



WELLNESS

Programmes

“Your journey to wellness, enjoyed with family and friends at the Marbella Club.”

At the heart of our philosophy is our commitment to deliver an exceptional fusion of modern innovation and ancient healing methods in a luxurious resort setting, immersed in history and character. Our mission is to provide an all-encompassing wellness experience based on Mediterranean principles, healthy cuisine, activities, effective medical, holistic, therapeutic and thalassotherapy treatments. Led by a dedicated and supportive team of professionals, the results are immediate and sustainable.

WELLNESS WEEKEND

The Wellness Weekend is designed for those in need of a recharge. Revitalise from the inside out with fresh nutritious Mediterranean cuisine and the healing power of Thalassotherapy. Feel the tension slip away at our boutique Thalasso Wellness Centre and emerge with energy and a little extra bounce in your step.

Two-day programme, for your enjoyment.

| 2 DAYS | WELLNESS WEEKEND |
|--------|------------------------------------|
| ✓ | Vichy Exfoliation |
| ✓ | Anti Jet-Lag |
| ✓ | Multi-Jet Bath with Magnesium |
| ✓ | Marine Massage with Essential Oils |
| ✓ | Back Relaxation Massage |
| ✓ | Facial Thalasso |
| 2 | Thalasso Centre Sessions |
| 690 € | Wellness Weekend |

A 'Healthy Diet Board' option is recommended with this programme.

MEDITERRANEAN RENEWAL

Inspired by the healing benefits of the Mediterranean Sea and its medicinal elements. Drawing on the natural surroundings, the programme combines invigorating spa treatments with the detoxifying benefits of Thalassotherapy.

No matter what state you arrive in, you will leave looking radiant and feeling years younger.

*Four or seven-day programme,
depending on your goals and availability.*

| 4 DAYS | 7 DAYS | MEDITERRANEAN RENEWAL |
|--------------|----------------|------------------------------------|
| ✓ | ✓ | 'Al-Andalus' Thalasso (2 hours) |
| ✓ | ✓ | Hot Stone Massage |
| ✓ | ✓ | Marine Massage with Essential Oils |
| | ✓ | Thalasso Wrap |
| ✓ | ✓ | Sweet & Salty Bath |
| ✓ | ✓ | Beauty Facial Elixir |
| | ✓ | Facial Thalasso |
| | ✓ | Reflexology |
| | ✓ | Anti-Age Lifting |
| ✓ | ✓ | Alpine Rose Wrap |
| ✓ | ✓ | Manicure |
| ✓ | ✓ | Pedicure |
| 3 | 6 | Thalasso Centre Sessions |
| 950 € | 1,450 € | Mediterranean Renewal |

A 'Healthy Diet Board' option is recommended with this programme.

BEAUTY

The Beauty programme emphasises restoring your youthful glow and luminosity, as well as finding inner peace and reconnecting with your authentic self.

Anticipate pampering beauty treatments, deeply restorative holistic sessions, Thalassotherapy and nutritional guidance to help beautify and reduce inches. Rejuvenate your mind, body and spirit with this intensive beauty retreat.

| 4 DAYS | 7 DAYS | BEAUTY |
|----------------|----------------|---|
| ✓ | ✓ | Thalasso Vichy Detox |
| ✓ | ✓ | Underwater Massage |
| ✓ | ✓ | Anti-Ageing Lifting |
| | ✓ | Leg Revival Treatment |
| ✓ | ✓ | Essential Personalized Facial |
| ✓ | ✓ | Dr. Babor Collagen Facial |
| ✓ | ✓ | Personalized Facial - High Skin Refiner |
| | ✓ | Aromatherapy Massage |
| | ✓ | Lymphatic Drainage |
| | ✓ | Yoga |
| 3 | 6 | Thalasso Centre Sessions |
| 4 | 7 | Days of Healthy Nutrition Half-Board |
| 1,350 € | 2,200 € | Beauty |

*Four-day or seven-day programme,
depending on your goals and availability.*

BREATHE FREE / STOP TOBACCO

It takes great willpower and strength to quit smoking. The Breathe Free programme is designed to help you through the initial period of withdrawal in a luxurious and comfortable setting.

Away from the distractions and routine of daily life, our team will help you strengthen your self-discipline; rediscover the flavours of healthy food and joys of physical and holistic exercise. Our goal is to help you quit smoking once and for all.

| 7 DAYS | BREATHE FREE / STOP TOBACCO |
|----------------|--------------------------------------|
| ✓ | Initial Medical Consultation |
| ✓ | Initial Coach Consultation |
| ✓ | Medical Check-up |
| 2 | Cooximetry |
| 4 | Stress Management Sessions |
| ✓ | Detox Lymphodrainer [®] |
| ✓ | Thalasso Vichy Detox |
| ✓ | Ayurveda Massage |
| ✓ | Marine Mud Wrap |
| ✓ | Facial Thalasso |
| 3 | Personalized Training Sessions |
| 6 | Thalasso Centre Sessions |
| 7 | Days of Healthy Nutrition Half-Board |
| 2,950 € | Breathe Free |

Seven-day programme.

STRESS MANAGEMENT

The Stress Management programme is designed to allow you to pause the pressure of everyday life and rebalance the body and mind.

Combining holistic physical and emotional practices, spa treatments and Thalassotherapy with medical support, the programme stimulates positive energy and calms emotions. You will leave with a renewed outlook on life and reduced tension.

*Four or seven-day programme,
depending on your goals and availability.*

| 4 DAYS | 7 DAYS | STRESS MANAGEMENT |
|----------------|----------------|--|
| ✓ | ✓ | Initial Medical Consultation |
| | ✓ | Final Medical Consultation |
| | ✓ | Nutritionist Consultation |
| ✓ | ✓ | Initial Coach Consultation |
| | ✓ | Medical Check-up |
| | ✓ | Cortisol in Saliva Test |
| 2 | 3 | Stress Management Sessions |
| ✓ | 3 | Relaxing Massage |
| ✓ | 2 | Marina Massage with Essential Oils |
| | ✓ | Oriental Massage (Shiatsu or Ayurveda) |
| | ✓ | Facial Thalasso |
| | ✓ | Relaxing Aqua Massage |
| | ✓ | Yoga |
| | 2 | Personalized Training Sessions |
| 3 | 6 | Thalasso Centre Sessions |
| 4 | 7 | Days of Healthy Nutrition Half-Board |
| 1,590 € | 3,150 € | Stress Management |

MARBELLA CLUB BOOT CAMP

The Boot Camp offers personalised programmes with various intensities, from novice to advanced. It is designed for those with a basic fitness level who wish to improve their ability, physical stamina and motivation.

Enjoy the beautiful coastline and surrounding area of Marbella with a week of outdoor activities, hiking, water sports, beach sessions and functional training.

All activities are supervised by our team of personal trainers and with the support of our head coach.

The programme is designed to also allow your body to relax and repair with holistic sessions, rejuvenating spa treatments and a rich diet of fresh Mediterranean cuisine.

Seven-day programme.

| 7 DAYS | MARBELLA CLUB BOOT CAMP |
|--------------|--------------------------------------|
| ✓ | Initial Medical Consultation |
| ✓ | Nutritionist Consultation |
| ✓ | Initial Coach Session |
| ✓ | Final Coach Session |
| ✓ | Medical Check-up |
| 2 | Weight Control and Body Composition |
| ✓ | Relaxing Aqua Massage |
| ✓ | Water Jet Massage + Multijet Bath |
| ✓ | Leg Revival Treatment |
| ✓ | Relaxing Massage |
| 2 | Ballancer Pressotherapy |
| 28 | Personalised Training Sessions |
| 6 | Thalasso Centre Sessions |
| 7 | Days of Healthy Nutrition Full-Board |
| Price | Upon request |

SLIMMING

Designed for those in pursuit of their ideal body weight, the Slimming programme is based on fresh and balanced Mediterranean nutrition.

The programme includes the services of an expert medical and nutritional team, who will carry out an in-depth analysis, as well as personal training, spa treatments, Thalassotherapy and coaching to ensure you keep up with the progress once you return home.

*Seven-day or fourteen-day programme,
depending on your goals and availability.*

| 7 DAYS | 14 DAYS | SLIMMING |
|----------------|----------------|--------------------------------------|
| ✓ | ✓ | Initial Medical Consultation |
| ✓ | ✓ | Final Medical Consultation |
| ✓ | ✓ | Nutritionist Consultation |
| ✓ | ✓ | Initial Coach Consultation |
| ✓ | ✓ | Final Coach Consultation |
| ✓ | ✓ | Medical Check-up |
| 2 | 5 | Weight Control and Body Composition |
| ✓ | ✓ | Vichy Exfoliation |
| 4 | 6 | Manual Massages |
| 3 | 5 | Underwater Massage |
| | | Vichy Showers |
| | | Seaweed Wrap |
| 2 | 4 | Ballancer Pressotherapy |
| 1 | 2 | Facial Thalasso |
| 2 | 4 | Personalised Training Sessions |
| 6 | 13 | Thalasso Centre Sessions |
| 7 | 14 | Days of Healthy Nutrition Full-Board |
| 3,550 € | 5,800 € | Slimming |

PURIFYING

The accumulation of pollutants and toxic materials can greatly affect your health and wellbeing. The Purifying programme is designed to diminish the build-up of harmful substances and allow your body to detoxify and rebalance.

Rich Mediterranean cuisine, spa therapies, stress management techniques and physical exercise are combined with innovative elimination treatments. The results are amplified by a medical analysis and personal guidance.

Combat the negative effects of smoking, stress, unhealthy diet, as well as pollution and other external factors. The added benefits of Thalassotherapy result in a complete detox and renewal experience.

*Seven or fourteen-day programme,
depending on your goals and availability.*

| 7 DAYS | 14 DAYS | PURIFYING |
|----------------|----------------|--------------------------------------|
| ✓ | ✓ | Initial Medical Consultation |
| ✓ | ✓ | Final Medical Consultation |
| ✓ | ✓ | Nutritionist Consultation |
| ✓ | ✓ | Initial Coach Consultation |
| ✓ | ✓ | Final Coach Consultation |
| ✓ | ✓ | Medical Check-up |
| 2 | 4 | Weight Control and Body Composition |
| ✓ | ✓ | Vichy Exfoliation |
| ✓ | 2 | Vichy & Algae Massage |
| ✓ | 2 | Underwater Massage |
| ✓ | 2 | Draining Detox Body Treatment |
| ✓ | 2 | Ballancer Pressotherapy |
| ✓ | 2 | Combined Detoxifying Treatment |
| ✓ | 2 | Manual Lymphatic Drainage |
| ✓ | 2 | Circulatory Massage |
| 2 | 3 | Detox Lymphodrainer® Treatment |
| 2 | 4 | Personalised Training |
| 6 | 13 | Thalasso Centre Sessions |
| 7 | 14 | Days of Healthy Nutrition Full-Board |
| 3,450 € | 5,750 € | Purifying |

THALASSO FOR PREGNANCY

Embrace Life

Let us pamper you while you enjoy this very special time in your life. Appreciate the luxury of relaxing and comforting Thalasso treatments especially designed and adapted for mothers-to-be.

*Four or seven-day programme,
depending on your goals and availability.*

| 4 DAYS | 7 DAYS | THALASSO FOR PREGNANCY |
|----------------|----------------|--------------------------------------|
| ✓ | 2 | Velvet Shine Exfoliating Treatment |
| ✓ | 2 | Prenatal Massage |
| ✓ | 2 | Multijet Bath or Vichy Essential |
| ✓ | 2 | Firming Wrap |
| ✓ | ✓ | Marine Massage |
| ✓ | ✓ | Leg Revival |
| 20 min | 45 min | Relaxing Aqua Massage (Watsu) |
| ✓ | ✓ | Remineralizing Relaxation |
| ✓ | 2 | Thalasso Facial |
| 4 | 7 | Days of Healthy Nutrition Half-Board |
| 1.260 € | 2.122 € | Thalasso for pregnancy |

The Marbella Club Hotel, Golf Resort & Spa Wellness Team

is always available for any questions concerning
your health. We are delighted to tailor your
programme upon request in order to meet
your specific requirements.

Your needs, our priority
and Wellness, a healthy choice.

wellness@marbellaclub.com

Reserve your journey to wellness

Marbella Club Hotel, Golf Resort & Spa

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