



*“Nothing looks as good as health feels.”*

## AMANDA HAMILTON UPCOMING RETREATS

### Autumn Boost

13<sup>th</sup> - 16<sup>th</sup> 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](mailto:wellness@marbellaclub.com)