

be your best self



WELLNESS

Fact Sheet

*Welcome to a place of peace and wiser holistic wellbeing
by the sea — where healing ocean waters and a naturally healthy lifestyle
will bring out your best self. Here in our hidden botanical gardens, between
the Sierra Blanca Mountains and the Mediterranean, discover a rare
chance to quickly discover the joy of slow living.*



WELLBEING, SPA, NUTRITION AND FITNESS ARE THE FOUR CORNERSTONES

Our approach is simple. The magical Mediterranean beachside setting and home-from-home atmosphere is the perfect environment to achieve wellbeing potential. Seek botanical wisdom, nurture yourself, bring out your inner beauty and tune into a more holistic you through yoga.

Thalassotherapy is at the core of our spa's philosophy through our seawater pool, treatments and rituals. Our wellness team can advise on exactly the right treatments and our intuitive therapists & practitioners will expertly personalise each therapy.

Activate your yang or find more yin. Learn meditation from a master or try a dynamic new exercise in this soul-stirring setting as you practice high-energy fitness or wind down with mindfulness. Marbella's coastal promenade and protected parkland is as suited to contemplative strolls as challenging hikes and bike rides.

Throughout the resort, and with our dedicated Wellness dishes, we celebrate a naturally delicious, wholesome Mediterranean diet with the freshest local, seasonal produce. Enjoy a freshly made juice from our organic gardens or an infusion of aromatic medicinal herbs made by our in-house nutritionist, who is on hand to educate, inspire and remind us of the beneficial qualities of even the simplest of ingredients.



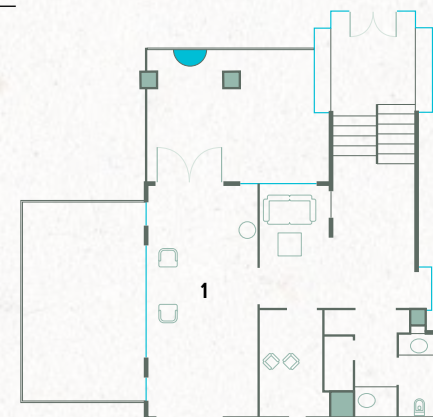


HOLISTIC STUDIO

Shaded by green treetops, framed by neon-bright bougainvillea, the hidden Holistic Studio tunes you into nature, while whispering ancient Persian sayings amid, Moorish architecture and lily-pad pools. From a healing Tibetan Bowl Ritual to a mindfulness session or a curated masterclass in the Juice & Herb Kitchen with our resident Lifestyle Coach, this is the heart of the resort's Wellness Programmes and individual activities.

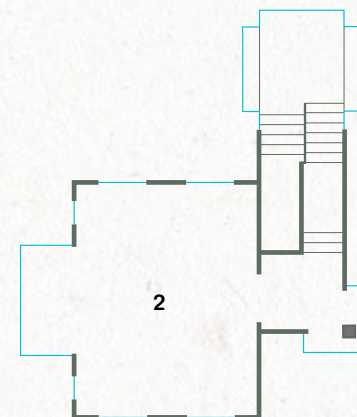
GROUND FLOOR

- 1 Consultation Room
20,45 m² / 220 ft²



TOP FLOOR

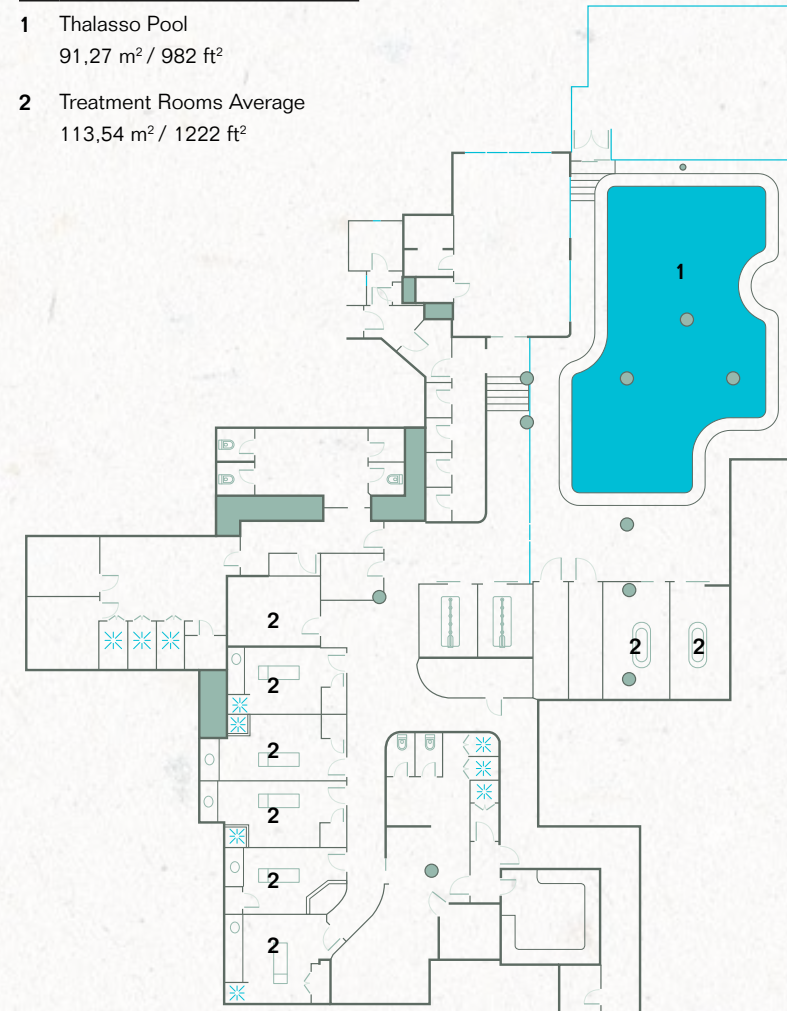
- 2 Meditation Room
41,30 m² / 445 ft²





THALASSO SPA

800 m² Thalasso Spa, including hamman & sauna, where the curative qualities of the Mediterranean Sea inform our therapeutic mineral-rich thalassotherapy treatments.

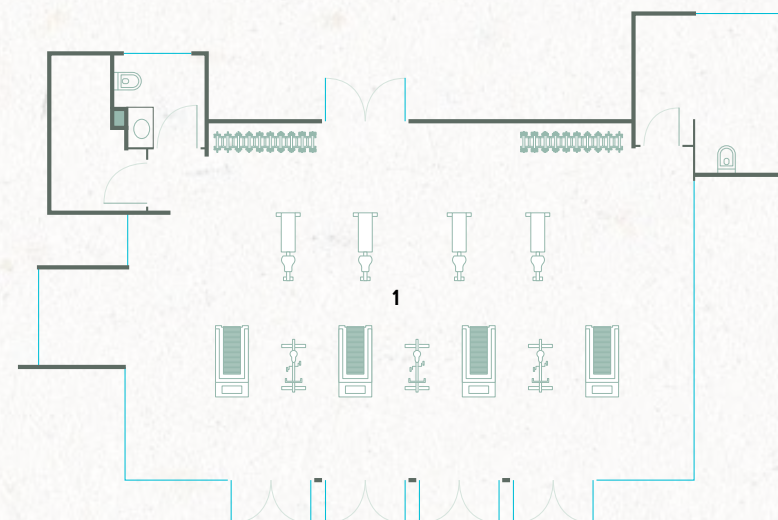




FITNESS CENTER

Fully equipped with the latest fitness technology from Technogym, it includes treadmills, step mills, elliptical trainers, free weights and TRX equipment. Personal trainers, Holistic fitness activities and Pilates are available on request.

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- 1 Gym
100 m² / 1076 ft²





OUTDOOR

Aeroyoga

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Hiking

Adventure beyond Marbella Club and discover the best routes for a day's walk through the city's historical and natural landmarks. Our personal trainer will accompany you and will personalize your work-out according to your skill level.

Cycling

Marbella's cycle-friendly roads will allow you to explore the Costa del Sol from a different perspective. The city's mild temperatures - even in winter - will be the perfect companion to these outdoor training sessions, which can be done individually or accompanied by a personal trainer who will help you navigate through winding roads and charming villages.

WELLNESS EXPERTS



Magalie Paillard

A qualified and registered nutritional therapist, her consultations, combine practicality with functional medicine and a holistic mindset. As well as having practised in medical clinics and having lectured at holistic centers, her international background in ballet and competitive gymnastics has given her a unique understanding of how the body works best.



Dieter Beckx

Dieter realized early-on that sports were his passion and decided to pursue studies as a Sports and Biology teacher. His background enabled him to combine his strong teaching affinity and sports skills with a deep understanding of the physiology, anatomy and biomechanics of the body.



Amanda Hamilton

A professional nutritionist at the leading edge of innovation in nutrition and wellness for over a decade. Amanda's wellbeing and nutrition philosophy is based on seeking an authentic, sustainable approach that is results-focused and evidence based.



Ana Duran

With a degree in physical education, Ana has been training both, groups and individual classes for over 20 years. Her passion for Pilates has given her the ability to provide specific Pilates training to a wide variety of clients with different goals.



Ana Giesel

Anna is a Personal Trainer titled by the National Strength and Conditioning Association. She is specialised in creating and adapting individual physical exercise programs for high performance: Professional Personal Trainer, Pilates and Yoga instructor, a lifeguard and first aid expert, a swimming instructor as well as a group coach.

Marbella Club Hotel, Golf Resort & Spa

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