



WELLNESS



## Ageing Gently

24<sup>th</sup> - 28<sup>th</sup> November

### BALANCING HORMONES NATURALLY

*Keep a youthful spring in your step.*

24<sup>th</sup> - 28<sup>th</sup> NOVEMBER

Yoga

Individual Nutritional Consultation

Interactive Cooking Demo

Therapeutic Yoga Session

Spa Time

Essential Oils Workshop

Fitness Session

Wellness Talk

Mat Pilates

Bicycle Tour & Olive Oil Tasting

Departure Consultation

Single occupancy: **EUR 3.085** · Double occupancy sharing the room: **EUR 2.415 p/p**

Without accommodation: **EUR 1.745**

Four-night accommodation in a Deluxe Double Room.

Inclusive of all meals in the retreat.

**For more information: [wellness@marbellaclub.com](mailto:wellness@marbellaclub.com)**

**MARBELLA CLUB**

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