





REVAMPED THE MARBELLA CLUB

WEIGHT
LOSS

ANDALUCIA, SPAIN

RESTORATIVE MEDITERRANEAN HANGOUT WITH A SAVVY SPA

If you thought that the Marbella Club was a dated outpost of gin-soaked roués and WAGs tottering around a Seventies-style pool, think again. Founded in the 1960s by Prince Alfonso Hohenlohe, this outstanding holiday hotspot, once the playground of the crowned heads of Europe, has had a gobsmacking revival. The whole hotel now offers a superior, sophisticated blend of wellness. This is the place to come if you feel utterly lacklustre with a torso as tight as a Gordian knot. The touching attention to detail alone will soothe your psyche. It's all so stylish, like an Andalusian Bamford. Bedrooms are pale, with splashes of oceanic chic. Magnesium spray is sent to your room to aid sleep and ease aching muscles, your mini-bar is filled with dark chocolate, kombucha and organic coconut water, and posies of fresh herbs are placed on your pillow. Magalie Paillard, the French life coach, welcomes you to the holistic area: a Moroccan-style villa tucked in a secret garden. She listens to your woes, orchestrates a couture healing menu, then monitors your progress so you feel supported. This is no mean feat in a beach hotel as opposed to destination spa, yet here you reap all the benefits of a total overhaul without schlepping long distance. You can go hardcore, with ace fitness trainers, fabulous aerial yoga and a strict detox, or you can do the gentler de-stress programme. There are spot-on thalassotherapy treatments and competent massages, but the real stars are the expert

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therapists. Ernesto Postigo's agonising but uplifting reflexology is more effective than any colonic, and Pilates instructor Ana Durán offers a New York-style workout that rivals any Upper East Side studio. The nail spa is Beverly Hills perfection and the beauticians have a butterfly-soft touch. Nutritionist Amanda Hamilton has devised a healthy menu that runs through the three restaurants. Try buckwheat, cranberry and pecan pancakes for breakfast, a bacchanalian spread of salads for lunch and miso soup with stir-fried organic vegetables for supper. You feel so nourished and nurtured that weight and worries slide off. Yes, there are Bentleys in the driveway and Birkin bags on the beach beds, but the staff greet a combination of oily hair and yoga kit with the same panache they would a princess in a tiara.

INSIDER TIP Life coach Magalie Paillard is also a nutritional genius, so do ask her advice on taking any supplements.

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers a seven-night De-Stress and Unwind programme from £2,459 per person, including flights, transfers, breakfast and all treatments according to the programme.

HEALING HOLIDAYS EXCLUSIVE Book a four-day Lifestyle programme and receive a 50-minute welcome massage.

