only a 5-10 minute beach walk away), Kids Club by Minimec, shopping gallery, equestrian centre and 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: Sleep, Nutrition, Mindset, and Fitness. 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](http://www.marbellaclub.com)