

# MARBELLA CLUB

WEIGHT  
LOSS

ANDALUSIA, SPAIN

## A NEW HEALTH FOCUS FOR A GLITZY SEASIDE HANGOUT

The minute you arrive at this beacon of style – with 65 years' experience of catering to discerning guests on Marbella's otherwise naff Golden Mile – you know you're in safe, white-gloved hands. It's not just the thalassotherapy spritz in the airport transfer to refresh your wan skin. Or the freshly picked lime in your room, to be squeezed into hot water. Or the panoply of products glinting from the bed. It's that glorious knowledge that your every wish is the staff's instant happy command. The enduring success of the Marbella Club lies in its constant metamorphosis. It has gone from one of the chicest beach clubs in the world in the 1960s, when Hollywood stars and European royals flocked here to stay in pared-down rooms set around bougainvillea-covered terraces, to a period as over-the-top, diamanté-studded hotspot, to its current remodelled incarnation: a divine family hotel with a cracking emphasis on wellness. Opening the minibar is like walking into your own Planet Organic, with dark chocolate, almonds, kombucha and coconut water, and nutritionist Amanda Hamilton's flair dances

## ITS ENDURING SUCCESS LIES IN METAMORPHOSIS – IN THE 1960s, HOLLYWOOD STARS AND ROYALS FLOCKED HERE, NOW IT'S A DIVINE FAMILY HOTEL

all over the menus too. Each of the six restaurants has healthy options, and the miso soup with stir-fried vegetables in the MC café is perfect post-workout. Stella McCartney activewear and slicked-back hair are standard looks. The two-, four- or seven-day programmes are growing in eminence and offering. Address adrenal burnout, insomnia and weight gain with gifted French lifestyle coach Magalie Paillard, who will prescribe a menu to boost your metabolism along with your mojo. This might include aerial yoga, reformer Pilates, HIIT classes or reflexology, naturopathy consultations and regenerative thalassotherapy treatments. Fitness and healthy living are at the core of not just the hotel but Marbella in general – just look at everyone paddle-boarding or jogging down the promenade. The dynamic Optimal Fitness programme includes daily personal training sessions, a sports massage, nutrition consultations and a body wrap. You just have to be careful not to fall off the wagon and into the low-lit Champagne Room at night; stroll through the exquisite botanical gardens instead. The MC may be a beach hotel at heart, but somehow it has intelligently woven wellness into its very fabric. Add in the gentle-but-firm guidance and here's a spot with the nurturing feel of a destination spa, yet a doable hop from the UK.

**INSIDER TIP** If you suffer from fluid retention, reflexology with Ernesto Postigo is agonising but instantly effective.

**BOOK IT** Healing Holidays (+44 20 7843 3592; [healingholidays.co.uk/condenast](http://healingholidays.co.uk/condenast)) offers a seven-night fitness programme from £2,750 per person, including flights and transfers.

