



WELLNESS

“Everything has its moment in time”

Prince Alfonso von Hohenlohe



WELLNESS

Soundness of mind, equilibrium of body, Mediterranean lifestyle



PHILOSOPHY

“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.

MEDICAL

Tests and Technologies

- Medical Check-up
- Genetic Test
- BIA
- Cellucheck Plus[®]
- Virtual Mesotherapy
- Lypocryo[®]
- Indiba[®]
- Lymphodrainier[®]

WELLBEING

Thalasso Treatments

Body Treatments

Massages

Facials

Equipment-based Treatments

Rituals

HEALTHY NUTRITION

Personalised Mediterranean Diet

ACTIVITIES

Fitness 1:1

Group Fitness

Holistic

Health Academy

THALASSO

Beachfront Location

Pure Seawater Circuits

Seawater Treatments

HEALTH PROGRAMMES

Body Rebalance

Performance

Emotional Rebalance

Beauty

Mediterranean Lifestyle



MEDICAL

“We understand that the time you dedicate to leisure and health is extremely valuable.”

Our medical team offer an integrated approach to health and wellbeing. Personalised consultations and programmes are comfortable and designed to suit your specific values, lifestyle & wellness needs. Begin your wellness journey with a private consultation with one of our expertly trained medical professionals. Sessions may comprise of a full medical check-up & body analysis, Genetic test, CelluCheck, anthropometric survey that examines weight, height, BMI (Body Mass Index), nutrient, vitamin level and organ condition and a lifestyle report.

The team will develop a bespoke programme for your stay, providing you with the tools to obtain a balanced lifestyle and ideal levels of physical and emotional health.





WELLBEING

“Nothing looks as good as health feels.”

Combining contemporary innovation with the power of ancient healing methods, we will help you achieve your objectives.

Our treatments:

We offer tailored facial and body treatments, therapeutic sessions and Thalassotherapy for complete rejuvenation and wellbeing.

Our rooms:

Individual treatment cabins, featuring luxurious linens, private showers and a relaxation terrace with stunning views of the Mediterranean Sea.





HEALTHY NUTRITION

*“Do not start a diet that will end one day,
rather start a lifestyle that will last a lifetime.”*

Our personalised nutritional programmes feature signature Marbella Club fare with emphasis on the Mediterranean diet, which is renowned as the healthiest and most effective plan for weight maintenance, wellbeing and anti-ageing. Marbella Club Programmes are designed by our expert dietician and executive chef to ensure that gastronomy and nutrition work together in harmony. Our selection of fresh, light and flavourful dishes will motivate you to continue the lifestyle once you leave.





ACTIVITIES

“Motivation is what gets you started. Habits are what keep you going. Education builds a lifestyle.”

Workshops & seminars

Our team of health, wellness, medical and nutritional experts offer guidance and workshops on a variety of topics. We help you embrace the guidelines of nutrition, stress management, sport and general health - and put these into practice. Our cooking classes, highlighting fresh Mediterranean fare and farm to table dining, are especially popular. Offered as a courtesy to our Wellness guests, classes and seminars are carried out in a relaxed and comfortable group setting.

Physical & holistic programmes:

Our team of personal trainers, coaches and therapists offer a vast selection of physical and holistic activities to meet your varying interests.



FITNESS ACTIVITIES

Being fit is not just a goal, but also a way of life. During your stay, you will participate in low-impact, moderate-intensity exercise activities in an extraordinary beachfront setting, surrounded by gardens and nature.

Following a functional assessment, our team of fitness coaches will develop a tailored programme to help you reach your objectives and provide you with a toned physique and overall sense of wellbeing.





Personalised programme

With varying levels of intensity, Boot Camp is especially suitable for those who wish to optimise their physical condition, build self-esteem and a strong state of mind.

Unique natural setting:

Hiking, water sports, beach plyometric and functional training sessions are led by our experienced coaching team and are carried out in one-on-one or group scenarios.

Relaxation and nutrition

Restorative Thalassotherapy and wellness treatments as well as a personalised Mediterranean nutritional diet compliment fitness programmes.

MARBELLA CLUB BOOT CAMP



Tailored to your personal needs.
From Functional Training, TRX and Boxing to Yoga and Pilates, build strength, speed, stamina, agility and coordination with the help of our experienced trainers. All activities are designed to meet your goals and interests.

PERSONAL TRAINING



HOLISTIC ACTIVITIES

Practices such as yoga, meditation Pilates and Five Tibetans, which include physical, spiritual and meditative elements, offer great benefits to your overall balance and wellbeing.

Physically

Become more conscious of bodily rhythms as well as improve your overall muscular and postural strength. Our methods will help you slow the ageing process, improve breathing patterns, increase flexibility and create long lean muscles.

Spiritually

Reduce stress and improve mindfulness and concentration. Learn how to connect your mind with your body to reach a state of inner tranquillity.





HEALTH ACADEMY

Talks, workshops and group activities are offered as a courtesy to our Wellness guests. They are designed to provide you with the knowledge and desire to continue with your journey to wellness.

Topics range from healthy cooking and stress management to anti-ageing and fitness techniques.



THALASSO

“Sanus Per Aquam: Latin for this ancient Roman therapy that already made use of thermal and seawater for beauty and relaxation purposes.”

Thalassotherapy, the ageless use of seawater for medical purposes, is known to significantly improve the effects of any treatment. Offered in various forms, such as mineral-rich showers, seawater hydro jet massages pools and algotherapy, our Thalassotherapy sessions will help you relax and reach your goals.







<i>Opening Date</i>	1954
<i>Architects</i>	César de Leyva, Juan Mora, Arnold 'Noldi' Schreck, (Puerto Banús), Melvin Villaroel
<i>Landscaping</i>	Príncipe Alfonso von Hohenlohe
<i>Rooms</i> <i>Total: 37</i>	24 Deluxe Double · 45m ² /484ft ² 11 Deluxe Double Beach Front · 45m ² /484ft ² 2 Deluxe Double Partial Sea View · 45m ² /484ft ²
<i>Suites</i> <i>Total: 79</i>	23 Junior Suites · 50m ² / 538ft ² 15 Deluxe Junior Suites · 55m ² /592ft ² 19 Garden Suites · 60m ² /645ft ² 6 Deluxe Garden Suites · 70m ² /753.5ft ² 5 MC Suites · 80m ² /861ft ² 2 MC Suites Partial Sea View · 80m ² /861ft ² 8 Grand Suites · 80m ² /861ft ² 1 Casa Hubertus, 2 Bedroom Duplex Suite · 114 m ² / 1227 ft ²
<i>Villas</i> <i>Total: 15</i>	2 Two-Bedroom Villa · 150 m ² / 1614 ft ² 5 Two-Bedroom Villa with Pool · 150m ² / 1614ft ² 5 Three-Bedroom Villa · 240m ² / 2583ft ² 1 Four-Bedroom Villa · 275 m ² / 2960 ft ² 2 Five-Bedroom Villa · 300m ² / 3229ft ²
<i>Villa del Mar</i>	Six-Bedroom Villa · 6.200 m ² / 66.736 ft ²
<i>Additional Facilities & Services</i>	2 Outdoor Heated Swimming Pools · 24 h Security · Business Centre · Car Rental Service · Trip Bookings · Complimentary Fresh Towel & Sunbed Service at Pools & Beach Club for Hotel Guests · Conference Facilities · Currency Exchange · Doctor on Call · Baby-Sitting Service · Bilingual Secretarial Service · Free Parking for Hotel Guests · Golf Equipment Rental Service · Shopping · Art Gallery
<i>Kids Club</i>	Located on the spectacular grounds of the original villa of Prince Alfonso von Hohenlohe, our 5,000 m ² Kid's Club redesigned by Minimec includes: a dance studio, music room, library, art and pottery area, an enchanted forest, garage kitchen, vegetable garden, computer room and an entertainment area.
<i>Sports & Recreation</i>	Golf at the Marbella Club Golf Resort or on any of the 27 nearby courses · Equestrian Centre · Tennis · Fitness Gym · Beach Club and Watersports Zone (in season)

wellness@marbellaclub.com

Reserve your journey to wellness

Marbella Club Hotel, Golf Resort & Spa

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Telephone (+34) 952 822 211 Fax (+34) 952 768 937 marbellaclub.com

WELLNESS

OPENING HOURS

Summer: Every day from 9am to 9pm.

Winter: every day from 10am to 8pm.

WE RECOMMEND

Arrival 10 to 15 minutes prior to your scheduled appointment is advised.

This allows ample time to check in, change and familiarize yourself with the Wellness facilities. Please be on time, as the treatments will not be prolonged in order not to interfere with other customers' appointments.

You will be provided with robes, slippers and a locker for your personal belongings. We recommend wearing light, comfortable garments.

You may shower, relax and enjoy the steam room and sauna prior to or after the treatment as part of the wellbeing experience.

We kindly ask you to complete a health questionnaire prior to your treatment to ensure your spa experience is tailored to your requirements. Inform your therapist of any health problems or medical treatments you are undergoing before receiving our services.

ETIQUETTE

We look forward to welcoming you to our Wellness Centre. 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.

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

The Wellness Centre hereby reserves the right to refuse admission to persons displaying reprehensible conduct of any kind. Inappropriate behaviour will tag individuals as ineligible to receive services and the right to obtain requested treatments may be lost. Problematic individuals will be invited to leave the Wellness Area and further access to the premises may be denied by security personnel if necessary.

The Management also reserves the right to revise and renew these terms of use without prior notice.

RESTRICTIONS

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

The use of the therapeutic pool and relaxation room is not permitted to minors under the age of 18.

Please ask for our specially designed treatments for our younger guests. Our team will be delighted to inform you.

Children under the age of 18 may receive treatment with the consent of their parents or guardians. A consent form is to be filled in beforehand. Under-age children must be accompanied by an adult throughout their entire treatment.

SECURITY

For your own safety, please follow our staff's instructions at all times. The Wellness Centre 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. In danger and/or in case of doubt always care to consult our staff first.

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

CANCELLATION POLICY:

Health programmes are subject to the following:

- For cancellations and/or changes made 30 days prior to arrival, no costs will incur.
- For cancellations and/or changes made between 30 and 15 days prior to arrival, 50% of the price will be charged.
- For cancellations and/or changes made between 15 days prior to arrival and the same day of arrival, full price will be charged.



HEALTH PROGRAMMES

“A Mediterranean escape from the pace of daily life.”

Our Health Programmes are designed to enrich your physical, mental and emotional wellbeing, as you enjoy a luxury retreat at the Marbella Club. A combination of relaxing and healing spa treatments, supportive emotional therapies, workshops, activities, thalassotherapy and holistic sessions with state of the art medical services, facilities and technology.

PRICE LIST

BODY REBALANCE

PERFORMANCE

EMOTIONAL REBALANCE

BEAUTY

MEDITERRANEAN LIFESTYLE

A programme inspired by the healing benefits of the Mediterranean lifestyle and natural surroundings.

Tapping into the sea and its medicinal elements, this spa-based programme combines invigorating treatments with the detoxifying benefits of Thalassotherapy.

Add years to life and life to years. No matter what your age or stage, you will leave looking radiant and feeling years younger.

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Add years to life and life to years. No matter what your age or stage, you will leave looking radiant and feeling years younger.

Two, four or seven-day programme, depending on your goals and availability.

Includes the option to support with the Mediterranean Prevention pathway - a personalised full-board menu based on nutrients proven to support health and longevity, with expert medical and nutrition guidance.



2 DAYS	4 DAYS	7 DAYS	MEDITERRANEAN LIFESTYLE
✓	✓	✓	'Al-Andalus' Thalasso (2 hours)
✓	✓	✓	Magnesium Special Massage
✓	✓	✓	Marine Massage with Essential Oils
		✓	Thalasso Wrap
	✓	✓	Sweet & Salty Bath
		✓	Shiatsu
✓	✓	✓	Facial Thalasso
	✓	✓	Reflexology
		✓	Anti-Age Lifting
	✓	✓	Alpine Rose Wrap
✓	✓	✓	Functional Evaluation
2	3	6	Thalasso Centre Sessions
€ 660	€ 995	€ 1425	

Full board Mediterranean Prevention Pathway, supplement of € 250 per day.

Medical consultation and follow-ups

Nutritional consultation and follow-ups

Full board menu, including juices and teas

Personalised calorie intakes

Includes option of daily intake of 125 ml of organic wine and moderated caffeine

Marbella Club Health Programmes

BEAUTY

Our Beauty programme emphasises luminosity from the inside out, helping you restore and renew.

Anticipate pampering beauty treatments and relaxing Thalassotherapy, Mother Nature's gentlest sea water healing.

Last but not least, deeply restorative holistic sessions help you to reconnect with your authentic self.

Rejuvenate your mind, body and spirit with this intensive beauty retreat. Time to get the glow.

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

Includes the option to support with the Beauty Pathway - personalised full-board menus focusing on hydrating, nourishing and collagen rich ingredients, with expert medical and nutrition guidance.



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
✓	✓	Indiba Facial
✓	✓	Holistic Session
3	6	Thalasso Centre Sessions
€ 975	€ 1.450	

Full board Beauty Pathway, supplement of € 250 per day.

Medical consultation and follow-ups

Nutritional consultation and follow-ups

Full board menu, including juices and teas

Personalised calorie intakes

Includes option of daily intake of 125 ml of organic wine and moderated caffeine

Marbella Club Health Programmes

EMOTIONAL REBALANCE

The de-stress programme is designed to allow you to pause the pressure of everyday life and rebalance the body and mind.

Spa treatments and Thalassotherapy combine with medical, coaching and exercise support, nourishing the body's energy systems, helping to build a long-lasting buffer against stress.

You will leave with a renewed outlook on life, restoring confidence in healthier habits that can support all-round balance and wellbeing.

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

Includes the option to support your physical and emotional renewal with the Mediterranean Prevention pathway - personalised full-board menus with expert medical and nutrition guidance.



4 DAYS	7 DAYS	EMOTIONAL REBALANCE
✓	✓	Initial Medical Consultation
✓	✓	Initial Coach Consultation
	✓	Medical Check-up
2	3	Stress Management Sessions
✓	2	Relaxing Massage
✓	2	Marina Massage with Essential Oils
✓	2	Oriental Massage (Shiatsu or Ayurveda)
	✓	Facial Thalasso
✓	✓	Relaxing Aqua Massage
✓	2	Personalized Training Sessions
3	6	Thalasso Centre Sessions
€ 1.150	€ 1.995	

Full board Mediterranean Prevention pathway, supplement of € 250 per day.

Medical consultation and follow-ups

Nutritional consultation and follow-ups

Full board menu, including juices and teas

Personalised calorie intakes

Includes option of daily intake of 125 ml of organic wine and moderated caffeine

Marbella Club Health Programmes

PERFORMANCE

Our performance programmes offer a personalised approach to holistic fitness. They are designed for those with a minimum level of current physical condition 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 have the support of our head coach.

The programme include essential timeouts for relaxation and repair with recovery spa treatments.

*Seven-day Fitness or Boot Camp programme,
depending on your goals and availability.*



7 DAYS FITNESS	7 DAYS BOOT CAMP	PERFORMANCE
	✓	Initial Medical Consultation
	✓	Nutritionist Consultation
	✓	Initial 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	2	Ballancer Pressotherapy
12	12	Personalised Training Sessions
6	6	Thalasso Centre Sessions
	7	Days of Performance Menu Full-Board
€ 1795	€ 3595	

Fitness programme: Includes spa treatments and personal training.

Boot Camp programme: Treatments and personal training supported by our Performance Pathway - personalised calorie controlled menus for optimising performance, muscle repair and recovery with expert medical and nutrition guidance.

Includes option of daily intake of 125 ml of organic wine and moderated caffeine.

Marbella Club Health Programmes

BODY REBALANCE

With Slimming or Purify Pathway

Designed for those in pursuit of body change that is both sustainable and long-lasting.

These comprehensive programmes include full board menus and support from our expert medical, fitness and nutritional team, ensuring that success will be yours to enjoy.

Personal training and spa treatments to help sculpt and shape your new physique, including Thalassotherapy to help rid the body of congestion and support elimination of toxins that can hinder weight loss.

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



7 DAYS	14 DAYS	BODY REBALANCE
✓	✓	Initial Medical Consultation
✓	✓	Final Medical Consultation
✓	✓	Nutritionist Consultation
✓	✓	Initial Coach Consultation
✓	✓	Medical Check-up
2	3	Weight Control and Body Composition
✓	✓	Vichy Exfoliation
2	3	Manual Massages
2	4	Underwater Massage, Vichy Showers & Seaweed Wrap (combo)
✓	2	Ballancer Pressotherapy
✓	✓	Facial Thalasso
✓	2	Detox Lymphodrainer Treatment
✓	2	Personalised Training Sessions
6	13	Thalasso Centre Sessions
7	14	Full-Board menus, juices and teas
€ 3050	€ 4795	

Slimming pathway - Personalised calorie controlled slimming menus based on balanced Mediterranean menus that help to reduce cravings and restore optimum nutrient status.

Purify pathway - Purify menus based on cleansing juices, digestion-friendly superfoods and light vegan cuisine. Lightens the load on the body. 850 kcal per day.

Marbella Club Health Programmes

PRICE LIST

MEDICAL SERVICES	
Medical Consultation	250
Medical Control	150
Nutritional Consultation	150
Nutritional Control	100
Coach-Psychology Consultation	150
Stress Management Session	100
Medical Check-up	250
Nutrigenetic Profile Test	800

FITNESS ACTIVITIES	
1 session, 55 minutes	100
Tailor your 5 sessions	450
Tailor your 10 sessions	850
Start	Functional Evaluation
Activities	Hiking, Nordic & Beach Walking, Sea Walking, Interval Walking, Functional Training, Swimming, Aqua Health, Cross Training

HOLISTIC ACTIVITIES	
1 session, 55 minutes	100
Tailor your 5 sessions	450
Tailor your 10 sessions	850
Start	Functional Evaluation
Activities	Yoga, Pilates, Kabat, Meditation, Mindfulness, Yogilates

THERAPIES	
Psych-K Life®	120
PNIT	120

HEALTH PROGRAMMES		€
MEDITERRANEAN LIFESTYLE, 2 days		660
MEDITERRANEAN LIFESTYLE, 4 days		995
MEDITERRANEAN LIFESTYLE, 7 days		1.425
BEAUTY, 4 days		975
BEAUTY, 7 days		1.450
EMOTIONAL REBALANCE, 4 days		1.150
EMOTIONAL REBALANCE, 7 days		1.995
PERFORMANCE, Fitness 7 days		1.795
PERFORMANCE, Boot Camp 7 days		3.595
BODY REBALANCE, 7 days		3.050
BODY REBALANCE, 14 days		4.795



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THALASSO POOL TREATMENTS		€
Dynamic Seawater Pool Session, 60 min		40
Relaxing Aqua Massage, 45 min		100
Aquagym, 20 min / Therapeutic Aquagym, 20 min		50 / 60

WATER-JET & MULTI-JET BATH	
Water-Jet Massage, 20 min	55
Multi-Jet Bath, 20 min	60
Magnesium Multi-Jet Bath, 20 min	90
Underwater Massage, 45 min	140

VICHY SHOWERS	
Vichy Detox, 75 min	170
Vichy Essential, 20 min	55
Vichy Exfoliation, 45 min	110
Algae Massage, 45 min	120
Marine Massage with Essential Oils, 45 min	120

EXFOLIATIONS & BODY WRAPS	
Marine Exfoliation, 50 min	130
Enzyme Peeling, 50 min	130
Essential Exfoliation, 50 min	130
Seaweed Wrap, 50 min	130
Marine Mud Wrap, 50 min	130
Thalasso Wrap, 50 min	130
Alpine Rose Wrap, 50 min	130

SPECIFIC BODY TREATMENTS	
Anti Jet-Lag, 50 / 80 min	130 / 180
Purifying Back Treatment, 45 min	120
Back Relaxation, 45 min	120

INTENSIVE BODY TREATMENTS		€
Detox & Draining		
Anti-Cellulite & Slimming		
Anti-Cellulite & Firming		
Lifting Anti-Age		
50 min / 80 min, with exfoliation		140 / 180

MASSAGES	
Special with Magnesium, 50 / 80 min	130 / 180
Hot Stones, 50 / 80 min	130 / 180
Relaxing Massage, Optional Aromatherapy, 50 / 80 min	130 / 180
Deep Tissue, 50 min / 80 min	130 / 180
Lymphatic Drainage, 50 min / 80 min	130 / 180
Anti-Cellulite Massage, 50 min / 80 min	130 / 180
Alpine Rose, 50 / 80 min	130 / 180
Ayurveda, 50 / 80 min	130 / 180
Shiatsu, 50 / 80 min	130 / 180
Thai, 50 / 80 min	130 / 180
Scalp Massage, 25 min	75

AL-ANDALUS RITUALS	
MC Thalasso Al-Andalus, 2h	250
Al-Andalus Ritual, 2h	250
Thalasso Al-Andalus Deluxe Ritual, 2h 30 min	310
Oriental Delicious, 50 / 80 min	140 / 180
Facial Beauty Elixir, 50 / 80 min	130 / 180

FACIAL RITUALS		€
Sea Creation, 110 min		250
Thalasso, 50 / 80 min		130 / 180
Essential, 50 / 80 min		130 / 180
Alpine Rose, 50 min		140
Detox Lymphodrainier®, 80 min		180
Express Facial, 25 min		80
Doctor Babor for Sensitive Skin, 50 min		160
Doctor Babor Regenerating, 50 / 80 min		160 / 210
Collagen Doctor Babor, 80 / 105 min		170 / 240
High Skin Refiner, 80 / 105 min		170 / 240
Time Reverse, 80 / 105 min		170 / 240

THERAPEUTIC TREATMENTS	
Fisiotherapy, 50 min	140
Osteopathy, 50 / 80 min	140 / 180
Reflexology, 50 min	140

EQUIPMENT BASED TREATMENTS		€
Indiba®, 50 min		140
Detox Lymphodrainier®, 50 min		140
LPG, 50 min		140
Ballancer Pressotherapy, 50 min		130

MEDICAL TECHNOLOGIES	
Cellcheck Plus®	200
Virtual Mesotherapy	300
Lipocryvo (1 zone)	350

