



“Nothing looks as good as health feels.”

AMANDA HAMILTON UPCOMING RETREATS

Autumn Boost

6th - 10th November

Price in single occupancy: € 2.020

Double occupancy: € 1.395 per person sharing the room

Price without accommodation: € 985

All retreats include:

4 nights' stay at the Marbella Club Hotel, Golf Resort & Spa · Accommodation in a Deluxe Double Room, Wednesday to Sunday.

Unlimited use of the Facilities · Including luxury Sea Water Dynamic Pool.

Personalised Detox-Style Cuisine · throughout the course. Including daily juices, smoothies, gut health boosters and light dining, targeted to goals.

Personal Nutrition Consultation with Amanda Hamilton.

Healthy Cooking Workshop

Seminar Series including:

- The truth about weight loss and how to boost metabolism in mid-life
- How to achieve health from the inside out
- Nutrition for the long term, how to determine the right diet for you
- How to buffer stress and avoid burnout

Daily Activity Programme including:

- Beach walks, depending on the time of year
- Yoga

And a variety of fitness activities including:

- Two Body Shaping Pilates Classes
- Personalised Massage at our Thalasso Spa, 90'



Places are limited and must be pre-booked
For further information & bookings · wellness@marbellaclub.com