

*Lifestyle Programmes*






## TAKING WELLNESS TO THE NEXT LEVEL

*Be Curious. Find purpose and balance.*

*Ranging from two to seven nights, all of our programmes begin with a Lifestyle and Nutrition Consultation: an evaluation and a compass that will guide your personal journey to wellbeing.*

*Depending on the chosen programme, you will leave with a personalised assessment and bespoke recommendations for long-lasting results. Our experts will gladly stay in touch to monitor your progress and commitment.*

*No intrusive or exhausting methods, just an opportunity to clear the mind and rest the body.*



*Lifestyle Programmes*



## Our Programmes:

Mediterranean Lifestyle

Cleanse & Purify

Beach Ready

De-stress & Unwind

Tranquility & Sleep Enhancing

Optimal Fitness & Energy

## They Include:

Three meals per day, personalised to your chosen programme

Daily fitness activities

Unlimited mineral water in your room

Juice of the day & Wellbeing Tea Collection

Unlimited access to the spa facilities and Thalasso dynamic Seawater Pool

Complimentary access to any of the education classes and lectures

A glass of organic wine with dinner

## Mediterranean Lifestyle

*Our signature programme is inspired by the healing benefits of the Mediterranean lifestyle and natural elements, leaving you looking and feeling more revitalised and radiant. A combination of facials, body treatments and personalised massages will exfoliate and calm, allowing for a more well-rounded escape that can only be found at the Marbella Club.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
90'	Marbella Club Personalised Massage or Heated Lava-Stone Massage	1	1	1
60'	Marbella Club Personalised Massage		1	1
60'	Personalised Facial	1	1	1
45'	Thalasso Vichy Salt and Oil Exfoliation	1	1	1
60'	Marine Magnesium or Calcium Wrap		1	1
120'	Personalised Ritual from the Collection			1
20'	Jet Blitz Massage			1
20'	Multi-Jet Bath with Marine Magnesium Concentrate			1
30'	Bath with Underwater Massage			1
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 935 p/p	€ 1,675 p/p	€ 2,640 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.

VAT INCLUDED / ACCOMODATION **NOT** INCLUDED

## Cleanse and Purify

*This gentle detox programme has been created to cleanse and purify the body, thus reducing symptoms of fatigue, irritability and discomfort, helping you feel lighter and more energised.*

*Curated to give you back that natural spring in your step and to ensure optimum results are achieved, this programme includes our full board Purifying Healthy Menus which are plant-based and nutrient rich, specifically chosen to help you rest, repair and rejuvenate. Probiotic supplementation is also included to support the cleansing process.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
75'	Intensive Thalasso Vichy Detox	1	1	1
60'	Marbella Club Personalised Massage			2
60'	Personalised Facial			1
60'	Detox Manual Lymphatic Drainage Massage / Detoxifying Lymphodrainer	1	1	1
30'	Detoxifying Seaweed Wrap	1	1	2
60'	Reflexology		1	1
30'	Bath with Underwater Massage	1	1	2
120'	Detoxifying Ritual		1	1
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation	✓	✓	✓
		€ 1,100 p/p	€ 1,850 p/p	€ 2,895 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Purifying Healthy full board menus.

VAT INCLUDED / ACCOMODATION **NOT** INCLUDED

## Beach Ready

*Allow our team to prepare and guide you to more body confidence this summer with a combination of total-body sculpting workouts, nutrition guidance and treatments designed to help you look and feel your best. To ensure optimum results, this programme includes our full board Purifying Healthy Menus which are plant-based, probiotic and nutrient rich, specifically designed to help you to achieve gentle yet sustainable weight loss, repair and rejuvenation.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
75'	Intensive Thalasso Vichy Detox	1	1	1
60'	Marbella Club Personalised Massage or Personalised Facial		1	1
55'	Personal Training Sessions	1	2	3
60'	Anti-Cellulite Body Treatment	1	1	1
20'	Jet Blitz Massage	1	1	1
60'	Firming Seaweed Wrap		1	1
60'	Indiba Body Treatment		1	2
120'	Detoxifying Ritual			1
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation	✓	✓	✓
		€ 1,080 p/p	€ 1,910 p/p	€ 2,805 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Purifying Healthy full board menus.

VAT INCLUDED / ACCOMODATION **NOT** INCLUDED

## De-stress and Unwind

*Whether you are working too hard, dealing with stress, or simply need some time to pause from the pressures of everyday life, this soothing programme will help you to restore balance and bring harmony to both mind and body. You will leave feeling renewed and better able to prevent chronic stress from reappearing.*

*This programme is also perfectly suitable for those simply wishing to take time to nurture themselves.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
90'	Marbella Club Personalised Massage or Heated Lava-Stone Massage	1	1	1
60'	Personalised Facial		1	1
90'	Sleep-Inducing Ritual			1
20'	Multi-Jet Bath with added Marine Magnesium		1	2
120'	Stress-Reducing Ritual	1	1	1
60'	Reflexology			1
60'	Marine Magnesium or Calcium Wrap		1	1
55'	Personal Guided Meditation or Yoga Session	1	1	2
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation	✓	✓	✓
		€ 1,150 p/p	€ 1,780 p/p	€ 2,725 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.

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# Tranquility and Sleep Enhancing

*Relaxation and quality of sleep are vital aspects of enjoying life to the fullest. A lack of restorative rest, both mental and physical, is linked to premature ageing and risk of ill health.*

*This gentle programme uses evidence-based techniques proven to improve your sleep. Our expert team will equip you with routines and tips to ensure that you will understand how to improve your sleep quality, starting with the day you arrive, and how to sustain it once you have returned home.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
90'	Sleep-Inducing Ritual	1	2	2
45'	Tibetan Singing Bowl Vibrational Massage	1	1	1
90'	Marbella Club Personalised Massage or Heated Lava-Stone Massage			1
60'	Hydrmemory Facial			1
120'	Stress-Reducing Ritual	1	1	1
60'	Reflexology			1
60'	Marine Magnesium or Calcium Wrap		1	1
55'	Personal Guided Meditation or Yoga Session	1	2	3
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation	✓	✓	✓
		€ 1,290 p/p	€ 2,005 p/p	€ 2,990 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.

VAT INCLUDED / ACCOMODATION **NOT** INCLUDED



## Optimal Fitness and Energy

*This uplifting programme will help boost stamina and increase physical and mental performance. Not only will you gain more confidence in yourself, you will also gain the tools to ensure you are working out to the very best of your ability. Evidence also points to the considerable mental benefits gained from being active, so you can expect to feel positive and upbeat too!*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
50'	Fitness Consultation	1	1	1
55'	Personal Training Sessions	2	4	7
60'	Intensive Sport Massage with Calcium or Magnesium Concentrate	1	1	2
60'	Intensive Sports Massage or Body Wrap		1	1
20'	Multi-Jet Bath			1
20'	Jet Blitz Massage		1	1
30'	Bath with Underwater Massage			1
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 965 p/p	€ 1,760 p/p	€ 2,775 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.

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## ETIQUETTE

We look forward to welcoming you to the spa. We ask you to be respectful of our need for quiet and serenity at our premises to ensure you the best and most relaxing time with us.

We encourage guests to arrive at least 30 minutes prior to their appointment to allow the completion of our consultation card and to give you time to enjoy the sauna, steam and showers in the changing rooms as well as at the Thalasso dynamic Seawater Pool which is complimentary to all guests who reserve an appointment for 60 mins or over.

Please note that upon booking our services, you are complying to commit to rules and standards aimed at guaranteeing a peaceful and positive experience for all our guests.

The spa hereby reserves the right to refuse admission to persons displaying any unsuitable conduct and our team have the right to abstain from performing any treatment scheduled. Guests displaying inappropriate behaviour will be asked to leave the spa premises and will be reported to security personnel if necessary.

## CANCELLATION POLICY

Please be advised that a 100% cancellation charge will incur for any treatment or package not cancelled within 24 hours prior to the appointment.

May we also politely request that you arrive on time for your appointment as your treatment cannot be prolonged so as to not interfere with subsequent appointments.

## PREGNANCY

Please do let our team know if you are currently pregnant or breastfeeding as we are able to tailor and adapt many of our treatments during this very special time.

## CLOTHING

You will be allocated a personal locker where a robe, towel and slippers will be provided for your use. Please note that swimming attire is required for the use of the Thalasso dynamic Seawater Pool and suitable attire is available to purchase from the spa reception, if needed.

## ACCESS AND RESTRICTIONS

The use of alcohol and tobacco is strictly forbidden in our facilities. To ensure a relaxed atmosphere, we also ask our guests to refrain from the use of mobile devices. Accompanying visitors are not allowed in the spa, nor are pets.

Children under the age of 18 may receive a treatment with written consent of their parents or guardians, and must be accompanied by an adult throughout their entire treatment. Access to the Thalasso dynamic Seawater Pool and relaxation area is prohibited for children under 14. Young adults ages 14-18 must provide signed consent from a parent or guardian.

## SECURITY

For your own safety, please follow our staff's instructions at all times. The spa will not be held liable for any physical or material damages caused by the misuse of the spa equipment and facilities.

Please do not put yourself at unnecessary risk. If you feel you are in danger or in case of concern always consult our staff first.

The Marbella Club will not be held responsible for any damages or loss of personal items within the spa or Wellness facilities. We kindly ask that you leave items of significant value in your hotel room safe or at home.

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*To reserve a spa treatment, Wellness service or to purchase a gift voucher, please contact our Wellness team on (+34) 952 822 211 or email [wellness@marbellaclub.com](mailto:wellness@marbellaclub.com), where we would be delighted to assist.*



*Enjoy!*



WELLNESS

## MARBELLA CLUB

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