



WELLNESS

Amanda Hamilton
Retreat Summery

Acclaimed nutritionist Amanda Hamilton

is the professional host of Marbella Club's luxury new detox and nutrition retreat. This personalised wellness retreat is a blend of stunning body results and mindful inspiration - an antidote to modern living in a location that is simply breathtaking.



BEFORE YOU
ARRIVE

The retreat experience begins with a consultation prior to attending with one of Amanda's dedicated nutrition team. This helps us ensure your retreat experience - from juices, teas, gut boosters, supplements and advice - are tailored to suit your exact needs. We are also able to coordinate any functional tests to give you access to information you'd be unable to access in other ways.

THE MENU
PROGRAMME

Our most popular retreat menu is our combined plant based programme featuring fresh daily juices, smoothies, raw snacks and light meals. There's even time during the retreat to learn how to make some of the dishes to support your healthy habits long term. Individual nutrition requirements will always be taken into account.

This menu programme allows the body to optimise healing, shift excess pounds and at the same time as delivering a gut health reboot. As a best-selling author on fasting (Eat, Fast, Slim) and gut health (Cut-Plan Diet), Amanda is one of the world's leading authorities on the use of this combined approach to deliver long-lasting results.



EXERCISE AND TREATMENTS

True health also means enjoyment of movement. As an ex-international sports competitor, Amanda's passion for natural fitness has evolved into age-defying daily habits that are shared on her retreats. Each day begins with a beach walk during which you'll practice Buteyko breathing techniques, a wonderful way to soothe the nervous system, and energise with a 3-min metabolic boosting workout to enhancing fat burning. Later in the retreat day the expert fitness team will inspire guests with yoga classes and wellbeing activities that tone the body and de-stress the mind.

There's also time to soothe muscles with daily Thalasso spa circuits, massage and evening sessions on mindfulness. Guests can make the most of the extensive choice of additional spa, beauty and anti-ageing wellbeing treatments.

EDUCATION

Informative daily workshops are the cornerstone of the long-lasting benefits of the retreat programme. These are tailored around advice in the core subjects that can transform a guest's health and wellbeing. There's plenty of time and space given so that an individual areas of concern can be resolved and a plan for the future can be created.

ABOUT
AMANDA

Amanda Hamilton is one of the best-known and respected nutrition experts in the UK and beyond. She is qualified to postgraduate level in weight management and nutrition, and has spent more than 15 years running wellbeing programmes around the world. She is a globally best-selling author of four books and is a well-known BBC broadcaster. She is a nutrition consultant to Marbella Club, helping to install our highly popular healthy menus.



A TYPICAL
RETREAT DAY

The retreat runs from 9am to 9pm with several slots for time-outs or individual sessions in addition to group activities.

9 am Morning mindfulness beach walk and metabolic boost workout.

9:45 am Breakfast Juice

Activity slot for consultations, treatments and spa time.

12 pm Detox Lunch

Afternoon education workshops covering the following topics below:

- Healthy Cooking.
- Weight Loss Strategies that Work.
- The Impact of Stress and Techniques to Prevent Burnout.
- DIY Gut Health.
- Beat your Biology and Slow Ageing.

More can be added according to guest's interests!

3 pm Afternoon Snack

Activity slot for consultations, treatments and spa time

6:30 pm Detox Dinner

8:30 pm Wind down meditation / spa time and personalised herbal teas

Marbella Club Hotel, Golf Resort & Spa

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