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## Spa Spy: Amare Marbella Beach Hotel



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A Marbella beach spa hotel that's full of surprises



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By **Spa Spy**

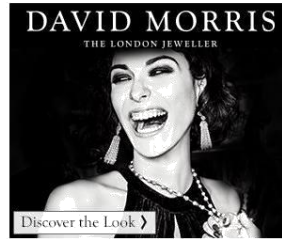
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**O**ur sleuth investigates the curative claims of wellbeing retreats worldwide. This week: the beach front delights of the newly renovated Amare Beach Hotel, Marbella

This former family hotel underwent a major renovation last year, reopening as the adult only Amare Marbella Beach Hotel. The 236-room Amare is now a contemporary and chic getaway that elegantly combines a sea-view pool terrace with private beach restaurant and sun loungers to the accompaniment of chilled vibes. Only five minutes walk from Marbella's Old Town, it blends the best of Marbella's Andalusian charm and modern sophistication.

### The Spa

Located in the lower ground floor of the hotel the spa is a welcome retreat from the Andulsian sun. Exclusively using products by Germaine de Capuccini, the professional skin care brand that originated in the south of Spain, as well as treatment rooms, there is a thermal circuit with a Jacuzzi, massage jets in the pool, sauna, and steam room. The spa is open to the public and a free hydrotherapy treatment is available for those staying two nights at the hotel. A beach front massage is also an option for those who don't like to stray too far from the sea.



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A beach-side massage perhaps?

### **The treatment**

After spending more hours in the sun than Spy knows to be sensible, a treatment that will combat the harsh Spanish rays is imperative. After perusing the list of treatments, Spy opts for the Hydra Performance treatment - 50 minutes priced at 95 euros - which promises an intense hydration massage targeted precisely at sun exposed skin. Spy is particularly sold on the stated rejuvenating effects of the treatment's hi-tech 'marine collagen veil', thinking that returning home with younger and tighter skin would be an excellent perk in addition to an indulgent weekend break.

### **The procedure**

Spy lingers in the hydrotherapy room, sampling the varying delights of the hot tub and steam room, finishing with a shocking jet wash that expels her heat lethargy. Swaddled in a fluffy Amare dressing gown, Spy is shown to her treatment room.

Here, various magical potions of pleasing consistency are massaged onto Spy's body with a delicate firmness, suited for sun parched limbs. As a light face mask is gently massaged on to Spy's face, she reflects on the possible curative effects of a good moisture bath and is optimistic for the recuperation of her freckled face.



The spa is a welcome retreat from the Costa del Sol

### **The feel good factor**

Spy wafts back to the ground level as if on a cloud. Her skin feels not only re hydrated but smoother and more supple. In addition, the SPF

50 in the treatment lotions means she is ready to reemerge into the sunlight and retake her place on her lounge.

The calm serenity of the hotel's fresh interiors allows feelings of lightness and relaxation to linger well after Spy has left the massage table.

Having dined on an abundance of fresh fruits and salads during her stay, exempting the odd pampering cocktail on the impressive rooftop panoramic bar, Spy feels fully detoxed and refreshed. A spa beach hotel, Spy considers, is an excellent antidote to stressful thoughts - coupled with plenty of sleep in her serenely appointed sea-view room.



Amare's ethos of calm is perfectly reflected in its rooms

### **The verdict**

Spy admits to being initially sceptical that Marbella would fulfill her needs of a relaxing weekend getaway but from the moment she stepped into the Amare's bright and airy lobby, her preconceptions were challenged and popped as if a floating bubble. Amare's smilingly attentive white-clad staff only added to Spy's sense of contentment and relaxation, never failing to satisfy queries and questions and even providing bicycles for an early morning promenade cycle. Spy will be returning when next she is in dire need of sun, sea and spa within short hours of grey and stressful London.



A cocktail on the rooftop bar before hitting Old Town is much needed

### **The Details**

Amare Beach Hotel is a 40 minute drive from Malaga airport. Nightly rates for a seaside view double room 'My Way' on a B&B basis start from £200.



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